

# 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

## Menu Of The Week

- MONDAY** Breakfast—Chilled grapefruit, ready to eat cereal, scrambled eggs, fried potatoes, buttered toast, coffee or cocoa. Lunch—Salisbury steak, Spanish beans, watercress salad, wine jelly with peaches, lady fingers, tea or milk. Dinner—Breaded veal cutlets, green peas, German fried potatoes, lettuce salad, French pastry, coffee or beer.
- TUESDAY** Breakfast—Sliced nectarines with cream, hot rice with cream or butter, suzard and cinnamon, boiled eggs, buttered toast, coffee or cocoa. Lunch—Ham omelet, mixed green salad, swiss cheese and crackers, tea or milk. Dinner—English mutton chops, broiled fresh mushrooms, mixed vegetables, Escarole salad, fruit compote, cookies, coffee.
- WEDNESDAY** Breakfast—Sliced pineapple, ready to eat cereal, ham and eggs, rolls, coffee or cocoa. Lunch—Chilled melon, Pig's knuckles and sauerkraut, boiled potatoes, fruit cup, tea or milk. Dinner—Larded tenderloin of beef, egg plant en casserole, canned asparagus salad, nut loaf cake, stewed pears, coffee.
- THURSDAY** Breakfast—Stewed prunes, ready to eat cereal, coddled eggs, broiled bacon, buttered toast, tea or milk. Lunch—Hamburger patties with fried onions, canned corn, dressed lettuce, fruit gelatin, tea or milk. Dinner—Boiled corned beef, cabbage, turnips, potato-onions, mixed green salad, Harvest layer cake, coffee or beer.
- FRIDAY** Breakfast—Stewed pears, hot oatmeal with cream, shirred eggs, raisin-nut toast, coffee or cocoa. Lunch—Macaroni and cheese, lettuce and tomato salad, orange pudding, tea or milk. Dinner—Shrimp Newberg in rice ring, buttered beets, cucumber boat salad, Camembert cheese and crackers, coffee.
- SATURDAY** Breakfast—Sliced bananas with ready to eat cereal, baked eggs, broiled ham, hot biscuits, jelly, coffee or cocoa. Lunch—Mixed grill, cucumber salad, layer cake, tea or milk. Dinner—Boiled leg of mutton with caper sauce, mashed turnips, fried potatoes, lettuce and grapefruit salad, orange soufflé, coffee.
- SUNDAY** Breakfast—Sliced peaches with cream, ready to eat cereal, buckwheat cakes, fried eggs, breakfast sausage, maple syrup, coffee or cocoa. Dinner—Cream of onion soup, Roast turkey, cranberry jelly, corn fritters, buttered peas, ripe olives, radishes, meringue a la creme, coffee. Supper—Chili con carni con frijoles, toasted crackers, sliced tomatoes, fruit cup, coffee or tea.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper. 12

### HOT OFF THE GRIDDLE

SUSAN SNOW

For the luncheon or supper at which salad is to be the main dish, it may either be served from the pantry on individual plates or arranged in a salad bowl or on a platter which will be passed to each person. When you follow the last method, arrange the lettuce in individual nests by fitting two or three leaves together, stem ends toward the center. Fill the nests with the salad mixture and garnish harmoniously. In this way each person can easily serve himself with the aid of a large fork and spoon. For buffet suppers this manner of serving is very convenient.

A colander is just one of the many indispensable pieces of kitchen equipment. It is useful for draining cooked vegetables, rice, macaroni, etc., and also for draining fruits and vegetables before storing them in the refrigerator.

To make a wood screw hold in plaster, dig out a hole in little larger than the screw and drive in a wooden plug. Then drill a hole in the plug and insert the screw.

An interesting sandwich is made by peeling mushrooms and sautéing them in butter; add to a thick cream sauce. Spread between slices of buttered bread, and then toast the sandwich.

To remove wall paper, make a solution of one tablespoon of saltpeter to one gallon of hot water. Apply freely to the paper with a brush. Several applications may be necessary. Keep the water hot.

Pour hot chocolate or butterscotch sauce on cold tapioca cream pudding to make a de luxe dessert from a left over.

During the winter a great many automobile accidents can be avoided by rubbing a little moistened salt on the outside of the windshield. Salt prevents snow and ice from collecting on the windshield and distorting the vision.

Knitted woolen things need special care in laundering. To prevent stretching, do not lift them out of the suds any more than is necessary, as the weight of the water is likely to stretch the threads. Squeeze out the rinsing water either by hand or by running through a rather loose wringer.

Add minced shrimps, to waffle batter and serve with creamed peas, pineapple, cheese salad and coffee.

Always place silver in hot suds immediately after use. Then dry with a soft cloth. If it does become tarnished, cover with sour milk for half an hour, then wash and dry.

To remove grease and oil stains, lay the material over blotting paper and sponge with gasoline benzine or carbon tetrachloride. To prevent the grease from spreading on silks, circle with French chalk or fuller's earth.

Here are some good rules to follow as a great aid to beauty: Don't eat too much, don't eat too quickly and don't over indulge in meat, fish, eggs, sweets or pastry. Above all, don't try foolish diets.

To gain weight you must eat more food and it must be nutritious food; but increase the volume of food gradually. Possibly you can best accomplish this by eating small quantities more frequently. Have a lunch in the middle of the morning and afternoon, and an evening snack.

Glycerine is better than oil for lubricating egg beaters, meat cutters and juice extractors. It is tasteless and harmless.

To make apple waffles: mix the dry ingredients of your favorite waffle recipe and include 1 teaspoon of cinnamon. Add beaten egg yolks and milk, beat until smooth. Add 2 cups apples, diced before putting in shortening and beaten egg whites.

To make a soap jelly, dissolve five ounces soap flakes in two quarts of water. Pour the hot water over the flakes, stir it slightly and then allow to stand until it becomes cool and thick.

White enamel bathtubs, washbowl and so on may be easily cleaned by rubbing with turpentine. Baking soda is also good. For obstinate stains try soaking with Javelle water or sodium hypochloride solution. Wash the cleaners off with soap and water, of course.

**Pickled Peppers**

From an old cook book comes a recipe seen very seldom these days but which makes a very interesting dish.

**PICKLED PEPPERS**

Cut a slit in the side of each pepper and take out all the seeds. Let them soak in brine, (strong enough to float an egg, for two days. Then, washing them in cold water, put them into a stone jar. Pour over them vinegar boiled with cinnamon, mace and nutmeg.

Whenever they are wanted for use, stuff each one with a boiled tongue cut into dice and mixed with mayonnaise. They are also very delicious stuffed with red cabbage, cucumbers, or minced onions.

**Frosted Butter Cookies**

1/2 pound unsalted butter  
2 eggs yolks  
2 cups flour  
1 teaspoon baking powder  
4 egg whites, beaten stiff  
1 cup sugar  
1/2 pound blanched almonds  
1 lemon rind and juice

Cream the butter and yolks well together. Sift flour and baking powder, combine the two mixtures. Place in refrigerator to harden. Roll out thin, cut into rounds, cover with the egg whites, adding sugar and almonds ground fine, mixed with lemon.

Bake in a moderate oven 350 F. Cook, dust with powdered sugar.

**Man Considers Himself Superior Even In Preparation Of Foods**

Now I must write in self-defense—not only in self-defense but in defense of all men who like to cook now and then. It has been suggested that all men can cook is the coarser and plain types of provender—food which while it may be filling, falls far short of the artistic possibilities.

"Oh, is that so?" I ask.

Then just consider these few utterly simple salads. I know more than one man who does these extremely well—not only who does them, but likes to do them, and what's more, he likes to be in on the eating of them, the only trouble being that there is generally very little left. But any time an unkind and unwise mortal of the feminine persuasion suggests that the man is deficient in "snooty" dishes, just toss together one of the following and, handing them up, say "Nuts to You!"

**WALNUT SALAD**

Blanch a pound of shelled walnuts and rub off the skins. Place in salad bowl, seasoning with salt and white pepper and the juice of a lemon. Cover with a bit of oiled paper and set in refrigerator for two or three hours. Now peel land core for large sound and tart apples and slice crosswise. Lay these slices on a bed of water cress and then on each slice place a heaping tablespoonful of the nuts and serve.

Pecans may be used instead of walnuts.

### Potatoes On The Half Shell

As an added attraction to most any meal, potatoes on the half shell are just the thing to serve. With or without cheese, as you choose you will enjoy having them occasionally for dinner.

**POTATOES ON THE HALF SHELL**

6 baked potatoes  
1/4 cup hot milk  
1 teaspoon salt  
1 cup American cheese, grated  
2 tablespoons butter

Cut fresh or leftover potatoes in half lengthwise, scoop out the inside. Mash and mix with the butter, salt and milk, and beat well. Return to the shells, brush top with melted butter, and sprinkle with the cheese. Place in a moderate oven and bake about five or ten minutes and serve.

### Lamb In Mint Jelly

3 cups cold cooked lamb  
2 tablespoons gelatin  
12 stalks mint  
1 1/2 cups boiling water  
2 tablespoons lemon juice  
1/4 teaspoon paprika  
Green coloring

Let the gelatin in cold water. Wash mint, tie in a bunch, and cook for ten minutes in boiling liquid. Pour over the softened gelatin and stir until gelatin is thoroughly dissolved. Add lemon juice, salt, paprika, and a few drops of vegetable coloring. Cool and when beginning to set, stir in the diced lamb and turn into a large melon mold and small individual molds which have been dipped in cold water. Chill, unmold, and garnish with lettuce.

### Lemon Biscuits

2 cups sifted cake flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
4 tablespoons butter or other shortening  
1 1/2 teaspoons grated lemon rind  
2-3 cup milk  
4 tablespoons sugar  
1/4 teaspoon lemon juice (about)

Sift flour once, knead add baking powder and salt, and sift again. Cut in shortening; add lemon rind and blend. Add milk all at once and stir carefully until mixture forms a soft dough and follows spoon around the bowl. Turn out immediately on a slightly floured board and knead 30 seconds. Roll 1/4 inch thick and cut with 1 1/2 inch floured biscuit cutter. Combine sugar, lemon rind, and enough lemon juice to make a crumbly mixture. Place half of biscuits in greased muffin pans, spread with melted butter and the sugar mixture, and top with remaining biscuits, pressing lightly together. Bake in a hot oven (450 F.) 8 to 10 minutes, or until done. Make 2 1/2 dozen biscuits.

### Cherry Roly Poly

1 tablespoon cornstarch  
1/2 cup sugar  
1 can sour red cherries  
1/2 cup bran  
1/2 cup milk  
1 1/2 cups flour  
4 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons sugar  
1/4 cup shortening

Mix the cornstarch and sugar, add cherries and bring to a boil. Strain cherries from juice. Soak bran in milk. Sift flour with baking powder, salt and sugar. Cut in shortening until mixture is like corn meal. Add bran and milk, stirring carefully with a fork until flour disappears. Turn on to floured board, knead lightly and roll into sheet 1/4 inch thick. Cut into squares with rolling knife; place a few of the cherries in the center of each square; moisten the edges; and fold to make a triangle, pressing edges firmly. Dot with butter and sprinkle lightly with sugar. Bake in a hot oven (425 F.) for 15 minutes. Serve hot covered with the juice and remaining cherries reheated.

### Salads Ever In Demand

Despite the fact that the weather is cooler and meals are becoming heavier than they have been for the past few months, salads are still in order, desired and expected.

An attractive salad can still be the center of attraction for a luncheon with the accompaniment merely changed from cold to hot. And for the woman looking for an unusual salad this is ideal:

**SURPRISE COMBINATION**

1 cup boiled potatoes, diced  
2 cups boiled ham or pork, diced  
1/2 cup cooked peas  
2 pimentos, chopped  
1/2 cup celery, diced  
2 sweet pickles, finely diced  
1/2 cup mayonnaise

Toss ingredients together lightly. Arrange on crisp lettuce. Garnish with additional mayonnaise, sections of hard-boiled eggs, and beet sliced.

This salad is one that can be arranged attractively either individually or on one large platter. The beet lend color and the hard-boiled egg garnish is most flattering.

### RICE CROQUETTES

1 pint cold, cooked rice  
2 or 3 tablespoons milk  
1 egg  
2 tablespoons butter  
1/2 teaspoon salt  
Little white pepper  
Cayenne

2 tablespoons chopped parsley

Warm the rice in the top of a double boiler, with enough of the milk to soften it. Add the butter, seasonings and beaten eggs, and cook until the egg thickens. Spread the mixture on a shallow plate to cool, then shape into balls or rolls. Roll in fine bread crumbs which have been seasoned with salt and pepper; dip in well beaten egg, and then roll in crumbs again. Cook, in deep hot fat until nicely browned.

This is one of those dishes that make the men folk so glad they come home for dinner.

### National Beer

**Awarded Prize**

First prize for bottled beers was awarded to the National Brewing Company of Baltimore, Maryland, by the Wine and Food Association of Los Angeles, California, for its entry of National Premium Pale Dry Beer.

Competing against a field of many of the finest bottled beers on the American market, National Premium scored heavily on its mid though full and rich body.

### KENNEDYVILLE

Mr. and Mrs. Howard Johnston, of Baltimore, spent Sunday with their parents, Mr. and Mrs. George Johnston.

Mr. and Mrs. John Hessner visited relatives in Philadelphia a part of this week.

Mr. and Mrs. Paul Boggs and daughter, Miss Sara, of Nassawadox, Va., spent a part of last week with his parents, Mr. and Mrs. Henry Boggs.

Rev. Franklin Ferguson and wife were here on Sunday evening and preached to a large congregation and baptised Robert Kennedy, Mary Hill Wilbanks, and Margaret Elizabeth Money.

Doris Oliff has been on the sick list. Miss Lula Van Dyke was entertained at dinner on Monday by her aunts, Mrs. Acce Crew and Miss Lula Van Dyke in honor of her birthday.

Mr. and Mrs. Clifford Ringgold of Baltimore, spent the week end with Mr. and Mrs. George Ringgold.

Mrs. Robert Young spent Sunday with relatives in Baltimore.

Miss Gladys Archibald of Wilmington, spent the week end with her parents, Mr. and Mrs. James Archibald.

Miss Marie Miller and sister, Miss Anna Miller spent the week end with their parents, Mr. and Mrs. Charlie Miller.

Mr. and Mrs. William Anthony and Billy were Sunday dinner guests of Mr. and Mrs. Harry Scotten in honor of Billy's birthday.

Miss Sophie Miller spent Sunday with friends in Middletown, Del.

Mr. and Mrs. George Glenn entertained the Ladies Aid Society at their home on Friday evening.

Miss Sophie Miller visited her sister, Mrs. William Bonwell and Mr. Bonwell on Monday.

Mr. and Mrs. Harry Archibald visited his mother, Mrs. Mollie Archibald over the week end.

Mrs. Ryland Crow returned home to Denton on Friday evening after spending the past week with her parents, Mr. and Mrs. Harry Hill.

### Our Faith In Human Nature

"Our faith in human nature grows so scant," said Hi Ho, the sage of Chinatown, "that we soon arrive at the belief that everybody who is ordinarily polite is trying to deceive us."

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## DINING ABROAD AT HOME

### VARIATION IN THE PREPARATION OF FRIED CHICKEN

Lovers of fried chicken, and those who just eat it occasionally will find this Italian recipe just too good for words. The variation in its preparation is very slight, yet, in the flavor there is all the difference in the world. Try it next time you are planning on having fried chicken for dinner and see if the entire family doesn't approve the change.

- FRIED CHICKEN, ITALIAN STYLE**
- 1 fryer, jointed  
1/4 cup flour  
2 tablespoons lemon juice  
1/4 cup olive oil  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 bay leaf  
Grated Parmesan cheese  
4 tablespoons butter
- Flour pieces of chicken lightly. Mix lemon juice, olive oil, salt, pepper and bay leaf. Beat thoroughly and pour over the chicken. Let stand about 1 hour, then drain off the liquid. Roll chicken in grated Parmesan cheese and fry in butter until done.

## ETIQUETTE

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

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