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—Tomato juice, hot cereal, poached eggs on toast, little sausages, coffee or cocoa. Lunch—Spanish omelet, green salad, hot tea muffins, currant jelly, tea or milk. Dinner—Broiled steak, baked potatoes, French fried onions, string beans, mixed salad, banana shortcake, coffee.

TUESDAY Breakfast—Grape fruit, ready to eat cereal, scrambled eggs, cheese roulettes, coffee or cocoa. Lunch—Cream of potato soup, tomato and bacon sandwiches, cole slaw, apple cobbler, tea or milk. Dinner—Breaded veal cutlet, rice rings, broccoli, pineapple salad, chocolate roll, coffee.

WEDNESDAY Breakfast—Mixed fruit juice, plain waffles, broiled bacon, syrup or jam, coffee or cocoa. Lunch—Corn chowder, tuna salad, buttered toast, stewed pears, cookies, tea or milk. Dinner—Broiled scallops, French fried potatoes, brussels sprouts, cole slaw, apple cake, coffee.

THURSDAY Breakfast—Baked apples with cream, ready to eat cereal, baked eggs with cheese, coffee cake, coffee or cocoa. Lunch—Noodle soup, eggs a la king, asparagus tip salad, frozen fruit, cup cakes, tea or milk. Dinner—Swiss steak, hashed brown potatoes, buttered beets, romaine salad with roquefort cheese dressing, rice pudding, coffee.

FRIDAY Breakfast—Stewed prunes, ready to eat cereal, griddle cakes, frizzled ham, buttered toast, jelly or jam, coffee or cocoa. Dinner—Oyster cocktail, roast turkey, brazil nut stuffing, mashed potatoes, giblet gravy, Danish squash, cranberry and apple salad, stuffed celery, ripe olives, assorted pickles, salted almonds, plum pudding, coffee. Supper—Assorted sandwiches, cole slaw, orange ice, sponge cake, coffee or tea.

SATURDAY Breakfast—Pineapple juice, hot cereal, ham and eggs, popovers, jelly or jam, coffee or cocoa. Lunch—Creamed turkey, stuffing patties, buttered peas, tapioca pudding, tea or milk. Dinner—Dutchoven lamb chops, buttered noodles, broccoli hollandaise, lettuce and tomato salad, pumpkin tarts, coffee.

SUNDAY Breakfast—Sliced oranges, ready to eat cereal, fried eggs, broiled bacon, plain waffles, syrup or jam, coffee or cocoa. Dinner—Split pea soup, baked ham, candied sweet potatoes, brussels sprouts, jellied pineapple and carrot salad, ice cream shortcake with crushed fruit, coffee. Supper—Hot or cold turkey sandwiches, cole slaw with boiled dressing and celery seeds, fruit gelatine with whipped cream, coffee or tea.

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

SELF EXPANDING MEAT BALLS COOKED INSIDE OF SAUERKRAUT

From Belford, New Jersey, Mrs. Ann Horning sends us a most appealing one pot dinner recipe. She calls it

PORK and SAUERKRAUT
De LUXE

Mrs. Horning says that this is an old family dish but right here and now its fame will spread to many other families, we hope.

Well, anyhow, first you take as pound of pork ground up fine and season it with salt, pepper, and a tablespoon of fine minced onion.

Now, into this meat mixture work in a half a cup of uncooked rice. Then work this into balls about the size of walnuts.

Put these balls in the bottom of a casserole and over them place one can of sauer kraut with just enough water to cover.

Instead of plain water, you may, if you like, use half water and half dry white wine (as a Alsace Lorraine) or plain water with a couple of table spoons of vinegar added.

Cover and bake in oven for about an hour to an hour and a half, adding a little water from time to time if the mixture becomes dry.

Baked potatoes go splendidly with this and the meat balls are most interesting because when the rice becomes tender, it also swells up and the met balls assume a fluffy appearance.

We are sure that Mrs. Horning will enjoy the package of Comet Rice and the Rice Ball which will be sent to her as ap rize for this nice recipe.

CHILI PEPPER STEW WITH MEAT IS CHILI CON CARNE

Cold Weather And Hot Dishes Mix Well

By SIDNEY SNOW

As the weather grows colder, chili grows hotter. That is the rule of the small western cow towns. There are people in Oklahoma, Texas and other western states who believe that chili con carne is something which the devil forgot to cart away when he was consigned to the lower regions. To this day, they faithfully follow the recipe which has been in use since far beyond the memory of the Americans.

Actually, chili con carne is Mexican—meaning chili pepper stew with meat in it—"with meat" —"con carne." In some part of Mexico, chili is made with or without beans and "con frijoles" signifies chili with beans—the plump red kidney bean or the more correct "pinto" bean.

Chili con carne con frijoles, including everything in the one dish, is th egreat between meal bite of the cow-hand and the truck driver. High school and college students reveal in it. In countless sections of the West, the kettle of chili waits, hot and sizzling, for the evening bridge game to come to an end.

Chili is so utterly competent that it calls for nothing except possibly crackers or bread and butter to round out the menu. Of course, a few slices of chilled tomatoes are sure to be nice.

And, of course, the normal and natural beverage with chili is cold, bottled beer.

GFiven these aids, and chili becomes the center of an interesting little meal.

Chili con carne is economical to make and simple in preparation. The ingredients for good chili follow well establishde recipes, but the amount of chili pepper varies according to taste.

A true western chili eater will assure you that unless smoke issues from the eyes and ears as one eats a bowl of chili, the dish lacks seasoning, but for the beginner or for the amateur chili eater, the smoke test may be omitted.

CHILI CON CARNE y FRIJOLES

1½ pounds ground beef steak
1 minced onion (large one)
1 large green pepper (chopped)
1 quart can solid pack tomatoes
1 can (small) pimentos (minced)
1 No. 2 can kidney or pinto beans
1 teaspoon (or more) of chili powder
1 teaspoon thyme
½ teaspoon dry mustard
1 teaspoon celery seed
1 teaspoon salt
1 pinch red pepper

Fry the onion in a little oil or butter. Add the ground meat and brown thoroughly. Add tomatoes, beans, and seasoning. Cook about half an hour or until thickened down to desired consistency. Good chili is like a mushy stew. (And if you don't want to make it, you can buy good canned chili, ready to heat and eat.)

CHRISTMAS PLUM PUDDING

Playing almost as important a part in the traditional celebration of Chrismtas as the yule log, the holly wreath, the mistletoe and St. Nicholas himself is the famous plum pudding, which has come to us with the passing of the centuries.

The original plum pudding or plum pottage as it was first termed, was served as an accompaniment to the first course of the Christmas dinner back in the days of the Normans. The method of preparation was to boil beef or mutton in its own broth which was thickened with brown bread. Half boiled raisins, currants, prunes, cloves, mace and ginger were then added. The mixture when done, was sent to the table with the best meats.

Plum puddings are best when served very hot. They should be steamed for one hour before serving. A flaming plum pudding which will add interest to your Christmas dinner may be had by pouring brandy over the pudding and lighting it just before it is brought to the table. Domestic Port or Sherry Wine are excellent to serve with the plum pudding.

Many housewives make their plum puddings right after Thanksgiving but those who have not, will find there is still ample time in which to prepare one.

PLUM PUDDING

3 cups stale bread crumbs
2 cups hot milk
8 eggs
½ cup domestic sherry wine
¼ cup brandy
1 lb. seeded raisins
1 lb. currants
¼ lb. citron, cut in strips
1 tablespoon mixed mace, cinnamon and cloves
1 lb. salted beef suet, chopped fine
Sufficient flour to dredge fruit

Soak bread in hot milk and let it stand until cool, then add sugar and yolks of eggs beaten to a cream, next the fruits dredged with flour, the suet, wine, brandy and spices. Beat the whole together and add last th e egg whites, beaten stiff.

Turn into a well buttered mold, cover and steam for six hours. When ready for serving, steam in mold for one hour. Serve with a wine or brandy sauce.

Lilly White's Maryland Pudding



Dear Miss Wilma,

You can make a Maryland Pudding wid no trouble a-tall. Jes a pint of fresh bread crumbs in a quart of warm milk and melt in butter big as a aig.

Den beat the yokes of four aigs wid a cup of sugar until light and den work in de milk and bread and last of all the grated rind of a lemon.

Bake dis in a pudding dish for twenty minutes. Wen out of de oven spread wid currant jelly. Den cover wid a meringue and chuck back in de oven for jes a minute to make dis heah meringue come tan in color. Hopin you is de same, your humble servant Lily White.

Molded Fruit Juice

It's perfectly "correct" to eat your fruit juice in the new manner —with a spoon—when you mold it this way:

Dissolve one package lemon flavored gelatine in 1¼ cups warm water. Add ¾ cup canned grapefruit juice, 2 tablespoons sugar and dash of salt. Turn into individual molds and chill until firm. Unmold and serve.

HOMEMADE CANDY BOOSTS CHRISTMAS SPIRIT IN HOME

Candy Parties For Children Eagerly Looked Forward To During Holidays

Home made candy does so much toward increasing the Christmas spirit that every housewife should make it. Not only for her own home, but as gifts for friends as well.

This candy making can be made into a party if so desired, with great results, especially for the children that are home for vacation, they simply love to make candy. The following recipes are economical and very simple to make.

STUFFED DATES

Dates
Walnuts
Granulated sugar

Remove stones from dates and fill the cavities with walnuts or Canton ginger. Shape in the original form and roll in granulated sugar.

BUTTERSCOTCH

1 cup molasses
2 cups powdered sugar
1 cup butter
Pinch of soda

Boil all the ingredients until it forms a hard ball when tried in cold water (250-264 F.). Or if you desire a chewy candy, stop just short of this stage.

MOLASSES TAFFY

1 cup white sugar
2 cups brown sugar
¼ cup molasses
2 tablespoons vinegar
2 tablespoons butter
1 cup cold water

Cook all the ingredients until the mixture forms a hard ball when tried in cold water. Pour onto a buttered platter and when cool enough to handle, pull and then cut in small pieces.

Soap rubbed on the edges of sticking drawers will make them open and shut more readily.

In the south where pecans are eaten to a great extent, they are boiled for about fiftten minutes so that the meats can be easily removed.

To remove fish odors from a pan, wash it well with soap and water, then pour vinegar in it and let it boil for a few minutes.



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