*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—Fresh strawberries with cream, Ready to eat cereal, bacon and eggs, buttered raisin toast, coffee or Milk. Lunch—Sardines with lemon, plain boiled potatoes, asparagus tip salad, bread pudding, tea or milk. Dinner—Tripe saute, Chateau potatoes, creamed spinach, endive salad, layer cake, coffee or beer.

**TUESDAY** Breakfast—Stewed prunes, hominy and cream, baked eggs, frizzed ham, rolls, jelly or jam, coffee or milk. Lunch—Chow mein, crisp noodles, almond cakes, tea or milk. Dinner—Rolled veal, onions, Hongroise, lyonnaise potatoes, Chiffonnade salad, Peach Melba, assorted cakes, coffee.

**WEDNESDAY** Breakfast—Preserved figs, ready to eat cereal, tomato omelet, broiled kidneys, buttered toast, coffee or cocoa. Lunch—Braised sweet-breads, julienne potatoes, cole slaw, water ice, tea or milk. Dinner—Broiled rump steak, French fried poatoes, smothered onions, romaine salad with Roquefort cheese dressing, eclairs, coffee or beer.

**THURSDAY** Breakfast—Stewed rhubarb, hot cereal, scrambled eggs, crisp bacon, toasted English muffins with orange marmalade, coffee or milk. Lunch—Canned chicken croquettes with cream sauce, asparagus tips, tapioca pudding, tea or milk. Dinner—Roast leg of lamb, Chateau potatoes, buttered peas, chicory salad with French dressing, sponge cake, stewed pears, coffee.

**FRIDAY** Breakfast—Orange juice, oatmeal and cream, broiled kippered herring, fried potatoes, hot rolls, coffee or breakfast tea. Lunch—Omelet with clams, mashed turnips, fruit compote, cookies, tea or milk. Dinner—Tomato bouillon, Paupiettes of bass, cream new potatoes and peas, mixed green salad, homemade apple pudding, coffee.

**SATURDAY** Breakfast—Grapefruit, ready to eat cereal, buckwheat cakes, maple syrup, fried eggs and bacon, coffee or hot chocolate with whipped cream. Lunch—Macaroni and cheese en casserole, string bean salad, coffee ice cream, macaroons, tea or milk. Dinner—Lamb pot pie with vegetables and biscuit crust, chicory salad with French dressing, rhubarb pie, coffee.

**SUNDAY** Breakfast—Chilled melon, eggs Careme, sausage, waffle toast, jelly or jam, coffee, milk or cocoa. Dinner—Oyster cocktail, Virginia bake ham, candied sweet potatoes, buttered peas, jellied carrot and pineapple salad, stuffed celery, ripe olives, pickle relish, Charlotte Russe, coffee. Supper—Assorted sandwiches, potato salad, water ice, coffee or tea.

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



## SIMPLIFIED BAKING

### *Plain Muffins With Variations Ease The Work And Worry Of Housewives*

It isn't at all necessary for the housewife to have on hand dozens of muffin recipes for every occasion. If she has one good plain muffin recipe and then knows ways to vary this recipe, she is well fixed and set for all occasions. And what a time saver it is. The more one recipe is used, the better it becomes and the quicker it can be prepared. It's a great mistake however, to serve one thing one way all the time.

Muffins have several different uses, they are just fine for breakfast served with the favorite jelly or jam. Then for luncheon with a salad, though they reign supreme for dinner, either adding the final touchs to that party dinner or enlarging the light dinner. One of the most pleasing features about muffins, however, is the short time in which they can be prepared; they can be literally "thrown together." Here is just such a recipe along with a few variations.

PLAIN MUFFINS

2 cups sifted flour
2 teaspoons baking powder
2 tablespoons sugar
½ teaspoon salt
1 egg, well beaten
1 cup milk
4 tablespoons meltde butter or other shortening.

Sift flour once, measure, add baking powder, sugar, and salt, and sift again. Combine egg, milk and shortening. Add a flour, beatonly enough to dampen all the flour. Bake in greased muffin htis in a hot oven 425 F. for 25 minutes, or until done. Makes 12 muffins.

NUT MUFFINS—Use plain muffin recipe adding ½ cup broken nut meats to the sifted flour mixture.

RAISIN SPICE MUFFINS—Use plain muffin recipe, sifting ¾teaspoon connamon with the flour, baking powder, sugar, and salt. Add ¾cup chopped raisins to the sifted flour mixture.

## Splurging Permissable When Left-overs Are Considered

If the housewife who is on a rather strict budget has the desire to "Splurge" once in awhile she really should feel perfectly free to do so. That is, she should feel free if she can arrange it so there are left overs so the next night's meal will cost practically nothing. If she has "splurged" with a breast of veal as the meat course, her next night's dinner will be a treat. She can serve—veal tartlets, mashed potatoes, diced carrots and peas, shredded lettuce and cucumbers, spiced pears, cookies and coffee. The tartlets are made like this: Use 1½ pounds left over breast of veal. Cut in pieces 1 inch long. Make a cream sauce of 2 table spoons of butter and 4 tablespoons of flour, adding 1 cup of milk and 1 cup of veal broth, stirring constantly. Season with salt and pepper. Add meat, 2 tablespoons choppde green pepper and 2 tabelspoons chopped pimento and 1 hard cooked egg chopped. Bake 4 pastry shells and fill with the meat mixture. Springle over sifted bread crumbs and brown under the broiler. Serve at once.


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## Lilly White's Apple Float



Dear Miss Wilma:

Der's so much Ah could write you, all 'bout dose recipes from de South but Ah has a feelin a nice apple dish'd be jues fine an dandy for de women folk who dones writ me dem nice letters.

It's a good one Ah knows 'cause de Jedge eats an eats when Ah serves it. De Apple float Ah makes with one cup ob apple sauce which ain't been sweetened an 3 egg whites an sugar an bout one quarter ob a nutmeg which Ah greates. Ah beats de egg whites good and adds four tablespoons ob sugar; den Ah beats again, hard. Ah adds de apple sauce a little bit at a time, and keeps beating all de time. Den, if de apple sauce be sour, Ah adds a little more sugar or leaves it be, if it's alright. Ah grates in de nutmeg and mixes good. Den Ah puts de float in a glass bowl and grates nutmeg ober de top and serves with a jug ob rich cream.

Hoping you is de same,
your humble servant
LILLY WHITE

## DINING ABOARD AT HOME

### *Contribution From East India Combines Into Tempting Dishes*

There isn't a country that hasn't made it's contribution to the world of cookery, no matter how small or how great. Some prove to be very popular and others not so popular, according to the tastes of the general public. One such example is curry powder from East India. There is probably no spice that gives such aroma and goes into the making of such fine highly seasoned dishes. It's use, of course, is varied according to the likes and dislikes of individuals but nothing can disguise its unusual flavor. Here is one recipe that really does justice to curry powder and brings East India right into our homes:

EAST INDIAN CURRIED CHICKEN

1 cup rice
1 stewed chicken
1 onion, sliced
½ garlic clove
½ teaspoon ginger
¼ cup olive oil
1½ tablespoons curry powder
2 tablespoons flour
1 cup milk
1 cup chicken stock
½ cup fresh grated cocoanut
Milk from 1 cocoanut.

Remove meat from chicken. Steam the rice. In the meantime, fry the onion garlic and ginger in the olive oil for about five minutes, but do not brown. Add the curry powder and flour. Blend well. Then add gradually, while stirring, the milk and the chicken stock. Cook until slightly thickened. Add cocoanut and cocoanut milk. Keep sauce hot in double boiler until the rice is done. Make a ring of the rcie. Put chicken inside the ring. Pass sauce in gravy boat, followed by a bowl of ground cocoanut and another of ground nuts.

The cocoanut may be omitted althought it is always used in countries where curries originated.

## Spinach Ring

2½ cups cooked spinach, chopped
1 teaspoon salt
Dash of pepper
Dash of marjoram
1 teaspoon scraped onion
2 eggs, slightly beaten
2 tablespoons melted butter

Cook spinach (½ peck) only until tender. Drain and chop. Add seasonings, eggs, and butter, and mix very thoroughly. Turn into a well greased ring mold. Place in a pan of hot water and bake in a moderate oven 375 F. for 30 minutes or until firm. Turn from mold and serve molds may be used.

## *Helpful Hints To Bored Housewives*

It isn't at all unusual for a housewife to tire of her housework and wonder just what is the matter. Of course it gets monotonous seeing the sam ething day in and day out, and same thing day in and day out, and out. And when her work is done she is obliged to look at things that she has been looking at some time.

There are several remedies for this, on is to rearrange the furniture occasionally. That always helps because it will change the whole apperaance of a room. But the most effective way imaginable is to do some painting. There are stores that sell unpainted furniture which can be purchased at a very reasonable cost and painted in gay attractive colors to fit in all parts of the house. What really is fun though, is to take one room, say a dinette, plan a color scheme and go to work on it. It's really surprising how fascinating this can be and what pleasure is to be derived from showing a room that you did yourself.

An attractively painted dinette or breakfast nook, with gay sheer curtains and a few potted plants will make all the difference in the world. You'll find yourself anxious to prepare meals and friend husband will spend his waking hours in bright surroundings which certainly does mean a great deal toward the success of the day.

Then there is a step farther in this decorating. Table linen to blend with your choice of colors can either be bought or made right at home. Some stitch as simple as the cross-stitch will add much to a breakfast or runner set. Just try it when you get that depressed feeling sometime and see what it will do for you.

## Brown Baked Potatoes

Here is a nice way to prepare potatoes for an accompaniment with a roast.

BROWN BAKED POTATOES

6 small potatoes
1 tablespoon pork drippings

Choose rather small potatoes, peel and allow to stand in cold water until baking time. Dry the potatoes before using, turn them over in the fat until well coated and baked in a shallow pan in a moderate oven (375 F.) for about 45 minutes. Turn each potato several times to be brown on all sides.

## Rice Croquettes

2½ cups cooked rice
1 cup grated American Cheese
½ cup butter or other shortening
½ cup butter or other shortening
½ cup chopped pimento
1 tablespoon chopped onion
⅛ teaspoon salt and paprika
1 teaspoon baking powder
1 egg well beaten
½ cup buttered bread crumbs

Mix all well and shape into balls and fry in hot fat until brwon.

## SUNDAY DINNER Suggestions

By ANN PAGE

PEAS and green beans are again moderately priced, broccoli is cheap and cauliflower very reasonable. Lower prices are expected on Iceberg lettuce and asparagus.

Generally speaking, chicken continues to be the best meat value. Forequarter cuts of beef, veal, lamb and pork, suitable for meat pies and other moist, slow-cooking dishes, are moderate in price. Fish continues to be an excellent value. Eggs are a little higher, while butter prices have eased somewhat.

Increasing supplies and lower prices are anticipated for strawberries. Orange prices are rising, while grapefruit continues to be very reasonable.

Here are three dinner menus planned at three different cost levels.

**Low Cost Dinner**
Veal Pot Pie with Biscuit Crust
Potatoes Onions Carrots
Bread and Butter
Vanilla Pudding with Apricots
Tea or Coffee Milk

**Medium Cost Dinner**
Individual Chicken Pies
New Potatoes Green Peas or Beans
Bread and Butter
Chocolate Cream Roll
Tea or Coffee Milk

**Very Special Dinner**
Appetizer Salad
Roast Stuffed Chicken Gravy
Boiled Rice Broccoli
Rolls and Butter
Vanilla Ice Cream Angel Cake
Coffee

## Novel Eggs For Hearty Breakfast Eaters

Nearly everyone knows someone who likes lamb chops and fried potatoes or something like it for breakfast. To some people this is perfectly crazy but it does have its good points and if you happen to be one of those hearty breakfast eaters, here is an egg recipe that is sure to please. It is nicely seasoned and will just hit the spot, especially for a late breakfast; or an evening snack.

VENETIAN EGGS

1 Spanish onion
1 green pepper
2 stalks celery

Chop and cook slowly in 3 tablespoons of olive oil or butter for 5 minutes. Add 1 large can of tomatoes, 1 teaspoon salt and if desired, 1 bay leaf. Cook for 10 minutes. Release heat to minimum. Break in 1 egg for each person, stir gently until egg is cooked and serve at once on toast.

## Sweetbreads and Mushrooms

1 pair sweetbreads
1 tablespoon butter
1 pound fresh mushrooms
1 tablespoon flour

Parboil sweetbreads, remove all fat and tissue, saute in butter. Add a little flour and when browned add milk until the gravy is of the right consistency. Wash and peel mushrooms, saute in butter, add the same amount of milk and flour as you did for sweetbreads. Remove from fire, combine the two and put in a casserole. Cover with bread crumbs and dot with butter. Bake about 20 minutes in a moderate oven 350 F.

## Pineapple Strawberry Whip

1 package strawberry flavored gelatin
1 cup warm water
1 cup canned pineapple juice and water
1 cup canned crushed pineapple, drained

Dissolve gelatine in warm water. Add pineapple juice and water. Chill until cold and syrupy. Place in bowl of cracked ice or ice water and whip with rotary egg beater until fluffy and thick like whipped cream. Fold in pineapple. Turn into individual molds. Chill until firm. Unmold.


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B. R. FELLOWS,
ar27 Funeral Director.


## Vegetbale Hash With Fried Salt Pork

2 cups cold boiled potatoes, diced
1 cup cooked beets, diced
1 cup cooked carrots, diced
1 onion, finely minced
½ teaspoon salt
¼ teaspoon pepper
½ cup cream
6 slices salt pork.

Fry the sliced salt pork until crisp and brown. Drain on unglazed brown paper and keep hot while preparing the hash. Put 4 tablespoons of the fat from the pork in a pan and add the vegetables which have been mixed together and sasoned. Pour over this the cram and mix well. Fry until nicely browned. Served garnished with the strips of salt pork.

## Spiced Rusks

2 cups bread flour
4 teaspoon baking powder
½ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon nutmeg
2 tablespoons brown sugar
4 tablespoons shortening
1 egg
milk

Sift the dry ingredients and cut in the shortening. Break the egg into a cup and add sufficient milk to make 2-3 cup of liquid. Add to the flour mixture and mix lightly. Turn out on a floured board and knead for a few seconds. Cut into small pieces and form into balls the size of a walnut. Place close together in a lightly greased pan. Brush with milk and sprinkle with brown sugar and cinnamon. Bake in a moderate oven 375 F. for 20 to 25 minutes.

## *Hot Off The Griddle*

ESTHER DONLAN

Such foods as macaroni, and rice should be kept all the time in boiling water, in order to burst the starch granules. The mechanical action of fast bubbling is often useful and also helps prevent rice etc. from settling to the bottom of the pan.

Oily fish should be eaten as fresh as possible. If kept, they should be cleaned and whiped very dry, and kept in a cool place.

Canned and bottled fruits should be stored in a cool dry place.

Scum on bottled fruit and jam indicate the presence of fermentation. After having removed the scum turn the preserves into a clean jar and dredge well with fine sugar.

Taste an dsmell are th best indications of chese quality. Personal taste differs so much that cheese should be sampled before being purchased.

When a housewife is choosing a dairy to supply her milk she should test it for herself to see if it is pure milk. This can be done in the home by putting a bright steel knitting needle into the milk; if, on withdrawal, the milk adheres and drops off slowly it is pure; if, on the other hand, it runs off quickly, leaving the needle bright, it has been diluted with water.

Broths are the unclarified liquors in which chicken, veal, etc., have been boiled. They are frequently garnished with barley or rice, but they are not thickened.


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