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—Cantaloupe, ready to eat cereal, scrambled eggs, crisp bacon, raisin-nut toast, coffee or cocoa. Lunch—Frozen fruit salad, minced ham sandwiches, cookies, iced tea or milk. Dinner—Broiled ham steak, broiled pineapple, broiled tomatoes, cole slaw, cocoanut layer cake, coffee.

TUESDAY Breakfast—Berries with cream, ready to eat cereal, baked eggs with cheese, buttered rolls, coffee or cocoa. Lunch—Tomato juice, shrimp salad, hot biscuits, orange water ice, tea or milk. Dinner—Chicken fricassee with dumplings, new buttered peas, field salad with French Dressing, chilled watermelon, hot or iced coffee.

WEDNESDAY Breakfast—Chilled melon, ready to eat cereal, frizzled ham, fried eggs, buttered toast, coffee or cocoa. Lunch—Cream of corn soup, club sandwiches, assorted pickles, fresh strawberry sundae, cookies, iced tea or frosted grape juice. Dinner—Chicken fried steak, country gravy, mashed potatoes, buttered asparagus, cucumber salad, lemon chiffon pie, coffee or beer.

THURSDAY Breakfast—Sliced peaches with cream, ready to eat cereal, scrambled eggs, coffee cake, coffee or cocoa. Lunch—cold cuts, potato salad, parker house rolls, marmalade, raspberry sherbert, tea or milk. Dinner—Jellied consomme, chicken a la king, creamed spinach, blackberry cobler, coffee or beer.

FRIDAY Breakfast—Chilled honey dew melon, ready to eat cereal, jelly omelet, buttered toast, coffee or cocoa. Lunch—Clam chowder, toasted crackers, avacado and crab meat salad, cup cakes, tea or milk. Dinner—Chilled tomato juice, lobster Thermador, Shoe string potatoes, cold asparagus salad, assorted pickles, chocolate eclairs, coffee or beer.

SATURDAY Breakfast—Orange juice, ready to eat cereal, buckwheat cakes, little sausages, coffee or cocoa. Lunch—Jellied vegetable salad with boiled tongue, ice box rolls, chocolate cream pie, iced tea or coffee. Dinner—Roulade of beef with mushrooms, oven browned potatoes, corn on the cob or off, molded pineapple salad, black walnut cake, coffee.

SUNDAY Breakfast—Raspberries with cream, ready to eat cereal, chicken liver omelet, pop-overs, orange marmalade, coffee or cocoa. Dinner—Crab soup, Roast leg of lamb, mashed potatoes, string beans, hearts of celery, mixed pickles and olives, lettuce with Roquefort cheese dressing, molded strawberry bavarian cream, small cream puffs, coffee. Supper—Welsh rarebit, toasted crackers, chilled fruit cup, coffee or tea.

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

A Small Boy's Cake

Which Older Boys Will "Remove"

By SIDNEY SNOW



THE first time we saw one of these gorgeous golden sponges, fairly oozing its piquant filling, it created quite a scene. Lilly had baked it. Mother beamed proudly. Junior's eyes "bugged" out and his mouth watered. Father suggested it was too rich for Junior so, in the terminology made famous by Moscow, father "liquidated" the cake. He took it completely out of circulation.

Here is the recipe, step by step—and well worth the little time and trouble in the making:

Golden Sponge Loaf

1¼ cups sifted cake flour
1¼ teaspoons double-acting baking powder
½ teaspoon salt
1 teaspoon grated lemon rind
1 cup plus 2 tablespoons sugar
9 egg yolks, beaten until thick and lemon-colored
6 tablespoons cold water

Sift flour once, measure, add baking powder and salt, and sift together three times. Add lemon rind, then sugar gradually to beaten egg yolks, beating with rotary egg beater after each addition until thick and light. Fold in half of flour thoroughly. Add half of water, and fold until blended; then fold in remaining flour and lastly, remaining water. Bake in ungreased pan, about 15x9x2 inches, in moderate oven (350 F.) 30 minutes, or until done. Remove from oven and invert pan 1 hour, or until cold. Remove cake from pan and trim edges. Cut crosswise in thirds; put together in three-layered loaf, spreading Rich Lemon Filling between layers and Luscious Lemon Frosting on top and sides of cake.

should be simmered for 1½ hours. The juice is fine, chilled for breakfast.

A mushroom sauce, that is so good on so many dishes, is made by simply putting cooked mushrooms in a brown or white sauce

Coffee shuold be freshly made every time it is required.

Tea is best if boiling water be poured over the tea leaves in an earthenware pot. One teaspoonful of tea will make 3 cups; most people use too much.

Corn meal is most acceptable to camp cookery and can be baked, as well as biscuits in a reflector baker.

SUNDAY DINNER Suggestions

By ANN PAGE

THE long fourth of July week-end needs a well stocked larder and plenty of foods that can be eaten cold. For picnics plenty of bread, canned meats and fish, peanut butter, preserves, salad dressing, butter, eggs, cheese, lettuce, tomatoes, cucumbers, fruits and beverages are essential.

Cold ham, chicken, turkey, duck, tongue, jellied meats or meat loaf or fish may be on hand as left overs.

Favorite fruits for this holiday are bananas and oranges, watermelons, peaches, cherries, and plums. Berries do not carry well on picnics though they are plentiful and reasonably priced for home meals. The first few new crop apples and pears are in market.

Seasonable foods make up these holiday menus.

Low Cost Dinner
Jellied Veal Potato Salad
Quartered Tomatoes
Bread and Butter
Cottage Pudding Berry Sauce
Tea or Coffee Milk

Medium Cost Dinner
Baked Ham with Bananas
New Potatoes Creamed Spinach
Bread and Butter
Watermelon
Tea or Coffee Milk

Very Special Dinner
Cantaloupe
Broiled Chicken Glazed Carrots
Green Peas
Tomato Salad
Rolls and Butter
Ice Cream Sponge Cake
Coffee

THE COOKS NIGHT OUT

Left-overs Planned For "Night off"

Whether the cook of the family be hired or the house-wife herself, she is entitled to a "night off." When this day comes rolling around, someone has to prepare the dinner and like any other dinner, it should be appetizing in appearance as well as taste.

Now if the housewife is general cook, this is a fine opportunity for the children, if not too young, to get their household experience. Children are really never too young to be learning th gentle art of cooking. You know the old saying, "a man's heart can be reached through his stomach," and isn't it just too, too true (the voice of experience)). Now if the children are really beginners, for your own comfort and assurance it is best to have something left over from the day before, something that will take just a little heating here and there. A left over roast has great possibilitis, and some left over mashed potatoes will convince the children that cooking is a great thing as potato cakes have such a satisfying look. A salad, even a child can prepare with a little imagination, and dessert is, of course, the dream of all children. Here is something that can be prepared without imagination and will look so pretty that they will be convinced of their ability to become great oooks.

This dessert has a very fashionable and impressive name but is really simple to prepare; it is called Souffle Glace aux fraises and is made by mixing one pint of fresh strawberry juice, the yolks of four eggs beaten lightly, and four ounces of powdered sugar. Whip separately the whites of five eggs, and add to the mixture. Put in paper cases or parfait glasses and freeze. Serve with a dot of whipped cream on top, and a nice large fresh strawberry on top of the cream.

A VERY FINE HOT MEAL FOR A REAL HOT DAY

Fricassee Of Veal With Noodles

It isn't only unhealthy but a bit tiring to eat chilled foods day after day, even on the hottest days. The housewife who finds that some very choice dish has been left somewhat untouched will be wise in making the next group dinner a hot one. Just for variety's sake if nothing else.

FRICASSEE OF VEAL

Cut five pounds of shoulder and breast of veal in pieces two and a half inches square. Put on fire in cold water, bring to the boiling point and then cool. Put back in pot, cover with water, add one carrot, onion, a bonquet garni, a little salt, and boil until soft. Remove the vegetables and bouquet, and use the broth to make the fricassee sauce. Put in a pan, six ounces of butter, when melted add three quarters cup of flour, heat through then add three pints of veal broth, stir well and boil for ten minutes, then bind with the yolks of three eggs and a cup of cream. Season and strain the sauce over the pieces of veal. Allow to stand five minutes before serving. With this, noodles made as follows are ideal:

NOODLES

Mix one pound of flour with five whole eggs, with a very little or no salt. Mix well, roll out very thin, and then let the dough become nearly dry. Then cut in strips. Have a pot on the fire with about a gallon and a half of boiling water. Add the noodles, and boil for seven minutes over a quick fire, so they will not stick together. Drain off the water and pour four tablespoons of melted butter over the noodles. A little grated nutmeg may be added if desired.

Stuffed Clams

During the summer, sea foods, including shell fish play a great part in our diet. This may be because dish is less heat giving or maybe we just like them and they are in season but that's beside the point. The real idea is for you to try this the next time you want to impress someone:

STUFFED CLAMS
24 large clams
3 fresh mushrooms
1 truffle
chopped parsley
4 to 6 tablespoons butter

Remove the clams from the shells, wash the shells very clean. Chop the clams, mix with the chopped mushrooms, the truffle and a little chopped parsley and the butter. Season with salt and pepper, and then fill the shells. Place on a pan, sprinkle with grated cheese, put a small piece of butter on top of each, and bake for fifteen minutes. Garnish with halved lemons.

DINING ABROAD AT HOME

A Touch Of Gay South America

Though a dish itself may not be gay, still, if we know it comes from a gay and colorful country and is tempting and delicious, we rather fall into the spirit of the place from which the dish originated. We generally think of South America in terms of much music and dancing and rather hot food, but here is one dish that will somewhat change that idea of hot food. Of course, it's highly seasoned but for garlic lovers!!

This recipe is for good bass and is made thusly: Put one cup of olive oil, two sliced onions, two sliced green pepers, in a wide fish pan and fry. When done add four cloves of chopped garlic and let it set in the hot oil for a second; then add a pint of claret, one dozen sliced fresh mushrooms, six peeled and sliced tomatoes and one half cup of sliced pimentos. Bring to a boil, and then add five pounds of striped bass cut in slices two inches thick. Season with salt, pepper and a little paprika; cover and simmer for thirty minutes. Take eight slices of bread and fry in either melted butter or hot olive oil. Rub the fried bread with a piece of garlic, lay on a deep platter, put the fish on top of the toast, pour sauce over all and garnish with chopped parsley

Lilly White's Drop Biscuits



Dear Miss Wilma:

Ob all de breds Ah makes Ah jes did git started makin dis one an Ah sure does like it fine. One ob de sisters in de lodge what works in Maryland now sent it to me. It's written up kinda funny like but you'll maybe be able to reed it. I guesses her madam done writ it fo her.

Well, it goes on to say dat yo mixes and sifts two cups ob flour and four teaspoons ob bakin powder and one-half teaspoon ob salt an den you cuts in (ah guess it means wit a nife but Ah still uses ma hands) two tablespoons ob shortening an den add jes enuf water or milk so de mixture will drop off a spoon. Drop in muffin tins and bake dem in a hot oven from twelve to ffiteen minutes. Hopin you is de same,

Your humble servant
LILLY WHITE

As We Grow Up

Speaking of prunes reminds most of us of the days when we ate them beacuse "they are good for us" and would make our hair curl, and how! thought we who had in the mean time learned that all sort of gruesome things made our hair curl! But now that we are grown up (or are we) we eat prunes because we know delicious ways to fix them such as:

PRUNE SOUFFLE
28 prunes
6 egg whites
4 teaspoons sugar

Boil the prunes until a soft mass and put them through a colander with a little juice. Beat the whites of six eggs until very stiff and add the sugar. Then whip prunes and whites of eggs beaten until very stiff. Put in a baking dish and set in a pan of boiling water and bake for fifteen minutes. Chill and serve with whipped cream.

Food is more apt to tempt the appetite if it pleases the eye, and so a dish shoud be presented that is attractive in appearance.

"Putting Up" Pears

If one could read the innermost thoughts of the clever and experienced housewife as she surveys the richly laden vegtable stands they would probably find her thoughts on the coming winter rather than tomorrow's breakfast table. And here is what she will probably do when pears have reached bottom prices for the season:

CANNED PEARS

Peel, halve and core ten pounds of pears. Put in a pot with five pounds of granulated supar, one sliced lemon, one teaspoon ground cinnamon, a little grated nutmeg and a small piece of ginger root. Tie the cinnamon and nutmeg loosely in a piece of gauze. Cook all together until the pears turn pink. Put in jars and seal while still hot.

PRESERVED PEARS

Peel, halve, and remove the cores from Bartlett or Seckle pears. Allow one puond of sugar to each pound of fruit. Put the sugar on to melt, with a few spoonfuls of water. Stick a clove in each piece of fruit, and boil in the sugar until thoroughly done. Put the fruit in glass jars, cover with the syrup and seal.

Rounding Out A Meal

The vegetable that has the eye of the general public at the moment is our old friend corn. Well, with corn in the limelight again there is little or no use talking or writing about anything else. We know corn on the cob, and we know of corn off the cob with butter so here's a good corn pudding that makes the scimpiest meal a feast.

CORN PUDDING
1 quart fresh grated corn
2 eggs
1 teaspoon butter
salt and pepper
½ cup cream

Grate the corn so that the husk sticks to the grater Then add two whole eggs, well beaten and the butter, sugar and salt and pepper to taste.

Last add one-half cup of cream (if the cream is too heavy put in a little milk.) Put in a square pan. Put in a hot oven and brown for about 15 minutes. Serve real hot.

Hot Off The Griddle

ESTHER DONLAN

The taste in late suppers has become simplified and nowadays, especially after dances, such simple dishes as scrambled sausages make the greatest appeal.

The way to make good soup is to use plenty of meat in proportion to the water.

Stewing might be classified as the most important method in cooking for here everything is consumed, not only the articles cooked but the cooking medium itself.

Sauerkraut is pickled shredded cabbage. It comes canned or can be bought at the delicatessen store. It

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