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

Men will like a late snack made of sliced or dried chipped beef between rounds of baking-powder biscuit dough, unsalted; baked and served with creamed peas.

During the warm weather, try preparing as much of the meal as possible ahead of time, particularly on Sundays as this will leave you more time with the family, will permit a more leisurely bath and will certainly, to a great extent, help prevent getting overheated with a lot of last minute rushing around.

When pears, apples, bananas or other ingredients which discolor quickly are used in a salad, it is wise to sprinkle a little lemon juice over them to keep them fresh looking until eaten.

If it's something quick and easy you're looking for, try cutting hard cooked eggs in half. Remove the mash centers adding an equal amount of sandwich spread. Season. Refill eggs, chill, sprinkle with paprika and serve.

A nice way to serve cabbage salad is to remove the center of the head, leaving the outside shell. Shread or chop the inner leaves and moisten with cooked salad dressing. Put these dressed, inner leaves into the shell. Trim with pimento strips. Serve garnished with watercress.

Thanks to modern refrigeration, now that left overs may be used at your convenience, they cease to be a nuisance and actually add to your resources in planning meals. Economy begins to be fun. You will find it a pleasure to do your own baking an dto keep pie crust and biscuit dough already prepared in your refrigerator. You'll want to make ready and store, also, your mayonnaise, white sauce, soup stock and fruit juice syrup for beverage making. And, of course, quantity cooking saves time, ingredients and fuel.

It has been said many times that "No house should allow flies", therefore "Swat the fly."

Did you know that three level teaspoonsfuls equal one tablespoonful? And that sixteen level tablespoonfuls equal one cup?

The flying moth produces the worm that eats wool clothing, rugs, furs, carpets, or upholstery—therefore it to should be prevented or destroyed.

Dip liver slices in melted butter and broil quickly. Onion circles dipped in milk and flour and fried in hot lard make a good accompaniment for liver.

Tar paper is excellent for lining boxes and closets that are to be used for storing clothing as a preventative against moths.

Coffee cream usually contains 18 to 20 per cent butterfat. It can be used in place of whipping cream for garnishing desserts by first pouring into the freezing tray and allowing it to freeze partially before whipping. After whipping, place in the freezing tray for additional freezing in order to hold it in proper consistency until serving time.

In fish or meat cookery, the same technique applies to both. Steaks are toughened, roasts too, by salting before or too early in the cooking. The juices are drawn out the flavor spoiled. In roasting and in broiling, salt and food just before the last turn on the broiler or in the frying pan.

Make two cups of bread stuffing seasoned with sage. Spread half of this amount in a small greased casserole, cover with flaked tuna fish and then wtih the rest of the stuffing. Brush with butter and bake until brown.

For variety, alternate cubes of veal and fresh pork for drumsticks. Place a mushroom cap on each end. Or shape them from ground veal and pork.

When cooked, spread the cottage roll with grape jelly and place in the oven for a few minutes or until nicely browned and glazed.

Grated cheese added to creamed chipped beef gives a delightful flavor. It is added just long enough before serving to melt the cheese.

Corn Pudding Rounds Out Skimpiest Meal

The vegetable that has the eye of the general public at the moment is our old friend corn. Well, with corn in the limelight again there is little or no use talking or writing about anything else. We know corn on the cob, and we know of corn off the cob with butter, so here's a good corn pudding that makes the skimpiest meal a feast.

CORN PUDDING

1 quart fresh grated corn
2 eggs
1 teaspoon butter
Salt and pepper
½ cup cream

Grate the corn so that the husk sticks to the grater. Then add two whole eggs, well beaten and the butter, sugar and salt and pepper to taste.

Last add one-half cup of cream (if the cream is too heavy put in a little milk). Put in a square pan. Put in a hot oven and brown for about 15 minutes. Serves real hot.

A HOT DAY SALAD

Tomato Jelly With Celery And Nut Salad

On hot days, a dish must really be tempting in appearance if it is to be enjoyed. There is probably nothing more ruining to the appetite than a sad looking, wilted something that is suposed to be a salad. Here is one that is almost too pretty to be eaten but which will certainly stimulate the appetite: It is tomato jelly with celery and nut salad and is made by soaking three-fourths of a box of gelatin in half a cup of cold water. Then cook a can of tomatoes, half an onion, a stalk of celery, a bay leaf, two cloves, a teaspoon of salt and a dash of paprika ten minutes. Add two tablespoons of taragon vinegar and the gelatin, stir until dissolved, strain, and mold in a fancy ring mold. When cold, turn from the mold and fill the center with: Celery and Nut Salad. Cut fine tender stalks of celery and French dressing. Garnish the English walnuts and mix with center of the salad and the border of the jelly with tender leaves of lettuce and bits of curled celery.

This salad can be varied by using the tomato ring filled with shredded cabbage, pimentos and pecan nuts, mixed with a boiled dressing.

As Old As Can Be— Macedoine Of Vegetables Still Good News

As old as can be, but yet, always new when vegetables are at their best, when the weather is hot and when the housewife doesn't feel particularly inclined toward cooking a hot meal, is the macedoine of fresh vegetables.

Hardly a human being can be found who wouldn't "perk up" after a day on a hot street at such a sight —so-o-o cool so-o-o refreshing and so-o-o positively delicious and cooling.

MACEDOINE OF FRESH VEGETABLES

1 cup cooked green peas
1 cup cooked fresh lima beans
½ cup shredded raw carrots
1 cucumber, sliced
1 cup shredded raw cabbage
2 tomatoes, quartered
1 small head lttuce, cut in eighths
Small bunch water cress
French dressing
Garlic

Rub a salad bowl with garlic. Put all the ingredients in the bowl. Pour over enough French dressing to moisten ingredients thoroughly. Toss lightly with a wooden fork and spoon Garnish with water cress and serve well chilled.

Almond Sandwich Loaf

3 cups flour
½ cup sugar
4 teaspoons baking powder
1½ teaspoons salt
1 cup chopped almonds
2 tablespoons melted butter or other shortening
1 cup milk
1 egg

Sift dry ingredients together; add nuts. Beat the egg; add milk and melted shortening and stir into first mixture. Transfer to greased bread pan; let stand for 20 minutes; bake in a moderate oven 375 F. for 50 minutes. This bread is better if cut when a day old. Serve thinly sliced with butter or make into sandwiches.

Fancy Dress And All— It's Still A Man s Dish

Despite the fancy dress—this salad is something that men will rave about. It has so many of those flavoring things that go into a typically male dish, such as chives, parsley and most of all—pimentos! Just serve it the next time you are having male company and see it if doesn't prove a very pleasing surprise.

STUFFED PIMENTOS

1 cup whole shrimps
1 tablespoon choped chives
1 tablespoon choped parsley
½ cup chopped celery
French dressing
Sliced beets
6 small canned Spanish pimentos
½ cup mayonnaise

Mix the shrimp, chives and celery with the mayonnaise. Fill the pimentos with the shrimp mixture and top with a slice of beet that has been marinated in French dressing for one half hour.

Use Left-over Meat To Prepare Stuffed Onions With Sauce

A little left over meat that is of no particular use because of the small quantity can be stretched and made into a very interesting luncheon dish. The dish is called "Stuffed Onions" and the recipe calls for:

6 large onions
¾ cup bread crumbs
¼ cup meat put through chopper z
¼ cup grated cheese
2 cups white sauce
2 tablespoons butter
Salt and pepper

Boil the onions until they are partly cooked, then drain and remove the centers. Chop the center of the onions and mix with meat, crumbs, butter and seasonings to taste. Put the filling in the onions and put them in a buttered baking dish. Cover with the white sauce and sprinkle with cheese on top. Cook in a medium oven until onions are tender and the top is browned.

Hospitable Custom

In Amsterdam, Holland, there is a famous old distillery which serves visitors samples of its liqueurs in a time-honored way. The glass is filled exactly to the brim, and you must bend over and take your first sip without using your hands.

KENNEDYVILLE

Mrs. James Lusby, Sr., and Mrs. James Lusby, Jr., and Marie visited relatives in Philadelphia on Sunday. Mr. and Mrs. Archie Morgan returned home with them.

Mrs. Cleve Tucker, Mrs. Lash and Mrs. Ayers of Washington, D. C., and Mr. Jesse Crew and son, Wilbur of near Baltimore, and Miss Annie Copper visited Mrs. James Weer last week.

Miss Elizabeth Robinson is visiting relatives in Newark, Del.

Mr. and Mrs. William Mliler, Mrs. Andrew Toulson and Mrs. Mason spent Sunday in Wilmington.

Mrs. Dr. Urie, of Richardson Park spent Tuesday with relatives here.

Mr. and Mrs. James Pickling, of Black Bird, visited Mr. and Mrs. Thomas Johnston on Sunday.

Billy Fogwell spent the week end with Ben Anthony.

Miss Lula Van Dyke spent the week end with her sister, Mrs. Katie Crew.

Mrs. Samuel Wiltbanks and daughter, Mrs. Bennett spent Wdenesday with Mrs. Frank Estees in Chestertown.

Mr. and Mrs. Charles Smith and Bobby, of near Philadelphia, are spending their vacation with relatives here.

Miss Aimlee De Shane of near Galena, visited her sister, Mrs. William Hopkins, Jr., a part of last week.

Rev. and Mrs. Bauscher, Mrs. Hilda Bennett and Mrs. William Anthony attended the conference at Lewis, Del., on Monday morning and visited Rehoboth in the afternoon and evening.

Mr. and Mrs. Earl Pinder and little son, of near Baltimore, spent the week end with relatives here. Mrs. Pinder and little son remained for a few days.

Service in Grace Presbyterian Church Sunday, July 22nd at 7.30 p. m.

Mr. and Mrs. Raymond Hill entertained at dinner on Sunday. Mr. and Mrs. Neal Jarvis and daughter and Mr. Jake Melvin of Wilmington, in honor of Mr. Raymond Hill's and Mother's birthday.

Miss Betty Jean Groves spent the week end with Miss Betty Jones near Chestertown.

Betty King is visiting Jean King in Betterton.

Mr. and Mrs. Robert Hill spent a part of this week with Mr. Jake Melvin in Wilmington.

Rev. and Mrs. Bauscher were given a reception at the parsonage on Friday evening.

We express our sympathy to Mr. William Irving's family.

The stork vsiited Mr. and Mrs. Harry Spencer on Monday and left a baby boy in the Chestertown hospital. Mother and baby are doing very nicely.

Mr. and Mrs. Clifford Ringgold, of Baltimroe, and Mr. and Mrs. McWilliams, of New York, spent the week end with Mr. and Mrs. George Ringgold.

Black Sheep Appreciated

In the Shetland islands of Scotland, where some of the world's finest wool is produced, black sheep are not family outcasts. Beautiful black woolen blankets and shawls are made from their "three bags full" and sent to all parts of the earth.

Food for Thought

Irish stew did not originate in Ireland, but in Germany, and Spanish omelet, despite its name, is unknown in Spain.

N. Y. Journalism 213 Years Old

Journalism in New York city is 213 years old. William Bradford founded a weekly gazette here on October 23, 1725.

That Nagging Backache

May Warn of Disordered Kidney Action

Modern life with its hurry and worry, irregular habits, improper eating and drinking—its risk of exposure and infection—throws heavy strain on the work of the kidneys. They are apt to become over-tazed and fail to filter excess acid and other impurities from the life-giving blood.

You may suffer nagging backache, headache, dizziness, getting up nights, leg pains, swelling—feel constantly tired, nervous, all worn out. Other signs of kidney or bladder disorder may be burning, scanty or too frequent urination.

Use *Doan's Pills*. *Doan's* help the kidneys to get rid of excess poisonous body waste. They are antiseptic to the urinary tract and tend to relieve irritation and the pain it causes. Many grateful people recommend *Doan's*. They have had more than forty years of public approval. *Ask your neighbor!*

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THREE KENT COUNTY FARMS FOR SALE

1—Lauretum in 4th District tenanted by Charles Hawkins, containing 157 acres.

3—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.

LOVE POINT FERRY

To and from the Heart of BALTIMORE

Schedule in effect June 1st, 1939 (Eastern Standard Time)

LEAVE LOVE POINT (B. & E. R. R. PIER)

DAILY ex. Sun. 1:00 a. m. — DAILY 9:35 a. m. — DAILY 6:00 p. m.

LEAVE BALTIMORE (PIER 5, LIGHT STREET)

DAILY 7:00 a. m. — DAILY 3:00 p. m. — DAILY ex. Sat. 9:00 p. m.

Passengers, Automobiles and Trucks Handled on All Trips

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65c ONE DAY EXCURSION

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TRUCKS INCLUDING DRIVER $3 to $6

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