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—Grapefruit, Poached Eggs on Toast, Marmalade, Coffee or Milk.

LUNCH—Pressed Chicken in aspic, Cole Slaw, Hot Muffins, Deep Dish, Apple Pie, Tea or Milk.

DINNER—Pineapple Juice, Veal Chops Casserole, Potato Patties, Stuffed Tomato Salad, Blackberry Cobler, Coffee.

TUESDAY

MONDAY — Cantaloupe, Cornmeal Griddle Cakes, Jelly, Coffee or Milk.

LUNCH—Creamed Ham or Waffles, String Bean and Onion Salad, Fresh Pineapple, Tea or Milk.

DINNER—Corned Beef, Creamed Cabbage, Cottage Fried Potatoes, Green Salad, Blueberry Tarts, Coffee or Beer.

WEDNESDAY

BREAKFAST—Cold Cereal with Sliced Bananas, Buttered Toast, Strawberry Jam, Coffee or Milk.

LUNCH—Vegetable Soup, Cucumber and Watercress Salad, Cup Cake Fruit Sauce, Tea or Milk.

DINNER—Roast Lamb, Mint Jelly, Raw Fried Potatoes, Cabbage and Pineapple Salad, Corn on the Cob, Watermelon, Coffee.

THURSDAY

BREAKFAST—Raspberries, French Toast, Maple Syrup, Coffee or Milk.

LUNCH—Macaroni and Cheese, Sliced Tomatoes, Pineapple Water Ice, Cookies, Tea or Milk.

DINNER—Hamburger Patties, Fried Onions, Escalloped Potatoes, Combination Salad, Peach Cobbler, Coffee.

FRIDAY

BREAKFAST — Sliced Peaches, Scrambled Eggs., Toasted Corn Bread, Coffee or Milk.

LUNCH—Asparagus Omelet, Apple Date and Nut Salad, Hot Biscuits Tea or Milk.

DINNER—Grapefruit, Baked Blue Fish, Fried Egg Plant, Baked Potatoes, Cole Slaw, Blueberry Pie, Coffee.

SATURDAY

BREAKFAST—Orange Juuice, Waffles, Bacon, Cffee or Milk.

LUNCH—Combination Salad, Blueberry Muffins, Iced Tea or Coffee.

DINNER—Lamb Patties in Bacon Ring, Lima Beans, Noodles, Pickled Beets, Creamy Rice Pudding Coffee.

SUNDAY

BREAKFAST—Honey Dew Melon, Baked Eggs, Sausage Pattes, Corn Muffins, Coffee or Milk.

DINNER—Shrimp Cocktail, Roast Chicken, Mashed Potatoes, Corn on the Cob, Hot Biscuits, Cucumber Salad, Peach Shortcake, Coffee.

SUPPER—Deviled Egg Salad, Bread and Butter, Sandwiches, Siced Pineapple, Layer Cake, Tea or Coffee.

PRIZE WINNING RECIPES

Mrs. E. H. Glaettli, of Milford, Conn., a reader, of the Milfrd Conn. News, has sent in a prize winning recipe that many women will enjoy having among their collection. Mrs. Glaetti will receive a case of Ruppert's Beer:

BANANA NUT BREAD

1 cup sugar.
12 cup shortening
2 eggs
4 bananas, small
2 cups flour
1-2 cup all bran
3 teaspoons baking powder
1-8 teaspoon salt
1-16 teaspoon ground cloves
1 teaspoon lemon extract
2 tablespoons molasses
3-4 cup chopped nut meats

Cream sugar and shortening together, add one egg at a time, beating well after eac haddition.. Add bananas which have been forced through a potato ricer. Sift together, flour, baking powder, salt and cloves; add and mix well.. Add lemon extract, molasses and chopped nut meats and all bran. Bake in greased and floured cake pans in a moderate oven about 1 hour. Cut in 2 inch by 1 inch pieces and serve.

Mrs. F. S. Shumway of Berlin, N. Y., a subscriber of the Chatham, N. Y., Courier, is the winner of an apron and a box of Cox's Gelatine.

A case of Trommer's White Label Beer has been awraded to Mrs. Louis Kotler of Sea Cliff, L. I., a reader of the Roslyn, L. I., News.

Mrs. Annie Pinchin of Southport, Conn., a subscriber of the Fairfield, Conn. News, has been awarded a metal recipe container with recipes and a can of Pompeion Olive Oil.

A rice ball and a box of All Comet Rice Product shas been won by Mrs. Virginia Reeve f Toms River, N. ., a subscriber of the, Summit, N. J., Herald.

Mrs. Thoman Lang, of Hasbrouck Heights, N. J., a reader of the Hasbrouck Height, N. J., Observer, is the winner of a cheese tray with an assortment of seven kinds off Borden's Cheese.

Mrs. Geo. Franzmick of Laurelton, L. I., is the winner of a Seceni, Hand Made.fi Hand Painted Salad Bowl.

If you would like to win one of these lovely prizes, send your favorite, novel, loriginal recipe to Sidney Snow in care of this paper. It might be a prize winner. Many women have written that though they hoped, they were completely surprised at being a winner.

THE GREEKS HAD A WORD FOR IT---BUT WE SAY BACON

Held In High Place In Pioneer Days As A Main Dish—Sices 1-4 Inch Thick MAKE BEST EATING

Bacon is one of the most ancient of foods. It does not appear as an article of diet in the old Testament times among the Jews and in fact is so far as we know entirely absent from Biblical literature because among the Jaws the hog was and still is in bad repute.

But the Greeks were very fond of bacon was standard diet until Rome became so flushed with wealth that bacon was relegated to a food product for the poorer classes. (If they had to pay present day prices for bacon, it would have gone back to the rich men's tables.)

In Central Europe and in England, bacon is 'as old as the hills.' It was popular in Saxon England and remained a stand-by of the poorer classes in Norman times, but the Normans disliked bacon as too common a food.

On up through Colonial Days in America, bacon has held a high place and in pioneer days bacon was one of the staple foods, as it still is. Today, bacon has become once more the great aristacrat especially in its paper thin slices, packed in dainty containers.

In this, though, there is one great danger against which we must be warned. Permitting ourselves to drift so much to the wafer thin slices of bacon means that in time bacon will become merely a garnishing for eggs or liver instead of a wholesome and delicious food.

We must never overlook the sizable portion of a pound or two of unsliced boiled bacon, coming out of the mess of greens. The sizable chunks of bacon hidden in the pot of beens are prizes worth searching out. And for god, substantial eating, try buying bacon by the flitch or side and slicing it with a sharp knife, in slices about a quarter of an inch thick. Bacon, containing plenty f lean—the Irish or Canadian style (so-called) sliced a decent thickness and well broiled is a whole somepiece of meat upon which to show. With a stack of good hot cakes, a couple of nicely fried eggs and just as a breakfast meat dish, man-sized slices of bacon are timely at this moment when there is danger of permitting bacon to drift into merely a tid-bit instead of something in which to set a man's jaws. The paper thin slice of crisp bacon is well enough in its way, but beware!

ART OF PICKLING ATTRIBUTLD TO AMERICAN WOMEN

Fresh Spices, Fruit and Vegetables Combine For Tasty Relish

One of the greatest contributions to home cooking which may be ascribed to the American house-wife is the development of the pickle. In no other land has the fine art of home pickling been brought to such a high state. It reached its height fifty years ago. Then it began to fall back.

Now there is a new wave of home pickling. The old time recipes are being brought out or searched for in old family scrap and recipe books.

Right now is the time to make them up. Armed with an assortment of fresh spices from the grocer's spice department, with a good pickling kettle and with the tomatoes cucumbers and other vegetables and fruits—let's make pickles. It is easy and interesting and leads to much fun in the eating. Hee are a few very old recipes, all guaranteed to put curls into your hair:

GREEN TOMATO PICKLES

1 peck green tomatoes
1 dozen large white onions
6 red pepper pods
Vinegar
1 cup mixed whole spices

Cut the tomatoes in slices one fourth of an inch in thickness; discard the small slices at stem and other end. Cut the onions (peeled) in similar slices. Pack the vegetables in a jar in layers with salt between. Let them stand over night. Drain off the brine. Repack the vegetables then cover with vinegar, scalded with the peppers and spices. Seal and store in a cool place. The onions may be omitted.

PICKLED ONIONS

Using small white onions, wash and cover with warm water; when quite cold, remove the skins usinga silver knife. Rinse in cold water, then drain and cover with vinegar,scalding hot; let boil five or six minutes in the vinegar; skimm into jars; add tarragon leaves and bits of horseradish; pour on the same or fresh vinegar, scalding hot, and store in jars.

THE ART OF CARVING

Sometime ago there appeared in your valuable paper rules for carving but there are several things that is also necessary.

A carver has many minor trials, but most of them can be attributed to one cause, which is his own fault—a dull knife. The sooner he finds out that the knife will not take an edge from merely clattering it against the steel, the better. A sharp knife can change the whole aspect of carving.. Without one a pleasant obsession becomes an ordeal, a delight a duty. Savory roasts—particularly ducks—take on the appearance of monsters, whom we face with weapons not nearly so trustworthy as Balmung or Excalibur. Small platters are another difficulty, trying the carver's temper, limiting the scope of his efforts, and seriously endangering the purity of the tablecloth. But to be saddled more than once with a small platter may also be said to be the carver's fault. No man with the spirit of a true carver will submit to a repetition of such a mistake. Gravy is sometimes embarrassing, but a dextrous man will manage. Indeed, plenty of gravy is essential, and helps the carver to maintain his role of near-magician.. The worst, the crowning annoyance to all carvers is the individual who, when called opon, can express no preference; who smirks with false courtesy, 'Oh, anything, thank you!' In dealing with him, however, we find solace in an unwritten law, a rule which we never have to apply to the same person twice—'Give him the neck!'

An interesting treatment of a veal steak is to fry in butter until nearly done, then sprinkle with chopped bits of American cheese with several dashes of paprika, and then placing under the broiler while the cheese melts and turns a pale golden shade.

MASSEY TEAM DEFEATS LINWOOD

Massey base ball club divided the honors over the past week-end by losing to Goldsboro on Saturday and winning over Linwood on Sunday.

The game with Goldsboro was poorly played which resulted in a 10 to 1 loss by Massey. On Sunday, however the Linwood all-stars were held to one run by Grady but when he was relieved by Betz in the seventh the visitors scored three runs.

Massey will play at Centreville tomorrow, Sunday.

The results of last week-end games are as follows:

MASSEY	Ab	R	H
Cox, lf,	4	1	1
Betz, p, 3b,	5	0	2
A. Passwater, 1b,	4	1	0
Peacock, ss,	4	0	1
E. Passwater, c,	4	0	1
Massey, cf,	4	1	2
Haley, 2b,	4	2	0
Pierce, rf,	4	2	3
Grady, p,	2	0	2
Cumbleford, lf,	2	0	0
Total	37	7	12

LINWOOD	Ab	R	H
Milchap, 2b,	2	1	0
Johnson, cf,	4	1	0
Durkin, ss,	4	1	0
Hart, 1b,	5	1	2
Baldwin, 3b,	5	0	3
McKiney, lf,	3	0	0
McDoodle, lf,	1	0	0
White, rf,	2	0	0
Petes, rf,	2	0	0
Bauer, p,	1	0	0
Carroll, p,	2	0	0
Rowlson, c,	2	0	0
Total	33	4	5

Score by innings:

Massey ..... 2 2 2 0 0 0 0 0 1—7
Linwood ..... 1 0 0 0 0 0 3 0 0—4

2 base hits, Pierce; Sacrifice hit, Johnson; stolen base, Cumbleford; base on balls, Grady 4, Betz 3, Carrol; hit by pitched ball, Durkin by Bety; double plays, Haley to A. Passwater, Baldwin to Rowlson to Baldwin, left on base, Linwood 11., Massey 7; 1-R, 2-H, off Gady in 5 inn., 3-R, 3-H. off Betz in 3 inn., 6-R, 6-H, off Bauer in 3 inn., 1-R, 6-H off Carroll in 5 inn. Winning pitcher, Gady; Lsing pitcher Bouer. Time 1 hr. 51 min.

At Goldsboro Saturday, July 11th.

GOLDSBORO	Ab	R	H
Cole, ss,	4	0	0
Snowberger, cf,	1	3	1
Palmer, c,	4	2	2
Sneed, rf,,	3	2	2
Smith, lf,	4	0	0
Knight, 3b,	4	1	3
Moore, 2b,	4	0	0
Schaube, 1b,	4	1	1
Stevenson, p,	3	1	2
Total	311	10	11

MASSEY	Ab	R	H
Holland, 1b,	3	0	0
Massey, cf,	2	0	0
Passwater, ss,	2	0	0
Cox, p, 2b,	3	1	2
Haley, 3b, rf,	3	0	0
Pinder, c, rf,	3	0	1
Cumberford, lf,	3	0	0
Hadley,, c, 3b,	3	0	0
Pierce, 2b, p,	2	0	1
Total	24	1	4

Score by innings:
Goldsboro ..... 1 5 0 3 0 1 x—10
Massey ..... 0 0 0 1 0 0 0— 1

2 base hit, Sneed, Schaube; home run Knight; stlen base, Palmer, Sneed, Schaube, Cox 2; base on balls, Pierce 7, Cox 2, Stevenson 1; struck out by Stevenson 2, Pierce 3, Cox 5; double pay, Cole to Moore to Schaube; hit by pitched ball, Masse yby Stevenson.

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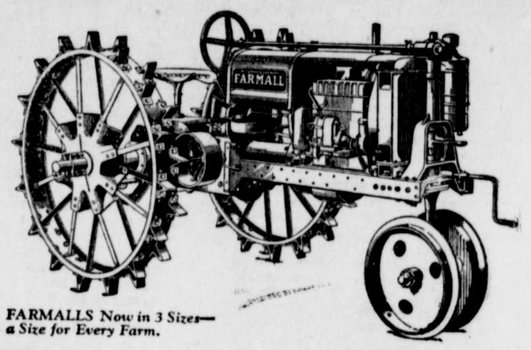
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