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 with chipped beef, hot corn muffins, coffee or cocoa. Lunch—Elbow macaroni with creamed ham and vegetables in spinach ring, shredded lettuce and sliced tomatoes, soft rolls, fruit compote, cookies, tea or milk. Dinner—Fried liver and bacon, boiled new potatoes, creamed onions, spring salad with French dressing, rice Bavarian, coffee.

TUESDAY Breakfast—Baked apples with cream, hot cereal, griddle cakes, grilled sausage, syrup or jam, coffee or cocoa. Lunch—Assorted sandwiches, cold slaw, with boiled dressing, cup cakes with orange sauce, tea or milk. Dinner—Spare Ribs and boiled sauerkraut, fried poetatoes, apple and celery salad, mincemeat tarts, coffee or beer.

WEDNESDAY Breakfast—Sliced bananas with ready to eat cereal and cream, poached eggs on toast, coffee or cocoa. Lunch—Clear soup, eggs a la king, asparagus tip and tomato salad, peach melba, tea or milk. Dinner—Tomato juice cocktail, pan fried pickerel, baked potatoes, Brussels, sprouts, Endive salad, fig pudding, coffee.

THURSDAY Breakfast—Stewed prunes, fried mush with butter, sugar and cinnamon, bacon omelet, buttered toast, coffee or cocoa. Lunch—Chilli con carne con frijoles, toasted crackers, sliced tomatoes,water ice, cookies, tea or milk. Dinner—Wiener Schnitzel, raw fried potatoes, Brocolli, cabbage salad, lemon chiffon pie, coffee or beer.

FRIDAY Breakfast—Rhubarb, ready to eat cereal, waffles and honey, coffee or cocoa. Lunch—Oyster stew, melba toast, apple dumplings, tea or milk. Dinner—Flanked whitefish, spanish rice, Hot cross buns, creamed celery, cucumber salad, hot gingerbread with whipped cream, coffee.

SATURDAY Breakfast—Apple sauce, cereal, fried eggs, country sausage, Sweedish coffee cake, coffee or cocoa. Lunch—Cream of Corn soup, Chef's salad, hot rolls, tapioca pudding, tea or milk. Dinner—Broiled steak, French friend onions, buttered lima beans, hearts of lettuce with Roquefort Cheese dressing, chocolate fudge nut layer cake, coffee.

SUNDAY Breakfast—Strawberries with sugar and cream, ready to eat cereal, buckwheat cakes, frizzled ham, Easter eggs, coffee or cocoa. Dinner—Fruit cocktail, roast duck, fried potatoes, curley cabbage, endive salad, Bavarois Noisette, coffee or tea. Supper—Chicken hollandaise in chafing dish, buttered toast, assorted cakes, stewed fruits, coffee or tea.

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

Cottage Cheese Salmon Salad

Have you ever prepared a Cottage Cheese Salmon Salad? It is one recipe which calls for a minimum of ingredients but gives a maximum of satisfaction.

This salad makes an ideal main dish for a buffet service at informal suppers and luncheons. In addition to its being a delicious salad it is exceptionally good to use ass a spread for canapes or sandwiches.

As with most salads of this type in order to improve the flavor, it is advisable to prepare it an hour or more before serving and place in the refrigerator. Either red salmon or tuna fish may be used in this recipe and, of course, your milkman or grocer can supply the jar of Cottage Cheese.

The recipe is very simple and easy to prepare. You will wish to add it to your collection of salad favorites.

COTTAGE CHEESE SALMON SALAD

1 cup Cottage Cheese
1 cup minced salmon (red)
½ cup chopped celery
¼ cup chopped sweet pickles
salt and pepper to taste
½ cup mayonnaise

Combine all ingredients in order given. Allow to stand in a cold place for an hour before serving to improve flavor. Serve on lettuce. Tuna fish may be substituted for the salmon if you so desire. Serves 6.

Why Wives Get Gray And The Solution

A woman can fuss and fume around preparing a grand bread pudding, and much to her disgust, nine times out of ten, it will be the poor little raisins in said pudding that will get all the credit for the success of this dish. No wonder wives get gray and dejected. Oh well, don't fret, there's a remedy for every-thing. Once in a wihle srve a nice juicy rais in pie nad see who gets the credit then!

RAISIN PIE

1 cup seeded raisins
2 cups water
1½ cups sugar
4 tablespoons flour
1 egg, well beaten
Juice of 1 lemon
2 tablespoons grated lemon rind
¼ teaspoon salt
Pie crust

Wash the raisins and soak in cold water for 3 hours. Drain. Combine the 2 cups of water, the raisins, sugar and flour which have been mixed together, salt, lemon juice and rind, and the egg. Mix thoroughly and cook over hot water for 15 minutes, stirring occasionally. Cool. Pour into pastry lined pie pan. Cover with narrow strips of dough, criss-crossed. Bake in a hot oven 450 F. for 10 minutes. Reduce heat to moderate and bake 30 minutes.

For variety, poach eggs in milk, cream, tomato juice or syrup.

Haddock a la Rarebit

2 or 3 pound haddock
½ teaspoon salt
1 teaspoon minced parsley
1 cup white sauce
1 cup grated American Cheese
Pepper.

Make a white sauce and add to it the cup of cheese, stirring well until cheese has melted. Butter a baking dish and place the washed and cleaned fish in dish, sprinkle with salt and pepper and minced parsley. Pour over all the cheese sauce and bake in a moderate oven 375 F. for 35 minutes.

Smoked Tongue With Spinach

Soak a three pound tongue overnight in cold water. Pour off the water and place in a large iron pot with sufficient fresh water to cover. Allow the tongue to simmer slowly for 3 to 4 hours, or until very tender. Change the water at least twice during this process. When the tongue is finished, plcae in cold water and remove the skin. Cut in ¼ inch slices and serve with a spoonful of spinach on each slice. Garnish with finely chopped hard boiled egg.

SUNDAY DINNER Suggestions

By ANN PAGE

TURKEYS and hams are attractively priced for Easter dinner tables. Veal too, is moderate but beef and lamb are high. All poultry continues reasonable though fowl is a little high compared to frying and roasting chickens. Egg retails are very close to the wholesale level but are several cents higher than last year. Butter prices have continued to rise.

All vegetables except green and lima beans and green peas are moderate in price. Even asparagus prices have dropped to a level where it can be served.

Bananas, oranges and strawberries are the outstanding fruit values of the moment.

Here are three menus for Easter dinner.

Low Cost Dinner

Picnic Ham Scalloped Potatoes
New Cabbage
Bread and Butter
Lemon Meringue Pie
Tea or Coffee Milk

Medium Cost Dinner

Roast Stuffed Young Chickens
Glazed Sweet Potatoes Spinach
Bread and Butter
Strawberry Bavarian
Tea or Coffee Milk

Very Special Dinner

Appetizer Salad
Roast Turkey with Savory Stuffing or Baked Whole Ham with Bananas
New Potatoes Asparagus Chiffonade
Rolls and Butter
Ice Cream with Strawberries
Frosted Cakes Coffee

Hot Off The Griddle

ESTHER DONLAN

If ham is to be stored any length of time, rub outside thoroughly with glycrine to prevent mold forming on lean part.

Make a cake moist by adding one-half cup fo mashed potato to creamed butter and sugar.

To cut hardcooked eggs use fine wire or dip knife into cold water. This prevents the yolk from sticking.

Cooking meats, etc., at lower temperature, for longer time, improves the flavor, decreases waste and evaporation.

Fry eggs slowly. They will be tender and will not sputter or snap.

Add chopped left over bacon to fummin better and use bacon fat for shortening. Good breakfast change.

WORTON

Mr. and Mrs. H. T. Williams and Mr. and Mrs. George Williams visited Baltimore several days last week.

Mr. and Mrs. Ford Matthews and son, Sheridan, of Clarendon, Va., were the guests of his parents, Mr. and Mrs. James Matthews last week.

Mr. and Mrs. McCall Rasin, of Cambridge, and George Rasin, Jr., of Chestertown, spent Sunday with Mrs. Henrietta Rasin.

Mrs. May McCloskey and friend, Mr. Moore, of Wilmington, spent Sunday with Mr. and Mrs. A. S. Crouch.

Mr. and Mrs. Ernest Horsey, of Betterton, visited Mr. and Mrs. M. W. Hadaway, Sunday.

Mr. Franklin Burris, of Wilmington, was the guest of Mr. and Mrs. B. F. Rash, Sunday, Mrs. Burris who has been spending the week here accompanied them home.

Mr. and Mrs. John Duyre visited Mr. and Mrs. John C. Money, of Kennedyville, Sunday.

Mrs. B. F. Rash and Ted Carter have been quite sick with colds but are better at this writing.

Mr. Earl Parsons, son of Mr. and Mrs. Thomas Parsons has just returned from a three months trip to South America and expects to sail again Wednesday on the S. S. Algic.

Miss Edna Rasin is spending some time with her brother, Mr. Selby Rasin, of Philadelphia.

Mr. Gordon Hague and friend, Miss Sara Lanute, of Pottstown visited Mrs. Henrietta Rasin Tuesday.

Mr. B. F. Sewell who has been spending the winter in Baltimore and Pottstown has returned here.

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GAY COLORFUL TABLES FOR EASTER



A giant jonquil in natural colors makes an attractive and easily-made centerpiece. Natural pussy-willows are attractively combined with maline bows to complete the idea of spring. The table cover is pale yellow crepe paper with light green lace edge runner in the center. The paper dishes have the new wide bands of green. Napkins too are light green crepe paper. The whole effect is graceful and dignified.

The huge Jonquil is made of yellow duplex crepe paper. For the foundation or base cut a circle of heavy cardboard measuring 12½ inches in diainches in l ength. Cover these with heavy wire, each wire measuring 50 meter. Make a double handle of strips of crepe paper to the thickness of a pencil and twist the wires together forming one handle. Fasten the handle when completed to each side of the cardboard base holding in place with gummed tape and spool wire and shape handle into a half circle.

The center of the jonquil measures 19½ inches around and is 12 inches long. The top of the flower or center is cut into deep scallops and stretched slightly. There are six petals, each to the base and the center of the jon 7½ inches wide. These are pasted one measuring 11½ inches long and quil iss pasted to center of the lower petals. Small jonquils and pussywillows are fastened to each side of the handle with a large bow of moline ribbon.

For the favors make regular size jonquils adding an 18 inch heavy wire for the stem. Measurre 6 inches from spirla forming a stand. Add leaves the top and bend the wire into a and pussywillows, also a nut cup at the base and a bow of maline ribbon.

Lilly White's Easter Candy



Dear Miss Wilma:

Well honey, heah is Easter agin so it's time fo dose candies Ah uster make. Now thye ain't regular Easter candies but Ah jes kinda got in de habit ob makin dem at dis time ob de year so Ah guess dat does make em mah Easter candy at dat. Fust Ah makes a fruit candy by boilin two cups ob sugar in one half pint ob water until it crackles. Ah has ready a buttered dish with raisins, bits ob fresh coconut, butternuts and dates and figs and citron all chopped into ssmall pieces in it. Ah pours de syrup over de fruit and sets it aside and when it's all ready, Ah jes breaks it up and it gets et.

Den Ah makes dose pecan squares too; fust, Ah beats four aiggs real light with one pound of medium brown sugar. Ah cooks this in the double boiler for bout twenty minutes. Den Ah takes it off'n de stove and adds one and one-half cups ob flour sifted wit one nad one-half teaspoons baking powder, den ah adds one teaspoon of vanilla and one and one half cups ob chopped pecans. Ah spreads in bout half an inch thick in a greased, flouer pan, and bakes for twelve minutes. Hopin you it de same,

your humble servant,
lilly white.

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