

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

Select as many shoulder lamb chops as desired; salt, pepper and flour, allowing 1/2 teaspoon salt and 1/4 teaspoon pepper for each pound of meat. Put chops in baking dish. Slice some onion, green pepper and lemon over chops, allowing 4 slices of onion, 4 green pepper rings and 4 thin slices of lemon for every four chops. Then pour 1 can tomato juice over to cover the chops. Bake in a moderate oven at 350 F. for 1 1/2 hours. Serve hot with baked potatoes, or noodle ring.

If old painted walls are to be repainted, it is not necessary to clean them, provided of course that they are fairly clean. However, when painting kitchen walls and ceilings, it is safest to clean the walls before applying paint. This is because such walls soon become coated with an oily substance which comes from gas fumes and from cooking.

Add a handful of salt to the last water of wash day and the clothes will not stick to the line in frosty weather. If clothes pins are boiled in a salt water solution before using they will last longer and will not freeze on the clothes when it is cold. A handful of salt in the rinsing water will keep bluing from streaking clothes in winter. Incidentally, when washing colored fabrics, a little salt in the water will prevent the colors from running.

The cleaning of the basement of a house is always left to the very last, partly because it is usually considered the most disagreeable task. With a good soap and plenty of hot water, the type of dirt which collects there, coal dust, soot and grease, will be quickly and easily disposed of. Floors, walls, cupboards, sinks, tubs, everything in the basement may be washed with soap suds. After scrubbing with soap, rinse several times with clear water and dry by opening wide all the windows and doors. The day selected for the cleaning of the basement should be clear and sunny, in order to simplify the drying process as well as to air thoroughly all the corners.

For a special treat, cut coneshaped pieces from the tops of gingerbread cup cakes. Beat 1/2 cup cream with 2 tablespoons chopped nuts. Pipe into the top of each cake.

To serve with salads for afternoon parties or evening receptions, dainty bread and butter sandwiches are always appropriate.

The dark and often bruised and homely outside leaves of lettuce may be cooked with other greens. They add a lot of flavor.

Split squares of sponge cake. Put the halves together and cover the tops and sides of cakes with a mixture of cooked apricots, forced through a sieve. Sprinkle with shredded coconut.

Meat may be made tender by marinating or allowing it to stand in vinegar and oil, or vinegar and water. The acid has a softening effect on the connective tissues. Pounding and grinding are other methods of making meat tender. The first, applied to thin cuts, breaks down the connective tissues and the second so finely divides the connective tissues that the meat may be cooked by one of the quick methods.

The successful cook plans ahead for her marketing, her baking and her meals. She builds her baking skill by mastering first the basic techniques of accurate measuring, careful mixing, and exact baking. These do-it-right habits, once formed, become her stock in trade. Then with dependable recipes to follow, she practices until she knows!

Canapes and hors d'oeuvres are the smart morsels served before luncheons or dinner, at parties or evening gatherings. They serve to stimulate the appetite at luncheons or dinners or offer a pleasing and satisfying finishing touch to parties and informal gatherings.

A supply of cranberry sauce, jelly, preserves and spiced cranberries on the pantry shelf comes in mighty handy during the year, when fresh cranberries are out of season.

Doctors and dietitians recommend gelatin not only because it is wholesome and easy to digest, but because it is the perfect means for providing precisely the foods required in each individual case, making it possible to serve a liquid diet in tempting "solid" form, and highly nourishing substantial foods in light, dainty form, according to each individual's requirements.

New England
Buckwheat Cakes

1 pint milk
1 pint water
1 yeast cake
1 tablespoon molasses
1/2 teaspoon soda
1 teaspoon salt
Buckwheat flour
Dissolve the yeast cake in milk and water mixture, which have previously been brought to tepid heat. Sift in enough buckwheat flour to make a good batter, and set to rise overnight. In the morning add salt, molasses and soda dissolved in 1 cup hot water. The batter should be a little thinner than for ordinary wheat griddle cakes, so if it doesn't seem thin enough, add a little more hot water or milk. Fry in rather generous sized cakes on a hot, greased griddle.

Scalloped Cabbage
With Apples

The woman who is economical will find any number of ways for using up bits of left-overs are very small but just as often there will be enough to make up a grand dish.
One woman we know has a little rule for left-overs that we think is excellent—she may have just a little something left, something that most of us would be inclined to throw out, but she says: "It will be just as easy to throw it out tomorrow, if I don't

find a use for it". And nine out of ten times, she will find a use for it—possibly for her lunch the next day or as an ingredient for the salad or just any number of things. Here is a recipe, though, for a dish that can readily be grand, using up left over uncooked cabbage:

SCALLOPED CABBAGE WITH APPLES
1 quart shredded cabbage
1 teaspoon sugar
1 pint sliced apples
1 teaspoon salt
3 tablespoons butter
1 cup bread crumbs
Put in buttered baking dish, alternate layers of cabbage and apples seasoning each layer with salt and butter and sprinkling the sugar on the apples. Cover the last layer put buttered crumbs. Cover and bake in a moderate oven until the cabbage and apples are cooked. About three quarters hour.

Baked Oysters on Pan Of Salt

There are any number of ways to touch up oysters for baking, but they must be in their own half shells. And to bake them, there is nothing handier than a break baking pan in which ice cream salt has been placed about an inch deep. On this foundation of salt, set the oysters in their half shells and then place in the oven. Here is one interesting and easy way:

MIDDLE RIVER CLUB OYSTERS
For four servings, take two dozen oysters on the half shell and season with pepper. Sprinkle on each a teaspoon of chopped shallots or very mild onion—chopped very fine. On top of that place a level teaspoon of bread crumbs mixed with paprika. On top of that place a small dab of butter. Bake in oven for ten minutes. Serve in the shells with lemon for garnish.
Another time, if there is a bit of spinach left over from a former meal, mince the spinach fine and mix in a little cream. Pack this spinach around each oyster in its half shell. Place a one-inch bit of bacon on top of each oyster, season with pepper and bake.

Hot Sandwiches Great Favorite During Football Weather

It's only natural that one would not enjoy the same type food at this time of the year as a few months ago, when the weather was warm and appetites were a bit "subdued". We have left dainty open faced sandwiches behind for the time being and are more interested in fairly good-sized ones, perfectly hot. For example:
FRIED CHICKEN SANDWICHES
1 cup minced chicken
2 egg yolks
1 cup milk
1 teaspoon onion juice
Salt, pepper, paprika
10 slices of bread
Mix chicken with seasonings and spread between crustless slices of bread. Mix milk with beaten yolks and dip sandwiches into mixture. Fry in hot bacon fat until brown on both sides.

Italian Cooks Dress Up The Cauliflower

Subtle remarks cast about by a cook from another nation, brought about the testing of quite a few recipes which proved to be very successful indeed. This cook who passed the remarks to an Italian and it just can't be denied that Italians are wonderful cooks. Their food is heavy and they have little regard for calories and vitamins. Here is the recipe for cauliflower that was given to us as a comparison to our own popular, "boiled" cauliflower.
Divide the cauliflower into clusters, blanch it for a few minutes in boiling salted water, and then thoroughly drain. In a frying pan, put a little olive oil with 2 or 3 cloves of garlic and a little chopped parsley and, when the oil is very hot, add the clusters of cauliflower and brown slightly. Then add a few tablespoons of tomato sauce and just before serving, sprinkle with grated cheese.

Economical Vegetable Salad Made Of Diced Beets, Celery Root

A very interesting salad is made by combining equal amounts of diced, boiled beets and diced, boiled celery roots.
Celery roots take quite a while to cook. Boil them in salted water and when tender, allow to cool; then peel and place in the refrigerator to chill before using. The beets are boiled in the usual way and combined with the celery root just before serving. Mix with as much mayonnaise as desired and serve on a crisp lettuce leaf. If desired, pickled beets may be used with great success.

Home Made Sandwich Spread Practical

It may be the last bit of scrapings off a ham bone or the odds and ends which are left on the platter of roast beef or the tough end of a steak. Whatever it may be, so long as it is meat, it is grist for the sandwich spread mill.
Just run the meat through the meat grinder and mince it very fine. Then add a bit of ground pickle or olive or mushroom or all three. Season well with salt and pepper. A little Worcestershire sauce or a bit of chutney will help. Moisten with a spoonful of mayonnaise. Stir into a smooth paste. Set aside in the refrigerator until wanted. Later in the day or the next day it will provide the "makings" for half a dozen sandwiches or a dozen or more intriguing canapes.

COMMUNICATED

The Chestertown Transcript: Chestertown, Maryland. Gentlemen:

It was unbelievable for a whole people to be misled and misguided as the voters of Maryland have been taken in by the Baltimore Sun as an instrument of reactionary propaganda for the Tories of Wall Street, for whom Mr. Tydings is a pawn. We often hear on the lips of the misguided the slogan, "Tydings is not a yes man on Roosevelt". But as he recently made a consistent anti New Deal record in the senate, it is obvious he is the "yes man" of the reactionaries. And who are the reactionaries? They are not the people of Maryland. They are a small group connected with Wall St., who hold to the idea of let nature take its course. This group has managed to get more, let those who are poor remain in want, let those who are over-taken by the disasters of floods, hurricanes, droughts and economic upheavals, suffer.

Our administration in Washington has made an effort to institute programs which would be a benefit to those in need in any part of the country. If it has not entirely succeeded, a large part of the blame may be put upon Mr. Tydings and other reactionaries who have again and again tried to block the progress of the New Deal. Those who lead the reactionary movement have large fixed incomes or large reserves of wealth on which they can live comfortably regardless of economic conditions; they can well afford to let nature take its course. But a few years of low prices for the farmer means a few years of hardship. And most voters outside of Baltimore City are farmers or are dependent on farm income. Business men have own farms. Doctors have farms for patients and many own farms. Lawyers have farms for clients and many own farms. Are farmers and voters dependent on farm income really willing to put Tydings back in the Senate to spend six more years blocking Roosevelt policies?

In campaign speeches he has suggested that we find foreign markets for our surplus farm products. But in all the time he has been paid in the senate for which he has been paid some 120,000 dollars, what has he done to find them for us? The fact is he has not tried because the inexorable laws of trade necessitate that we import other goods in return, probably manufactured goods and the industrial moguls, for whom Mr. Tydings has turned procurer, do not want that. It only takes a moment to what inconstant balderdash he resorts to in vain efforts to find plausible reasons for opposition to Roosevelt.
The story press has tried to make it out a particular virtue for Tydings to be in open opposition to Roosevelt, a course which is commendable, in itself making him worthy of support. But it is the courage of individuals in opposing law and order; it is the courage of Japanese in slaughtering defenseless Chinese; it is the courage of Italians in subjecting the Ethiopians; it is the courage of the special privileged everywhere in exploiting the humble; it is the courage to oppose a popular leader of the people when backed by the big money interests, with the aid of the press, in the interests of printing millions of columns of propaganda to defend such a candidate. Do not listen to such nonsense.

The emergency is over he says, federal taxes should be reduced by cutting out work relief. The rich he says will spend the money leaved from taxes in buying goods and starting new business, so that in the course of time all workers will be able to get the wages offered by employers. In the course of time understand. He is not explicit on the point but it probably would not be more than a few years at the most. As he goes contrary to Roosevelt in everything he would stimulate purchasing power from the top down, rather than from the bottom up. Is it for such a suggestion that we shall send Mr. Tydings to the Senate?

The emergency is over says he. The federal budget must be balanced. Stop making payments to farmers for doing nothing. If the budget is balanced, confidence may be restored, business might pick up, workers might then get big enough wages to buy all the farmers could produce and so afford a time for the prices of farm products might be good. Is it for such a bright suggestion that we shall send Mr. Tydings to the senate?

The Social Security Act is wrong says he. It takes money out of the pockets, giving them less money to spend for farm products and so forth. But the fact is the payments correspond to a very small saving by the worker, it gives him a feeling of security which encourages him to spend the balance of his wages for his wants and so has a salutary effect on business. He condemns the administration for using the past in Security Funds for current expenditures, which he says are often profligate and wasteful. Whereas the truth is the money is put to work by the government through increasing the national purchasing power. On the other hand if the workers put the money in banks, it would be tied up, for the banks already have more money than they can find the courage to invest anywhere but in government bonds. The great difference would be the banks would profit by the interest in the workers' savings. All of which goes to prove the rantings of Tydings are those of a pawn of Wall Street.

He also suggests that in the years to come when the workers grow old, the money for their pensions be raised by general taxation. By that time he would have us believe that as a result of his genius in guiding the government, the country will be so prosperous that general tax will not be felt. More over he would have us believe that when such a general tax is administered, the farmers who buy more goods than any other class of people, would still only pay their just share of the tax, especially if the genius of Tydings were available to work out a tax bill so intricate in its ramifications, all the workers of America would be taxed only according to their pensions. What a man!
The Baltimore Sun with its great political denunciations Frank B. Kent proclaim Mr. Tydings to be a capable legislator. But the records show he is only capable of trying to prevent legislation to help the needy in any way. He is incapable of understanding the

liberal economic theory that this age of mass production requires mass distribution to complete the cycle. He is rabble rouser who vociferates in the present need of big navy as though the President had not been proclaiming the same sort of thing for years. He is a stooge of financial tycoons, a profligate politician whose opinion is not valued in the senate. There can be no cooperation between him and the administration in the formulation and passage of laws. If the voters of Maryland want to be practical, they must consider that after all nothing can be done in congress without the cooperation of the administration block there. There is no alternative to the progressive voters of Maryland but to vote for Leser.

J. E. SPEAR, JR., Millington, Md.

Public Schools Pledged Aid By Herbert R. O'Connor

"Fitness Alone" Will Dictate Appointments To State And County Boards Of Education, He Declares.

Program of Cooperation With Counties to Continue

Limited By Party Platform To One Term As Governor, Nominee Will Have Plans For System Betterment Ready To Initiate Quickly—Tydings Advocates Change In Social Security Act.

County public schools, developed to their present high standard of excellence and efficiency under Democratic administration, will be the object of continued and increasing solicitude on the part of the Democratic Party, under Herbert R. O'Connor as Governor, according to the repeated declarations of Mr. O'Connor, backed up by the solemn pledge in the Democratic Platform upon which all the statewide candidates are running.
First of all, in the all-important matter of appointments to the State and County Boards of Education, under which the schools actually function, Mr. O'Connor reiterates his intention to keep up the present standards, and to keep the schools entirely free from any taint of political control, by "appointing to the Boards only men and women of the highest type, selected solely because of their knowledge of and interest in public school affairs."

This promise is strictly in keeping with Mr. O'Connor's pledge regarding all the important posts in the State where specialized knowledge of training is essential for a proper performance of the duties entailed—posts such as the State Roads Commission, Conservation Commission, State Insurance Commissioner, etc. And, that Mr. O'Connor actually does govern his appointments on the basis of fitness for the job has been shown conclusively by the many outstandingly successful men he has gathered about him during his eleven years as State's Attorney of Baltimore City, and his four years as Attorney General.

State-County Cooperation
Thoroughly familiar with the development in the past eighteen years of the standard "minimum program" for public schools, the keynote of which is the equalization of educational opportunity by which the State aids the counties in their public school work in relation to their ability to carry the program to fruition, Mr. O'Connor has definitely pledged himself to a continuation of this cooperation with the counties, to the end that the public school system of Maryland, already enjoying a pre-eminent position among the States of the country, may be enabled to maintain and improve its position.

Regarding the public schools, the Democratic Platform specifically takes up the matter of teachers' retirement, as follows: "During the previous Democratic administrations the Teachers' Retirement Fund was established and put into full operation, thus affording the opportunity for retirement of teachers in the public schools throughout the State after long years of faithful service. We pledge continued support of the Teachers' Retirement System on a sound financial basis."

Single Term Pledged
While the Republican Party, before the election of 1934, registered a protest against long continuation in office and made a plea for support on the implied promise of rotation in office—a promise apparently forgotten by Governor Nee in his desire for a second term—the Democratic Party not only recognizes the advantages of rotation in office, but solemnly pledges itself to do its part towards limiting the office of the Governor to a single term. Quoting the Constitution of Maryland, Article 23, which declares that "a rotation, therefore, in the Executive Departments is one of the best securities of permanent freedom," the Platform pledges the party and its candidates "to submit to the people for ratification, an amendment to the Constitution which will provide that a Governor of Maryland shall not be eligible to succeed himself in that office."

Tydings for Change in Act
Senator Millard E. Tydings, campaigning for re-election, accompanied Mr. O'Connor and the Statewide candidates on their tour of the Eastern Shore Counties. At Centreville and other points he addressed the meetings, advocating amendments to current Social Security Legislation, to lighten the tax on the workingman, because he believes "that it is, in effect, an income tax on the lowest income groups." Further declaring that "it does not take into consideration the ability of the workingman to pay."

KENNEDYVILLE

Mrs. George Glenn, Mrs. Aca Crew and Miss Lula Van Dyke were Sunday dinner guests of Mr. and Mrs. Julian Crew near Chestertown.

Mr. and Mrs. Casper Copper and children and Mr. Fred Copper and Miss Catherine Atwell spent Sunday with Mr. and Mrs. Hope Copper.

Mrs. Gay is visiting her son in Pennsylvania.

Mr. and Mrs. Thomas Johnston spent last week with relatives in Philadelphia and Baltimore.

Miss Bernice Scorten and sister, Miss Bettie Scorten of Baltimore, spent the week end with their parents, Mr. and Mrs. Harry Scorten.

Mrs. James Weer and children spent the week end with her sisters in Washington, D. C.

Mr. and Mrs. Delbert Robinson, of Baltimore, spent the week end with his parents, Mr. and Mrs. James Robinson.

Mrs. Charlie Miller and daughter, Miss Anna spent Friday in Wilmington, Miss Marie Miller returned home with them for the week end.

Miss Walter Hurlock entertained the embroidery club at her home on Wednesday afternoon.

Mr. Joseph Oliff's children visited with him on Sunday. Mr. Oliff is very much improved.

Don't forget the meals served in the garage on election day by the W. C. T. U.

Miss Lula Van Dyke spent Thursday with her aunts, Mrs. Aca Crew and Miss Lula Van Dyke.

Mrs. Etta Davis returned to her home in Wilmington on Sunday after spending the past week with Mr. and Mrs. William Anthony, Jr.

The Girls 4-H Club held a hall-oween Social in the country on Friday evening. In spite of the weather a large crowd attended and all had a grand time.

Mrs. James Robinson returned home on Saturday after a pleasant visit with her son, Mr. Delbert Robinson and wife in Baltimore.

The show held in the school building for the benefit of the P. T. A. was not very well attended.

KENT COUNTY

ON THE AIR EVERY SUNDAY

TUNE IN STATION W F B R 1270 KIL.

10.05 A. M. TO 10.10 A. M.

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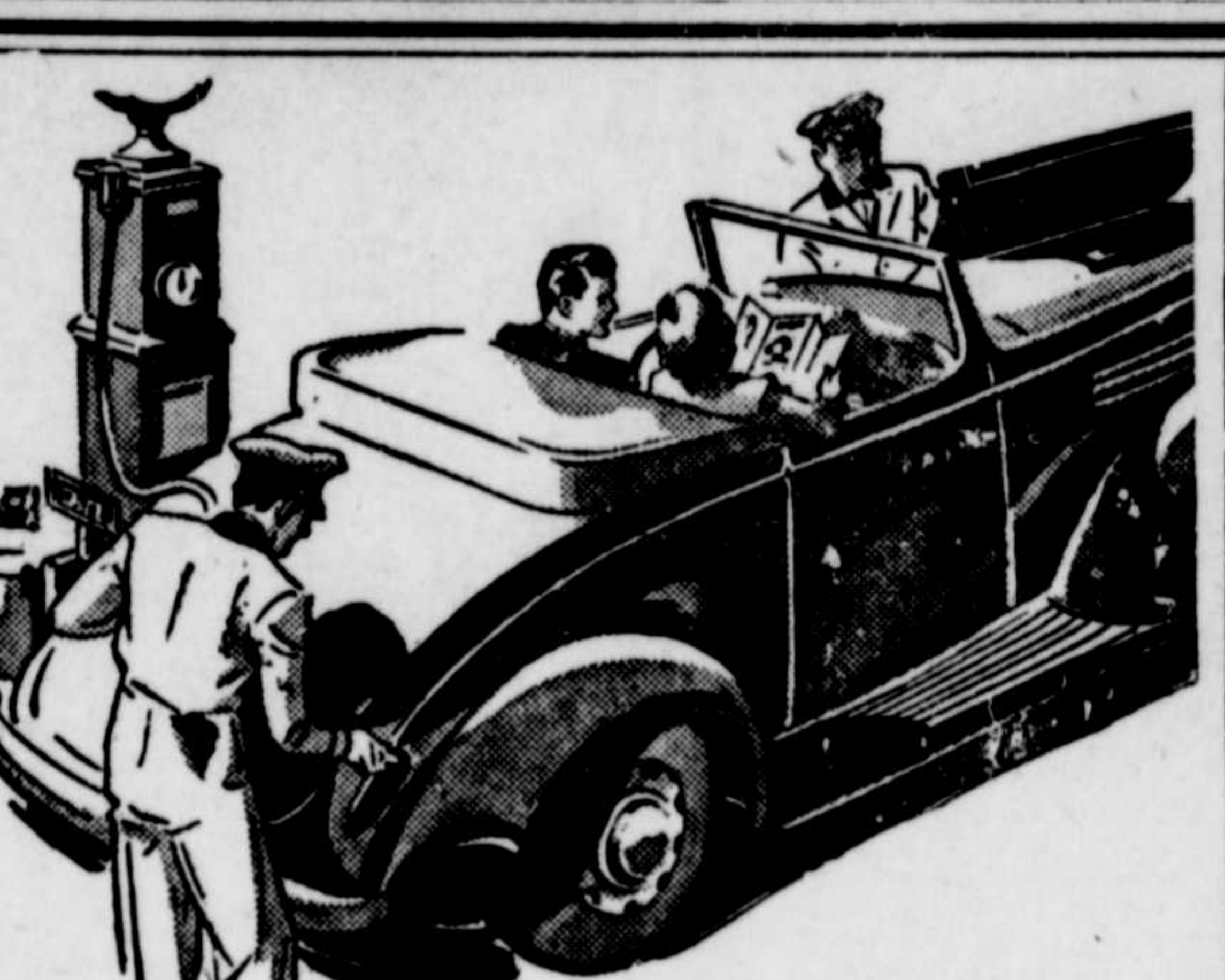
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Good Beer

AT A COMPLETE RESTAURANT

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