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—Grapefruit, hot or cold cereal, grilled bacon, rice waffles, syrup or jam coffee or cocoa. Lunch—Creamed asparagus on toast, green pepper salad, crumb cake, tea or milk. Cream of spinach soup, ham and macaroni casserole, buttered beets, dressed lettuce, brown betty, coffee.

TUESDAY Breakfast—Sliced bananas in orange juice, hot cereal, scrambled eggs with fried potatoes, toasted muffins, marmalade, coffee or cocoa. Lunch—Split pea soup, combination salad, bread and butter sandwiches, fruit gelatine with whipped cream, tea or milk. Dinner—Pot roast, potato pancakes, red cabbage, carrot salad, apple sauce cake, coffee or beer.

WEDNESDAY Breakfast—Baked apples with cream, ready to eat cereal, creamed smoked beef on toast, coffee or cocoa. Lunch—Clear soup, Deviled egg salad, hot gingerbread with cream cheese, tea or milk. Dinner—Baked pork chops, buttered noodles, diced turnips, apple and date salad, bread pudding, coffee.

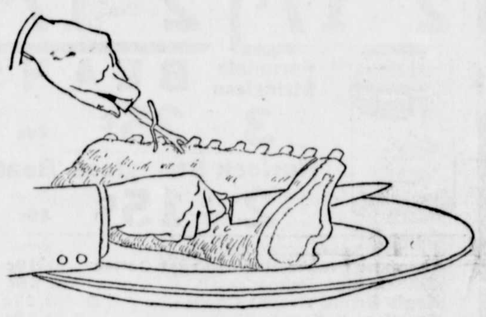
THURSDAY Breakfast—Orange juice, hot cereal, Baked eggs with cheese, grilled liverwurst, curry toast, coffee or cocoa. Lunch—Baked beans, hot brown bread, sliced tomatoes, cup custards, tea or milk. Dinner—Fried chicken, corn fritters, creamed celery, endive salad, pineapple whip, coffee.

FRIDAY Breakfast—Stewed apricots, boiled rice with cream or sugar and cinnamon, parsley omelet, hot rolls, jam, coffee or cocoa. Lunch—Grilled sardines on toast, canned asparagus salad, chocolate pudding, tea or milk. Dinner—Cream of tomato soup, fried oysters, shoe string potatoes, succotash, cabbage salad, apple pie, coffee or beer.

SATURDAY Breakfast—Tomato juice, cold cereal, buckwheat cakes, little sausages coffee or cocoa. Lunch—Chicken soup, frozen fruit salad, hot corn bread, tea or milk. Dinner—Boiled tongue, parsley potatoes, buttered string beans, cress salad, mince meat pie, coffee or beer.

SUNDAY Breakfast—Grapefruit, ready to eat cereal, plain waffles, frizzled ham or spiced sausages, fried eggs, syrup or jam, coffee or cocoa. Dinner—Crabmeat cocktail, crown roast of lamb, browned potatoes, baked squash, artichoke salad, assorted pickles, pineapple ice cream, cake, coffee. Supper—Toasted tongue sandwiches, lemon sherbet, assorted cookies, tea or coffee.

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



Carving A Loin Roast

THE GENTLE ART OF CARVING

Whatever cut of meat you are carving, let neatness be your watchword! Don't be in too great a hurry to be done with your task, even though family appetites are keen. Their patience will be rewarded when you serve them beautifully cut portions, arranged so that everyone about the table has his share of the most desirable part, should there be anl "best" to the particular cut you are carving. This is one reason for carving enough for all before anyone is served. You can then arrange each serving in the best possible manner.

ROAST LOIN OF PORK

In order to carve this roast well, you are going to need a little help beforehand, that is, at the market. Otherwise, there will be trouble ahead! The backbone should be separated from the ribs by sawing directly across the ribs, paralled to the chine bone. Then, after the meat is cooked and before it is brought to the table, the backbone should be removed. When this has been done, the carver's task is simply to cut neatly and evenly the required number of slices.

Loin roasts of pork, veal and lamb should be prepared in this manner. Veal or lamb loin roasts usually contain the kidney. Each person is served a piece of kidney and kidney fat with the slice of meat.

CARVING TONGUE

To arve tongue, cut it across in wafer-like slices. The center of the tongue is the choicest portion. The tip of the tongue is best carved lengthwise in very thin slices.

HOME MADE CANDIES

Now that Christmas is over but far from forgotten, one starts to look around and see just what is left over. It did seem that there should have been enough candy to last for a year but somehow, candy, and sepecially home made candy just seems to disappear, almost one could say "evaporate." Hree are a few different recipes for that new "batch" that are certainly fine and also "easy to make" which is a phrase welcomed by women when looking for recipes:

CHOCOLATE PEANUT BRITTLE

2 squares unsweetened chocolate
2-3 cup sweetened condensed milk
¼ cup corn syrup
1 cup shelled roasted peanuts

Melt chocolate in heavy pan. Add condened milk and corn syrup. Stir over low heat until mixture will crackle when tested in cold water. Add peanuts. Turn onto buttered pan and press into thin sleet with hand. When cold break into pieces.

ROLY POLY

½ cup cocoa
1½ cup confectioners' sugar
½ cup sweetened condensed milk
1 tablespoon vanilla
1¼ cups confectioners' sugar
¼ cup sweetened condensed milk
½ cup pistachio or other nut meats

Sift together cocoa and 1½ cups confectioners' sugar. Moisten with ½ cup condensed milk and vanilla. Blend thoroughly. Pat out on board or wax paper, which has been dusted with confectioners' sugar, into oblong layer ¼ inch thick. Blend remaining confectioners' sugar and condensed milk. Tint with vegetable coloring if desired. Add chopped nut meats. Spread with a spatula, on top of dark layer; roll as in making a jelly roll, folding deges to conceal fondant. Allow to stand in cool place until firm. Cut into diagonal slices ½ inch thick. Wipe knife after each slice, to keep the colors clear.

GLORIFY ONION WHICH BELONGS TO LILY FAMILY

Recipes That Feature Neglected Onions - Stuffed with Liver Is Excellent

Glorifying an onion is something a little out of the question to some people but that is just what we are attempting to do. After all, when one takes into consideration that an onion belongs to the same family as the beautiful lily, it has a right to be glorified and personally, I'd rather eat an onion than a lily. Here are a few recipes that may be helpful to those who have neglected onions, and appreciated by those who are onion lovers:

STUFFED SPANISH ONIONS

6 or 8 rather small spanish onions
4 tablespoons finely chopped liver or raw meat (cooked meat may be used)
1 tablespoon finely chopped onion, parboiled
1 tablespoon breadcrumbs
½ teaspoon powdered sage or mixed herbs
1 egg
Salt and pepper

Skin and parboil the onions, then remove the centers with a small knife. Mix all the ingredients, fill the onions with the preparation, baste them well with hot butter, and bake in a moderate oven from 30 to 40 minutes, basting frequently. Serve with melted butter or gravy poured over them.

ONION SOUFFLE

6 medium sized onions
3 eggs
1 cup milk
1 tablespoon flour
1 tablespoon butter
Salt

Peel and cut the onions in quarters and boil them until very soft, changing the water once. Drain well by allowing to stand in a sieve for about five minutes; chop very fine and drain again. Season with salt and a very little pepper. Cream the butter and flour together. Bring the milk to a boil and pour in on the mixture of butter and flour, gradually, to avoid lumping. Beat the yolks of egg to a pale lemon yellow and add them to the cream sauce, then add the onion pulp, and finally fold in the stiffly beaten egg whites. Pour into a buttered baking dish and bake in a moderate oven 25 to 30 minutes. Serve at once. This is fine with beefsteak.

Baked Ham

1 boiled ham
1 small cup brown sugar
2 tablespoons cloves
1 tablespoon allspices, crushed
½ cup Madeira wine

Take boiled ham hot, skin it, and trim it. Place in a shallow pan, mix together brown sugar, crushed allspice and cloves very fine Spread over ham. Add wine and bake ½ hour, basting frequently.

Aint Nuthin Bettah As Brunswick Stew



Dear Miss Wilma:

Uster be kin make good Brunswick Stew only de time butter beans is ripe an de cawn am fresh. But dese days wid canned stuff like fresh, time don't make no difference.

You kin hab Brunswick Stew any time you all got a chicken or squirrel.

Git yourself a veal shin an a chicken er about two squirrels and cook in a pot till de meat fall off de bones. Let dis git cold and drain off de broth and put it back inter de pot and put de meat in de broth and put in two cup ob dis heah hole kernel cawn an two cup tomatoes an one cup butter beans an one cup raw potatoes cut in little chunks an a big unyun cut little an a bunch ob celery cut little. Put in salt an plenty pepper an a big spoon bacon fat an cook about an hour. Thicken up a little wid flour. It not enuf jooce put in some watre now an den.

Hopin you is de same, your humble servant, Lilly White.

FAVORITE RECIPES

What is your favorite recipe? Send it to the Baltimore Sunday American. You may win one of the weekly cash prizes. This interesting feature for housewives appears only in the Baltimore American. On sale at all newstands.

Jellied Tomato Soup Ideal First Course For Dinner Party

Jellied tomato soup is the choice of many smart hostesses either as the first course of a dinner party or to be served with the meal in a salad. It's bright color lends an air of gaiety to the table and the taste will be certain to please.

JELLIED TOMATO SOUP

2 cups strained tomato juice
2 cups clear soup stock
2 teaspoons chopped parsley
1 tablespoon gelatine
1 teaspoon onion juice
1 tablespoon chopped celery
Salt and tabasco

Set the gelatine to soak in ¼ cup cold water. Mix the other ingredients and simmer gently for 5 minutes; strain into the dissolved gelatine; stir until the dissolved gelatine; stir until the gelatine is thoroughly melted, and set aside to cool. Place in the ice box to set, and serve in bouillon cups, very cold.

Sauce For Baked Ham

2 tablespoons tomato catsup
2 tablespoons sherry
2 tablespoons tarragon vinegar
2 tablespoons butter
1 tablespoon Worcestershire sauce
1 teaspoon mustard

Mix vinegar with mustard. Add remaining ingredients and heat.

SUNDAY DINNER *Suggestions*

By ANN PAGE

EVEN though severe cold weather in California has been responsible for increasing prices for some of our fruits and vegetables, there are plenty of things grown elsewhere to be had at low prices. Look for good values in onions, Boston lettuce, spinach, cabbage, turnips, Florida oranges, grapefruit and strawberries. Canned fruits and vegetables are fine standbys in winter weather.

Lamb will be chosen by many for Sunday dinner, for it is reasonable. Pork is a little lower, and forequarter cuts of beef are moderate. Broilers, fryers and ducks are all good values.

Egg prices are lower due to heavy productions wherever the weather is mild. Higher prices are not expected in butter.

Using this summary of the market, I have prepared three menus which I hope will help you to plan your Sunday dinners.

Low Cost Dinner

Stuffed Breast of Lamb
Creamed Canned Peas
Mashed Turnips and Potatoes
Bread and Butter
Blanc Mange with Cubed Oranges
Tea or Coffee

Medium Cost Dinner

Stewed Chicken with Dumplings
Corn Pudding Fresh Spinach
Bread and Butter Peach Preserves
Orange Jelly Lady Fingers
Tea or Coffee

Very Special Dinner

Hot Tomato Cocktails
Roast Beef New Potatoes
Green Peas Cauliflower
Rolls Butter
Strawberry Floating Island
Coffee

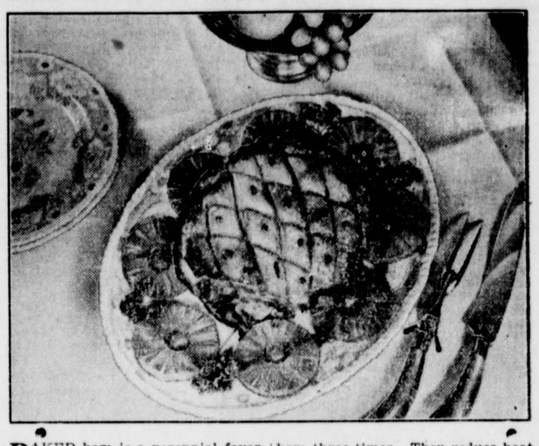
Sweet Potatoes With Pineapple

3 large sweet potatoes
sliced canned pineapple
24 marshmallows
Brown sugar

Select large sweet potatoes of uniform size, Wash potatoes thoroughly and boil until tender in boiling salted water. Remove, cool and peel potatoes. Slice in half inch slices and place a layer in a buttered casserloe. Then place over them alternate layers of pineapple, brown sugar and potato until all ingredients are used up. Add ½ cup of pineapple juice. Bake in a moderate oven, until the whole is flavored throughout and candied. Top with marshmallows and run in the oven to brown.

Baked Ham Hawaiian

By Jane Rogers



BAKED ham is a perennial favorite and it well deserves the front-rank position it holds in the esteem of discriminating eaters. For baking the ham there are innumerable recipes—so many that it is easy to escape any risk of monotony in serving this dish. In Baked Ham Hawaiian the use of canned Hawaiian pineapple juice helps to give the meat a new and zestful keenness of flavor that is practically guaranteed to endow you with a reputation as an artist in the cooking of ham.

Here is the recipe:

1 smoked ham (12 lbs.)
1 cup vinegar
1 large bottle ginger ale
2 quarts (8 cups) canned pineapple juice
Bouquet-garni*
Brown sugar
1 cup raisins

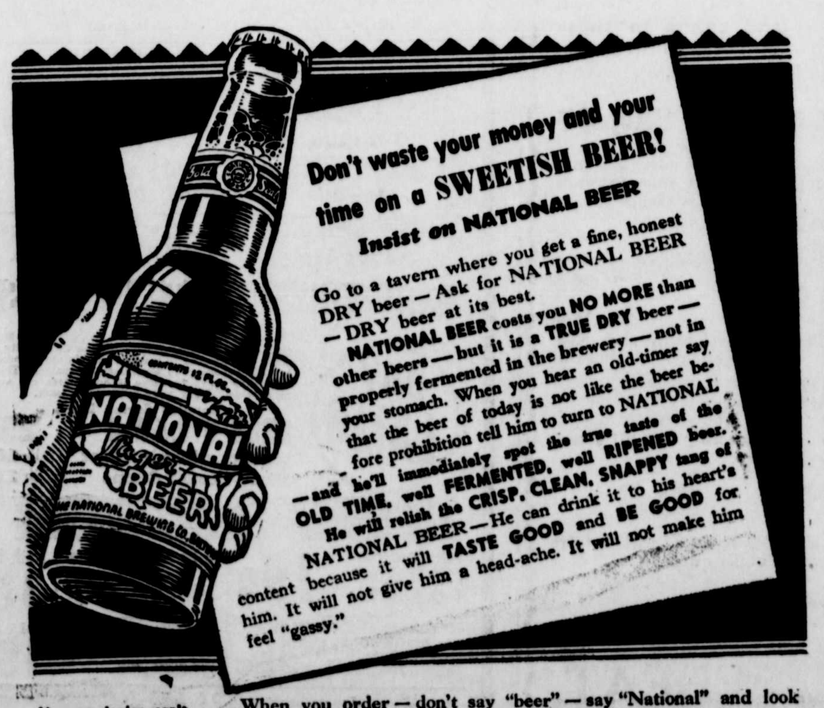
Soak ham in cold water and vinegar overnight. Put ham (which has been boned and tied, if possible) in a roaster, add bouquet-garni and a little water to cover the bottom of pan. Place in a hot oven (425°F.) for about 30 minutes to brown. Then add ginger ale and pineapple juice. During next 45 minutes turn ham three times. Then reduce heat in oven to 325°F., put cover on roaster and bake slowly for 4 hours. Remove the skin, sprinkle with brown sugar, and place under flame or high heat to finish browning.

Strain the gravy, let stand a few minutes for fat to rise to top, remove grease and add slices of canned pineapple. Heat in gravy, turning once so that pineapple will absorb some of the meat juice. Remove pineapple, drain and place around ham on platter as a garnish. Place a maraschino cherry in the center of each pineapple ring.

Add raisins to the gravy, cook for 10 minutes, and thicken with flour, if necessary. Six cups are necessary for 30 servings. White or dark raisins may be used, but the former make the best colored gravy.

If ½ ham or a picnic ham is used, divide the recipe in half. 30 servings.

*Bouquet-garni—(a handful of parsley, several green onions, a bay leaf, sprig of thyme, rosemary, marjoram, basil—all should be tied together in a bundle and removed before serving).



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