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 — Orange juice, hot or cold cereal, fish cakes, scrambled eggs, butter toast, coffee, orcocoa. Lunch—Cold boiled ham, fluffy corn fritters, sliced tomatoes, fruit compote, cookies, tea or milk. Dinner—Split pea soup, German pot roast, potato pancakes, spinach, string beans, dressed broken lettuce, German apple cake, coffee.

TUESDAY — Breakfast — Sliced bananas with cold cereal and cream, buckwheat cakes, fried eggs, crisp bacon, coffee or cocoa. Lunch—Cream of celery soup, toasted rolls with cheese, mixed vegetable salad, frozen custard, tea or milk. Dinner—Fruit cup, chicken friend steak, she string potatoes, buttered peas, parker house rolls, lemon meringue pie, coffee.

WEDNESDAY — Breakfast — Tomato juice, hot oat meal and cream, jelly omelet, home made doughnuts, coffee or cocoa. Lunch—Hot pot roast sandwiches, string bean salad, pickled onions, cheese cake, tea or milk. Dinner—Grilled lamb chops and tomatoes, oven browned potatoes, lima beans with cheese, beet and celery root salad, devil food cake, coffee.

THURSDAY — Breakfast — Sliced oranges, hot rice with cream or butter, sugar and cinamon, shirred eggs, buttered toast, coffee or cocoa. Lunch— Macaroni and cheese, stewed tomatoes,lettuce with Russian dressing, chocolate pudding, tea or milk. Dinner — Pork tenderloin, fried potatoes, smothered cabbage, mixed salad, fruit gelatine with whipped cream, coffee.

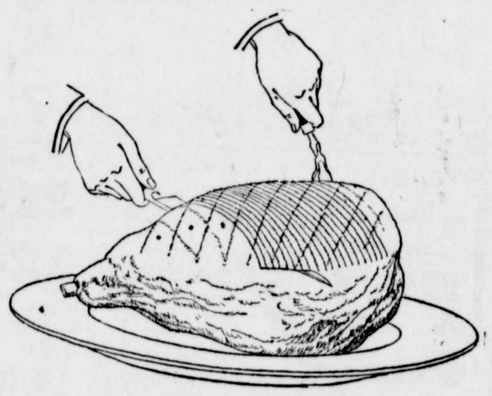
FRIDAY — Breakfast — Stewed apricots, hot corn meal cereal, plain waffles with maple syrup or strawberry Jam, coffee or cocoa. Lunch—Tomato juice cocktail, clam fritters, cole slaw, corn muffins, pumpkin tarts, tea or milk. Dinner—Fruit cup, fried sword fish steak, shoe string potatoes, buttered beets, asparagus tip salad, deep dish apple pie, coffee.

SATURDAY — Breakfast—Prune juice, cold cereal with cream, scrambled eggs, fried potatoes, toasted English muffins, marmalade, coffee or cocoa. Lynch—Cream of asparagus soup, frozen fruit salad, chopped chicken sandwiches, tea, or milk. Diner—Chicken pot-pie with biscuit crust, peas and carrots, apple salad, layer cake, coffee.

SUNDAY — Breakfast — Grapefruit, cold cereal, plain waffles with maple syrup, broiled chicken livers and bacon on skewers, coffee or cocoa. Dinner—Oyster cocktail, baked ham, candied sweet potatoes, broccolli with hollandaise sauce, jellied carrot and pineapple salad, peach ice-cream pie, coffee. Supper—Wienerschnitzel, broiled tomatoes, dressed lettuce, fruit compote, tea, coffee or milk.

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

THE GENTLE ART OF CARVING



CARVING HAM

While it isn't the usual custom to carve a whole ham at the table, there may be an occasion when the carver is faced with that task and it's well to know how to go about it.

The method to follow is much like that in carving a leg of lamb The ham is placed on the platter with the fat side up. Make the first incision at the large end with the knife just ahead of the aitch bone. The slices of ham should be thiner than those of lamb. Cut several slices, then run the knife along the bone to release the slices.

These center slices are the most desirable and the carver's problem is to get as many even and attractive center slices as possible, serving these and leaving the shank and butt ends to be utilized later in the various left-over dishes to which they are suited.

When the best slices of one half of the ham have been served, turn the meat over and carve the other side in the same way.

When a half ham is to be carved, it should be placed on the platter with the fat side up and the open face to the right. Insert the fork in the center of the ham, through the fat, and cut the slices across the fact of the ham. When several slices have been cut place the knife at right anglies to the meat and cut through the slices to release them. Laythe slices on the platter and continue carving. The ham may be turned and the under part sliced in the same way.

In carving any meat, remember that no carver can do his best with a dull knife. Use a good knife, freshly sharpened before it is placed on the table, and a fork to match.

If a carving board is not used, the platter should be large enough to hold the slices as well as the uncut portion of the roast, or a plate should be at hand for the slices.

Skill and neatness come with practice, and a knowledge of the anatomy of the cut is desirable.

The art of carving is one well worth acquring. With a little care and attention, the accomplishment is yours.

ELECTRIC MIXERS ADD MUCH TO ANY KITCHEN

In looking over adveritsements in some magazines several years old, it was amazing to note the changes that have taken place in household "gadgets." One of the most remarkable features about these new changes is the vast difference in price. One would naturally think that with improvements such as have been made, that the price would shoot sky high but quite the contrary.

Several magazines printed in 1928 advertised electric heaters, they did nothing but beat and cost twenty dollars. Well, at that time they were new, up to the minute and the desire of every enterprising housewife. Today, there are few women who would consider this beater a luxury. "My goodness!" they would say, "it does nothing but beat," "look what we can get today for so much less." And again how true, in fact too, too true. If our present day electric mixers could only read receipes the housewife would find herself within a job (if such it be). There really isn't much they can't do, and when it comes to improving smooth texture of cakes and lumpy mashed potatoes, need anything be said.

However, with all the good features of electric mixers, there are many women who claim to find them difficult and a "bother." One friend of ours boasted of her attractive mixer but just didn't use it. Now that was hard to understand so an investigation was arranged and oh me! no wonder she didn't use it, this daintily tinted, wonder worker was buried way at much time to release it from pan closet where it would require as the bottom of everything else in a handles as it would to do the work by hand.

The moral of all this is, "own one of these time and work savers and kept it in view." They rae attractive and in no way distract from the appearance of the kitchen. They can be purchased in harmonizing colors to match or contrast with the tile or paint and lend such an air of "good cookery" to a kitchen.

LILLY WHITES DIVINITY FUDGE



Dear Miss Wilma,

Next to pork chops Ah likes deevinity fudge bestest. It am mah favorite candy. When Ah gets candy hongry which am ebry now an den, but mostest now, Ah makes me up a batch of

DEE-VINITY FUDGE

To begin wid, Ah lines up on de table.

2 cups ob white sugar
1-2 a cup ob corn syrup
a cup ob chopped pecan meats

Ah takes de sugar and de syrup and puts in a good pinch ob salt and about a quarter ob a cup ob hot water and boils dem togedder until it brittles when it am put in cold water. While dat am boiling Ah beats stiff de whites ob 2 aigs and over dat Ah pours de syrup and beats all de time. Den Ah stirs in de nuts and a teaspoon vanilla and pours it all in a greezy pan about a inch thick. Ah cuts it in purty big pieces while it am still warm an Ah eets it befoh it can get stale.

Dis am a good candy to nibble on between meels because it am rich in carbon-hidrates. Hopin you is de same, your humble servant, Lilly White.

CRAB SEASON ENDS NEXT SATURDAY

Virginia To Cooperate By Sponge Crab Law

At the last session of the Maryland Legislature, the power to close the season for the taking of crabs on November 1st was given the State Conservation Commission.

Acting on this authority the following communication was received this week from the Conservation Commission:

"In pursuance with the authority vested upon it in the Acts of the Special Session of the Legislature of 1936, Chapter 137, the Conservation Commission of Maryland does hereby declare the month of November, 1936, to be closed for the taking of crabs in the waters of Maryland."

CONSERVATION COMMISSION OF MARYLAND
By: ROBERT F. DUER, Chairman.

"Last winter at a conference held in Annapolis, Virginia representatives headed by Richard F. Armstrong, Virginia Commissioner of Fisheries, agreed to consider the banning of sponge crab catching in Virginia provided Maryland agreed to close its crab season on October thirty-first instead of November thirtieth. It was contended by Mr. Armstrong that Maryland should do this to protect the pregnant female crabs which migrate down the Bay during September, October and November to the spawning grounds and form about eighty per cent. of the crabs caught in Maryland during this period.

"Acting on this plan of cooperation, the Maryland Legislature immediately enacted a law vesting the Maryland Conservation Commission with the power to declare the month of November, 1936, to be closed for the taking of crabs.

The taking of sponge crabs in the Virginia part of the Chesapeake Bay has long been regarded as the cause of the gradual diminishing of the crab crop in the bay and efforts on the part of Maryland officials to get Virginia to enact a law prohibiting this practice have been without results until this year. It will be remembered that in 1927 Virginia passed a law prohibiting the catching of sponge crabs and three years later there was a plentiful supply of crabs in the bay. Pressure was brought in that State at the next session and the law was repealed and since that time the supply has again gradually diminished until this year crabbers found it difficult to make a living. It is to be hoped that the present regulations passed this year will restore the crab industry in the bay. The Maryland law closing the season October 1st instead of November 30th will have very little effect upon the industry in the upper bay as there are very few crabs caught after November 1st.

There are several succesful ways of peeling tomatoes; one is to dip the tomato into boiling hot water; another is to hold it over a flame on a fork; and if the tomatoes are real ripe merely scarpe the skin with a knife and then peel.



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