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, ready to eat cereal, bacon omelet, buttered toast, coffee or cocoa. Lunch—Cream of tomato soup, waldorf salad, raisin-nut bread, stewed peaches, tea or milk. Dinner—Lamb stew with vegetables, dumplings, cucumber salad, apple turnover, hard sauce, coffee.

TUESDAY

Breakfast—Grape fruit, hot wheat cereal, griddle cakes, little sausages, syrup or jam, coffee or cocoa. Lunch—Creamed tuna in a spinach ring, tea biscuits, jelly roll, tea or milk. Dinner—Kidney saute, baked potatoes, mashed turnips, beet salad, steamed bread pudding, coffee.

WEDNESDAY

Breakfast—Prune juice, fried mush, maple syrup, coddled eggs, buttered toast, coffee or cocoa. Lunch—Stuffed peppers with rice, buttered peas, melba toast, chocolate pudding, tea or milk. Dinner—Noodle soup, breaded veal cutlet, hashed brown potatoes, baked squash, chicory salad, layer cake, coffee.

THURSDAY

Breakfast—Stewed plums, ready to eat cereal, jelly omelet, frizzled ham, hot biscuits, coffee or cocoa. Lunch—Grilled tomatoes with bacon, broiled cheese sandwiches, gingerbread, tea or milk. Dinner—Roast lamb, mint sauce, oven browned potatoes, peas and carrots, celery and nut salad, lemon meringue pie, coffee.

FRIDAY

Breakfast—Grapefruit juice, ready to eat cereal, cod fish cakes with poached eggs, buttered toast, coffee or cocoa. Lunch—Baked macaroni with tomato sauce, green salad, sliced pineapple, cookies, tea or milk. Dinner—Clam juice cocktail, fried filet of flounder, shoestring potatoes, creamed cauliflower, carrot salad, apricot whip, sponge cake, coffee.

SATURDAY

Breakfast—Baked apples, hot cereal, waffles with syrup or honey, crisp bacon, coffee or cocoa. Lunch—Vegetable soup, lamb croquettes, buttered peas, orange cream cake, tea or milk. Dinner—Chicken fried steak, mashed potatoes, casserole of corn and lima beans, celery root salad, cocoanut custard pie, coffee.

SUNDAY

Breakfast—Sliced oranges, ready to eat cereal, eggs Benedict, hot muffins, jelly or jam, coffee or cocoa. Dinner—Potato soup, Southern fried chicken, corn fritters, brussels sprouts, Waldorf salad, hot biscuits, honey, baked Alaska, coffee. Supper—Chop suey, rice cakes, lemon pudding, tea or coffee.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper. 25

NEW CAKE FOR THE NEW YEAR

A splendid resolution for the New Year is to start out with new and interesting recipes. Ones that are sure to please the family and bring bright smiles to all the faces around the table. The following is just such a recipe.

ORANGE CREAM CAKE

3 cups sifted cake flour
3 teaspoons baking powder
½ cup butter or substitute
1½ cups sugar
1 cup milk
½ teaspoon lemon extract
4 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add lemon extract. Fold in egg whites quickly and thoroughly. Bake in two greased 9-inch layer pans in a moderate oven 375 F. 25 to 30 minutes. Spread orange filling between the layers and white frosting over the cake. Decorate with orange sections.

ORANGE FILLING

½ cup sugar
4 tablespoons cake flour
Dash of salt
1-3 cup orange juice
3 tablespoons lemon juice
2 tablespoons water
1 egg, well beaten
2 tablespoons butter
1½ teaspoons grated orange rind

Combine sugar, flour, and salt in top of double boiler, add fruit juice, water and egg. Place over rapidly boiling water and cook 10 minutes, stirring constantly. Remove from boiling water add butter and orange rnd. Cool. Spread between layers.

WHITE MOUNTAIN CREAM FROSTING

1½ cups sugar
½ teaspoon light corn syrup
2-3 cup boiling water
2 egg whites, stiffly beaten
1 teaspoon vanilla or
¼ teaspoon orange extract

Combine sugar, corn syrup, and water. Bring quickly to a boil, stirring only until sugar is dissolved. Boil rapidly, without stirring, until a small amount of syrup forms a soft ball in cold water. Pour syrup in fine stream over egg whites, beating constantly. Add flavoring. Continue beating with rotary beater 10 to 15 minutes, or unitl frosting is coll and of consistency to spread. Use wooden spoon when too stiff for beater.

Lilly White's Corn Fritters

Dear Miss Wilma:

Uster to be us could make cawn fritters only in summer kase canned cawn was too flabby. But now dis heah hole kernel cawn is eben better than lots of fresh cawn. Well, anyhow, you all takes about four cups ob canned hole kernel cawn and stirs in bout half dat much sweet milk and a couple ob pinches salt. Now Ah stirs in enough flour and a little baking powdah, about enough to make it like a thin pancake dough and next beats in a aig for ebery cup of cawn Ah used and stirs up de hole mess and den fries nice and brown in a skillet. Ah makes me fritters out ob leetle oystahs de same way. Hoping you is de same, your humble servant, Lilly White.

How To Keep Pipes From Sweating

The sweating of pipes is caused by their carrying cold liquids which cool the pipes and the surrounding air to such an extent that the water in the air is condensed or liquefied upon the surface of pipes. One manner in which this condensation, which is often accompanied by dripping, is counteracted, is to clean the pipe of rust or oil and then painting with red lead or a white lead paint. While the paint is still wet, pulverized cork is applied until no more will adhere. When the paint dried, the cork will be found firmly imbedded in it, the cork layer acting as a heat insulator, preventing the cooler pipe from coming into contact with the surrounding air. The cork layer is afterwards painted a suitable color which further binds the particles together.

Typewriter ribbons can well be re-inked at home by brushng them with a solution consisting of the lead of an indelible pencil dissolved in equal parts of pure grain alcohol and glycerin.

Tinned sardines, bottled anchovies and anchovy paste ought always to be kept in hand, as they are useful in preparing many interesting dishes.

As a rule, foods preserved in earthen ware and glass are better and safer though rather more expensive, than those in tins.

DESSERTS THAT FILL A BILL JUST FOR TWO

Raspberry Charlotte Russe, Ginger Bavarian Cream Recipes Are Two Of Many

Desert for two! A problem? Not if most of the desserts are purchased n a bakery shop, but every now and then, the woman who has only herself and her husband to cook for, feels the urge to prepare something a little fancy. That is often the problem. Something fancy, yet in a small amount. These recipes are just for two, but the proportions can be enlarged for as many as desired.

GINGER BAVARIAN CREAM

Stem ginger root, cut in slices or figures.
½ cup preserved ginger, chopped and pounded with ginger syrup
1 tablespoon gelatine
¼ cup cold water
1 cup rich milk
2 egg yolks
1-3 cup sugar
1 cup double cream, beaten firm.

Use the slices or figures of ginger to decorate the bottom of the mold. Soak the gelatine in cold water. Beat the yolks, add the sugar and cook in the milk, scalded over hot water; add the soaked gelatine and pounded ginger and stir over ice water until it begins to set, then fold in the cream. Pour into the mold.

RASPBERRY CHARLOTTE RUSSE

Ladyfingers
1 teaspoon gelatine
3 tablespoons cold water
¾ cup canned raspberry juice and pulp
1-3 cup sugar
¾ cup double cream.

Soften the gelatine in the cold water and dissolve by setting the dish in boiling water; add to the raspberry pulp and juice with the sugar. Set the dish into ice water and stir constantly until the mixture begins to thicken, then fold in the cream, beaten firm. Turn into cups or tall glasses lined with ladyfingers.

Simple Spanish Dish Of Veal Economical

What with all the war fare in Spain, it is hard to picture that interesting race back enjoying the lovely dishes which they prepare so well. Here is a simple peasant dish of veal, wholesome and one which men are sure to like—yet economical and easily prepared.

VEAL SAUTE, a CAMPO

Cut two pounds of breast and shoulder of veal into pieces about two inches square. Brown the veal in a skillet in which two tablespoonsful of olive oil has been properly heated, seasoning the veal with salt and pepper while browning. Sprinkle in a tablespoonful of flour and cook to a yellow color. Now add half a pint of hot water or both, three peeled and chopped tomatoes, a half clove of garlic and a dash of kitchen bouquet. Bring to a boil. Skim well and cover. Simmer until meat is tender. Just before serving add two dozen small onions which have been boiled tender in a separate dish and two dozen ripe or stuffed green olives. Boiled rice goes well with this dish and if desired string beans or new peas are suitable.

Coupe Glasses Key To Interesting Desserts

It is amazing what a few coupe glasses will do to a little fruit and some ice cream when it comes to making up "fancy" desserts of the hotel chef type.

Armed wth your supply of trusty glasses, make a

BANANA COUPE

Slice some bananas, cover with powdered sugar and a little maraschino. Mix well. Now fill the coupe glasses half full of bananas, pour some juice over, fill the rest of the glass with ice cream, top with a bit of whipped cream or with a few selected bits of banana.

Make the same combination using strawberries, pineapple cubes, grapefruit slices or fresh raspberries in season.

Do You Want Uncooked Candy Recipe Circular?

Months ago, we announced a set of rceipes for uncooked candies, easily made at home. Requests for the free set came in great numbers. At this late date, old copies of the paper are coming to light and requests are still coming in. So we have pleasure in saying that we shall be glad to send sets of these recipes to any who want them.

The recipes tell how to make uncooked bon-bons, frosting for bonbons, cocoanut peanut balls, potato candy and so on. Just write a postal to Sidney Snow, care of this paper, for a set.

Hot Off The Griddle

ESTHER DONLAN

The hot air of the oven sometimes imparts disagreeable flavors to the things being cooked. This can be avoided by keeping the oven scrupulously clean and having it well ventilated.

Butter should not be tightly covered or it will become rancid.

Milk often does not receive the care it should. It is sometimes left for long periods uncovered, permitting dust and impurities from the air to contaminate it. Milk should be kept well covered at all times.

Oily fish should be eaten as fresh as possible. If to be kept, it should be wiped dry and kept in a cool place.

Soda should be purchased in small amounts. It should be kept dry or it will soon deteriorate.

Here's An Interesting Way To Serve Oranges

As a novelty first course for a luncheon, slice one small orange for each serving. Place slices on platter and sprinkle with powdered sugar and one pony of curacao for each two srvings. Set in refrigerator for an hour and then arrange slices neatly on individual plates, covering with the juice.

Another interesting orange dish is made by scooping the meat out of halves or large oranges, cutting into bits and mixing in chopped fresh, green mint. Then replace in shells, ice and serve.

Stuffed Cabbage

3 ounces Amercan cheese, grated
1 firm head cabbage
2 cups cooked ham, chopped
1 cup bread crumbs

Trim away the loose outer leaves of a firm head of cabbage. Cut a deep well out of stem end of cabbage. Mix together the ham, bread crumbs, and grated American cheese. Fill center of cabbage with mixture. Steam two hours or until cabbage is tender. Serve with a cheese sauce. Serves Six.

Tricky Wafers To Serve With Soup

Use stale rye or white bread. Slice thin and cut into squares or rings about the size of half a dollar. Mix grated cheese with cayenne pepper and spread on top of each wafer. Place on flat pan and bake in oven until brown. Serve on a napkin. Ths is a tricky and appetizing novelty and an economical way to use up stale bread.

SUNDAY DINNER Suggestions

By ANN PAGE

THIS week brings the end of the big holiday season with New Year's dinner holding the center of interest for the housewife. Families indulge in a good deal of latitude at this meal, the majority preferring poultry in some form, many fresh hams, some smoked hams and others standing rib roasts of beef with Yorkshire pudding, crown roasts of lamb or pork or even a suckling pig. Lamb is a specially good buy this week.

The choice of fruits and vegetables is little changed from last week. The cranberry season is practically over while cauliflower is again reasonable and in good supply.

Here are three menus for New Year's dinner.

Low Cost Dinner

Baked Fresh Ham (half)
Browned Potatoes
Yellow Turnips Apple Sauce
Bread and Butter
Gelatin Plum Pudding
Tea or Coffee Milk

Medium Cost Dinner

Celery Olives
Roast Beef Yorkshire Pudding
Mashed Potatoes Green Beans
Perfection Salad
Mince Pie
Tea or Coffee Milk

Very Special Dinner

Tomato Juice Cocktail Canapes
Crown Roast of Lamb Mashed Potatoes
Green Peas Mint Sauce
Grapefruit and Tangerine Salad
Flaming Plum Pudding Hard Sauce
Coffee

HOW MODERN WOMEN LOSE FAT SAFELY

Gain Physical Vigor—Youthfulness With Clear Skin and Vivacious Eyes That Sparkle With Glorious Health

Here's the recipe that banishes fat and brings into blossom all the natural attractiveness that every woman possesses.

Every morning take one half teaspoonful of Kruschen Salts in a glass of hot water before breakfast—cut down on pastry and fatty meats—go light on potatoes, butter, cream and sugar—in 4 weeks get on the scales and note how many pounds of fat have vanished.

Notice also that you have gained in energy—your skin is clearer—you feel younger in body—Kruschen will give you a joyous surprise.

Get a bottle of Kruschen Salts—the cost is trifling and it lasts 4 weeks. If you don't feel a superb improvement in health—so gloriously energetic—vigorously alive—your money gladly returned.

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NOTE—Many people find that the only diet change necessary while taking Kruschen regularly is TO EAT LESS.

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 responsibility 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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