SIDNEY SNOW will be glad to answer any questions on food

THREE MEALS A DAY

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Edited by WILMA DEUTE

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

MENU OF THE WEEK

MONDAY

BREAKFAST — Raspberries and Cream, Griddle Cakes, Strawberry Jam, Coffee or Milk.

LUNCH—Stuffed Egg Salad Hot Muffins, Fruit Gelatine, Tea or Milk.

DINNER—Calves Liver and Bacon, Creamed Potatoes, Buttered Sainpch, Watercress Salad, Chocolate Cream Pie Coffee.

TUESDAY

BREAKFAST—Honey Dew Melon, Waffles, Maple Syrup, Coffee or Milk.

LUNCH—Frizzled Ham, Scallopped Egg Plant, Bjscuits, Stewed Rhubarb, Cookies Tea or Milk.

DINNER—Pot Roast of Beef, Potato Pancakes, Fresh Green Beans, Cabbage and Carrot Salad, Strawberry Shortcake, Coffee or Beer.

WEDNESDAY

BREAKFAST—Cold Cereal with Sliced Bannanas, Broiled Bacon, Poached Eggs on Toast, Coffee or Milk.

LUNCH—Italian Spaghetti, Grated Cheese, Green Salad, Assorted Cakes, Tea or Milk.

DINNER—Roast Shoulder of Lamb, New Peas, Pan Roasted Potatoes Jellied Mint Salad Rhubarb Pie, Coffee.

THURSDAY

BREAKFAST—Cantaloupe, Parsley Omelet, Pop-overs, Coffee or Milk.

LUNCH—Cream Cheese and Prune Salad, Hard Rolls, Blackberry Cobbler, Tea or Milk.

DINNER—Meat Loaf, Bakade Macaroni and Cheese, Smothered Carrots, Cole Slaw, Pineapple Whip Coffee.

FRIDAY

BREAKFAST—Mixed Blueberries, and Blackberries, Soft Boiled Eggs, Buttered Toast, Coffee.

LUNCH—Assorted Sandwiches, Potato Salad, Frosted Coffee, Fresh Peach Sundae.

DINNER—Cream of Asparagus Soup. Baked Sea Trout, Creole Rice, Cucumber Salad, Chocolate Bavarian Cream, Coffee.

SATURDAY

BREAKFAST—Sliced Peaches with Cream, Bacon and Eggs, Toasted Biscuits, Coffee or Milk.

LUNCH—Grilled Tomatoes and Bacon, Shredded Lettuce, Hot Muffins, Fresh Pineapple, Tea or Milk.

DINNER—Baked Virginia Ham, Raisin Sauce, Candied Sweet Potatoes, Buttered New Cabbage, Lettuce with Roquefort Cheese Dressing, Lemon Snow Pudding Coffee.

SUNDAY

BREAKFAST—Chilled Melon, Little Sausages, Scrambled Eggs, Fried Potatoes, Toast, Coffee.

DINNER—Roast Ribs of Beef, Browned Potatoes, Corn on the Cob, Romaine and Grapefruit salad, Ice Cream Shortcake Coffee.

SUPPER—Chicken in Aspic Salad, Hot Biscuits, Watermelon, Tea or Coffee.

PRIZE-WINNING RECIPES

There are so many many perfectly delicious recipes bein sent in that it's really a pity they can't all be printed, especially this, which is our birthday week, but that would be impossible. However, if the sender of the recipe state no objections, we are perfectly willing to send any recipe desired.

Mrs. John Cadwallader of Babylon, L. I., and a reader of the Babylon, L. I. Leader, writes that she finds that children seem to believe that desserts from the ice-box are the best, she there-fore submits a recipe for an ice box cake for which she will receive a Seceni Hand Made, Hand Painted Salad Bowl.

ICE BOX DEVIL'S FOOD CAKE

1 cup butter
2 cups white sugar
3 eggs, beaten separately
3 squares bitter chocolate
1 cup sweet milk
1-2 cake yeast
1-2 teaspoon salt
1 teaspoon soda
1 teaspoon vanilla
2 3-4 cups cake flour

Cream butter thoroughly, add sugar, melted chocolate and mix well. Add egg yolks and beat mixture well. Sift flour and salt together, add alternately to the mixture with the milk. Add vanilla, then yeast dissolved in 1-4 cup warm water, fold in stiffly beaten egg whites. Place in ice box or refrigerator for about 12 hours.

Then add soda dissolved in 1-2 cup warm water. Bake in moderate oven for about 1-2 hour.

Mrs. A. M. Hodgson of New Canaan, Conn., a reader of the New Canaan, Conn. Advertiser, is the winner of a case of Ruppert's Beer.

Mrs. H. Gustafson, of Summit, N. J., a subscriber of the Summit, N. J., Herald has been awarded an apron and a box of Cox's Gelatine.

A case of Trommer's White Label Beer has been won by Mrs. Wm. Doppel of Center Moriches, L. I., a read of the Patchogue, L. I., argus.

Mrs. E. P. Neumann of Hasbrouck Heiihts, N. J., Observer, has won a metal recpt holder with numerous recipes and a can of Pompeian Olive Oil.

A Rice Ball and a box of All Comet Rice Products has been warded to Mrs. Daisy Miller, of Stephentown, N. Y., a reader of the Chatcham, N. Y., Courier.

Mrs. T. H. Mulch of Westwood, N. J., a subscribed of the Westwood, N. P., News has won a cheese tray with an assortment of seven kinds of Borden's Cheese.

If you have a recipe that is novel, or original that is just toog ood to keep to yourself, send it to Sydney Snow in care of this paper. It might be a prize winner and many other women will enjoy trying it.

LAMB LEAST HEAT GIVING OF ANY MEAT

PEOPLE FOND OF LAMB DON'T MIND EATING IT THREE TIMES A WEEK

Some like it hot, some like it cold, some like it in the pot nine days old." Figuratively speaking of course and using lamb as a good example, because those people who are fond of lamb don't in the least mind eating it three times in one week. Especially in the summer after taking into consideration that summe ror winter pepople eat meat and lamb is the least heat giving. On Sunday a luccious roast leg of lamb with rich brown gravy, pan browned potatoes, string beans pineapple and cheese salad, peach shortcake and coffee. Then on Tuesday either sandwiches of cold lamb with thin sliced tomatoes and lettuce and rye bread of just sliced cold lamb with potato salad. Then on Thursday a grand stew or English Shepherd's Pie;

SHEPHERD'S PIE

1-2 pound cold lamb
1 pound mashed potatoes
1 tablespoon butter
1-2 pint gravy
1 teaspoon parboiled, finely chopped onion.
Salt and pepper.

Cut the meat into small thin slices. Melt half the butter in a pan, add the potatoes, salt and pepper, and stir over the fire until throughly mixed. Grease a deep pie dish, line the bottom thinly, with potato, put in the meat, sprinkle each layer with onion, salt and pepper, pour in the gravy, and cover with potatoes. The potatoes can either be scored with a fork to make a rough surface of smoothed with a knife giving it a crust-like appearance. Dot with remaining butter and bake in moderate oven from 30 to 40 minutes until the potatoes are well browned.

OLD NEW ENGLAND BOILED DINNER---ITS MODERN VERSION

GREAT PLEASURE TO RECEIVE FINE FOOD IDEAS FROM ORIGINAL SOURCES—DSFINITE SCHOOL OF COOKERY HOPED FOR

Sidney Snow

If we were in the book publishing business, we should ask a certain interesting lady, Mais Edith A. Harrison of Ancram, ..ew York to write us a book. But being purely and simply recipe hounds, we just beg, borrow and steal with discrimination.

Now, when there ever is published a real Anthology of American Food, the New England Boiled Dinner will occupy a leading spot. Whoever is collecting material for such a book, may well clip the following as "original source" material, since it traces right back into the early days when New England was provincial and New England cooking was to be found only in New England. Miss Harrison writes:

Dear Mr. Snow—I am sending you a "moder version" of the old time Yankee Boiled Dinner. It is amusing to read accounts of what that dinner consists of and more amusing to me to dine at a hotel or restaurant at which a supposed to be New England Boiled Dinner is served.

When I was five years old I went to live with my grandmother who taught me her art of Yankee cooking. Grandmother lived to be 96 years old and I was with her during the last two years of her life. She was just as 'set' about her food then as she was in her childhood days—so I consider that I am an authority of what is New England old time food.

"The genuine old time New England boiled dinner consists of corned beef, cabbage, turnips, potatoes, beets and carrots. These vegetables were always on hand in the farmer's cellar, as was the corned beef.

Now, to adapt this old time combination to modern cookery, I cook it to-day like this:

I take the six pound end of a farm cured ham with skin on; 2 large turnips, 3 large carrots, 6 large potatoes, 1 large cabbage, 4 large beets.

Soak ham over-night in cold water. Bring to boil in large kettle, turning that water off. Cover ham with fresh water and boil four to five hours. Turn a little of the broth off into small kettles for cooking the beets and the carrots, neither of which should be pared until after cooking. Pare turnips and potatoes; quarter the cabbage and remove core. Put cabbage on top of ham, then add turnips, cut into eighths, then the potatoes on top; cover closely and boil half an hour, or until all the vegetables are tender. The beets and carrots which were cooked separately must now be peeled.

For serving, the potatoes and turnips may be mashed or not, as desired, and seasoned to taste with salt and pepper.

Using a large platter, the meat and all the vegetables are arranged, the carrots and beets set on end, standing up, and sliced as served. Dumplings may be served, if desired.

With this, serve first a tomato juice cocktail, bean soup and celery and onion salad, with pumpkin pie for dessert.

HOUSEHOLD HINTS
By MISS EUNICE ELLIS
HOME ECONOMIST

GRAPE JUICE SHERBET

2-3 cup Eagle Brand Sweetened Condensed Milk.
2 tablespoons lemon juice.
2 tablespoons melted butter
1 cup grape juice
2 egg whites.

Blend Eagle Brand Sweetened Condensed Milk, lemon juice, melted butter and grape juice. Chill. Beat egg whites until stiff and fold into chilled mixture. Pour into freezing pan. Place in freezing unit. After mixture is about half frozen, remove from refrigerator. Scrape mixture from sides and bottom of pan. Beat until smooth but not until melted. Smooth and replace in freezing unit until frozen for serving. Serves 6.

MASSEY DEFEATS CHRISTIANA A. C.

Massey downed Christiana A. C., in a hard game, after trailing throughout the game and missing many chances to score by fast fielding on part of visitors, the home lads scored twice in eight to win out in ninth. Grady first batter reached first on a free pass, Hastings running scored when Cox doubled to deep center. Betz beat out an infield hit, Cox going to third. Cox was out on fielder's choice. Peacock forced Betz, at third, E. Passwater then hit a hard drive to deep right field scoring Weatherlow. Grady pitched a nice game only allowing one hit after the second inning.

Massey will play at home Sunday against Jimmy Carrolls all Starrs, of Linwood, Pa., this should be another good game.

MASSEY	Ab	R	H
Cox, lf,	5	0	3
Betz, 3b,	5	0	1
Weatherlow, 1b,	3	2	0
Peacock, ss,	4	1	2
E. Passwater, c,	5	1	3
Massey, cf,	4	0	2
Haley, rf,	2	0	0
A. Passwater, rf,	2	0	1
LeSage, 2b,	1	0	0
Hastings, 2b,	3	1	0
Grady, p,	3	0	1
Total	37	5	13

CHRISTIANA A. C.	Ab	R	H
Ruf, 2b,	4	2	2
Procak, lf,	5	1	1
Marshall, 3b,	2	0	0
Roberts, c,	4	0	0
Macy, cf,	3	0	0
Lagowski, ss,	4	0	0
Maruski, rf,	2	1	0
Biliski, rf,	1	0	0
Basara, 1b,	2	0	0
Wiggs, 1b,	1	0	0
Kleamski, p,	4	0	1
Total	32	4	4

Score by innings:
Massey 0 0 0 1 0 0 0 2 2—5
Christiana, A. C. 2 2 0 0 0 0 0 0 0—4

2 out winning run scored.

2 base hits, Cox, E. Passwater, Ruf. 3 base hits, E. Passwater. Sacrifice hits Ruf, Basara. Stolen bases, Procak, Marshall, Cox. Hit by pitched ball, Marciski by Grady. Base on balls, Grady 5, Gleamiski 2, struck out by Grady 9, Kleamski 4, Wild pitch grady 2, left on base, Massey 10, Christiana A. C., 9. Double plays, Marshall unassited, Kleamski to Roberts to Basara, Ruf to Wipp to Marshall. Time 1 hr. 55 min. Umpires, Ford and Mack.



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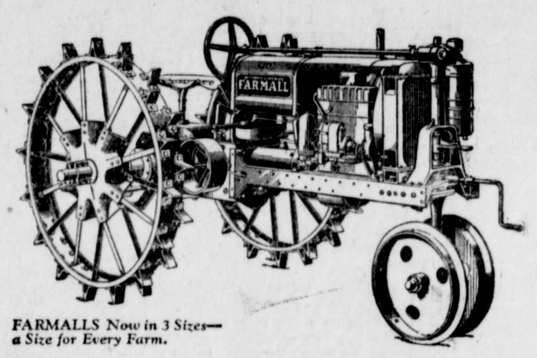
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