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

For ordinary cooking, cheap grades of meat and white wines may be used, providing they are pure and neither too sweet nor too sour. But in certain sauces and desserts, when a better wine, or even a fine wine is called for, it should be used without stint. Often parts of bottles left from a party can be consigned to the kitchen to greatly enhance the family dishes for days.

One can make an individual fruit salad doubly attractive by adding to it a little ball or balls of cream cheese that have been sprinkled with a little cinnamon.

To make scalloped cabbage—cut a firm head of cabbage in quarters, remove the hard core and cut the cabbage in small pieces. Drop into boiling, salted water and boil rapidly for ten minutes. Drain, chop fine and season with salt, pepper and butter. Put the cooked cabbage in a buttered baking dish. Melt 3 tablespoons of butter, add 3 tablespoons flour and then stir in 1¼ cups of milk. Continue stirring over a low fire until the sauce is thickened, smooth and boiling. Season to taste with salt and pepper and add ½ teaspoon Worcestershire sauce. Pour this over the cabbage and sprinkle 3 or 4 tablespoons of buttered crumbs over the top. Bake in a moderate oven for 15 minutes. Serve hot.

All the ingredients used in making pastry should be very cold. The colder the pastry is when it is put into the oven, the flakier it will be when baked. This may be the solution to many of your piecrust problems as a flaky crust is the aim of so many women who are otherwise very good cooks.

Before putting any material into the wash, it should be examined carefully for stains so that it may be treated properly. Different stains yield to different types of treatment and a remedy that will remove one may fix another more tightly to the fabric.

Here is a very good rule to follow when dusting: Begin dusting in one part of the room. Dust everything in its turn, first high and then low. Gather all the dust into the cloth; do not scatter or stir the dust. Put the duster when work is finished, to soak in cold water with soap. Wash out heavy dirt. Then use warm water and soap. Rinse the duster, shape, and hang to dry.

In freezing ice cream in a hand freezer, use about 1 pound of coarse salt to 8 or 9 pounds of cracked ice. If the salt is added to the ice in the freezier, it should be put in the upper layer of ice.

No jelly needs to be boiled longer than five minutes after the sugar is added as long cooking darkens jelly.

Flour, meal, powdered sugar and confectioners' sugar should really be sifted before measureing for cooking. You'll find that you won't use quite as much.

To bake a bluefish—have the fish split and cleaned. With a thin sharp knife, remove the backbone, leaving the fish in two boneless fillets. Place them skin side down in a greased, shallow baking pan and sprinkle lightly with salt, pepper and flour. Cut 2 tablespoons of butter in tiny bits and sprinkle them over the fish, or instead of the butter, cover the fish with the strips of bacon. Bake in a hot oven (400 F.) for 20 to 25 minutes, basting twice with the juice that forms in the pan. Garnish the fish with slices of lemon for serving.

A loaf of stale bread may be made fresh if it is brushed over with either milk or water and put into the oven until the crust becomes crisp.

You will always find that in using a jar of mustard pickles or piccalili, that you will have some of the juice left after the pickles are gone. This is very nice to mix with chopped meat for sandwiches, or to add to salad dressing in place of fresh vinegar and mustard.

Just for a change, try mixing ginger cookies with cold coffee instead of water.

Le ft over egg yolks should be beaten with a fork, have a tablespoon c cold water added and be stored in a covered jar in the refrigerator. They can be used later for custards, desserts or salad dressing. The beating will prevent a hard surface from forming.

Never make jelly from fruits that have been picked after a rainy day. The fruit is watery and the pectin becomes sticky. Worse than this. the jelly won't "jell" until it has been cooked for hours.

A sprig of mint and a maraschino cherry frozen into the ice cubes in your electric rerfigerator makes ice tea ever so attractive.

Menu Of The Week

MONDAY Breakfast—Stewed prunes and apricots, ready to eat cereal, boiled eggs, broiled bacon, toast, coffee or cocoa. Lunch—Vegetable chowder, pineapple and cream cheese salad, muffins, ice cream, tea or milk. Dinner—Sliced ham baked in canned tomatoes buttered rice, buttered cabbage, apple gingerbread, coffee.

TUESDAY Breakfast—Cantaloupe, ready to eat cereal, baked eggs, popovers strawberry jam, coffee or milk. Lunch—Toasted cheese sandwiches, grilled bacon, sliced tomatoes, iced tea. Dinner—Baked lamb ring, orange sweet potatoes, steamed peas, poinsetta salad, pineapple strawberry whip, coffee.

WEDNESDAY Breakfast—Sliced peaches with ready to eat cereal, bacon and eggs, buttered toast, jelly or jam, coffee. Lunch—Fresh fruit salad, French dressing, thin bread and butter sandwiches, cup cakes, iced tea. Dinner—Breaded veal cutlet, fried potatoes, stewed tomatoes, dressed lettuce, lemon ice cream, coffee or beer.

THURSDAY Breakfast—Chilled melon, ready to eat cereal, soft boiled eggs, whole wheat toast, grape jelly, coffee. Lunch—Combination sandwiches, pineapple cole slaw, custard pie, tea or milk. Dinner—Casserole of ham and potatoes, buttered string beans, sliced tomato salad, bread pudding with raisins, coffee or beer.

FRIDAY Breakfast—Sliced oranges, ready to eat cereal, plain waffles with syrup or jam, coffee or cocoa. Lunch—Crab cakes, cole slaw, French fried potatoes, cup custard, tea or milk. Dinner—Orange and lime juice cocktail, broiled cod fillets, asparagus Hollandaise, parsley potatoes, ice box cake, coffee.

SATURDAY Breakfast—Fresh berries with cream, ready to eat cereal, hot cakes, bacon, syrup or jam, coffee or cocoa. Lunch—Crab soup, eggs a la king on toast, sliced tomatoes, peach Melba, iced tea. Dinner—Beef stew with vegetables, cabbage and tomato relish, romaine salad, apple pie, American cheese, coffee.

SUNDAY Breakfast—Stewed figs, ready to eat cereal, fluffy omelet with chicken livers, toasted English muffins, coffee or cocoa. Dinner—Cream of celery soup, rib roast of beef, string beans, stuffed potatoes, apple, celery and raisin salad, coffee souffle, little cakes, coffee. Supper—Deviled egg salad, bread and butter sandwiches, sliced pineapple, chocolate cake, iced coffee or tea.

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

Egg Plant And Rice Combined Into Tasty Dinner Dish

With eggplant available almost the entire year now we can't call it exactly a novelty, however, right now its at its best and prepared with rice will make a grand vegetable for the evening meal.

EGGPLANT WITH RICE

1 cup rice
1 teaspoon salt
1 onion
1 pint tomato juice
1 quart boiling water
1 large eggplant
6 tablespoons butter
Buttered crumbs, or
Grated cheese

Wash the rice thoroughly. Boil the rice, drain. Fry the onion slices in two tablespoons butter. Cut the eggplant in one-half inch slices. Sprinkle with salt, let stand ten minutes. Drain. Peel and cut into thin wedge-shaped pieces. Remove the onion from the pan. Fry the eggplant in the same pan with four tablespoons of butter.

Combine all ingredients in a buttered dish. Salt to taste. Add tomato juice. Cover with buttered crumbs or cheese. Heat in oven (350 F.).

Home-Made Lemon Catsup To Season Next Season's Sauces

As long as we are starting to think of jelly making and fruit preserving we can just as easily as not put up some lemon catsup which will make a delicious seasoning all next winter for fish sauces, fish soups and game.

LEMON CATSUP

12 large lemons, grated rind and juice
4 tbsps. white mustard seed
1 tablespoon turmeric
1 tablespoon white pepper
1 teaspoon cloves
1 teaspoon mace
2 tablespoons granulated sugar
2 tablespoons fresh grated horseradish
1 shallot, minced fine
2 tablespoons salt
Dash of cayenne pepper

Mix together the above ingredients and allow to stand in a cool place for 5 hours. Bring to a boil and cook for 30 minutes. Pour into a crock, cover tightly and allow to stand for 2 weeks, stirirng well every day. Strain and fill sterilized bottles and seal.

When toasting marshmallows, to prevent them from sticking to the stick or fork when toasted, have handy a cube of butter so that the toasters can be thrust their stick or fork into it before putting on the marshmallow.

Tender Green Peas At Their Best

Nice, young, tender peas accompanying our meat course are so good that many housewives find all sorts of excuses for serving them, not that an excuse is really needed when it comes right down to it. They always appear in stews and there are few people who serve a leg of lamb without them.

Here they are in hteir most popular form and in another interesting way:

BOILED GREEN PEAS

Shell and rinse the peas in cold water, the defective ones will rise to the top and can be easily skimmed off. Put a saucepan half full of water on the fire, add to it a little salt and if desired a bouquet consisting of a sprig of mint, one small green onion and four sprigs of parsley. When it boils throw in the peas and cook until tender. Take out the bouquet, drain off the water nad serve with butter, salt and pepper.

GREEN PEAS, SAUTED WITH BACON

Cut a piece of bacon into small dice, saute it with a few chopped shallots or onion. When they become a golden color, pour off some of the fat, moisten with a little white broth. Add a bouquet of sweet herds. and some finely sherdded hearts of lettuce Put in some shelled green peas, cover the soute pan and simmr slowly until the peas are done. Remove the bouquet season and serve in a hot vegetable dish.

A Novel Touch For A Luncheon

Here is a recipe that will just catch the eye of the woman who is looking for novelty for her luncheons on bridge days.

ICED ORANGE SOUP

2 tablespoons gelatin
2 tablespoons water
3 cups orange juice
¾ cup sugar
2 tabsps. lime or lemon juice
6 oranges.
2 tbsps. sweet cordial.

Soak the gelatin in the water for five minutes. Heat 1 cup of orange juice, add the gelatin and dissolve Stir in the sugar and then strain the mixture. Add the remaining 2 cups of orange juice and the lime or lemon juice. Chill. When the mixture begins to congeal, beat with a rotary beater. Do this several times during the chiling process. Cut oranges in halves and scoop out the pulp, chopping it fine; combine with the orange gelatin, and add the cordial. When ready to serve, beat thoroughly. Serve in bouillin cups garnished with orange sections and sprigs of mint.

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.

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To The Public:

WHEREAS, the Federal Alcohol Administration with a full recognition of the necessity to the distilled spirits industry of bonded whiskey warehouse receipts "for the financing, through regular banking facilities, of operations by the distiller and to enable rectifiers and wholesalers to anticipate their market requirements," has publicly declared that the wide-spread speculation in such warehouse receipts by the public is a "hazardous business, liable to entail losses to those who purchase such receipts as an investment", and has issued a warning to private citizens not to buy such warehouse receipts, "in the hope of making large profits on their investment."

NOW, THEREFORE, BE IT RESOLVED: That the Association of Maryland Distillers and Allied Industries is in full accord with the above-stated position of the Federal Alcohol Administration, and the Secretary of the Association is hereby directed to give publicity to this Resolution.

THE ASSOCIATION OF MARYLAND DISTILLERS AND ALLIED INDUSTRIES.

DINING ABROAD AT HOME

AN EXCELLENT BELGIUM SOUP FOR HOT OR COLD WEATHER

There are few of us who know anything of dining who have not heard of the excellency of Belgium cooking. It is therefore with a clear conscience and a certainty of goodness that we suggest this recipe for chicken soup for summer or winter.

LE WATERZOIE
(Chicken Soup)

1 stewing chicken
½ lemon
2 onions
4 cloves
½ cup diced celery
3 leeks, minced (if desired)
½ cup diced carrots
1 tablespoon minced parsley
1 sprig thyme
Salt and pepper
2 cups dry white wine

Dress and clean the chicken, leaving it whole; rub thoroughly with the lemon and place in a large kettle. Add water to half cover the chicken and bring to a boil; skim. Peel the onions, leaving them whole and insert two cloves in each onion; add to the chicken with the remaining ingredients. Cover kettle and simmer slowly until chicken is tender. When ready to serve remove the chicken from the broth and carve it, placing the carved pieces in a soup tureen. Cover with the broth and garnish with sprigs of parsley. Serve at once.

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