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—Baked pears, ready to eat cereal bacon and eggs, raisin-nut toast, coffee or cocoa. Lunch—Chilled pineapple juice, cold cuts, potato salad, stuffed eggs, strawberry whip, tea or milk. Dinner—Rib roast of beef, oven browned potatoe, string beans. Waldorf salad, banana cream pie, coffee or beer.

TUESDAY

Breakfast—Sliced oranges, ready to eat cereal French toast, frizzled ham, maple syrup, coffee or cocoa. Lunch—Clear soup, stuffed tomato salad, melba toast, currant jelly, chocolate pudding, tea or milk. Dinner—Beef pot pie with biscuits and vegetables, field salad, cocoanut layer cake, coffee.

WEDNESDAY

Breakfast—Cantaloupe, hot wheat cereal, coddled eggs, buttered toast, jelly or jam, coffee or cocoa. Lunch—Calves liver and bacon, sliced tomatoes, toasted biscuits, lemon water ice, tea or milk. Dinner—Jellied consomme, porterhouse steak, fresh lima beans, julienne potatoes, endive salad, coffee bouchettes, coffee or beer.

THURSDAY

Breakfast—Grapefruit juice, fried mush with maple syrup, sausage patties, cinnamon toast, coffee or cocoa. Lunch—Canned corned beef hash, poached eggs, asparagus tip salad, egg custard with caramel sauce, tea or milk. Dinner—Escalloped potatoes with ham steak en casserole, fresh buttered peas, dressed lettuce, home made ice cream with fresh crushed strawberries, coffee.

FRIDAY

Breakfast—Mixed fruits, ready to eat cereal plain waffles, maple syrup, coffee or cocoa. Lunch—Cream of asparagus soup, shrimp cakes, shredded lettuce, vanilla cup cakes with chocolate sauce, iced tea or cocoa. Dinner—Crab meat cocktail, baked salmon, parsley potatoes, sliced buttered beets, string bean salad, blackberry cobler, coffee or beer.

SATURDAY

Breakfast—Baked apples with cream, buckwheat cakes, little sausages, jam or syrup, coffee or milk. Lunch—Salmon croquettes, potato cakes, pickled beet salad, rice pudding, tea or iced coffee. Dinner—Sauteed Fillet of beef, mashed potatoes, smothered cabbage, artichoke salad, peppermint tapioca pudding, coffee.

SUNDAY

Breakfast—Chilled melon, ready to eat cereal, fried ham and eggs, fried potatoes, buttered toast, jelly or jam, coffee or cocoa. Dinner—Creole consomme, roast squab, boiled onions, broiled fresh mushrooms, oven browned potatoes, lettuce with Roquefort cheese dressing, Biscuit glace, mapleine, assorted cakes, coffee. Supper—Grilled sausage, potato salad, Brie cheese, toasted crackers, coffee or tea.

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

The "Snack" And Its Place In The Daily Diet

Regardless of the definition of a snack most everyone enjoys a mid-morning, mid-afternoon, or late evening snack.

While some of us may bleieve that eating between meals, or before retiring, is a bad habit and apt to ruin the appetite and the figure, the truth of the matter is that most people, who partake of between meal snacks eat no more food, but instead distribute their daily ration into five instead of three parts.

Recent experiments conducted at one of the large eastern universities point conclusively to the fact that "many of us would be more efficient if we would take five meals a day, instead of three."

These findings should prove interesting to mothers when hte children come hom ehungry after school. She should neither urge them to wait until dinner without eating, nor let them fill up on sweets. A cracker or piece of bread spread with peanut butter, cottage cheese, or jam, and a glass of milk will serve nicely for this light repast.

Mothers also can speed up their daily duties by pausing in the middle of their morning or afternoon work for a glass of orange or tomato juice.

Suitable Salads For Summer Season

When one is a little "down and out", "off his feed" or in other words just hot, some kind, loving soul will be doing a kind deed if he or she will make a fine, chilled salad and place it before said woe-be-gone person. However, unless this salad is chilled and crisp it will have the tendency to be a "lay me down" instead of a "pick me up". Here is a good one:

ALLIGATOR PEAR AND CRAB MEAT SALAD

Cut an alligator pear (avocado) in half, carfully remove the stone, cut the avacado in cubes and remove from the shell leaving the shell in whole halves. Mix the avacado with equal parts of crab meat and mix with Russian dressing. Serve in the shells. Most any sea food can be combined with the alligator pear to make a fine salad.

Brown Rice and Tomato Salad

6 medium tomatoes
French Dressing
1½ cups boiled brown rice
Lettuce.

Scald, peel, and chill one medium sized tomato for each person to be served. Cut the tomatoes in halves crosswise and let stand in well seasoned French dressing for a half hour. Meanwhile prepare one and one half cups of cooked seasoned brown rice for six servings. Arrange beds of lettuce and sprinkle the rice over the lettuce. Then lay two slices of marinated tomato on each bed, and serve with more French Dressing.

DINING ABROAD AT HOME

A TASTY BIT FROM PORTUGAL

The great similarity in the cooking of Portugal and Spain does in no way lessen the enjoyment of having at least one recipe from Portugal among our growing collection of grand foreign recipes. The name of this dish sounds something like bad English but it's good Portuguese.

PUDIMDE NOSES
(Walnut Pudding)

1 cup sugar
½ pound walnuts
5 eggs
cinnamon

Shell the nuts and pound them in a wooden bowl until they make a smooth paste with the cinnamon. Beat up the eggs and sugar, add the nuts, mix and beat thoroughly. Pour into a well buttered mould and cook in a pan of water, which should be kept simmering all the time. When set, remove from the mould and let cool before serving.

Suggested Hors D'Oeuvres

Caviar:—Fresh or canned garnished with a grated egg border, with or without chopped onion.

Sardine Paste:—Boneless and skinless, beaten up with enough mayonnaise to make it spread easily. Upon this place anchovies, either ring or filets.

Butter with chopped ham (boiled.)

Scrambled Eggs:—A small amount on each piece of toast or cracker dusted with paprika or finely chopped ham or bacon (hot) or chopped onion or pimento.

Peanut Butter Base topped with either green or ripe or stuffed olives, oninos, nuts or anchovies.

Anchovy paste:—With chopped or sliced olives on top.

Fancy Eating

Lobster Thermidor is a difficult sounding affair but don't let the name fool you, it's easy!!! For the housewife who has no desire to plunge a live lobster in boiling water, fish markets (many of them) have on sale, lobsters already cooked. Just bring home the lobster, clean out the body inch. Meat loses its character if minup in pieces one half to three-fourths cavity and repack with the lobster cut white sauce, flavored with a very litced. Fill in with a medium thick tle onion juice and mustard. Sprinkle grated cheese mixed with breadcrumbs on top and bake in hot oven 440-450 F. to heat and brown—about six minutes. Serve one-half lobster to a portion!

Lilly White's Corn

Ah nos Ah don have to go in detale 'bout how to fix up corn but jes de same, der's some things that some folks don no. Now yo all takes older it gets de longer it takes. Ole fresh plucked corn and it needs be boiled fo bout ten minutes. But de corn takes sometimes as much as forty-five minutes ob boilin. Den if yo likes yo jes butters an salts it an chews. But yo take someone like yor father, now he don like it nude like dat and fo him ah always uster cut it from the cob and put it in de chafin dish wit salt an ppeper an butter an paprika. But den, corn am corn an is good most any way. Yo take de corn of de cob and put it in fritters and you really got somethin. Hopin yo is de same

Your humble servant,
LILLY WHITE.

On Eggs

It's hard to believe that something so typically American can cause so much trouble. In fact, the more one is apt to become horrified that so few good, patriotic Americans can fry an egg. Well, every one can really fry an egg but few can do it well, and unless something is done well, it really isn't worth the effort put out to do it, or sumpin!

Now fried eggs are usually accompanied by either ham or bacon. If fried in bacon fat, the bacon is usually fried crisp and the dripping left in the pan. The egg is then carefully and (if fresh), almost tenderly broken into a saucer to be eased into the hot fat. Then with a spoon or pancake turner, baste the egg until it reaches the right degree of doneness. For those who like a very well done egg the solution is usually to fry it on both sides though a little longer basting will make a much prettier finished product. It's really easy but so hard unless done just right.

Hot Off The Griddle

ESTHER DONLAN

Cheese by itself or cooked with food is especially suitable to the luncheon table.

Lunches may be hot or cold according to the season and in very hot weather all the food may be served cold, including the tea or coffee.

A demi-tasse of tea isn't usually served, but after a lunch, why not?

The thickness of a soup should depend upon the amount of food to follow.

A dinner should avoid repetition and should be interesitng throughout.

Small pieces of smoked fish and all smoked sausages as well as pastes are very fine for appetizers.

In making canapes practically any combination may be used but neatness and an attractive appearance are essential.

The water in which chicken or other birds have been boiled makes a fine base for soups.

Creamed Celery

Cut celery in 2-inch lengths and boil in salted water until tender, about 25 minutes. Drain until quite dry. Mix with hot white sauce and serve immediately. To make white sauce for 3 cups of boiled celery, melt ⅛ pound butter in double boiler, add 2 tablespoons flour, blend until smooth, add 3 cups rich milk, mix well and cook until reasonably thick. Season with salt and pepper.

SUNDAY DINNER Suggestions

By ANN PAGE

FEEDING children when released from school is a job at which they can and should be helpful. They can help prepare vegetables, learn to cook simple dishes and carry foods to and from the table.

Vegetables become daily more plentiful as local gardens come into bearing. More fruits are available at lower cost. Fish is fairly plentiful and moderate in price. Poultry is a good value. Veal and lamb are the best meat values. Smoked meats and beef are high. Eggs, butter, and cheese have apparently reached their lows for the season.

Seasonable foods make up the following menus.

Low Cost Dinner
Shoulder Lamb Chops
Creamed Potatoes Green Beans
Bread and Butter
Blackberry Pie
Tea or Coffee Milk

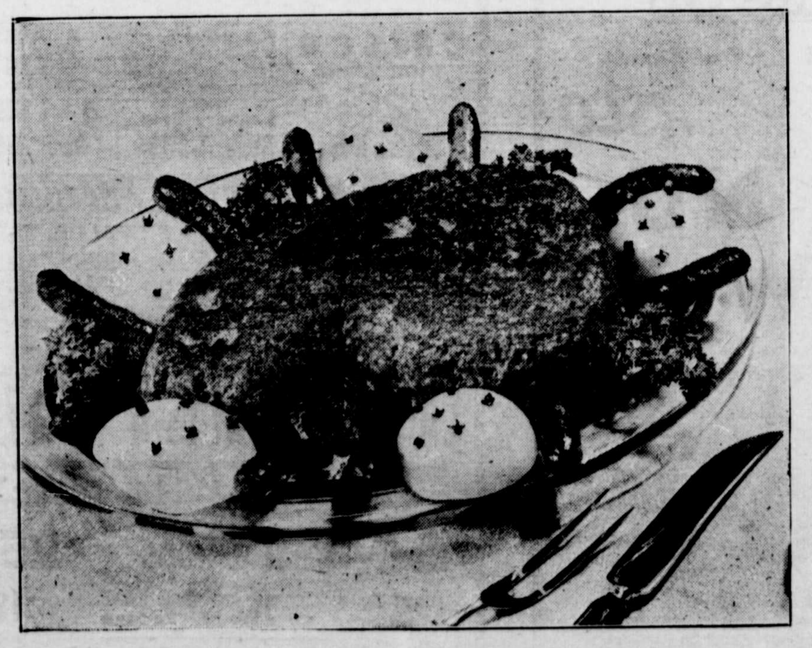
Medium Cost Dinner
Chicken Fricassee Boiled Rice
Green Peas
Bread and Butter
Berry Cream Tarts
Tea or Coffee Milk

Very Special Dinner
Fruit Cup
Roast Leg of Spring Lamb
Pan Browned Potatoes Lima Beans
Cucumber Salad
Rolls and Butter
Raspberry Trifle
Coffee

Hamburgers Are Now Being Civilized

Peaches, Sausages, Pineapple Slices Help To Bring Chopped Meats Up To Date

By SIDNEY SNOW



EVERYONE knows that grinding breaks up the tissues in the less tender cuts of meat and makes them delicious for broiling. The popularity of the good old hamburger proves that. But now come clever housewives and that lowly dish takes on a few "gadgets" and lo, behold and presto——we have

PLANKED GROUND BEEF

For four servings—mix two pounds ground beef with a tablespoon chopped suet, two tablespoons chopped green peppers, half a cup catsup, two teaspoons salt, ½ teaspoon dry mustard and two tablespoons worcestershire sauce. Arrange meat in flat oval cake. Place in center of buttered plank. Set in preheated oven so that there is about three inches between top of steak and flame. Brown on one side and then turn carefully. Remove from oven and on the plank, around the steak, place little sausages and peach halves stuffed with a few cloves. Return to oven until sausages are brown. Serve at once.

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