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—Sliced oranges, ready to eat cereal, scrambled eggs with chicken livers, buttered raisin toast, coffee or cocoa. Lunch—Creamed chipped beef on fried pineapple, shredded lettuce with sliced tomatoes, cup cakes, tea or milk. Dinner—Roast leg of lamb, mint sauce, browned potatoes, buttered peas, mixed green salad, apple dumplings with hard sauce, coffee or beer.

TUESDAY Breakfast—Grapefruit, oat meal mush with cream, baked eggs with cheese, buttered toast, coffee or cocoa. Lunch—Canned chicken a la king with canned asparagus tip salad, ice cream cake, tea or milk. Dinner—Lamb pot pie with pastry crust and vegetables, watercress salad, cheese cake, coffee.

WEDNESDAY Breakfast—Baked apples with cream, ready to eat cereal, bacon omelet, coffee cake, coffee or cocoa. Lunch—Shrimp creole, rice ring, endive salad, graham cracker pie, tea or milk. Dinner—Broiled chicken, shoe string potatoes, string beans, Waldorf salad, angel food cake, coffee.

THURSDAY Breakfast—Stewed prunes, ready to eat cereal, fried ham and eggs, hot rolls, coffee or cocoa. Dinner—Oyster cocktail, hot consomme, roast turkey, chestnut stuffing, mashed potatoes with giblet gravy, Brussels sprouts, mashed turnips, stuffed celery, ripe olives, salted almonds, cranberry sauce, jellied pineapple and carrot salad, pumpkin pie with cheese or plum pudding with hard sauce, coffee. Supper—Shrimp salad, bread and butter sandwiches, orange ice, tea or coffee.

FRIDAY Breakfast—Apple sauce with cream, hot wheat cereal, poached eggs on toast, buttered toast, coffee or cocoa. Lunch—Baked macaroni and cheese, broiled tomatoes, chocolate pudding with whipped cream, tea. Dinner—Clam chowder, baked stuffed haddock, boiled potatoes with parsley, buttered beets, green salad, orange layer cake coffee.

SATURDAY Breakfast—Stewed apricots, corn meal mush, griddle cakes, breakfast sausages, buttered toast, coffee or cocoa. Lunch—Turkey croquettes, potato cakes, giblet gravy, sliced tomatoes, plum pudding, tea. Dinner—Breaded veal cutlet, German fried potatoes, string beans, chicory salad, apple strudel, coffee or beer.

SUNDAY Breakfast—Sliced oranges, ready to eat cereal, jelly omelet, broiled bacon, buttered toast, coffee or cocoa. Dinner—Hot consomme, rib roast of beef, peeled baked potatoes, buttered peas, broccoli salad, assorted pickles and olives, ice cream pie, coffee. Supper—Welsh rarebit toasted crackers, fruit cup, coffee or tea.

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

Lilly White's Pumpkin Pie



Dear Miss Wilma:

Ah jes cain't git it through ma haid that it's Thanksgiving time again so soon, ah jes don know where all de time goes. Ah jes sets an smokes ma pipe and when Ah finishes it, jes seems like another year is heah, so ah puts ma brains togither an figures out what should be et an goes to it. Ah admits ah alus could make a good pumpkin pie an dis is how ah goes about it: Mix furst one-quarter cup ob granulated sugar an one-half teaspoon ob salt an one-quarter teaspoon ob mace an one-quarter teaspoon cinnamon an one-half teaspoon ob cloves an one-quarter teaspoon ob ginger. Den yo adds one cup ob fresh or de canned pumpkin, an two aiggs all beaten an one-half teaspoon ob vanilla and den one half cup ob milk and one half cup ob cream gradual like. Den yo lines a pie plate wit a good rich pastry crust an pours in de punkin. Den yo bakes it for bout fifteen minutes in a hot oben (on de new stoves yo'd set it at 475 F.) and den you turns down de heat to 350 F. an bakes it fo twenty-five minutes more. Dats all her be to it. Ain't it de simplest thing to be havin good things to eat?

Hopin yo is de same
your humble servant
LILLY WHITE.

Colorful Stuffed Peppers As Vegetable Course

A dull table can be cheered by the mere presence of a green pepper in slices or whole, but when there is an abundance of them, the table is filled with not only color but something very delicious. We are used to eating stuffed peppers as a main dish but here they are as a vegetable:

CORN STUFFED PEPPERS

2 green sweet peppers
1 1-3 cups whole kernel corn, canned or fresh
4 tablespoons tomato catsup
4 teaspoons granulated sugar
1 teaspoon onion salt
butter
cracker crumbs
grated cheese

Cut off tops and remove seeds of peppers. Put peppers and top slices in cold water and bring to boil, boiling five minutes. Cut cooked tops of peppers into small pieces and add to corn. Add catsup, sugar and onion salt, and pack into the par-boiled pepper cases. Put lump of butter on top of each and cover with the cracker crumbs and grated cheese. Bake in a hot oven 425 F. until brown on top. Serves 4.

Novel Baked Apples As A Dessert

When in doubt, fruit i na nice manner will always make a fine dessert. Especially after a heavy meal when something very heavy isn't necessary yet something delicious is essential. Apples fill this bill as it is so easily digested and very pleasing. Here is a fine recipe really worthy trying.

CRYSTALLIZED APPLES

2 cups sugar
½ cup water
Juice of 1 lemon
6 apples
11 cup nuts
1 cup dates (softened with wine or brandy)

Boil the sugar and water for 15 minutes together with the lemon juice. Then drop in apples that have been peeled and cored. Simmer slowly until apples have become crystallized. When cold, fill each apple with dates and nuts and serve with whipped cream.

Another good wrinkle is to peel and core apples, fill the bottom with a little grated orange peel and fill the rest with honey and bake until done. This won't taste much like an apple but delicious!

Hot Off The Griddle

ESTHER DONLAN

Did you know that:—

It is best to buy vegetables by weight rather than measure. A pound is a definite quantity, but a quart will vary, depending on whether the dealer packs the measure of fills it loosely.

The best artichokes are green in color. A brownish color suggests that they have been kept too long.

In choosing winter cabbage, selected a firm, heavy head. A pound of cabbage yields approximately 3½ cups of finely shredded cabbage for salad and 2½ cups when cooked.

During the winter old parsnips are sold by the pound and there are usually about 4 medium sized roots to the pound.

Dried apricots are among the most inexpensive fruits that can be bought. One pound makes about 3½ cups of fruit when soaked and drained or 3 cups when cooked.

Thanksgiving Mince Pies Descend From Ancient England

By SIDNEY SNOW



An Old Time Delicacy Even In Puritan Days, Mince Pie Was Then Called "Sheer Idolatry"

On January 6th in the year 1662, Pepys, the author of the famous diary, wrote:

"To dinner to Sir Wm. Pens, it being a solemn feast day with him—his wedding day—and we had, besides a good chine of beef, and other good cheer, eighteen mince pies . . ."

All through old English life, the mince pie held full sway as a sturdy dish—once a meat dish, made savory with an array of condiments and spices—but gradually turning into one of the world's most famous desserts.

The present day recipe follows closely the ancient mixture. Here is one which is as old as the hills, and as reliable:

OLD ENGLISH MINCE MEAT

5 pounds boiled beef
1½ pounds suet
4 quarts apples, chopped fine
1 tablespoon salt
1½ pounds seeded raisins
1½ pounds currants
1½ pounds brown sugar
2 quarts sweet cider
1 pint brandy
2 teaspoons allspice
2 teaspoons cloves
2 teaspoons cinnamon
1½ teaspoons nutmeg

Chop beef, suet and apples separately. Mix well and add salt. Add raisins, currants and sugar, which has been dissolved in cider. Heat gradually, stir now and then, cooking slowly an hour and a half. Last of all add spices and brandy. Best to let it stand for day or two in jar covered with buttered paper. Will keep in jars, close tightly, and placed in refrigerator.

If you can spare a pint jar or so, this makes a grand gift.

Notice To Creditors

REAL ESTATE ONLY

THIS IS TO GIVE NOTICE, That the subscriber has obtained from the Orphans' Court of Kent County letter of administration on the estate of

ALWYN N. STAVELY

late of said county, deceased. All persons having claims against 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 30th 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 26th day of October, 1937.

R. WROTH STAVELY,
Administrator.

T. Ringgold Jones, Register of Wills.

SUNDAY DINNER Suggestions

By ANN PAGE

MEAT prices are again lower this week. Most striking changes will be found in fresh pork cuts, lamb and forequarter beef. Fresh eggs are a trifle lower but good storage eggs are inexpensive. Butter prices continue to rise.

The cabbage family, cabbage itself, cauliflower, broccoli and Brussels sprouts are all of fine quality and reasonable in price. Green beans are again reasonable. Potatoes, carrots, turnips and squash are cheap.

Apples, bananas, cranberries, grapes, grapefruit, oranges and pears are all plentiful and prices are reasonable.

Seasonable foods make up the following menus.

Low Cost Dinner
End Piece Roast of Pork
Browned Sweet Potatoes
Creamed Cauliflower
Bread and Butter
Apple Betty
Tea or Coffee Milk

Medium Cost Dinner
Roast Loin of Pork Apple Sauce
Mashed Potatoes Brussels Sprouts
Bread and Butter
Snow Pudding Soft Custard
Tea or Coffee Milk

Very Special Dinner
Broiled Grapefruit
Roast Lamb Browned Potatoes
Green Beans and Peas
Waldorf Salad
Rolls and Butter
Chocolate Soufflé Hard Sauce
Coffee Milk

Winter beets are usually sold by the pound, there being about 4 medium sized beets to a pound.

HOLIDAY BUFFET SUPPER SALAD

A party salad is usually, and should always be, a gay colorful display.

Here is one that will grace any buffet table with the greatest of ease.

BUFFET SALAD

2 pounds boiled potatoes, sliced
1 onion, chopped very fine
1 small can pimentos, chopped fine
6 hard cooked eggs
Salt and pepper
1 head lettuce
1 can asparagus tips
1 green pepper
2 or 3 sliced tomatoes
½ pound fresh boiled shrimp
½ cup fresh or canned cooked peas.

DRESSING

½ pint thick sour cream
1 tablespoon vinegar
1 tablespoon prepared mustard
Salt and pepper
1 cup mayonnaise

To the sliced potatoes add the onion, pimento, 4 of the hard cooked eggs, finely chopped. Season to taste with salt and pepper. Over this pour sour cream dressing, and half the mayonnaise, and mix well. Arrange potato salad on a large platter in a nest of lettuce, making a smooth mound. On this arrange stalks of asparagus and long strips of green pepper to make symmetrical sections. On the top center lay a large slice of tomato with a slice of egg on it. Then put tomato and egg slices symmetrically in between the asparagus bars around the mound. On the rim of the platter arange pink shrimp and bright green peas. Serve with remaining mayonnaise. This makes 6 to 8 servings.

Oysters For Few Or Many

With all the holiday rush and more holidays coming along one should not forget that little bivalve the oyster. Before we know it he'll be gone for the summer again and there we'll be—without oysters. The holiday season is a grand time to make use of the oyster, he fills so many roles and when preparing a dish for few or many he's just as capable.

SCALLOPED OYSTERS

1 pint oysters
2 cups bread crumbs
¼ cup milk
6 tablespoons butter
Salt and pepper

Oil a baking dish; put in a layer of crumbs, then a layer of oysters, butter in small pieces, salt and pepper. Repeat, ending with a layer of crumbs with small pieces of butter dotted over them. Do not have more than two layers of oysters. Moisten with milk and oyster liquor mixed together. Bake in a moderate oven (350 F.) until brown, about half an hour, and serve in the same dish.

The Thanksgiving Night Snack

With all our planning for Thanksgiving dinner, one is apt to forget that only a few hours later, the family is hungry once more. Some time along about six or eight in the evening, there are side long glances at the dining room and the kitchen, while sly trips are made to the refrigerator.

This is the time when the nicely planned Thanksgiving supper is of definite importance. A Thanksgiving supper, coming as it does, on top of a heavy meal, calls for certain details. There must be cooling food, crisp, crunchy salads—of course, there should be left over turkey—no other meat is so fitting or tasty—but particularly one must remember that there are many dry throats after the heavy dinner earlier in hte day, so there should be a big pitcher of lemonade—bottles of ginger ale should be iced and the root beer or soda pop thoroughly chilled.

The thoughtful hostess is planning her Thanksgiving supper along these lines—all to be laid out on the side board when the family starts making sheeps' eyes in that direction.

Cold sliced turkey
Mixed Celery and apple salad
Olives - pickles and onions
Hard rolls and butter
Crnaberry jelly
Salted crackers
Assorted cheese
Coffee with cream

Summer Vegetables In Winter

Now days we don't let such a little thing as an out-of-season vegetable bother us. We saunter over to the grocery store and purchase our vegetables in cans. Then, by adding a touch of this and a pinch of that we have grand dishes at our beck and call all the time.

BAKED ASPARAGUS TIPS

1 No. 1 can asparagus tips
¼ cup cream
½ teaspoon paprika
Salt if needed
1 tablespoon butter

Arrange asparagus tips in a baking dish, cover with their own liquid, add the cream, butter, paprika and extra salt if needed. As the asparagus liquid is salted additional salt, if added, must be used sparingly. Bake about 40 minutes in a moderate oven. Serve on toast. Thicken the liquid remaining in the baking dish with a little flour and pour this over the asparagus tips. Serves four.

FILLERS FOR FOOD PAGE

Bananas are best for eating when the skin is speckled with brown.

When a pineapple is ripe the center leaves or spines can be pulled out easily if givn a slight jerk.

A cauliflower should be white. A yellowish color indicates exposure to the sun and a consequent strong flavor.

Sweet potatoes should be selected with great care, as slight bruises will soon spoil the whole potato. They should be kept in a warm, dry place, as they are easily damaged by frost.

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