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, scrambled eggs, frizzled ham, toasted English muffins, marmalade, coffee or cocoa. Lunch—Casserole of diced ham and noodles, asparagus tip salad, fresh pineapple, assorted cookies, tea or milk. Dinner—Cream of spinach soup, Yankee pot roast, corn fritters, buttered carrots, tomato and cream cheese salad, deep dish apple pie, coffee or beer.

TUESDAY Breakfast — Grapefruit, hot wheat cereal, creamed chipped beef on cornmeal waffles, coffee or cocoa. Lunch—Hot beef sandwiches, pickled beets, mashed potatoes, fruit gelatine with whipped cream, tea or milk. Dinner—Broiled pork sausages, fried potatoes, apple fritters, string beans, rhubarb meringue pie, coffee.

WEDNESDAY Breakfast—Baked apples with cream, fried mush with syrup, poached eggs on toast, broiled bacon, raisin toast, coffee or cocoa. Lunch—Chili con carne frijoles, sliced tomatoes, buttered crackers, lemon ice, assorted cookies, tea or milk. Dinner—Boiled cottage ham, new potatoes, smothered cabbage, green salad, apple dumplings with hard sauce, coffee or beer.

THURSDAY Breakfast—Pineapple jucie, boiled rice with butter, sugar and cinnamon, jelly omelet, Canadian bacon, coffee cake, coffee or cocoa. Lunch—Corn chowder, assorted sandwiches, cold slaw fruit cup, tea or milk. Dinner—Casserole of lamb and vegetables, apple and nut salad, creamy rice pudding with raisins, coffee.

FRIDAY Breakfast—Stewed rhubarb, ready to eat cereal, codfish cakes, buttered toast, jelly or jam, coffee or cocoa. Lunch—Spaghetti, tomato sauce, dressed lettuce, apple-tapioca pudding, tea or milk. Dinner—Vegetable soup, baked stuffed haddock, new boiled potatoes, buttered brussels sprouts, mixed green salad, lemon meringue pie, coffee.

SATURDAY Breakfast—Fresh pineapple, corn meal mush, ham and eggs, buttered toast, coffee. Lunch—Stuffed tomatoes with Creole rice, cold cuts, melba toast, chocolate pudding with whipped cream, tea or milk. Dinner—Split pea soup, veal paprika, dumplings, smothered carrots, pear and nut salad, layer cake, coffee.

SUNDAY Breakfast—Chilled melon, ready to eat cereal, plain waffles, syrup or jam, baked eggs, crisp bacon, coffee or cocoa. Dinner—Crabmeat cocktail, broiled chicken, baked stuffed potatoes, fresh buttered asparagus, fruit salad, dariole duchesse, coffee. Supper—Club sandwiches, potato chips, pickles-olives, strawberry shortcake, coffee or tea.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper. 35



ST. PATRICKS DAY MENUS PROVIDE DISHES IN GREEN

Desserts In Appropriate Coloring Provide Pleasing Touches

With the florist shops fairly bursting with Shamrock and greenery, and the housewife supplied with tempting recipes for gay, colorful dishes, what reason is there for not having a party and celebrating this gala occasion? There are so many, many little things she can do to make her party an outstanding one. For instance, she can make biscuits and bake them in the form of a shamrock by baking three tiny biscuits together. And instead of the usual garnish of parsley, shamrocks can be used. The recipe given below is one that can fill either of two roles. If the party is a luncheon, then what a grand dessert it will make. If its a dinner party, and a heavy dessert is in order, sure na its a fine salad in the makin!

GREEN MELON SALAD
OR DESSERT

1 package lime-flavored gelatin
1 pint warm water
1½ cups honeydew melon, cut in ½ inch balls

Dissolve gelatin in warm water, fold in melon balls. Turn into individual molds. Chill until firm. Unmold on crisp lettuce and garnish with mayonnaise, or serve plain as a dessert. Use only firm, ripe, sweet melon. Serves six.

A meal should include only one of the following: potatoes, rice, macaroni, spaghetti or noodles.

Frozen desserts are suitable all year round, but hot desserts only in the cold winter months.

SUNDAY DINNER Suggestions

By ANN PAGE

POULTRY and veal are the most reasonable of meat choices. Lamb is higher, beef continues firm but pork, both fresh and smoked, is moderate in price. Cod steak and fish fillets are unusually inexpensive. Eggs are a little higher but still reasonable and their quality at this season is excellent.

The first carloads of Valencia oranges arrived last week. Bananas are an inexpensive year round fruit most appreciated at this season when fruits in variety are scarce.

Green and lima beans, peas and asparagus are very high. Broccoli is lower while beets, cabbage, carrots and spinach are cheap.

Here are three dinners built around foods which are well distributed and moderate in price.

Low Cost Dinner

Veal Patties Mashed Potatoes
Stewed Tomatoes Cole Slaw
Bread and Butter
Rice Pudding
Tea or Coffee Milk

Medium Cost Dinner

Tomato Juice Cocktail Crackers
Pot Roast of Beef Potatoes
Carrots Onions
Bread and Butter
Caramel Cup Custards
Tea or Coffee Milk

Very Special Dinner

Fruit Cup
Roast Stuffed Chicken, Duck or Turkey
New Potatoes
Broccoli, Maitre d'hotel
Lettuce and Tomato Salad
Rolls and Butter
Strawberry Bavarian
Coffee

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ANOTHER TROUBLE MAKER SUBDUED

Careful Preparation Of Peas Assures Good Behavior

For its size, a pea certainly has, and can cause a lot of trouble. Unless served just so, it will sit up and make itself just as disagreeable as possible. As a result, the French, Germans, English and all other nations have gone out of their way to fuss with this genus of the order Leguminosae. We therefore have receipes from all nations, varying in preparation and taste, but we can't afford to over-look some of our own American preparations. Everyone knows how to boil said pea and serve it with butter but from remote parts of this our country comes a recipe for farm style peas that's a "honey," if any connection between peas and honey can be imagined.

FARM STYLE PEAS

Use two cups of shelled peas, twelve asparagus tips an onion, a firm head of lettuce cut fine, six small carrots, cut in two, three tablespoons of butter, a pinch of salt and one of sugar. Cover all with water and simmer lowly until all the vegetables are thoroughly done.

Another fine recipe from the farm calls for shallots which are not so well known in the east but can be bought in the vegetable markets. If not, little onions can be used.

PEAS AND SHALLOTS IN
CREAM SAUCE

Saute a dozen peeled shallots in two tablespoons of butter until a golden brown. Then add one quart of shelled peas and one cup of water, a little salt and a pinch of sugar. Cover and boil until soft. Drain off half the broth and add one-pinch of rich cream sauce. Boil again for a few minutes.

GAY ST. PATRICKS DAY LUNCHEON

Shamrock Sandwiches Make Ideal Luncheon Novelty

As a forerunner to spring and also as a gay little St. Patrick's day party, one of these simple, yet so tasty menus, is just the thing to serve. A table decorated in green, a delicious menu, and a good time will be had by all.

Crabmeat au gratin
St. Patrick's Day Sandwiches
Mint ice
Cocoanut layer cake
Beverage or
Lobster Newburg
Mixed Green Salad
Hard Rolls—butter balls
Pistachio ice cream puffs or jellied melon dessert
Beverage

The St. Patricks Day sandwiches will be fun to prepare and are bound to be a great success.

GREEN SANDWICHES

Green pepper
Celery leaves
Parsley
Water crass
Cream Cheese

Mince the vegetables, using the tender leaves of the celry, and mix with cream cheese that has been tinted green. Use with thin slices of buttered bread that have been cut with a shamrock shaped cutter.

ST. PATRICK'S DAY
SANDWICHES

Cut thin slices of bread and spread with creamed butter and seasoned pea-pulp. Put thin slices of cheese the same size as the bread, stamp out a shamrock from the center with a cookie cutter and apply the cheese on top of the bread and pea pulp. The green pulp shows the cut in the shape of the shamrock.

Lilly White's Gullah Rice



Dear Miss Wilma:

Yo' all remember Mildred? Mildred come from Lynchburg but she marry a man from Car'lina. He Gullah. An' he like rice one way bes ob all. Mildred say she make it dis way:

Take 12 slices bacon and cut in little pieces an' fry. Put in a onion cut up little when de bacon about half done. Put in 1 cup cooked or canned tomatoes. Put in last two cups cooked rice and stir all up and get de rice good an' hot. Dat about enuf fo' Mildred's man but plenty fo' 2 or 3 most people. Me, likes about one soup plate ob dat with a good pork chop laid on top. Hopin' you is de same, your humble servant,

Lilly White.

Cream of Mushroom Soup

½ pound fresh mushrooms
2 cups boiling water
3 bouillno cubes chicken flavor
2 slices onion
4 tablespoons butter
3 tablespoons flour
2 cups milk and 1 cup cream, or 3 cups rich milk
Dash of salt and pepper

Slice mushrooms very thin. Place in kettle; add water, bouillon cubes, and onion. Heat to boiling point and simmer gently 20 minutes. Melt butter in a pan, add flour, and stir until smooth. Add milk and cream, and continue cooking and stirring until thickened. Add to mushrooms. Season to taste. Servess 4.

French Chocolate

2½ squares unsweetened chocolate, cut in pieces
½ cup water
¾ cup sugar
Dash of salt
½ cup cream,
6 cups hot milk

Combine chocolate and water and place over low flame. Cook 4 minutes, or until smooth and blended, stirring constantly. Add sugar and salt and cook 4 minutes longer. Cool. Fold into cream. Place one rounding tablespoon of chocolate mixture in each serving cup and pour hot milk over it, filling cup. Stir well to blend. Serves 8.

Hot Off The Griddle

ESTHER DONLAN

If a cream soup is served as a first course of a light meal, do not serve anything else with a cream sauce.

All boiled vegetables should be drained as soon as they are soft, as, by standing in their own liquor, they become soggy.

Canned lobster is best if turned from can into a strainer, and all paper, if any, removed. To remove can flavor, dip in plenty of cold water, and let stand five minutes. Drain thoroughly, cone, and wipe meat between towels.

Articles are best prepared for broiling by rubbing them with oil or melted butter; and very tender meats and fish are sometimes basted with these

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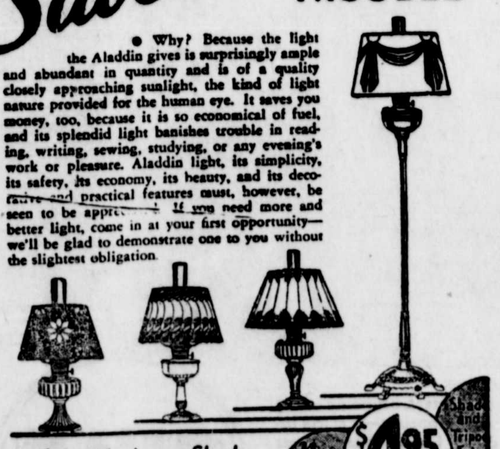
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