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

Everywhere afternoon tea is wedging into popularity—with iced beverages served in the summer. It calls for the simplest accompanying dainties if you invite only two or three friends, and if you have no maid you won't attempt more than eight or ten guests even in your most expansive moods. For such an occasion you can press a close friend into service to help with the passing and replenishing of the tea cups.

Vegetables to be steamed should be cooked as rapidly as possible until soft. To obtain this result, place the steamer over a quick fire, the lower pot two thirds full of rapidly boiling water, cover, and when the steamer is filled throughout with steam, turn in the vegetables. Cover at once, placing a cloth between the lid and steamer to keep steam tightly enclosed. Keep the water in the lower pot constantly boiling.

Any woman who is inclined can make the drumsticks of a chicken the nicest part of the bird. To do this she need only remove the sinews that are always in the way. This is done by making a slit lengthwise through the skin one inch long below the knee, or carefully slitting the skin over the knee joint so as to expose the bright, cordy sinews lying under the skin. Do not cut these, but run under each one a skewer or one of the prongs of a strong carving fork, and draw out each tendon one after the other. There are eight in all.

Here is something that every woman will find to her liking; it is called apple whip and can be served with a nice lemon sauce or almost better yet, makes a perfectly grand filling for a layer cake.

To make apple whip rub the pulp of cold baked or steamed apples through a sieve into a bowl to make about a cup of pulp. Sweeten to taste with powdered sugar, and chill. Add 2 chilled egg whites and beat the thoroughly chilled mixture until stiff.

All linens which are fragile because of age, fineness of thread, or because of insects of lace or embroidery should be washed by hand. Soak them first in cold water. Then transfer them to luke-warm suds made with soft soap. Wash by squeezing the water gently htrough the meshes of the cloth with the hands. Put through several clear warm rinse waters, and last one slightly blue. Squeeze out the water, do not wring. To dry, either roll up in a large soft cloth or lay out flat on a covered surface, pinning the edge if necessary to keep in shape.

A tea-wagon is one of the best servants the servantless house can have. It can be used to carry things to and from the kitchen, or to stand beside the dining room table holding fresh china and silver for the last course on its upper shelf, and receiving used plates on its concealed under shelf.

Rice cooked in hard water is not as white as that cooked in soft water. One teaspoon of lemon juice, one-half teaspoon of cream of tartar, or one tablespoon of vinegar may be used in hard water to insure a snowy-white cooked rice.

Fats from fried ham or bacon should be reserved in separate jars, and used for frying eggs or potatoes, or wherever not objectionable. Bacon drippings can be used instead of butter to saute liver or roast a wild duck.

Rag rugs can go right into the washing machine with plenty of rich hot suds. With a change of suds as soon as the first is dirty and plenty of rinsing, the rugs will come out looking clean and bright as new. A convenient method of rinsing is to turn the hose on the rugs after hanging on the line. Hang them straight on the line so that they will not pull out of shape while drying.

To make excellent string bean salad, add to some left-over boiled string beans a little French dressing, a tablespoon of parsley, very finely chopped or a teaspoon of onion juice. Mix and place in a covered dish in the refrigerator for an hour before serving. Serve on lettuce leaves.

Any remnant of uncooked meat which may spoil if kept longer should be cooked at once either alone or in combination for the next meal; or it may be given a few seconds blanching by immersing in rapidly boiling water.

Mildew is a very difficult stain to remove unless discovered when fresh. becomes deeply fixed to the fabric but becomes depely fixed to the fabric but it actually destroys the fiber, making restoration impossible.

Menu Of The Week

MONDAY Breakfast—Stewed rhubarb, ready to eat cereal, elly omelet, crisp bacon, rolls, coffee or cocoa. Lunch—Vegetable soup, shrimp salad, melba toast, strawberry shortcake, tea or milk. Dinner—German pot roast, potato pancakes, smothered cabbage, dressed lettuce, apple pie, coffee or beer.

TUESDAY Breakfast—Strawberries with cream, ready to eat cereal, scrambled eggs with minced ham, toasted English muffins, marmalade, coffee or cocoa. Lunch—Creamed chipped beef on toast, pineapple and cream cheese salad, lemon tarts, tea or iced coffee. Dinner—Cold sliced pot roast, cole slaw, hot biscuits, butterscotch pie, coffee.

WEDNESDAY Breakfast—Stewed pears, ready to eat cereal, ham and eggs, buttered toast, coffee or cocoa. Lunch—Cream of onion soup, combination sandwiches, shredded lettuce with mayonnaise, apricot sherbert, vanilla wafers, iced coffee. Dinner—Italian spaghetti, meat balls, lettuce with wine vinegar, home made biscuit Tortoni, coffee.

THURSDAY Breakfast—Sliced oranges, ready to eat cereal, French toast, grape jelly or maple syrup, coffee or cocoa. Lunch—Clam chowder, mixed vegetable salad, hot muffins, peach parfait, iced tea. Dinner—Swiss steak, mashed potatoes, buttered peas, watercress and cucumber salad, nut loaf cake with chocolate sauce, coffee.

FRIDAY Breakfast—Chilled grapes, ready to eat cereal, baked eggs, buttered toast, coffee or cocoa. Lunch—Creamed eggs on toast, asparagus tip and tomato salad, crumb cake, iced coffee. Dinner—Broiled salmon with shrimp sauce, new potatoes, French fried cauliflower, green salad, cocoanut layer cake, coffee or beer.

SATURDAY Breakfast—Tomato juice, ready to eat cereal, buckwheat cakes, maple syrup, sausage patties, coffee or cocoa. Lunch—Creamed ham on waffles, tomato salad, chocolate eclairs, tea or milk. Dinner—Broiled steak, French fried potatoes, buttered peas, cole slaw, strawberry chiffon pie, coffee.

SUNDAY Breakfast—Mixed fruit juices, ready to eat cereal, griddle cakes, bacon and eggs, syrup, coffee or cocoa. Dinner—Jellied consomme, roast chicken, bread stuffing, mashed potatoes, summer squash, buttered beets, mixed green salad, hot biscuits, peach Melba, coffee. Supper—Assorted sandwiches, pickles, olives, egg custard with caramel sauce, tea or coffee.

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

There Are Potato Salads For All

It's a fortunate thing that there are people who are creative along the food line. People's tastes are different like everything else, so—if one potato salad doesn't suit you, try another like this:

POTATO SALAD

8 boiled potatoes
1 stalk celery, diced
2 hard boiled eggs, sliced
1 onion, minced
1 tbsp. minced parsley
2 eggs, well beaten
1 cup sugar
½ cup vinegar, diluted with
½ cup cold water
¼ teaspoon dry mustard
½ teaspoon salt
¼ teaspoon pepper
4 clices bacon, diced

Boil potatoes in their jackets. When soft, peel and dice. Add the celery, sliced hard cooked eggs and onion. Fry bacon in skillet until crisp and brown. Beat the eggs, add the sugar, spices and vinegar and water. Mix well. Pour egg mixture into the hot bacon and fat and stir until mixture thickens (about 1 minutes). Pour over the potato mixture and mix lightly. Let stand in cold place several hours before serving.

Shrimp A La King

1 seeded green pepper
½ pound cleaned and sliced mushroom caps
3 tablespoons butter
1 small onion, chopped fine
1½ teaspoons salt
1 egg
2 cups milk
3 tablespoons chopped pimentos
¼ teaspoon tabasco
1 teaspoon chopped parsley
2 cups cooked shrimp
3 tablespoons flour

Cook the shredded green pepper and the mushroom caps in the butter for 5 minutes. Then add the chopped onion, flour, salt, pimentoes, parsley, tabasco and shrimp. Heat gently about 2 minutes, then add 1½ cups milk gradually, while stirirng constantly. Continue cooking until thickened. Then add ½ cup milk to which the beaten egg has been added. Heat well and serve on toast.

Variations In Salad With Cucumbers And Pineapple In Jelly

A salad need not necessarily be novel to be good. It is so often true that the plainer the dish the better it is liked. Well this salad composed of cucumbers and pineapple in jelly is simple but also novel so the two combined can mean nothing but goodness.

CUCUMBER AND PINEAPPLE JELLY

2 tablespoons gelatin
¼ cup sugar
1 cup diced cucumbers
1-3 cup cold water
½ teaspoon salt
½ cup vinegar
1 cup boiling water
Juice of ½ lemon
1 cup canned shredded pineapple

Soak gelatin in cold water five minutes, then dissolve in boiling water. Add sugar, salt, vinegar, and lemon juice; chill. When the mixture is the consistency of a thick syrup, stir in the cucumber and pineapple. Pour into wet individual molds or individual ring mold. Place in food compartment of refrigerator to jell. Unmold on a slice of pineapple and serve with mayonnaise. Serves 6 to 8.

Cornbread Sticks By June Brides Old And New

Whether you are a this year's June bride or one of twenty years ago you will want to try these grand, and certain cornbread sticks on friend husband. He's bound to like their golden crispness and it will mkae him glad all over again that he married you.

CORNBREAD STICKS

1 cup yellow corn meal
2 tablespoons sugar
1 teaspoon salt
1 cup boiling water
1-3 cup milk
1 egg
¾ cup sifted flour
3 teaspoons baking powder
¼ cup shortening

Mix the cornmeal, sugar and salt and scald with the boiling water. Add the milk, egg and melted shortening. Sift in flour and baking powder and pour into well oiled cornbread stick pans. Bake in an oven 375 F. for 20 to 25 minutes. These sticks should be crisp.

SPLIT PEA SOUP

GOOD ON THE HOTTEST DAY

1 cup split peas
1 ham bone
3 quarts water
1 tablespoon onion, minced
3 tablespoons butter
3 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
2 cups milk

Wash and soak peas in water to cover, over night. In the morning, drain off the water and cover with 3 quarts of fresh water. Add the ham bone and onion and cook until peas are soft. Rub through a sieve. Melt the butter and stir in the flour until well blended and smooth. Add the salt, pepper and milk and cook, stirring constantly until the mixture thickens. Combine with strained liquid and cook until rather thick. Serve hot.

Seven Hearty Servings In A Colorful Salad

Green peas, scarlet pimentos and snowy rice make a salad to serve seven people.

Rice salads are the latest news for summer menus, because the fluffy white rice combines so perfectly with fruits or vegetables in the summer repertoire.

SUPPER SALAD

2 cups cooked rice
1 cup cooked peas
4 tablespoons pimento, chopped
4 tablespoons relish
3 tablespoons cheese, grated
1 teaspoon salt
Lettuce and dressing
3 tablespoons celery, minced

Combine ingredients lightly, chill. Serve on crisp lettuce with French dressing or good mayonaise. Serve 7.

Fluffy Corn Fritters Improve Any Meal

The addition of light, fluffy corn fritters to any luncheon or dinner will make that meal a special treat. They can be served plain but are extra-special when served with good maple syrup.

CORN FRITTERS

1½ cups sifted cake flour
1½ teaspoons baking powder
2 teaspoons salt
2 egg yolks, well beaten
¼ teaspoon paprika
1 can (2 cups) corn, drained
2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and salt, and sift again. Combine egg yolks, and paprika and corn. Add flour, a small amount at a time, beating after each addition until smooth. Fold in egg whites. Drop from a tablespoon into deep, hot fat (370 F.) and fry for 2 minutes, or until a golden brown. Serve piping hot. Makes 19 fritters.

Tasty Toasted Snack For Late Supper

Here is a sandwich that will be more than satisfying for a late supper or snack.

TOASTED CHICKEN SANDWICH

1 whipped egg white
½ cup cottage cheese
1 cup chopped chicken
2 hard cooked eggs
2 tablespoons mayonnaise
Juice of 1 lemon
3 tablespoons chopped pimento
Pinch of Cayenne
10 olives, chopped
½ teaspoon paprika
½ teaspoon salt
Hot buttered toast

Add egg white to cheese and beat fluffy. Add other ingredients and mix well. Heat and spread on toast, covering with another slice.

Notice To Creditors

REAL ESTATE ONLY

This is to give notice, that the subscriber has obtained from the Orphans' Court of Kent County letters testamentary on the estate of

EMMA A. THOMPSON

late of said county, deceased. All persons having claims against said deceased are hereby warned to file in said Court their claim against said decedent, with the vouchers thereof legally authenticated, on or before the 14th day of November, 1938; they may otherwise, by law, be excluded from all benefit of said estate. All persons indebted to said estate are requested to make immediate payment.

Given under my hand this 10th day of May, 1938.

EARL C. THOMPSON, Executor
T. Ringgold Jones, Register of Wills.

DINING ABROAD AT HOME

RUSSIAN COOKIES FOR AN AMERICAN COOKIE JAR

When one first thinks of Russia it is usually the five year plan that comes to mind! And when Russian food is the question it is most natural to think of the famous Borscht or beet soup, or of Russian Caviar.

This particular recipe for those nice little Russian cookies might well have come right out of an American kitchen for all its modern ingredients, but it is truly Russian in origin and ever so good.

RUSSION COOKIES

½ cup sugar
6 tablespoons butter
1 egg yolk, beaten
½ teaspoon vanilla
1 tabelspoonful cream
1⅛ cups cake flour
1 teaspoon baking powder
Tart jam or jelly
1 egg white
5 tablespoons sugar
1 teaspoon cinnamon
6 tablespoons chopped nuts

Cream the butter thoroughly and gradually add the sugar which has been sifted. Beat until very light and fluffy. Add the beaten egg yolk, vanilla and cream and mix well. Sift flour before measuring, then resift with the baking powder and add to the first mixutre. Place dough in refrigerator and chill several hours. Roll out on a floured board until quite thin and cut into oblongs. Spread with jam or jelly and cover with a meringue made as follows: Whip the egg white until stiff, slowly add the five tablespoons of sugar, beating constantly; add the cinnamon and chopped nuts. Place cookies on a well greased cookie sheet and bake in a moderate oven 350 F. for about 12 minutes.

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