

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

## Menu Of The Week

- MONDAY** Breakfast—Sliced oranges, hot wheat cereal with cream, eggs Bullit, buttered whole wheat toast, coffee or cocoa. Lunch—Vegetable soup, creamed ham and peas in stuffing ring, tomato salad, frosted cup cakes, tea or coffee. Dinner—Rack of lamb with mint sauce, string beans, potato croquettes, Chiffonade salad, peach Melba, coffee.
- TUESDAY** Breakfast—Stewed prunes, ready to eat cereal, boiled eggs, broiled bacon, toasted English muffins, coffee or cocoa. Lunch—Chicken broth with rice, crab meat Gourmet, onions Hongroise, fruit cups, tea or milk. Dinner—Grapefruit with cherries, braised sweetbreads, julienne potatoes, smothered carrots, Spanish cake, coffee or beer.
- WEDNESDAY** Breakfast—Sliced peaches with cream, ready to eat cereal, griddle cakes, maple syrup, frizzled ham, coffee or cocoa. Lunch—Cold tongue, meat jelly, beet salad, apple cobbler, tea or milk. Dinner—Small sirloin steak, summer squash, mashed potatoes, mixed salad, coconut custard pie, coffee.
- THURSDAY** Breakfast—Chilled melon, hot cereal with cream, poached eggs on canned corned beef hash, buttered toast, coffee or cocoa. Lunch—Hot tomato broth, small lamb pot pie, with vegetables, shredded lettuce, rice pudding, tea or milk. Dinner—Broiled tripe, lyonnaise potatoes, Chiffonade salad, buttered peas, Stilton cheese, crackers, coffee or beer.
- FRIDAY** Breakfast—Diced fresh pineapple, ready to eat cereal, jelly omelet, raisin-nut toast, coffee or cocoa. Lunch—Clam broth, molded tuna salad, sliced tomatoes and cucumbers, pickled melons, ice cream cake, tea or milk. Dinner—Tomato juice cocktail, Imperial crab, cole slaw, French fried potatoes, apple pie with cheese, coffee.
- SATURDAY** Breakfast—Grapes, ready to eat cereal, baked eggs, broiled ham, coffee cake, coffee or cocoa. Lunch—Westphalian ham, red cabbage salad, mustard pickles, deviled eggs, chocolate eclair, tea or milk. Dinner—Chicken a la Chef, baked stuffed tomatoes, cucumber boat salad, home made ice cream, caramel devil's food cake, coffee.
- SUNDAY** Breakfast—Fresh apricots, ready to eat cereal, fried ham and eggs, hard rolls, raspberry jam, coffee or cocoa. Dinner—Roast duckling, apple sauce, fried potatoes, sweet-sour cabbage, mixed green salad, stuffed celery, assorted pickles, coupe Orientale, allumettes, coffee. Supper—Kidney stew, toasted crackers, orange ice, coffee or tea.

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

## HOT OFF THE GRIDDLE

SUSAN SNOW

An attractive summer dish on account of its orange, green and white coloring is the combination of cooked green lima beans, sliced carrots and rings of onion, seasoned and baked together with butter in a casserole. Serve with meat or as a main dish.

Household linens which are heavy enough to stand rubbing or agitation in a machine may be washed in hot water and a rich suds. If they are thoroughly rinsed first in a small quantity of hot water, followed by a large quantity of warm or cold water, and hung in the air to dry, there will never be any danger of having yellow or grayish tinged linens.

Before jams and jellies are put away they should, of course, be labeled and dated. A cool, dry place should be used in storage. If the glasses are placed in covered boxes for the summer they will keep much cleaner. Boxes should, of course, be labeled also.

Two teaspoons of cream of tartar and one scant teaspoon of saleratus are equal to three teaspoons of baking powder.

A delicious salad can be made by stuffing peeled, chilled tomatoes with crab or shrimp salad.

Rice and other milk puddings must be cooked very slowly to be good. It is only in this way that the starch grains have time to swell and thicken the milk thoroughly.

Paint splatters on glass should be removed by the painter before they become dry by wiping with a clean cloth. If, however, the splatters have become dry they are easily removed with a safety razor blade in a holder made for the purpose.

When making fruit tarts, mix a little cornstarch with the sugar before adding the sugar. This will make the juice thick and prevent it boiling over in the baking.

A sunshine bleach is much safer than a chemical bleach so when possible, first wash the garment with soap and water. Rinse to wash out dirt and scum. Then lay the wet garment in the sun or in the dew at night. Re-wet and continue sunning and wetting.

A little cornstarch mixed with warm water and stirred into a gravy that is too thin, will thicken it. Many people prefer this to flour.

A delicious pastry can be made by using one cup of corn flakes or cracker crumbs, rolled; one-quarter cup of melted butter; one-quarter cup of sugar. Roll or grind four cups of corn flakes to yield one cup of crumbs. Mix crumbs with butter and sugar. Press the pastry firmly into a nine-inch pie tin.

## TRUSLOW CHICKS

Maryland U. S. Approved PRICES REDUCED

Phone Chestertown 265 for new low prices on day-old and two-week-old started chicks.

TRUSLOW POULTRY FARM, Inc. Chestertown, Maryland

## Eggs St. Catherine Prove To Be Economy In Splendor

Many very interesting and tasty dishes can be prepared in ever so many old and almost amusing ways. Here is a dish that the housewife can serve for a luncheon that will truly please from her family or guests. This dish will also be very fine for a Sunday night supper and can even go so far as to be served for a late breakfast, providing your family is the kind who likes a good substantial breakfast.

This dish is called Eggs St. Catherine and is prepared in this grand easy fashion: Cut the tops from four large baked potatoes, and carefully scoop out the insides. Lay a slice of tomato in the bottom, season it with salt and pepper. Then break an egg in each potato shell and cover with well seasoned cream sauce. Sprinkle with grated cheese, put small bits of butter on top, and bake in a moderate oven for about ten minutes.

At the same time the eggs are baking, the potatoes which were scooped out of the shells can be fried in a little bacon fat to make a grand accompaniment for the eggs. Now, isn't that a fine and interesting dish?

**NATIONAL Premium A PALE DRY BEER**

At a table for two it makes a welcome third Rather costly—but worth it!

Brewed by THE NATIONAL BREWING CO. Baltimore, Md.

STEAK, AT MID-NIGHT? — WHAT A MAN!

SURE I'M AN ALKA-SELTZER FAN

HEARTBURN, ACID STOMACH, GAS ON STOMACH?

Have you tried ALKA-SELTZER?

Alka-Seltzer makes a sparkling alkaline solution. As it contains an analgesic (acetyl-salicylate), it first relieves the pain of everyday ailments, then by helping to restore the alkaline balance, tends to remove the cause when due to hyperacidity of the stomach.

Get Alka-Seltzer at your drug store in 20¢ and 60¢ packages for home use, or ask for a glass of Alka-Seltzer at the soda fountain.

BE WISE—ALKALIZE!

Order AN EXTENSION TELEPHONE Today

The Morning After Taking Carter's Little Liver Pills

## WHY DELAY..... Those Improvements You Want?

No Money Down Up to 3 Years To Pay

HEATING—(Steam—Hot Water—Vapor—Oil Burner) UNITS.

SUMMER—WINTER HOOK-UPS FROM OIL BURNER (Produces hot water during Summer and Winter and is very Economical.)

ASBESTOS SIDING — (Termite Proof — Weather Proof — Needs No Painting — Saves On Fuel Bills.)

ROOF—Asphalt and Asbestos Shingling.

INSULATION—Saves from 25% to 40% on Fuel Bills.. Cools House from 8 to 12 degrees during summer.

Every job is guaranteed. Local labor used where possible. 23 years of experience back of every job. Check the above—and get in touch now with

G. B. TAYLOR

Chestertown, Md. Phone 50

BARON & LOPATIN (23 Years of Experience)

Engineers Philadelphia, Pa., Contractors

EVERY man is looking for his money's worth and he's getting it when he's being supplied with coal from our yards. Every business day in the year we're at your service.

MONEY'S WORTH

WHAT EVERY MAN IS LOOKING FOR!

Phone Johnny-on-the-Spot

for Coal 149 HIGHEST CASH PRICES FOR CORN

C. W. KIBLER & SONS

Phone 149 Chestertown, Maryland



YOU MAY BE READY FOR YOUR VACATION, BUT IS YOUR CAR?

Car trouble can ruin a vacation, so before you go let us check your tires, motor, battery and inspect your car generally before you leave on your trip.

GULF REGISTERED LUBRICATION

Chestertown Motor Service

Phone 323

day or night

L. B. VanPetten

Proprietor

## DINING ABROAD AT HOME

AN EXAMPLE OF FINE OLD CHINESE COOKING

A change in any dish is always desirable and when this change is to be found in hard boiled eggs, it is not only desirable but equally as novel.

Very few would believe it unless they themselves have seen proof, but the Chinese really eat other food than rice and bamboo sprouts. In fact, their dishes are well seasoned and of excellent taste. This novel Chinese recipe is thoroughly and complete Chinese and a very good example of their culinary ability. It will be a welcome recipe as it will lend a fine air to any gathering; for a picnic lunch, as an hors d'oeuvre, in a salad, or just as something extra for that buffet supper.

CH'A CHI TAN

(Tea Eggs)

10 eggs 4 ounces soya sauce 3 ounces red tea leaves

Fill a pan with cold water and add the tea leaves and soya sauce. Place the carefully washed eggs in the cold water and place on the fire. When the water boils, remove the eggs and put them in a pan of cold water. As soon as the eggs can be handled, crack the entire shell of each egg without removing any of the shell, then replace them in the tea mixture and again bring to a boil. When the eggs are a golden brown, remove from the water and allow to cool. When ready to serve, remove the shells.

ETIQUETTE

It's bad etiquette to cough in public places. Take a Smith Brothers Cough Drop for pleasant relief. (Black or Menthol-54.)

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.

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. Elison, Jr., Allan A. Harris, Eben F. Perkins, Edward W. Emory, P. Medford Brooks, Chestertown; James E. Woodall, Georgetown, Md.; 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 Stavelly, Lynch, Md.; Eben F. Perkins, Chestertown, Md., and Joseph M. George, Sudlersville, Md.; Stradley & Kirby, Chestertown.

FRED G. USILTON, President. EBEN F. PERKINS, Sec'y-Treas.



DELICIOUS ICE CREAM BY GILL BROS.

Combine Health and pleasure by always insisting on Gill Bros. because it contains all the nourishments found in first-grade ice cream.

GILL BROS.

Cross Street

Chestertown