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

Menu Of The Week

MONDAY

Breakfast—Mixed fruit juice, ready to eat cereal, baked eggs, broiled bacon, buttered toast, coffee or cocoa. Lunch—Baked bean loaf, tomato sauce, cucumber salad, egg custard, tea or milk. Dinner—Stuffed breast of veal, ovenbrowned potatoes, creamed peas and carrots, mixed green salad, cheese cake, coffee or beer.

TUESDAY

Breakfast—Stewed apricots, bacon with fried apples, waffles, maple syrup, coffee or cocoa. Lunch—Ham steak with orange sauce, cole slaw, pimento biscuits, pineapple sherbet, iced tea or milk. Dinner—Casserole of chicken and corn, baked potatoes, lettuce and tomato salad, cherry cobler, coffee.

WEDNESDAY

Breakfast—Sliced oranges, hot cereal, bacon and eggs, buttered toast, coffee or cocoa. Lunch—Baked macaroni and cheese, dressed lettuce, fruit cup, tea or milk. Dinner—Scaloppine of liver, boiled potatoes, buttered carrots, smothered cabbage, sliced tomatoes, deep dish apple pie, coffee or beer.

THURSDAY

Breakfast—Chilled grapefruit, ready to eat cereal, buckwheat cakes, little sausages, maple syrup, coffee. Lunch—Cold veal loaf, grapefruit and alligator pear salad, French dressing, muffins, prune puff, tea or milk. Dinner—Cream of carrot soup, chicken pie, baked oranges, fried tomatoes, string beans, lettuce with roquefort cheese dressing, corn pone, butter scotch pie, coffee.

FRIDAY

Breakfast—Honey dew melon, ready to eat cereal, creamed finnan haddie on toast, coffee or cocoa. Lunch—Eggs a la king, asparagus tip salad, ice cream cake, tea or milk. Dinner—Baked stuffed haddock, boiled potatoes, creamed spinach, cucumber and cress salad, cocoanut layer cake, coffee or beer.

SATURDAY

Breakfast—Bartlett pears, ready to eat cereal, poached eggs on toasted English muffins, broiled bacon, coffee or cocoa. Lunch—Tomatoes stuffed with shrimp, cheese wafers, radishes, potato chips, finger rolls, apple turnover with cream, tea or milk. Dinner—Baked spiced ham, baked potatoes, buttered beans, olives, pickles, pineapple salad, chocolate chiffon pie, coffee.

SUNDAY

Breakfast—Chilled melon, plain waffles, fried ham and eggs, maple syrup, coffee or cocoa. Dinner—Tomato juice cocktail, rib roast of beef, pan browned potatoes, buttered peas, mixed green salad, mixed pickles, stuffed celery, ripe olives, tier cake, orange sherbet, coffee. Supper—Corned beef snacks, cole slaw, assorted cookies, hot chocolate.

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

There's Something About A Rolled Cake

By SIDNEY SNOW



Maybe the reason most of us are so fond of rolled jelly cakes is because as children we were pulled away from bakery windows when we wanted to crash right in and capture the tempting morsel. But if a rolled jelly cake of childhood days recalls great temptations, the fact remains than an even greater temptation in the way of an actual reality is right at hand in the form of a

Brown and White Roll

Make it for the family and they will call you "blessed." Lay out:

- 6 tablespoons sifted cake flour
- ½ teaspoon double rising baking powder
- ¼ teaspoon salt
- ¾ cup sifted sugar
- 4 egg whites, stiffly beaten
- 4 egg yolks, beaten until thick and lemon-colored
- 1 teaspoon vanilla
- 2 squares unsweetened chocolate, melted

Sift flour once, measure, add baking powder and salt, and sift together three times. Fold sugar gradually into egg whites. Fold in egg yolks and vanilla. Fold in flour gradually. Then beat in chocolate, gently but thoroughly. Turn into 15 x 10-inch pan which has been greased, lined with paper to within ½ inch of edge, and again greased. Bake in hot oven (400d F.) 13 minutes, or until done. Quickly cut off crisp edges of cake. Turn from pan at once on cloth covered with powdered sugar. Remove paper. Spread white frosting over cake and roll. Wrap in cloth and cool on rack. Cover with chocolate coating, made by adding 1 teaspoon melted butter to 1 square Unsweetened Chocolate. melted and stirring to blend.

Little Things Which Good Chefs Practice

There is often but a small margin between the successful meal and "just another dinner." A new twist here—a different turn there—just one or two little things and the complexion of the meal changes.

For instance, take the waste bits of a stalk of clery and boil them out in water. Strain and use the water for cooking a mess of new peas. Something new in flavor.

For a different appetizer, take slices of chipped beef and spread on one side with a mixture of cream cheese blended with horse-radish. Roll and fasten with tooth-picks.

Serve poached eggs with a dash of paprika on top of each egg.

Take the contents of a can of condensed pea soup—heat well—fold into a vegetable dish—and you have old fashioned pa-porridge which is grand with baked sausage, come cold weather. Fry to a crisp a few slices of bacon, drain off the fat, and crumble the bacon over the pea-porridge for an added touch.

"Chowder" Means Hot Pot

We look upon the word "chowder" as a fine old New England word. We visualize it to mean a "mixture." It is interesting to recall that the word finally got to the English settlers of New England through the roundabout route of Indians from the French. The nearest aproach to the French for a hot pot was called a "chowdr" by the Indians who admired the big iron pots in which the French traders cooked their soups, into which they tossed what the country provided. In time, the Indians taught the English settlers, and to the chowder of today is the English settlers idea of what the French taught the Indians of the fine art of making a soup of whatever was to be found handy.

Use your favorite clam chowder recipe and then go right on from there and substitute other central units for the clams—you can adapt the recipe to crab-meat, lobster, lima bean, vegetable or fish chowder. All are good and filling. Made reasonably, thick, and they form the center of a grand meal.

Lilly White's Short'nin Bread



Dear Miss Wilma:

Sometimes in de middle of de night Ah jes wakes up fo no good reason atall an de funny part ob it is dat Ah'm hongry. Now when Ah started getting des funny spells Ah uster get up an eat an eat an eat and den Ah jest neber cud get back to sleepin, so now Ah has a good sistem. Does yo remember de nice short'nin' bred Ah uster fix when yo was little? Well, Ah jes keeps some ob it on hand now and when Ah wakes up, Ah fixes m a good cup ob cocoa and ets some ob de short'nin' bred what Ah makes by mixing four cups of flour and one cup ob de light brown sugar. Den Ah adds one pound ob butter and puts it on a floured board and pats gentle like 'til it bbe bout one-half inch thick. Den Ah cuts it into all different shapes and bakes it in a oven what is moderate like for bout twenty to twnty-five mnutes. It shor does de rick and Ah can get me right back to ma feather bed an sleep de rest ob de night js fine.

Hopin yo is de same,
Your humble servant
Lilly White

SUNDAY DINNER Suggestions

By ANN PAGE

PEACHES, pears, plums, new cooking apples, cantaloupe, and huckleberries are the outstanding fruit values this week. Vegetable prices, too, are attractive, with lima beans, beets, cabbage, carrots, celery, salad greens, peas, potatoes, squash and tomatoes the outstanding values.

Eggs, cheese and fish complete the list of attractively priced fresh foods, for meats of all kinds continue to be high and promise to go higher.

Vegetable plates garnished with eggs, cheese or fish; and fruit, or egg and milk desserts will help keep budgets in line.

The following menus call for seasonable and reasonable foods.

Low Cost Dinner

Scalloped Potatoes with Cheese
Corn Stuffed Tomatoes Green Beans
Bread and Butter
Sliced Peaches Cup Cakes
Tea or Coffee Milk

Medium Cost Dinner

Baked Ham Mashed Sweet Potatoes
New Cabbage
Bread and Butter
Peach and Apple Turnovers
Tea or Coffee Milk

Very Special Dinner

Jellied Chicken Broth
Baked Ham Mashed Potatoes
Buttered Cauliflower
Tomato and Lettuce Salad
Bread and Butter
Peach Ice Cream Angel Cake
Coffee

The Cookie Jar On The Shelf

The Cookie Jar on the top shelf —what a world of romance clings around this grand old pantry adjunct!

Cookies "snitched" from the jar taste twice as good to the youngsters. A half dozen come in handy at tea time or when a neighbor drops in for a bit of gossip. For luncheon, a dish of stewed or canned fruit is just a little fruit, but with the addition of a few cookies, it becomes dessert.

By all means, have a cookie jar. Every day or two toss together a batch of cookies and add them to the jar, mixing the contents well, and thus providing variety by making a different kind each time.

For a start, make up a batch of NORTHFIELD NUT COOKIES

Beat up two eggs thoroughly and add one cup of brown sugar. Sift two thirds of a cup of flour, stir in ¼ teaspoon baking powder and ½ teaspoon salt and stir into the beaten egg. Blend thoroughly and then add a cup and a half of chopped walnut meats. Drop in spoonfuls onto a greased cookie tin and bake in a moderate oven (about 350 degrees.)

A Decorative, Tasty Tid-Bit

In a plate of dainty sandwiches it is always well to have one that will stand out among the rest, something that will attract attention and bring remarks, such as:

CHICKEN ROLLS

- 4 ounces breast of chicken (½ cup)
- 4 ounces braised tongue
- ½ teaspoon celery salt
- a few grains cayenne
- 1 teaspoon anchovy paste
- 4 tablespoons mayonnaise

Chop the meat and pound to a past in a wooden bowl; add the seasonings and mix well. Remove the crust from a loaf of moist bread; cut in very thin slices, trim each slice into a rectangular shape, spread lightly with soft butter and then with the mixture. Roll the slices and tie them wih ribbon. Omit the anchovy paste, if desired.

Here Are Vegetable Oysters

The batter comes first—make it like this: beat up the yolks of three eggs. Season with two pinches of salt and one of pepper. Stir in a quarter cup of flour. Then fold in and blend the stiff-beaten whites of the three eggs.

Now have ready the fresh corn from six ears or a like amount of canned whole kernel corn. Mix this into the batter. Drop by spoonsful onto a well greased griddle and fry brown.

If you can get hold of some baby artichokes, the kind that every artichoke grower has in quantity, but which so rarely get to market, use one artichoke instead of corn, for each vegetable oyster.

Hot Off The Griddle

ESTHER DONLAN

Cod liver oil stains can be removed with soap dissolved in amyacetate.

Enamel stains are best removed with amyl acetate andacetone.

Fruit stains are removed by pouring water through the garment from a height of several feet.

Perspiration stains are removed with soapy water and hydrogen peroxide.

Lacquer stains can be removed easily with amyl acetate (banana oil).

The basis of the massage creams that roll into balls or curds when applied to the face is casein, which is obtained from skimmed milk.

Household ammonia is efficacious in treating burns where the skin has not been broken or seared open. It is applied on a cloth. It has been said to neutralize the sarco-lactic acid which is produced.

One-half teaspoon of aromatic spirits of ammonia in some water is a good remedy for faintness.

Dissolve 2½ teaspoons of Boracic acid in a glass of hot water and use as an eye wash, in an eye cup.

Fruits and vegetables vary too much in their chemical composition and other properties to permit many broad generalizations in regard to their place in the diet.

Sodium fluoride is a white powder which, dissolved in water to make a 2 to 4 per cent solution is effective in preventing decay in wood. A zinc chloride solution is also useful.

Potatoes A La Maitre d'Hotel

Here is a potato with a fancy name that will grace any table at any time and be particularly pleasing to the men folk.

- 1 pint potato balls, cut with French cutter, and cooked until tender, may be used either hot or cold.
- 1 cup scalded milk
- 2 tablespoons butter
- 2 egg yolks
- 1 tablespoon lemon juice
- 1 tablespoon chopped parsley
- ½ teaspoon salt
- dash of pepper

Heat the milk and potatoes in the top of a double boiler. Cream the butter and add the yolks of the eggs, beating them in well; add the parsley and seasonings, mix thoroughly, and, when the potatoes are hot and have absorbed part of the milk, stir the egg and butter into them; add the lemon juice and serve at once.

Fooling Junior

As so many mothers have discovered, coaxing, pleading and forcing will not get prunes down junior's throat if junior has decided he does not want to eat said prunes. Nothing short of a walloping will do it. Everyone will agree that a few enemic looking prunes squatting lazily in a dish a little too large is not an appetizing affair but just fix them as an inexpensive dessert and see what happens. To fix Prune Toast, wash carefully and cook in boiling water half a pound of prunes until tender; add one fourth a cup of sugar and the grated rind and juice of half a lemon. Cook until the syrup is well reduced. Cut the crust from a thick slice of bread and saute to a golden brown, first on one side, then on the other, in two tablespoons of butter. Drain the bread on soft paper; then heap the prunes on it, cover with two thirds a cup of thick cream and a scant fourth a cup of sugar, beaten until stiff. Serve at once.

Quick Dishes

A nice luncheon of eggs a la king, canned aspargaus tips and sliced tomatoes can be made in a jiffy by using

- 8 hard boiled eggs, sliced
- ½ green pepper shredded
- ¼ pound fresh mushrooms
- 2 tablespoons butter
- 2 tablespoons flour
- ½ teaspoon salt
- 1½ cups thin cream
- 2 egg yolks
- ¼ cup cream
- 1 tablespoon lemon juice

Melt the butter; in it cook the mushrooms, peeled and broken in pieces, and the shreds of pepper; add the flour and salt, mix; add the cream and let simmer ten minutes, mix the yolks with the cold cream and lemon juice, and stir into the hot mixture; add the sliced eggs, cover, and let become hot. Serve on slices of hot buttered toast.

More than $152,000,000 was expended for the Golden Gate and San Francisco-Oakland bay bridges and the 1939 Golden Gate International Exposition, which is being created to celebrate the completion of the two great structures.

To relieve mosquito bites, common yellow soap rubbed on the bites will stop the itch.

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