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

Among the electrical "gadgets" that are so desirable for table and buffet use, is the electric grill. This "gadget" is particularly desirable for those summer porch luncheons or pick-up suppers when sandwiches are being served with cool, refreshing drinks. One simply makes the sandwiches and as needed places them in the hot grill for a few moments until the sandwich is toasted. This same electric grill is also the solution for having hot coffee cakes all through breakfast. This of course, applies only to thin coffee cakes as a thick one would be apt to become mashed.

Take ripe cantaloupes, slice, pare and pack in a jar, cover with vinegar and let stand over night. Pour off the vinegar; to every quart add 2½ pounds of sugar, cloves and cinnamon and mace to taste, all whole. Put vinegar, sugar and spices on to boil, add fruit and boil 40 minutes; when fruit is clear remove from syrup then boil syrup a little longer, replacing fruit for a few minutes—not over ten minutes—take from fire and put in jars.

Antipasto is a choice relish comprised of tuna fish, artichoke bottoms, pickles, olives, goose liver, peppers and some vegetables. It is an Italian mixture and may be bought in jars and cans.

Wash windows with warm water and ammonia, dry well, and polish with a clean cotton duster, or pads of clean soft papers.

Sometimes in cleaning and painting for spring, flecks of paint are deposited on curtains or dresses or other places they don't belong. When this occurs there are several remedies which may be employed. Before using any agent on paint or varnish stains, scrape off as much of the stain as possible from the surface of the material. If the paint has hardened, apply the solvent on both sides of the fabric and give it time to soften. For fresh stains, if the material is washable, soak and wash the fabric carefully with plenty of soap. If not washbale, sponge the stains with pure turpentine or wash the whole article in it, if the spots are large and scattered. Rinse several times in fresh quantities of this solvent. Equal parts of bensoz, acetone and alcohol also make an excellent solvent.

When whipping cream for desserts or salads, add three marshmallows cut in four pieces each to a half pint of cream and whip until the desired stiffness is obtained. The marshmallows wil lwhip into the cream and you will find it much lighter and fluffier as well as having a fine flavor.

An effective sandwich for afternoon tea is made by cutting thin slices of white bread and spreading with cheese filling. Roll up and wrap in waxed paper, when ready to serve, cut each roll into ¼-inch slices. Arrange flat on a serving platter. Other fillings can be used in place of the cheese.

Left over rice blends well with cooked meat and can be shaped into small cakes, browned in bacon drippings and topped with tomato or mushroom sauce.

Cut liver into thin slices, sufficient for four portions, and remove all membrane and veins. Meanwhile, heat about three tablespoons of olive oil in a pan. Dredge the liver with flour and put into the hot oil. Brown quickly on both sides and season with salt and ppeper to taste, and one large bay leaf. Over this pour about 1 cup of tomato sauce and cook for 3 or 4 minutes, turning the liver. Pour the sauce over the liver when serving. Do not overcook.

Because china cups rarely have the same capacity and come in such a variety of sizes, it is far more satisfactory to use a standard measuring cup in cooking.

No dinner is considered well balanced unless it has some uncooked or green vegetable included in the menu. This usually comes in the form of a salad.

In France, string beans are r... served "plain boiled" as they a... this country, one of the most p... ways of doing them being "s... When we stop the preparatio... French are just beginning. Th... boiled in the usual way, well d... of all water and tossed in hot butter fat until slightly browned. They are then seasoned with salt and pepper and are ready to serve.

Th housewife can keep down the cost of her meat expenditures by a knowledge of all cuts of meat. A recipe file well stocked with tested recipes for the wide variety of popular dishes to be made from the less tender cuts will assist in accomplishing this end.

Pocketbook Rolls

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
1 tablespoon shortening
¾ cup milk (about)

Soft flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually until soft dough is formed. Knead lightly 2 to 3 minutes. Roll ¼ inch thick on slightly floured board. Cut with 2-inch floured cutter. Fold double and press edges together lightly. Place in greased pan; brush tops with melted butter. Cover and let rise in warm place 20 minutes. Bake in hot oven (425 F.) 10 minutes. Again brush tops with melted butter and finish baking. Remove from oven. Brush tops with melted butter. Makes 16 rolls.

IT IS DANGEROUS

It is dangerous to sell a SUBSTITUTE for 666 just to make three or four cents more. Customers are your best assets; lose them and you lose your business. 666 is worth three or four times as much as SUBSTITUTE.

Menu Of The Week

MONDAY Breakfast—Applesauce, hot whole wheat cereal, creamed chipped beef on toast, coffee or cocoa. Lunch—Deviled egg salad, bran muffins, baked pears, ginger cookies, tea or milk. Dinner—Baked veal cutlet, potatoes on the half shell, creamed cabbage, pickled beet salad, chocolate ice-box cake, coffee.

TUESDAY Breakfast—Grapefruit, ready to eat cereal, tomato omelet, hot muffins, coffee or cocoa. Lunch—Chicken soup with rice, tiny sandwiches, stewed apricots, sugar cookies, tea or milk. Dinner—Pot roast of beef with brown gravy, boiled noodles, string beans, tomato salad, spice bread pudding with fruit sauce, coffee or beer.

WEDNESDAY Breakfast—Orange juice, ready to eat cereal with sliced bananas, bacon and eggs, coffee or cocoa. Lunch—Corn fritters with bacon, grapefruit and date salad, butterscotch pudding, tea or milk. Dinner—Baked peppers stuffed with rice and cheese, braised carrots, broccoli hollandaise, dressed lettuce, fruit gelatine, coffee.

THURSDAY Breakfast—Grapefruit, hot oatmeal, fried sausages, scrambled eggs, toast, coffee or cocoa. Lunch—Tuna and celery salad, corn meal muffins, chocolate pudding, tea or milk. Dinner—Baked pot roast hash, creamed celery, artichoke salad, hot apple pie with cheese, coffee.

FRIDAY Breakfast—Baked apples stuffed with raisins, ready to eat cereal, poached eggs on toast, rolls, coffee or cocoa. Lunch—Cheese souffle, rye bread toast, fresh pineapple salad, sponge cake, tea or milk. Dinner—Creamed shrimp and mushrooms, fresh peas, baked potatoes, mixed salad, gingerbread with lemon sauce, coffee or beer.

SATURDAY Breakfast—Pineapple juice, hot wheat cereal, ham and eggs, hot rolls, coffee or cocoa. Lunch—Frankfurters with sour cabbage, rye bread, cheese cake, tea or milk. Dinner—Baked meat loaf, au gratin potatoes, creamed onions, apple salad, rhubarb betty with hard sauce, coffee.

SUNDAY Breakfast—Sliced oranges, ready to eat cereal, fried scrapple with maple syrup, fried apples, hot rolls, coffee or cocoa. Dinner—Fruit cocktail, rib roast of beef, browned potatoes, buttered asparagus, mixed green salad, cocoanut layer cake, home made ice cream, coffee. Supper—Sardine rarebit on crackers, dressed lettuce, fresh pineapple, spice cookies, tea or coffee.

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

How To Please In Effortless Tasty Meals

Nothing so "wet blankets" an informal "drop in" visit as the evident hard work by the hostess in preparing a luncheon. But the casual little meal is sure to please one and all. Here are a few successful ideas:

Thin slices of summer sausage, garnished with bits of thinly sliced pickle.

Thin slices of smoked salmon or sturgeon.

A "spread" made out of cream cheese and currant jelly creamed together.

A "spread" made from finely chopped chicken liver and raisins, seasoned with tomato catsup and garnished with chopped hard cooked egg.

Arrange on sandwich plate or platter and garnish with lettuce leaves, radises, olives and bits of pickle. With the addition of a plate of salad, such as Waldorf Salad, or a mixed fruit or vegetable salad and an appropriate beverage—either hot or iced tea or coffee.

German Recipe For An Unusual Fish Meal

Now, leaving the traditional French seacoast or Spanish fishing town basic recipes, here is one of German origin; you will readily note the changed school of cookery.

SOLE, HELIGOLAND

Have the skin removed from a good sized sole. Wash well and dry thoroughly with a clean cloth. Sprinkle with salt and pepper. Dop in milk. Roll in flour, then in beaten egg, then in bread crumbs. Put into frying pan with melted butter and fry until done. Place on a hot platter. Pour ...tter which has ...er pan. Gar... and parsley.

...bled Eggs

3 tomatoes, pe...
6 rounds toast, buttered
4 eggs, scrambled
6 slices bacon, broiled
6 slices toast, buttered and cut in triangles

Cut tomatoes in half crosswise. Sprinkle with salt and pepper and place in pan under hot broiler until partially cooked. Place on rounds of toast. Pile scrambled eggs on tomatoes and place slices of bacon on top. Serve on platter; garnish with toast triangles. Serve at once. Serves 6. Tomatoes and bacon may be panbroiled instead of oven-broiled, if desired.

Maple Syrup Fried Mush

1½ cups yellow corn meal
3 teaspoons salt
5½ cups water
½ cup maple syrup

Combine corn meal, salt, and 1 cup water in upper part of double boiler, and mix well. Add remaining water and syrup, and cook over direct heat until the mixture thickens, stirring constantly. Place over hot water, cover closely, and cook 2 hours longer. Turn into loaf pan which has been wet with cold water. Let stand overnight or until thoroughly cold and firm. Turn from pan, slice in ½-inch slices, dip in flour, and saute in well-greased skillet, turning to brown both sides. Serve with butter and additional maple syrup.

Four-Fruit Sherbet

4 cups sugar
4 cups water
1 2-3 cups orange juice
1 cup lemon juice
½ teaspoon salt
4 bananas, mashed
6 maraschino cherries, finely cut
1 egg white, slightly beaten

Cook sugar and water together 5 minutes. Cool. Add fruit juices and salt, then bananas, mashed with silver fork. Let stand 1 hour. Rub through coarse sieve. Add cherries and egg white. Freeze and pack. Makes 3 quarts sherbert.

Vegetables As Main Dish Have Reached New Heights In Popularity

Instead of meat with vegetables "on the side", adventurous cooks are building the main dish out of vegetables now-a-days, and putting meat into a secondary place for an occasional meal.

For those who are too anxious for corn season and wish to rush this season a bit—here is a main dish of canned corn.

CORN PUDDING

Use a quart of whole kernel corn from the cans. To this corn, add two well beaten eggs and butter the size of an egg, a teaspoon of sugar and salt and pepper to taste. Then stir in half a cup of light cream or thin cream sauce of the same consistency as the cream. Place this in a baking dish and set in the oven to brown, for about fifteen minutes.

If you have a little left-over meat to use up, make a mixed salad of meat, minced fine, and salad greens with French dressing. It will go extremely well with this corn pudding. If for a luncheon dish—one will find thin peanut butter and lettuce sandwiches will be no end suitable.

Dr. Harry W. Fallowfield, Jr.
DENTIST
MILLINGTON, MD.
PHONE 54
EVENINGS AT BETTERTON
PHONE STILL POND 70F2

NATIONAL Premium
A PALE DRY BEER
...the limited production of a rare brew....costly but well worth the price
AVAILABLE EVERYWHERE
Brewed by
THE NATIONAL BREWING CO.
Baltimore, Md.

ETIQUETTE
It's bad etiquette to cough in public places. Take a Smith Brothers Cough Drop for pleasant relief. (Black or Menthol—5¢.)
Smith Bros. Cough Drops are the only drops containing VITAMIN A
This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold and cough infections.

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.

A TOAST TO Eleven-Ten
"the freshest coffee you ever tasted!"
FREY-WEAVER CO. — LANCASTER, PA.

DINING ABROAD AT HOME

TEMPTING SPRING APPETITES WITH TASTY HUNGARIAN POTATO SOUP

When one acquires a case of spring fever it's usually the appetite that suffers, and in children particularly this isn't so good. They need food— good and wholesome and tasty. A little imagination will come in handy here! Just let the children travel as they eat—just making believe of course, but it will improve those sluggish appetites no end. With Hungary the first stop—we can serve

BURGONYALEVES

(Potato Soup)

1 tablespoon butter
4 large potatoes, diced
1 onion, chopped
1 pimento, minced
1 tabelspoon minced parsley
4 cups stock
1 tablespoon paprika
½ teaspoon salt
3 tablespoons sour cream

Melt the butter in a pan; add the potatoes, onion and pimento. Simmer slowly until the onion starts to brown, then sprinkle with the minced parsley. Add the hot stock or water, stir in the paprika, season with salt, and allow it to simmer about 30 minutes longer. Remove from fire, add the remaining cream and serve.

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