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—Sliced bananas with ready to eat cereal and cream, bacon and eggs, chilled apple sauce, raisin toast, coffee or cocoa. Lunch—Pineapple juice with avacado balls, salmon loaf, fried baked potatoes, asparagus tip salad, home made ice cream, iced tea or coffee. Dinner—Cream of mushroom soup, assorted salad plate, hot parkerhouse rolls, sliced baked ham, Creole layer cake, coffee.

TUESDAY Breakfast—Sliced peaches and cream, ready to eat cereal, boiled eggs, hot corn muffins, coffee or cocoa. Lunch—Chicken soup, creamed chipped beef on pineapple, tomato aspic, brown betty, iced tea or milk. Dinner—Jellied consomme, broiled lamb chops, mashed potatoes, sliced egg plant, peach and peanut butter salad, huckleberry pie, coffee.

WEDNESDAY Breakfast—Tomato juice, steamed rice with butter, sugar and cinnamon, scrambled eggs, coffee cake, coffee or cocoa. Lunch—Broiled grapefruit, frozen fruit salad, minced ham sandwiches, frosted cup cakes, tea or milk. Dinner—Boiled tongue and spinach, boiled potatoes, field salad, mustard pickles, Roquefort cheese and crackers, coffee or beer.

THURSDAY Breakfast—Sliced pineapple, read to eat cereal, ham and eggs, buttered toast, coffee or cocoa. Lunch—Vegetable soup, creamed sweetbreads in patty shells, buttered peas, caramel pudding, tea or milk. Dinner—Chicken fried steak, mashed potatoes, French fried onions, artichoke salad, cantaloupe a la mode, coffee or beer.

FRIDAY Breakfast—Honey dew melon, hot wheat cereal, jelly omelet, almond ring, coffee or cocoa. Lunch—Cream of asparagus soup, noodle— tuna casserole, melba toast, fruit compote, cookies, tea milk. Dinner—Clam broth, broiled mackerel, parsley potatoes, smothered carrots, cheese biscuits, peach shortcakes, coffee or tea.

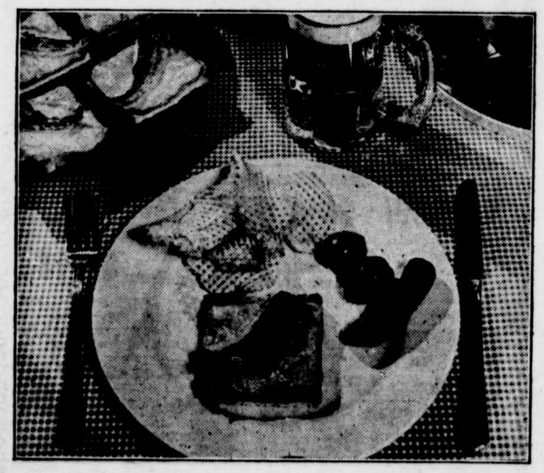
SATURDAY Breakfast—Stewed prunes, fried mush, maple syrup, broiled bacon, coffee or cocoa. Lunch—Chilled grapefruit with mint ice, grilled kidneys on toast, sliced tomatoes, dressed lettuce, apple dumplings, tea or milk. Dinner—Broiled stuffed veal cutlets, buttered noodles, fried pineapple, mushrooms, cucumber salad, lemon chiffon pie, coffee.

SUNDAY Breakfast—Baked apples with cream, scrambled eggs, chicken livers and bacon en brochette, raisin-nut toast, coffee or cocoa. Dinner—Crab meat cocktail, crown roast of lamb with stuffing, browned potatoes, corn on the cob, asparagus hollandaise, stuffed olives, celery and mixed pickles. Angel food cake with home made peach ice cream, coffee. Supper—Shrimp Newberg, cole slaw, assorted cakes, coffee or tea.

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

Bread—Cheese & Ale! Tricky Ways

By SIDNEY SNOW



Our old friend, Omar, went into poetry about his loaf of bread, his jug of wine and "thou"—which is all well enough under the bough of a tree in Arabia, but in this land of the free and home of the brave, what's about a slice of bread, a slab of cheese and a mug of beer or ale?

Especially, when the bread and cheese are done up in some of the tricky ways, as, for instance:

Long Island Rabbit

Each rabbit consists of one slice of white bread on which you spread mustard and butter liberally and toast to a light brown—just a very light brown—on top side—using the broiler.

Remove the slice of bread and sprinkle both sides liberally with beer. Now, on the mustardy side lay a slab of American cheese a quarter inch thick. Administer several dashes of paprika. Lay a slice of bacon on top. Return to the oven and bake until bacon is cooked. If you want to, you many place a fried egg on top of each sandwich.

And here is another:

French Toast au gratin

Two slices of bread, well buttered, with a slice of American cheese in between—press together, then dip in rich milk or half milk and half beer. Fry in butter as French toast is fried. When golden brown on both sides, ready to serve.

Here are two quick and easy, wholesome and nourishing cheese dishes—fine for Friday luncheons or for late suppers.

Jellied Mushroom Soup

Here is a dish that is seldom if ever seen and it's tastiness has made it worthy of high honors in the family recipe file:

JELLIED MUSHRORM SOUP
¾ pound mushrooms
3 cups water or half water and half chicken stock
2 slices onion
1 teaspoon salt
⅛ teaspoon pepper
4 teaspoons gelatine
¼ cup cold water
stalk or celery or celery tops

Peel and slice mushrooms. Use caps, stems and washed peelings. Add water, or water and stock, onion, celery, salt and pepper. Cook slowly about twenty minutes. Press through pure strainer, pressing hard to get through as much pulp as possible. There should be about three cups; if not, add water or stock. Soak gelatine in cold water five minutes and dissolve over boiling water. Add to mushroom stock. When cool, place in ice box to chill thoroughly, stirring occasionally until mixture begins to thicken. This is a thin gelatine mixture; it should be served icy cold but not frozen, in chilled bouillon cups.

Hot Weather Desire

What we all seem to want in this weather is something cold, wet and tasty. Something that will slither down the throat with no more effort than the pressing of the tongue against the roof of the mouth. Ice cream has been filling this role for weeks but every now and then our systems demand a change. Change to something like this once in a while and see how well the family reacts.

FLOATING ISLAND
2 cups scalded milk
3 egg yolks
¼ cup sugar
⅛ teaspoon salt
1 teaspoon vanilla
3 egg whites

Beat egg yolks slightly, add sugar and salt. Gradually add the scalded milk to the eggs, stirring constantly. Cook over hot water and continue stirring until mixture coats a spoon. Cool and add vanilla. Beat egg whites until stiff, adding powdered sugar during last part of beating. Arrange this meringue in "islands" on the custard. A little jelly or sections of oranges may be placed in center of each "island." Floating Island should be served very cold.

Hot Off The Griddle

ESTHER DONLAN

Nuts in general, being rich in both protein and fat, are comparable with meats as food and may be used interchangingly with meat in the diet.

Where colored paint is wanted in the house, it can be secured simply by adding tinting colors according to the shade or tint desired. These tinting colors are known as "colors in oil" and can be bought from any dealer who handles paint materials.

To stop leaks in radiators of auto mobiles, dilute shellac with its own volume of water. One cup of this diluted shellac solution, adding it to the water in the radiator.

Grass stains are removed from clothing with ether, or soap and alcohol.

How Mothers Stay Sane

Rainy days during vacation season are almost unbearbale for children and cause mothers many gray hairs worrying about what they will be into next. The answer to this problem seems to be to keep them busy. It's nice to let them ask in a few friends for a candy making session and it's sometimes surprising how well they progress.

PECAN FONDANT
2 cups pecan meats
3 cups sugar, ganulated
1½ tablespoons butter
1 cup water
1 teaspoon vanilla
⅛ teaspoon salt

Soak the sugar and water until it makes a soft ball when dropped into cold water. Remove from fire and beat until creamy; add the nut meats, salt and vanilla and pour into a buttered dish to cover the bottom ½ inch deep. When set, cut in squares.

Keeping The Family Contented

There are many little things the housewife can do to keep her family continually surprised and pleased. She can round out an otherwise plain meal too, with these little surprises that can well appear in the form of:

BAKED BANANAS

Peel six bananas and cut them in half, lengthwise. Lay in a pan close together. Mix a little powdered cinnamon with some sugar, and spread over the bananas. Put some small bits of butter on top, and bake for twenty minutes in a moderate oven. White baking, baste a couple of times with a little syrup. Serve in its own juice.

SEED BISCUITS

Four ounces of sugar and butter, one pound flour, three eggs, half ounce caraway seeds, and lemon flavoring. Mix to a dough, roll out about one quarter inch thick, cut in round shapes, brush the tops with beaten egg, and bake in a moderate oven until done.

PINEAPPLE RASPBERRYADE

Mix together one cup water, one cup canned crushed pineapple, one cup canned raspberry juice and the juice of one lemon. Keep in ice box until ready to serve. Serve in tall glasses with a little gingerale and lots of cracked ice.

BAKED PEARS

Core one dozen pears, but leave the stems on. Put in a pan with half pint of water and a half pound of sugar, and bake in a medium hot oven unti soft. Serve either hot or cold, with sauce separate.

Fish For Other Days Than Friday

Those who save fish for Friday and then prepare it in any old way are really missing a treat as fish combines nicely with meat and the two together work themselves into tasty luncheon and supper dishes. Just for example and to prove that this is true, try this:

CRAB BACON ROLLS
1 cup steamed crab meat
1 egg
½ cup tomato juice
1 cup bread crumbs
¼ teaspoon salt
¼ teaspoon pepper
1 teaspoon chopped parsley
1 teaspoon celery leaves, chopped
6 slices bacon.

Bone and flake the crabmeat, then add all remaining ingredients except the bacon. Mix well together and roll into finger lengths. Wrap each roll with a strip of bacon; fasten with toothpicks. Place on the rack in broiling pan so that the fat will drain off. Broil, turning occasionally, so all sides will be browned and the bacan crisp. This makes 8 or 9 rolls, and will serve four.

The crabmeat can be replaced by lobster if desired.

SUNDAY DINNER Suggestions

By ANN PAGE

MEAT prices are again rising. Best values in meat are to be found in forequarter cuts of lamb, veal and beef, in that order. Eggs and cheese are excellent choices.

It is the exceptional vegetable now which does not fall in the cheap or reasonable class. Outstanding values are to be found in salad greens and vegetables, particularly lettuce, tomatoes, celery, cucumbers and green peppers.

New apples are more plentiful, plums are cheap and abundant. Plentiful supplies of peaches and Bartlett pears are promised for the near future.

The following meals may be eaten either outdoors or in.

Low Cost Dinner
Cold Ham Macaroni and Cheese
Cole Slaw
Bread and Butter
New Apple Pie
Tea or Coffee Milk

Medium Cost Dinner
Boiled Tongue Creamed Potatoes
Green Beans
Bread and Butter
Huckleberry Pie
Tea or Coffee Milk

Very Special Dinner
Fruit Cup
Roast Chicken with Stuffing
Glazed Carrots Green Peas
Combination Salad
Peach Shortcake
Coffee

Scrambled Eggs For Every Day

One could scramble eggs every day for a month with variations and never repeat the same style twice. Just a little of this or a little of that and it seems an entirely new dish. Such as:

SCRAMBLED EGGS, LUCULLUS—Put in a casserole one ounce butter, and three truffles cut in dice about one-eighth inch square. Heat through, and then add eight beaten eggs, and one half cup of cream. Season with salt and pepper, then scrambl, and dish up on a china platter.

TEXAS CLOVER—Chop a green pepper, put in a casserole with one ounce of butter, and simmer until the peppers are soft; then add ten beaten eggs, season with salt and pepper scramble. Before serving add plain scrambled eggs, with a little cream and a piece of fresh butter.

EGGS BELLEY—Slice some smoked beef very fine, parboil, and add to plain scramblbed eggs, with a little chopped chives.

SCRAMBLED EGGS, BULLIT—Peel six heads of fresh mushrooms, slice very thin, and put in a sauce pan with one ounce of butter. Simmer until done, then add twelve beaten eggs, one cup of cream, two ounces sweet butter, and a little salt and pepper. Scramble the eggs, and dish up on a platter on top of four slices of fried egg plant.

A Helpful Hint To Housewives

Men are really awfully fond of raisins. At least if you observe them in a restaurant you will note that nine out of ten times they order the dishes just overflowing with these little beasties so try making something like this at home when he gets that far away look.

RAISIN BISCUITS
2½ cups flour
2 eggs
1-3 cup butter
¾ cup milk
4 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
1½ cups seeded raisins

Sift flour, sugar, baking powder and salt. Beat the eggs and add to the milk. Mix the shortening into the flour, stir in the milk and egg. Add raisins. Turn into a well flavored board and knead until smooth, using more flour if necessary. Cut with small biscuit cutter and bake in a hot oven 450 F. for 15 minutes. Serve hot.

Modern Food Combinations

The last few years have seen a great progress in food combinations. Foods have been combined that just a few years ago were unheard and unthought of, and if mentioned, were done so in the privacy of the home and with weak stomached members of the family absent. Here is one such combination that we, of the stronger stomach era find most tasty.

PEA, PICKLE, PEANUT SALAD
1 cup cooked peas, fresh or canned
1 dozen sweet pickles or
1 cup pickle relish
1 cup peanuts
1 cup mayonnaise
strips of pimento

Drain liquid from peas. Chop pickle and nuts and add to the peas. Mix with mayonnaise and chill. Serve in nest of crisp lettuce and garnish with thin strips of pimento.

Cocoa Cooking

If you have ever tasted a cup of washed out something that was purchased in good faith as a cup of cocoa you realize what a perfect mess a poor cup of cocoa can be.

Now that are ways of preparing this delicious beverage. When properly prepared and served either chilled or hot it will always hit the spot and will be the cause of many hurried foot steps homeward by the grown ups and children alike.

Many people have the happy habit of drinking a cup of cocoa before going to bed at night. Others like it in the afternoon with some cookies (graham crackers are fine.)

As said above there are ways and ways of preparing cocoa and everyone will think, quite naturally, that her way is the best, yet it has never hurt to try another. So some time try making it like this:

Put two tablespoonsful of cocoa in a pot with one-half cup of water and boil for a minute. Add two cups of milk, bring to a boil, and strain. Serve powdered sugar separate.

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