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

Here's something that is grand to know and many women will find it a a very pleasing thing indeed—if serving iced tea it is a good idea to freeze iced tea into cubes which can be used later to chill the beverage. The same rule holds for iced coffee. The beverages then will not be weakened by iced water cubes. Half a teaspoon of grated orange and lemon rind added to each 8 cups of chilled fruit beverages, such as lemon or orangeade, greatly improves the flavor.

To remove scorch marks from linen, cut an onion in halves, rub scorched part of linen with half of the onoin, then soak linen in cold water. If linen is not badly scorched, the marks will soon disappear.

When using pastry flour in cooking, use a little more than when using bread flour as bread flour thickens a little stiffer than the pastry flour.

Preserved figs stuffed with white cream cheese and arranged on pineapple slices placed on lettuce and topped with salad dressing makes a very delicious and most attractive salad.

To cook Mushrooms for creaming or scalloping, remove the thin peeling, cover with water and boil gently in a covered pan for five minutes.

When in doubt as to what to serve for luncheon, never forget the omelet, serve a plain one with plenty of white sauce into which is stirred 1 cup of grated American cheese. Baked potatoes are good with this and perhaps stewed plums for dessert.

When using sour milk or cream in making cookies or doughnuts, mix them up the night before and set them in the refrigerator. They will roll out with less flour and will be light and keep much longer than by the usual method.

Noodles, rice, spaghetti or macaroni should all have a place in your meal planning as a change from potatoes.

For a raspberry mousse use: one-half teaspoon of gelatin, two teaspoons of water, 1 cup of evaporated milk, 1½ cups raspberries, 1 cup of powdered sugar, salt 1 teaspoon of vanilla. Dissolve the gelatin in water. Heat milk, add gelatin. Chill. Crush berries, add sugar and salt. When milk is cold, whip, add vanilla and combine with fruit mixture. Turn into freezing tray and freeze three to four hours. Fills two pint trays

To make cheese and tomato canapes, use white bread, Roquefort cheese sliced tomatoes, lettuce, sliced cucumbers, mayonnaise and ripe olives. Cut the bread one-fourth inch thick and form into rounds with a biscuit cutter. Saute on one side in butter. Spread the untoasted side with the cheese and butter, which have been well blended. Peel, slice and chill the tomatoes, lettuce and cucumbers. Arrange the spread rounds on lettuce leaves, on each place a slice of tomato, two of cucumber and garnish with mayonnaise and ripe olives.

When making cakes, it is well to sift the sugar once to insure the fineness of the cakes.

Flaked salmon and chopped cucumber pickles moistened with mayonnaise makes a tasty sandwich filling.

Applesauce placed on biscuit dough and baked and served with cream, is a hearty dessert, and one suitable for the children.

Fruit cookies are made more delicious by the addition of chopped walnuts to the fruit filling.

Here is something that everyone will want to try—it is called Caramel Fluff Pie: Use two cups rolled graham crackers, ¼ cup granulated sugar, ¼ teaspoon of salt, 1-3 cup of butter, melted. Mix the ingredients and pour into a shallow, buttered baking dish. Add the following filling: Two-thirds cup dark brown sugar, ¼ cup flour, ⅛ teaspoon salt, 3 egg yolks, 1½ cups milk, 1 teaspoon vanilla, ¼ teaspoon almond extract, ½ cup almonds, 3 egg whites, beaten. Cook the sugar, flour, salt, yolks and milk together in the top of a double boiler, stirring frequently. When the mixture thickens, beat and cool. Fold in the rest of the ingredients and pour over the crumbs. Bake for 35 minutes in a moderately slow oven. Serve warm or cold.

Cheese and Almond Sandwich

1 pound cream chesee
¼ pound blanched almonds
4 tablespoons chopped sweet pickle
¼ teaspoon salt
2 tablespoons Worcestershire sauce
2 tablespoons chutney
1 pimento, shredded
Cream

Saute almonds in butter, add pickles and seasonings and cook a short time, stirring. Blend cheese with cream and add to mixture. Cool and spread between slices of dark bread. Salted almonds can be used if the salt is omitted from the other ingredients.

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Menu Of The Week

MONDAY Breakfast—Grapefruit, ready to eat cereal, waffles, maple syrup, broiled bacon, coffee or cocoa. Lunch—Spanish omelet, frozen fruit salad, fig popovers, frosted cup cakes, tea or milk. Dinner—Roast shoulder of lamb, corn stuffing, baked potatoes in the half shell, molded beet salad, hot gingerbread with apple cream, coffee or beer.

TUESDAY Breakfast—Stewed apricots, hot wheat cereal, baked eggs with cheese, raisin nut toast, coffee or cocoa. Lunch—Tomato Bisque, salad piquant, melba toast, vanilla ice cream with butterscotch sauce, tea or milk. Dinner—Baked liver with stuffed onions, mashed potatoes, buttered beets, lettuce, cottage cheese and chive salad, hot rolls, date pudding, hard sauce, coffee.

WEDNESDAY Breakfast—Orange juice, ready to eat cereal, coddled eggs, sweet rolls, crisp bacon, coffee or cocoa. Lunch—Stuffed peppers with lamb hash, Walford salad, floating island, iced tea or milk. Dinner—Ham with raisin sauce, parsley potatoes, canned asparagus on toast, molded tomato salad, lemon chiffon pie, coffee.

THURSDAY Breakfast—Chilled prunes, ready to eat cereal, sausage patties, scrambled eggs, bran muffins, marmalade, coffee or cocoa. Lunch—Hot ground beef and lettuce sandwiches on whole wheat bread, apricot pudding, custard sauce, tea or frosted chocolate. Dinner—Veal loaf with brown gravy, cranberry jelly, baked potato, summer squash, cucumber salad, orange shortcake, with whipped cream, coffee or beer.

FRIDAY Breakfast—Baked apples, ready to eat cereal, soft boiled eggs, cinnamon toast, coffee or cocoa. Lunch—Molded spinach ring with cheese sauce, corn fritters, prune cake, iced coffee or tea. Dinner—Tomato juice cocktail, paprika wafers, creamed crabmeat on hot biscuit, French fried potatoes, buttered peas, mint ice cream, assorted cakes, coffee.

SATURDAY Breakfast—Pineapple juice, ready to eat cereal, poached eggs on toast, coffee or cocoa. Lunch—Casserole of ham and potatoes, buttered cauliflower, graham cracker ice cream with caramel sauce, tea or milk. Dinner—Pears in mint syrup, pan broiled cube steak, baked bananas, watermelon pickles, frozen vegetable salad, refrigerator cake, coffee.

SUNDAY Breakfast—Sliced bananas and ready to eat cereal with cream, ham and eggs, doughnuts, coffee or cocoa. Dinner—Bouillon, broiled chicken, oven browned potatoes, buttered string beans, waldorf salad, celery hearts, radish roses, corn bread, frozen apple snow with chocolate sauce, assorted cakes, coffee. Supper—Stuffed eggs in gelatin, baking powder biscuits, ice cream sandwiches. tea or coffee.

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

A Guglehoff Is Not To Laugh

Why the odd name is beyond us, but as a cakey morsel to eat with ice cream it will bring tears of joy to a gangster's eyes. So if you want to find out if your husband is a gangster at least at heart, make a Gugelhoff and home made ice cream.

Here we go after the Gugelhoff, the ingredients:

1 pound flour
½ pint milk
1 ounce yeast
3 ounces butter
4 eggs
2 ounces seeded raisins
Rind of a lemon
Pinch of mace

The method: Make the milk luke warm and dissolve yeast in it. Then add all the other ingredients and mix into a batter. Put this into a large bowl,cover with a cloth and allow to rise for two hours. At the end of two hours, fill individual moulds which have been well buttered half full of the dough. Sprinkle chopped almonds on top. Then set away so the dough can rise some more until moulds are three quarters full. Then bake in a moderate oven.

Pineapple Chiffon Pie

When it comes to something that actually does "melt in your mouth" there is just nothing to compare with the chiffon pie. It does more than it's share of "rounding out" a meal and though one will have a satisfied feeling, he won't have that "stuffed" feeling that is so out of place in the hot weather.

1 tabelspoon gelatin
¼ cup cold water
4 eggs
¼ teaspoon salt
½ cup sugar
1¼ cups canned, crushed pineapple
1 tablespoon lemon juice

Soak gelatin in cold water five minutes. Beat egg yolks slightly. Add ¼ cup sugar, pineapple, lemon juice and salt. Cook in double boiler until mixture coats a spoon. Add the softened gelatin. Stir well. Cool. When mixture begins to thicken, fold in stiffly beaten egg whites, to which has been added the rest of the sugar. Fill baked pie shell. Top with whipped cream.

Let Kohl Rabis Solve That Vegetable Problem

Kohl Rabsi are pleasant, self possessed and self respecting little vegetables that have never climbed high socially in this country. But there is no reason at all for this. The Kohl Rabi is a turnip which wouldn't stay underground and grew with its bdoy sitting up bright and sassy right out in plain sight.

Ask your German or Italian vegetable man and most likely he will look immediately pleased and bring a few Kohl Rabis out for you.

Now possesed of your kohl rabis, figuring about two medium sized per portion, pare them and cut into slices about a quarter of an inch thick. Cook them in an uncovered kettle in plain salt water for about an hour or a little more until tender. Then drain and season with salt and pepper. Serve with melted butter or reheat them in a rather light white or cream sauce.

Mint Jelly Ring Makes Cool Salad

Whenthe weather is warm and appetites aren't so good, something cool looking is quite in order. There probably isn't anythnig quite so cool looking as something green, and as for mint—well, one just always does appreciate that with coolness, so try this salad.

MINT JELLY RING

2 tablespoons gelatin
½ cup cold water
2½ cups boiling water
½ cup lemon juice
½ cup mint leaves
1½ cup sugar
⅛ teaspoon salt

Green vegetable coloring

Soak gelatin in cold water 5 minutes. Pour boiling water over mint leaves, let stand covered 5 minutes, strain, pour boiling hot over the gelatin, stir until dissolved. Add lemon juice, salt, and if desired, grated rind of lemon and a little green coloring. Pour into a ring mold, set aside several hours and chill. Serve with a bowl of mayonnaise in the center and surround with green peas, that have been dressed with French dressing.

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Baked Beans With Sherry Wine Make Fine Picnic Dish

Going on a picnic? If you are, you may gain an inspiration from the above illustration showing a suggested array of some of the necessary food and beverage items which make a meal in the out-of-doors so delightful.

As to the beverage, those who prefer coffee may arrange to take this along in a thermos bottle or jug, or prepare it at your picnic site. If a cold beverage is desired, bottled beer or lemonade will answer the purpose admirably.

Those who insist on serving hot dishes on a picnic may delight in preparing baked beans with sherry wine. To prepare baked beans for a picnic, bake them in a glass casserole. Plan so the beans will get done just before you are ready to leave. Immediately upon removing the beans from the oven, wrap the casserole and its contents in layers of newspapers. Hours later you will be able to serve them hot-as-hot.

BAKED BEANS WITH SHERRY WINE

Prepare baked beans in your favorite manner and during the last hour of baking add 1 cup of domestic sherry wine for each pound of beans used. Unless you are particularly fond of salt pork or bacon with baked beans, try them prepared with small pieces of raw smoked ham added to the beans in the beginning of the baking period. This is especially good when wine is used.

Crispy Pop-Overs Made With Cheese

For a change instead of serving pop-overs just for an occasional breakfast, try them for luncheon or dinner with the addition or some American cheese. The idea will greatly please the whole family and the pop-overs themselves will prove well worth while.

CHEESE POP-OVERS

1 cup flour
⅜ teaspoon salt
1 cup milk
1 egg
¼ pound American cheese, grated

Beat the egg slightly, add salt and milk and stir gradually into the flour to make a smooth batter. Beat with egg beater until full of air bubbles. Have muffin pans hot and well greased. Into each, drop a rounded teaspoon of this batter. Spread with a teaspoon, a little of the cheese and cover with another teaspoon of batter. Bake in a very hot oven (450 F.) about 20 minutes or until brown and well popped.

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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

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 30th day of January, 1939; 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 26th day of July, 1938.

R. HYNSON ROGERS, Ancillary Administrator C. T. A.

T. Ringgold Jones, Register of Wills.

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

late of said county, deceased. 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 by law be 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

DINING ABROAD AT HOME

CROQUETTES DE CAMAROES

Heat, heat and more heat, and where could it be more pleasant at the moment than right on the coast of Portugal, in some little town well cooled by an ocean breeze.

Those of us who can't just pack up and go to such a place when we feel so inclined will just have to apply a certain amount of imagination and maybe, by some stroke of luck, feel a wee bit cooler—then—should mother put before us a nice tasting dish from such a country, it just makes the imagining that much more interesting. Here is one dish, vrey typical of Portugal as they seem to eat more lobster, fish roe, oysters and shrimp than anything else.

CROQUETTES DE CAMAROES
(Shrimp Croquettes)

1 onion, sliced
1 clove garlic, chopped
1 tablsepoon butter
1 tablespoon milk
¼ cup bread crumbs
1 teaspoon minced parsley
2 eggs
1 dozen large shrimp, chopped
Flour
Salt and pepper
Buttered crumbs

Brown the onion and garlic in butter; add the ¼ cup of bread crumbs, parsley, milk, 1 egg, well beaten, shrimp, seasoning to taste and enough flour to hold the mixture together. Shape into croquettes and allow to stand about 30 minutes before frying. Drip each croquette in beaten egg then in bread crumbs and fry in deep hot fat until nicely browned.

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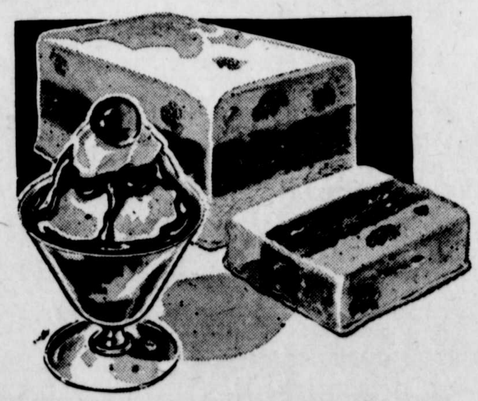

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