*SIDNEY SNOW will be gad 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 apricots. Ready to eat cereal, jelly omelet, frizzled ham, coffee ring, coffee or cocoa. Lunch—Grilled tomatoes, corn fritters and cole slaw, hot muffins, apple sauce, cookies, tea or milk. Dinner—Braised shortribs of beef with horseradish sauce, lyonnaise potatoes, string beans, mixed salad, Dutch apple cake with lemon sauce, coffee or beer.

**TUESDAY**

Breakfast—Preserved figs, ready to eat cereal, French toast, crisp bacon, maple syrup, coffee or cocoa. Lunch—Casserole of succotash and diced meat, pineapple and cream cheese salad, cup cakes, tea or milk. Dinner—Baked ham, raisin sauce, baked sweet potatoes, fresh spinach, pickled beet salad, strawberry shortcake, coffee.

**WEDNESDAY**

Breakfast—Sliced banana in orange juice, hot cereal, coddled eggs, broiled bacon, bran muffins, coffee or cocoa. Lunch—Grilled frankfurters on rolls, dill pickles, cup custard with caramel sauce, tea or milk. Dinner—Casserole of chicken with mushroom sauce, mashed potatoes, smothered carrots, apple and walnut salad, creamy rice pudding, coffee or beer.

**THURSDAY**

Breakfast—Baked apples with cream, ready to eat cereal, plain waffles with syrup or jam, sausage patties, coffee or cocoa. Lunch—Split pea soup, combination salad, toasted muffins, layer cake, tea or milk. Dinner—Lamb stew with vegetables, chutney sauce, steamed rice, cabbage-carrot and green pepper salad, pineapple whip, coffee.

**FRIDAY**

Breakfast—Fresh pineapple, cereal, cod fish cakes, fried eggs, toasted English muffins, coffee. Lunch—Shrimp and celery salad, Date muffins, fruit gelatin, tea or milk. Dinner—Tomato soup, Broiled mackerel, egg sauce, new boiled potatoes, buttered asparagus, chocolate cream pie, coffee.

**SATURDAY**

Breakfast—Grapefruit, hot cereal, fried ham and eggs, rye toast, coffee or cocoa. Lunch—Broiled mushrooms on toast, Waldorf salad, pistachio ice cream puffs, tea or milk. Dinner—Pot roast of beef, Italian spaghetti, watercress salad, orange ice, roquefort cheese and crackers, coffee.

**SUNDAY**

Breakfast—Mixed fruit juices, cereal, canned corned beef hash, poached eggs, hot biscuits, honey or jam, coffee. Dinner—Chilled honeydew melon, Roast chicken, julienne potatoes, asparagus hollandaise, spring salad with olive oil and lemon juice, assorted pickles and olives, Baked alaska, coffee. Supper—Crab meat, Courmet, onion salad, Camembert cheese, crackers, coffee.

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



## RED, JUICY CHERRIES INSPIRED THIS IMPRESSIVE CAKE

Here is a delicious "something" to serve for the bridge club, for Sunday night suppers, and for the special that you will find just the right thing family dinners that call for a very impressive dessert.

Cherry Refrigerator Cake has a "tasty" reputation, to be sure, but its tart juiciness is not the only reason for its popularity; it is easy to prepare, too. It can be made ahead of time so that last minute dessert preparations are not necessary. And, if it is stored in the clean-washed air of a modern air-conditioned ice refrigerator, this cake will keep remarkably fresh and delicious and will retain all its juicy flavorsome goodness, without drying out.

So here is the recipe that will put a star in your culinary crown! It will serve six people, but if you want an extra-large cake just doubl the ingredients and use a large spring mold pan.

CHERRY REFRIGERATOR CAKE

1 package cherry-flavored gelatin
1 pint boiling water
1½ cups red pitted cherries (canned)
2 eggs whites
¼ teaspoon salt
1½ dozen lady fingers (approx.)

Dissolve gelatin in boiling water Chill. When mixture begins to thicken beat with rotary beater until light. Then fold in the cherries together with the stiffly beaten egg whites, and salt. Split lady fingers in half and line a small mold or loaf pan with them, round side out. Then arrange alternate layers of the cherry mixture and lady fingers in the loaf pan. Place in ice refregerator and chill 3 to 4 hours. When ready to serve, top with whipped cream.

If there is any Cherry Refrigerator Cake left over (which is improbable unless you have doubled the quantity), you can return it to your modern ice refrigerator where it will keep deliciously fresh. But, if there are children in your family don't plan on serving it for another meal, because you will be apt to find that your "cupboard is bare"—that your Cherry Refrigerator Cake has disappeared completely!

## Healthy For Children But That Waist-line?

There comes a time in the lives of men, women and children when something "gooey," luscious and so tempting is desired. Now mothers are often inclined to shake their heads and worry about giving the children something that might not be good for them and also about giving friend husband something that might put back that inch he just took off around his middle. Well, we can't guarantee that this will keep that pound off but it certainly won't be bad for the children and will be enjoyed by all:

PRUNE CREAM PIE

½ pound prunes
½ cup sugar
½ cup prune juice
¾ cup molasses
2-3 cup grated cocoanut
¼ pound butter
¼ cup orange marmalade or candied orange peel
4 egg yolks

Cook prunes with as little water as possible, using 3 tablespoons molasses to sweeten. Make syrup of sugar and prune juice. Add molasses, prunes and cocoanut. Cook 10 minutes. Remove from fire and add other ingredients and fill pie. Bake 30 to 40 minutes in a moderate oven (350 F.). Add meringue made with two egg whites and four tablespoons of confectioners' sugar.

## Start The Day Right With A Hearty Breakfast

There are some men who can eat the same breakfast day after day and go to the office feeling as fit as fit can be. But there are many exceptions, and these men, unless they are well fed and given variety, start off an otherwise perfectly good day with a frown which lasts until that craving for variety in food si satisfied. There are a few who eat just fruit and drink coffee, but this man isn't so liable to enjoy himself in his work as the man who eats a good hearty breakfast and leaves home feeling contented with the world.

Every breakfast should include fruit, either raw or stewed and a cold or hot cereal should be included at least once or twice a week. Eggs are up to the individual taste and there are enough recipes for the preparation of eggs so that one could eat them every day of the week without tiring of them. The trouble with most breakfasts seems to rest in the toast. Now toast is very popular and is eaten more often than anything else for breakfast but a substitute occasionally was never known to be dissubstitution and is one sure way of pleasing. A fine coffee cake is a good sending the man of the family out into the business world in the morning with a very satisfied expression. One that will make the housewife popular with his fellow workers:

NUT CRUMB COFFEE CAKE

2 cups sifted cake flour
2 teaspoons baking powder
½ tesapoon salt
3 tablespoons butter or other shortening
1 cup sugar
1 cup milk
½ teaspoon vanilla
2 tablespoons sugar
¾ teaspoon cinnamon
¾ cup soft bread crumbs
2 tablespoons melted butter
2 tablespoons walnut meats, finely chopped

Sift flour once ,measure, add baking powder and salt, and sift again. Cream butter, add sugar gradually, and cream together well. Add flour, alternately with milk, beating after each addition until smooth. Add vanilla. Turn into a greased pan, 9x9x2 inches. Combine sugar and cinnamon, mix with crumbs, add melted butter and nuts, and sprinkle over ckoe. Bake in a moderate oven (350 F.) 45 minutes. Cut in squares in pan and remove each square carefully so that the nut-crumb topping will not crumble. Serve hot with coffee.

## Frilled Caviar Canapes

And what next, say so many when they first see colorful, tempting canapes made with red caviar! It can be bought in stores carrying fancy groceries, and certainly does add a gay dash of color to that plate of hors d'oeuvres and canapes:

FRILLED CAVIAR CANAPES

6 slices white bread
1 medium sized jar of red caviar
2 packages cream cheese
1 tablespoon chopped onion
1 tablespoon chopped parsley
A little shredded sage
Mayonnaise

Toast the white bread and cut off the crusts. Mix cream cheese with onion, parsley, and sage. Cover one half of the toast with red cariar and the other half with the cream cheese mixture. Frill the edges of the toast half of the toast with red cavriar and cheese with mayonnaise put through a pastry tube.

## Lilly White's Yam Puff



Dear Miss Wilma:

T'other day Ah was jes settin an thinkin 'bout all de things you uster et when you was a chile. Ah was sorta lookin through my pipe smoke and athinkin and athinkin and what you think, remembered sumpin Ah bets you ain't et for years an I guess it's a good one fo all de women folk too. Ah calls it Yam Puff and makes it with four large yams or sweet p'taters, and one-quarter cup ob butter and two aiggs well-beaten and one-third cup ob sugar and two teaspoons ob baking powder and one teaspoon ob salt. Furst Ah peel de p'taters and boils dem til dey be soft. Den Ah mashes dem and adds de rest ob de ingredients. Ah beats it good an puts it in a buttered baking dish or Ah guess you calls it a casserole. Ah dots it wit butter and bakes it til nice and brown. It's bout one-half hour or a little more Ah gess.

hopin you is de same
your humble servant.
Lilly White

## SUNDAY DINNER Suggestions

By ANN PAGE

FISH is one of the best food values in a market of rising prices. Even poultry is not quite such a good value as it has been. Beef, lamb and pork are high. Good values will be found in forequarter cuts of beef, veal and pork while lamb legs are now relatively less expensive than shoulders.

Egg prices are steady while butter prices continue to rise.

Many vegetables are reasonable in price but peas, beans, asparagus and iceberg lettuce stay high due to cool weather.

Winesap apples, bananas, grapefruit, oranges and strawberries are reasonable.

Here are three menus for dinners at graduated price levels.

**Low Cost Dinner**

Chuck Steak Smothered with Onions
Mashed Potatoes Stewed Tomatoes
Bread and Butter
Chocolate Bread Pudding
Tea or Coffee Milk

**Medium Cost Dinner**

Boiled Picnic or Calli Ham
Parsley Potatoes
New Cabbage Pickled Beets
Bread and Butter
Spanish Cream
Tea or Coffee Milk

**Very Special Dinner**

Grapefruit
Fried Chicken Cream Gravy
Boiled Rice Cauliflower with Chives
Tomato Salad
Rolls and Butter
Pineapple Upside Down Cake
Coffee

## Hot Off The Griddle

ESTHER DONLAN

Have you ever tried serving assorted toasts—try;

Honey Toast — Strained honey spread on hot buttered toast.

Maple Toast — Shaved maple sugar, blended with butter, spread on toast, and run under the broiler to melt the sugar.

Cinnamon Toast—Brown or white sugar, blended with butter and cinnaman, spread on toast, or spread on thin bread and run under the broiler.

Melba Toast—BBread sliced paper thin and browned in the oven until it curls, a popular cmopanion to soup.

Cheese Toast—Toasted bread, buttered, and spread with grated cheese, then run under the broiler until the cheese is pleasantly soft.

Rice is bland in flavor and blends with all foods pleasantly. In combination with meats, fish, chicken, nuts and vegetables, one is able to make delectable main dishes, salads, or one dish meals.

To keep broth from day to day the flavor will be retained by boiling it a few moments each day.

Apples should be washed before eating as the spraying of trees may leave deposits on the apples.

## Simplified Soup

Most people think that pea soup is something difficult to make and therefore it is not listed among their accomplishments. However, with the following receipe, everyone can have pea soup what am pea soup:

Merely soak 1 cup of dried green peas overnight. Drain, put in 1 quart of boiling water, add 1 small onion, sliced, and cook until tender—about four hours. Rub through a strainer; return the pulp and liquid to the fire. Add salt, pepper, nad 1 tablespoon of butter mixed with flour until smooth. When soup boils add 1 cup of cream, stir and serve.


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