SIDNEY SNOW will be glad 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, scrambled eggs, fried bacon, hard rolls, coffee or cocoa. Lunch—Vegetable soup, shrimp salad, melba toast, ice cream cake, tea or milk. Dinner—Breaded lamb chops reforme, potatoes au gratin, buttered peas, watercress salad, French pastry, coffee.

TUESDAY Breakfast—Strawberries with cream, ready to eat cereal, jelly omelet, frizzled ham, buttered toast, coffee or cocoa. Lunch—Creamed chipped beef on fried pineapple, dressed lettuce, cream puffs, tea or milk. Dinner—German potroast, potato pancakes, smothered cabbage, cole slaw, hot apple pie. American cheese, coffee or beer.

WEDNESDAY Breakfast—Stewed pears, hot wheat cereal, fried ham and eggs, toasted biscuits, coffee or cocoa. Lunch—Club sandwiches, potato chips, assorted olives, assorted cakes, frosted chocolate. Dinner—Italian spaghetti, meat balls, wilted lettuce salad, biscuit tortoni, coffee.

THURSDAY Breakfast—Sliced bananas in ready to eat cereal, French toast, apple jelly, little sausages, coffee or milk. Lunch—Eggs a la king, asparagus tip and tomato salad, peach ice cream, tea or milk. Dinner—Swiss steak, fried potatoes, buttered string beans, sliced cucumber and watercress salad, nut loaf cake, coffee.

FRIDAY Breakfast—Grapefruit, fried mush, maple syrup baked eggs, buttered toast, coffee or cocoa. Lunch—Creamed crab meat in patty shell julienne carrots, shredded lettuce with mayonnaise, apricot sherbet, tea or milk. Dinner—Broiled salmon with shrimp sauce, new potatoes, french fried cauliflower, field salad, cocoanut layer cake, coffee.

SATURDAY Breakfast—Tomato juice, ready to eat cereal, buckwheat cakes jelly or jam, sausage patties, coffee, or cocoa. Lunch—Salmon croquette, broiled tomatoes, egg salad, cup custard with caramel sauce, tea or milk. Dinner—Pork tenderloin, baked potatoes, buttered beets, string bean salad, strawberry cream pie, coffee.

SUNDAY Breakfast—Sliced fresh pineappple, ready to eat cereal, bacon waffles, strawberry jam, fried eggs, coffee or cocoa. Dinner—Tomato juice cocktail, rib roast of beef, Yorkshire pudding, stewed corn, peas, chiffonnade salad, strawberry coupe, assorted cakes, coffee. Supper—Frankfurters with sauerkraut, pumpernickel, lettuce with pickle dressing, cheese and crackers, coffee or beer.

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

Here's A Ten P. M. Reward

Chocolate Bread Pudding Grand Discovery

By SIDNEY SNOW



NUTRITION experts and dietitians will raise their brows in learned admonition and say "tck— tck". But mere man, meandering around the kitchen along about ten in the evening will say "wheeeeeeeeee" when his eyes spy out the gorgeous chocolate bread pudding all ready to be gobbled up. If you are feeding your men folk by caloric rules, destroy this quickly. But if you know the response of the hungry tummy and its influence upon the hungry heart, make up this grand

Chocolate Bread Pudding

2 cups stale bread cut in small cubes
1½ squares unsweetened chocolate
3 cups milk
½ cup gran. sugar
1 pinch salt
1 teaspoon vanilla
2 eggs, beaten

Melt the chocolate in the milk in a double boiler. When chocolate is melted, beat the mixture with egg beater until well blended. Now combine sugar, salt and eggs in a mixing bowl and add the chocolate mixture gradually, while stirring vigorously. Add vanilla. Now place the bread in a greased baking dish. Pour the other ingredients over the bread and let stand for ten minutes to soak. Mix well but gently. Place baking dish in pan of hot water and bake for one hour in moderate oven (350 degrees), or until firm. Serve cold or hot, with rich sweet cream.

Set aside where the men folk can find it and then let Nature take its course. Your family will call you blessed. But dodge the domestic scientists.

Add A Touch Of Something To Apples Serve Them Glazed

When a housewife is serving baked apples for breakfast for the family she usually just bakes the apples and lets them go at that. When there is company however, the story changes a bit and she finds herself wishing that she knew of some finishing touch to put on that same baked apple. Try this next time:

GLAZED BAKED APPLES

8 apples
1 cup sugar
1 pint heavy cream
1 cup boiling water

Wash apples thoroughly, remove cores and skins from top of each apple, place in saucepan with one apple touching the other, with the peeled side up. Add the water and cook slowly, testing occasionally with a tootpick to see if they are soft. When done place in a baking dish, sprinkle with sugar and put in hot oven 425 F. basting with water in which they were originally cooked until the tops are crisp, rich brown. Serve cold with heavy cream.

Another nice touch to use when baking apples is to fill the hole where the core was removed with chopped nuts and raisins.

Lilly White's Baked Sliced Ham and Apples



Dear Miss Wilma:

Ah knows dat at times yo has one hard time thinkin ob sumpin fo lunch an Ah jes kinda thought Ah'd reminds yo ob my famos ham dish. Ah did get knowed fo it 'mong yo mama's frens and Ah thinks yo all'd be jes as poplar makin it. Ah calls it baked sliced ham an apples and ah uses 2 large thin slices ob raw ham and removed de bone. Den ah mixes together 1 teaspoon dry mustard and 2 teaspoons ob vinegar and spread dis mixture thin like on de ham. Den Ah slices 2 apples very thin and spreads 2 layers on de ham. Ah sprinkle it well with ½ cup ob brown sugar and rolls de ham de long ways. Ah holds together with a metal skewer or ties it wit string. Ah places dem in a bakin dish an dots wit butter. Ah bakes in a moderate oven for 25 to 30 minutes. Ah bastes dem several times though while Ah'm baking. Hopin yo is de same, your humble servant, LILLY WHITE.

New England People Interesting On Topic Of Food, Recipes

One group of people that are so interesting to talk to about food and food preparation are the New Englanders: They have recipes that are almost unheard of in other parts of the country yet are so perfectly delicious. Any one who has spent any time at all in small towns in New England will know this and some of them might recognize this recipe that was sent to us by a most kind and well-wishing reader:

NEW ENGLAND RYE PAN CAKES

1 cup flour
1 cup rye flour
1 egg
6 tablespoons molasses
1 cup sour milk
1 teaspoon soda

Sift the rye and white flour together, beat the egg and mix with the molasses and sour milk in which the soda has been dissolved. Mix with the dry ingredients to form a stiff batter. Drop by teaspoonfuls into deep hot fat and fry until brown. Serve at once with maple syrup.

To bone a fish, clean thoroughly and cut off head. With a sharp knife cut the flesh from each side starting from the tail, cutting toward the head and keeping close to the backbone.

Candied Carrots Fine Served Wjth Baked Ham

A carrot is a most deceiving animal! Many people associate this tasty morsel with trouble. Others only go so far as to picture something with a fuzzy top that decorates and lends a bit of color to the vegetable stands. Now a person who knows his carrots can think of all sorts of things, a juicy pot-roast surrounded with carrots or fried carrots or buttered or any of a dozen ways but we'll go them one better by offering a recipe for:

CANDIED CARROTS

6 medium sized carrots
½ cup water
1 cup brown sugar
2 tablespoons butter

Boil the carrots, scrape and cut them in strips as you would potatoes for French Frying. Mix the other ingredients in a baking dish and warm to make a syrup. Place the carrots in this syrup so that it covers three entirely and bake until candied.

These are fine to serve with a baked ham in place of candied sweet potatoes.

Summer Butters

Raisin Butter—Cream half a cup of butter and work in one cup of chopped raisins.

Lemon Butter—Cream together one half cup of butter, grated rind of 1 lemon and 2 tablespoons of lemon juice.

Date Butter—Mix to a smooth paste one half cup of butter a few drops of lemon oil and one cup of mashed dates.

Olive Butter—Stone and chop ripe olives and work them into enough butter to bind. Use one tablespoon mayonnaise to each three ounces of butter. Season with salt and use with dark breads.

Raspberry Butter—Soften three ounces of sweet butter to mayonnaise consistency, then place bowl on cracked ice and whip in 1 teaspoon of powdered sugar, one teaspoon lemon juice and one tablespoon crushed raspberries.

Orange Butter—Cream together thoroughly four to six tablespoons sweet butter, one half teaspoon lemon juice, one tablespoon orange juice one teaspoon grated orange rind and one teaspoon powdered sugar. Use only on thinly sliced white bread.

WAKE UP YOUR LIVER BILE—

Without Calomel—And You'll Jump Out of Bed in the Morning Rarin' to Go

The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food does not digest. It just decays in the bowels. Gas bloats up your stomach. You get constipated. Your whole system is poisoned and you feel sunk and the world looks punk.

Laxatives are only makeshifts. A mere bowel movement doesn't get at the cause. It takes those good, old Carter's Little Liver Pills to get these two pounds of bile flowing freely and make you feel "up and up". Ask for Carter's Little Liver Pills by name. Stubbornly refuse anything else.

Stuffed Lettuce Leaves

(LEFT OVER CHICKEN)

1 onion chopped
2 tablespoon butter
¼ teaspoon salt
1 cup chopped chicken
1 cup soft bread crumbs
1 egg, beaten
salt
pepper
Outside lettuce leaves

Fry the onion in the butter until brown, add the crumbs, chicken seasoning, and beaten egg. Put 2 or 3 tablespoons of the mixture in the centers of large lettuce leaves. Roll and place in a buttered baking dish. Cover with grated cheese. Bake in a moderate oven until leaves are tender. Serve with a plain white sauce. Peas, carrots or mushrooms may be added. If preferred, tomato sauce may be used.

Baltimore Crab Soup

As tasty a soup as can be prepared is right in season now. It's crab soup Baltimore style and for a crab lover, nothing finer can be offered:

CRAB SOUP, BALTIMORE STYLE

1 cup crab meat
2 tablespoons butter
1 tablespoon flour
1 onion, finely chopped
1 piece celery
2 sprigs parsley
Dash tabasco sauce
Salt and pepper to taste
2 cups water
3 cups scalded milk

Brown the onion in the melted butter, add the flour and blend. Add the water, seasoning, celery, parsley and crab meat. Let simmer for 30 minutes. When ready to serve add the scalded milk.

Stewed Potatoes

Melt 3 tablespoons butter in frying pan Into this put 3 cups diced boiled potatoes, salt and pepper. Stir until fat is absorbed. Add 2 cups rich milk and cook slowly ½ hour. Minced onion and pimento many be added.

Egg And Cheese Toast With Tomato Catsup

Has it ever happened to you? Some friends drop in and you plan on the spur of the moment to have a bite to eat? If the ice box is a bit bare the old stand-by is usually scrambled eggs. Everyone likes scrambled eggs and no one objects, but think how much nicer it would be if you could serve these scrambled eggs in a little different manner. Here is how!

EGG AND CHEESE TOAST

3 eggs, slightly beaten
¼ cup milk
Dash pepper
1 tablespoon butter
½ cup grated cheese
4 slices toast
Tomato catsup

Combine egg, salt, pepper and milk together. Melt butter and pour in the egg mixture, stirring constantly until eggs are cooked. Spread the toast with tomato catsup, heap each piece with scrambled gegs and cover with grated cheese. Place in broiler to brown and melt the cheese. Serve at once.

A HOT DAY SALAD

Tomato Jelly With Celery And Nut Salad

On hot days, a dish must really be tempting in appearance if it is to be enjoyed. There is probably nothing more ruining to the appetite than a sad looking, wilted something that is suppose to be a salad. Here is one that is almost too pretty to be eaten but which will certainly stimulate the appetite: It is Tomato jelly with Celery and nut salad and is made by soaking three-fourths of a box of gelatin in half a cup of cold water. Then cook a can of tomatoes, half an onion, a stalk of celery, a bay leaf, two cloves, a teaspoon of salt and a dash of paprika ten minutes. Add two tablespoons of tarragon vinegar and the gelatin, stir until dissolved, strain, and mold in a fancy ring mold. When cold, turn from the mold and fill the center with: Celery and Nut Salad. Cut fine tender stalks of celery and English walnuts and mix with French dressing. Garnish the center of the salad and the border of the jelly with tender leaves of lettuce and bits of curled celery.

This salad can be varied by using the tomato ring filled with shredded cabbage, pimentos and pecan nuts, mixed with a boiled dressing.

Apple Stuffing For Fowl

3 cups moistened bread crumbs
¼ cup melted butter
1 cup chopped apples
1 cup chopped celery
1-3 cup chopped walnuts
1-3 cup seeded grapes
1 teaspoon poultry dressing
1 small onion, minced
1 teaspoon salt
¼ teaspoon pepper

Cut the grapes in halves to remove seeds. Mix all ingredients together.

Glazed Onions

Drain juice from cooked onions and to each cup onion, add 1 tablespoon butter and 2 tablespoons sugar. Put into buttered casserole and cook until throughly heated. Save the juice for soup.

Hot Off The Griddle

ESTHER DONLAN

Remove meats from paper wrapping as soon as you receive them and keep in a cool place. The tender cuts of meat are usually the most expensive, while the cheaper cuts are more nutritious, but more care must be taken in cooking to preserve their high flavor. The cheaper cuts require more time in cooking than the more expensive tender cuts.

In the making of syrups do not try to save too much money and in doing so produce an inferior quality.

Meats and cheese for sandwiches should be sliced thinly and kept in a cool place until used.

In boiling meats, cook hard for the first 20 minutes and then simmer slowly until well done.

Serve all eggs on hot plates or platters as eggs do not retain their heat for any length of time and it is very important that this rule is strictly adhered to. Do not allow grease spots to stay on or round the side of the plate or platter on which you are serving eggs. It makes a very unattractive dish.

Better results will be obtained when cooking green vegetables if the cooking pans are left uncovered. This allows them to retain their natural color.

SUNDAY DINNER Suggestions

By ANN PAGE

THIS is the week to eat strawberries and more strawberries. If statistics hold, more strawberries are picked and shipped the third week of May than in any other week of the year. Cherries, pineapple and rhubarb are also seasonable.

Poultry prices continue lower than they were a year ago, eggs cost about the same amount and butter is considerably higher. Meat prices are about as they were last week but fish is plentiful and many varieties are cheap.

Good Iceberg lettuce is again reasonable. Other good vegetable values will be found in potatoes, peas, spinach and asparagus. Beans, beets, cabbage, carrots, cauliflower and green peppers continue to be relatively expensive.

Seasonable foods make up the following menus.

Low Cost Dinner

Veal Loaf Scalloped Potatoes
Buttered Spinach
Bread and Butter
Vanilla Pudding with Strawberries
Tea or Coffee Milk

Medium Cost Dinner

Baked Half Ham or Smoked Shoulder
Creamed New Potatoes Green Peas
Bread and Butter
Strawberry Tarts
Tea or Coffee Milk

Very Special Dinner

Appetizer Salad
Roast Stuffed Young Chicken
New Potatoes Asparagus
Currant Jelly
Rolls and Butter
Strawberry Ice Cream Sponge Cake
Coffee



FOR THE WHOLE FAMILY

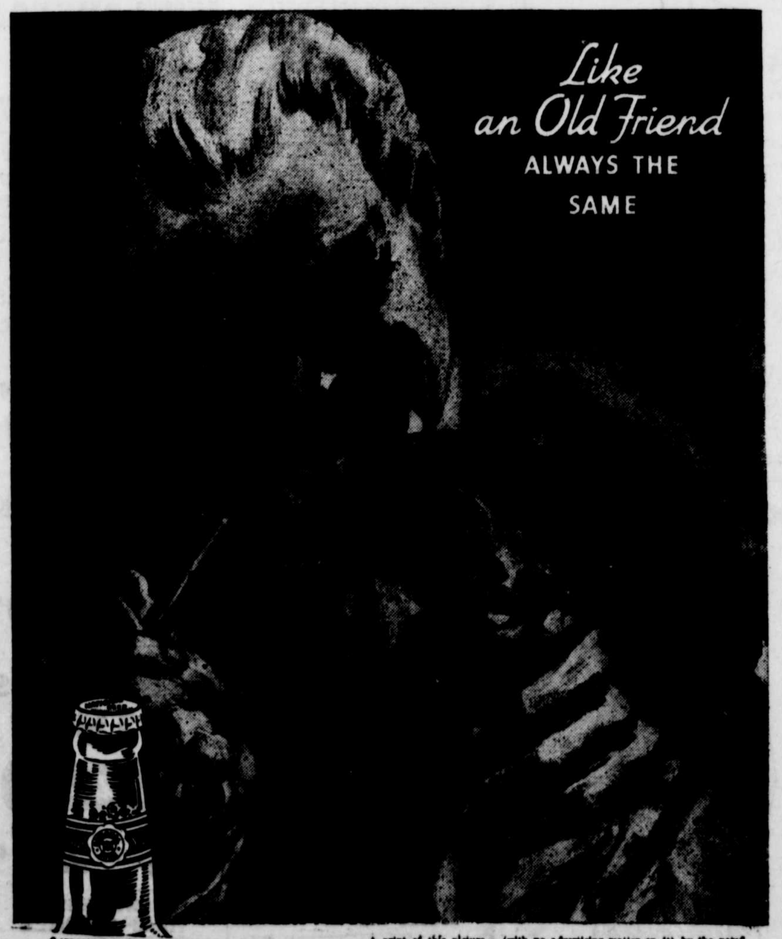
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