THREE MEALS A DAY

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

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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

If woolen material is properly washed with a mild neutral soap which does not destroy the natural oil of the fibre, it will not really be necessary to add soap to the last rinse in order to keep the wool in good condition.

It is always well to treat the gas stove, which has accumulated a coating of grease to a bath in good soap suds. Make a suds of the powder in hot water, and either boil the separate parts of the burner, grates, etc., in the solution or apply it with a stiff scrubbing brush. Rinse with clear water. Repeat the process, if the stove is unusually dirty.

In most households breakfast on week days at any rate, is a scramble with everyone coming down at the last minute and wanting to be waited on at once. But it is the meal, too, that starts the day right or wrong for each member of the family and so every housekeeper should manage to have the table looking pretty, to wear your most serene manner and to serve food that looks absolutely irresistible.

To make a whipped fruit dessert: Cut 18 marshmallows into bits, add 1 cup unsweetened pineapple juice, a small bottle of maraschino cherries, 1 cup of canned peaches or apricots, cut fine. Let them stand in the refrigerator overnight. Heat before serving.

When one is painting and should happen to spatter some of the paint on another painted or varnished surface, wipe them up immediately while still wet, with a clean, soft cloth. It is impossible to remove dried spatters without marring the finish.

When vegetables are to be kept for some time, arrange them on a dry, cold bottom in a ventilated, cold, dark place. To keep leafy vegetables fresh for a day, arrange them in a shallow dish in nearly a fourth-inch of cold water. Soak a piece of linen in water and spread it over the vegetables, letting the corners of the cloth dip into to water, which will keep the cloth moistened, and place it in anairy, cold place. Parsley, watercress, chervil, mint, etc., must be picked over and thoroughly washed, then aranged in a glass or bowl holding cold water in the same manner as for a bouquet of flowers.

Left over mashed potatoes that are still warm may be shaped in a buttered or wet enamel muffin ring or cup and allowed to stand in a cold, dry place until needed. Unmold these, roll in flour, and fry in hot, deep fat until a crisp, light brown color.

Wicker furniture, which assumulates dust so readily, should be taken to the open air and brushed with a fairly stiff brush. After this dry cleaning, dip the brush in lukewarm soap suds and go over the entire surface. Rinse until the last trace of suds is removed and dry as well as possible with a cloth. Leave in an airy place until the crevices are well dried. Cushions, backs, etc., if made of tapestry, cretonne, or any fabric should be removed before washing the wicker, if possible. Sometimes, however, the upholstery is permanently attached, in which case care must be taken to prevent the splashing of water. This is easily done by pinning cloth or paper over the fabric parts.

To make a prefectly grand watercress salad: arrange over crisp lettuce leaves some pickedover and thoroughly washed, tender, crisp water-cress, freed of its moisture. Dredge over some chopped hard boiled eggs. Garnish with sections of hard boiled eggs. If desired, add slices of tomatoes which have been skinned. Serve with French dressing in a separate bowl.

Here is something that many people will find profitable—How to Carve a Cooked Chicken: Place the cooked chicken with the legs turned toward you. Hold the carving fork with the left hand, pierce the breast, one prong close to the breastbone on either side. Hold the bird firmly in place, then, with the carving knife in the right hand, run the knife through the skin between one leg and the body, and bending the leg back, separate the leg from the body with a neat cut at the joint. In like manner separate the drumstick at the second joint. Repeat on the other side with the other leg. Cut off the wings through the skin and meat of upper wing joint close to the body, running the knife through the joint: then, working the knife blade parallel to the breast bone, thinly carve the breast meat on either side. Take off also the tender oval piece of dark meat lying on and in either side of the backbone.

To make dustless dusters: Cut cheesecloth to desired size of dusters. Prepare a mixture of 1 pint of hot water and one-fourth c. lemon oil. Press in 4 or 5 pieces of cheesecloth. Work oil and water into cloth. Squeeze dry. Hang to dry.

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Menu Of The Week

MONDAY Breakfast—Grapefruit, ready to eat cereal, minced bacon with scrambled eggs, muffins, coffee or cocoa. Lunch—Cream of corn soup, stuffed egg salad, melba toast, fruit gelatin, iced tea or milk. Dinner—Calves' liver and bacon, creamed potatoes, fresh spinach, lettuce and tomato salad, chocolate cream pie, coffee or beer.

TUESDAY Breakfast—Chilled melon, ready to eat cereal, plain waffles with maple syrup, coffee or milk. Lunch—Scalloped eggplant, hot biscuits, cole slaw, stewed rhubarb, cookies, tea or iced chocolate. Dinner—Pot roast of beef, potato pancakes, fresh green beans, cabbage and carrot salad, strawberry shortcake, coffee or beer.

WEDNESDAY Breakfast—Sliced bananas with ready to eat cereal, broiled bacon, fried eggs, buttered toast, coffee or cocoa. Lunch—Jellied vegetable salad, deviled eggs, bread and butter sandwiches, ice box cake, tea or milk. Dinner—Pot-roast hash, new peas, pan roasted potatoes, pineapple salad, blackberry cobler, coffee.

THURSDAY Breakfast—Orange juice with melon balls, ready to eat cereal, parsley omelet, buttered toast, coffee or cocoa. Lunch—Fresh fruit salad, hot muffins, ice cream cake, tea or milk. Dinner—Meat loaf, string beans, baked potatoes, cole slaw, pineapple whip, coffee.

FRIDAY Breakfast—Cantaloupe, ready to eat cereal, soft boiled eggs, hot corn bread, coffee or cocoa. Lunch—Cream of asparagus soup, shrimp salad, pickled beets, stuffed eggs, tea biscuits, lemon junket, tea or milk. Dinner—Fried trout, new boiled potatoes, buttered asparagus, mixed green salad, pineapple tapioca cream pudding, coffee.

SATURDAY Breakfast—Stewed prunes, ready to eat cereal, bacon and eggs, toast and coffee. Lunch—Grilled tomatoes with bacon hard rolls, diced fresh pineapple, cheese cake, tea or iced coffee. Dinner—Baked Virginia ham, candied sweet potatoes, buttered beets, lettuce with Roquefort cheese dressing, lemon snow pudding, coffee.

SUNDAY Breakfast—Fresh blackberries with cream, ready to eat cereal, eggs Benedict, coffee or cocoa. Dinner—Rolled shoulder of lamb, baked potatoes, corn on the cob, romaine and grapefruit salad, home made ice cream, chocolate brownies, coffee. Supper—Chicken salad, hot biscuits, jelly roll, coffee or tea.

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

Hot Potatoes And Onions For Summer Dinners

There will be many a night now when cold meats will be served for dinner. Along with this will be a cold, crisp salad and most possible a frozen dessert. That leaves the potatoes and vegetable which might well be hot either both or one of them. Here is a nice summer hot dish though combining both

POTATO AND ONION CONCORDIA

2 cups potato balls
2 cups small onions
1 teaspoon salt
1 cup medium thick white sauce
¼ cup grated cheese

Cut the potatoes into small balls with a vegetable cutter, and peel the small onions about the same size. Cook the onions until nearly done, add the potato balls and salt and cook until both are tender. Place the vegetables in a shallow pan which is well greased. Pour the white sauce over them. Sprinkle wiht grated cheese, and bake in a hot oven 500 F. for 12 minutes.

Cold Salmon—Rice Loaf Pleasing Variation For Friday Dinner

It is very common thing in many households to see a shrimp or a crab meat salad on the table for Friday night dinner. This becomes somewhat tiresome to even the greatest lover of shrimp salads so come Friday next, serve a

COLD SALMON AND RICE LOAF

2 cups cooked rice
2 tablespoons gelatin
½ cup celery, diced
½ teaspoon salt
4 cups fish stock
1 large can salmon
4 tablespoons onion, minced
½ teaspoon chili powder

Soak gelatin in half cup of cold liquid for five minutes and then dissolve in the hot stock. Cool. Add the remaining ingredients. Pour into a loaf pan to set. Yields 9 servings of 1 cup.

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Peanut Butter Snacks For The Children On Summer Vacation

With the children already at home or about to come home for their summer vacation, the house-wife is faced with the problem of lunches and afternoon snacks that all healthy, growing children just seem to crave. Now children love sandwiches, especially if they can do the actual making of them—they are also very fond of peanut butter which makes sandwiches a simple matter. Here are a few things one can do with peanut butter in sandches:

PEANUT BUTTER AND HONEY

Mix equal parts of strained honey and peanut butter. Spread slices of nut or brown bread with the mixture and sprinkle over it some sweet green pepper chopped fine.

PEANUT BUTTER AND CURRANT

Moisten cream cheese with cream and spread on one slice of buttered bread. Spread another with peanut butter, and over it put a thin layer of currant jelly. Combine.

PEANUT BUTTER AND CHERRY

Cover one slice of buttered bread wiht peanut butter and the other with chopped cherries, canned or maraschino. Combine.

Brazil Nut Slices

2 squares unsweetened chocolate, cut in pieces
2 tablespoons butter
2 cups sugar
1 cup maple syrup
½ cup milk
Dash of salt
1 teaspoon vanilla
1 cup Brazil nut meats, coarsely cut and toasted

Melt chocolate and butter in a saucepan over hot water, add sugar slowly, mixing thoroughly; then add syrup and milk and mix well. Stir constantly until mixture begins to boil. Continue cooking, without stirring, until a small amount of mixture forms a soft ball in cold water (238 F.). Remove from fire; add salt and vanilla. Cool to lukewarm (110 F.); then beat until mixture bgeins to thicken and loses its gloss. Add nuts; shape into rolls and cut in diagonal slices. May be kept moist by wrapping in waxed paper. Makes two 15-inch rolls.

Non-Fanciers Of Spinach Will Succumb To A Dish Like This

If your family hapens to be one of those families who wrinkle up sensitive noses at the very mention of spinach—try serving it a little dressed up and in combniation with something as popular as mushrooms.

SPINACH RING

2¼ cups cooked spinach, chopped
1 teaspoon salt
Dash of pepper
Dash of marjoram
1 teaspoon scraped onion
2 eggs, slightly beaten
2 tablespoons melted butter

Cook spinach (½ peck) only until tender. Drain and chop. Add seasonings, eggs, and butter and mix very thoroughly. Turn into a well greased ring and mold. Place in a pan of hot water and bake in a moderate oven (375 F.) for 30 minutes, or until firm. Turn from the mold and serve with mushroom sauce. Individual molds may be used if desired. This quantity serves four persons.

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 lcgally 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.

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As strange as it may seem to some people, there are really hundreds of South American dishes that aren't so highly seasoned that one must drink a bucket of water while eating them.

Here is a good example of excellent South American cooking in the form of corn pudding. It's a pudding that will fit very nicely on any North American table, and it will certainly make a "hit" with the men.

SOUTH AMERICAN CORN PUDDING

6 ears fresh corn
3 eggs, beaten
¾ cup milk
4 tablespoons melted butter
1 teaspoon paprika
Salt and pepper
Slices of cheese

Cut the corn from the cob and place in a bowl. Add the remaining ingredients with the exception of the cheese. Mash the corn and stir well. Turn half of the mixture into a buttered casserole; cover with slices of cheese. Pour in the remaining corn mixture. Bake in a slow oven (300 F.) for 40 minutes. Unmold on a heated platter and serve in wedges, as you would cut a pie.

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