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—Fresh strawberries with ready to eat cereal, poached eggs on toast, coffee or cocoa. Lunch—Creamed shrimp in patty shells, sliced tomatoes, ice cream cake, tea or milk. Dinner—Roast chicken, souffle potatoes, creamed peas and carrots, escarole and chicory salad, pineapple souffle glace, assorted cakes, coffee.

TUESDAY Breakfast — Cantaloupe, ready to eat cereal, grilled kidneys, buttered toast scrambled eggs, jelly or jam, coffee or cocoa. Lunch—Clam chowder, mixed vegetable salad, cheese biscuits, peach parfait, tea or iced coffee. Dinner—Individual chicken pot pies, with vegetables, fruit salad, layer cake, coffee.

WEDNESDAY Breakfast — Sliced fresh figs, ready to eat cereal, griddle cakes, honey little sausages, coffee or cocoa. Lunch—Luncheon vegetable loaf, peanut and cabbage salad, layer cake a la mode, tea or milk. Dinner—Clam juice cocktail, roast leg of lamb, mashed potatoes, smothered carrots, cucumber boats, chocolate cream pie, coffee or beer.

THURSDAY Breakfast—Sliced oranges, grilled kidneys, baked potatoes, hot rolls, coffee or cocoa. Lunch—Tomato juice, creamed asparagus tips on toast, cup cakes, lemon sauce, tea or iced chocolate. Dinner—Clear soup, molded lamb salad in gelatin, deviled eggs, sliced tomatoes, hot buttered beets, strawberry meringue glace, coffee or beer.

FRIDAY Breakfast—Stewed rhubarb, ready to eat cereal, griddle cakes, maple syrup, coffee or cocoa. Lunch—Crab cakes, cole slaw, french fried potatoes, cocoanut custard pie, iced tea. Dinner—Cream of celery soup, broiled mackerel, new boiled potatoes, cauliflower hollandaise, dressed lettuce, bread pudding, coffee.

SATURDAY Breakfast—Blackberries and cream, ready to eat cereal, plain waffles, frizzled ham, maple syrup, coffee or cocoa. Lunch—Hamburg steak, smothered onions, sliced tomatoes, raspberry water ice, tea or milk. Dinner—Braised veal, buttered noodles, string beans, field salad, angel cake, coffee.

SUNDAY Breakfast—Chilled melon, steamed rice with butter, sugar and cinnamon, baked eggs, grilled ham, buttered toast, coffee or cocoa. Dinner—Shrimp cocktail, roast duckling, apple sauce, oven browned potatoes, buttered peas, Waldorf salad, hot Parker House Rolls, grape jelly. Home made ice cream mold, coffee bouchettes, coffee. Supper—Welsh rarebit, toasted crackers, iced tea or coffee.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper. 49

Spiced Sweet Potatoes

A sweet potato is nearly always kept in combination with a baked ham. What is to be is to be, but we can make variations something like this:

SWEET POTATOES SPICED
2 large sweet potatoes
¼ cup walnut meats broken
2 tablespoons butter
1 teaspoon salt
⅛ teaspoon nutmeg
⅛ teaspoon cloves
¼ teaspoon allspice
¼ teaspoon cinnamon.

Boil, peel and mash the sweet potatoes. Add the remaining ingredients and mix well. Form into balls, being careful to handle lightly. Roll in flour and fry in deep hot fat (380F.) until a golden brown. Serve very hot and give your family one grand surprise.

Creamed Celery In A Cheese Shell

It has been said time and time again that there is a use for everything and it certainly seems true. One can take the shell of an Edam cheese (after all the cheese has been scooped out and eaten) and with a little celery have something grand. Here is how it done. When the day arrives that you have this shell, make some creamed celery, cutting up the stalks in inch pieces and boiling them in salted water until tender and transparent. Drain and combine with a highly seasoned, light-textured cream sauce, in which two or three tablespoons of grated yellow cheese have been melted. Fill the cheese shell set in the oven for a minute or two and serve garnished with parsley.

Let The Children Be The Judges

It always seems that one can never have enough recipes for refreshing cooling iced drinks for these our nice summer days. This is especially true when the children are the judges. They do seem to like something different all the time, and are in their glory when they are asked to pass judgment. Try these now and then and see what a happy family you'll have:

ICE CREAM FIZZ—Place a generous serving of vanilla ice cream in a tall tumbler or iced tea glass. Fill with ginger ale. An iced tea spoon should accompany each serving, as stirring is necessary. Chocolate ice cream will probably please the children more however.

GRAPE PUNCH—Heat 1 quart of water and 1 cup of sugar until all the sugar is dissolved. Cool. Add 1 pint of grape juice, the juice of 2 lemons and the juice of 1 orange. Chill and serve with plenty of cracked ice.

LIME FIZZ—Add ½ cup granulated sugar to the juice of 6 oranges and 2 lemons and stir until sugar is dissolved. Add 2 cups water. Divide equally into six serving blasses. Fill with lime pop. Serve with cracked ice.

Economy In Splendor

Many very interesting and tasty dishes can be prepared in ever so many old and almost amusing ways. Here is a dish that the house wife can serve for a luncheon that will truly bring applause from her family or guests. This dish will also be very fine for a Sunday night supper for a late breakfast, providing your and can even go so far as to be served family is the kind who likes a good substancial breakfast.

This dish is called Eggs St. Catherine and is prepared in this grand easy fashion: Cut the tops from four large baked potatoes, and carefully scoop out the insides. Lay a slice of tomato in the bottom, season it with salt and pepper. Then break an egg in each potato shell and cover with well sesaoned cream sauce. Sprinkle with grated cheese, put small bits of butter on top, and bake in a moderate oven for about ten minutes.

At the same time the eggs are baking, the potato whcih was scooped from the shell can be fried in a little bacon fat to make a grand accompaniment for the eggs. Now isn't that a fine and interesting dish?

Baked Lobster

Boil two lobsters. When cold, cut in two lengthwise, remove the meat, and slice it. Put in a casserole four tablespoons of butter and heat; then add two chopped shallots and two cloves of garlic chopped fine. Heat slightly and then add six sliced fresh mushrooms, and simmer for five minutes. Then add one cup of cream sauce, and one teaspoon of English mustard mixed with one tablespoon of Worcestershire sauce, and a little chopped parsley and tarragon. Cook for ten minutes, then add the lobster, sprinkle with grated cheese, put small bits of butter on top and bake in a hot oven until well browned.

Lilly White's Nut Bread



Dear Miss Wilma:

Dis week's kinda hot an seein as how Ah don't feels like doin much thinkin Ah's gonna gib yo all a recipe what jes come to ma mind. It's a good easy one an is fine fo dis wether cause it can be used fo all de meals or in de afternoon jes spred wit butter and drunk down wit ice tea. It's nice Southern Nut bread and yo jes mixes together two and onehalf cups ob sifted flour an one-half cup ob sugar an one-half teaspoon ob salt an one cup ob chopped pekans an three teaspoons ob baking powder, after dey is mixed add one cup ob milk an one aigg what am well beaten up. Den you puts it all in a lofe pan and bakes fo one hour in a nice slow oven. Dis makes good cinnamon toast too and lots ob people likes it spread all over with cream chees and some jelly. Hoping you is de same, Your humble servant.

LILY WHITE.

Disguising A Pig

When one stops by the road-side and gazes somewhat unbelievably at a little pig, it's hard to imagine this animal as the chief ingredient of many a tempting and tasty dish. He looks so incapable of anything but to eat and sleep. However, when he is smoked, trimmed and dressed up he is apt to look something like this:

SMOTHERED HAM
1 slice ham (2 inches thick)
1 teaspoon whole cloves
1½ cups soft bread crumbs
1 cup milk
¼ teaspoon salt
¼ teaspoon mustard
¼ teaspoon onion salt
¾ cup brown sugar

Simmer the ham with the cloves for one hour. Drain and place in a baking pan. Soak the bread crumbs in the milk for fifteen minutes, add th seeasonings and cover the ham, the seasonings and cover the ham, necessary, add more milk to the bottom of the pan. Bake in a moderate oven 350 F. for 45 minutes.

Cottage Fried Potatoes

Slice three potatoes of medium size in pieces the size and shape of a silver dollar. Heat four tablespoons of butter in a frying pan, add the potatoes, season with salt and pepper and fry slowly. When done add a spoonful of grated cheese, and put in the oven for a few minutes.

Hot Off The Giddle

ESTHER DONLAN

When making iced coffee, make the coffee extra strong. About twice as strong as for hot coffee. Have a good quantity of ice in the glasses or pitcher. Pour the hot coffee over the ice, then add more ice to make the glasses frosty. Serve with good thick cream and powdered sugar.

A quantity of soup stock can be prepared, placed in a covered jar, and kept in the refrigerator to use when desired.

Entrees present splendid opportunities for utilizing left-over meats and vegetables.

A souffle is a light textured combination made with beaten egg, baked in a slow or moderate oven, and served immediately upon being taken from the oven.

Much money is saved by utilizing left-overs wisely. The surplus goods may be worth considerable or only a little, but the saving may amount to several dollars each month.

Salad greens and perishable vegetable should be sorted and washed before being placed in the refrigerator.

A novel way to serve cup cakes: Hollow out cup cakes. Line with jelly, wine jelly, or marmalade. Fill with ice cream.

Fresh fruits for garnishing add not only to the delicacy, but much to the attractiveness of a dish.

Spiced Peaches

Pickling and preserving time is here for some food with others coming along just about as fast as those on the market can be canned. There really isn't any time to waste and the housewife will find it necessary to start collecting the recipes she plans on using. Here is a fine one for spiced peaches.

SPICED PEACHES
7 pounds peaches
4 pounds brown sugar
1 quart vinegar
1 teaspoon whole cloves
1 teaspoonspoon thick cinnamon
1 teaspoon allspice.

Tie spices in a bag and add to the vinegar. Bring to a boil, and stir in the sugar. Scald and peel peaches leaving them whole. Drop peaches, a few at a time, into spiced liquid and cook until soft. Fill sterilized jars and seal.

Vienna's New Salad Idea

Simple "Wrinkle" Means New Flavor

By SIDNEY SNOW



VIENNESE CUISINE is a happy blending of the stolid German with the adventurous touch of French schools of cooking. Here, the hostess has planned a simple cabbage salad but has provided a novel touch in the dressing.

CABBAGE SALAD

1 medium sized head cabbage
1 green pepper, shaved
2 tablespoons celery seed
1 cup cooked salad dressing
1 teaspoon minced onion
salt and pepper to season to which is added
½ bottle light beer or ale

Chop or shred cabbage, add peppers and seasoning. Blend the cup of cooked dressing with the half bottle beer and mix well until smooth. Pour dressing over cabbage mixture and stir well together. Serve in salad bowl lined with green lettuce leaves and garnish with rings of peppers.

COOKED DRESSING FOR CABBAGE SALADS

2 eggs
½ teaspoon salt
¼ teaspoon dry mustard
1 small teaspoon corn-starch
½ cup sugar
½ cup vinegar
pinch cayenne
butter size of small egg

Mix all ingredients and cook slowly in double boiler. Chill before using.

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THOSE WHO REMAIN

When death visits a home, the first concern is to perform the last service to the loved one in a becoming manner. What ever is done must express all the reverance and affection that is felt at such a time. But in addition to this a further responsibilty rests upon the funeral director. It is his privilege and duty to lessen as far as lies within his power, the burdens laid upon those who remain. By countless little acts of thoughtfulness he can make the way easier for them.

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B. R. FELLOWS,

DINING ABROAD AT HOME

Hungary Offers Soup For The Hungry

Heat, heat everywhere and what we wouldn't do for just one nice little breeze!

All the time we are looking for that nice little breeze it is well to put something hot inside of us. This sometimes helps to keep a little cool and does us no end of good less we don't thaw out by the time winter arrives. Now this some thing hot is most pleasing if being served in the form of a delicious, and a foreign recipe somehow has a very stimulating effect. It may be imagination or again it may be the fine flavor that foreigners have the knack of squeezing into their dishes. Here is a fine Hungarian soup that it well worth trying:

BURGONYALEVES
(Potato soup)
3 or 4 potatoes
1 medium sized onion
3 tablespoons sour cream
1 pimento
1 quart water or stock
parsley
salt
1 tablespoon paprika
butter

Melt about 1 tablespoon of butter in a pan and, when hot, add the pimento, and the potatoes cut in dice. Simmer gently without browning until the onions are of a light golden color, and sprinkle with a little chopped parsley. Add the hot water, stir in the paprika, season with salt, bring to the boil and simmer for ½ hour or until potatoes are cooked. Stir in 1 tablespoon of sour cream a few minutes before serving, and the remaining sour cream when the pan has been removed from the fire.

SUNDAY DINNER Suggestions

By ANN PAGE

COOKING for two days at a time in summer helps to keep the kitchen cool at least every other day. Cooking may be done on Saturday to keep Sunday an easy day for the housewife too, since her family makes it a rest day.

If the two day plan does not work, plan meals that use quickly cooked easy to prepare foods, featuring salads and fruit if the budget permits. A good rule to keep in mind, however, is never to serve a meal without one hot dish, whether it be soup, beverage, main dish or dessert. It will help keep away summer indigestion and lagging appetites.

There has been but little change in the average prices of foods during the past week.

Seasonable foods make up the following menus.

Low Cost Dinner
Cold Meat Loaf Potato Salad
Pickled Beets
Bread and Butter
Steamed Dumplings with Crushed Berries
Tea or Coffee Milk

Medium Cost Dinner
Consomme
Cold Roast Beef
Mixed Vegetable Salad
Sliced Tomatoes
Bread and Butter
Cantaloupe a la Mode
Tea or Coffee Milk

Very Special Dinner
Cantaloupe
Cold Roast Chicken Parsley Potatoes
Cauliflower Hollandaise
Green Salad
Bread and Butter
Strawberry Whipped Cream Cake
Coffee



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