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—Apple sauce, ready to eat cereal, scrambled eggs, fried bacon, buttered toast, coffee or cocoa. Lunch—Frankfurters and sauerkraut, mashed potatoes, cocoanut custard pie, tea. Dinner—Dutch oven lamb chops, buttered noodles, boiled carrots with butter, lettuce and tomato salad, French dressing, hot apple Betty with hard sauce, coffee or beer.

TUESDAY Breakfast—Sliced oranges, hot corn meal mush, baked eggs, pop-overs, marmalade, coffee or cocoa. Lunch—Creamed eggs on toast, asparagus tip salad, cup cakes with hot chocolate sauce, tea or milk. Dinner—Roast loin of pork, apple sauce, fried potatoes, molded spinach, celery salad, raisin pie, coffee.

WEDNESDAY Breakfast—Sliced bananas with ready to eat cereal, corned beef hash with poached eggs, buttered toast, coffee or cocoa. Lunch—Cream of corn soup, combination sandwiches, cole slaw, stewed pears, brownies, tea or milk. Dinner—Pork pie with vegetables, hot biscuits, lettuce with Russian dressing, fruit gelatin, coffee or beer.

THURSDAY Breakfast—Stewed prunes with cream, ready to eat cereal, ham and eggs, hot rolls, coffee or cocoa. Lunch— Creamed chipped beef on baked potatoes, sliced tomatoes, Boston cream pie, tea or milk. Dinner—Swiss steak, steamed rice, buttered peas, endive salad, peppermint tapioca pudding, coffee.

FRIDAY Breakfast—Grapefruit, hot wheat cereal, plain waffles, maple syrup or jam, coffee or cocoa. Lunch—Creamed seafood in patty shells, cabbage salad, mince meat tarts, tea or milk. Dinner—Clam chowder, broiled lobster with drawn butter, shoe string potatoes, broiled tomatoes, lima beans, chicory salad, cocoanut layer cake, coffee.

SATURDAY Breakfast—Orange juice, ready to eat cereal, griddle cakes, little sausages, coffee or cocoa. Dinner — Clear consomme, shrimp cocktail, roast goose, apple sauce, baked sweet potatoes, mashed white potatoes, mashed turnips, fried cauliflower, Walford salad, salted almonds, pickled beets, New Year's cake, assorted fruits, coffee. Supper—Assorted sandwiches, vegetable salad, baked apples with orange peel, cookies, coffee or tea.

SUNDAY Breakfast—Stewed pears, ready to eat cereal, bacon and eggs, toasted English muffins, marmalade, coffee or cocoa. Dinner—Cream of tomato soup, broiled sirloin steak, French fried onions, string beans, pickled beet salad, banana shortcake. coffee. Supper—Chili con carni con fri joles, toasted crackers, sliced tomatoes. vanilla ice cream, nut bars, coffee or tea.

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

Roast Goose For New Year's Dinner

Clean and singe the goose and truss it as for roasting a chicken. Rub the outside skin well with salt. Stuff with favorite stuffing and dredge with flour. Place in a roasting pan with 1 cup of water and a medium sized onion, and cook for half an hour in a hot oven. Reduce the heat to low, and roast until the meat on the legs is tender, basting frequently. Prick the skin with a fork from time to time to let out the fat. The dength of time for roasting will be anywhere from 2 to 4 hours, depending on the size, but mostly on hte age, of the goose. When done, skim off most of the fat. Turn into the pan 2 tablespoons browned flour mixed with 1 cup of water and salt and pepper; let this gravy bubble up in the pan for a minute or two. Place the goose on a hot platter, either surrounded with fried apple rings or with a separate dish of applesauce. Pour gravy in a sauceboat and serve. If a patent roaster is used for cooking the goose, have no water in the pan.

Ham Griddle Cakes For Midnight Meal

On some of these very cold nights when you come home late and are all ready for bed, something in your stomach starts yelling for food. Many of us go to bed and try to forget it, but the craving only increases and the dreams of that first sleep are all about hamburgers with raw onions, and steaming hot griddle cakes, so with groans we wake up and decide the only thing to do is to the kitchen and prepare those griddle cakes:

HAM GRIDDLE CAKES

2 cups soft bread crumbs
1 cup hot milk
1 cup minced ham
2 eggs, beaten
2 tablespoons melted shortening
Salt and pepper

Soak the bread in milk. Add the beaten eggs, ham, and seasonings. Drop on hot greased griddle and brown on both sides. Serve hot.

An Accompaniment For Pot Roast

Here is an unusual and very tasty accompaniment for a pot roast that will make that dish one to be long remembered.

POTATO CHARLOTTE

3 cups raw, grated potatoes
3 tablespoons poultry fat
1 medium onion, chopped
2 eggs, beaten
2 slices wheat bread
1 tablespoon salt
1 teaspoon paprika

To the grated potatoes add the soaked bread, egg and seasoning; then add onions which have been fried in the fat. Heat and grease an iron frying pan well, pour in the mixture, bake in a hot oven until well browned on top (475 F.) Serve with the pot roast, gravy and apple sauce.

Cheese Tea Sandwiches

2 packages (6 ounces) cream cheese
½ can Cocoanut, Southern Style, chopped
2 tablespoons mayonnaise

Combine ingredients and mix thoroughly. Spread on thin, buttered whole wheat bread. Cut in shapes. Makes 1¼ cups filling.

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LILLY WHITE'S FRIED SHRIMP

Dear Miss Wilma:

Up North yo all'll think it funny dat Ah suggests shrimps fo breakfast but dis heah dish sho am fine if'n yo eats it for breakfast or fo dinner either one. Down in Georgia we likes shrimps in de mornin with hominy but yo had better fix 'em in de evenin insted like dis: First you buys a pound ob nice plumb shrimps and wash em good an den take off de shells an dry dem on a clean towel. Den yo takes a cup of milk an salts an peppers it an let de shrimps set in dis for half an hour; den drain dem and roll dem in corn meal wit a little salt an fry dem ni boilin fat. Den when they be a golden brown color yo take em out with a skimmer an drain dem on brown paper an serve dem on a good hot platter with bits ob lemon.

Hopin yo is de same

Your humble servant

LILLY WHITE.

Hot Off The Griddle

ESTHER DONLAN

Colored washable gloves can be kept from streaking by stuffing the glove with tissue paper before drying.

Dust and moths ruin tapestries Brush and vaccum clean them when rooms are being cleaned. Dry cleaning old tapestries saves their colors. They can be washed if desired, but their beauty is lessened.

Jerking plugs out of sockets damages the wire and makes them dangerous.

Brushes play a great part in household cleaning and should be purchased with care. They should be bought for the special work to be done and not for general use.

When storing copper or brass, clean and rub with a thin coating of paraffin to keep the air away, otherwise, they will corode, forming a green copper deposit.

Furs in use are not likely to have moths. Brush, sun and air them before putting in storage. First choose large enough boxes to prevent crushing the furs. Then line the box with soft paper or tissue. If camphor or moth balls are used, tie them loosely in cheesecloth and place in furs. Close box and either seal edges of box with pasted paper or wrap the box tightly in newspaper.

Airing a bed is an important and most healthful duty. First—open the windows, place pillows on table or chair beside window. Then spread back over head of bed or on two chairs the blankets, quilt, sheets and mattress pad. Draw mattress over foot of bed. Be sure though, to close hte door to keep the house warm. An hour's airing done often, gives good returns.

To remove grease from wall-paper great care is needed. Moisten a piece of absorbent cotton with a grease solvent—carbon tetrachloride or alcohol. Apply cotton to grease spot with pressing motion. Hold until solvent absorbs some grease. Repeat with solvent on clean cloth. Let dry and note degree of change. This takes time and you may have to repeat several times. The success of the result of patience and no rubbing.

SUNDAY DINNER Suggestions

By ANN PAGE

PARTIES and more parties usually mark the week between Christmas and New Year's. That means careful shopping and budget stretching for most housewives. Many factors favor her this week. Meats are cheaper, eggs are less expensive than usual at this season and butter prices dropped last week. Large crops of apples, the various citrus fruits and nuts mean that these important items are reasonable. Menus for a New Year's Eve midnight buffet supper, New Year's dinner and Sunday dinner follow.

New Year's Eve Midnight Buffet Supper

Sliced Turkey — Sliced Ham
Hot Stuffing and Gravy
Scalloped Potatoes
Celery — Olives — Jelly
Hot Buttered Rolls
Fruit Cup — Fruit Cake
Egg Nog — Hot Coffee

New Year's Dinner

Consomme Madrilene
Celery — Pickles
Roast Fresh Ham — Cinnamon Apples
Browned Sweet Potatoes
Buttered Onions
Salad of Mixed Greens
Rolls and Butter
Frozen Egg Nog — Small Cakes
Coffee

Sunday Dinner

Fruit Cup
Broiled Beefsteak — Baked Potatoes
Cauliflower Hollandaise
Melba Toast — Butter
Pineapple Bavarian — Cookies
Coffee

JOHN W. BARROLL
ATTORNEY-AT-LAW
Chestertown, Maryland

NATIONAL Bohemian Beer

Here Is A Special Holiday Brew

IT IS THE old recipe followed by this brewery in pre-prohibition days. It is a rich, nut brown wintery beer — strong and sturdy and full of tang and zest and flavor.

Just the sort of beer to enjoy with some good rye bread and a bit of cheese— some folks will want to add an onion. The onion is a good idea, too.

For A Limited Time Only

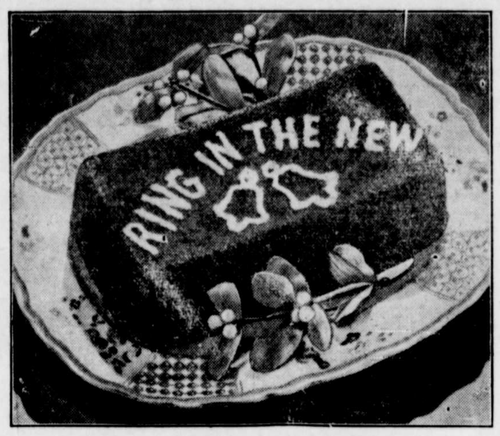
We brewed just a little of this beer— just enough to last over the holidays. You can get it on draft at your favorite tavern— and by the bottle wherever National Beer is sold.

But Order Early As the Supply Is Small

The NATIONAL BREWING COMPANY OF BALTIMORE, MARYLAND

A Special Cake For New Year's Day

By SIDNEY SNOW



An Old Roman Recipe Is The Basis For This Correct Cake For January 1, 1938

FAR back in Roman times, early Christians made a special New Year's Day porridge——at first merely milk and wheat cooked together. Then fruits and spices were added. Every year, many housewives would introduce improvements. In time, the dish was introduced to English housewives, and then many more "gadgets" were added, including bits of meat, even. Finally, so complicated became the recipe that were it not for the fact that American housewives can now take a package of mince meat and in that way toss in most of the ingredients at one swoop, this cake, supposed to bring good luck for the new year, would be a tremendous undertaking. But with most of the hard work already done, the following recipe turns the cake out in only about an hour. When the cake has cooled, the decorations are put on with frosting and a pastry bag.

GOOD LUCK NEW YEAR'S CAKE

1 9-ounce package of dry mince meat
½ cup water
½ butter or other shortening
1 cup brown sugar
2 eggs
2 cups sifted flour
3 teaspoons baking powder
¼ teaspoon salt
1-3 cup milk
¼ cup raisins
¼ cup chopped nut meats

Break mince meat into pieces; add cold water and place over heat and stir until lumps are broken up. Bring to a good boil and continue boiling for 3 minutes, until mixture is practically dry. Allow to cool. Cream butter and brown sugar. Add eggs one at a time and beat vigorously until smooth and creamy. Sift flour once, measure, add baking powder and salt and sift again. Add to creamed butter and sugar alternately with milk, beating after each addition until thoroughly blended. Fold in cool mince meat, raisins and nuts and pour into a greased loaf pan 4x8x2½ inches and bake in a slow oven 300 F. for 45 minutes.

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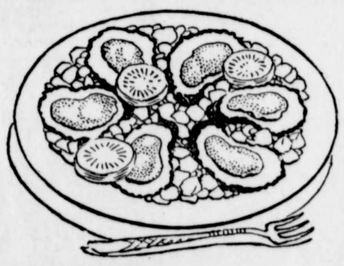

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