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

THREE MEALS A DAY

Copyright by SIDNEY SNOW, 1935

Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

Hot Off The Griddle

SUSAN SNOW

Small rugs placed on wood or linoleum floors should be treated on the back with a non-skid preparation so they will not slip.

Little things such as vases, pictures, plants, mirrors, etc., add much to a room, and one way to make correct selections of them is to keep in mind the colors you have used on the floor and introduce these accessories as accents and complements to the livability of the general scheme.

Boiled spinach, finely chopped, mixed with a little cream sauce and served on crisp toast with three or four crisp strips of bacon is an appetizing quick dinner dish. The spinach may be sprinkled with finely chopped hard boiled egg before garnishing with the bacon to make a more hearty dish. Try this for luncheon or for a hurry-up dinner.

Stick cinnamon is used with certain gums to make an incense and an air freshener.

Baked Carrots: Shred carrots lengthwise. Put in buttered casserole in layers. Dot with butter, sprinkle with salt. Add no water. Cover and bake in a hot oven, 400 dgerees F., for 30 minutes. Bake beets the same way.

To make fine cracker crumbs for breading, put crackers in the oven and let them get brown and crisp. Roll with a rolling pin so they will be fine and soft.

To remove salt from fish in a hurry, soak the fish for a while in milk.

To keep candles firm in candlesticks melt parafin, pour it into the sockets and while it is still hot set in the candles.

Wood that has darkened can be bleached by applying a thin layer of calcium hypochlorite mixed to a thin paste with water. Allow this to dry and then moisten with dilute hydrochloric acid made by mixing one part acid to three parts water. Brush the wood clean after a few hours. If the wood is still too dark, repeat the process.

Nut meg is used as a flavor for snuff.

Without salt, the art of cookery would be back in the stone age.

Never put hot foods in your refrigerator. Wait until they have cooled. The placing of hot foods in an electric refrigerator during the freezing will have a tendency to raise the temperature and interfere to some extent with the rapidity of freezing.

Be careful not to overcook broccoli as it will turn yellow and become tough. Cut off most of the green leaves and any of the stem that is hard. Cover with boiling water and let cook until tender.

Cracks in furniture, toys and other woodwork, if not too extensive, can be filled with wood sawdust or file dust mixed with htin liquid or carpanter's glue. Mix a few drops of the glue and a little wood dust until a thick paste is formed, and apply with a knife. Let the mixture harden slightly and then rub the wood with fine sandpaper. This covers the crack with fine dust, which is held by the soft glue and conceals the defect.

Walls are very important in interior decorating, because, by the proper treatment of them, you can greatly offset architectural defects or hindrances.

Let little boys select their own bed room accessories according to their hobbies and ruling passions—either maps, books, or ships for instance.

Red pepper drives ants away when sprinkled around the openings of their nests.

To remove the rusted machine screw, first, put a little oil on the screw. Then heat along iron wire to a red hot heat and hold it on the screw haed for a minute or two. Let the screw cool, adding more oil if all has evaporated. When cold, the screw usually can be removed with ease. If it still refuses to loosen, heat again and apply more oil.

To make an artichoke canape: Drain canned artichoke bottoms and marinate in French dressing for one hour. Pipe on a border of creamed cheese moistened with anchovy paste; in the center place caviar seasoned with lemon juice. Serve with shredded lettuce and small rye bread sandwiches cut very thin.

SUNDAY DINNER *Suggestions*

By ANN PAGE

EGGS are the outstanding food value available to the bargain hunting housewife. They are plentiful, they are cheap, and the quality, as always at this season, is excellent. Eat them for breakfast, lunch or supper, and use them freely for baking. Butter, too, is much more reasonable.

Meat prices are practically unchanged. Ducks are the most attractive of poultry offerings. A greater abundance of fresh fish is anticipated for this week.

The huge crops of apples, pears, oranges and grapefruit make these fruits plentiful and inexpensive. Both vegetables and salad greens are relatively abundant and reasonable.

Seasonable foods make up the following menus.

Low Cost Dinner
Stuffed Hamburger Roll
Browned Potatoes Buttered Greens
Bread and Butter
Cup Custards
Tea or Coffee Milk

Medium Cost Dinner
Roast Duck with Apple Onion Stuffing
Mashed Potatoes Broccoli
Bread and Butter
Strawberry Whip Soft Custard
Tea or Coffee Milk

Very Special Dinner
Fruit Cup
Roast Beef Yorkshire Pudding
New Potatoes Green Beans
Lettuce Salad
Rolls and Butter
Strawberry Ice Cream Sponge Cake
Coffee

Menu Of The Week

MONDAY Breakfast—Baked apples, ready to eat cereal, soft-boiled eggs, fried hominy, coffee or cocoa. Lunch—Creamed string beans on toast with broiled bacon, apple betty with foamy sauce, tea or milk. Dinner—Lamb pie with cheese pastry, steamed rice, pickled beet salad, raspberry ice, small cakes, coffee.

TUESDAY Breakfast—Sliced bananas in orange juice, hot wheat cereal, ham and eggs, rolls, coffee or cocoa. Lunch—Vegetable soup, melba toast, shrimp salad, cup cakes, tea or milk. Dinner—Minute steak, French fried potatoes, buttered lima beans, watercress salad, strawberry tarts, coffee or beer.

WEDNESDAY Breakfast—Grapefruit, ready to eat cereal, parsley omelet, broiled bacon, coffee or cocoa. Lunch—Pork chow-mein, rice cakes,, orange pudding, tea. Dinner—Boiled corned beef, new boiled potatoes, cabbage, carrots-onions, green salad, deep dish apple pie, coffee or beer.

THURSDAY Breakfast—Orange juice, ready to eat cereal, corned beef hash with poached eggs, hot biscuits, coffee or cocoa. Lunch—Hamburger sandwishes with fried onions, asparagus tip salad, prune whip, tea or milk. Dinner—Baked sugar cured ham with raisin sauce, candied sweet potatoes, broccoli, romaine salad, Boston cream pie, coffee.

FRIDAY Breakfast—Preserved figs, ready to eat cereal, creamed finnanhaddie in pop-overs, coffee or milk. Lunch—Clam chowder, crackers, cottage cheese with minced onion, sliced tomatoes, rolls, fruit compote, tea or milk. Dinner—Tomato juice cocktail, baked haddock, macaroni and cheese, buttered asparagus, chocolate fudge nut cake, coffee.

SATURDAY Breakfast—Melon, hot wheat cereal, waffles, sausages, maple syrup, coffee or cocoa. Lunch—Fried calves liver and bacon, boiled potatoes, buttered peas, fruit gelatin, tea or milk. Dinner—Breaded pork chops, buttered noodles, stewed tomatoes, dressed lettuce ,egg custard with caramel sauce, coffee.

SUNDAY Breakfast—Grapefruit, ready to eat cereal, creamed chipped beef on toast, coffee or cocoa. Dinner—Tomato bouillon, roast leg of lamb, baked potatoes, escalloped eggplant, combination salad ,stuffed celery, ice cream pie, coffee. Supper—Casserole of crabmeat, hardboiled eggs, mushrooms and green peppers, lettuce and tomato salad, lemon layer cake, tea or coffee

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

Nut Cake Fills Empty Places In Day's Diet

There are so many things that one can do with a nut cake that it really isn't necessary to take time to list them. They do fill in so many vacant spots in a day's diet that they are well worth having on hand.

PECAN CAKE

3 cups pecan meats, chopped as fine as possible
6 eggs
1 ½ cups sugar
1 tablespoon flour
½ teaspoon salt
1 teaspoon baking powder
1 teaspoon vanilla
¼ cup chopped seedless raisins
Boiled white icing

Beat the yolks until light, add the sugar and beat again. Mix the finely chopped nuts, flour, baking powder, and salt, and add them to the yolks. Beat well, and stir in the stifly beaten whites. Bake in two layers in a moderate oven. When cold, put together, ice with a boiled white icing, sprinkling a few chopped raisins on top. This cake makes an excellent dessert if put together and covered with whipped cream flavored with sherry wine. The cream must be whipped and flavored some time before using, and then drained, so that only the stiff part is used.

Well Seasoned Dressings Improve Plain Salads

Here are two salad dressings that will make a tasty dish of a plain, ordinary salad.

PIQUANT DRESSING

1 cup mayonnaise
1 tablespoon finely chopped green pepper
1 tablespoon red pepper, finely chopped
2 teaspoons pearl onions
1 teaspoon chili sauce
1 teaspoon chopped shrives
2 teaspoons chopped celery

Put the green pepper, finely chopped celery, and onions in a cloth and squeeze as much moisture as possible from them. Add them and other ingredients to mayonnaise and chill.

SOUR CREAM DRESSING

1 cup sour cream
1 tablespoon olive oil
2 tablespoons vinegar
¼ teaspoon dry mustard
1½ tablespoons sugar
Salt and pepper

Mix the dry ingredients with the oil and vinegar, then beat in the sour cream gradually.

Swedish Cookies

4 cups sifted cake flour
1 cup sugar
1 egg, well beaten
2 cups butter
1 teaspoon vanilla

Sift flour once, measure, and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat well. Add flour, a small amount at a time, mixing thoroughly after each addition. Add vanilla and blend. Shape into 2 rolls, 1½ inches in diameter, chill overnight, or until firm enough to slice, ano cut in thin slices. Or press dough through cooky press. Bake on ungreased cooky sheet in hot oven (400 degrees F.) 4 to 5 minutes, or until done. Makes 5 dozen cookies.

These rich cookies are especially dainyt for refreshments. When sliced, they may be decorated attractively with bits of candied cherry, angelica or citron, chopped nuts, colored sugar, or decorette.

Savory Spinach, Italian Style

Some like it plain—others like it creamed but all will like spinach in this savory manner:

SPINACH (ITALIAN STYLE)

1 pound spinach
3 tablespoons oil
1 clove garlic, minced
1 small can tomato paste

Boil the spinach until tender, drain, chop fine. Brown the garlic in oil, add the tomato paste and spinach. Cook for 15 minutes. Season with salt and pepper.

Of course, one pound of spinach isn't very much but the recipe can be enlarged using the above given quantities per pound.

Chocolate Crispies

2 squares unsweetened chocolate, melted
½ cup butter or other shortening
½ cup sifted flour
1 cup sugar
½ teaspoon vanilla
2 eggs, unbeaten
½ cup nut meats, finely chopped

To melted chocolate, add butter, sugar, eggs, flour, and vanilla, beating well. Spread mixture in thin layer on greased baking sheet, 12x16 inches, or in three pans, 8x8 inches. Sprinkle with nuts. Bake in moderate oven (350 degrees F.) 15 minutes. While warm, cut with flowered cooky cutter, or mark into 2-inch squares. Cool and break. Makes 4 dozen crispies.



Month in and month out — year in and year out — its rare goodness never changes. Drink it with perfect enjoyment.

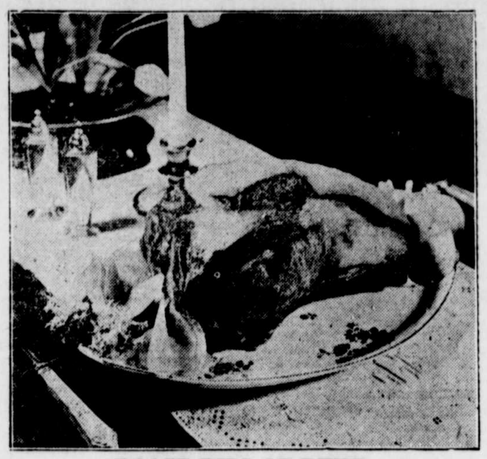
DON'T SAY BEER—SAY NATIONAL

Every Bottle is Bottled in the Brewery

NATIONAL BREWING COMPANY
BALTIMORE, MARYLAND

For The Place Of Honor Roast Ribs Of Beef

By SIDNEY SNOW



ROAST RIBS OF BEEF

ROAST BEEF! Its popularity never wanes. Certainly nothing could be finer for the place of honor at any feast than a savory roast such as that which is pictured here, accompanied by beet frills and curly endive.

Select a two or three-rib standing roast. Wipe the meat with a damp cloth. Sprinkle with salt, allowing ½ teaspoon for each pound. Place the roast in an open pan fat side up. Add no water. Roast in a slow oven 300 degrees F. until done. It requires approximately eighteen to twenty minutes per pound for cooking a standing rib roast to the rare stage, twenty-two to twenty-five minutes per pound to the medium, and twenty-seven minutes per pound for the well-done stage. It requires approximately ten to fifteen minutes per pound more for cooking a rolled roast to the same degree of doneness.

MENU

Tomato Juice
Roast Ribs of Beef
Baked Potatoes Green Beans
Grated Carrot and Raisin Salad
Pineapple Upside-Down Cake

Washington College

FOUNDED 1782

A Grade A, Co-educational College

Limited Enrollment

1845 THE MUTUAL FIRE INSURANCE CO. *1937*
of Kent County, Md.

Insures Property Against Fire and Lightning

All Policy Holders Participate in the Company's Profits.

Pays Cash Dividends

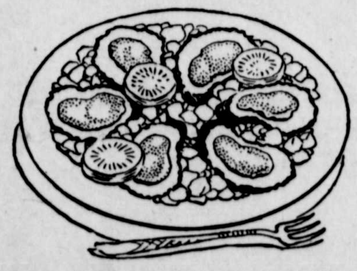
DIRECTORS

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)

DINING ABROAD AT HOME

PATO CAZUELA MONTANESA OR "DUCK MONTANESA"

Despite the fact that Spain is in the midst of a war, the people still eat. It is doubtful if there are many women in this country who aren't good cooks. Everyone of them we have come across has been able to prepare the tastiest, most interesting dishes. Here is one that has become a favorite among us and will probably find favor with you:

PATO CAZUELA MONTANESA
(Duck Montonesa)

1 duck	1 cup stock
1 onion	mushrooms
1 or 2 tomatoes	pearl onions
1 tablespoon paprika flour	small potatoes
½ cup sherry	salt

Divide the duck in parts and cook in an earthenware casserole in hot olive oil until evenly browned. Add the chopped onion and, when a golden brown, sprinkle with a little flour and mix thoroughly. Then add the sliced tomato, sherry and the stock (chicken or beef) and season to taste with salt and paprika. Simmer gently for about one hour or until the duck is tender. To serve, place the pieces of duck on a hot platter, strain the sauce over them, and garnish with sauteed mushrooms and small boiled or fried potatoes.

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