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—Stewed apricots, scrambled egs, frizzled ham, buttered toast, coffee. Lunch—Corned beef hash, sliced tomatoes, asparagus tips, tea or milk. Dinner—Minute steak French fried potatoes, green beans, mixed salad, peach melba, coffee.

TUESDAY—Breakfast—Orange juice, buckwheat cakes, strawberry jam, coffee. Lunch—Frozen frpit salad, chopped chicken sandwich, tea or milk. Dinner—Broiled ham steak, fried potatoes, smothered carrots, cucumber salad, chocolate pudding, coffee.

WEDNESDAY—Breakfast — Grapefruit, baked egs, little sausages, toast, coffee. Lunch—Chili con carne, sliced tomatoes, toasted crackers, iced tea. Dinner—Lamb curry with rice, string beans, dressed lettuce, apple dumplings, coffee.

THURSDAY—Breakfast — Stewed pears, rice flakes, fried eggs, coffee cake coffee. Lunch—Creamed chipped beef on toast, caned asparagus tips, water ice, tea. Dinner—Paprika goulash, with vegetables, orange salad, buttered noodles, prune whip, coffee.

FRIDAY—Breakfast—Baked apples, waffles, fried bacon, maple syrup, coffee. Lunch—Oyster stew, toasted crackers, tea or milk. Dinner—Vegetable plate, French fried potatoes, pineapple salad, steamed pudding, coffee.

SATURDAY—Breakfast — Stewed pears, daughnuts, scrambled egs, coffee. Lunch—Chicken a la king, grape salad, frozen pustard, tea. Dinner—Dutch oven lamb chops, buttered noodles, smothered cabbage, lettuce with Russian dressinfi, ice cream with caramel sauce, coffee.

SUNDAY—Breakfast— Pdune juice, frizzled ham, fried eggs, hot biscuits, honey, coffee. Dinner—Fried chicken, corn fritters, pear and cheese salad pumpkin pie a la mode, coffee. Supper—Baked beas with bacon, waffle potatoes, liverwurst, onion salad, coffee.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper

Gingerbread Fresh and Hot

A Gingerbread Desert Makes Any Day a Gala Day

GADGETS ADD TONE, COLOR TO A PARTY AT LITTLE COST

Novel Ash Trays, Nut Dishes, Cocktail Picks, Etc., Make Entertaining A Pleasure

By WILMA E. DEUTE

A few weeks ago I took time out to indulge in my favorite pastime 'prowling." That is,I was prowling, if snooping into the cracks, crevices and dark corners of a nck-nack store is prowling.

Being a gadget and nick-nack lover, I had the time of my life and for a few dollars, came home with the grandest collection of theses and thoses. Tricky little glass cocktail picks with funny little cats, dogs, elephants and roosters that just make the idea of eating maraschino cherries intriguing. Little wooden animals coated with colored tooth picks for hors d'oeuvres; but goodness, I could write on and on about all the lovely things I bought and all those things I didn't buy but which I shall.

These little "gadgets" add so much color and 'tone' to a party that it's a pity not to have them. Which all brings to mind the odd dishes that don't accompany any dinner set to be bought. There are novel bonbon dishes, appearing in two layers, sometimes in three. Nut dishes in all colors and sizes. Novel after dinner coffee sets; attractive ash trays, large ones that hold more than one cigarette and don't overflow from one cigar, thus doing away with critical glances in friend husband's direction and his explanation that ashes are goid for the carpet as they keep away the moths. Goodness knows that the smell of ashes in a carpet will keep anything away, even friend husband if it gets too bad.

I started collecting over a year ago, building just one or two things at a time, and now I have the nicest collection and I'm so proud of it. Your neighborhood probably has one of these "Gadget" storts so why not just drop in and look around when you happen to be down town? The 'gadgets' will make your entertaining such a pleasure and the cost is so low. Your dealer will be happy to show you anything he has on hand and it's such fascinating way of spending an hour or so.

GINGERBREAD FRESH AND HOT

When along comes five o'clock and no dessert has been prepared, a feelink akin to panic greets many a housewife. And all for nothing, when such a gala dessert as gingerbread with molasses whipped cream is one of those hurry-up lesserts that does a good turn for the hosuewife.

We all know that gingerbread at its best is hot. Not warmed over (which is good two) but pipng hot right out of the oven. Ths means that the housewife can prepare the mixture at a few minutes notice and then put it n the oven just before sitting down to dinner Dinner over, it is extracted from the oven, cut into good healthy squares, topped wth bg 'gobs' of whipped cream and served.

GINGERBREAD

2 cups sifted cake flour
2 teaspoons baking powder
1-4 teaspoon soda
2 teaspoons ginger
1 teaspoon cinnamon
1-2 teaspoon salt
1-3 cup butter or other shortening
1-2 cup sugar
1 egg, well beaten
2-3 cup molasses
3-4 cup sour milk

Sift flour once, measure, add baking powder, soda, spices, and salt, and sift together three itmes. Cream butter throuoghly, add sugar gradually and cream together until light and fluffy. Add egg and molasses, then flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in a greased pan, 8x8x2 inches, in a moderate oven (350 F) for 50 minutes, or until done. Three fourths cups sweet milk may e substituted for sour milk and soda in this recipe.

Make the Molasses Whipped Cream by folding 2 tablespoons of molasses into 1-2 cup cream, whipped. This makes 1 cup sause.

Recipes For Tomato Dishes Sure To Produce Blonde, Brunette Or Red Head Babies

Not so long ago, the Associated Press published a statement which read as follows: "The division of territories and insular affairs believes it has discovered the secret of a population increas on St. Croix, one of the Virgin Islands. The cause, in brief, is tomatoes."

"Until a couple of years ago the natives of this small island lived principally on carnmeal and fish, with occasional side dishes of sugar cane."

"The birth rate, the division explained, remained about the same for years, never slumping, alrmingly, but never keeping pace with that on some of the other islands."

"Then came the tomato."

"Convinced that something besides sugar cane could be grown on St. Croix, the Government introduced tomato plants."

Well, there may be something to it, because since reading all about it, we have done some investigating among tomato eating families and this is the result.

STUFFED BAKED TOMATOES, FOR BLOND BABIES

Wipe dry, several ripe tomatoes of uniform size. Cut off the tops to form a hinged cover. Scoop out center, leaving enough of the meat to form a perfect shell. Mince and saute one onion to a golden brown, add the pulp and simmer clowly for twenty minutes. Season with butter, salt and cayenne pepper. Add enough bread crumbs to absorb the juice. Sprinkle with chopped parsley. Thoroughly mix and stuff the shells. Arrange on an oiled baking dish. Bake for twenty minutes in a slow oven.

TOMATOES, AU GRATIN FOR RED HEADED BABIES

Scald and peel the required number of ripe tomatoes. Cut them in half, simmer slowly for thirty minutes. Season with salt and pepper. Pour in a colander to drain off the juice. Reutrn juice to fire in a clean pan. Reduce until it becomes the consistency of thick syrup, then add a handful of grated Parmesan cheese, a few bread crumbs, and the tomatoes left in the colander heat until thoruoghly mixed; then fill a casserole. Sprinkle top with fresh bread crumbs and bits of butter. Bake in a hot oven until brown.

STEWED TOMATOES, SPANISH STYLE, FOR BRUNETTE BABIES

Mince a medium size onion, fry it slowly for ten minutes in butter. Scald and peel a dozen tomatoes, cut in quarters and add to the onion. Simmer slowly for a hour. Season with salt, butter and red pepper. Serve in a deep vegetable dish surrounded with croutons.

For people who do not desire alcoholic cocktails when at a hotel or restaurant, it is perfectly permissable to order plain fruit juice accompanied by hors d'oeuvres or canapes.

The Morning After Taking Carter's Little Liver Pills

GIDDAP!

"Jim Haytossel says as how he allus pays as he goes."

"Well, if you'll notice he's chairbound most of the time."

Barefooted

Small Charlotte and her father were riding on a bus when a man in the seat in front of them took off his hat, revealing a very bald head.

"Oh look, daddy," said the child in a shrill voice, "that man's head is barefooted!"—Indianapolis News.

Right Idea

"I think the Chinese have the right idea of it," commented the old-fashioned businessman.

"How's that?" inquired a neighbor.

"They don't care who runs the country so long as business is good."

Intellectual Demand

"Do you find an intellectual interest in politics?"

"Decidedly," answered Miss Cayenne. "It requires more study to score an election from start to finish than it does to koop the run of contract bridge."

In His Own Language

A judge entered the street car.

"How are you this morning, judge?"

"Fine, fine; and how are you?"

"Fare," answered the man in uniform.

Old Familiar Melodies

"Don you love the old familiar melodies?"

"I'm growing tired of them," answered Miss Cayenne. "I can't help wishing more of the radio composers would do something original."

JUST RIGHT

"A physician says that yawning is caused by an under supply of fresh air."

"That's right—also by an oversupply of hot air."

A Contingent Proposition

"What's that new structure you have put on the hill there?"

"Well," replied Farmer Corntossel, "if I rent it this summer, it's a bungalow. If I don't, it's a barn."

Hasn't Aged a Bit

Host (doing the honors)—And that is a portrait of my great-great-grandfather.

Visitor — Wonderful! Why he doesn't look any older than you!

Filling the Bill

Customer—I want a sandwich.

Waiter—What kind?

Customer—Something real striking.

Waiter—How about a club?

MOTHER KNEW

He came home from the office in the evening to find his young wife in tears.

"I've been insulted," she sobbed. "Insulted by your own mother.'"

He looked puzzled.

"My mother?" he asked. "But she's miles away."

"I know that.. But a letter came for you while you were at the office and I opened it."

"Well," said the husband, still puzzled. "But where does the insult come in?"

"In the postscript," she replied bitterly. "It was from your mother and it said: 'Dear Alice.—Don't forget to give this letter to George.' "—Answers Magazine.

Utah's Salt Beds

Salt beds in the desert near Great Salt lake, in Utah, average several feet in thickness, and extend for many miles. The beds are dry only during the hot summer months. Temperatures average 120 to 130 degrees much of the time during mid-day.

Telephone Operators Awarded Vail Medals and $250 Each

Miss Mamie Inez Pitts, Pontotoc, Miss., operator, Southern Bell Telephone and Telegraph Company, left, and Miss Ruby C. Bahr, Fairchild, night operator of the Community Telephone Company of Wisconsin, and face and reverse of the silver Theodore N. Vail medal awarded them for noteworthy public service. In addition, each received a check for $250 from the American Telephone and Telegraph Company.

Theodore N. Vail medals and checks for $250 for noteworthy public service have been awarded Mamie Inez Pitts, Pontotoc, Miss., operator of the Southern Bell Telephone and Telegraph Company and Mrs. Ruby C. Bahr, Fairchild, Wisc., operator of the Community Telephone Company of Wisconsin by the national committee of awards of the Theodore N. Vail Memorial Fund. This fund was established in honor of the memory of the late president of the American Telephone and Telegraph Company.

Outstanding performances of all the employees of the Mountain States Telephone and Telegraph Company at Helena, Mont., in October, 1935, by rendering telephone service under extreme difficulties and danger during a succession of earthquakes of varying intensity extending over a period of about three weeks resulted in the awarding of a special bronze plaque to the employee group of the company "in recognition of their skill, courage and devotion to duty in performing acts of noteworthy public service."

This is the second special plaque award made since the establishment of the fund in 1920. The previous plaque was presented the employees of the Southern California Telephone Company of Los Angeles and the Associated Telephone Company Limited of Long Beach, Calif., for their service during an earthquake on March 10, 1933.

Theodore N. Vail medal awards have resulted in the presentation of ten gold medals; 82 silver medals, and 1,003 bronze medals in the territories of the associated Bell System companies.

King Edward VIII Answers His Telephone Personally

King Edward VIII of England is a frequent user of the telephone. To the bewilderment of his secretaries, says International News Service, King Edward can't resist the jingle of the Palace telephone. He is persistently cutting in on conversations, just when they have solemnly told the caller that "His Majesty is unavailable." This first came to light when Major Noel Furlong, whose Reynoldstown won the Grand National Steeplechase, telephoned to St. James' Palace on a point of etiquette. How should he reply to the King's telegram of congratulations? He asked a court aide.

Suddenly a youthful voice broke in: "This is the King speaking. You don't need do anything more—I accept your thanks now."

Ministers, diplomats, and others who sometimes call the palace are frequently astounded to find that, instead of a secretary, King Edward himself is on the telephone.

Buckingham Palace, the King's official residence, is served by 240 telephones operated from a private branch exchange switchboard with trunk lines connecting with various city central offices.

Evidence that King Edward is interested in telephone communication is the fact that on September 18, 1924, the then Prince of Wales on his visit to the United States inspected the long lines operating headquarters of the American Telephone and Telegraph Company in New York City.

The Prince on this visit showed much interest in the handling of long distance operations at New York and asked many questions regarding the volume of traffic, hours of work and rest periods of the operating and maintenance forces. He displayed a great deal of interest in the operators' recreation and lunch rooms, and was especially interested in the dance floor in the former. Some of the questions the Prince asked were:

"What do the girls that stand up do?"

"Where do all these wires come from and where do they go?"

"How do the telephone repeaters work?"

"Are the horns (used for intercommunication in the test room) used in connection with radio?"

"Why do you have so many more circuits to Philadelphia than you do to Chicago?"

"How long do the girls work?"

"How much relief do they have?"

"Do most of them eat their lunches in the building?"

"How many calls are handled?"

"How high is this building?"

"Is the radio in the building?"

"Is the work hard on the girls?"

He appeared to be amazed when told that the lunch room never closed and the operating room visited was only one of three devoted exclusively to long distance service in New York City.

He felt a diff'rent man next day, Relieved the Alka-Seltzer way.

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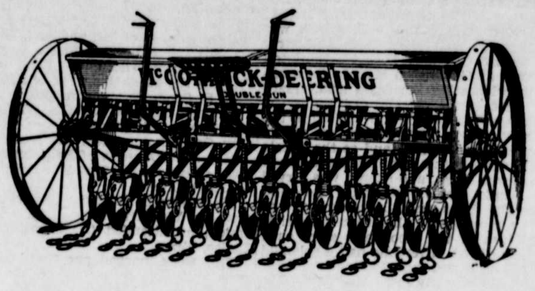

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