*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—Rice cereal with sliced bananas, soft boiled eggs, broiled bacon, toasted English muffins, orange marmalade, coffee. or cocoa. Lunch—Eggs a la king, sliced tomatoes, asparagus tip salad, crumb cake, tea or milk. Dinner—Italian spaghetti; individual stuffed steaks, broccili, dressed lettuce, biscuit tortoni, coffee.

**TUESDAY**

Breakfast—Grapefruit juice, hot cereal, griddle cakes, little sausages, syrup or jam, coffee or cocoa. Lunch—Cream of asparagus soup, deviled crab meat, cole slaw, potato chips, apple tarts, tea or milk. Dinner—Roast shoulder of lamb, mashed potatoes, string beans, cucumber salad, mint ice, assorted cakes, coffee.

**WEDNESDAY**

Breakfast—Stewed prunes, hot or cold cereal, corn fritters, maple syrup, frizzled ham, coffee or cocoa. Lunch—Lamb patties with fried pineapple, mashed potato cakes, string bean salad, tea or milk. Dinner—Wiener-Schnitzel, fried potatoes, smothered cabbage, mixed green salad, German apple cake, coffee.

**THURSDAY**

Breakfast—Stewed plums, hot cereal, baked eggs, fried chicken livers, raisin-nut toast, coffee or cocoa. Lunch—Vegetable soup, toasted cheese sandwiches, broiled bacon, and tomatoes, cup custard tea or milk. Dinner—Broiled steak, French fried onions, baked potatoes, buttered beets, lettuce with roquefort cheese dressing, chocolate pie, coffee.

**FRIDAY**

Breakfast—Sliced oranges, ready to eat cereal, jelly omelet, home made doughnuts, coffee or cocoa. Lunch—Creamed shrimps in patty shells, mixed vegetable salad, melba toast, tapioca pudding, tea or milk. Dinner—Planked white fish, mashed potatoes, lima beans, tomato and cucumber salad, Parker house rolls, baked Alaska, coffee.

**SATURDAY**

Breakfast—Pineapple juice, hot cereal, plain waffles, maple syrup or jam, sausage patties, coffee or cocoa. Lunch—Creamed chipped beef on toast, canned peas, gingerbread, tea or milk. Dinner—Corned beef and cabbage, boiled potatoes, turnips, carrots, onion salad, layer cake a la mode, coffee.

**SUNDAY**

Breakfast—Grapefruit, hot or cold cereal, eggs Careme, broiled ham, pop overs, coffee or cocoa. Dinner—Crab meat cocktail, roast ribs of beef, Yorkshire pudding, buttered peas, lettuce with thousand island dressing, stuffed olives, stuffed celery, peach Mona Lisa, coffee. Supper—Cold Virginia ham, corn pudding, Camembert cheese, crackers, coffee.

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

## LILLY WHITE ABOUT COOKING RICE PROPERLY



Dera Miss Wilma,

De mos peeple don cook rice rite. Dey makes it sticky or mushy or bof.

Ah cooks mah rice like dis: Put two cups rice in cold water an wash it good wid yo hands. Put dis rice into a kittle in which you got about seben or iehgt quarts boiling water an boil dat rice wid a rollin boil foh about fifteen minits. When it am done yo can smash each kernel flat between yo fingers. Den your de rice into a cullender and run cold water ober it and den when it run dry put it back in de kittle and put on de lid an set on de back ob de stove to steam and stay nice.

An de way Ah likes my rice is to put in a soup plate an put a pork chop on top and pour de greese ober it. Dat gib you a famous cullohed dish called "Pork Chop Greezy."

Hopin yo is de same, Your humble servant, Lilly White.

### IN TRAINING



Wife—Tom, why did you put your friend's things in the dining room last night?

Hubby—Oh, he is so used to restaurants that he wouldn't enjoy his dinner unless he could watch his hat and coat.


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America's first bathtub was built in Cincinnati in 1842. It was of mahogany, lined with sheet lead, and was exhibited at a Christmas party. Next day, local papers denounced it as a "luxurious and democratic vanity." Medical men took it up and pronounced the bathtub as a "menace to health." In 1843 Philadelphia undertook by public ordinance to prohibit bathing between November 1 and March 15. Two years later Boston made bathing unlawful except when prescribed by physicians. Bathtubs were taxed $30 yearly. And that was only a little more than 90 years ago.

**The Driftless Area**

The driftless area is a region of about 10,000 square miles in southwestern Wisconsin, southeastern Minnesota and northeastern Iowa. It is so called because it was not covered by the continental glacier which affected the surrounding regions.


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## FOR THOSE WHO REMAIN

When death visits a home, the first concern is to perform the last service to the loved one in a becoming manner. What ever is done must express all the reverance and affection that is felt at such a time. But in addition to this a further responsibilty rests upon the funeral director. It is his privilege and duty to lessen as far as lies with in his power, the burdens laid upon those who remain. By countless little acts of thoughtfulness he can make the way easier for them.

We consider this part of our work as important as any other. Our highest aim is to have our patrons look upon us as trusted friends, ready and anxious to render sympathetic assistance to those who remain behind.

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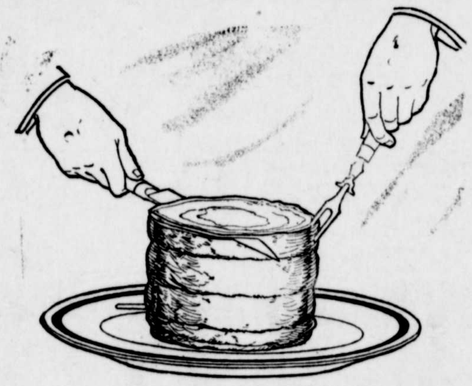
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## THE GENTLE ART OF CARVING

When the man of the house does the carving at the table his wife can offer one form of assistance for which he will be most grateful, especially during his first efforts at carving for company dinners. And that is when she tactfully encourages general conversation so that attention is diverted from the carver's task. It's very difficult to be neat and deft when a silence settles about the able and all eyes are focussed upon the man with the carving knife. No wonder he is tempted to give up the job. In more favorable circumstances he is likely to feel very proud of his skill.

There are no bones and no tricky slices to worry the carver of a rolled rib roast, but his chief concern is to hold this, insert the fork firmly just below the portion which is being sliced. The cords which hold the roast should be left on for they keep the meat in shape while it is being carved. They are cut one by one as the carver reaches them in slicing. After cuting a cord, loosen it with the fork and let it fall on the platter. (Careful of the tablecloth!)

Be sure that your knife is freshly sharpened so that you can cut very thin, even slices.

## HOLIDAY SEASON FAST APPROACHING TIME TO THINK ABOUT GIFTS FOR ALL

Holiday season is rushing toward us without stopping for one minute and something has to be done about it! First there is Thanksgiving; and before one has had a chance to catch a deep breath, here comes Christmas! Which means gifts and gifts and still more gifts. And what a problem they afford, especially for the family.

Taking father as a good example, it does seem a little foolish to take money he has given and turn right around and buy him a present. Then there is uncle, he'll be over for Thanksgiving dinner and again for Christmas and something should be done for him. Uncle too, won't really appreciate something bought in a store, he can buy anything he wants himself. But something home made! Now there's the idea! Give father and uncle something that the whole family will enjoy (a good idea by the way). Home made candy! All the way from Grandfather to the baby this practical and pleasing gift will be enjoyed.

The most popular candy for all round use seems to be hard candy. There are some few who are especially fond of creams but as a whole hard candy proves the more popular, and the following recipe needs no comment as to its deliciousness.

ALMOND BUTTER CRUNCH

1¼ cups butter
2¼ cups sugar
½ cup water
¼ pound blanched almonds
1 teaspoon salt
1 teaspoon soda
¼ pound blanched, toasted almonds
¼ pound walnut dust

Mix the butter, sugar, water and salt together and heat the mixture slowly. When boiling, add the blanched almonds and continue cooking, stirring as gently as possible until the mixture reaches a temperature of 298 degrees F (hard crack stage). Mix the soda with the toasted almonds and the walnut dust and add it to the cooked mixture, stirring only enough to blend. Pour onto a buttered tray and when slightly cool cut in squares. When cold you may coat with chocolate and chopped nuts if you wish. Walnut dust is nothing more than walnuts put through a food chopper and then spread on unglazed paper so that some of the oil may be absorbed.


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