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—Grapes, hot wheat cereal, crisp bacon, buttered toast, marmalade, coffee or cocoa. Lunch—Kidney stew on toast, cole slaw, cocoa junket, tea or milk. Dinner—Sliced roast beef in gravy, julienne carrots, mashed potatoes, lettuce and tomatoes with French dressing, prune whip, coffee.

TUESDAY

Breakfast—Orange juice, ready to eat cereal, pancakes with butter and syrup, little sausages, coffee or cocoa. Lunch—Scotch mutton broth with barley, rice muffins, baked apples, tea or milk. Dinner—Boiled tongue, potatoes hashed in cream, spinach, pear and stuffed prune salad, apple cake, coffee or beer.

WEDNESDAY

Breakfast—Stewed pears, ready to eat cereal, whole wheat raisin toast, coddled eggs, coffee or cocoa. Lunch—Spinach timbales, hot rolls, cup cakes, fruit cup, tea or milk. Dinner—Cold tongue with mustard pickles, scalloped potatoes, stuffed eggplant, fruit gelatine with whipped cream, cookies, coffee.

THURSDAY

Breakfast—Pineapple juice, hot wheat cereal, creamed dried beef on toast, toast and preserves, coffee or cocoa. Lunch—Toasted tomato and cheese sandwiches, celery, pickles, cup cakes with hot chocolate sauce, tea or milk. Dinner—Pan broiled round steak, baked potatoes, baked stuffed tomatoes, rolls, caramel cornstarch pudding, coffee or beer.

FRIDAY

Breakfast—Grapefruit, ready to eat cereal, creamed fish flakes, toast, marmalade, coffee or cocoa. Lunch—Mushroom omelet, hot biscuits, apple sauce, cookies, tea or milk. Dinner—corn and oyster chowder, baked stuffed haddock, new boiled potatoes, smothered cabbage, tomato and green pepper salad, rolls, hot gingerbread with lemon sauce, coffee.

SATURDAY

Breakfast—Sliced bananas with ready to eat cereal, fried apple rings toast, coffee or cocoa. Lunch—Baked lima beans with onions, fruit salad, muffins, tea or milk. Dinner—Pan broiled ham steaks with apricots, candied sweet potatoes, shredded cabbage, apple brown betty, coffee.

SUNDAY

Breakfast—Bowl of fruit, ready to eat cereal, scrambled eggs with chicken livers, buttered toast, preserves, coffee or cocoa. Dinner—Tomato juice cocktail, roast stuffed shoulder of lamb, browned potatoes, buttered peas; stuffed celery, sweet pickles, banana shortcake, coffee. Supper—Salmon and celery salad, ribbon cake, tea or coffee.

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

DINING ABROAD AT HOME

Salmon Pudding Example Of Plain Good Swedish Cooking

Though Swedish cooking is somewhat plain it has certainly never been accused to being poor and though dill is the popular flavoring, this country is far from lacking in well seasoned dishes.

Like so many of the European countries we find in Sweden, a great deal of fish and fine fish recipes, including a salmon pudding which is made with salt salmon. We can prepare the salmon right in our homes by rubbing the fish thoroughly with salt and letting it stand for twenty-four hours and from here we proceed as follows:

1 pound salt salmon
1½ pounds potatoes
3 cups milk
2 tablespoons bread crumbs
1 teaspoon butter
3 eggs

Slice the salmon and the potatoes and put alternate layers in a pie dish, beginning and ending with the potatoes. Beat the eggs and milk together and pour over the pudding with 1 teaspoon of melted butter. Sprinkle with breadcrumbs and bake in a moderate oven for about thirty minutes. Serve with hot melted butter.

Try Cutlets For Meatless Menu

At a luncheon the other day I had my first egg cutlet, and what a surprise it turned out to be. Good? mmmmm—just try it some time and see for yourselves:

EGG CUTLETS

6 hard boiled eggs
1 cup thick white sauce
½ teaspoon paprika
1 teaspoon onion juice
1 tablespoon chopped parsley

Chop the eggs rather coarsely, and add the parsley. Make a thick white sauce. Season to taste with onion juice, paprika and salt. Take from the fire and add the eggs and parsley.

Spread out on a buttered dish and set away until cold. Dust the hands lightly with flour and shape spoonfuls of the mixture into small cutlets, being careful to pat out until of an even thickness; use as litlte flour as possible, or the creamy consistency will be lost. When all are shaped, dip each cutlet into slightly beaten egg, then in fine dried bread crumbs, and fry in deep, hot fat until a golden brown. Drain and serve with tomato sauce or medium cream sauce.

Pork Chops With Mustard

5 pork chops
1 scant teaspoon dry mustard
¾ cup sour cream
1 teaspoon vinegar
½ cup water
Salt
Flour

Rub the pork chops well with salt and some of their own fat. Put in a greased broiler and let them brown quickly on both sides. Then dredge with flour and arrange in a baking pan. Mix together with mustard, vinegar, and water until quick smooth, and pour this over the chops. Let cook for fifteen minutes in a hot oven; then add the sour cream and a litlte salt, and cook for ten minutes longer, basting twice during the cooking.

The importance of fresh fruit salad and desserts in winter menus lies in their baility to balance the heavier, acid-forming foods, such as meats, pastries, hot breads, etc., that taste so good in cold weather and which enter so largely into our meal plans. Fruits are alkaline in reaction and are needed to keep a healthful balance in the daily menu.

NATIONAL Premium
A PALE DRY BEER
An ancient brew in a MODERN SETTING
A costly beer but well worth it...
AVAILABLE EVERYWHERE
Brewed by THE NATIONAL BREWING CO. Baltimore, Md.

Hot Off The Griddle

SUSAN SNOW

The type of cleaning treatment for floors depends on the kind of floor. A varnished wood surface may be washed with a cloth or scrubbed with a brush that is not too stiff, using a warm suds and a mild soap. Rinse the soap off with water promptly and dry the wood very thoroughly.

Honey will always keep better if kept in a dark place. Too much light will cause it to granulate.

Milk instead of water blends well with lamb fat and makes an excellent gravy and it will not separate.

Grapefruit segments sprinkled with sugar and a little salt, then broiled, can be arranged with the edges overlapping to make a tasty garnish for pork or ham.

If hot parafin is poured over paint left unused in a can, it will not harden.

A very nice and different pie crust can be made by substituting chilled orange juice for water and add, for every shell, 1 tablespoon of sugar and ¼ teaspoon of grated orange rind. Use thos with cream and custard pies. This crust is especially fine with banana cream and coconut cream pies.

Chewing gum can be removed from clothing by scraping off all you can with a blunt knife. Then if the material is washable, soak it in turpentine or kerosene, or sponge with carbon tetrachloride, then launder. If the material is not washable, sponge with carbon tetrochloride. If the gum has hardened, soften with solvent before sponging.

Capers are the pickled buds of the caper bush. They have a tart, spicy flavor that makes them useful in sauces or salads. Casper sauce is often served with boiled lamb or mutton. Most of the capers used are imported and are sold in the familiar tall green bottles that may be found on most grocery shelves. A jar will last a long while and is a good investment for your flavoring shelf.

A very interesting and tasty appetizer can be made by cutting canned pears in small cubes; fill sherbet glasses half full and chill. Just before serving add a large spoonful of lime or mint shrebet. It is certainly very refreshing.

To conserve meat when cooking, invest in pans which have flat bottoms the same diameter as the stove burners.

To dissolve any packaged gelatine, follow the directions accompanying it. If fruits, vegetables mayonnaise, whipped cream or beaten egg whites are to be added allow dissolved gelatine to thicken slightly before combining. Ingredients then distribute evenly. To speed up the thickening, set gelatine in a pan of ice water and stir. The next time you need a dessert in a hurry, remember, use as little warm or hot liquid as will dissolve gelatine; remainder of liquid should be very cold. Turn into individual metal molds and set in a pan of cracked ice or cold water.

For that evening snack, spread rye bread wit h creamed butter to which prepared mustard has been added. Top with thin slices of cold baked or boiled ham. Add wafer-like pieces of Swiss cheese and spread with a bit of chili sauce. Adjust the second piece of rye bread, buttered on top and serve.

If fish is brushed lightly with salad oil before being rolled in cracker crumbs or meal it will fry a rich brown.

If cellar stairs are unlighted, paint the top and bottom steps white so that no one will fall.

When baking bread, if the oven bakes so that the upper crust is brown and the lower is still pale, turn the bread upside down in the pan and leave it until the bottom is slightly browned.

A cup of bottled beer, poured over a veal roast, after it has been well browned makes an excellent basting ingredient and adds an interesting minor flavor. It is non-alcoholic because the heat removes and burns out all traces of alcohol.

Peach Pie From A Can

Here is just another good example of what to do with those peaches we canned last fall, or if we didn't can any ourselves, we just buy some from the grocer and proceed to make a

CANNED PEACH PIE

1 quart canned peaches
¼ cup sugar
1 teaspoon lemon juice
1-3 cup cream
1 tablespoon butter
Pastry.

Line a deep greased pie plate with a paste made by mixing together 1 cup flour, 1-3 teaspoon salt and 1 teaspoon baking powder; work in 1 tablespoon butter and stir in an egg and ¼ cup of mlik. Work until smooth and roll out ¼ inch thick. Lay in halves of canned peaches, sprinkle with sugar and dot with butter. Bake in a hot oven for 30 minutes. Mix the cream and lemon juice and pour over the fruit. Finish bakinng 10 minutes longer in a moderate oven.

Saint Buried in Mortar

Probably the principal point of interest in Algiers is the tomb of St. Geronimo, a Christian martyr of the Sixteenth century, who was killed by being smothered in a block of mortar. The cast may be seen in the museum of Mustapha Superieur in the suburbs.

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

When The Prodigal Dad Comes Marching Home

By SIDNEY SNOW

FOR CENTURIES the prodigal son has been given "the breaks"—but how about the prodigal dad who comes marching home after a hard day's work. (Incidentally, we often wonder just how hard this day's work is—but we'll skip that here. At any rate, let's give him a prodigal feast.)

A rare combination indeed is the smothered, jointed left-over chicken (laid aside for the occasion) and letting it be rounded out with half a dozen or so liver balls—the famous Swedish dish. The chicken is simply warmed in a covered frying pan with gravy added to keep it from drying out. And the recipe follows for

LIVER DUMPLINGS

1½ pounds of calf's liver
2 rolls soaked in milk
1 tablespoon butter
1 chopped onion
2 tablespoons flour
Chopped parsley, salt and nutmeg
4 cups light beer

Put liver through a meat grinder. Smother chopped onion in butter. Mix smothered onion and all the other ingredients with the ground liver and form into balls about 2 inches thick. Place these balls in the brisk boiling beer. Cover and take pot immediately off the fire and let stand for about 10 minutes. Take dumplings out of beer and serve with bread crumbs browned in butter.

Flowery Salads To Grace Winter Tables

In the middle of winter it's the easiest thing in the world for our thoughts to turn to sumer, and long for those dainty summer flowers that can so beautifully grace our tables. Like a fairy tale, no sooner thought than done—Take the blackeyed Susan for instance—this demure flower can appear on our table at any and all times in the form of a salad which is made like this:

Lettuce
Orange
Cream cheese
Pickled walnuts
Hard boiled egg yolks

On a bed of lettuce, arrange several sections of orange like the blackeyed susan. In the center place a bal of cream cheese and cover the cheese with a slice of pickled walnut. Sprinkle the walnut with chopped yolks of eggs. Serve with French dressing.

California's State Flag

California's state flag, having the figure of a bear, originated in an attempt to set up a republic in 1846.

Entered Rome in Triumph

A victory abroad against Rome's enemies entitled the winning general to enter Rome in triumph.

U. S. Chamber of Commerce

The United States Chamber of Commerce was formed at the suggestion of William H. Taft.

Jade of the Past

Many ancient Chinese jade objects are made of kinds of jade no longer obtainable.

Oldest Mountainous Formations

In America, the oldest mountainous formations are in Quebec.

SUNDAY DINNER Suggestions

By ANN PAGE

FORTUNATELY for health, fruits, and particularly oranges, grapefruit, lemons and apples, are very inexpensive. These, together with canned tomatoes and tomato juice, which are cheap, are our best cold preventives. Fresh vegetables and salad greens are also good for this purpose.

Most meats, butter, eggs and cheese which satisfy other food needs, are all reasonable in price. Poultry and veal are relatively high. Fish prices are generally attractive.

Seasonable foods make up the following menus.

Low Cost Dinner

Stuffed Pork Chops
Mashed Potatoes
Creamed Diced Turnips
Bread and Butter
Apple Pie with Bread Crumb Crust
Tea or Coffee Milk

Medium Cost Dinner

Braised Chuck of Beef
Potatoes Buttered Broccoli
Lettuce Salad
Snow Pudding Custard Sauce
Tea or Coffee Milk

Very Special Dinner

Grapefruit
Crown Roast of Pork Glazed Apples
Mashed Sweet Potatoes Green Peas
Green Salad
Rolls and Butter
Coffee Sponge Whipped Cream
Coffee

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

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.

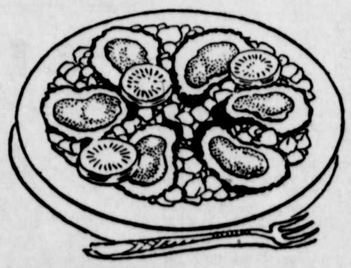
NEW—REBUILT
TYPEWRITERS ADDING MACHINES
JAMES R. LAKE
Greensboro, Maryland
P. O. Box 143 — Phone 3201
CASH REGISTERS, EXPERT REPAIRING

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

You Can't Beat Youth

Heading For The Nearest Place Serving
Gill Bros.
FRESH STRAWBERRY ICE CREAM
Freshly made from Southern Strawberries
GILL BROS.
Cross Street Chestertown

IF YOU LIKE OYSTERS—

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