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—Grapefruit, ready to eat cereal, baked eggs with cheese, broiled bacon, buttered toast, marmalade, coffee or cocoa. Lunch—Savory ham with rice, vegetable salad, hard rolls, currant jelly, water ice, tea or milk. Dinner—Chicken fried steak, french fried onions, baked potatoes, buttered peas, pineapple and cream cheese salad, layer cake, coffee or beer.

TUESDAY Breakfast—Strawberries and cream, hot wheat cereal, ham omelet, toasted muffins, jelly or jam, coffee or cocoa. Lunch—Clear broth, tongue and tomato salad, hot rolls, banana shortcake, tea or milk. Dinner—Roast lamb, Franconia potatoes, spinach with gravy, asparagus tip salad, bread pudding, coffee.

WEDNESDAY Breakfast—Stewed prunes, fried mush, maple syrup, crisp bacon, scrambled eggs, toast, coffee. Lunch—Cold roast lamb, fried potato cakes, peach and cottage cheese salad, little cakes, tea or milk. Dinner—Fricassee of veal, dumplings, smothered carrots, cole slaw, coffee parfait, assorted cookies, coffee or beer.

THURSDAY Breakfast—Diced fresh pineapple, buckwheat cakes, little sausages, syrup or jam, coffee or cocoa. Lunch—Creamed chipped beef on baked potatoes, buttered beets, cup cakes with lemon sauce, tea or milk. Dinner—Swiss steak, potato pancakes, fried cabbage, mixed spring salad, apricot Bavarian cream, coffee.

FRIDAY Breakfast—Sliced oranges, ready to eat cereal, cream codfish on toast, coffee or cocoa. Lunch—Cream of tomato soup, cole slaw with shrimps, assorted rolls, strawberry tarts, tea or milk. Dinner—Broiled blue fish, Julienne potatoes, goldenrod asparagus, cucumber salad, hot biscuits, butterscotch pie, coffee.

SATURDAY Breakfast—Tomato juice, cereal, plain waffles, frizzled ham, strawberry jam, coffee or cocoa. Lunch—Eggs al la king, fried tomatoes, stewed pears, pound cake, tea or milk. Dinner—Pot roasted pork chops, buttered noodles, fried Brussels sprouts, pickled beet salad, molded fruit gelatin with whipped cream, coffee.

SUNDAY Breakfast—Chilled melon, cereal, scrambled eggs, broiled chicken livers and bacon on skewers, pop-overs, jelly or jam, coffee or cocoa. Dinner—Chicken, Maryland style, cream gravy, mashed potatoes, buttered spinach, mixed pickles-olives, stuffed celery, Waldorf salad, Angel cake a la mode, coffee. Supper—Crab meat chafing dish, buttered toast bits, frozen fruit salad, cookies, coffee or tea.

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

FISH STEW AS ONLY THE CAROLINIANS CAN PREPARE

Sidney Snow

The men who make the school geographies are showing gross ignorance. In one of them does it say: "North Carolina is famous for its fish stew!"

But the Eastern Carolina Fish stew should be as famous as the New England Baked Bean, the California orange or the Florida grapefruit.

I sat in wrapped attention on the shipping platform of the Neuse Distributing Company's warehouse at Kinston, North Carolina. In the gathering gloom of a mild evening Rufus, a very black and suave colored boy was preparing the poles and cross bar under which the open fire was to be built and over which the iron kettle would hold the stew in the making.

While this was being done, carefully and elaborately by the abovementioned Rufus, two fish stew wizards, Bill Cole and Roland Jenkins by name, were preparing the fish and the potatoes and the onions. Giving advice and guiding the operations was the plant manager himself, R. J. Jenkins of that country, known far and wide as a great authority on fish stews in the Carolina persusion.

Then, in the offing, were some five or six more men, all ready with helpful words, for be it known that no Carolina fish stew just happens.

Now, this particular fish stew, made for a total of eight, was done, as follows: The fish used, in this case, was a fine sea trout which weighted five pounds, so they said. It looked it. The fish is cleaned and boned but not skinned. But they told me that Rock, haddock or other firm-meated fish are good, too.

While Rufus was firing up, three pounds of potatoes were peeled and sliced into slices about an eighth of an inch or so thick.

In another pan, two and half pounds of onions were sliced about a quarter of an inch thick—"so's they won't mush too much."

Now the fire was going and the iron kettle had become hot. So into the kettle went a pound of bacon cut into half inch dice. This was fried out thoroughly. Then the fat was left in the kettle and the "cracklings" removed for later use,

Next, with the kettle removed from the fire, on its floor was laid a covering of ffish. Then came a layer of onions. Then salt and pepper—including a liberal dash of cayenne. And then more fish, potatoes and onions and seasoning, and so on until the kettle was full to within a couple of inches of the top.

Then cold water was added—enough to fill the cracks but not to come quite to the top of the last layers, which was onions.

Back the kettle went over the fire, and soon it was boiling. Immediately the fire was thinned down a little so the mess would simmer slowly and gently—nothing rough about making a Carolina fish stew. Now, then, the simmering goes on for something over an hour, but when half of that time has elapsed, there must be added two cups of tomato puree or a couple of cans of condensed tomato soup.

DON'T STIR THIS STEW

Gradually, it settles a little and the top is "soupy." By now, a little careful sounding with a fork will show that the potatoes are about tender. There must now be expert tasting by all and sundry as there may be need of a little more seasoning. This must be talked over and duly considered. But when everything else is in order, the master of ceremonies, Jenkins himself, comes toward the pot bearing a bowl in which there are a dozen fresh, newly opened eggs. These are slipped gently into the kettle. In a few minutes they are well poached.

The stew is ready.

Soup bowls are filled and each hungry mortal helps himself to a portion of the cracklings which have been standing patiently by. These are dropped into the bowls in lieu of croutons—and are really much better.

By now it was very dark. The fire had been built up by Rufus and provided enough light There was no now no more conversation—just the pattering sound of gulps, a reaching voer for a slice of bread, then an occasional sigh and in time the lighting of pipes. And to think that this great dish is practically unknown in the rest of Amreica! It should go into very Boy Scout Manual and a course in the making of Eastern Carolina Fish Stew should be obligatory.

Hot Off The Griddle

ESTHER DONLAN

When using an old cook book or one from a foreign country it is always well to know that:

3 teaspoons equal 1 tablespoon
16 tablespoons equal 1 cup
4 tablespoons flour equal 1 ounce
2 cups granulated sugar 1 pound
4 cups flour—1 pound
2 cups solid packed butter equal 1 pound
butter, size of an egg equal ¼ cup
2 tablespoons butter equal 1 ounce

To poach eggs, fill a large frying pan with boiling salt water. Lower the heat so that the water only simmers. Break eggs, one by one, into a wet saucer and slip each carefully into the water. Cook without boiling dipping the water over the eggs with a spoon.

Clear soup and soup stock are the most important itmes of soup making, as they form the base of countless other soups and sauces.

Redsnapper, bass, trout, halibut, cod, haddock, pike, sheephead, and salmon are all very suitable fish for boiling.

SUNDAY DINNER Suggestions

By ANN PAGE

BANANAS are a good fruit to use freely at this season when winter fruits are disappearing and spring fruits just beginning. Oranges, grapefruit, strawberries, pineapple and rhubarb are other choices.

Butter is again reasonable and eggs are slightly cheaper. Fish is abundant and prices are attractive. Forequarter cuts of beef and veal, pork and poultry continue the best buys. Fowl is a specially good value this week.

In general vegetables are more plentiful and cheaper. Lettuce is again a good value.

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

Low Cost Dinner

Meat Loaf Scalloped Potatoes
Sweet-sour Beets
Bread and Butter
Orange Gelatin with Bananas
Tea or Coffee Milk

Medium Cost Dinner

Liver with Canadian Bacon
Mashed Potatoes Buttered Onions
Bread and Butter
Banana Shortcake
Tea or Coffee Milk

Very Special Dinner

Fruit Cup
Roast Beef Browned Potatoes
Asparagus Goldenrod
Green Salad
Rolls and Butter
Strawberry Meringue Tarts
Coffee

For outing trips, bacon is a favorable food. It can be cooked quickly and it is easily carried.

LEFTOVER MEAT ACCESSORY FOR MEAT LOAF'S SPRING SHOWING

There are very few homes that do not have left overs from at least one or two meals a day. Now, there often isn't enough left over from one meal to combine into some tasty dish, but this, combined with other left overs or fresh ingredients will often times go into the making of a dish far more delicious than the original dish.

There is really very little excuse for left overs being wasted. Not even bones and fat. The bones can be used in the making of delicious soups and the fats can be rendered mixed with bacon drippings for a really delicious shortening for making waffles etc.

In this recipe, we are again returning to our old friend the meat loaf who has been taking a rest but far from forgotten. This, however, is a different meat loaf, in that in calls for left over meat:

BACON MEAT LOAF

3 cups minced cooked meat
1 small onion
3 sprigs parsley
2 eggs
¼ teaspoon pepper
½ cup sifted bread crumbs
1 tablespoon prepared mustard
1 cup milk

Put meat, onion and parsley through a food chopper. Add beaten eggs and other ingrdeients. Mix well and put into a baking pan lined with strips of bacon. Press mixture down firmly. Bake in a moderate oven, 350 F. for 45 minutes. Serves 6.

Pineapple Fritters

(Canned Pineapple)

1 No. 2 can crushed pineapple
1 egg
½ cup milk
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt

Drain the pineapple. Make a batter of the other ingredients. Stir the pineapple into the batter and drop into deep, boiling fat by spoonfuls. Fry to a delicate brown and serve sprinkled with powdered sugar or with syrup. For apple, peach or other fruit fritters, follow the recipe above, substituting the preferred fruit.

LOOK FOR THIS CROSS

DEMAND AND GET GENUINE BAYER ASPIRIN

15c FOR 12 2 FULL DOZEN FOR 25c

Lilly White's Pig 'N Grits



Dear Miss Wilma:

Ah never did tell it befor but dis recipe if de reason yo' all had such big pork chop and sasage bills. But Ah does like it fine and can't help but eat and eat it all de time, it's jest dat good. Ah calls it pig 'n grits for no good reason but ah thinks it's a good name. Ferst an brings 4 cups ob water to a boil and add 1 teaspoon salt and den ah sprinkles in ¾ cup ob hominy grits, an stirs all de time. Ah boils it fo 5 minutes and stirs 2 or 3 times; then ah lets it cook for another hour or a little longer in de top of de double boiler. Den ah pours it in a hot dish and puts a big gob ob butter in de middle and lays crispy broiled little sausages all around. And believe you me, it's good stuff. fHopin you is de same.

Your humble servant
LILLY WHITE.

Peanut Butter Brownies

2 tablespoons shortening
½ cup peanut butter
1 cup sugar
1 egg
2 squared melted chocolate
1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
½ cup chopped peanuts
¼ cup mlik

Cream shortening and peanut butter thoroughly; then blend in the sugar. Add well beaten egg and melted chocolate. Mix and sift the dry ingredients, add peanuts and combine with creamd mixture alternately with milk. Pour into a greased 8 inch shallow pna. Bake in a moderate oven 350 F. for 25 minutes. Cut into squares or oblongs while still warm. Makes 2 dozen brownies.

Rice Pudding Like Grandmother Made

Remember what a treat it was when grand mother used to make that grand creamy rice pudding. It was probably so popular with us because she cooked it slowly but here is the recipe:

OLD FASHIONED RICE PUDDING

½ cup rice
1 quart milk
½ teaspoon cinnamon or nutmeg
4 tablespoons sugar
½ teaspoon salt

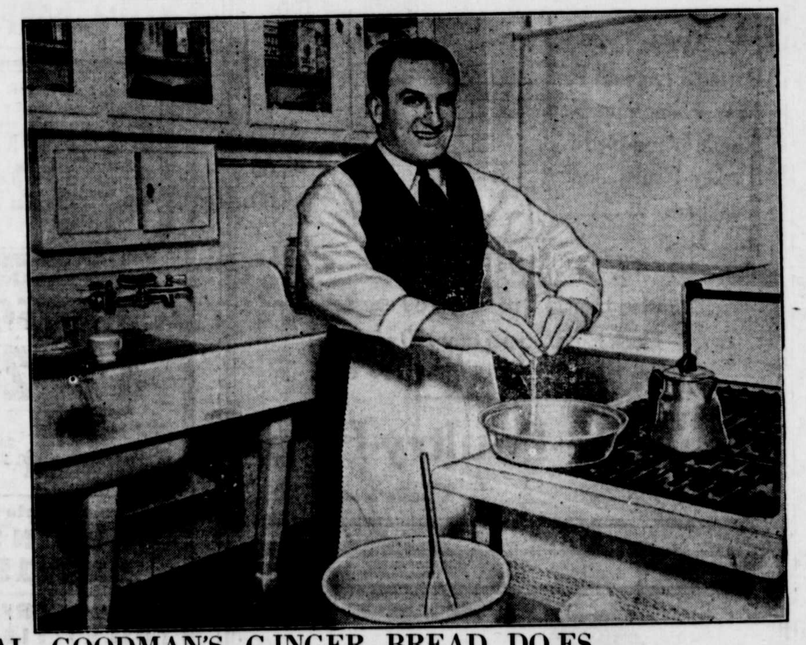
Wash the rice thoroughly, add the other ingredients and pour into a greased baking dish. Bake for three hours in a slow oven stirring several times during the first hour. The mixture should not boil. Serve either hot or cold. One half cup of raisins may be added if desired.

Creamed Celery on Toast

2 cups celery, cut in pieces
2 cups hot water
1½ cups milk
2 tablespoons butter
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper

Cook the celry in the hot water until tender (about 30 minutes). Melt the butter, add the flour and blend. Stir in the milk and cook until thick, stirring constantly. Combine the celery and liquid with the cream sauce. Serve on toast and garnish with sprigs of parsley.

If you desire a good, nutritious broth, put the beef in cold water. If, on the contrary, you prefer good boiled meat have the water boiling before putting the meat in. It either case, let it boil very gently. Bones add flavor but not much nutrition.



AL GOODMAN'S GINGER BREAD DOES PRAISE TO MARYLAND RECIPE

In Baltimore, Maryland they still talk about Al Goodman—but it is of "Little Al Goodman who went to public school here and captured the Peabody Scholarship"—for in Baltimore and all Maryland, capturing the Peabody Scholarship means that the great event has cast its shadow before it, as the saying goes—and as an old Baltimorean said to me: "If you can bet $25,000 on every Peabody winner's making a success in music—and get even money—you'll never have to work again—."

And so little Al Goodman, the boy born in Russi,a son of a Jewish cantor, with the sonorous and ritualistic in music engrained in him through the generation, is still one of the many Baltimore boys who have grown famous.

But, oddly enough, or maybe naturally enough, Goodman's greatest heritage off Baltimore today is—ginger bread. It is not rgiht to say that this Maryland ginger bread made a great musician of Goodman, but because he is a lover of the things which touch the soul, his conception of ginger bread is in keeping with his conception of music—not the banal— the ordinary—the crass—but, whether it be ginger bread or an aria—it must be something which reaches up to the heights.

Interestingly enough, the same hand which controls the baton and which pens the tone poem achieves in the ginger bread something equally above the common place. The great man seems to be not he who comes from the top down, but he who lifts from the lowly upward—making the unusual out of the usual— the extraordinary out of the ordinary—and so with this ginger bread, Al Goodman's own adaptation of a rare old Maryland recipe:

AL GOODMAN'S GINGER BREAD

Take eight tablespoons of butter and a half a cup of maple syrup and two well beaten eggs— add a teaspoon of salt and half a teaspoon of ginger—a cup of sugar—and a half teaspoon of allspice—and two teaspoons of ground cinnamon—and a cup of sour milk—and three cups of flour and one rounded teaspoon of baking soda.

Mix together all the liquid ingredients. Mix all the dry ingredients together and then add the liquid and the dry ingredients into one mixture Beat thoroughly into perfect smoothness. Run into a shallow baking pan to the depth off about an inch or an inch and a half. Dust with cinnamon and sprinkle with two cups of chopped walnut meats. Bake this in a slow oven for about half an hour. While still hot, cut into squares, cover generously with whipped cream and serve at once.

"But my diet"! you say.

"Well, then, just a small second helping," Goodman suggests.

"Oh well, this once, not too small," says you.

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