

# THREE MEALS A DAY

Copyright by SIDNEY SNOW, 1935

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

For anise cookies, use any sugar cookie recipe and add 3/4 cup of anise seeds for every three cups of flour. For caraway, add 3 teaspoons of caraway seeds for three cups of flour. The dough is rolled a little thicker than for seedless cookies.

Remove tops and centers from small rolls. Toast and butter them. Fill with Camembert or cream cheese, garnish with bits of bright jelly and serve.

To make school lunches more exciting, mix peanut butter with picallini for sandwiches; chopped raisins with orange butter or marmalade on dark bread; a little grated lemon or orange rind added to raspberry, currant or strawberry jelly.

When there are small children requiring something different from the regular menu, it is a good plan to supply their plates in the kitchen and bring them in ready for immediate consumption, so saving the children's patience and one's own steps.

When you are your own cook and waitress there are three things the meal must be; it must be nourishing, it must be reasonably easy to prepare and it must give your family pleasure in the way it is served.

Combine diced pineapple, pineapple juice, and marshmallows, cut in pieces with shredded coconut. Serve in sherbert glasses and garnish with mint leaves or maraschino cherries.

In a locality where the water is very hard and the household has no supplementary soft water supply, such as a cistern for rain water or a water softening equipment, it is sometimes necessary to soften the water by adding soda. Soft water is particularly nice for the final rinse water.

To give your dinner an out-of-the-ordinary touch, slice the top from an Edam cheese, and serve it right from the shell.

A cheese frosting is excellent on gingerbread. With a wooden spoon work 1 package of cream cheese until creamy and add gradually 1/2 cups of confectioner's sugar. Beat 1/2 egg white until stiff and gradually beat into the cheese.

Steak is the simplest meat to carve. It is easier to carve if the bone is removed before cooking, but the steak itself is harder to handle during cooking and is less attractive. If the bone is not removed, the carve should first separate the meat from the bone by cutting along the edges of the bone with the point of the knife. Then beginning with the wide or bone end of a porterhouse steak or similar steak, the steak is cut into sections an inch or so in width, depending on the number to be served. A small piece of the tender, and a small piece of the wide portion is served to each one. The small or flank end is less choice and is not served unless it is necessary.

The casserole dish is as old as civilized cookery, but as new as the latest diner party. Perhaps no type of cooked dish offers so much true culinary goodness with so much economy.

Serve coffee immediately if possible. Or, keep it hot for service by placing it on an asbestos mat over a low flame, or over hot water. Coffee should not be allowed to stand on the grounds, as they absorb the delicate flavor and elusive aroma.

Have you ever tried marinating fruit for a fruit cup in a mixture of lemon and orange and a very little lime juice—sweetened with honey? It's really excellent—and of course, it must be chilled thoroughly.

Thousand Island dressing may be prepared quickly by simply adding chili sauce and chopped pepper or pickle relish to mayonnaise dressing which has been purchased or previously prepared.

Toasted cheese sandwiches are made just before serving by toasting whole slices of bread on one side, spreading the other with grated cheese and then toasting it. Or the cheese may be spread between two slices of bread and the outside surfaces toasted. In this case, the toasting should be done rather slowly so that the cheese may have a chance to melt.

Any furniture needs an occasional more thorough cleaning than the ordinary dusting and polishing provides. There is no type of furniture which cannot be cleaned with soap and water, if it is properly applied.

## Raisin Sauce For Ham

- 1 cup raisins
  - 1 cup water
  - 5 cloves
  - 3/4 cup brown sugar
  - 1 teaspoon cornstarch
  - 1/2 teaspoon salt
  - Pinch of pepper
  - 1 tablespoon butter
  - 1 tablespoon vinegar
  - 3/4 teaspoon Worcestershire sauce
- Cover raisins with water, add cloves and simmer for ten minutes. Then add the sugar, cornstarch, salt and pepper which have already been mixed together. Stir until slightly thickened and then add the remaining ingredients.

## THREE KENT COUNTY FARMS FOR SALE

- 1—Lauretum in 4th District tenanted by Charles Hawkins, containing 157 acres.
  - 2—Smith farm in 6th District, tenanted by Romie Fogwell, containing 338 acres.
  - 4—Fowler farm, in 6th District, tenanted by Milton Fogwell, containing 204 acres.
- HARRISON W. VICKERS,  
HERBERT E. PERKINS,  
Executors of J. B. Y. Vickers, dec'd.

## Make The Most Of New Crop Chestnuts

Now is the time to enjoy this nut which is really classed as a vegetable—one of the few nuts which blend in soups, sauces, gravies and stuffings.

To prepare the chestnuts for use make two incisions like a big "X" on the rounded side of the nut, clean. Place these nuts in a shallow baking dish and set in a moderate oven to dry out and cause the skins to curl. Pull off the shell and rub nut clean with coarse towel. Set aside for future use.

### CREAMED CHESTNUTS

Nuts prepared as above, picked over to discard any imperfect ones. Place in cheese cloth bag. Boil in salt water until tender and remove from sack. Simmer in sweet cream for fifteen minutes. Season with salt and white pepper. Add lump of butter. Serve as a vegetable.

### CHESTNUT DRESSING FOR POULTRY

Boil chestnuts to pulp in sweet cream. Add enough bread crumbs to absorb moisture. Season liberally with butter, salt and pepper. Use as any other dressing in poultry or game.

## Stuffed Peppers Au Gratin

- 1/2 pound American cheese
  - 1 cup cooked meat
  - 1/2 cup cooked rice
  - 1 teaspoon salt
  - 3/4 teaspoon pepper
  - 2 tablespoons butter
  - 1 small onion
  - 1 egg
  - 4 medium sized green peppers
  - 3/4 cup bread crumbs
- Put American cheese and meat through food chopper. Mix with slice from bottom of each pepper. Chop onion and put with butter in a pan. Cover. Cook until onion is tender but not brown. Add to cheese mixture, with well beaten egg. Blend mixture thoroughly, using a silver fork. Cut thin slice from stem end of each pepper. Remove seeds and pith. Cut very thin slice from bottom of each pepper so pepper will stand. Parboil peppers in boiling salted water for two minutes. Drain and fill with cheese mixture. Sprinkle top with bread crumbs. Bake in a moderate oven 350 F. about 30 minutes or until peppers are tender. Serves four.

## Mexican Rarebit

- 1/2 tablespoon shortening
  - 1/2 green pepper
  - 1/2 cup tomatoes
  - 1/2 cup corn kernels
  - 1/4 cup salt
  - 2 cups soft cheese
  - 1 egg
  - 1/2 cup bread crumbs
  - 6 slices buttered toast
  - Pimento
  - Parsley
- Melt shortening, add chopped green pepper and cook 5 minutes. Place over hot water. Add cooked or canned tomatoes and corn, with salt and grated cheese. Stir until cheese is melted. Add beaten egg and crumbs. When heated, serve on toast, garnish with pimento and parsley.

## Curry Salad

- As an extra salad for a party, and one to be served in small portions, this curry salad is ideal. Especially for the men who are a little partial to well seasoned foods.
- ### CURRY SALAD
- 1 lobster, coarsely flaked
  - 1 cucumber, sliced
  - 1 teaspoon finely chopped onion
  - 1 teaspoon finely chopped mango chutney
  - 1 teaspoon curry paste
  - 3 tablespoons olive oil
  - Cayenne
- Mix the onions, chutney, curry paste, a good pinch of cayenne and the olive oil well. Add the lobster and cucumber, and when well mixed, serve on a bed of shredded lettuce or endive.

## "Pease Porridge Hot" With Eggs Delicious

Here's an egg dish which will make a splendid luncheon in itself.

### EGG IN PEA PORRIDGE

Butter individual shirred egg dishes. In the bottom of each place a spoonful or two of condensed pea soup, well stirred, but direct from the can without any mixing with water or other liquid. Cover the pea porridge with strips of bacon. On top of the bacon, break two eggs. Season with salt and pepper. Bake until eggs are done.

Here's another egg dish:

### EGGS, HAUSSNER

In a suitable casserole, melt a heaping tablespoon of butter, add six beaten eggs, quarter of a cup of cream, season with salt and pepper and scramble. When nearly done, add a level tablespoonful grated cheese, a pinch of dry mustard and a tablespoon of chopped parsley or chives. Serve on thick slices of freshly buttered toast.

## MASSEY

Mr. and Mrs. Harry Ransom are spending some time at the home of their daughter, Mrs. Allie Blyman, of Wilmington, Del.

Miss Barbara Poore spent the week end with friends in Wilmington.

Mr. and Mrs. Price Kelley, of Wilmington, spent Thanksgiving with his parents, Mr. and Mrs. Harry Kelly.

Mr. Gilbert Moffett has been confined to the house suffering injuries which he received in an accident several days ago, but he is able to be out again.

Mr. John Britcher, of Baltimore, spent several days of last week with Mr. and Mrs. William Palmatory, of Chestertown. Mr. Britcher fell last week and hurt his leg and has been in bed for several days but we are very glad to hear at this writing she is much improved.

Mrs. Mable Malshurger has been very ill at her home in Massey but is somewhat improved at this writing and is visiting friends in Canton.

Mr. Royden Starkey is spending a few days with his mother while he is painting his store. He has rented the

## Notice To Creditors FOR REAL ESTATE ONLY

This is to Give Notice That the subscriber has obtained from the Orphans' Court of Kent County letters—Testamentary on the estate of

EMILY WILMER late of said county, deceased. All persons having claims against said deceased are hereby warned to file in said Court their claim against said deceased are hereby warned to file in said Court their claim against said deceased, with the vouchers thereof legally authenticated, on or before the 29th day of April, 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 25th day of October, 1938.

JOHN H. WILMER, Executor.  
T. Ringgold Jones, Register of Wills.

## NOTICE TO THE PUBLIC

I am in a position to lend money in sums to suit on mortgages on farm lands in Kent and Queen Anne's counties at low rates of interest over a long term of years, either for refinancing existing mortgages, aiding you in purchasing a farm, or in making improvements to your farm buildings.

There are no appraisal fees or excessive charges in securing one of these very desirable first mortgage loans.

If you are interested in buying a farm, or in refinancing your present mortgage, I shall be very glad to confer with you at my office on Court street.

THOMAS D. BOWERS,

Mr. and Mrs. William Palmatory and grandchildren, Gene and Rita and Mr. Carroll Robinson spent Sunday with Mr. and Mrs. John Britcher, of Baltimore.

Miss Mary Jane Rasin, Dorothy Coleman and Dorothy Newnam all students of Salisbury State Normal School have spent the Thanksgiving holidays with their parents.

Mr. Roland Price of Philadelphia, spent the week end with his parents.

Mr. Francis Britcher spent the week store formerly occupied by Mr. and Mrs. Michael Dunn.

and as the guest of Miss Rita Poore.

Master Thomas Kelley spent the Thanksgiving holidays with his aunt, Mrs. Charles Pencil is Chesapeake City.

Mr. and Mrs. Vanhorn and son spent Sunday with her parents, Mr. and Mrs. John Shelton.

Mrs. Linwood Burris spent Sunday with her parents, Mr. and Mrs. Lou George.

Mr. and Mrs. Andrew Woodall spent Thanksgiving day with Mr. and Mrs. Price Roe in Dover, Del.

## CHRISTMAS SEALS



1938

### HEALTH GREETINGS

Help to Protect Your Home from Tuberculosis

## Ice Cream IS DELICIOUS WHOLESOME FOOD THE YEAR ROUND

Particularly so if it carries the lable of purity which is assured when you eat

# GILL BROS.

## Ice Cream

Cross Street Chestertown

## LET US PREPARE YOUR CAR FOR Winter Driving

REGISTERED LUBRICATION

**Chester Motor Service**

Phone 323

L. B. VanPetter  
Proprietor

day or night

## FOR MODERN PRINTING IN AN UP-TO-DATE PRINT SHOP

BUSINESS STATIONERY—

- Envelopes
- Letter Heads
- Standard Bill Forms
- Special Bill Forms
- Ruled Blanks
- Blotters


OR IF IT IS PRINTING WE CAN DO IT  
Nothing Too Large or Too Small For Us

SCHOOL PAPERS  
CATALOGUES  
PROGRAMS  
CIRCULARS  
SALE BILLS  
TICKETS  
PLACARDS

EVERYTHING IN THE PRINTING LINE

THE TRANSCRIPT

Phone 2  
Chestertown, Md.



## Good Beer AT A COMPLETE RESTAURANT

### CHESTERTOWN RESTAURANT

HEADQUARTERS OF ROTARY CLUB)

## NEW—REBUILT TYPEWRITERS, ADDING MACHINES

JAMES R. LAKE  
Greensboro, Maryland

P. O. Box 143 — Phone 3201

CASH REGISTERS, EXPERT REPAIRING

## NOTICE

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




Phone Johnny-on-the-Spot for Coal 149

## HIGHEST CASH PRICES FOR CORN

### C. W. KIBLER & SONS

Phone 149  
Chestertown, Maryland



## 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.

## Washington College

FOUNDED 1782

A Grade A, Co-educational College

Limited Enrollment