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, fried bacon, raisin-nut toast, coffee or cocoa. Lunch—Stuffed tomato with shrimp salad, potato chips, assorted pickles, lemon meringue pie, iced tea or frosted coffee. Dinner—Fricassee of veal with buttered noodles, smothered carrots, cucumber and cress salad, peach Melba, coffee or beer.

TUESDAY Breakfast—Blueberries and cream, ready to eat cereal, soft boiled eggs, sausage patties, hot biscuits, marmalade, coffee or cocoa. Lunch—Creamed chipped beef on waffles, pineapple salad, cup cakes, tea or milk. Dinner—Grilled kidney chops, baked potatoes, string beans, lettuce and tomato salad, Strawberry Bavarian cream, little cakes, coffee.

WEDNESDAY Breakfast—Chilled plums, ready to eat cereal, buckwheat cakes, frizzled ham, maple syrup, coffee or cocoa. Lunch—Tomato juice cocktail, crab cake sandwich, cole slaw, strawberry sundae, cookies, iced tea or frosted grape juice. Dinner—Cubed steak, hot steamed slaw, French fried potatoes, dressed lettuce, pineapple whip, coffee.

THURSDAY Breakfast—Fresh cherries, ready to eat cereal, baked eggs, broiled bacon, toasted English muffins, currant jelly, coffee or cocoa. Lunch—Canned corned beef hash, fried baked potatoes, pickled beet salad, raspberry water ice, cookies, tea or milk. Dinner—Cream of potato soup, jellied vegetable salad, sliced liver wurst, cold tongue, cocoanut layer cake, homemade peach ice cream, coffee or beer.

FRIDAY Breakfast — Mixed grapefruit and oranges, ready to eat cereal, jelly omelet, hard rolls, strawberry jam, coffee or cocoa. Lunch—Codfish cakes, potato salad, layer cake, tea or milk. Dinner—Chilled tomato aspic, vegetable plate, cucumber salad, blueberry pie, coffee.

SATURDAY Breakfast—Honey dew melon, ready to eat cereal, scrambled eggs with chicken livers, pop-overs, coffee or cocoa. Lunch—Fried ham on pineapple, shredded lettuce with sliced tomatoes cocoanut custard pie, tea or milk. Dinner—Deviled calves liver, boiled potatoes, buttered asparagus, field salad, peach-almond icebox cake, coffee.

SUNDAY Breakfast — Cantaloupe, ready to eat cereal, creamed finnan haddi on baked potatoes, rolls, coffee or cocoa. Dinner—Fruit cup, rib roast of beef, oven browned potatoes, peas and carrots, buttered beets, cucumber boat salad, stuffed celery, ripe olives, baked Alaska, coffee. Supper—Assorted sandwiches, stuffed peach salads, assorted cakes, frosted chocolate or coffee.

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

Devilled Crab In Shells

Those cute little baking shells that so many stores sell come in very handy every now and then when a nice little sea food dish is in order. They certainly do add to the spirit of the occasion and make such an attractive appearance.

Deviled crab is just one of the many things that can be baked in these fine little shells (they also make grand holders for a little dirt, moss and a flat plant but then, that isn't our line. To get back to this food problem, to make deviled crab, pick over 1 pound of crab meat. Scald 1 cup of mlk; blending meanwhile two tablespoons melted butter and two tablespoons flour. Pour milk over gradually, stirrng constantly to prevent lumping. Add salt, mustard, lemon juice, Worcestershire sauce and cayenne pepper. Pour this sauce voer the crab meat, and mix thoroughly. Half fill shells, cover with grated bread crumbs and dot with butter. Bake for fiften minutes and serve piping hot.

A Good Peach - The Apple Of A Man's Eye

Even when cheap, fresh peaches are a treat to use in our cooking. They have such a flavor and always give the impression of eating luxurious foods. Slicd for breakfast or in a shortcake they are superb but in dumplings they are the apple of many a man's eye, and the core of his heart.

PEACH DUMPLINGS

½ cup milk
6 large soft peaches
butter size of an egg
1 cup flour
2 level teaspoons baking powder
½ teaspoons salt

Sift together the dry ingredients wih the fingers mix in thoroughly a piece of butter and add the milk. Roll out and cut in piecs to cover fruit. Have dough just moist enough to be able to handle it.

Make a sauce of 1 cup sugar; butter the size of a large egg; 2 cups water. Boil, and while boiling, drop in dumplings. Then place in oven about ½ hour, or longer, if necessary. Serve hot with cram. It is also good cold.

Lilly White's Hominy



Dear Miss Wilma:

Yo noes how Ah likes ma hominy with poke chops, but den, hominy gos wit heaps ob things. In Maryland de folks eat it all de time wit de turkey, but no matter how it's et it should be fixed rite. Now hominy befor it b cooked is grist and ain't hominy until after de cookin, but no matter, yo fixes it like dis: wash de grist in a couple ob waters and cover it in de parts ob one part ob grist to three parts ob watr, and put in on de stove in a double boiler with salt t otaste. Let it boil for one hour or more, an stir often to keep it from bein lumpy like.

Den if yo is lucky enuf to have any left over, yo spreads it out, about one inch thick on a platter an gets it cold. Den yo slices this cold mixture in any way yo desired, roll it in aiggs an bread crumbs and fry it in deep hot fat.

Hopin up is de same
your humble servant,
LILLY WHITE

Date Loaf

2 cups pecans
3 cups sugar
1 cup milk
1 pound dates

Mix all together and cook until it leaves the side of the pan, then when you take it off fire add 2 cups pecans. Put in wt napkin and roll. Cut in slices when cold. Very good.

SUNDAY DINNER Suggestions

By ANN PAGE

HOT weather has at least temporarily halted the rise in meat prices by reducing consumer demand. Egg prices are comparatively steady and fish is plentiful and reasonable.

The list of vegetables which are plentiful and cost little includes beans, beets, cabbage, carrots, celery, cucumbers, lettuce, peas, potatoes, squash, spinach and tomatoes.

Plums are the outstanding fruit value but new apples, apricots, various small fruits, melons and peaches are reasonable in price.

At least one hot dish is included in each of the following menus.

Low Cost Dinner
Cold Meat Loaf Creamed Potatoes
Buttered String Beans
Bread and Butter
Watermelon Cookies
Tea or Coffee Milk

Medium Cost Dinner
Broiled Chicken
Mixed Vegetable Salad
Currant Jelly
Bread and Butter
Peach Ice Cream Sponge Cake
Tea or Coffee Milk

Very Special Dinner
Melon
Cold Roast Lamb Minted Pears
Stuffed Tomato Salad
Marinated Vegetables
Hot Biscuits Butter
Gooseberry Tarts
Coffee

ENTERTAIN A GROUP IN LIMITED QUARTERS

Now days when servants are scarce and dining rooms are small, the prolem of entertaining a large group of friends is settled in the buffe style. Here we give merit to another great inventer who ever he or she may be, for it is truly a delightful way of entertaining as well as a great problem solver.

The menu for a buffet supper need not be elaborate and can consist of somethng so simple as a salad and assorted sandwiches, plus a dessert. A salad such as this

DREAM SALAD

1 package lime flavored gelatin
1 cup warm water
1 cup grated cucumber
1 tablespoon vinegar
1 teaspouon scraped onion
dash of cayenne
½ teaspoon salt

Dissolve gelatin in warm water. through sieve. Turn into ring mold. Chill until firm and fill center of ring with the following:

GREEN VEGETABLE SALAD

Combine cooked string beans and new peas, diced cucumber and minced onion. Marinate and serve with French dressing.

The sandwiches accompanying this salad can be many. Snappy cheese sandwiches, assorted butter sandwiches and an unusual minced ham sandwich like this:

MINCED HAM SANDWICH

1 cup boiling water
3 tablespoons tapioca
¼ teaspoon salt
¼ teaspoon pepper
½ pound boiled ham, ground
¼ cup sweet pickle, chopped
1 tablespoon scraped onion
1 tablespoon vinegar
1 tablespoon mayonnaise

Place water in top of double boiler; add dry ingredints, bring to brisk boil, stirring constantly. Place over rapidly boiling water, cook 5 minutes, stirring occasionally. Add other ingredients. Cool—Mixture thickens as it cools. Makes two cups filling.

Cucumber Catsup And Chili Sauce

The making of meat loaf and many cold meats often lies in the catsup or chili sauce accompanying it. The fact that chili sauce or catsup is home made, makes it just that much better. Here are two recipes that the housewife will enjoy having among her collection of home made goods:

Cucumber Catsup—is made by grating on a bread grater 1-3 as many onions as large cucumbers, drain off some of the cucumber juice, but none of the onion. To very quart of cucumber and onion juice add 1½ pints strong vinegar. To each gallon of juice (cucumber onion and vinegar) put 1 cup brown sugar, 2 tablespoons salt, 2 ablespoons mustard and 3 tablespoons bblack peppr. Put in bottle and cork tightly.

Chili Sauce—is made by paring 12 large tomatoes and chop fine, two large onions chopped fine, 4 medium sized green peppers. Cut vegetables separately and stir all together and add as follows:

2 tablespoons salt, 2 tablespoons sugar, 1 tablespoon cinnamon, 3 teacups vinegar.

Boil one and on half hours, stirring well, and bottle as catsup.

A Tropical Drink

6 or 8 sprigs mint
1½ cups sugar
5 lemons
¾ cup water
3 bottles gingerale

Put the sugar and water on the fire long enough to melt the sugar thoroughly. Cool. Add lemon juice and crushed mint. Place in ice box. When ready to serve strain. Fill the glass wih ice, fill each glass a quarter glass with ice, fill each glass a quarter der with gingerale. Stir and serve.

Try New Dishes

Concocting left-overs into different and dlicious dishes requires imagination on the part of the homemaker. Left-overs, of course, have to be appeizing and palatable. Dried up bits of this and that can't possibly inspire a work of culinary art, so they generally get thrown out. Provident that lft-overs are kept fresh in a modern air-conditioned ice refrigerator and little bits of this and that can be converted into fascinating fare—first aids to the budget!

BAKED ONIONS

8 white onions (medium size)
1 cup diced cooked ham
1 cup canned corn
1 teaspoon sugar
Paprika
¼ cup water

Parboil onions and remove centers to make firm onion cups. Lightly saute ham, add corn and sugar, and heat thoroughly. Fill onion cups with this mixture and top each onion with a dash of paprika. Place in baking pan to which water has been added. Bake in a moderate oven (350 F) for approximately 25 minutes.

Tasty Sandwich Filling

Are you interested in a delicious sandwich filling that will come in handy on many occasions when a snack is in order? Then, try this:

1 lb. American cheese
¼ pound dried beef
1 cup condensed tomato soup

Run chese and beef through food chopper, then moisten with the tomato to soup. You will find that this filling will keep dliciously moist and fresh if sored in the clean-washed, properly moist atmosphre of a modern ice refrigerator.

Hot Off The Griddle

ESTHER DONLAN

A nice hors d'oeuvre is made by braising tiny onions with a little sugar and serving them cold.

Onion soup is good at any time but tastes best as a midnight snack.

A fine fish dish is made by pouring a sauce made of white sauce, seasoned well with salt and pepper, four ounces of grated Gruyer cheese, all melted and poured over some fried or broiled fillts of soil in a buttered casserole and bake in the oven until brown.

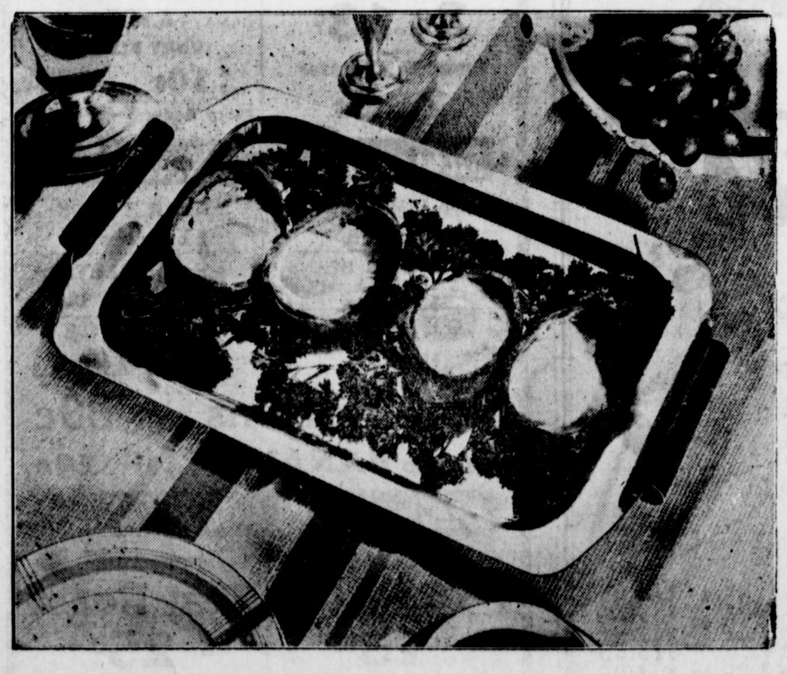
Braised veal is best when accompanied by mashd potatoes and spinach.

The common way of preparing rabbits is to boil, stew or make a pie of them. Few people realize that a rabbit is capable of being roasted.

When preparing a vegetable plate, for the sake of color, place the vegetables in the following order: a heap of new potatoes, a heap of green peas, a heap of carrots, a heap of turnips and a heap of beans. On each heap put a piece of butter and sprinkle copiously with chopped parsley.

Here Are Eggs In Bologna Cups And Other Sausage Novelties, Too

By SIDNEY SNOW



WASN'T it Al Smith who said something about being bologna no matter how thin one slices it? But what of it? The plebian tid-bit rises to new heights of glory when crowned with a golden steamed egg and encircled with a wreath of parsley or water cress. And so we suggest

Eggs a la Al Smith

6 slices of large bologna
6 eggs
Salt and pepper
parsley of water cress
toasted bread or muffins

Brown the slices of bologna in a frying pan, with butter or bacon fat. As the bologna heats, it will curl into little baskets. Turn over and into each basket drop an egg. Season with salt and pepper. Add a tablespoon of water to the pan. Cover with a tight lid. Let the eggs steam for a few minutes until set. Serve on slices of toast.

And here are a couple more—

Stuffed Wienies

Split the wienies lengthwise and spread surfaces with mustard. Lay a strip of American cheese lengthwise. Fold the wienie shut again. Wrap with a slice of bacon. Fasten with a tooth-pick. Broil until bacon is crisp and cheese melted. Serve very hot, preferably in a fresh, hot roll.

Liver Sausage Appetizer

As an appetizer for a first course, prepare half a cup of butter and a teaspoonful of curry powder into a curry butter. Spread this curry butter generously on small slices of freshly made toast. On each slice of toast and curry butter lay a thin sliver of lightly broiled or grilled liver sausage. This is a most appealing tid-bit, quickly and easily made.

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