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—Pineapple juice, ready to eat cereal, coddled eggs, little sausages, toasted English muffins, marmalade, coffee or cocoa. Lunch—Chicken a la King, asparagus tip salad, graham muffins, tea or milk. Dinner—Beef stew with vegetables, dumplings, cucumber salad, devil's food cake, coffee.

TUESDAY

Breakfast—Stewed apricots, ready to eat cereal, French toast, crisp bacon, maple syrup or jam, coffee or cocoa. Lunch—Stuffed green peppers, lima beans, sliced tomatoes, chocolate tarts, tea or milk. Dinner—Corned beef, boiled cabbage,-potatoes-turnips-carrots, dressed lettuce, banana shortcake, coffee.

WEDNESDAY

Breakfast—Apple sauce, hot cereal, ham and eggs, hot muffins, coffee or cocoa. Lunch—Corned beef hash with tomato sauce or poached eggs, lima beans, fruit cup, assorted cookies, tea or milk. Dinner—Paprika goulash, buttered noodles, boiled carrots, cole slaw, pumpkin pie, coffee.

THURSDAY

Breakfast—Stewed pears, ready to eat cereal, baked eggs with cheese, buttered toast, grape jelly, coffee or cocoa. Lunch—Toasted cheese sandwiches, pineapple and cabbage salad, cup cakes, tea or milk. Dinner—Broiled lamb chops, baked potatoes, stewed tomatoes, beet and celery root salad, prune whip, coffee.

FRIDAY

Breakfast—Grapefruit, hot corn meal mush, apple fritters, currant jelly, coffee or cocoa. Lunch—Creamed tuna on toast, buttered peas, egg custard with caramel sauce, cookies, tea or milk. Dinner—Baked onion soup, boiled halibut with egg sauce, scalloped potatoes, buttered beets, lettuce with thousand island dressing, steamed date pudding, coffee.

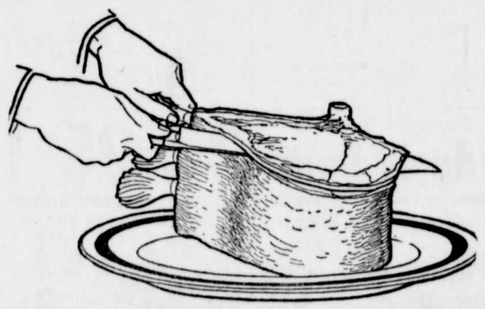
SATURDAY

Breakfast—Orange juice, ready to eat cereal, griddle cakes, little sausages, syrup or jam, coffee or cocoa. Lunch—Fried calves liver and bacon, lettuce and tomato salad, applesauce cake, tea or milk. Dinner—Swiss steak, potato pancakes, creamed cabbage, watercress salad, pineapple whip and sponge cake, coffee.

SUNDAY

Breakfast—Chilled melon, ready to eat cereal, chicken liver omelet, hot muffins and jam, coffee or cocoa. Dinner—Clam cocktail, fried chicken, country gravy, mashed potatoes or corn fritters, brussels sprouts, stuffed celery, ripe olives, Waldorf salad, molded biscuit Tortoni, iced individual cakes, coffee. Supper—Assorted waffles, sausage patties, syrup or jam, coffee or tea.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper. 26



THE GENTLE ART OF CARVING

Carving the Stan ding Rib Roast

The carver brings out the best flavor of the meat when he serves it in appetizing manner. Even slices, cut across the grain (to cut the fibers and prevent stringiness) are much more tempting than a haphazard portion even of the most tender meat. As the slices are cut, they should be neatly placed upon the platter, with the browned or best side up. When there are enough slices for all, begin serving.

There is economy, too, in good carving. A roast "goes farther" when it has been expertly carved. That which is left on the platter should be in good order so that a second helping looks desirable. If the entire roast is not needed at one time, take care that the remainder is in good condition for another meal, with no ragged fragments to dry out and be wasted.

CARVING THE STANDING RIB

For special occasions, the ends of the ribs may be decorated with paper frills. The roast is placed on the platter with the ribs at the carver's left. These frills serve more than an ornamental purpose, by the way, for when they are used the carver may hold the uppermost rib in his left hand to steady the roast as he cuts it. Otherwise he thrusts the fork into the thick center of the roast to hold it firm. He cuts very thin slices across the grain of the meat until the knife touches the bone. After several slices have been cut, he draws the point of the knife along the bone to separate the slices from the ribs.

CULINARY TRIUMPHS WITH POTATOES POSSIBLE FOR EVEN MOST INEXPERIENCED

By SIDNEY SNOW

Fun with potatoes—well, that may seem to be a strange sort of sport—but actually, given a bag of potatoes, a kitchen stove, plus a few ordinary kitchen ingredients, man or woman, boy or girl can run riot and soon, in blushing modesty, lay out a collection of hand-craft examples of distinct charm and exquisite taste and flavor.

Masked, and boiled and baked and creamed and fried potatoes are all fine in their places, but add a little imagination and interest as extra ingredients, and a series of culinary triumphs will result.

To wit, as follows and viz:

If you're serving roast lamb or veal, about half an hour before dinner, put into a stew pan, two large tablespoons of butter and a fine minced onion and simmer until the onion is brown. To this add four medium potatoes cut into dice. Add a cup of hot water. Season with salt, pepper and pinch of ground cloves. Cover the pan and simmer for half an hour, or until the potatoes are tender. Turn into serving dish and sprinkle with chopped fresh parsley.

As the Friday fish course is served, enliven it with a bit of fresh, sliced cucumber and "silver" potatoes. They are made like this: Peel two or three raw potatoes, do not wash but wipe dry. Then slice lengthwise into "slivers" or match shape. Drop into hot deep fat and cook quickly to a light, golden brown. Pack into servings of small round bundles and surround with strips of green pepper or pimentos. Quick and easy to prepare and grand eating.

It is surprising how popular the good potato pancake remains in German restaurants when pot roast or kindred dishes are served, but how few people make these pancakes at home. The task is simple.

First, mix an egg with half a cup of milk. Then work in half cup of flour, salt and pepper. Grate a cup and a half of raw potatoes and add at once to the mixture. A nice touch is to cut down a little on the potato and use a small grated sour apple to make up the quantity.

Using a skillet or griddle and butter for frying, fry these cakes about the size as ordinary pancakes and serve hot and crisp. Do not place in covered serving dish as that will make them soggy.

Next time you are roasting a chicken, be careful to save all the fat. Put the fat from the juice into a cup and set it in the refrigerator. Then, a day or two later, prepare a nice dish of potatoes as follows:

Take left over boiled potatoes and cut them in to lengthwise slices about half an inch thick or a little thinner. Fry these in a skillet, using half butter and half chicken fat. Season with pepper and salt, cooking until golden brown, and then serve with a little chopped parsley.

When baking potatoes, if you will bake three or four more than needed, the left over baked potato, peeled and diced and then fried in butter and chicken fat provides an entirely different flavor from any other type of potato.

These same fried baked potatoes mixed with parsley and folded into an omelette makes the delicious Savoy Omelette.

And, in conclusion, here is the lovely Lord Baltimore potato straw, a Maryland favorite for luncheon parties; Mix half a cup of sifted flour, a cup of boiling water and an ounce of butter. Allow to cool a bit and then stir in the yolks of two eggs. Mix this with the same quantity of boiled potato pressed through a sieve. Roll into straws about three inches long and half an inch in diameter, roll in flour, dip in egg and bread crumbs, fry in deep fat and serve on a napkin.

Winter Canapes

ANCHOVY CANAPES

Make rounds of toast, spread with sweet butter, season with salt, pepper and mustard to taste. Arrange anchovy fillets on these in form of a rostette or a cross. Garnish with finely chopped parsley. Press the yolk of a hard boiled egg with a little of the white, through a sieve and arrange ilt in a ring around the edges of the rounds.

EGYPTIAN CANAPES

Cut chipped beef into small pieces, mix it with 3 teaspoons of catsup and 3 teaspoons fo mayonnaise. Add a dash of cayenne pepper. Serve on rounds of toast or little crackers.

OYSTERS IN BACON

Wrap oysters in bacon and broil. Spear with toothpicks and serve.

BAKED ANCHOVY CANAPES

Make a nice pie crust, cut into rounds with a small biscuit cutter. Into each round, squeeze a small amount of anchovy paste. Fold over the round and press down the edges with a fork. Prike the top with the fork and bake in a hot oven. Serve immediately.

OLIVE CANAPES

Use large sutffed olives. Take the pimento out of them and chop it finely with either cream cheese or a mixture of mayonnaise and cream or tuna. Refill the olives using a pastry tube.

SUNDAY DINNER Suggestions

By ANN PAGE

With economy the note of the new year, the housewife is fortunate that favorable weather has brought down the price of eggs, kept butter prices under last year's level at this season and made a generous supply of fresh vegetables available at almost summer cost. Fish, too, is more plentiful than in many weeks.

Lamb is the outstanding meat value with pork a fairly good second choice. Beef prices continue to rise.

Oranges, grapefruit, bananas and apples are the outstanding fruits of the season.

Here are three menus to suit different budget levels.

Low Cost Dinner
Braised Lamb Shoulder
Mashed Potatoes Onions
Bread and Butter
Tapioca Cream
Tea or Coffee Milk

Medium Cost Dinner
Roast Pork Glazed Apple Rings
Sweet Potatoes Spinach
Bread and Butter
Snow Pudding Custard Sauce
Tea or Coffee Milk

Very Special Dinner
Stuffed Celery
Roast Lamb Browned Parsnips
Green Beans
Mixed Green Salad
Rolls and Butter
Frozen Orange Custard
Coffee Cookies

Montauk Point History Is Shrouded in Mystery

Montauk's famous lighthouse, a great structure 168 feet above sea level, had its first tower erected in 1796. Some of the history of Montauk is shrouded in mystery. Folks did not talk too loud nor put their thoughts on paper about the slave ships in the 1850s which unloaded there, asserts a writer in the New York Times. There were mutinies, murder, no doubt, and strange black men sometimes swam or rowed ashore and disappeared toward Sag harbor, where they could find others speaking Spanish and Portuguese dialects.

Eastern Long Island's Indians were never as fierce as the New England Narragansetts and Pequots. Early white settlers got along amicably. Poggotacut ruled the Manhassets on Shelter island, another brother the Shinnecocks and a third brother, Wyandanch, the Montaukett tribe. The last named died in 1658 and his young son, Wyancombe, became chief. But he died soon of smallpox, which greatly reduced the Montauk tribe in the next few years.

Now and then they were egged on to warfare by the Narragansetts, but Lion Gardiner, for whom Gardiner's island gets its name, was the peacemaker on more than one occasion.

Even up to the 1860s and 1870s Montauk point remained almost a wilderness.

Pronunciation of "St. Louis"

The Americana gives the popular pronunciation of the name "St. Louis" as Saint Loo-is, though Webster gives both this and Saint Loo-ey. In 1762 two merchants of New Orleans organized a firm to trade with the Missouri river Indians, getting a license from the governor of Louisiana. On February 14, 1764, a party of workmen landed at the site selected by Laclede for his trading post and began work the next day. The town was named in honor of Louis XV, whose patron saint was St. Louis.



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Telephone Directory In 1879 One Sheet; Now 1,200 Pages



Hilda Talbott of the directory department compares Washington's first telephone directory, issued April 8, 1879, containing 123 listings with the current book of 1,200 pages of listings including the classified section.

One-page telephone directories, a novelty fifty years ago, have developed into thick volumes of several columns as evidence that telephone communication has grown with the communities served. The Washington, D. C., directory, for example, now contains 1,200 pages, including 600 pages of city listings, 140 pages of suburban subscribers and nearly 500 pages in the classified section. The single page directory of April 8, 1879, contained 123 listings. This makes it easy to visualize the rapid strides made in telephone development in the nation's capital since the service was first established December 1, 1878. Washington leads the world in telephone development with 36 telephones for each 100 of its population.

Recognizing that directories are essential to good telephone service, the directory departments of the Chesapeake and Potomac Telephone Companies are constantly working for higher standards and better books. These companies, which operate about 710,000 telephones in Maryland, Virginia, West Virginia and the District of Columbia, now publish 72 different directories.

Compiling telephone directories of the Chesapeake and Potomac Telephone Companies requires the services of more than 100 regular employees. In addition, many hundreds are employed from time to time in the printing and delivering of the books.

In the larger cities telephone directories are supplemented by street address directories, which are printed semi-annually and are available for public use.

The first telephone directory in the world was issued at New Haven, Conn., in February, 1878, the first telephone switchboard system having been placed in operation in that city January 28 of that year. It listed fifty telephone subscribers not alphabetically as present telephone directories are, but under headings such as "physicians", "meat markets" and "residences." The alphabetical arrangement of telephone directories was inaugurated with the issuance of the second telephone directory, which was published in San Francisco in June, 1878.

Telephone Almanac Shows March Outstanding Month

March bristles with telephone history. Alexander Graham Bell, inventor of the telephone, was born in Edinburgh, Scotland, March 3, 1847. He received a patent for the telephone March 7, 1876, and on the same date in 1926 the first public test of two-way transocean telephony was held between New York and London, according to the Telephone Almanac. The first telephone exchange in Indiana was opened in Indianapolis about March 9, 1879.

On March 10, 1876, Dr. Bell spoke the first words by telephone. These were: "Mr. Watson, come here. I want you." Thomas A. Watson, his assistant, who heard this first telephone message, died recently, after seeing the telephone industry expand from two telephones to about 33,000,000 throughout the world.

A central office was established at New Orleans on March 15, 1879, while New York had its first exchange system placed in operation at Albany, March 18, 1878.

Cheyenne, Wyoming, had its first central office, March 22, 1881. Long distance communication was inaugurated between New York and Boston, March 27, 1884, while radiotelephone service between the United States and the Philippines was established March 30, 1933.

On March 13, 1657, a Grand Assembly of Burgesses of the Virginia colony convened at "James Cittie." During this session was passed one of America's first communication laws. The act provided that "All letters superscribed for the publique service shall be immediately conveyed from plantation to plantation, to the place and person directed, under penaltie of one hogshead of tobacco, for each default." A similar Virginia act, passed in 1661, referred to the "remoteness of diverse places in the country . . . and the necessity of communicating diverse businesses to the utmost lymitts of itt"—the fundamental public need which has given rise to all modern communication systems.

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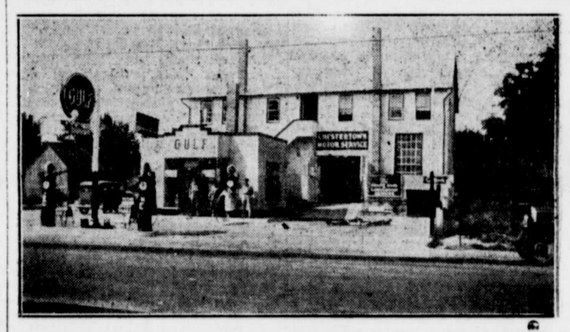
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