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 rhubarb, ready to eat cereal, coddled eggs, broiled ham, buttered toast, coffee or cocoa. Lunch—Canned corned beef hash, chili sauce, buttered carrots, shredded lettuce, assorted cakes, tea or milk. Dinner—Boiled ham with greens, lyonnaise potatoes, chicory salad, raspberry shortcake, coffee or beer.

TUESDAY

Breakfast—Baked apples with cream, hot wheat cereal, plain waffles and honey, grilled bacon, coffee or cocoa. Lunch—Fried brook trout, hashed browned potatoes, sliced cucumbers, chocolate pudding, tea or milk. Dinner—Roast tenderloin of beef, summer squash, browned potatoes, string bean salad, hot rolls, coffee pie, coffee.

WEDNESDAY

Breakfast—Grapefruit juice, cereal, buckwheat cakes, little sausages, maple syrup, coffee or cocoa. Lunch—Macaroni and cheese en casserole, endive salad, ice cream cake, tea or milk. Dinner—Breaded veal steak, julienne potatoes, buttered asparagus, watercress salad, layer cake, coffee or beer.

THURSDAY

Breakfast—Strawberries and cream, fluffy rice with butter-sugar-cinnamon, baked eggs, coffee or milk. Lunch—Spanish omelet, dressed lettuce, pineapple water ice, nut cookies, tea or milk. Dinner—Roast duck, apple sauce, sweet potato croquettes, string beans, artichoke salad, up-side down cake, coffee.

FRIDAY

Breakfast — Raspberries and cream, cereal, French toast, grape jelly, scrambled eggs, coffee or cocoa. Lunch—Crab cakes, cole slaw, sliced tomatoes, cherry pie, tea or milk. Dinner—Baked shad, french fried potatoes, Brocolli Hollandaise, carrot and pineapple salad, Biscuit tortoni, coffee.

SATURDAY

Breakfast—Orange juice, ready to eat cereal, jelly omelet, frizzled ham, graham muffins, coffee. Lunch—Sweetbreads in patty shells, creamed potatoes and peas, fruit gelatine with whipped cream, tea or milk. Dinner—Broiled steak, French fried onions, buttered peas, Waldorf salad, Ginger orange cream pie, coffee.

SUNDAY

Breakfast—Chilled melon, ready to eat cereal, EggsBenedict, toasted English muffins, marmalade, coffee or cocoa. Dinner—Rib roast of beef, browned potatoes, buttered lima beans, jellied tomato salad, assorted relishes, baked Alaska, coffee. Supper—Oyster rarebit, buttered toast, fruit compote, assorted cakes, coffee or tea.

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

GIVE YOUR SALADS THE SPICE OF VARIETY WITH THESE NEW DRESSINGS

Some Delicious Dressings That Can Be Made In Five Minutes

A new dressing makes a new salad, even if it is served on the identical kind of salad green we have been eating every day for years. Here are some delicious dressings that can be made in five minutes and, best of all, they are guaranteed failure-proof. They make the family much more enthusiastic about their quota of greens that is such an important part of the health budget.

COLE SLAW DRESSING

1 1-3 cups (1 can) sweetened condensed milk
1 teaspoon salt
½ cup vinegar
1 teaspoon dry mustard

Blend thoroughly sweetened condensed milk, salt vinegar and mustard. Stir until mixture thickens. Allow to stand a few minutes to stiffen. This makes an especially good dressing for cole slaw. Makes 1 1-3 cups.

POT CHEESE SALAD DRESSING

2-3 cup sweetened condensed milk
½ cup vinegar
½ teaspoon salt
¾ teaspoon dry mustard
½ teaspoon paprika
½ cup pot cheese

Blend thoroughly sweetened condensed milk, vinegar, salt, mustard and paprika. Force pot cheese through sieve and add to mixture, beating until smooth. This is delicious served on plain lettuce or on a raw vegetable salad.

MUSTARD SALAD DRESSING

¼ cup sweetened condensed milk
¼ cup tomato catsup
¼ cup prepared mustard

Thoroughly blend sweetened condensed milk, tomato catsup and prepared mustard. Makes ¾ cup.

Jewish Cookery Combination Of Many Nations

The wholesomeness of Jewish cooking and the culinary skill of the Jewish housewives are proverbial.

Jewish recipes, unlike so many, are not typical of one location but come from many foreign countries. They are similar however, in their seasonings and manner of preparation and in this country they have been classified as Jewish cookery, regardless of the country of their origin. Here is one such recipe:

CHICKEN KNISHES

1 egg
¾ cup cold water
¼ cup shortening
1 teaspoon baking powder
3 cups flour
Salt

FILLING

1 cup chicken meat, cut up
¼ cup chicken gravy
1 teaspoon salt
3 teaspoons matzos meal

Make pie crust of first six ingredients. Roll ¼ inch thick and cut into fairly sized rounds. Place a tablespoon of the meat mixture in each round and press edges together. Bake about 30 minutes in a hot oven.

Egg Dumplings For Soup

½ cup flour
½ cup milk
¼ cup butter
1 egg
1 teaspoon salt
¾ teaspoon nutmeg

Melt the butter in a pan and add to it the flour; mix thoroughly and add the milk gradually, being careful to avoid lumping. Cook until quite thick, and then take from the fire and let cool. Add well beaten egg, salt, and nutmeg and beat hard. Drop from a spoon into gently boiling soup and cook from 4 to 5 minutes.

Simple Soup For Spring Days

At this time of the year, the weather is ideal for serving a great big bowl of soup for lunch, accompanied by a fine salad, toasted crackers or muffins and of course, your favorite dessert.

If the fact be known, soup making in the home isn't at all what it's supposed to be. It is the general opinion of those who do not make it, that it's an all day job and then the results are not certain. Hooey! say we! Like the old gray mare— "it ain't what it used to be"—it's simple to make soup and here's how! The soup stock is of course, an important feature of soup making but this can be purchased in the form of bouillon cubes or canned bouillon. From there on the housewife just adds a little of this and that, such as for

ASPARAGUS SOUP

3 cups white soup stock
1 cup asparagus
4 tablespoons flour
4 tablespoons butter
1 pint milk
1 slice onion
Salt and pepper

Drain the water from the cooked asparagus. Reserve tips and put stalks into soup thick. Add onion and cook until stalks are very tender. Rub through a sieve . Blend the butter and flour. Add salt, pepper, milk, and asparagus tips. Serve very hot. A dash of paprika may be added to each serving.

When vegetables are boiled they should be plunged into rapidly boiling water and kept boiling until done and removed from the fire. If steamed, the same rule holds good; the water under the steamer must be boiling and the steam at its height when the vegetables are placed in it, and then closely covered.

DINING ABROAD AT HOME

Italian Dishes Improved By Subtle Use Of Garlic

If everyone who is partial to garlic would be subtle in its use there would probably be more people using it right now. The ruination of many an otherwise good garlic eater has been brought about by the unpleasant respiration of some fellow observer of a motion picture. Now garlic is something that should be enjoyed by all, as it is the garlic that imparts that fine flavor to so many Italian dishes and it many cases it is not necessary to more than waft it gently to and fro, but that wee bit is most essential. That of course, is exaggerating a bit, what we really mean is shown in this recipe for

RICE WITH SHRIMPS

1½ cups rice
¼ pound cooked shrimp
1 small onion
1 clove garlic
1 carrot
1 or 2 sprigs parsley
Olive oil
Tomato juice
2 quarts broth
Salt and pepper
2 tablespoons butter
A handful of grated Parmesan cheese

Chop together the onion, garlic, carrot, celery and parsley and brown in about 2 tablespoons good olive oil. When brown add about ½ cup or more tomato juice and season with salt and pepper. Cut into small pieces about three-fourths of the shrimps, having saved the larger ones and mix this with the above. Meantime, put the rice which has been washed, in a pan with a piece of butter and when the butter has been absorbed add the broth. When the rice is about half cooked add the above mixture and continue cooking. When nearly done add the whole shrimps. Before removing from the fire add a handful of grated parmesan cheese and serve at once.

Lilly White's Nut Bread

Dear Miss Wilma:

This here bread is sumpin extra special to serve in de afternoon with a cup ob tea or coffee. It's fine jes spread with butter or it can be toasted an made into cinnamon toast. Ah mixes all up 2¾ cups ob flour, 1 cup ob sugar, 1 teaspoon salt an 1 cup ob milk. An den Ah add 1 whole egg and 2 teaspoons ob bakin powder and bout 2 cups ob chopped pecan meets, an Ah chops de nuts perty fine. Den Ah sets it in a warm place for about 20 minits to rise and den Ah pours it in a loaf pan and bakes it 1 hour in jes a moderate hot oven. An den Ah sets it aside and done let it be until it's cold and den Ah slices it. It sure am nice and nutty. Hopin you is do same,

your humble servant,
LILLY WHITE.

BEEFSTEAK SPECIAL

A Dressed-Up Onion Makes A Fine Showing

Lily or no lily, an onion is no sissy and when dressed up in fine feathers it can take it's place among the most elite and hold it's own. But after all, if it wasn't for onions, where would many a good dish be today? Here is one that presents onions in all their glory and what a fine dish with a juicy beef steak.

ONION SOUFFLE

6 medium sized onions
3 eggs
1 cup milk
1 tablespoon flour
1 tablespoon butter
Salt

Peel and cut the onions in quarters and boil them until very soft, changing the water once. Drain well by allowing to stand in a sieve five minutes; chop very fine and drain again. Season with salt and a very little pepper.

Cream the butter and flour together. Bring the milk to a boil and pour it on the mixture of butter and flour, gradually, to avoid lumping. Beat the yolks of eggs to a pale yellow and add them to the cream sauce, then add the onion pulp, and finally fold in the stiffly beaten whites. Pour into a buttered baking dish and bake in a moderate oven 25 to 30 minutes. Serve at once.

Playtime Desserts Prepared Early In Day

These nice sunny days make it almost impossible for the housewife to stay indoors. There is too much to be done outdoors. The garden must be tended to, and of course, there is always golf and tennis. Fortunately, the greater part of the dinner can be prepared early, thus leaving the afternoon free. One great help is to have the dessert ready, and it need not be a skimpy dessert either, but one of the finest. Crispy little cookies can be bought at the store and a fine frozen dessert made right at home. Could anyone ask for more?

BUTTERSCOTCH PARFAIT

2-3 cup brown sugar
2 tablespoons butter
½ cup water
4 egg yolks
1 pint whipping cream
1-16 teaspoon salt
2 teaspoons vanilla

Combine sugar and butter. Heat until melted. Cook one minute. Add water. Cook until butter-scotch is melted. Add syrup mixture slowly to beaten egg yolks. Cook in double boiler until light and fluffy. Chill. Add whipped cream, salt and vanilla. Pour into freezing tray or individual cups and freeze without stirring. Chopped nuts may be added.

Breakfast Morsels Broiled Chicken Livers With Bacon

Here is as tasty a tidbit as can be prepared for a breakfast. It is especially nice for Sunday morning when breakfast is later in the day and is heavier than usual. Accompanied by oasted muffins or biscuits, and scrambled eggs or a nice fluffy omelet, the meal is ideal.

BROILED CHICKEN LIVERS WITH BACON

The chicken livers usually have to be ordered several days in advance, allowing two or more livers for each serving. Wash the livers, and cut them in two and season with salt and pepper. Melt a little butter in a frying pan, and cook them quickly for about 1 minute on each side. Wrap a thin slice of raw bacon around each piece of liver and fasten with a toothpick. But in a broiler and broil on each side until the bacon is crisp. Drain quickly on hot unglazed brown paper and serve at once. If desired, skewers may be used with more than one liver on each skewer.

Deceitful Dishes

Its lots of fun to know a simple recipe that tastes like hours of careful preparation. Here is just such a one that is especially nice for Sunday night supper:

TOMATO WELSH RAREBIT WITH KIDNEY BEANS

4 tablespoons butter
4 tablespoons flour
2 cups milk
½ teaspoon salt
Dash of pepper
1½ cups grated American cheese
1-3 cup tomato ketsup
1 medium can oven-baked kidney beans

Melt butter in double boiler, remove from fire and mix with the flour. Scald milk and stir into the butter and flour. Season with salt and pepper. Cook over boiling water until the mixture thickens, stirring constantly. Beat in the grated cheese, and when the cheese melts, add ketchup and drained beans and allow beans to heat through. Serve on slices of hot toast or biscuit. Serves 6.

Recipe For A Man's Preparation

Here is a dish the man of the family will enjoy preparing to show off his culinary skill and it's exactly what a man likes.

SHILLALAH

1 tablespoon chopped onion
2 tablespoons butter
1 green pepper, chopped fine
Cook five minutes and add
2 tablespoons flour
1 cup thin cream
¾ cup strained tomatoes or tomato soup
2 cups finely chopped cheese
Cook together until smooth and add
1 egg, beaten
½ pound crabmeat
1 tablespoon lemon juice
Season with salt and pepper

and a scant teaspoon of dry mustard. Stir until crabmeat is thoroughly heated and serve.

Hot Off The Griddle

ESTHER DONLAN

Marketing should always be done with care and judgement. Supplies should be purchased in or near the height of the season as fruits, vegetables and eggs are best when most abundant, and at this time they are also much cheaper.

A good attribute of efficiency is a thorough understanding of the best methods of cooking each and every kind and cut of meat, fish or fowl, as well as the proper selection and cooking of the vegetables accompanying them.

Trimmings, parts or sections of vegetables such as tomatoes, asparagus, leeks, celery, and peppers are often used for decoration or to make bouquet. As nearly all are blanched first, the opportunity of using leftover blanched vegetables is unlimited.

Fish has less food value and less stimulating power than the flesh of animals or birds, but, with the exception of salmon, mackerel and eels, it is of easier digestibility.

Boiled Crabs

12 hard crabs
Tops of celery
1 red pepper pod
6 whole cloves
1 clove garlic
2 blades mace
4 sprigs thyme
1 bay leaf
2 tablespoons salt
½ cup vinegar

Put all the seasonings into a pot with a gallon of water and let boil 20 minutes. When the water is boiling hard, throw in the crabs, which must be, not only alive, but lively. Let them boil hard for 10 minutes, and allow to cool a little in their own water. Take them out of the water, and as soon as they are cool enough, wash thoroughly and put on the ice until needed.

A Sauce For Fine Green Salad

A complicated salad has no place on the table of a discriminating hostess, for she has found that simple greens dressed with a tasty dressing is in much better taste. Here is a fine full flavored dressing that is just ideal for plain greens.

CURRY DRESSING

5 tablespoons olive oil
2 tablspoons tarragon vinegar
¼ teaspoon curry powder
¾ teaspoon salt
¼ teaspoon onion juice

Dissolve the curry powder in the vinegar and add it to the other ingredients. Put in a small glass jar, set in the ice box, and shake well before serving.

To measure a cup of liquid or solid material, fill the cup level to top mark line.

Potato Fritters

2 cups raw grated potatoes
1 egg
1 teaspoon onion juice
¼ teaspoon baking powder
1 tablespoon chopped parsley
2¼ tablespoons bread crumbs
½ teaspoon Salt

Drain off the all the moisture from the grated potatoes, and add to them the egg, salt onion juice, and parsley. Beat well and add crumbs and baking powder. Drop the batter, a spoonful at a time, into a deep hot fat and fry a golden brown. Drain on brown paper and serve with meat.

SUNDAY DINNER *Suggestions*

By ANN PAGE

ALL cuts of veal are a good value this week while other meats, with the exception of fresh pork shoulders and hams, are on the expensive list. Poultry is still moderate in price and fish should be very reasonable.

Butter, after its flurry up and down is back to its average level. Eggs at wholesale have been slightly cheaper but not enough to reduce retails.

Asparagus and lettuce are the most attractively priced green vegetables. Green beans are again high. Garden rhubarb is gradually replacing the hothouse variety. Other fruits and vegetables are about as they have been.

Here are three dinner menus planned to fit different needs and pocketbooks.

Low Cost Dinner

Veal Pot Pie with Vegetables and Biscuit Crust
Cole Slaw
Bread and Butter
Coffee Gelatin Soft Custard
Tea or Coffee Milk

Medium Cost Dinner

Braised Rump of Veal
New Potatoes Stewed Tomatoes
Lettuce Salad
Bread and Butter
Strawberry Cream Pie
Tea or Coffee Milk

Very Special Dinner

Consomme
Kidney Roast of Veal Glazed Pears
Parsley Potatoes Asparagus
Lettuce and Watercress Salad
Rolls and Butter
Coffee Ice Cream Cake
Coffee

Used Cave for Glass Work

The first glass maker in Scotland was George Hay (1566-1625). He took advantage of a peculiarly formed cave at Wemyss, on the Fife coast, and set up his furnace therein.

Watches Once Small Clocks

Watches originally were small clocks and were worn hung from the girdle because they were too large for the pocket.

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THOSE WHO REMAIN

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