SIDNEY SNOW will be glad to answer any questions on food

THREE MEALS A DAY

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Edited by WILMA DEUTE

Food, of course, must be well seasoned to be worthy of its piquancy

Menu Of The Week

MONDAY Breakfast—Grapefruit, ready to eat cereal, buckwheat cakes, orange marmalade, breakfast sausages, coffee or cocoa. Lunch—Eggs Grazienna, Lorraine potatoes, green salad, cheese cake, tea or milk. Dinner—Pork tenderloin, brioche potatoes, string beans with tomatoes, escarole salad, chocolate cream pie, coffee or beer.

TUESDAY Breakfast—Sliced pineapple, hot cereal, fried bacon and eggs, hard rolls, jelly or jam, coffee or cocoa. Lunch—Canned corned beef hash with poached eggs, shredded lettuce and sliced tomato salad, water ice, tea or milk. Dinner—Roast duckling with apple sauce, green peas, sweet potato saute, majestic salad, chilled melon, coffee.

WEDNESDAY Breakfast—Orange juice, ready to eat cereal, calves liver and bacon, rolls, coffee or cocoa. Lunch—Cold consomme in cups, baked oysters, Russian salad, stewed pears, cookies, tea or milk. Dinner—Broiled ham, creamed spinach, baked potatoes, cucumber salad, French pastry, coffee.

THURSDAY Breakfast—Stewed prunes, ready to eat cereal, German pancakes, frizzled ham,, coffee or cocoa. Lunch—Veal Kidney saute, mashed potatoes, dressed lettuce, cheese and crackers, tea or milk. Dinner—Roast leg of lamb, corn a la Marie, potato croquettes, lima beans, chicory salad, vanilla ice cream, lady fingers, coffee.

FRIDAY Breakfast—Chilled melon, ready to eat cereal, poached eggs on toast, buttered toast, coffee or cocoa. Lunch—Eggs Mollet, scalloped potatoes, sliced tomatoes, cheese and crackers, tea or milk. Dinner—Consomme, broiled trout, baked potatoes, buttered beets, hearts of lettuce with egg dressing, cocoanut layer cake, coffee or beer.

SATURDAY Breakfast—Baked pears with cream, ready to eat cereal, broiled bacon, scrambled eggs, raisin-nut toast, coffee or cocoa. Lunch—Cold roast lamb with mint jelly, string bean and tomato salad, fruit gelatin, tea or milk. Dinner—Cream of celery soup, roast loin of veal, stuffed egg plant, oven browned potatoes. Escarole salad, lemon chiffon pie, coffee or beer.

SUNDAY Breakfast—French grapes and apricots, oatmeal with cream, plain waffles, fried ham and eggs, coffee or cocoa. Dinner—German carrot soup, broiled sirloin steak, broiled fresh mushrooms, French fried potatoes, sauted corn, buttered peas, chicory salad, cocoa cake, home made ice cream, coffee. Supper—Cold sliced ham and swiss cheese, cole slaw, jelly tarts, coffee or tea.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper.

Lilly's White's Pickaninny Doughnuts



Dear Miss Wilma:

Eber since An be a little chile Ah's been eatin de heah dough nuts all de time. Ma mammy uster make dem for all of us ebery week and no matter how many she done cooked, der jes cudn't be enuf fo us. Cause de mo she done make, de more we done et. Ah done change dem a little but dey's still as good as what mammy done make.

Ah mixes two cups ob brown sugar an two aiggs beaten up, an four tablespoons ob melted butter and one cup ob sweet milk an four cups ob sifted flour an three teaspoons ob bakin powder which Ah done sifted with de flour an one-half teaspoon ob cinnamon and one-half teaspoon ob salt. Yo don mix any more than be needed or de dough will get stiff like. Den yo covers de board with flour and at de same time heat de fat for frying. Roll out de dough, a little at a time and Ah cuts all de rings befo Ah starts to fry. When de fat be hot enuf to make de dough rise to de top in a hurry, den Ah starts frying and ah guesses each doughnut takes bout three or four minutes. Dey tell me dat eting dem hot right out ob de fat an't so good for de insides but Ah jes gotto snuck one when it be good an hot and kinda crisp like. Cose, Ah ain't a baby no moo so Ah guesses it won't hurt me none.

Hopin yo is de same,
Your humble servant,
LILLY WHITE

To remove blood stains wash in cold water until the stain turns brown then rub wiht soap and soak in warm water.

SUNDAY DINNER Suggestions

By ANN PAGE

SCHOOLS are open or opening, the weather is cooler and young appetites need lots of wholesome food. Remember that milk and cheese with bread and other cereals together with fruits and vegetables are the foundations of a growing child's diet. Then add eggs and some meat, fats and sweets and they will be well fed.

Vegetables and fruits are abundant and, in general, low in cost, particularly beans, beets, celery, peppers, potatoes, squash and tomatoes and apples, grapes, peaches, pears and fresh plums.

Seasonable and reasonable foods make up the following menus.

Low Cost Dinner
Shoulder Lamb Chops
Creamed Potatoes
Glazed Carrots
Bread and Butter
Apple Betty
Tea or Coffee Milk

Medium Cost Dinner
Roast Veal
Browned Sweet Potatoes
Green Beans Sliced Tomatoes
Bread and Butter
Floating Island
Tea or Coffee Milk

Very Special Dinner
Fruit Cup
Baked Ham Mashed Potatoes
Buttered Cauliflower
Combination Salad
Snow Pudding Soft Custard
Coffee

THE FOREIGN TOUCH IN AMERICAN COOKING

Revolution Of A German Prune Cake

Susan Snow

There are certain sections in America where the cooking is entirely different from the general run of American cookery. These sections were settled many years ago by people from foreign countries, and though the people have been in this country for several generations, and their recipes have become somewhat Americanized, still, one will find a decided foreign touch.

This is true in the west as well as in the east. I know that up in Oregon where I was partially raised, there are a great many people of German ancestry and I must say that the food they prepare is wonderful. A combination of German, American and pioneer recipes, all of which tend to make fine dinners.

I can remember how surprised I was after having spent many years in the east, to find that the feed on the tables of so many of my Oregon friends was so different from that of my friends in the East. However, it goes without saying that western people are what one would call good eaters. Their tables are never under-laden and if anything, could be called, over-laden. Maybe that's why they grow big out there.

A good example of this foreign element in American cookery is shown in a prune cake, which people still call Zewetschenkuchen.

PRUNE CAKE
2 cups sifted cake flour
½ teaspoon salt
½ teaspoon baking powder
2 teaspoons sugar
2-3 cup butter
2 egg yolks
1-3 cup cold water
bread crumbs
butter

FILLING
2 pounds fresh prunes
1 cup sugar
2 egg yolks
2 tablespoons sugar
2 tablespoons cream

Sift together the flour, salt, baking powder and sugar. Cut in the 2-3 cup of butter and when well mixed, make well in in center and add the egg yolks and water and mix well. Turn out onto a well floured board and knead for a few minutes. Place in refrigerator to chill for 1 hour before using. When cold roll dough into a thin sheet and cover bottom of cake pan. Springle with bread crumbs and dot geenrously with butter. Wash the prunes, cut into halves and remove stones. Place the prunes in rows on top of the bread crumbs; springle with the 1 cup of sugar and cover with the following mixture: Beat the egg yolks; add the cream. Bake in moderate oven 250 d. F. for 45 minutes.

CHESTERTOWN SUDLERSVILLE SPLIT PAIR

Double Header Here On Sunday Divided By Rivals. Strong Wins For Locals

Chestertown and Sudlersville split a double-header here last Sunday, the home boys taking the first game and the visitors the second.

Behind the five hit pitching of Strong, Chestertown won the first tilt, 2-1. Both of Chestertown's runs came in the first inning while Sudlersville counted in the third.

The nightcap, set for seven innings, went the full nine with Sudlersville winning in the final frame. The teams were tied 5-5 at the end of the seventh and each added a run in the eighth. The locals, however, could not match Sudlersville's last inning tally and lost the game, 7-6.

Lineups and summaries:

First Game

Sudlersville	Ab	R	H	O	A	E
Weedman, ss	4	0	0	0	2	1
Conley, 1b	3	1	1	9	0	0
B. Coleman, 3b	4	0	0	2	2	0
C. Coleman, cf	3	0	3	4	0	0
Moore, 2b	4	0	0	0	1	0
S. Timco, rf	3	0	0	2	1	1
Jones, c	3	0	0	7	0	0
W. Plummer, lf	2	0	0	0	0	0
Spry, lf	2	0	0	0	0	0
N. Timco, p	4	0	1	0	6	0
Totals	32	1	5	24	12	2

Chestertown	Ab	R	H	O	A	E
Porter, ss	4	1	2	1	3	1
Oliffe, 2b	3	1	0	4	1	0
LeCates, cf	4	0	1	2	0	0
Bennett, 1b	4	0	2	8	0	0
E. Wheat, c	3	0	1	12	1	0
Cornell, rf	3	0	0	0	0	0
Robinson, lf	3	0	0	0	0	0
Groves, 3b	3	0	1	0	0	1
Strong, p	3	0	0	0	3	0
Totals	30	2	7	27	8	2

Score by innings:
Sudlersville 0 0 1 0 0 0 0 0 0—1
Chestertown 2 0 0 0 0 0 0 0 x—2

Second Game

Chestertown	Ab	R	H	O	A	E
Porter, ss	5	0	4	1	4	1
Oliffe, 2b, c	5	0	0	4	3	1
LeCates, cf, 2b	5	0	1	0	1	0
Bennett, 1b	4	1	0	10	1	0
Groves, 3b	5	1	3	1	3	0
Cornell, rf	4	1	2	0	0	0
Robinson, lf	4	2	2	1	0	0
Jones, c, cf	4	1	1	6	2	1
Wheat, p	4	0	1	1	1	0
Harris, p	0	0	0	1	1	0
Totals	40	6	14	25	16	3

Sudlersville	Ab	R	H	O	A	E
Conley, 1b	3	1	0	10	0	0
Spry, c	3	1	0	6	0	1
N. Timco, lf, p	5	1	3	0	2	0
C. Coleman, cf	4	2	1	1	0	0
Moore, 2b	2	0	0	3	1	0
F. Plummer, 2b	2	0	1	1	1	0
B. Coleman, 3b	4	1	2	2	5	0
Weedman, ss	4	1	0	2	2	1
S. Timco, rf	2	0	1	0	0	0
W. Plummer, p	3	0	0	1	0	0
Jones, lf	0	0	0	1	0	0
Totals	32	7	8	27	11	2

Score by innings:
Chestertown 0 0 0 5 0 0 0 1 0—6
Sudlersville 5 0 0 0 0 0 0 1 1—7

DINING ABROAD AT HOME

Grecian Egg Plant Salad

It is hard for an American, who is accustomed to seeing Greek restaurants in every twon, to visualize the real Greek cooking; cooking as done in the homes of people living in Greece.

Greece does not have a distinctive national cookery, and when eating the dishes of this country one is greatly reminded of Turkish cooking. However, we give them some credit for grand dishes among which one will find.

EGG PLANT SALAD
4 egg plants, small
4 tomatoes
Thyme
Salt and pepper
2 tablespoons mnced parsley
vinegar
Olive oil

Place eggplants in a moderate oven, about 350 F. for about one hour. Remove from the oven and peel. Skins may be removed by holding the eggplant by the stem and pulling the skin dwonward. Chop the eggplants and place in a bowl; add the tomatoes which have been cut into eighths and mix well. Add thyme to taste, parsley, salt and pepper. Stir in the vinegar and olive oil in quantities to suit the taste. Mix all with a wooden spoon and serve.

Hot Off The Griddle

ESTHER DONLAN

When cleaning piano keys one shuold keep in mind that they are of bone and should be cleaned with a soft cloth moistened with denatured alcohol. Soap and water will turn the keys yellow.

The first step in making a bed are to straighten the mattress and mattress pad which is used for the protection of the mattress.

It is best to clean windows when the sunlight is not directly on them.

The cleanliness of any refrigerator is necessary for food economy and most vital for the health of the family.

A good wrinkle when cleaning the carpet sweeper is to empty the sweeper on a damp piece of newspaper.

One good way to exterminate carpet beetles is to mash the floors well with kerosene and water.

Whenusing cooked starch for white goods it should be cooled enough to make work easy. Much time is wasted in trying to starch cloth when it is too hot for the hands.

Cinnamon Rolls In Style For Any Meal

A cinnamon roll is one of those things that has several different uses. It is fine for breakfast with coffee, wonderful for lunch, perfectly grand with dinner but just the last word in the afternoon with a cup of tea.

CINNAMON ROLLS
2 cups flour
3 teaspons baking powder
1-3 teaspoon butter
2-3 cup milk
2 tablespoons sugar
½ cup stoned raisins, chopped fine
2 tablespoons citron, chopped fine
1-3 teaspoon cinnamon

Sift dry ingredients together. Rub butter into flour with a fork, stir in the milk quickly. Roll to ¼ inch thickness, brush with melted butter and sprinkle with the raisins, citron, sugar and cinnamon. Roll like jelly roll. Cut in pieces ¾ inch thick. Place in buttered tins endwise and bake 10 to 15 minutes in hot oven 400 F.

Cole Slaw That Women Will Like

Here is a very fine way of preparing cole slaw that may or may not be popular with the men. However, women love it and probably many men will too.

PINEAPPLE COLE SLAW
2 cups shredded cabbage
1 cup shredded pineapple, drained
2 stalks celery, cut fine
1 small green pepper, cut fine
½ cup whipping cream
3 tablespoon vinegar
¾ teaspoon salt
⅛ teaspoon pepper.

Combine the cabbage, pineapple, celery and green pepper. Mix well. Beat the cream until stiff, slowly add the vinegar, salt and pepper and continue beating until well blended. Mix with the cabbage mixture and chill.



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