

THREE MEALS A DAY

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Edited by WILMA DEUTE

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

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

SUSAN SNOW

When some recipes call for browned flour, many women are completely at a loss as to how to go about preparing it. It's really very simple and is made by sifting the desired amount of flour into a heavy frying pan and browning it inside the oven, scraping from the bottom of the pan as it browns.

It's such a temptation when we need something new for our kitchens to purchase something cheap, but in the end this doesn't pay at all as the utensils wear out so fast. So for economy's sake, buy good things.

Macarons for tea are no news, but when they're "fried" they start talk—at the tea table! Mix 1 cup of sweetened condensed milk and 2 cups of shredded cocoanut together. Add 1 cup dates, finely chopped. Drop by spoonfuls onto a well buttered pan about one inch apart. Bake in a moderate oven (350 degrees) until a delicate brown. Makes 2 dozen.

The new vogue for salads is "contrast", and you'll find it in both taste and texture with this banana peanut butter mayonnaise. Combine 1 ripe banana, mashed with 3/4 cup of mayonnaise and 3 tablespoons of peanut butter. If too thick, add a little thin cream. Makes about 1 1/4 cups.

When cream just refuses to whip and the housewife doesn't want to add the white of an egg, if she will add a few drops of honey, the results will prove most satisfactory.

So often we want nice halves of pecans for one thing or the other but the nuts just seem to be too stubborn for words. Now, in the south where these nuts are used in great quantities the people boil them for about fifteen minutes before shelling them. It really works too.

For a nice summer drink, allow one cup of strong, freshly made coffee, and one generous scoop of ice cream. Add sugar to taste and shake well and serve.

A home without an electrical mixer today is like soup without salt. In a few short seconds shortening can be creamed, eggs can be beaten, cream can be whipped, fruit juices extracted, or practically a whole dinner prepared. They are time savers as well as life savers for many women.

It is a good idea to care for old furniture by washing it once or twice a year with warm water and soft soap. Dry it well, then rub crude petroleum into the wood.

Ready sliced bread may be divided into two thinner slices by merely heating a sharp knife with a thin blade over the gas or wood flame. When thoroughly heated, hold the slice of bread flat on the table and divide into two slices, slitting through the center.

As a novelty first course for a luncheon, slice one small orange for each serving. Place slices on a platter and sprinkle with powdered sugar and one pony of curacao for each two servings. Set in the refrigerator for an hour and then arrange slices neatly on individual plates, covering with the juice.

Another interesting orange dish is made out of the halves of large oranges, cutting into bits and mixing in chopped fresh, green mint. Then replace in the shells, ice and serve.

Tricky wafers to serve with soups can be made like this: use stale rye or wheat bread. Slice thin and cut into squares or rings about the size of half a dollar. Mix ground cheese with cayenne pepper and spread on top of each wafer. Place on a flat pan and bake in a slow oven until brown. Serve on a napkin. This is a tricky and appetizing novelty and an economical way to use up stale bread.

Typewriter ribbons can well be recycled at home by brushing them with a solution consisting of the lead of an indelible pencil dissolved in equal parts of pure alcohol and glycerin.

Jellied Clam Bouillon

As a first choice for a Friday night dinner, jellied clam bouillon is just the thing. It is novel and very tasty and quite a change from the regulation chowder or cocktail.

JELLIED CLAM BOUILLON
1 1/2 tablespoons gelatin
1 No. 2 tin clam bouillon
1/4 teaspoon salt
1 teaspoon lemon juice
Soak the gelatin in 2-3 cup clam bouillon. Heat remainder of contents in it to boiling point, seasoning with salt and pepper to taste. Remove from fire and blend with soaked gelatin, stirring until dissolved. When set, back with fork, adding lemon juice. Fill glasses and serve very cold. Garnish with a thin slice of lemon or a little whipped cream.

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Menu Of The Week

- MONDAY** Breakfast—Cantaloupe, ready to eat cereal, scrambled eggs, fried bacon, raisin-nut toast, coffee or cocoa. Lunch—Stuffed tomato with shrimp salad, potato chips, assorted pickles, lemon meringue pie, iced tea or frosted coffee. Dinner—Fricassee of veal with buttered noodles, smothered carrots, cucumber and cress salad, peach Melba, coffee or beer.
- TUESDAY** Breakfast—Blueberries and cream, ready to eat cereal, soft boiled eggs, sausage patties, hot biscuits, marmalade, coffee or cocoa. Lunch—Creamed chipped beef on waffles, pineapple salad, cup cakes, tea or milk. Dinner—Grilled kidney chops, baked potatoes, string beans, lettuce and tomato salad, Strawberry Bavarian cream, Nittle cakes, coffee.
- WEDNESDAY** Breakfast—Chilled plums, ready to eat cereal, buckwheat cakes, frizzled ham, maple syrup, coffee or cocoa. Lunch—Tomato juice cocktail, crab cake sandwich, cole slaw, strawberry sundae, cookies, iced tea or frosted grape juice. Dinner—Cubed steak, hot steamed slaw, French fried potatoes, dressed lettuce, pineapple whip, coffee.
- THURSDAY** Breakfast—Fresh cherries, ready to eat cereal, baked eggs, broiled bacon, toasted English muffins, currant jelly, coffee or cocoa. Lunch—Canned corned beef hash, fried baked potatoes, pickled beet salad, raspberry water ice, cookies, tea or milk. Dinner—Cream of potato soup, jellied vegetable salad, sliced liver wurst, cold tongue, cocoanut layer cake, homemade peach ice cream, coffee or beer.
- FRIDAY** Breakfast—Mixed grapefruit and oranges, ready to eat cereal, jelly omelet, hard rolls, strawberry jam, coffee or cocoa. Lunch—Codfish cakes, potato salad, layer cake, tea or milk. Dinner—Chilled tomato aspic, vegetable plate, cucumber salad, blueberry pie, coffee.
- SATURDAY** Breakfast—Honey dew melon, ready to eat cereal, scrambled eggs with chicken livers, pop-overs, coffee or cocoa. Lunch—Fried ham on pineapple, shredded lettuce with sliced tomatoes, cocoanut custard pie, tea or milk. Dinner—Deviled calves liver, boiled potatoes, buttered asparagus, field salad, peach-almond icebox cake, coffee.
- SUNDAY** Breakfast—Cantaloupe, ready to eat cereal, creamed finnan haddi on baked potatoes, rolls, coffee or cocoa. Dinner—Fruit cup, rib roast of beef, oven browned potatoes, peas and carrots, buttered beets, cucumber boat salad, stuffed celery, ripe olives, baked Alaska, coffee. Supper—Assorted sandwiches, stuffed peach salads, assorted cakes, frosted chocolate or coffee.

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

Home-made Pickles Add Interesting Touch To Any Dinner

Mustard pickles add zest to all dinners and are very pleasing to the eye, when served in a small pickle dish of either glass or colored china. At this time of the year, the housewife can very economically can these pickles and have a good supply to last throughout the winter months:

- MUSTARD PICKLES**
1 cabbage (can be omitted)
2 heads cauliflower
2 quarts green tomatoes, sliced
2 quarts small cucumbers
1 quart medium sized cucumbers, sliced
2 quarts small onions
5 green peppers, with seeds removed and peppers diced
1 large bunch celery, sliced
Soak over night in a brine made of 4 quarts of water and 1 pint of salt. Drain. Cover with vinegar, 1 ounce of black mustard seed and cook until tender but not soft. Drain, and throw vinegar away.
Prepare a sauce of 1 cup of flour, 1 tablespoon mustard, 1 tablespoon tumeric; add enough cold vinegar to make a paste; 3 cups sugar, 2 quarts vinegar. Boil all until it thickens and pour over the vegetables. Bring to a boil and store in sterilized jars. Seal and store away for use as desired.

Numerous Fillings For Sandwich Loaves

Here are a few suggestions for fillings for one of those perfectly beautiful sandwich loaves. Using unsliced bread, trim off the crusts and slice lengthwise in as many slices as desired. Spread each slice well with a filling, rearrange as a loaf and cover with colored cream cheese, which has been thinned to a spreading consistency with cream or mayonnaise.
1. chopped ham, sweet pickle and mayonnaise; 2. pimento cream cheese; 3. tomato sauted with caviar; 4. egg yolks and sandwich relish; 5. dates, nut meats, orange juice and cream cheese; 6. mashed deviled eggs; 7. cream cheese and sliced stuffed olives.

Notice To Creditors
NOTICE is hereby given that the undersigned has obtained from the Orphans' Court for Kent County letters of Administration on the personal estate of
MARION A. DIXON All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 16th day of January, 1939, otherwise they may be lawfully excluded from all benefit of said deceased's personal estate.
All persons indebted to this estate must settle at once.
Given under my hand this 12th day of July, 1938.
JAMES T. DIXON, JR., Administrator
T. Ringgold Jones, Register of Wills.

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Mixed Vegetable Salad Requires Little Skill In Its Preparation

On mother's "day out" daughter can step in an dtake possession of the kitchen for the afternoon, or son for that matter if he be so minded, and with a little imagination and less skill a perfectly grand cooked vegetable salad can be prepared for supper. A can of soup can be opened and crackers toasted to a golden brown. The fam-ly could possibly dispense with dessert for one night unless mother so thoughtfully prepared something in advance.

- COOKED VEGETABLE SALAD**
1 cauliflower, cooked
1 cup carrots, cooked and cut julienne
1 cup string beans, cooked
1 can asparagus tips or 1 bunch fresh asparagus
Lettuce
French dressing
Do not mix vegetables but arrange attractively in a bowl on a bed of broken lettuce leaves. Garnish with radish roses and dress with French dressing just before serving.

A Special Dressing For Tomato Salad

A special dressing for a tomato salad is something that very few women bother with. However, here is a dressing for this particular salad, which is served so often. It can be kept in a covered jar in the refrigerator indefinitely which in itself is a great inducement.
TOMATO SALAD DRESSING
1 can tomato soup
3/4 cup vinegar
1/2 cup olive oil
1/4 cup sugar
1 tsp. Worcestershire sauce
3 tablespoons grated onion
Place all the above ingredients in a quart jar in the given order. Mix about 1 teaspoon salt, 1 scant teaspoon mustard and 1 teaspoon paprika and add this to ingredients in the jar. Seal, shake well, and place in refrigerator.

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COURTESY PARKING COUPON

Special Parking Arrangements Provided For Visiting Wilmington "Dollar Day" Shoppers

As it is expected that there will be a great influx of automobiles bringing shoppers from out-of-town into Wilmington to participate in the official semi-annual "Dollar Day," Wednesday, August 10th, the Mercantile Section of the Wilmington Chamber of Commerce has arranged special parking privileges for the City's visitors on that date. The coupon printed below has been sanctioned by the Bureau of Police of the City of Wilmington, and is provided exclusively for the use of visiting "Dollar Day" patrons.

The courtesy extended does not grant the privilege to park free of cost in zones where parking meters are installed, or in violation of the State Law which prohibits parking in front of fire hydrants, driveways, close to intersections, safety zones, etc.

Clip This Coupon and Paste it on your Windshield

— NOTICE —

Department of Public Safety

The owner of this car is a visitor from out-of-town and guest of the Chamber of Commerce on the occasion of Wilmington's official semi-annual "Dollar Day." Please extend every courtesy and assistance.

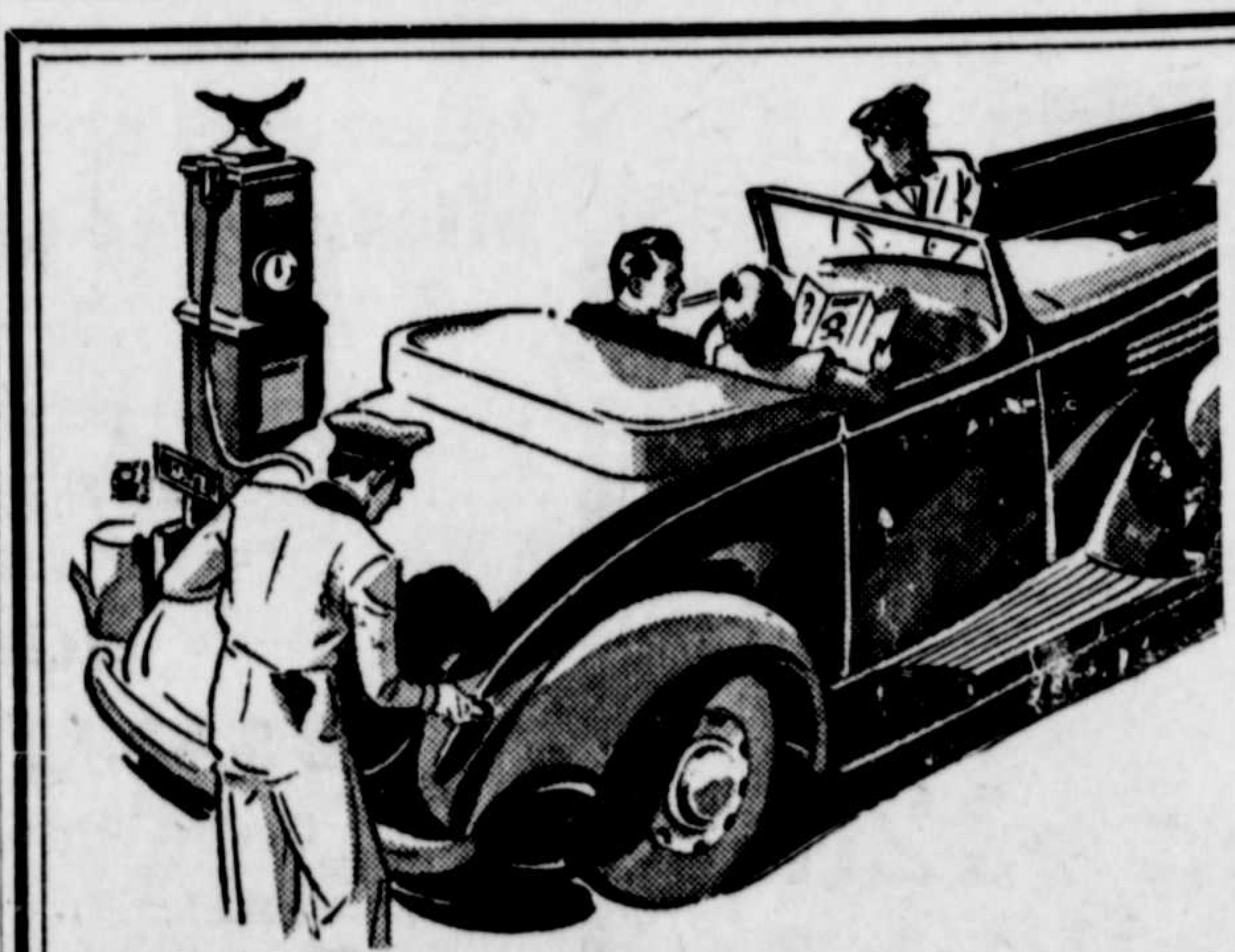
(Signed) **FRANK J. MAHONEY,** Chief of Police, Wilmington, Delaware.

August 10, 1938.

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Notice To Creditors

FOR REAL ESTATE ONLY
This is to Give Notice, That the subscriber has obtained from the Orphans' Court of Kent County Ancillary letters of Administration on the estate of
LULA E. SMITH 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 30th day of January, 1939; they may otherwise be lawfully excluded from all benefit of said estate. All persons indebted to said estate are requested to make immediate payment.
Given under my hand this 26th day of July, 1938.
R. HYNSON ROGERS, Ancillary Administrator C. T. A.

Notice To Creditors

NOTICE is hereby given that the undersigned has obtained from the Orphans' Court for Kent County letters Testamentary on the personal estate of
SARAH C. CREW All persons having claims against said deceased's estate are hereby warned to exhibit the same with the proper vouchers thereof, to the undersigned on or before the 9th day of January, 1939, otherwise they may be lawfully excluded from all benefit of said deceased's personal estate.
All persons indebted to this estate must settle at once.
Given under my hand this 5th day of July, 1938.
MYRA K. ROSEBERRY, Executrix
T. Ringgold Jones, Register of Wills.

DINING ABROAD AT HOME

SOCIAL ACCEPTANCE SENDS LIVER ABOARD FOR REFINEMENT

Since liver has graduated from the plebian class and become socially prominent it is rather inclined to "strut" and resents being shown all the time in the same garb. This is fine for the housewife who is inclined toward foreign recipes, as liver has learned that simplicity is of good taste and in a recipe such as this liver loaf, simplicity reigns supreme, with liver as the prime minion.

ITALIA NLIVER LOAF

- 1 pound calves liver
- 6 tablespoons butter
- 4 tablespoons fresh bread without the crust
- 4 tablespoons grated Parmesan cheese
- 4 chicken livers
- 1-3 cup Marsala wine
- 6 tablespoon broth
- 1 egg and 2 yolks
- 1 bay leaf

Salt and pepper to taste

Cut the liver into thin slices and the chicken livers in halves and brown in a pan with half the butter and the bay leaf. When all the butter has been absorbed add the remaining pieces of butter, salt and pepper. Add the wine and let cook five minutes. Take all the liver out and run it through a food chopper and put the bread into the juice in the pan. Let the break soak in this sauce a few minutes. Add this to the liver together with the cheese and eggs. Mix well and put into a mold lined with waxed paper. Place in a wire rack in the double boiler and allow to steam an hour or more. Let it almost cool in the mold before removing it. This is excellent served hot or cold. Serve with tomato aspic.

The top part of the double can be used as a mold in making this dish.

ETIQUETTE

It's bad etiquette to cough in public places. Take a Smith Brothers Cough Drop for pleasant relief. (Black or Menthol-5¢)

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.

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