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

THREE MEALS A DAY

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

SUSAN SNOW

A good way to tell mushrooms from toadstools without eating and waiting for results, is to peel an onion and put it with the fungi while cooking. If the onion remains white, they may be eaten with confidence but if it turns black, they are not fit to eat.

The fried potatoes that so astonish the tourists in Paris are supposed to be a great secret, but it is a simple enough mystery which was discovered by accident. Take a potato, cut it in rather thick slices and fry them as usual in butter or drippings. Now, place them on a plate and let them get perfectly cold. Heat in the frying pan plenty of drippings (oil is used in France) and put in the slices of cold fried potatoes. They will quickly puff up into air balls. Brown and serve in the usual way.

Procure some of the newer designs of tall, slim glasses designed to hold seven ounces. From one twelve ounce bottle of beer, you may then serve two nice glasses of beer, the foam at the top of the glass taking up the same amount of space as an ounce of beer. Often two people will "split a bottle" and each have just enough beer with the single glass.

An interesting added touch, in the case of very young, tender peas is to remove the inner, tough film from the pods, wash the tender outer green pods, trim off the heads and tail ends and boil right with the peas.

For a tasty and novel party treat slice Brazil nuts as you would bread and toast them five minutes in a hot oven, then work them around in confectioner's sugar. As a cocktail "cushion", toast and salt whole Brazil nuts in their own butter, or wrap whole nuts in bacon strips and broil. Impale on toothpicks for easy serving.

As crabs should be boiled alive, like lobsters, they are already cooked when bought in the market, and ready to pick and prepare in any desired way. If cooked at home, they are frequently taken out of the backs, the fat removed, and picked fresh from their shells at the table. Or the crab flakes are served warm (heated in butter) and eaten with hominy as a breakfast or supper dish. They also make a delicious salad. Six crabs afford one pound of crab meat.

Aluminum kettles should be soaked with soda and cleaned by scouring.

As a definite part of housework or office work, the "beauty nap" for women is to be highly recommended. Such a nap need but be of half an hour's duration, but it is of definite value for all around health and efficiency. For the women in business it may come immediately after luncheon which followed by a brief nap is better than a longer luncheon and an immediate return to work, when the time is limited. For the women in the home, the rest period may come immediately after luncheon is over or it may come later in the afternoon just before dinner is to be started.

To prevent boiled ham or bacon from getting dry, allow it to remain in the water in which it was cooked until it is cold.

To make a ham loaf, use two cups chopped cooked ham, 1 cup soft bread crumbs, 2 tablespoons minced parsley 2 tablespoons minced celery, 1 tablespoon minced onions, ¼ teaspoon salt, ¼ teaspoon paprika, 2 tablespoons butter, melted; 2 egg yolks, 2-3 cup milk. Mix the ingredients. Bake for 30 minutes in a moderate oven.

When one has finished with the wringer after washing clothing, she should be sure to wipe it dry and always loosen the pressure on the rolls to keep them round.

One fourth a teaspoon of vanilla added to each four cups of milk improves the flavor of hot cocoa or chocolate.

Cantaloupes should really not be prepared until one is ready to serve it. If it is cut and allowed to stand for any length of time with cracked ice in it, the flavor is entirely destroyed. If special chilling is desired, pack the cantaloupes in cracked ice without cutting and let it stand for a few hours.

Soft butter or shortening should never be used in making pie crust. Whatever shortening is used should be hard and very cold.

When preserving fruits and vegetables, don't pack the jars to tightly. Leave a space of one half an inch at the top of each for water. Heat may then travel through the product without difficulty.

THOSE WHO REMAIN

When death visits a home, the first concern is to perform the last service to the loved one in a becoming manner. What ever is done must express all the reverance and affection that is felt at such a time. But in addition to this a further responsibility rests upon the funeral director. It is his privilege and duty to lessen as far as lies with in his power, the burdens laid upon those who remain. By countless little acts of thoughtfulness he can make the way easier for them.

We consider this part of our work as important as any other. Our highest aim is to have our patrons look upon us as trusted friends, ready and anxious to render sympathetic assistance to those who remain behind.

B. R. FELLOWS,
Funeral Director.

Phone 3 Still Pond, Md.

Menu Of The Week

MONDAY **Breakfast**—Cherries, ready to eat cereal, bacon omelet, hot rolls, coffee or cocoa. **Lunch**—Cream of celery soup, crisp crackers, crab meat salad, ice cream cake, iced tea or milk. **Dinner**—Navarin of lamb, potato croquettes, buttered asparagus, Romaine salad, strawberry shortcake, coffee or beer.

TUESDAY **Breakfast**—Baked apples with cream, ready to eat cereal, coddled eggs, raisin-nut toast, coffee or cocoa. **Lunch**—Cold sliced ham, potato salad, frosted cup cakes, iced tea or iced coffee. **Dinner**—Braised sweetbreads, julienne potatoes, new buttered peas, endive salad, cocoanut custard pie, coffee.

WEDNESDAY **Breakfast**—Strawberries with cream, hot wheat cereal, wheat cakes, frizzled ham, maple syrup, coffee or milk. **Lunch**—Canned corned beef hash, sliced tomatoes, melba toast, cup custards with caramel sauce, iced tea or frosted chocolate. **Dinner**—Stuffed breast of veal, puffed potatoes, creamed spinach, waldorf salad, chocolate eclairs, coffee or beer.

THURSDAY **Breakfast**—Orange juice, ready to eat cereal, plain waffles, broiled bacon, honey, coffee or cocoa. **Lunch**—Potato soup, croutons, mixed vegetable salad, coffee ice cream, nut wafers, tea or milk. **Dinner**—Fried chicken, mashed potatoes, lima beans, watercress salad, pineapple upside-down cake, coffee.

FRIDAY **Breakfast**—Stewed pears, ready to eat cereal, poached eggs on toast, buttered toast, grapefruit marmalade, coffee or cocoa. **Lunch**—Crab cakes, cole slaw, orange meringue pie, tea or milk. **Dinner**—Lobster Newburg, shoe string potatoes, buttered asparagus, dressed lettuce, apple strudel, coffee or beer.

SATURDAY **Breakfast**—Grapefruit, ready to eat cereal, apple fritters, broiled bacon, hot muffint, coffee or cocoa. **Lunch**—Creamed chipped beef on baked potatoes, fried tomatoes, lemon water ice, ginger snaps, tea or milk. **Dinner**—Broiled tripe with chili sauce, hashed browned potatoes, buttered beets, grapefruit and orange salad, assorted cakes, coffee.

SUNDAY **Breakfast**—Chilled melon, ready to eat cereal, grilled chicken livers and bacon, scrambled eggs, pop-overs, marmalade, coffee or cocoa. **Dinner**—Shrimp cocktail, baked corned pork, candied carrots, string beans, jellied pineapple salad, strawberry angel cake, home made vanilla ice cream, coffee. **Supper**—Club sandwiches, pickles, olives, stuffed celery, fresh sliced pineapple, little cakes, coffee or iced tea.

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

Coconut Butterscotch Pie

COCONUT
1 cup brown sugar
3 tablespoons flour
4 tablespoons cornstarch
½ teaspoon salt
3 cups milk
½ cup granulated sugar
3 tablespoons butter
½ cup water
3 egg yolks, well beaten
1 teaspoon vanilla
1 cup finely shredded coconut
1 baked 9-inch pie shell
3 egg whites
5 tablespoons brown sugar

Sift brown sugar, flour, cornstarch and salt together. Add ½ cup milk, place in upper part of double boiler, and stir until smooth. Place granulated sugar, butter and water in skillet and heat until mixture turns a golden brown. Add remaining 2½ cups milk, heat until sugar dissolves, and add to flour mixture. Cook until thickened, stirring constantly. Cover closely and cook 10 minutes longer. Pour a small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook until slightly thickened. Add vanilla and ½ cup coconut. Pour into pie shell. Beat egg whites until stiff, add 5 tablespoons brown sugar, and beat until mixture stiffens again. Pile lightly on filling. Sprinkle remaining ½ cup coconut. Bake in moderate oven 350 F. for 30 minutes, opening door of oven after first 8 minutes of baking.

Various Butters For Little Sandwiches

With the garden in such a lovely condition, why shouldn't we be eating out of doors these days—especially at noon time. We can serve sometime buttered sandwiches. To make these sandwiches just a little better than those nice plain bread and butter sandwiches, vary the butter like this:

Bacon Butter: Fry bacon crisp and pound to a paste or put through food chopper. Work into the butter in desired propostion. To two tablespoons of this paste add 1 teaspoon horseradish or mustard.

Pimento Butter: Cream half cup of butter. Drain three large pimentos; rinse with cold water and dry thoroughly. Rub through sieve and work the pulp into creamed butter. Season with salt.

Cress Butter: Work two tablespoons butter to a paste and add one tablespoon finely chopped water cress, a little pepper, salt, onion juice and a tablespoon of sugar.

Mint Butter: Cream half a cup of butter, adding a little whipped cream. Work in two tablespoons finely chopped mint. Parsley or anchovy paste may be substituted for the mint.

Raisin Butter: Cream half a cup of butter and work into it one cup of chopped raisins.

Child's Party Punch

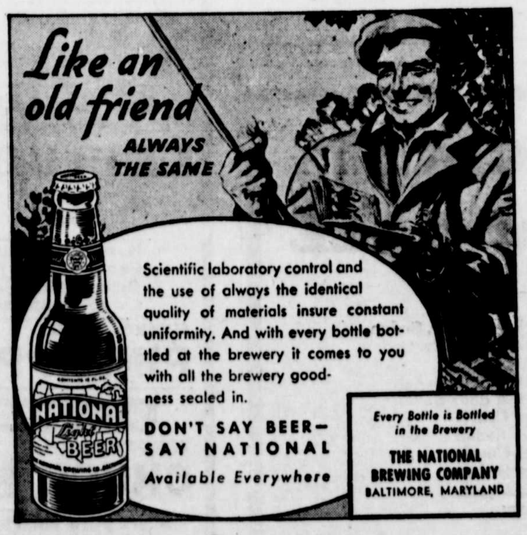
Some of these days in the not so far away, the children may be wanting a nice party. Its a good thing for parents to grant them this wish too as the more we can keep them at home the better. It's never too early to start, so before they get a chance to ask—offer them a party for about 20 or 25 children. The low cost of such a party will be surprising. Serve a nice fruit punch like this, and just watch the fun.

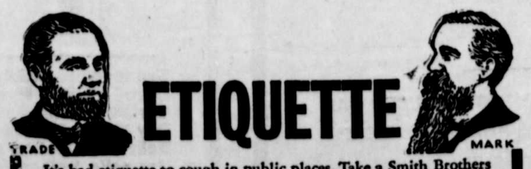
FRUIT PUNCH
Juice of 3 lemons
Juice of 3 limes
Juice of 3 oranges
1 cup coarsely chopped fresh pineapple
2 whole oranges
½ cup raspberry syrup
2 cups sugar
½ cup maraschino cherries
1 quart water
3 quarts charged water

Boil the sugar and plain water to a syrup. Take off the fire and add fruit juices, pineapple, raspberry syrup, and slices of unpeeled oranges. Let stand 1 hour in a cold place. Add maraschino cherries and charged water, and pour into a punch bowl with a large piece of ice. Serve in small punch glasses. This quantity will serve 25.



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DINING ABROAD AT HOME

SUMMER MENUS INCLUDING RUSSIAN CABBAGE SOUP

The coming of warm weather causes one's thoughts to stray from home, and off to foreign lands we are tempted to start. But work and finances and all sorts of things usually keep up in this country, with a month or two at the shore. Thank goodness we are still fancy-free though and can travel as we like and where we will right in our own homes. We can dream of places and eat their foods. For example—for lunch some sunny day—or for Sunday supper we can serve a Russian soup—or a German cake or a Portuguese fish dish, but at the moment this Russian soup sounds very intriguing.

SHCHI
(Fresh Cabbage Soup)

1½ pounds fresh white cabbage
2 quarts of light stock
1 pound rib of beef
2 large onions
flour
1 or 2 sprigs fennel
Salt, pepper
Sour cream, if desired

Chop the onions, cook to a golden color in a little butter, and sprinkle with flour. Add these to the stock and bring to a boil. Blanch the beef, cut in small pieces, and blanch the cabbage, coarsely chopped. Drain and add to the soup and season with salt, pepper and fennel. Simmer very gently for 1½ hours. Sour cream can be stirred into the soup a few minutes before serving, or can be served separately.

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