*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—Chilled melon, ready to eat cereal, omelet with bacon, hot rolls, jelly or jam, coffee or cocoa. Lunch—Cream of celery soup, toasted crackers, crab meat salad, ice cream cake, tea or milk. Dinner—Navarin of lamb, potato croquettes, buttered asparagus, romaine salad with French Dressing, strawberry shortcake, coffee or beer.

**TUESDAY** Breakfast—Orange juice, hot wheat cereal, wheat cakes, maple syrup, little sausages, coffee or cocoa. Lunch—Chicken consomme, cold cuts, potato salad, frosted cup cakes, tea or milk. Dinner—Braised sweetbreads, julienne potatoes, new peas, endive salad, cocoanut custard pie, coffee.

**WEDNESDAY** Breakfast—Baked apples with cream, ready to eat cereal, broiled bacon, coddled eggs, raisin-nut toast, coffee or milk. Lunch—Frozen fruit salad, chopped chicken sandwiches, tapioca pudding, tea or milk. Dinner—Stuffed breast of veal, puffed potatoes, creamed spinach, waldorf salad, pineapple upsidedown cake, coffee.

**THURSDAY** Breakfast—Strawberries and cream, cereal, plain waffles, frizzled ham, syrup or honey, coffee or cocoa. Lunch—Creamed chipped beef on baked potatoes, broiled tomatoes, cole slaw, lemon water ice, cookies tea or milk. Dinner—Broiled tripe with chili sauce, hashed browned potatoes, buttered beets, grapefruit and orange salad, fruit compote, assorted cakes, coffee or beer.

**FRIDAY** Breakfast—Stewed pears, ready to eat cereal, creamed finnan haddie on toast, coffee or cocoa. Lunch—Corn chowder, Maryland crab cakes cole slaw, orange meringue pie, tea or milk. Dinner—Split pea soup, broiled fillet of mackerel, new boiled potatoes, string beans, dressed lettuce, apple strudel, coffee.

**SATURDAY** Breakfast—Fruit juice, cereal, crisp bacon, apple fritters, toast, coffee or cocoa. Lunch—Creamed mushrooms in stuffing ring, asparagus tips salad, peach melba, little cakes, tea or milk. Dinner—Fried chicken, mashed potatoes, country gravy, lima beans, water cress salad, hot biscuits, honey, chocolate eclairs, coffee.

**SUNDAY** Breakfast—Grapefruit, ready to eat cereal, fried chicken livers and bacon, scrambled eggs, pop-overs, jelly or jam, coffee or cocoa. Dinner—Shrimp cocktail, baked corned pork, candied sweet potatoes, buttered peas, jelled pineapple and carrot salad, savarin Mirabelle, coffee. Supper—Hot club sandwiches, assorted pickles and relishes, fruit cup, assorted cakes, coffee, tea or milk.

**Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper.** 43

## Fasting Becomes Feasting

### *A Friday Dish Which Men Will Relish*

By SIDNEY SNOW



COMES FRIDAY—and the fish problem. But here is a dish which will bring the men folk home on the dot. Simple—but most men prefer the simple dishes all providing they taste good.

**Here is Salmon Casserole Over which Father will Purr**

To serve four, take a mixing bowl and in it put a cup of canned salmon, flaked and picked over. Add to the salmon one cup of celery cut into bits, one small onion chopped fine, two tablespoons quick cooking tapioca, a pinch of salt, a dash of pepper, one cup of milk and a tablespoon of melted butter.

Mix these ingredients and place in a greased casserole or deep baking dish. Bake in a hot ovein (425 degrees) for ten minutes. Then, on top of the mixture, lay eight unbaked baking powder biscuits. Put back into oven and bake twelve to fifteen minutes longer.

Cottage fried or hashed brown potatoes and a cole slaw or green vegetable salad round out the main course. A tart pie or an ice is a good dessert. A white wine a pale beer or rather strong tea for the beverage. And coffee with the dessert.

## Lilly White's Peach Fritters



Dear Miss Wilma:

De other day Ah jes happen to remember dat de peaches 'd soon be comin in fine and big an it jes make me think ob de fine fritters dat Ah makes. Des peach fritters be jes as fine as any fritters can be an Ah makes dem by creaming together one-half a cup ob sugar an one-third cup ob butter and Ah adds two eggs which Ah beats well furst. Den Ah sifts all together two cups ob flour and three teaspoons ob baking powder and one-half teaspoon ob salt and den Ah adds dem in turns with one cup ob milk to de creamed butter an sugar. Den ah folds in one an one-half cups ob chopped peaches (either fresh ones or canned ones) an one half teaspoon ob lemon juice and one-half teaspoon ob vanilla. Den Ah drops dem by de teaspoonful into good hot fat and frys dem until dey is a golden brown. Ah likes to serve dem wit whipped cream or jus sprinkled wit powdered sugar.

Hopin you is de same,
Your humble servant
LILLY WHITE.

## Scalloped Sweet Potatoes and Apples

6 medium sized sweet potatoes
½ cup brown sugar
1½ cups sliced apples
4 tablespoons butter
½ teaspoon salt
1 teaspoon mace

Boil sweet potatoes until tender. Slice in ¼-inch slices. Butter a baking dish and put a layer of sweet potatoes in bottom, then a layer of sliced apples. Sprinkle with sugar, salt and mace and dot with butter. Repeat until dish is filled, having the top layer of apples. Bake in a moderat oven 350 F. about 50 minutes.

## Assorted Cheese For A "Serve Yourself" Supper

The sandwich is developing a place in the social register of foods that would, no doubt, surprise its inventor, the Earl of Sandwich, who loved the hunt so much he refused to dine and munched slabs of bread and meat at full gallop.

Serve a platter of assorted cheeses flanked by sliced bread and crackers. Then let each guest cut and spread his own. Here are some tasty ways to serve cheese which are sure to win male palates.

LIEDERKRANZ and CATSUP SANDWICHES

Spread slices of rye or pumpernickel with butter and then with Liederkranz. Cover cheese with thin layer of catsup. Cover with another slice of buttered bread. Garnish with stuffed olives.

ROQUEFORT SANDWICH

Allow ½ pound of Chateau to stand at room temperature until softened. Blend 4 ounces of Roquefort cheese with Chateau. Spread on buttered white bread and cover each with slice of bread.

## Vegetable Soup

There are vegetable soups and there are vegetable soups, some good and some poor, but here is one that is a soup what am a soup:

VEGETABLE SOUP

1 large soup bone
1 pint tomatoes
1 pint lima beans
1 pint grated corn
2 cups chopped cabbage
1 large turnip, diced
1 carrot, diced
1 onion, sliced
1 teaspoon flour
½ cup milk.
Salt and pepper
Cold water

Wash soup bone thoroughly and cover with cold water and allow it to boil for several hours. Skim off the fat and add the vegetables. Season to taste. Mix the flour with the milk and stir into soup. Cook for 1 hour and serve hot.

## Eggs For Lunch

Though eggs at one time were used almost wholly as a breakfast dish, they are becoming more and more popular for lunch. Especially if the lunch has to be prepared in as little time as possible and yet is to be a good substantial meal. Here is a recipe that will be well worth trying:

EGG CROQUETTES

4 hard boiled eggs
1 tablespoon butter
1 tablespoon flour
¾ cup milk
½ teaspoon salt
Dash of paprika

Melt the butter in a double boiler, add flour and stir until blended. Add milk and seasonings and cook until mixture is thick. Remove from fire and add the hard cooked eggs. Set aside to cool. When cold, shape into croquettes; roll in cracker crumbs and eggs, and fry in deep hot fat.

## A Light, Tasty Dessert

For the family who doesn't particularly care for "gooey" desserts, let us suggest stewed fruits and a pound cake made as follows:

POUND CAKE

1 pound butter or other shortening
1 pound granulated sugar
1 pound flour (3¼ cups)
10 eggs, separated
¼ teaspoon mace
2 tablespoons brandy

Cream butter well and gradually add the sugar, beating well after each addition. Beat the egg yolks until thick and lemon colored and then add to the butter mixture. Add the brandy. Sift the flour and mace and add alternately with the stiffly beaten egg whites. Pour into a well buttered bread pan and bake in a slow oven 300 F. for one and one-half hours.

## Connecticut Crullers

2 eggs, well beaten
1 cup sugar
2 cups milk
4 cups flour
2 tablespoons butter
3½ teaspoons baking powder
½ teaspoon grated nutmeg
1 teaspoon salt

Cream the butter and sugar together and add the other ingredients. Mix thoroughly. Place the dough on a well floured board and pat lightly with the hands until just stiff enough to cut out the crullers with a cutter, or cut in thin strips and shape into a circle with hole in center, pressing the ends together and shaping round. Fry in deep hot fat until brown. Drain on paper. Roll in confectioners' sugar.

## Stuffed Tomatoes As Prepared By The Pennsylvania Dutch

From the Dutch in Pennsylvania comes a very fine and clever assortment of recipes, many of which are decidedly foreign. However, many of them have become quite American as this:

BAKED STUFFED TOMATOES

6 large tomatoes
1 cup bread crumbs
½ teaspoon salt
1 tablespoon minced onion
1 egg, well beaten
2 tablespoons melted butter
1 teaspoon minced parsley
Pepper

Remove the stem ends of tomatoes, and cut out the centers. Fill with filling made of the rest of the ingredients. Place in a baking dish and bake in a moderately hot oven 350 F. for 30 minutes.

## Fried Pies

2 cups flour
1 teaspoon salt
½ cup shortening
1-3 cup cold water
Stewed fruit.

Sift the flour and salt together, cut in the shortening and mix with the hands. Add water. Roll out about ⅛ inch thick on a floured board. Cut with a large cookie cutter about 4 inches in diameter. In each round, place 1½ tablespoons sweetened mashed fruit. Moisten edges with cold water, fold to make semi circle and press edges together with a fork. Fry in deep fat.

## Hot Off The Griddle

ESTHER DONLAN

Slice such portions of left over meat as can be sliced neatly; arrange slices in a shallow dish and cover with a boiling hot, slightly thickened sauce made of the meat's own gravy; cover and let stand in a hot place until the meat is thoroughly warmed through. It must not be permitted to boil, as boiling would toughen the meat. Serve with gravy-sauce over the meat and a border of rice, potatoes or vegetables, or with hot stew dumpling.

Any remnants of uncooked meat which may spoil it kept longer should be cooked at once either alone or in combination, for the next meal; or it may be given a few second's blanching by immersing in rapidly boiling water or soup stock, as the case may require.

Good marketing is as important as good cooking, for no matter how efficient the housewife, she can have little success if the ingredients she has to work with are of poor quality.

Jams and jellies should be made when they are at their cheapest.

In choosing beef it is well to remember that the meat should be a deep red color and mottled with fat finely mingled with the lean. The fat should be pale yellow, and not discolored. The meat should be firm and elastic to the touch and scarcely moisten the fingers.

Lamb is seasonable from March to September, but it is considered at its best from May to July.

## Soup Balls

3 pounds soup meat
2 quarts water
4 eggs
1 cup flour
2 tablespoons butter
½ teaspoon salt
½ cup milk

Add the water to the soup meat, season to taste and cook slowly for several hours. A half hour before serving time, make soup balls as follows: combine the salt and flour and work in the butter. Beat the eggs and add to the flour. Stir in milk, using only enough to make batter thin enough to drop from a spoon. Drop by spoonfuls into the boiling hot broth and cook for 10 minutes. Serve in hot soup at once.

## Creamed Spinach

¼ peck spinach
½ teaspoon salt
Dash of pepper
⅛ teaspoon nutmeg
1 tablespoon butter
2 teaspoons flour
¾ cup milk

Pick over and wash spinach thoroughly. Add salt and cook until tender. Do not add water. Chop the spinach very fine. Melt the butter in a pan, add the flour and blend. Slowly add the milk and stir constantly until mixture thickens. Combine with the chopped spinach, add the pepper and nutmeg and serve.





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## SUNDAY DINNER *Suggestions*

By ANN PAGE

BREAKFAST is a meal whose importance is not sufficiently realized in many homes. As a feature of Child Health Week and regular child care the importance of an adequate breakfast cannot be over-emphasized. Breakfast can and should be varied according to the season. With the orange and grapefruit season gradually waning, berries, melons, fresh pineapple and stewed rhubarb become alternate breakfast fruits.

Smoked meats, ducklings and forequarter cuts of beef, veal, pork and lamb offer best meat values this week. Fish is plentiful and reasonable. Eggs are cheaper and butter prices moderate.

Asparagus, carrots, peas and spinach are the chief vegetable values of the week.

Here are three menus of varying cost for Sunday dinner.

**Low Cost Dinner**
Boiled Smoked Butt New Potatoes
New Cabbage
Bread and Butter
Tapioca Cream
Tea or Coffee Milk

**Medium Cost Dinner**
Fried Duckling Milk Gravy
Mashed Potatoes Green Peas
Bread and Butter
Strawberry Shortcake
Tea or Coffee Milk

**Very Special Dinner**
Fruit Cup
Baked Ham Parsley Cream Potatoes
Asparagus Hollandaise
Hearts of Lettuce
Bread and Butter
Cream Sponge Roll with Strawberry Sauce
Coffee





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## Caught in a Bat World

### *Dark Caverns Are the Scene of the Battle Between a Well-Digger and the Vampire Hordes*



**Everywhere about him the flittering forms darted and squirmed and squeaked. They struck at his face and neck with their sharp beaks and claws.**

By WILLIAM HORNE

BIZARRE and eerie come almost unbelievable stories from India and South America of the horrible vampire bats that feed on human beings at night, but nowhere on record has there been such an experience as recently befell Wallace Irving, planter, who lives in Dooly County, Georgia.

"I've had a lot of strange things happen to me," says Mr. Irving, "but the strangest of all began one day a few weeks ago when from the bottom of my well I was suddenly plunged into an eerie, subterranean world of rushing water and black caverns.

"And, while wandering far beneath the earth's surface, I was suddenly attacked by a swarm of blood-sucking creatures which I will always believe were vampire bats, although I know that vampires are not supposed to exist in America.

"I was cleaning my well, taking advantage of a six weeks' drought. Down there 50 feet below the surface at the bottom of my well it was dark, and I could barely see. I had stuck my shovel down for a last dip into the mud and sediment when it happened. The bottom of the well literally fell beneath me, and my scream of terror was choked by a mouthful of mud and water as I went down into utter darkness.

"A roar of rushing water filled my ears as my head banged suddenly against a hard, wet wall that seemed to close in on me. I swallowed a mouthful of water and mud, went under, felt my feet touch hard bottom, then managed to stand up with my head above the surface.

**In Another World.**

"It was dark—a terrible, water-filled darkness—so black and rushing it took all I could do to breathe. It tugged at my clothes, filled my mouth and clutched me down in a smothering embrace."

In that dank darkness Wallace Irving drew back with a shudder. His face was torn and bleeding; his body was lacerated and cut from the sharp jutting stones. The air was chill and wet and he shivered as with the ague.

Many feet below the surface of the earth he was standing in some mysterious underground channel, a time-forgotten subterranean stream bed that went on and on into the bowels of the earth.

He had come suddenly up against a sheer, blank, dripping wall and just below the stream's surface a two-foot hole gaped open through which the stream tumbled to an unknown depth.

He was crouching there against that oozing wall in stygian darkness. He had no matches to make a light, and if it had been possible to have had dry matches in a pocket of his soaked clothing, there was no material for a torch.

**Finds Opening in Wall.**

"For a long time I just stood there hanging to a small out-thrust rock that offered me a handhold, trying to collect my scattered wits. My nose was still bleeding and my lips were split. I could taste the salt of fresh blood in my mouth. With one hand I scooped up cold, fresh water and washed my lips and my mouth For a moment it seemed to revive me. I groped out with my hands to my right, and I was surprised to find that I could not reach the ceiling in that direction.

"Feverishly with new hope, I reached up in the blackness above my head and discovered that a wide opening existed in the right-hand wall almost on a level with my shoulders.

"Without further exploring, I scrambled from the water to the edge of that newly discovered hole and felt my way before me. There was a floor, hard and high and dry. With new hope I made my way down this new-found tunnel."

**Cathedral of Bats.**

Suddenly, as Wallace Irving made his way slowly through the narrow, dry channel up the incline he felt a whirr of air close beside his head.

He stopped still, and then it came again. This time even closer than the first and with the swift whirring in his ears came the unmistakable sound of a tiny squeak. Bats, he swiftly realized. He shuddered where he stood.

"The channel had widened here," he declares, "and somehow I felt that I had entered into some kind of a wide, empty chamber. Maybe it was just my feelings, but suddenly I went cold all over as I heard the whirring sound again and the distinctive beating of small wings on the still, dank air. I flailed my arms about my head and went on.

"The flitting forms about me grew thicker and the squeaks louder and more numerous. Finally the air seemed full of them. Everywhere about me they darted and whirred and squeaked. Finally they began hitting me on the neck and in the face and on the head. I ripped off my sodden coat and covered my head, but it didn't seem to do any good. They came on, seeming to charge in the blackness in droves.

**Attack in Droves.**

"Now, I had heard and read of vampire bats, and my understanding of these creatures was that they only attacked a human being during the dead of night when the victim was asleep. But not so with these fellows.

"A dozen times I was bitten on the neck, in the face, on my bare forearms and hands. I screamed out at them, I cursed them. I wound the coat about my face and fought my way forward as fast as I could. Where? I didn't know or care. Those little devils were flocking by the score all about me. They were attacking me in droves."

Suddenly, no longer able to stand the attack, Irving screamed, got to his feet and ran madly through the darkness. That was a lucky move. For almost immediately he felt a fresh breath of air on his sodden body, he felt cool air fan his sweating face and a dim, fitful light cut through the darkness of the chamber about twenty feet ahead.

With a wild cry he ran toward that soft light and presently stood looking up at a two-foot crack in the rocky ceiling of the channel no more than three feet above his head.

"It was the best sight I've ever seen," he avers, "And I stood there sobbing my relief, looking up at the opening where the daylight poured in.

"There were heavy, thick roots protruding down into the cave and all about these roots dozens, hundreds of giant bats were scrambling in and out of the cavern emitting their hateful shrieks

**Out of the Underworld.**

"I threw my coat to the flooring of the cavern, reached up above my head and grasped a thick root. I drew myself up to the opening, reached through and grasped another root. Dirt fell in on me, filling my face and eyes and mouth. But I didn't mind that. Here was freedom. At last I could get up to the air and sunlight and on top of the earth again. Nothing mattered now, except to get out of that hellish place.

"I pulled through, and as I did those bats flew at me in earnest. They hit me in the face, battered against my head and one of them scrambled down my shirt and wriggled down my back.

"I worked my way through the mass of tough roots, fighting through the avalanche of dirt and small pebbles that showered down in my face. Then suddenly I was up beside the thick trunk of a water-oak. I crawled out on to the ground, staggered up and made my way from the tree.

"I thought once that I'd like to take a light and explore that cave. But I know, when I think of those bats that seemed to want to eat me alive, so like the vampires of India and South America, I know I'll never go into that underground world again."

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