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—Ready to eat cereal with sliced bananas and cream, creamed chipped beef, fried eggs, toast, coffee. Lunch—Crab cakes, French fried potatoes, cole slaw, fruit gelatine, tea or milk. Dinner—Shoulder of lamb, smothered carrots, baked potatoes, cucumber salad, old-fashioned cheese cake, coffee.

TUESDAY

Breakfast—Stewed prunes, hot wheat cereal, wheat cakes, maple syrup, crisp bacon, coffee or cocoa. Lunch— Combination salad, hot muffins, ice cream, assorted cakes, tea or milk. Dinner—Beefsteak pie, creamed spinach, shredded lettuce with Russian dressing, hot biscuits orange layer cake, coffee or beer.

WEDNESDAY

Breakfast—Orange juice, ready to eat cereal, frizzled ham, fried eggs, buttered toast, jelly or jam, coffee or cocoa. Lunch—Lamb sandwiches on rye bread, sliced tomatoes, pineapple water ice, nut wafers, tea or milk. Dinner—Boiled tongue with sweet sour sauce, boiled potatoes, smothered cabbage, artichoke salad, cocoanut custard pie, coffee or beer.

THURSDAY

Breakfast—Fresh pineapple, ready to eat cereal, crisp bacon, poached eggs on toast, buttered toast, coffee or cocoa. Lunch—Cold boiled tongue, potato salad, dill pickles, chocolate eclairs, tea or milk. Dinner—Roast loin of pork, apple sauce, baked dressing, buttered beets, head lettuce with French dressing, frozen egg nog, coffee.

FRIDAY

Breakfast—Pineapple juice, cereal, cod fish cakes, fried eggs, coffee cake, coffee or cocoa. Lunch—Vegetable soup, tuna fish salad, light bran muffins, peppermint tapioca cream, tea or milk. Dinner—Boiled halibut with egg sauce, creamed new potatoes and peas, mixed green salad, mocha cake, coffee.

SATURDAY

Breakfast—Strawberries and cream, cereal, coddled eggs, frizzled ham, raisin-nut toast, coffee or cocoa. Lunch—Spaghetti with meat balls, lettuce with vinegar dressing, vanilla ice cream, little cakes, tea or milk. Dinner—Swiss steak, potato pancakes, smothered carrot or cabbage, pickled onions, cole slaw, dutch apple cake, coffee.

SUNDAY

Breakfast—Mixed fruits, hot or cold cereal, plain waffles, grilled liver wurst with curry sauce, coffee or cocoa. Dinner—Roast stuffed capon, mashed potatoes, buttered beans, endive salad, giblet gravy, mixed pickles-olives, strawberry shortcake, coffee Supper—Buttered crab meat, sliced tomatoes, pound cake, canned blackberries, coffee or tea.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper. 42

COTTAGE CHEESE FRUIT SALAD RING

One food which makes a fine dish because of its remarkable versatility in its many uses is Cottage Cheese. This food may be served at any meal in the day because it lends itself to serving in so many different ways.

Cottage Cheese may be used for example as the main part of the menu and mixed with boiled eggs or nuts. In sandwiches it may be combined with jelly, preserves, raisins, nuts or olives. The salads in which Cottage Cheese may be used are almost too numerous to mention and as dessert, it may appear in the form of a Cottage Cheese pie, pudding or sundae.

A jar of Cottage Cheese makes an economical food for the housewife to purchase because there are no waste portions to discard. In fact, if it is not all eaten at one meal, it may appear in a new and equally tempting guise at the next.

The U. S. Department of Agriculture summarizes the virtues of Cottage Cheese as follows: "Cottage Cheese is one of the important meat substitutes. It contains a larger percentage of protein than many meats and furnishes this material at lower cost. In every pound of Cottage Cheese, there is about one-fifth of a Cheese, there is about 1-5 lb. of a protion, nearly all of which is digestible."

Perhaps you have a favorite recipe of your own for preparing Cottage Cheese, but even if you have, it will pay you to jot down this recipe for Fruit Salad Ring with Cottage Cheese.

The recipe is as follows:

FRUIT SALAD RING

2 pounds Cottage Cheese
2 tablespoons plain gelatin
½ cup water (cold)

Combine gelatin and water. Dissolve it over boiling water. Cool. Add mixture to Cottage Cheese that has been forced thru a potato ricer or sieve. Pack into greased ring mold and chill until firm. Unmold and serve with favorite fruit salad in center.

STRAIGHT TO A MAN'S HEART WITH A POT OF OF CHEESE

Plain Cottage Cheese, Cheese Tid-bit, Schnitzelbank Cheese Recipes

By SIDNE Y SNOW

It is a far cry from the two bit slice of rat or store cheese of the typically U. S. A. grocer's to the lovely pots of cheese which one can so easily make up ahead of time and have ready for the evening supper, the picnic or just for raiding purposes in the ice box. And yet the road is straight and clear and well defined. At the same time it is a romantic highway in the realm of nice living. It passes countless mile-stones in the direction of civilized thinking and being. And what a bit of toasted bacon is to the little mousey and the vial of sensuous perfume may be to the lady of the house, such a jar of cheese happens to be to the mere man. Here is the path straight to a man's heart.

The admixture is simple, but in cunning and witchery it sets aside all the alchemy of the ancient crones who hovered over their kettles.

First one must be equipped with a cute cheese pot. That is of utter importance. For want of anything better, a stone marmalade pot will do very well, but here imagination may well run riot. With the pot on hand, we can go to work and spend an hour or so in interesting preparation.

A CONCEIT IN PLAIN COTTAGE CHEESE

Procure a couple of pounds of fresh cottage cheese and into it work enough sweet cream to work the cheese into a creamy paste. Now season to taste with salt and then seasoned sharply with white pepper. Have ready at this point a generous handful of caraway seed and work it into the cheese with a spoon. Chives you have minced very fine a good sized ed from the vegetable man and these are cut into very tiny bits. Also you hav minced very fine a good sized onion. And now the chives and the onion are worked in. The deed is now done. Taste a bit and then put the rest down into the pot and with a high mind and firm determination put it into the refrigerator, come supper time.

Serve with pumpernickel, thin slices of rye bread or crisp and glorify with slim glasses of cool beer or ale and let nature take its course. Should you wish to paint the lilly, then boil small new potatoes with the jackets on then serve perfectly plain with the cheese.

A CHEESE TID-BIT
(Of the St. Francis in San Francisco)

Scrape clean three Camembert cheeses and put into copper stewpan. Add a quarter pound of Roquefort cheese and a half a pound of fine butter, two tablespoons sifted flour and a pint of heavy cream. Cook this until all melted and it has turned into a thick mass and then put through a cheese cloth or fine sieve. Put this into the pot and allow to cool. In the refrigerator this will keep well for a week or more.

SCHNITZELBANK CHEESE POT

There is a quaint German folk song sung with the guidance of a Schnitzelbank. Before this song may be properly done by a mixed chorus of adult voices, there must be appropriate food and drink. As to the food, a pot of cheese, made up earlier in the day and set away to grow cold is "just about what the doctor orders," especially if the doctor happens to be the congenial McGinity of Baltimore or the suave Bridges of Park Avenue in New York. And here is the prescription therefor, with a brave and bold oblique dash down through the tail of the "R". Now, as the German would say: "Horch einmal zu!"

Scrape clean and free from outer skin two camembert cheeses and one Liederkranz cheese and put into a copper stew pan with a quarter pound of Roquefort, a half pound of fine butter, two tablespoons sifted flour and a pint of cream. Boil until melted into a smooth mass. Strain through a cheese cloth or sieve and then into this mix a cup of finely chopped olive meat and half a cup of pimento. Season this mixture highly with cayenne. Pack into the pot and let cool.

"Ei du schoene, ei du schoene, ei du schoene Schnitzelbank!"

SUNDAY DINNER Suggestions

By ANN PAGE

CHILD HEALTH WEEK is our annual reminder that if children are to grow into healthy adults they must be cared for now. Proper food is perhaps the greatest factor in maintaining child health and this means that their diet should be built around bread or cereals and milk generously supplemented with fruits and vegetables.

The present high cost of meats will not result in harm to children since only small amounts are needed by them.

Butter and eggs are somewhat lower. Lettuce is cheap, asparagus and peas are lower, cabbage and spinach relatively cheap. Potatoes are also noticeably less expensive.

Here are three menus suitable for the whole family including those of school age and up.

Low Cost Dinner

Pan-broiled Chopped Beef
Baked Potatoes Buttered Spinach
Bread and Butter
Raisin Bread Pudding
Tea or Coffee Milk

Medium Cost Dinner

Pot Roast of Beef
New Potatoes Asparagus
Bread and Butter
Floating Island
Tea or Coffee Milk

Very Special Dinner

Cream of Asparagus Soup
Broiled Chicken Parsley Potatoes
Green Peas
Green Salad
Rolls and Butter
Strawberry Snowbank Pie
Tea or Coffee Milk



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BAKE IT DOWN SIDE UP— SERVE IT SUNNY SIDE UP

This time of the year literally "screams" for colorful dishes and one good way to do it is to serve a peach cake "sunny side up". In oth-

Thanks to the person or persons

Thanks to the preson or persons who decided that fruits should be canned, this bit of spring can be had all year round as either canned or fresh peaches can be used.

PEACH UPSIDE DOWN CAKE

1¾ cups sifted cake flour
1¼ teaspoons baking powder
¼ teaspoon salt
¾ cup granulated sugar
4 tablespoons softened butter or other shortening
1 egg, well beaten
½ cup milk
1 teaspoon vanilla
4 tablespoons butter
½ cup brown sugar, firmly packed
2 cups sliced peaches, fresh or canned

Sift flour once, measure, add baking powder, salt and sugar and sift together three times. Add butter. Combine egg, milk, and vanilla. Add to flour mixture, stirring until all flour is dampened; then beat vigorously 1 minute. Melt 4 tablespoons butter in a 8x8x2 in. pan or 8 in. skillet, over low flame. Add brown sugar (¼ teaspoon nutmeg may be mixed with brown sugar, if desired); stir until melted. On this arrange peach slices. Turn batter over contents of pan. Bake in a moderate oven (350 F.) for 50 minutes, or until done. Loosen cake from sides of pan with spatula. Serve upside down with peaches on top. Garnish with whipped cream. Canned pineapple, cooked apricots, or sliced apples may be used for peaches.

Hot Off The Griddle

ESTHER DONLAN

Judgment must be used where economy is called into question, in the choosing between a cheap or a high priced article of food. In some cases it is truer economy to buy the higher priced, because it is a first class product against an inferior one.

As efficiency is gauged by its results, give careful thought as to desirable variety in the planning of your menu.

The simplest way of preparing vegetables is generally accepted as the best, as they combine so readily with foods containing the elements which they lack. Spinach is usually served with melted butter and poached eggs. Asparagus is served with a cheese sauce, etc.

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

Sour cream, if of sufficient quantity, may be placed in a small fruit jar and shaken to butter, or, utilized to make a salad dressing.

Crab Cocktail

2 cups freshly picked crab meat
Juice of 2 limes
1-3 cup mayonnaise
1 teaspoon chopped parsley
Salt and black pepper.

Mix mayonnaise thoroughly with the crab meat, and add the lime juice, parsley, salt, and coarsely ground pepper. Serve in cocktail cups. The mayonnaise must be made with a little less vinegar than the regular recipe calls for.

Fish Cakes

1½ cups cold boiled fish
3 medium sized potatoes
1 tablespoon butter
Flour
Salt and pepper
2 teaspoons capers
Tomato sauce

Use any fresh fish that is suitable for boiling or baking; break it up with a fork as fine as possible. Peal the potatoes and boil for ½ hour; drain them and mash with a potato masher; add the butter, salt, pepper and the flaked fish. Beat until very light; form into round flat cakes; dredge in flour, and fry on both sides in butter. Serve plain or with tomato sauce to which the capers have been added.

Lilly White's Camp Lunch



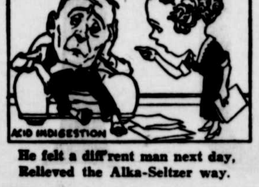
Dear Miss Wilma:

Yo say yo all wants sumpin to cook up at a out-door camp lunch. Ah always feels de back-bone an gizzard ob a out door lunch is a big stew out ob a kettle.

It looks good cookin and it smell good cookin eben befoh it eat good atah cookin. Now dere is many kind ob good stews like Brunswick stew an Carlina fish stew but here is a bery good stew only it take a little time but foh a all afternoon picnic it caint be beat foh a stew to eat foh dinner.

Take a iron kettle and build a little fire under it an in it put bacon maybe a pound or so an all cut up an fry it out dry an take the cracklins out an leave de fat in de kettle. Den foh six peeple stew put in 1-pound ham meat an 2-pound veal meat an cut size ob a egg. Brown dis meat a little bit in de hot fat an simmer about an hour. Now put in six medium carrots cut in slicse an six big potatoes cut in slices an two good big onyuns cut in slices. Put in salt an pepper an some red pepper an a cup or so ob tomato soup out ob a tin can is good. Let all dis simmer until potatoes is tender. Thicken a little wid two tablespoons flour, a little sugar and stir in a tablespoon wooster sauce. Sprinkle dem cracklins from de bacon ober de top ob de stew and serve in hot boles. Bread an butter an lettuce an mayonase sanwiches goes fine wid dis stew on a picnic.

Hoping you are de same,
Your humble servant,
LILLY WHITE.



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