THREE MEALS A DAY

Food, of course, must be well seasoned to be worthy of its piquancy

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SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

SUSAN SNOW

For a change try mixing four tablespoons shaved unsweetened chocolate in angel cake made with one cup of egg whites.

To permit air to circulate freely and thus maintain proper temperatures throughout your refrigerator, dishes and other containers should not be crowded too closely together on the shelves.

A stiff, clean whisk broom is a real help in removing the silks from corn on the cob.

A sauce with a steak is just as important to many people as is gravy with a roast—for a drawn butter sauce for a steak; pour steak drippings into a small pan, add two tablespoon lemon juice. Pour over the steak. Chopped parsley may be added to the sauce if desired.

Did you know that, when melting chocolate, the chocolate can be nicely placed in a piece of waxed paper. Then place the paper and all in the top of a double boiler. The melted chocolate may then be poured off the waxed paper, and there is no extra dish to be washed.

Allow some cheese, such as pimento, to remain at room temperature until softened. Spread on thin slices of fresh bread and roll up. Fasten each with a toothpick and brush entire outside of roll with melted butter. Brown in a hot oven (450 F.) Serve hot.

A ham slice cooked in cider is an autumn favorite. Stick a ham slice with whole cloves, cover with fresh cider, and cook in a moderate oven.

A pot-roast cooked with tomatoes as the liquid and seasoned with curry powder is another good dish for a chilly fall day. Serve it with noodles, cooked separately.

If you have a large quantity of sandwiches to prepare, you will have easier spreading if you cream one-half cup of milk into one pound of soft butter.

Cut apart six stale French rolls, and scoop away the crumbs from the crust until only thin, crisp brown shells are left. Heat two pounds of canned asparagus, cut into 1 inch pieces. Put on in a double boiler 1½ cups milk, seasoned with ½ teaspoon salt and dust of black pepper, when hot add to it two tablespoons butter. When this is melted, add two beaten eggs and beat with an egg beater until as thick as soft custard. Pour at once over asparagus, and fill into crusts, which should have been heated in the oven. Garnish with minced parsley, and serve at once.

When something is stained with coffee, if the material is not harmed by water, sponge the spot immediately with lukewarm water. Launder. Bleach any remaining stain with Javelle water or potassium permanganate, followed by lemon juice or oxalic acid. If the material is non-washable, sponge with lukewarm water. Bleach any remaining stain with hydrogen peroxide. If a grease spot remains, sponge with carbon tetrachloride. Potassium permanganate should not be used on rayons. Javelle water should not be used on silk or wool. Hydrogen perovide. Javelle water and oxalic acid should not be used on colored fabrics without first testing. Rinse bleach thoroughly. Oxalic acid is poison.

White or delicately tinted woodwork, even when very dirty, can be safely and satisfactorily cleaned by the following method: Dissolve 1 heaping tablespoon of soft soap flakes in one cup of hot water. Stir in 1 level tablespoon washing soda and put in a cool place to stand until solid. For using; squeeze a soft cloth out of warm water. Rub over the surface of the soap. Apply directly to the paint. Wash a small portion at a time and rinse immediately with a cloth squeezed out of clear water. Dry thoroughly. It is not only easier to remove the dirt with such a soap jelly but the cleaning can be carried through without the usual dripping of water and cleaning up afterward.

On a round of toast place a thin slice of broiled ham, next a thin slice of turkey. Cover with white sauce, sprinkle with grated cheese and set in a moderate oven to heat and melt the cheese. Complete the menu with a fruit salad.

Fruit And Nut Sandwiches For Afternoon Tea

One of the happiest combinations for afternoon tea sandwiches are fruit and nuts. Women are very partial to them and when made in very small, assorted sizes and shapes one can consume what seems to be a great amount without actually eating enough to spoil the evening meal. Here are a few:

Banana and Nut Sandwich—Mash a banana, add one teaspoon lemon juice, one-fourth cup finely chopped nuts and enough mayonnaies to spread.

Prune and Cheese Sandwich—Mix one cup chopped raw or cooked prunes, 1 tablespoon melted butter, ½ cup cottage cheese and a little paprika. Mix thoroughly and spread.

Date and Orange Sandwich—Put one pound stoned dates through a food chopper and rub to a paste with the juice of one orange.

Left-Over Corned Beef

Left over corned beef never presents a problem as it is so popular in hash or in sandwiches, but even with something so popular, a novelty is a fine thing—so the nevt time you have some left over, try a salad like this.

CORNED BEEF JELLY

1 package lemon flavored gelatin
1 cup boiling water
1 cup meat stock or
1 cup water with 4 bouillon cubes
1 tablespoon Worcestershire sauce
3 cups corned beef, chopped
1 small onion, chopped
A little mustard

Dissolve the gelatin in the water then add the meat stock and the seasonings. When the mixture begins to jell, fold in the corned beef. Pack in square mold. Cut in slices and serve on lettuce. Garnish with hard boiled eggs and pickled beets.

A Salad Is The Man's Contribution To Dinner

Though few men like to carve anything but liver, they all sit proudly over the salad bowl and serve it with as much flourish and gusto! There are many men who make the salad themselves and do it with as much care and tenderness as the wife makes her cakes and under such circumstances, it would be beyond all thought that anyone but the man should serve said masterpiece. Here is a recipe given to us by a man who thinks a woman should never make a salad to be eaten by men, she should make only those dainty tid-bits that men don't like particularly. This is a salad that is served either as first course, or with the main course of a meal. To start: Be sure that the salad bowl is kept in the ice box all day,—then rub the bowl gently with a crushed clove of garlic. Line the bowl with heart of lettuce leaves, all crisp and cold and luscious looking. Slice into the bowl two or three peeled cucumbers, lettuce that has been broken in small bits with the fingers, not cut with a knife, pearl onions, slices of tomatoes and mix with all the contents of a small tin of curled anchovies. Dress this salad with Frenchdressing that has been seasoned to the nth degree and garnish with slices of cold hard boiled eggs. The bowl, along with the salad plates, is placed before the maker who then, with the aid of a wooden spoon and fork tosses the salad gently but firmly and then serves it to the family and guests.

Timely Tips On Storing Vegetables

There are quite a few womar who find that the prices asked for vegetables during the winter months are just a little too much for their budgets. These women have learned the value of storing vegetables and saving a certain amount of money.

Now there are a great many who would like to store vegetables and who perhaps have tried it in the past without much success and have found only trouble and waste. Here are the rules:

The best vegetables for storing are carrots, parsnips, salsify, beets, turnips, potatoes, onions and cabbage. All the bruised and broken vegetables should be rejected. At least one inch and a half of the tops should be left on beets, carrots and turnips. They should be stored in bins or boxes of sand and buried on their sides in rows and surounded with enough sand or garden soil between, on top and below so they will not touch each other, and the soil through be kept slightly moist. Too much moisture causes the vegetables to rot.

Just before the frost comes, tomato vines which contain a good many green tomatoes may be pulled up, roots and all, and hung downward in the cellar where they will ripen gradually.

Onions require thorough curing and drying, and they must be kept in a cool, dry place.

A Little Accompaniment And Soup Becomes Pleasing Repast

A plain and simple bowl of soup can easily be made into something grand by simply adding an interesting garnish that will greatly improve any soup.

Croutons: Cut stale bread into cubes, place in a pan and brown in the oven; or butter the bread, cut into cubes and then brown.

Soup Sticks: Cut stale bread in ⅛-inch slices, remove crusts, spread with butter, cut in 1-3-inch strips, brown in oven.

Puffed Crackers: Split round crackers, cover with ice water, let stand for 8 minutes. Dot with bits of butter, place in a hot oven 45 minutes at 300 F. until browned and puffed.

Caraway Potato Wafers: One-quarter pound or 17 cup boiled potatoes, riced while warm; ½ cup (¼ pound) creamed butter; 1⅛ cups flour; 1 teaspoon salt; 1 tablespoon caraway seed; 1 egg, slightly beaten. Work the first four ingredients lightly with a fork to a smooth dough. Set aside ½ hour to chill. Roll ⅛-inch thick, place in a pan, brush tops with egg mixed with milk, sprinkle plentifully with salt and caraway seeds. Cut with hot knife into narrow strips 1 to 3 inches. Place in oven at 350 F., gradually increase to 400 F. Bake 15 minutes or until crisp and a delicate brown. Serve with soup.

Attractive Dishes At Home End "Eat Out" Desire

Dishes in restaurants are nearly always so pretty that one sometimes wonders if it isn't better to "eat out" all the time. However instead of wanting to eat out, the housewife who settles down to some serious thinking and arranges her meals at home in an attractive manner like the restaurants will really accomplish something to be proud of.

Such simple thing as a vegetable plate can, with a little decorating become something almost too pretty to be touched. Here is one:

MUSHROOM SOUFFLE RING

1 pound mushrooms
2 tablespoons butter
4 tablespoons flour
1 cup cream
4 egg yolks
4 egg whites, stiffly beaten

Chop mushrooms fine, saute in butter until cooked. Blend cream and flour until smooth, cook until thick; pour gradually into yolks until the mixture coats the spoon; then fold in beaten whites. Pour into a well buttered ring mold and set into a pan of water, put into a moderate oven 350 F. uncovered and bake for 20 to 30 minutes. Fill center with Brussels sprouts or smothered cabbage, and surround with creamed peas and carrots.

Holy Field of Genoa

Probably the most visited cemetery in the world is the Campo Santo or Holy Field of Genoa, Italy, for its memorial sculptures are finer than can be found in many of the best-known museums.

1,000 Open Hearth Furnaces in U. S.

"Open hearth furnaces are preponderantly the most important source of steel today," says "Steel Facts." They total 995, with an annual productive capacity of 65,151,152 tons. This represents 84 per cent of the total number of steel producing units in the United States, and 89 per cent of the nation's annual steel producing capacity. A half century ago there were only 103 open hearth furnaces, which represented but 40 per cent of the total number of steel producing units. Such furnaces then generally ranged up to 35 tons in size. The present average is more than one hundred tons and some run as high as 300 to 350 tons.

University Resumes Cattle-Feeding Trial

Distillers' Dried Rye Grains Also To Be Tested By Agricultural Experiment Station In Wintering Of Ewes.

The wide range of activities at the Maryland Agricultural Experiment Station at the State University which is investigating the feed value of distillers' dried rye grains for cattle, dairy cows and sheep will be continued during the fall and winter, according to the announcement of Professor J. E. Metzger, Director of the Experiment Station.

The cattle-feeding experiment conducted last winter and spring is being resumed this month and will continue until the middle or the latter part of next March. This experiment, wherein distillers' dried rye grains are substituted for a part of the corn ration in feeding steers, is under the supervision of Professor Fred H. Leinbach and is financed in part by the Association of Maryland Distillers and Allied Industries. There will also be undertaken at the University an experiment in the wintering of pregnant ewes. Distillers' dried rye grains will be tested to discover their value in replacing a part of the regular ration of both grain and hay.

Forty head of good to choice feeder yearling grade Herefords obtained from Texas were purchased especially for the resumption of the cattle-feeding experiment. It is planned to feed the cattle in four different groups of ten each for approximately 150 days. One of these groups, a control group, will receive the regular ration usually provided for steers in this State. The others will receive varying amounts of distillers' rye grain and stillage substituted for a part of the corn usually fed.

The feeding experiment conducted last fall and winter showed the necessity of following cattle that are being fed for the market with hogs in order to recover any waste which often represents the difference between profit and loss. It showed, too, that the use of distillers' dried rye grains in place of part of the corn ration resulted in gains at a lower cost. The dried rye grains were practically as well assimilated as the corn they replaced and because of the cheaper cost, the use of the rye grains resulted in greater profits.

The present cattle-feeding experiment follows a trial conducted by Professors K. L. Turk and M. H. Berry to determine the feeding value of distillers' stillage for dairy cows. While some difficulty was noted in getting the cows to consume the stillage at the beginning of the experiment, the longer the cows were kept on the stillage ration, the greater was the margin of added milk production over a group fed the regular ration of grain, silage and alfalfa hay.

Contrary to the assumption of the public health regulations, stillage had no deleterious effects on the flavor and odors of the milk obtained during the experiment. The palatability of the stillage was increased by the addition of about one-half pint of cane molasses per cow per day until the cows became accustomed to drinking it. In in all cases the stillage was fed immediately after milking and best results were obtained when it was fed at a temperature of approximately 100 degrees Fahrenheit.

New Chesapeake Bay Telephone Cable Laid To Serve Eastern Shore

88-Pair Four-Mile Link Placed Between Sandy Point and Broad Creek

A new submarine telephone cable to supplement existing facilities serving the Eastern Shore of Maryland has just been completed, according to a statement made by officials of The Chesapeake and Potomac Telephone Company of Baltimore City. The project cost about $40,000.

The cable, which is four miles long, contains 88 pairs of telephone wires and stretches from Sandy Point on the Western Shore to Broad Creek on the Eastern Shore. The new cable will follow approximately the same route as the existing one and will provide facilities for 114 message circuits and two high quality broadcast circuits, which it is estimated will care for future circuit requirements until about 1960.

The cable has over the usual lead sheath a cushion of jute and a layer of steel armor wires to provide protection and weighs about 90 tons. It was laid in eight sections, each about 3,000 feet in length, from a specially equipped cable-laying ship, the "Lidiv," sent down from New York to handle the job. After it was laid, the adjacent ends of the various sections were raised and spliced together through loading coils, which were specially designed for this project by the Bell Telephone Laboratories. The special armored cable itself was manufactured in the Western Electric Company's plant at Point Breeze, Maryland.

A Full Meal

When George Nevile was installed as Archbishop of York in 1466 he gave his friends a dinner. The guests remained at the banquet table for several days, consuming 80 oxen, 6 wild bulls, 1,004 sheep, 300 calves, 2,000 pigs, 400 harts, bucks and does, 5,300 fowl and such gastronomic eccentricities as seals, porpoises, peacocks and devilfish.

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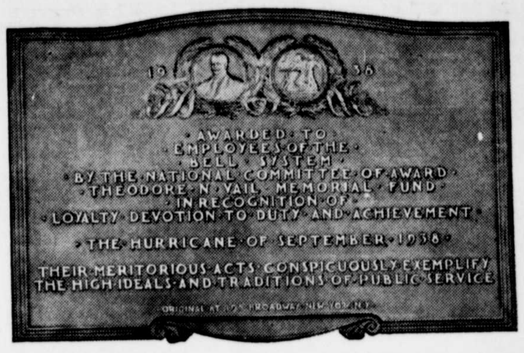

Replica of the Vail Medal plaque awarded to Bell System employees for their efforts during the hurricane of September, 1938. It may be seen in the headquarters buildings at Washington, Baltimore, Richmond and Charleston.

A special plaque honoring all Bell System employees for their loyalty, devotion to duty, and achievement during and after the hurricane of September, 1938, has been awarded by the National Committee of Award of the Theodore N. Vail Medals.

Said the committee, "It has not been possible to single out employees for individual awards. It was rather a system-wide cooperative effort on the part of all. The National Committee believes that this self-sacrificing devotion to duty under most trying and difficult conditions conspicuously illustrates the high ideals which govern the Bell System policy as to telephone service."

Replicas of the plaques have been placed on exhibition in the headquarters buildings of The Chesapeake and Potomac Telephone Companies in Washington, D. C., Baltimore, Md., Richmond, Va. and Charleston, W. Va.

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