SIDNEY SNOW will be glad to answer any questions on food

THREE MEALS A DAY

Copyright BY SIDNEY SNOW, 1935

Edited by WILMA DEUTE

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

Menu Of The Week

MONDAY Breakfast—Stewed prunes, ready to eat cereal, corned beef hash with poached eggs, toasted biscuits, coffee or cocoa. Lunch—Creamed shredded ham on toast, winter fruit salad, frosted cup cakes, tea or milk. Dinner—Dutch oven pork chops, buttered noodles, buttered spinach, raw vegetable salad, ice box cake, coffee.

TUESDAY Breakfast—Grapefruit, hot cereal, bacon omelet, bran muffins, coffee or cocoa. Lunch—Grilled tomatoes and bacon, rolls, hot gingerbread with whipped cream, tea or milk. Dinner—Roast duck savoy cabbage, baked potatoes, beet salad, home made ice cream, coffee.

WEDNESDAY Breakfast—Stewed pears, ready to eat cereal, scrambled eggs, sausages, buttered toast, coffee or cocoa. Lunch—Cream of asparagus soup, stuffed egg salad, nut cake, tea or milk. Dinner—Lamb steaks, Creole rice, buttered broccoli, apple salad, floating island, coffee.

THURSDAY Breakfast—Orange juice, Philadelphia scrapple, hot biscuits, jelly or jam, coffee or milk. Lunch—Toasted hamburger sandwiches, cabbage and carrot salad, fruit gelatin with whipped cream. tea or milk. Dinner—Baked Virginia ham, sweet potatoes, spinach, cream cheese salad, deep dish apple pie, coffee or beer.

FRIDAY Breakfast—Baked apples with cream, ready to eat cereal, kippered herring, baked eggs, toast, coffee or cocoa. Lunch—Green pea soup, toasted cheese sandwiches, grilled tomatoes, cocoanut cup cakes, tea or milk. Dinner—Baked weak fish, french fried potatoes, cauliflower au gratin, pickled beet salad, apple dumplings, coffee or beer.

SATURDAY Breakfast—Mixed stewed fruits, hot cereal, soft boiled eggs, buttered toast, strawberry jam, coffee or cocoa. Lunch—Creamed mushrooms in patty shells, cucumber salad, chocolate pudding, tea or milk. Dinner—Broiled steak, baked potatoes, broccoli hollandaise, lettuce with Thousand Island dressing, banana fritters, coffee.

SUNDAY Breakfast—Stewed peaches, ready to eat cereal, buckwheat cakes, little sausages, fried eggs, maple syrup, coffee or cocoa. Dinner—Oyster cocktail, fricassee of chicken, dumplings, buttered peas, mashed turnips, pickles mangoes, stuffed celery, hot biscuits, plum pudding, hard sauce, coffee. Supper—Crabmeat Newburg, bread sticks, green salad, fruit compote, coffee or tea.

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

Afternoon Snack For The Children

The first thing the children do on their return from school is make a dash for the kitchen and peek in this and that to see just what they will sample. It would be a poor ad for woman's cooking if her children didn't do this so she should really be pleased about it. Just try having some bread like this once and see what happens:

COCOA BREAD

1 yeast cake
1 cup hot milk
¼ cup sugar
2 tablespoons butter
1 teaspoon salt
1 egg slightly beaten
3 cups flour
¼ cup cocoa

Place yeast with 1 teaspoon sugar in ¼ cup lukewarm water until dissolved. Put butter, salt and sugar in mixing bowl. When softened and lukewarm add dissolved yeast and the egg; beat until smooth. Stir in the flour and cocoa, knead light to form a soft dough, adding more flour if necessary. Cover and set in warm place until double its bulk. Toss on floured board, form into loaf and place in bread pan. When double its bulk, place in moderate oven, 350 F. for ¾ hour or until well done.

Russian and Thousand Island Dressing

Time and time again, the question arises as to the differences between Russian and Thousand Island dressing. To solve this problem, we will give both and sugest that you use both for your own enjoyment:

..THOUSAND ISLAND DRESSING..

1 cup mayonnaise
½ cup whipped cream
2 tablsepoons chili sauce
1½ tablespoons pimento, chopped
½ teaspoon onion juice
2 tablespoons finely chopped green pepper
1 chopped hard boiled egg
½ teaspoon sugar
1 teaspoon Worcestershire sauce

Mix together all the ingredients except the mayonnaise and cream. When well blneded, add to the mayonnaise and then fold in the stiffly whipped cream.

RUSSIAN DRESSING

1 tablespoon prepared mustard
3 tablespoons grated horseradish
3 tablespoons chili sauce
Mayonnaise

Mix the first 3 ingredients, stir into mayonnaise and serve ice cold over head lettuce, cold vegetable or sea food. I tablespoon caviar may be added.

Scalloped Mushrooms

1 pound fresh mushrooms
2 cups white sauce
1 teaspoon onion juice
1 cup cream
1 cup buttered zwieback crumbs

Saute mushrooms and prepare white sauce, add the onion juice. Into a well greased baking dish, place a layer of sauted mushrooms, ¼ of the white sauce, and ¼ of the crumbs, continue in this way until the sauce is all used up, pour cream over this and sprinkle remaining crumbs over top. Bake for 15 minutes in a moderate oven until the crumbs are browned.

666 checks COLDS and FEVER first day
Liquid, Tablets, Salve, Nose Drops
Headache, 30 minutes
Try "Rub-My-Tism"-World's Best Liniment

Macaroon Pudding With Wine Custard

If one is so fortunate as to live near a bakery where they make good macaroons, there is no end to what she can do in the way of puddings and creams. Or they can be left untouched, in their natural state and still be unbeatable.

But speaking of puddings, here is one that is almost beyond description:

..MACAROON.. PUDDING.. WITH .. .. WINE CUSTARD ....

6 eggs, separated
3 or 4 tablespoons sugar
¾ cup white wine
Juice of half a lemon
Rind of an orange
1 teaspoon cornstarch
¾ pound macaroons
1 doz. lady fingers

Add sugar to yolks of eggs that have been well beaten, also lemon juice and orange rind. Add a little of the wine to dissolve the cornstarch. Mix add to yolks, pour on the wine and cook until thick.

Split lady fingers and put on a platter that can be put in the oven. Use crumbs to fill in between. Put on this a layer of the wine custard, a layer of macaroons, a layer of wine custard and macaroons again. Cover entirely with meringue and set in the oven just long enough to brown. For the meringue, add 6 tablespoons of powdered sugar to the 6 stiffly beaten egg whites.

Rice Croquettes Substitute For Potatoes In Menu

In place of the usual potato for lunch or dinner, we are often inclined to make a substitution such as this:

RICE CROQUETTES

1 pint cold, cooked rice
2 or 4 tablespoons milk
1 egg
2 tablespoons butter
½ teaspoon salt
Little white pepper
Cayenne
2 tablespoons chopped parsley.

Warm the rice in a double boiler, with enough of the milk to soften it. Add the butter, seasoning and beaten egg, and cook until the egg thickens. Spread the mixture on a shallow plate to cool, then shape into rolls. Roll in fine bread crumbs which have been seasoned with salt and pepper; dip in beaten egg, and roll in crumbs again. Cook in deep hot fat until brown.

Lilly White's Stuffed Veal And Gren Peas



Dear Miss Wilma

Ah ain't braggin none when Ah ses Ah'm a good cook—all de folks tell me so and when Ah cooks dis stuffed veal dey jes don need to be tellin me nothin cause Ah noes from de way dey ets.

Yo take de big bones out of a pice of de loin ob veal and den yo stuff de holes made from takin out de bone wit a stuffin ob chopped pork an bred crumbs and stuff like salt an pepper an onion, an some chopped mushrooms. Den cover de sides wit thick sheets of greased writin paper. Den yo put it in a bakin dish an add a cub ob soup stock an some butter. Yo cooks it at least twelve minutes to de pound an when it be bout half done yo take off de papers and smears it wit butter and brown it nicely. De ye take it out ob de oven and keep it hot wile yo makes de gravy. Furst you skims off de fat an den yo thickens de gravy with a little browned flour an add next a cup ob chopped mushrooms. Put de veal on a platter and put around it a lot of good green peas what been boiled an seasoned and den yo pour de gravy ober de veal.

hopin yo is de same,
your humble servant,
LILLY WHITE.

Ice Cream Sundaes

Ther eis really no season for ice cream though it is served more in the summer than winter. Even now, in the middle of winter we are serving sundaes such as this:

Place a large spoonful of vanilla ice cream into a dessert glass, and cover with:

(1) Chopped figs, dates and nuts mixed with maple syrup.
(2) Grated pineapple, whipped cream, cherry on top.
(3) Half a canned peach, covered with strawberry or raspberry preserves.
(4) Sprinkle with dried crushed macaroons or blanched chopped pistachio nuts, black walnuts, pecans or ground nut brittle.
(5) Cut banana in two, crosswise, put ice cream in center, add cherry, raspberry, or loganberry syrup, top with chopped nuts.
(6) Sliced canned peaches, whipped cream an da cherry or chopped pecans.

Cold Vegetable Salad In Place Of Hot Dish

Taking the place of a hot vegetable dinner and making a very fine meal is a vegetable salad. One starts this type meal with a nice hot thick soup, then toasted crackers with the salad or hot muffins and some very fine dessert that can well be hot.

VEGETABLE SALAD

½ cup boiled string beans
½ cup diced cooked carrots
½ cup cooked fresh lima beans
½ cup cooked green peas
2 small new onions sliced
2 boiled beets
½ green pepper, chopped
½ cup chopped celery
French dressing
Salt and pepper

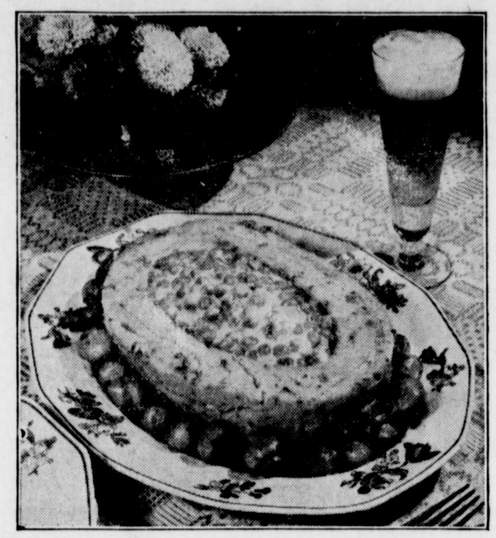
Mix together all the ingredients except the beets; moisten with French dressing and form into a mound on a chilled platter. Make a border of sliced beets around the base and garnish with crisp lettuce leaves. A border of sliced tomatoes may be substituted for the beets. Serve with French dressing.

Defrosting a mechanical refrigerator is a necessary requirement. This is done about every two weeks for greatest efficiency. A heavy ice formation defeats the purpose of the refrigerator by preventing the proper cooling of the box. Follow the directions of the manufacturer for defrosting.

Cottons and linens need not be boiled each time, if they have had a hot rinse after washing.

Friday's Fast Becomes Friday's Feast

By SIDNEY SNOW



FOR Friday's luncheon or dinner, with meat definitely absent, here is a macaroni ring mold filled with peas in cream sauce which will certainly please the family. As a cold weather dish it is especialy satisfying. The recipe provides four normal portions. But if within the family there be one or more sturdy men, aged six to sixty—better build up the proportions at least a little, because this is "grand eating". And so far as we are concerned, we like to top it off with very cold stewed pears and good home-made cookies.

MACARONI RING MOLD

1 cup macaroni
1½ cups hot milk
1 cup soft bread crumbs
¼ cup butter
1 pimento, chopped
1 tablespoon chopped parsley
1 tablespoon chopped onion
1½ cups grated cheese
Salt, pepper, paprika
3 eggs

Cook the macaroni in boiling salted water, and drain well. Pour the hot milk over the crumbs, add butter, pimento, parsley, onion, grated cheese, and seasonings to taste. Add beaten eggs and the macaroni. Mix thoroughly; pour into a well buttered ring mold, or loaf pan. Bake about 50 minutes in a slow oven, 325 F., or until firm enough to hold its shape when turned out on a platter. Serve with mushroom sauce, fill center with creamed peas flavored with mint.

Cheap Sponge Cake To Accompany Fruit

Chilled stewed fruits make an ideal dessert but even this can be improved with a small piece of sponge cake.

Here is a sponge cake that will suit the woman who budgets her kitchen:

CHEAP SPONGE CAKE

3 eggs
1 cup sugar
1 cup flour
Juice of ½ lemon
2 tablespoons milk
1½ teaspoons baking powder
⅛ teaspoon salt

Beat the yolks until thick and pale yellow; add the sugar gradually while beating, then add salt and milk, and flour sifted with baking powder. Flavor with lemon juice and fold in the whites beaten to a stiff froth. Bake in a buttered and floured cake pan in a moderate oven for 40 minutes.

Hot Off The Griddle

ESTHER DONLAN

It pays to hem dusters, as one will not then be obliged to go over her work nad pick off threads.

It is well, once in a while, to air books, as this will prevent mildew and that musty smell.

To clean hair brushes, hold the brushes in the hand and tap them up and down in warm water with ammonia. This is particularly for silver and celluloid brushes that are better not soaked.

Mattresses like everything else should have their regular cleaning. To do so, brush and beat them with a flat rattan beater or vacuum clean.

Oil and furniture-polish darken scratches on wood. If the scratch is deep, try to darken it with wood stain or a cloth that bleeds a little of its dye.

Keep walls well dusted, using soft clean cloths or soft clean hair wallbrushes.

A few drops of ammonia will cut a hard1water film from water.

SUNDAY DINNER Suggestions

By ANN PAGE

PLANNING budget meals is a simple task this week, for housewives will find a large variety of foods very moderately priced. There are many attractive values in the meat departments. Forequarter cuts of beef will be first choice in many homes with fresh pork and lamb a good second choice. There are also fine values at the fish counters. Due to the mild weather, the production of fresh eggs is increasing, and prices for all grades of fresh eggs are lower.

There are many reasonably priced fruits and vegetables, too. Notable in this group are apples, bananas, oranges and grapefruit; also green beans, beets, broccoli, carrots, celery, lettuce, peas and spinach.

Following are three budget dinners planned to use foods in season.

Low Cost Dinner
Pork Shoulder Steaks
Browned Potatoes
Brussels Sprouts or Cabbage
Bread and Butter
Sliced Bananas with Soft Custard
Tea or Coffee Milk

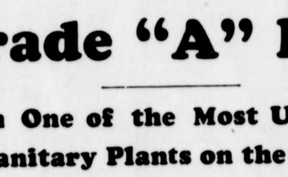
Medium Cost Dinner
Chuck Roast of Beef with Brown Gravy
Scalloped Potatoes Broccoli
Beet and Celery Salad
Bread and Butter
Broiled Grapefruit
Tea or Coffee Milk

Very Special Dinner
Grapefruit and Orange Cup
Roast Duckling with Onion Stuffing
Mixed Green Peas and Beans
Braised Lettuce
Rolls and Butter
Deep Dish Apple Pie
Coffee

HENRY A. KRATZER
AUTO—FIRE—MARINE
SHORE INSURANCE SERVICE
Shore Radio and Auto Supply Blg.

NEW—REBUILT
TYPEWRITERS ADDING MACHINES
JAMES R. LAKE
Greensboro, Maryland
P. O. Box 143 — Phone 3201
CASH REGISTERS, EXPERT REPAIRING

Phone Johnny-on-the-Spot for Coal 149



EVERY man is looking for his money's worth and he's getting it when he is being supplied with coal from our yards. Every business day in the year we're at your service.

HIGHEST CASH PRICES FOR CORN

C. W. KIBLER & SONS
Phone 149
Chestertown, Maryland

GILL BROS.

ICE CREAM AND Grade "A" Milk

From One of the Most Up-to-Date Sanitary Plants on the Shore

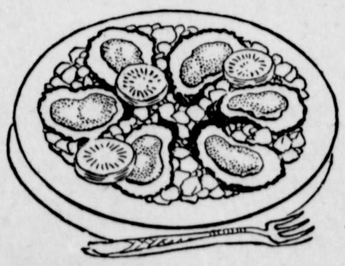
"Freshness and Purity" is Our Standard

GILL BROS.
Cross Street Chestertown

NATIONAL Premium A PALE DRY BEER
An interesting specialty of the brewer's art. Somewhat more expensive...but well worth it.
AVAILABLE EVERYWHERE
THE NATIONAL BREWING CO.
BALTIMORE, MD.

THE MUTUAL FIRE INSURANCE CO.
of Kent County, Md.
1845 1937
Insures Property Against Fire and Lightning
All Policy Holders Participate in the Company's Profits.
Pays Cash Dividends
DIRECTORS
James P. Brown, Church Hill; J. D. Bacchus, F. G. Usilton, T. W. Eliason, Jr., Allan A. Harris, Eben F. Perkins, Edward W. Emory, P. Medford Brooks, Chestertown; William A. Hyland, Galena; William R. Wilson, Ingleside; Arthur H. Brice, Betterton; G. Ellsworth Leary, Rock Hall.
APPLICATIONS FOR INSURANCE TO BE MADE TO THE FOLLOWING: Benjamin W. Duling, Millington, Md.; Frank H. Ruth, Galena, Md.; Medford E. Golt, Stevensville, Md.; J. Abner Bryden, Rock Hall, Md.; R. Wroth Stavely, Lynch, Md.; Eben F. Perkins, Chestertown, Md., and Joseph M. George, Sudlersville, Md.
FRED G. USILTON, President.
EBEN F. PERKINS, Sec'y-Treas.

IF YOU LIKE OYSTERS—



WE HAVE—
TOM'S COVE
CHINCOTEAGUE'S FINEST
CHESTERTOWN RESTAURANT
HEADQUARTERS OF ROTARY CLUB)