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

BREAKFAST—Cantaloupe, Shirred Eggs, Broiled Bacon, Toast, Coffee.

LUNCH—Jellied Consomme,, Fruit Salad, Graham Muffins, Iced Tea or Milk.

DINNER—Dutch Oven Lamb Chops, Buttered Noodles, Escalloped Corn, Stuffed Tomato Salad, Chocolate Icebox Cake, Coffee.

TUESDAY

BREAKFAST— Raspberries, Waffles, Currant Jelly, Coffee.

LUNCH—Jellied Vegetable Salad, Deviled Eggs, Sliced Tomatoes, Pineapple Whip, Tea or Milk.

DINNED—Crab Cakes, Potato Salad, Hot Asparagus, Blueberry Piue, Coffee or Beer.

WEDNESDAY

BREAKFAST— Blackberries with Cream, Ham Omelet, Corn Bread, Coffee.

LUNCH—Creamed Chipped Beef on Toast, Asparagus and Egg Salad, Peach Tarts, Tea or Milk.

DINNER—Ragout of Veal, Dumplings,, Peas and Carrots, Beet Salad, Watermelon, Coffee.

THURSDAY

BREAKFAST—Orange Juice, Buckwheat Cakes, Little Sausages, Coffee.

LUNCH—Cream of Potato Soup, Pressed Chicken in Aspic, Cantaloupe a la mode, Tea or Milk.

DINNER—Cold Cuts, Large Mixed Green Salad, Blueberry Muffins, Assorted Cakes, Raspberries Sherbet, Coffee.

FRIDAY

BREAKFAST—Strawberries with Cream, Poached Eggs on Toast, Coffee.

LUNCH—Creamed Salmon on Toast String Bean Salad, Fruit Gelatine, Tea or Milk.

DINNER—Baked Trout, Pan Browned Potatoes, Corn on t he Cob, Lettuce with Russian Dressing, Raspberry Shortcake, Coffee.

SATURDAY

BREAKFAST—Eggs Benedict, Hot Buscuits, .Honey, Coffee.

LUNCH— Club Sandwich, Potato Chips, Cole Slaw, Fresh Peach Sundae, Tea or Milk.

DINNER—Lamb Curry, Boiled Rice, Buttered Carrots, Cucumber Salad, Blackberry Cobbler, Coffee.

SUNDAY

BREAKFAST—Baked Apples, Fried Chicken Livers and Bacon, Scrambled Eggs, Toast, Coffee.

DINNER—Stuffed Crown Roast of Lamb, Grilled Tomatoes, Mashed Tomatoes, Sauteed Beans, Jellied Carrot Salad, Fresh Pineapple Sundae, Assorted Cakes, Coffee.

SUPPER—Jellied Veal Loaf, Deviled Eggs, Potato Chips, Open-faced Tomato Sandwiches, Ginger Bread with Whipped Cream, Coffee.

SUGGESTIONS FORBUFFET, GARDEN, PORCH LUNCHEONS

Platter Of Sandwiches, Crisp Salad, Cooling Drink And Refreshing Dessert

The time of the year has arrived when sandwiches have ceased to be taken for granted but are expected, and looked forward to. The hostess who is in doubt as to what to serve can feel perfectly free and easy about serving a platter of dainty delicious sandwiches of many varieties, accompanied by a crisp, chilled salad, frosted drinks and a delightfully refreshing dessert. This combination is splendid for buffet, porch or garden luncheon or teas, and here are several sandwich suggestions:

TUTTI FRUIT SANDWICHES

1-4 cup dates
1-4 cup walnut meats
1-4 cup sugar
6 maraschino cherries
2 tablespoons orange juice
1-2 cup whipped cream.

Put fruits and nuts through a food chopper, and then mix with orange juice. Add the whipped cream and sugar and spread between thin slices of buttered bread.

PEANUT BUTTER AND RELISH SANDWICHES

Peanut butter
Sweet pickle relish
Cream

Mix ingredients in the desired proportions to taste using cream to make of spreading consistency. Spread on thin slices of whole wheat bread.

AVACADO SANDWICHES

Peal and mash the avacado pear to a pulp. Season with salt and a little pepper to taste and spread between thin slices of either white or rye bread.

PRIZE WINNING RECIPES

This week we are entering a new prize and the first one goes to Mrs. Carlton Woodlin, of Millville, N. J., a reader of the Bridgeton, N. J.., Evening News. Mrs. Woodlin will receive a can of Pompeian Olive Oil and a metal container of recipes, her recipe is for:

TOMATO SOUP CAKE

1 cup sugar and
1 tablespoon butter, creamed together, add,
1 can tomato soup
1-2 can water
In a separate dish mix:
2 cups flour
1 teaspoon baking soda
1 teaspoon each, cloves, cinnamon and nutmeg
1-2 cup raisins

Mix all together well and pour in greased pan. Bake in a hot oven 5 minutes, then reduce temperature and bake until done. Nuts may be added if desired.

Miss Edith Harrison, of Ancram, N. Y., a subscriber of the Chatham N. Y. Courier, is the winner of a rice ball and a box of All Comet Rice Products.

A case of Ruppert's Beer has been won by Mrs. J. G. Morris of Babylon, L. I., a subscriber of the Babylon, L. I., Leader.

An apron and a box of Cox's Gelatine has been awarded to Mrs. Earl Ports of Livingstone, N..J.., who is an interested reader of the Milford, Conn., News.

Mrs. E. C. Stevenson, of Burlington, N. J., a subscriber of the Mount Holly, N. J., Herald has won a cheese tray with an assortment of seven kinds of Borden's Cheese.

A case of Trommer's White Label Beer has been awarded to Mrs. Alice Fowler of Brooklyn, N. Y., a reader of the Riverhead, L. I., County Review.

Mrs. W. D. McGiffert, of Hudson, N. R., a subscirber of the Coxhackie, N. Y., Union News has been awarded a Seceni, Hand Made, Hand Painted Salad Bowl.

We are now giving away seven prizes each week which means that there are seven lucky women each week. If you would like to win one of these prizes, send your best novel or unusual recipe to Sidney Snow in care of this paper. Several women have asked what becomes of the recipes that are not awarded, prizes within a week or so after they are submitted. The answer to that is, they are kept all together and a recipe months old has just as much chance of being a prize winner as one recently submitted.

HOT LAMB DISH FINE EVEN WHEN WEATHER IS HOT

Recipe For Old, Old Dish Of People Of Carniola

There come hot days when we realize that for meals on end we have been having iced this and iced that and cold this and cold that and a lettuce and tomato salad can hardly be looked in the face. In spite of the heat, there is a craving ffor something hot. And at such a moment, it is pleasant to bring to life a lovely lamb dish prepared in the manner of the peasants of Carniola, an interesing section of Europe which lies to the North and East of Italy. Here, then, is the recipe for this old, old dish—

LAMB A LA CARNIOLA

To serve four—the ingredients:
1 1-2 pounds lamb
6 slices bacon
6 small onions, sliced
flour
3 cups broth
1 stalk celery
3 sprigs parsley
1 bay leaf
1 sprig thyme
1 teaspoon salt
1 large onion, stuck full of cloves
3 white young turnips
3 carrots
6 medium potatoes
1 inch pepper

The method: Trim and cut the meat into one inch cubes and roll in flour to which has been added salt and pepper. Dice the bacon. Cook the bacon in skillet until crisp.. Remove the bacon from pan and place on unglazed brown paper. Cook onion in bacon fat until lightly brown and then remove from pan Brown meat in same fat. After meat is brown, remove from pan Blend left over flour with remaining fat in the skillet. Add two cups of broth and cook for ten minutes, stirring often. Place celery, parsley, bay leaf and thyme in small sack made from thin cheese cloth. Arrange meat, bacon, brown onions, salt, pepper and onion with the cloves stuck in and the sack with the herbs in a casserole and cover with gravy. Cook in oven at 35 degrees for about one hour.

With this serve any seasonable green salad and the dessert may well be a fresh apple pie with a bit of cheese.

Ripe olives cut up in your salad dressing are flavorful- especially good with cranberry salad!

EXPERIENCE

'What you need is an electric bath.'

'Nothing doing, Doc, I had an uncle drown that way up at Sing Sing.'

HOT OFF THE GRIDDLE

ESTHER DONLAN

To clean ribbons, sponge them gently with warm water and ammonia. Spread lengthwise on a table, cover with a thin cloth and iron until dry.

Rust can be removed from irons by scouring them with dry salt and beeswax.

Remove paint from clothing by rubbing immediately in a rotary motion with a rough piece of cloth dipped in turpentine.

When an escape of gas occurs, a mixture of soap and water applied to the pipe will locate the leak, as the mixture will start to bubble where the leak is. Under no circumstances should a light be taken into the region of the escape. A piece of soap should be plastered over the leak until the plumber arrives.

To remove scratches from furniture, apply a mixture of turpentine and linseed oil in equal proportions and rub gently with a soft rag.

To clean white gloves, if very lightly soiled, rub with cream of tartar. A piece of flannel dipped in benzene, and allowed to become nearly dry before it is applied, is more effective for really soiled gloves. After the benzene they should b rubbed again with bread crumbs until all stains and dirt are removed.

If your finger nails are very brittle, it a good plan to dip them for a few minutes each day in warm sweet oil.



Easy Pleasant Way To LOSE FAT

How would you like to lose 15 pounds of fat in a month and at the same time increase your energy and improve your health?

How would you like to lose your double chin and your too prominent hips and abdomen and at the same time make your skin so clean and clear that it will compel admiration?

Get on the scale to-day and see how much you weigh—then get a bottle of Kruschen Salts that costs next to nothing and which will last you 4 weeks. Take one half teaspoonful in a glass of hot water in the morning—cut down on pastry and fatty meats—go light on potatoes, butter, cream and sugar—and when you have finished the contents of this first bottle weigh yourself again.

After that you'll want to walk around and say to your friends, "One bottle of Kruschen Salts is worth one hundred dollars of any fat person's money."

But refuse imitations—safeguard your health—you loose fat SAFELY the Kruschen way.

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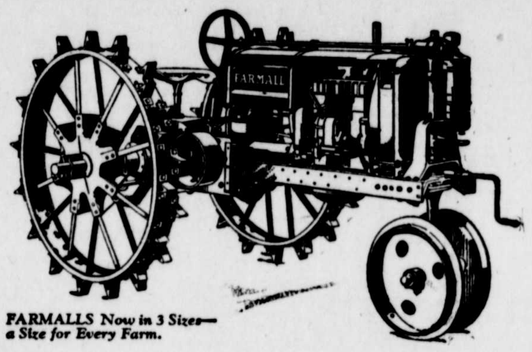
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Pear Slug
Cherry Slug



Mole Cricket
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