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

For fine cooking everyone should really own a dutch oven. This is a flat deep iron spider with a tight fitting iron cover, that fits over one burner on the top of the stove. It pot roasts, meat or fowl in their own juices, without adding water, by long, slow cooking which requires no watching.

Did you know that you could measure butter nicely for cooking by buying it in bricks? For measuring, cut 1 pound of brick butter or lard in half crosswise, each square equals one cup. Cut each square in half for half cups. Cut into four equal parts for one-fourth cup. Cut each fourth into four equal parts and each part equals one tablespoon.

To cut brick butter, cover blade of knife with wax paper or dip knife in very hot water, or saw through with a string.

Mushrooms should not be peeled for drying. Trim and slice as soon as possible after buying. Cut the stems croswise. They should be dried quickly. Spread on a beard of paper and set in a sunny place or in an oven, not too hot, lest they steam and spoil. A place near the furnace or in the furnace encasement is best. Rinse well in cold water before cooking.

Did you know that:

1 pound of topped beets makes about 2 cups when cooked and diced. Serves 3 or 4.

1 pound of asparagus, cut into 1-inch pieces for creaming yields about two cups when cooked. Serves 3 or 4.

An average bunch of broccoli, weighing from 1½ to 2½ pounds, serves from three to six.

One pound of Brussels Sprouts, when trimmed and cooked, yields about three cups of sprouts. Serves four or five.

A pound of cabbage yields approximately 3½ cups of finely shredded cabbage for salad, or 2½ cups when cut and cooked. Makes three servings of cooked cabbage.

One pound of topped carrots yields about 2½ cups of raw diced carrots, or 2 cups when cooked. Serves 3 or 4.

A bunch of celery weighing 1½ pounds yields approximately three cups raw celery, sliced, or 2 cups when cooked; 3 small bunches yields hearts for serving six.

An eggplant weighing about 1 pound yields 11 slices cut ½-inch thick, or 4½ cups raw eggplants, diced, or 1¾ cups cooked eggplant, diced.

To par-boil meat, heat frying pan hissing hot. Rub sparingly with a piece of fat. Sear meat quickly on each side. Reduce heat and finish cooking, turning occasionally. Let meat stand on edge when nearly done to brown outside fat. Pour off excess fat occasionally. Time for cooking meat varies with thickness.

When boiling a ham to serve cold, let the ham stand in the water in which it was cooked until cool. When cold, peel off the skin and slice.

To prepare sweetbreads, let them stand 1 hour in cold water and then drain. Place them in boiling water to which 1 tablespoon vinegar has been added and cook 15 minutes. Drain and plunge them in cold water in order to keep them firm and white. After this parboiling, sweetbreads are ready to cook in any way desired, such as sauteing, broiling or creaming.

This is the time of year again when such a simple dessert, but such an excellent one as gingerbread should be recalled to mind. It's perfectly grand for the childrens' lunch and dad will certainly be glad to see it topped with delicious molasses whipped cream for his dinner dessert.

To measure liquids, place a standard measuring cup level on the table. For fractions of cup, pour in liquid to desired amount, as indicated on side of cup. To measure full cup, first look at your measure—the one-cup mark on some cups is at the rim, so fill that cup brimming full. On some cups there is a mark below the rim to indicate one cup.

One can save materials, time and patience by owning a flexible narrow spatula to remove the last trace of batter from mixing bowls, to loosen freshly baked cake from pans, to level measurements, and to do the many helpful little things it is capable of doing.

A wooden mixing spoon is light and well adopted to beating cake batter; it makes litle noise and does not discolor the batter.

To bone a fish, clean thoroughly and cut off head. With a sharp knife cut flesh from each side starting from the tail, cuting toward the head and keeping close to the backbone.

ROMANCE OF GERALDINE

The thrilling inside story of the only girl of American blood to marry a king-the monarch of Albania-who recently lost his throne. Don't miss this unusual illustrated feature in the November 5th issue of The American Weekly, distributed with the Baltimore Sunday American. On sale at all newsstands.

NEW MYSTERIES OF THE SKY

An extraordinary article explaining new astronomical discoveries written by an eminent astronomer and lecturer. One of many features in the November 5th issue of The American Weekly, distributed with the Baltimore Sunday American. On sale at all newsstands.

Sandwiches Make Possible Steak and Onions For Large Group

In these days of many inventions and expert methods of cooking it is possible for a woman to invite a great number of people in for a steak and onion supper.

All this goes back to that famous person The Earle of Sandwich who invented the most widely eaten dish there is. It is a far cry from the sandwich we eat today, to the original but the principle is the same and in this way, we serve our steak and onions for a large group.

STEAK AND ONION SANDWICHES

Slice Bermuda onions thin and separate into rings. Soak in milk for ten minutes, then dredge in flour. Fry in deep hot fat until nicely browned, then drain on absorbent paper. Meanwhile spread the untoasted side of the bread with butter which has been blended with prepared mustard. Use I tablespoon of mustard for each half cup of butter. Broil tenderloin steaks on each side until tender. Sprinkle with salt and pepper. Keep the toast and onions hot in hot covered dishes until all the ingredients are ready to assemble.

To serve, top each piece of buttered toast with a tenderloin, then heap with fried onion. Or bring the foods to the table in covered dishes and let your guests assemble their own.

Apple Stuffing For Bowl

3 cups moistened bread crumbs
¼ cup melted butter
1 cup chopped apples
1 cup chopped celery
1-3 cup choped walnuts
1 teasoon poultry dressing
1 small onion, minced
1-3 cup seeded grapes
1 teaspoon salt
¼ teaspoon pepper

Cut the grapes in halves to remove seeds. Mix all ingredients together.

A Light, Tasty Dessert

For the family who doesn't particularly care for "gooey" desserts let us suggest stewed fruits and a pound cake made as follows:

POUND CAKE

1 pound butter or other shortening
1 pound granulated suga r
1 pound flour (3¼ cups)
10 eggs, separated
¼ teaspoon mace
2 tablespoons brandy

Cream butter well and gradually add the sugar, beating well after each addition. Beat the egg yolks until thick and lemon colored and then add to the butter mixture. Add the brandy. Sift the flour and mace and add alternately with the stiffly beaten egg whites. Pour into a well buttered bread pan and bake in a slow oven 300 F. for one and one-half hours.

Glazed Onions

Drain juice from cooked onions and to each cup onion, add 1 tablespoon butter and 2 tablespoons of sugar. Put into buttered casserole and cook until thoroughly heated. Save the juice for soup.

Hot Breakfast For Autumn Mornings

They say that variety is the spice of life, and next to variety—novelty. Keeping both these things in mind, here is a recipe that will probably just fit the role.

Autumn and winter months call for hot breakfasts, larger than those we have been eating these past few months. We therefore turn to griddle cakes and waffles steaming hot and served with a delicious syrup.

BREAD-CRUMB PANCAKES

1 cup bread crumbs
2 cups milk
⅛ teaspoon salt
2 teaspoons baking powder
Flour
1 egg

Roll stale bread into coarse crumbs and set to soak overnight in the milk. In the morning add salt, well beaten egg, enough flour to make a soft batter and the baking powder. Beat together and fry in small cages on a greased griddle.

October The Month Of Nut Brown Ale

Even the leaves of Sherwood Forest seemed impatient as Robin Hood and his men paced up and down, waiting to drink deeply of the new stolen kegs of brown October ale. It was indeed a long time since the serfs of the lords had harvested the barley crop and the malsters had malted the grain into deep autumnal brown, and the brewers had brewed that first ale of the new harvest.

After waiting for some time, Robin Hood finally gave the signal for the men to advance and in a few short minutes they were well on their way into the depth of the forest of Sherwood with a suitable portion of the brew and new it was to be enjoyed. And so, amid songs and cheers they toasted the month and the season of the year and drank deep of the brown October ale.

Only the names of Robin Hood and his merry men remain, but the ale which they made famous lives on in this hurrying world—and with the first days of the crisp autumn season, millions of men and women turn to ale as they turn to turkey and pumpkin pies.

Generally somewhat stronger than most beers, with a tangy pungent flavor all its own, the ales of autumn stand out as the beverage of robust people. Little did Robin Hood realize that after all these centuries, the ale he made so famous should still be popular when autumn days come. Accompanied by all his men he would sing, "So all my days, I drink the praise of Brown October Ale."

MILLINGTON

Mr. and Mrs. Allen Bamburger spent Sunday evening with Mr. and Mrs. Arthur Tonkin.

Miss Sara Moore, of Smyrna, Del., was a visitor of her parents, Mr. and Mrs. Dudley Moore, near town, over the week.

Howard Tonkin, is spending some time with friends in Chester, Pa.

Mr. and Mrs. James Pennington, of Baltimore, spent Sunday with his mother, Mrs. Listen Pennington.

Mr. and Mrs. Herbert Evans, of St. Augustine, Florida, were the guests on Sunday, of Mr. and Mrs. Lucien E. Massey.

Mr. and Mrs. Herald Myers are receiving congratulations on the birth of a daughter on Monday, October 23rd.

Miss Margaret Moore and George Duling were Monday visitors of his brother and sister in law, Mr. and Mrs. Charles E. Duling in Oxford, Md.

Mrs. John Stoddard, of Wilmington, Mrs. John Krause, of Richardson Park, Mrs. William Palmatory, of Massey, Md., and Mrs. James D. Moore, of Milington, all visited the World's Fair in New York City one day last week.

Miss Blanche Reese returned home last week after an extended visit with her sister, Miss Elva Reese in Washington, D. C.

Mrs. Pearl Free, of Wilmington, Del., is the guest of her sister, Mrs. Roland Porter.

A joint meeting of the Ladies Bible Class and the Ladies Aid Society of Asbury Church, Millington, met at the home of Mrs. Mary E. P. Smith, on Wednesday evening, October 25th.

Mrs. Emma Airey, of Catonsville, Md., spent the past week end at the home of her parents, Mr. and Mrs. Charles P. Jones.

Mrs. Herman Wallace, near town returned home after a weeks treatment at Easton Hospital, she is very much improved.

Mrs. James D. Moore returned home on Friday after spending a pleasant week with friends in Wilmington, Del.

Miss Martha G. Hazell is spending some time with friends in New York City.

Floating Through Space

Soaring in a glider consists of taking advantage of rising air currents along a hill or ridge under certain clouds or along the shores of large bodies of water and riding these air currents for altitude and distance.

Chipping Sparrow

The nest of the chipping sparrow, which is compactly built of grasses, weed stalks and roots, is invariably lined with hair. For this reason this bird is sometimes referred to as the "hair bird."

Likeable Unpronouncibles

Tourists today who like places with strange names choose Poland and boast of their enjoyment while visiting the palace of Krzyztoper or the ruined castle of Ogrodzieniec at Zawiercie.

MARYLAND 4-H TEAM TO WORLD'S FAIR

DEMONSTRATING the equipment necessary and the cleansing and sterilizing of utensils required by the Baltimore fluid milk market, the boys above won Maryland State honors in competition with other county teams in the national 4-H dairy production demonstration contest, and the right to enter the finals at the National Dairy Show, Golden Gate Exposition, San Francisco, October 21-25. The boys are Vernon B. Bolte, 17, of Reisterstown, and Earle M. Uzzell, 15, of McDonogh, who represent Baltimore county. They were coached by J. Wheeler Ensor, assistant county agent. * * * The contest is being conducted by the extension service for the third year to encourage clubsters to learn and practice good dairy methods and demonstrate them to others. The team carefully detailed the advantages of the small top milk pail and Maryland type milk can; cooling of milk immediately after drawing; making and use of chlorine solution in connection with rinsing, scalding and brushing of utensils to remove and destroy bacteria. * * * The team receives all-expense trips to San Francisco through the Kraft-Phenix Cheese Corporation which provides $250 and $100 scholarships respectively for the first and second placing teams among Eastern states.

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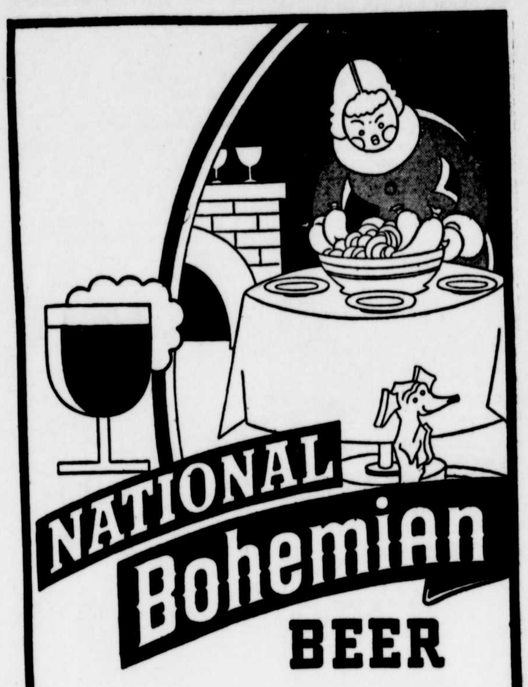

Housewives who shop around and who have men folks at home who know their beer are saying "National Bohemian."* They know now that the dealer who hands it out is a quality-minded man because he pays more for National Bohemian than for any other ten-cent bottle of beer on the market. But one taste tells them why! One bottle proves its pound worth—it's a digestible—agreeable beer.

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NAGGING BACKACHE
May Warn of Disordered Kidney Action. Don't Neglect It!

Modern life with its ceaseless hurry and worry, irregular habits, improper eating and drinking, exposure, contagion *whatnot*, keeps doctors busy, hospitals crowded. The after effects are disturbing to the kidneys and oftentimes people suffer without knowing that disordered kidney action may cause the trouble.

After colds, fever and similar ills there is an increase of body impurities the kidneys must filter from the blood. If the kidneys are overtaxed and fail to remove excess acid and other harmful waste, there is poisoning of the whole system.

Symptoms of disturbed kidney function may be nagging backache, persistent headache, dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of strength and energy. Other signs of kidney or bladder disturbance sometimes are burning, scanty or too frequent urination.

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