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—Chilled grapefruit, ready to eat cereal, scrambled eggs, fried potatoes, buttered toast, coffee or cocoa. Lunch—Salisbury steak, Spanish beans, watercress salad, wine jelly with peaches, lady fingers, tea or milk. Dinner—Breaded veal cutlets, green peas, German fried potatoes, lettuce salad, French pastry, coffee or beer.

TUESDAY

Breakfast—Sliced nectarines with cream, hot rice with cream or butter, sugar and cinnamon, boiled eggs, buttered toast, coffee or cocoa. Lunch—Ham omelet, mixed green salad, swiss cheese and crackers, tea or milk. Dinner—English mutton chops, broiled fresh mushrooms, mixed vegetables, Escarole salad, fruit compote, cookies, coffee.

WEDNESDAY

Breakfast—Sliced pineapple, ready to eat cereal, ham and eggs,, rolls, coffee or cocoa. Lunch—Chilled melon, Pig's knuckles and sauerkraut, boiled potatoes, fruit cup, tea or milk. Dinner—Larded tenderloin of beef, egg plant en casserole, canned asparagus salad, nut loaf cake, stewed pears, coffee.

THURSDAY

Breakfast—Stewed prunes, ready to eat cereal, coddled eggs, broiled bacon, buttered toast, tea or milk. Lunch—Hamburger patties with fried onions, canned corn, dressed lettuce, fruit gelatin, tea or milk. Dinner—Boiled corned beef, cabbage, turnips, potatoes-onions, mixed green salad, Harvest layer cake, coffee or beer.

FRIDAY

Breakfast—Stewed pears, hot oatmeal with cream, shirred eggs, raisin-nut toast, coffee or cocoa. Lunch—Macaroni and cheese, lettuce and tomato salad, orange pudding, tea or milk. Dinner—Shrimp Newberg in rice ring, buttered beets, cucumber boat salad, Camembert cheese and crackers, coffee.

SATURDAY

Breakfast—Sliced bananas with ready to eat cereal, baked eggs, broiled ham, hot biscuits, jelly, coffee or cocoa. Lunch—Mixed grill, cucumber salad, layer cake, tea or milk. Dinner—Boiled leg of mutton with caper sauce, mashed turnips, fried potatoes, lettuce and grapefruit salad, orange souffle, coffee.

SUNDAY

Breakfast—Sliced peaches with cream, ready to eat cereal, buckwheat cakes, fried eggs, breakfast sausage, maple syrup, coffee or cocoa. Dinner—Cream of onion soup, Roast turkey, cranberry jelly, corn fritters, buttered peas, ripe olives, radishes, meringue a la creme, coffee. Supper—Chili con carni con frijoles, toasted crackers, sliced tomatoes, fruit cup, coffee or tea.

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

WISE OYSTERS LEARNED THAT ABSENCE MAKES THE HEART GROW FONDER

A Fine Recipe For Those Who Do Not Like 'Em Raw

If one is in doubt as to the real definition of an oyster it need merely be said that it is the answer to many a worried housewife's prayers and the desire of many a good stomach.

Unfortunately, these tasty bivalves do not honor us with their presence at all seasons of the year but perhaps they are wise, they probably know that if they were available all the time, they would cease to be so popular, at least that is the way with some things tha twe can have whenever the urge arises.

It slightly goes against the better judgment of some people to eat said bivalves in their raw state and so, for such people as well as for those who eat them in any state, food experts and hungry people who like to experiment have settled themselves down, tried out this and that and at last arrived at several definite ends, one of which appears in the form as follows:

BAKED OYSTER OMELET

18 oysters
8 eggs
¾ cup thin cream
¾ cup rich cream
½ teaspoon onion juice
1 teaspoon chopped parsley
½ tablespoons flour
Salt and white pepper
1 cup oyster liquor

Melt the butter in a pan, and add to it the flour; when well mixed strain in the yoster liquor through a piece of cheesecloth; add thin cream, onion juice, parsley, salt and pepper, and let thicken to a custard like consistency. Clean the oysters; drop them into the simmering sauce and let cook until their edges curl up.

Beat the yolks of eggs until very light, add salt and rich cream, mix well, and add the stiffly beaten egg whites. Pour mixture into a hot iron frying pan which has not been greased, and cook in a moderate oven twenty minutes or until the omelet has risen well and is a light brown on top. Pour the creamed oysters on a hot flat platter. Take the omelet out of the frying pan very carefully with the aid of a spatula and a pancake turner, and set it on top of the creamed oysters. A thin coating of the omelet will stick to the pan, but do not scrape that out. The omelet should not be completely set through, but should be a little soft and runny in the middle.

DINING ABROAD AT HOME

Popularity Of Eggplant In Turkey As Great As In America

It's a little hard to realize that such a thing as an eggplan,t so common in American markets is equally as common n such a remote place as Turkey. The Turksh eggplants are somewhat smaller than those we use though, one eggplant being usually just large enough for one portion and more often than not prepared like this:

MUSAKA

(Eggplant and meat casserole)
2 tablespoons butter
3 onions, chopped
1½ pounds ground beef
1 tomato, chopped
3 tablespoons chopped parsley
salt and pepper
¼ cup white wine
3 small eggplants
6 tablespoons cracker crumbs
2 egg whites
2 egg yolks
1 cup milk
grated cheese
butter

Melt the butter; add the chopped onions and fry until brown. Add the meat and continue frying until it is brown; then add the tomatoes, parsley, salt, pepper and wine. Cover the pan and allow mixture to boil until most of the liquid has been absorbed. While meat is cooking, peel the eggplants, cut in slices about ½ inch thick and fry in butter until brown. Butter a casserole and sprinkle sides and bottom with cracker crumbs. Place a layer of the egg plant on bottom. Place meat in a bowl, and add 3 tablespoons cracker crumbs and egg whites slightly beaten,, mix well. Cover the layer of eggplant with a layer of the meat and repeat until dish is filled have top layer of eggplant. Beat the egg yolks and add the milk; add some grated cheese and mix. Pour over the eggplant and dot with bits of butter. Bake in a hot oven 400 F. about 1 hour.

Macaroni Imperial

1 cup uncooked macaroni, broken in 1 inch pieces.
½ cup sifted bread crumbs
¼ cup melted butter
3 tablspoons red pepper, finely chopped
3 tablespoons green pepper, finely chopped
1½ teaspoons scraped onion
1½ teaspoons salt
1 cup grated American cheese
1½ cups milk, scalded
3 egg yolks, well beaten
3 egg whites, stiffly beaten

Cook macaroni in large amount of boiling, salted water, until tender. Drain. Combine bread crumbs, butter, red and green pepper, onion, salt and cheese. Add milk. Pour over egg yolks, stirring well. Add macaroni then fold in egg whites. Pour into well greased casserole, place in pan of hot water, and bake in moderate oven 350 F. for 40 to 45 minutes, or until firm, serves 8.

Creole Trout Increases Interest In Fish Dinners

Though fish is gradually gaining in popularity, there are still those who eat it only when necessary. This may be because the poor fish hasn't been treated in the proper manner and if it it, the next time a trout is to be served try him this way:

CREOLE TROUT

2 pounds trout
3 hard boiled eggs, chopped
2 pounds shrimp, boiled and chopped
½ pound American cheese, grated
1 can mushrooms
1 tablespoon chopped oysters
White sauce

Boil the fish. When cook enough to handle, remove skin and bones. Separate fish into large pieces. Into a buttered casserole put ½ the fish, cover with ½ the cheese, eggs, shirmp mushrooms and oysters. Repeat. Then pour white sauce over this and bake about 30 minutes in a moderate oven 350 F.

Many people do quite a bit of home dyeing, some with and some without success. Tints are best used to freshed the original color rather than change it.

Lilly White's Goober Brittle

Dear Miss Wilma:

'Fore Ah forgits it an gets off onto sumpin else Ah jes wants to drop yo a note an tell yo all bout de good goober brittle Ah jes finish makin. It's a surprise to mos ob de women folk dat it be so easy like to make dat dey all wonder dat dey ain't a been makin it themselves.

Furst yo melts two cups ob granulated sugar but yo gotta be careful dat it dont scorch an ob corse yo done add no water and den when it all be disolved yo adds one an a half cups ob shucked peanuts and jes befor yo taked it off de fire add one teaspoon ob baking powder. Stir it all real quick and den spread de candy on a plate to git hard. De baking powder in de brittle is a good little wrinkle an Ah sure thinks it helps de flavor.

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

Timely Tips On Storing Vegetables

There are quite a few women who find that the prices asked for vegetables during the winter months are just a little too much for their budgets. These women have learned the value of storing vegetables and saving a certain amount of money.

Now there are a great many who would like to store vegetables and who perhaps have tried it in the past without much success and have found only trouble and waste. Here are the rules:

The best vegetables for storing are carrots, parsnips, salsify, beets, turnips, potatoes, onions and cabbage. All the bruised and broken vegetables should be rejected. At least an inch and a half of the tops should be left on bets, carrots and turnips. They should be stored in bins or boxes of sand and buried on their sides in rows and surrounded with enough sand or garden soil between, on top, and below so they will not touch each other, and the soil through be kept slightly moist. Too much moisture causes the vegetables to rot.

Just before the frost comes, tomato vines which contain a good many green tomatoes may be pulled up, roots and all, and hung downward in the cellar where they will ripen gradually.

Onions require thorough curing and drying, and they must be kept in a cool, dry place.

Notice To Creditors

REAL ESTATE ONLY

This is to give notice, That the subscriber has obtained from the Orphans' Court of Kent County Ancillary letters of administration d. b. n.— c. t. a., on the estate of

FLORENCE J. ROBINSON

late of said county, deceased. All persons having claims gaainst said deceased are hereby warned to file in said Court their claim against said decedent, with the vouchers thereof legally authenticated, on or before the 2nd day of April, 1938, they may otherwise, by law, be excluded from all benefit of said estate. All persons indebted to said estate are requested to make immediate payment.

Given under my hand this 28th day of September, 1937.

STEPHEN R. COLLINS,
Ancillary Administrator d. b. n. c. t. a.
T. Ringgold Jones, Register of Wills.

Shirred Eggs

2 cups strained canned tomatoes, juice and pulp
1 teaspoon onion, finely chopped
4 tablespoons tapioca
1 teaspoon sugar
1 teaspoon salt
dash of paprika
4 eggs
¼ cup grated cheese
1 teaspoon parsley, chopped

Place tomatoes and onion in top of double boiler, bring to boil; add dry ingredients and bring to brisk boil, stirring constantly. Place over rapidly boiling water, cook 5 minutes, stirring occasionally. Pour into baking dish; make 4 depressions and break an egg into each. Springle with cheese. Bake in miderate oven 350 F. for 15 minutes or until eggs are firm.

Butterscotch Hard Sauce

½ cup butter
½ cup brown sugar, firmly packed
1 teaspoon vanilla
1 egg yolk, well beaten
4 tablespoons milk.

Cream butter thoroughly. Sift sugar and add gradually, creaming together until light and fluffy. Add vanilla, egg yolk, and milk and beat well. Makes 1¼ cups hard sauce.

Hot Off The Griddle

ESTHER DONLAN

To be certain that white cloths will stay white when ironing, it is wise to be sure the ironing-board cover is clean and also the iron.

Woolen goods should never be boiled as it will cause shrinkage.

Because of mildew, it is well to never sprinkle more than a day's ironing.

If one wants to oil leather shoes, yet keep the color lights, use white vaseline, paraffin oil or lemon oil. Linseed oil darkens.

Always hang brushes and brooms when not in use, have special racks so they are kept off the bristles.

In the winter as well as the summer there are rugs to be stored. If the space for storage is limited, it is better economy, to use the commercial rug storage, which may include cleaning and moth-proofing.

Looking For A "Different" Fudge Cake?

By SIDNEY SNOW

WHILE CAKE may be cake, thank goodness there need never be any hesitancy in hunting up a new and different one. And here is a fudge cake so meltingly delicious that it brings to the table a highly definite touch of the fine French pastry chef. It is

BALTIMORE FUDGE CAKE

In one form or another it has been a Maryland favorite for generations. Here is the most modern recipe for it.

1-1/3 cups sifted cake flour
1¾ teaspoons double-acting baking powder
¼ teaspoon salt
1 cup sugar
2 eggs, well beaten
5 tablespoons softened butter or other shortening
½ cup milk
½ teaspoon vanilla
2 squares unsweetened chocolate, melted

Sift flour once, measure, add baking powder, salt, and sugar, and sift together three times. Add butter. Combine eggs, milk, and vanilla, and add to flour mixture, stirring until all flour is dampened. Add chocolate and blend. Then beat vigorously 1 minute. Bake in greased pan, 8x8x2 inches, in moderate oven (325 degrees F.) 1 hour. Spread Coffee Frosting on top and sides of cake.

COFFEE FROSTING

4 tablespoons butter
2 cups sifted confectioners' sugar
2 tablespoons strong coffee (about)
Dash of salt

Cream butter; add part of sugar gradually, blending after each addition. Add remaining sugar, alternately with coffee, until of right consistency to spread. Beat after each addition until smooth. Add salt. Makes enough frosting to cover tops of two 9-inch layers.

GALENA

Mrs. Enda Gilfillan, Mrs. Earle Gilfillan and Dorthea spent last Tuesday in West Chester, Pa.

Mrs. Hiriam Powell and daughter, Mrs. Bertha DeCoursey returned last Sunday after a three weeks visit in Atlantic City, N. J.

Miss Martha Whitaker, of Chestertown, Md., spent the past week end with her sister, Mrs. Ernest Hicks.

Messrs. Joe Peach, of Golts, Md., Elmer Jarman were Sunday guests of Dr. Theo Cook, on Kent Island, Md., Sunday week.

The Philathea Class meet at the home of Mr. and Mrs. Dennis Phillips last Tuesday evening at their home in Georgetown, Md.

Mr. and Mrs. William Statts spent last Sunday with her parents, Mr. and Mrs. Harry Bolton.

Mrs. Lena Burnham, of Townsend, Del., is visiting her aunt, Mrs. Josephine Davis.

Mr. and Mrs. J. L. Roberts, of Pleasant Cove Farm, near Galena, are occupying the home of Mr. and Mrs. Richard Redding on Main St., while the formers home is being repaired.

Miss Mary Roberts, daughter of Mr. and Mrs. J. L. Roberts returned home from Europe last Thursday, after a two years study in Foreign Languages.

Mrs. Thomas Caldwell is a patient in Ear and Eye, Throat Hospital, in Baltimore, she is improving nicely.

Mrs. Katherine Sampsell is visiting her brother, Mr. Nicholson in Still Pond, Md.

Miss Blanche Fogwell of Wilmington, Del., spent the week end with her parents, Mr. and Mrs. Robert Fogwell.

Little Charlotte Mulford had her tonsils removed in Dr. J. J. Jones Hospital in Wilmington, Del.

Mr. and Mrs. Carroll Elburn attended the funeral last Tuesday of his cousin, Mr. John Thompson who accidentally was drowned.

Miss Josephine Welch left on Tuesday to enter as a student at Roberts-Beech School for girls, at Catonsville, Md.

Miss Virginia Spry, of Wilmington, Del., spent the past week end with her mother,, Mrs. Helen Spry.

Little Rebeca Mary Boyd celebrated her fourth birthday at a party last Wednesday, quite a number were present.

SUNDAY DINNER Suggestions

By ANN PAGE

GRAPES are in full season, including native Concords and other slipskin varieties and the California eating grapes such as Thompson seedless, Tokays, Malagas and Ribiers. Apples, cranberries and grapefruit are also helping replace the summer fruits.

Iceberg lettuce is again cheap. Tomatoes, onions, peppers and celery are reasonable. Potatoes, both white and sweet are low in cost.

Ducklings and lamb are the best buys in the meat line though pork is a little lower. Both beef and veal prices have risen. Eggs and butter are showing the usual fall increases in price but are still reasonable.

Seasonable foods make up the following menus.

Low Cost Dinner

Pork Chops Sweet Potatoes
Creamed Cabbage
Bread and Butter
Apple Tapioca Pudding
Tea or Coffee Milk

Medium Cost Dinner

Baked Ham with Apple Rings
Mashed Potatoes Green Beans
Bread and Butter
Floating Island
Tea or Coffee Milk

Very Special Dinner

Grape and Grapefruit Cup
Roast Duck with Apple and Onion Stuffing
Browned Sweet Potatoes
Brussels Sprouts
Combination Salad
Bread and Butter
Coffee Ice Cream Wafers
Coffee

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