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—Stewed prunes with cream, hot or cold cereal, ham omelet, hot biscuits, honey, coffee or cocoa. Lunch—Creamed chipped beef on pineapple, dressed lettuce, cup cakes, tea or milk. Dinner—Pork tenderloins, fried potatoes, Brussels sprouts, raw carrot salad, ice box cake, coffee or beer.

TUESDAY

Breakfast—Grapefruit juice, hot wheat cereal, parsley omelet, bran muffins, apple jelly, coffee or cocoa. Lunch—Grilled tomatoes and bacon, buttered toast, hot gingerbread with whipped cream, tea or milk. Dinner—Roast duck, savoy cabbage, baked potatoes, beet salad, home made ice cream, assorted cakes, coffee.

WEDNESDAY

Breakfast—Canned pears, fried mush with maple syrup, scrambled eggs with minced bacon, buttered toast, coffee or cocoa. Lunch—Cream of asparagus soup, stuffed egg salad, nut cake, tea or milk. Dinner—Veal steaks, creole rice, buttered broccoli, apple salad, corn-starch pudding with meringue, coffee.

THURSDAY

Breakfast—Baked apples with cream, kippered herring, buttered toast, fried eggs, coffee or cocoa. Lunch—Salisbury steak, fried onions, carrot and cabbage salad, gelatine, tea or milk. Dinner—Baked Virginia ham, sweet potatoes, creamed spinach, pineapple and cream cheese salad, lemon meringue pie, coffee.

FRIDAY

Breakfast—Orange juice, Ready to eat cereal, poached eggs on toast, coffee or cocoa. Lunch—Salmon patties, cucumber salad, chocolate pudding, tea or milk. Dinner—Baked Weak fish, parsley potatoes, creamed onions, cold slaw, apple dumplings with hard sauce, coffee or beer.

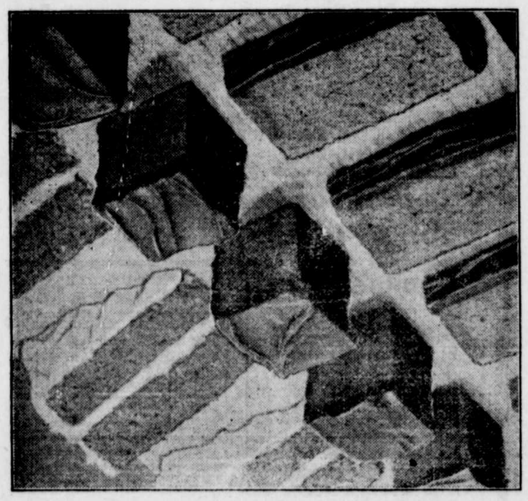
SATURDAY

Breakfast—Mixed stewed fruits, hot cereal with milk, broiled bacon, soft boiled eggs, buttered toast, grape jelly, coffee or cocoa. Lunch—Creamed ham in noodle ring, dressed lettuce, cocoanut cup cakes, tea or milk. Dinner—Broiled steak, French fried potatoes, cauliflower au gratin, pickled beet salad, pineapple upside-down cake, coffee.

SUNDAY

Breakfast—Canned peaches, ready to eat cereal, griddle cakes, little sausages or frizzled ham, fried eggs, maple syrup, coffee or cocoa. Dinner—Oyster cocktail, fried chicken, country gravy, mashed potatoes, buttered string beans, apple salad, hot biscuits with honey, celery-olives-pickles, cocoanut layer cake with home made chocolate ice cream, coffee. Supper—Crabmeat Newburg, shredded cabbage, apple tarts, coffee or tea.

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



CHOCOLATE FUDGE CAKE FAVORITE OF MEN FOLK

There is probably nothing of which a housewife can be more proud than a fine cake which she has made. Now it isn't necessary for a woman to be an experienced cook in order to make a good cake, though it is necessary for her to follow the recipe carefully and use good ingredients. Any housewife can then have on hand something to serve at all times to anyone who might drop in for a visit. And hwo the men rave about a good home made cake. Here is the recipe for a cake that is always popular and never out of style.

CHOCOLATE FUDGE CAKE

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
½ cup butter or other shortening
1 cup sugar
1 egg, well beaten
2 squares unsweetened chocolate, melted
¾ cup milk
1 teaspoon vanilla

Sift flour noce, measure, add baking powder and salt, and sift together three times. Cream butter, add sugar gradually, and cream together until light and fluffy. Add and blend. Add flour, alternately egg and beat well; then chocloate with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in a greased pan, 8x8x2 inches, in a moderate oven 325 F. about 1 hour. Spread with the following frosting:

FUDGE FROSTING

2 squares unsweetened chocolate, cut in pieces
2-3 cup milk
2 cups sugar
Dash of salt
2 tablespoons light corn syrup
2 tablespoons butter
1 teaspoon vanilla

Add chocolate to milk and place over low flame. Cook until mixture is smooth and blended, stirring constantly. Add sugar, salt, and corn syrup, and stir until sugar is dissolved nad mixture boils. Continue cooking, without stirring, until a small amount of mixture forms a very soft ball in cold water (232 F.) Remove from fire. Add butter and vanilla. Cool to luke warm (110 F.). Beat until of right consistency to spread.

Italian Minestrone Is Vegetable Soup With Parmesan Cheese

Italy has made many contributions in the world of cookery, many recipes which have been adopted by Americans and commonly served as such. One of the finest, however, is the Italian Minestrone which is vegetable soup served with grated parmesan cheese. Even among vegetable soups, this one from Italy stands out as a shining example of what a good soup should be.

MINESTRONE

3 pints stock
¼ pound salt pork
½ pound fresh kidney beans
½ pound peas
1 or 2 stalks celery
1 small cabbage
½ pound spinach
3 or 4 carrots
1 small onion
a little sage
½ cup rice
parsley
1 or 2 cloves garlic
3 or 4 tablespoons parmesan cheese
Salt and pepper

Put the stock in a large pan, bring it to a boil and add the salt pork, cut in small pieces, add all the vegetables finely chopped. Stir well, season with salt and pepper to taste and simmer until the vegetables are tender and have absorbed most of the stock. Finally stir in the Parmesan cheese. This soup should be thick and served either hot or cold. The Parmesan cheese can be omitted and instead, served in a dish to be used as wanted.

French Pancakes

2 cups flour
1 egg
milk
½ cup strawberry jam
⅛ teaspoon nutmeg
¼ teaspoon salt
very thick cream

Mix the flour, salt, nutmeg, 1 cup of milk, and the egg together until perfectly blended. Beat hard and add enough more milk to make a very thin batter. Put a small lump of butter in the middle of a frying pan, and when hot, shake it over the entire surface of the pan. Drop in a spoonful of the batter and let it spread evenly until it covers nearly all the bottom of the pan. When delicately browned on one side, turn the pan-cake and cook on the other side. As each pancake is cooked lay it on a hot platter, spread lightly with strawberry jam, and roll up. Repeat this operation until all the batter is used, cooking only one pancake at a time. Serve with a small bowl of very thick plain cream, a spoonful of which is poured over each pancake at the table. If cream is not desired, powdered sugar may be sprinkled over each pancake instead.

Penoche By Lilly White

Dear Miss Wilma:

Dis heah pinoochy is de same as you uster eet on days you didn't git spanked. Ah is makin you a box full an sendin it to you but you kin make it yourself like dis:

Lay out all reddy to use a tablespoon butter an a third cup good cream an two heapin cups brown sugah an a cup chopped pecan nuts, jes dese heah four things.

Take a stew pan. Melt de butter. Put in cream an brown sugar. Boil till a little bit drapped in cold water make a soft ball. Take away from de fire and stir in de chopped nuts. Beet til creamy. You kin put in a teaspoon vaniller about now. Pour dis in a buttered pan wid straight sides. When it get kind ob hard make it off so's you kin bust it in nice peeces. Don't eet till good and cold.

Hopin you is de same. your humble servant Lilly White

Leftover Chicken Recipes

Instead of the usual cold sliced chicken or chicken croquettes, try one of these recipes the next time you have any left over chicken.

CHICKEN RING WITH VEGETABLES

2 cups bread crumbs
2 cups milk
3 tablespoons butter
1 minced onion
3 eggs, beaten
2 cups chopped chicken
vegetables
Salt, pepper paprika

Heat the milk and pour over the bread crumbs. Add the butter and seasonings and let stand 5 minutes. Add the chicken and beaten eggs. Pour into a buttered ring mold, set in a pan of hot water, and bake until set, about 45 minutes. Turn into hot platter and fill the center with creamed vegetables.

CHICKEN SHORTCAKE

Add large pieces of chicken to a gravy or a white sauce. Make a very rich biscuit. When ready to serve, split biscuit, butter generously, and put chicken mixture between layers or on top. Serve with cranberry jelly.

SUNDAY DINNER *Suggestions*

By ANN PAGE

LAMB and poultry continue to be excellent values and eggs are a real bargain which should be enjoyed. Butter too is somewhat cheaper.

Many vegetables are plentiful and cheap in spite of the California freeze which affected some varieties. From Florida, Texas and the West Indies come green and lima beans, beets, carrots, celery, eggplant, peas, peppers, squash, spinach and tomatoes as well as new potatoes. Turnips and onions and all salad greens except Iceberg lettuce are also very reasonable.

Winter strawberries are a treat and at present they are available in many markets at reasonable cost. Another luxury which is fast becoming a staple in our markets is the avocado.

Based on market reports are the three accompanying dinners.

Low Cost Dinner

Braised Chuck Steak
Potatoes Carrots Onion
Bread and Butter
Bread Custard Pudding
Tea or Coffee Milk

Medium Cost Dinner

Roast Lamb Mint Sauce
Pan-browned Potatoes Lima Beans
Bread and Butter
Strawberry Shortcake
Tea or Coffee Milk

Very Special Dinner

Oysters
Broiled Beefsteak Mashed Potatoes
Green Peas
Tomato and Avocado Salad
Rolls and Butter
Lemon Meringue Pie
Coffee

Croutons for soups can be made by baking stale bread in the oven, and there are numerous puddings which have bread and bread crumbs for ingredientt.

More Friday Dishes With Fish And Eggs

Here is a very nice recipe that will make "fish" day a pleasure, even to those who are not fish lovers:

STUFFED FILLETS OF FLOUNDER

5 fillets of flounder
1 dozen boiled shrimp
½ cup bread crumbs
1 tablespoon butter
1 hard boiled egg
1 egg white
1 small onion
1 teaspoon chopped parsley
milk
3 small potatoes
salt and pepper
Egg sauce

Melt the butter in a pan and add to it the finely chopped onion. Let simmer a minute without allowing to color, and add the bread crumbs, which have been soaked in the milk and then pressed fairly dry, the chopped shrimps, chopped parsley, well mashed egg, and salt and pepper. Cook gently for 3 minutes. Peel and cut the raw potatoes into 5 small cylinders. Rub the fillets with salt and pepper, and wrap each one carefully around a piece of potato, securing with a toothpick. Put in a well-greased flat baking dish and put in a hot oven for 20 minutes. Add a stiffly beaten egg white to the stuffing; remove the potato from the fillets, and, in the cavity thus formed, put in good tablespoon of the shrimp mixture. Put back in the oven for a moment, so that the fish will be perfectly hot; pour it an egg sauce made as follows:

EGG SAUCE

5 hard boiled eggs
1 cup soup stock, hot
2 tablespoons cream
1 teaspoon Worcestershire sauce
1 teaspoon chopped parsley
2 teaspoons flour
2 teaspoons lemon juice
Salt and pepper

Dice the hard boiled eggs and put them in a pan with the stock, Worcestershire sauce, and salt and pepper to tatse. Let simmer for 5 minutes; add the flour, which has been rubbed smooth in the cream, and the parsley. Let boil up once more; add lemon juice and serve.

When roasting meats, baste them every ten minutes; this helps the cooking and keeps the meat juicy and improves the flavor.

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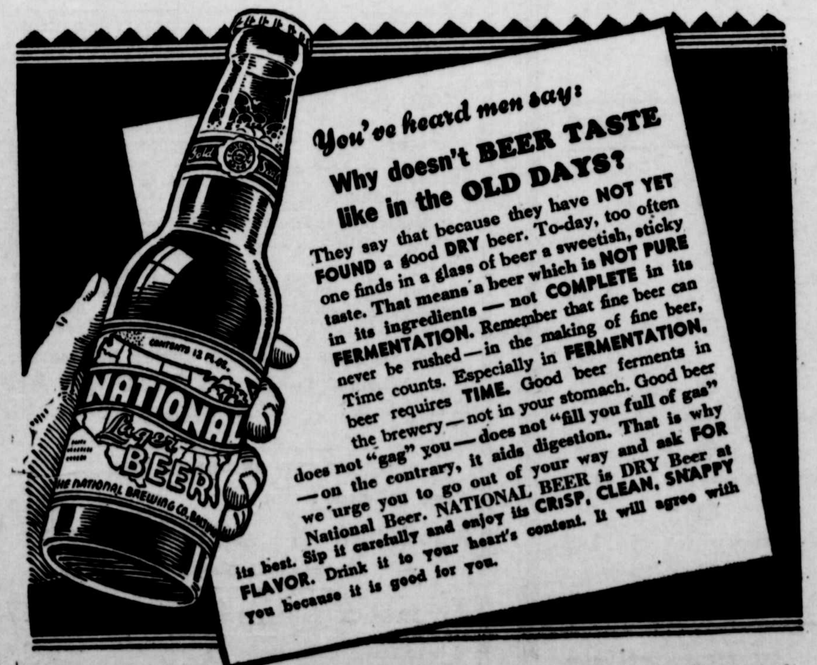

You've heard men say: Why doesn't BEER TASTE like in the OLD DAYS?
They say that because they have NOT YET FOUND a good DRY beer. To-day, too often one finds in a glass of beer a sweetish, sticky taste. That means a beer which is NOT PURE in its ingredients — not COMPLETE in its FERMENTATION. Remember that fine beer can never be rushed — in the making of fine beer, Time counts. Especially in FERMENTATION, beer requires TIME. Good beer ferments in the brewery — not in your stomach. Good beer does not "gag" you — does not "fill you full of gas" — on the contrary, it aids digestion. That is why we urge you to go out of your way and ask FOR National Beer. NATIONAL BEER is DRY Beer at its best. Sip it carefully and enjoy its CRISP, CLEAN, SNAPPY FLAVOR. Drink it to your heart's content. It will agree with you because it is good for you.

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