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

When 19th Hole Is At Home

By SIDNEY SNOW



WHEN the lord and master of the household has duly trounced his golfing rival, like oil on troubled waters comes this salad platter served at home.

In the center is placed a Rhinelander Jelly and around it are arranged slices of cold ham, tongue and lamb or chicken. Pickled beets, radishes and olives all cradled in leaves of lettuce lend color and verve. Asparagus, artichoke hearts and celery or onions all fit in if they are handy

The Rhinelander Jelly should be made in the morning and allowed to set: For this jelly, soak two tablespoons of plain gelatin in half a cup cold water until gelatin swells. In a sauce pan have half a bottle hot beer. Add water and gelatin mixture to this until gelatin is dissolved. Then add the rest of the bottle of cold beer. Pour into a mould which has been rinsed in cold water and set away to "jell." When ready for use, remove by dipping mould momentarily into hot water, turn mould over and drop jelly into center of platter.

Sandwich Receipe Filing Cards Offered Here

We have just received an offer of interest to home makers who keep thir recipes in filing card form. These recipes have been made by the manufacturer of a well known condiment salad dressiig.

There are twelve recipes, all printed in clear, concise form on three by five inch cards, the standard size for modern kitchen recipe files.

This grand set of cards includes interesting and new ideas for appetizers and canapes which can be prepared in a very few minutes. New ideas for sandwich spreads, short cuts in making sandwiches, special sandwiches for school lunches, picnics, sandwiches appealing to men, all are included in this interesting group. All were prepared by Miss Anne Pierce, eminent food authority and have been carfully prepared and tested.

You can have a set of these fine recipe cards without charge if you just drop a postcard or letter requesting them to Sidney Snow in care of this paper.

Lilly White's Virginia Baked Chicken

Dear Miss Wilma:

Heah am a dish what am a dish. Ah never did fix it fo you all cause ah didn't noed it den but you all try it an see if'n yo don think it's one ob de finest yo eber et.

Yo cuts up one three pound bird fo servin and choose de best eight cuts an wrap up each one in a slice of ham an tie it wit a string. Den yo sticks each piece with three cloves and dusts good wit a combinashun ob two tablespoons ob brown sugar an two tablespoons ob flour an one teaspeen ob salt and one-quarter teaspoon ob pepper. Put one-quarter cup ob butter in a pan and put in de ham an chicken pieces and put de pan in a oven 400 F and bake fo fifteen minutes until dey be nice an brown. Den turn de heat down to 350 F. an add one half cup ob water or stock and sprinkle with one-quarter teaspoon ob minced onion. Den bake it fo 35 minutes more or until de bird am tender and basts all de time Den you take out de bird and put him on a platter and por de gravy which yo makes by combinin de stock wit one-half cup ob milk and one half cup ob water which have been smoothed with one tablespoon ob flour Good butter bred an new string beans goes fine with it. Hopin yo is de same,

your humble servant
LILLY WHITE

Lifting Flat Foods

Many a somewhat tasteless dish has been greatly improved by the addition of a tasty sauce. Here are a few:

Pimento Sauce—To white sauce add ½ cup pimento, forced through a sieve. Season to taste. Serve with egg, cheese, or fish dishes.

Parsley Sauce—To white sauce add 1 tablespoon finely chopped parsley and season to taste. Serve with potatoes or other vegetables.

Shrimp Sauce—Stir 1 slightly beaten egg yolk into white sauce. Add ½ cup cooked shrimps, cleaned and cut in small pieces, and season to taste Serve with omelet or boiled flourner.

Cheese Souce—To white sauce add ¾ cup grated American cheese and a fw drops worcestershire sauce. Stir until cheese is melted. Serve with egg or vegetable dishes

Egg Sauce—To white sauce add 1 chopped hard boiled egg and season to taste. Serve with boiled fish.

Blackberries may be combined with blueberries in the making of a pie. The result is fine.

Pears, peaches and bananas may be split, buttered and baked in a little water and when cold sprinkled generously with powdered sugar.

Menu Of The Week

MONDAY **Breakfast**—Blackberries and cream, ready to eat cereal, scrambled eggs, little sausages, buttered toast, coffee or cocoa. **Lunch**—Chicken soup, club sandwiches, assorted pickles, ice cream cake, iced tea or frosted coffee. **Dinner**—Crab soup, jellied vegetable salad, cold cuts, stuffed eggs, blueberry pie, coffee or beer.

TUESDAY **Breakfast**—Sliced fresh pineapple, ready to eat cereal, poached eggs on toast, raisin toast, coffee or cocoa. **Lunch**—Jellied tomato bouillon, frozen fruit salad, chopped chicken sandwiches, iced tea or milk. **Dinner**—Boiled steak, shoe string potatoes, new buttered peas, avacado and pineapple salad, lemon meringue pie, coffee.

WEDNESDAY **Breakfast**—Ready to eat cereal, hot waffles with fresh crushed strawberries, fried eggs, coffee or cocoa. **Lunch**—Stuffed tomatoes with apple salad, deviled eggs, assorted pickles, stuffed olives, blueberry muffins, raspberry sherbet, little cakes, tea or milk. **Dinner**—Cream of potato soup, imperial crab, French fried potatoes, buttered asparagus, pickled beet salad, cocoanut layer cake, coffee or beer.

THURSDAY **Breakfast**—Chilled pineapple juice, ready to eat cereal, bacon and eggs, coffee cake, coffee or cocoa. **Lunch**—Spanish omelet, sliced tomatoes, parker house rolls, chocolate pudding, tea or milk. **Dinner**—Rolled roast of beef, oven browned potatoes, string beans, dressed lettuce, charlotte Russe, coffee.

FRIDAY **Breakfast**—Tomato juice, ready to eat cereal, scrambled eggs, doughnuts, coffee or cocoa. **Lunch**—Clam chowder, assorted sandwiches, potato chips, cole slaw, ice box cake, tea or milk. **Dinner**—Jellied consomme, smothered rock fish, hashed browned potatoes, creamed onions, cucumber and cress salad, apple pie a la mode, coffee.

SATURDAY **Breakfast**—Raspberries and cream, ready to eat cereal, ham and eggs, raisin-nut toast, coffee or cocoa. **Lunch**—Shrimp Creole, sliced tomatoes, hot biscuits, fruit cup, with whipped cream, tea or milk. **Dinner**—Chilled tomato juice cocktail, individual beef pot pies with vegetables, cold asparagus salad, peach shortcake, coffee.

SUNDAY **Breakfast**—Sliced bananas and ready to eat cereal, eggs Benedict, toasted English muffins, orange marmalade, coffee or cocoa. **Dinner**—Fruit cocktail, broiled chicken, French fried potatoes, new buttered peas, asparagus hollandaise, Waldorf salad, assorted pickles, ripe olives, Bavarois Noisette, coffee. **Supper**—Grilled chicken livers and bacon, sliced tomatoes, buttered toast, fruit compote, coffee or tea. 52

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper. 52

COMMUNITY CANNING

A Day With Close Friends

Usually there are three or four women who are very close friends and do narly verything together If this be the case, there is no reason why they shouldn't have a "get together" for canning. It would make this detail a very pleasant and happy one. Several women could share expenses on the purchases for canning, spnd the day at one house or the the other, and over all the latest news produce a fine batch of goods for the coming winter.

PLUM CONSERVE

3 pounds plums
3 pounds sugar
1 pound seedless raisins
½ pound walnut meats, chopped
2 oranges

Wash and grind the oranges. Pit the plums and cut in quarters. Combine the orange and plums and add the sugar and raisins. Simmer about 1½ hours. Add the walnuts and cook about ¾ hour longer. Pour into sterilized jars or glasses and seal.

SPICED PEACHES

7 pounds peaches
4 pounds brown sugar
1 quart vinegar
1 teaspoon whole cloves
1 tablespoon stick 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 the peaches, a few at a time, into spiced liquid and cook until soft. Fill sterilized jars and seal.

CUCUMBER RINGS

6 large sour pickles
2 cups granulated sugar
½ teaspoon white cloves
1 stick cinnamon.

Slice pickles in ¼ inch slices and cover with the sugar and spices. Keep in an earthen bowl for 24 hours, stirring frequently. Fill sterilized jars and seal. Keep in a cool place.

HOT OFF THE GRIDDLE

ESTHER DONLAN

In a barbecue the meat is cooked whole, held in a frame over or in front of the fire. They are fine for camp cooking.

Salt, pepper and sugar are the chief condiments. Salt should be used sparingly, pepper generally is, and sugar unless it be the object in itself, only enough to bring out the other flavors.

It is prefectly permissbile to use a vegetable coloring to add to the natural color of a water ice.

Caramel flavoring may be added vanilla ice cream by merely cooking or caramelizing part of the sugar.

When making Welsh rarebit, one pound of cheese will make four nice big helpings.

In making brown sauce the flour is cooked in the butter until it is brown and meat stock is used instead milk.

Cinnamon Maple Toast

Maple sugar
Butter
Cinnamon
Toast

Cream together enough butter and maple sugar so that it will spread easily Spread generously on toast and sprinkle with cinnamon. Serve at once.

SUNDAY DINNER Suggestions

By ANN PAGE

ANY housewife who wishes to be especially economical in her food buying this week will use plenty of vegetables, fruits, cheese and eggs and use meat more for flavor than as a substantial food. Meats are higher while vegetables are much more plentiful. Many are cheap and most others very reasonable.

The fruit list is also lengthening; small fruits such as berries, currants and cherries are at the height of their season, last week the melon family bowed only to potatoes in size of shipments, apricots, plums and peaches are reasonably priced and well distributed. Bananas and oranges are of course year round standbys.

Seasonable foods make up the following menus.

Low Cost Dinner
Baked Stuffed Breast of Lamb
Browned Potatoes Green Beans
Bread and Butter
Cream Pie with Bananas
Tea or Coffee Milk

Medium Cost Dinner
Broiled Chicken
Scalloped Potatoes Green Peas
Bread and Butter
Cherry Pie
Tea or Coffee Milk

Very Special Dinner
Melon Plate
Roast Spring Lamb Gravy
Buttered Beets
Cauliflower Hollandaise
Cucumber Salad
Rolls and Butter
Coffee Bavarian
Coffee



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