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—Sliced oranges, hot wheat cereal with cream, eggs Bullit, buttered whole wheat toast, coffee or cocoa. Lunch—Vegetable soup, creamed ham and peas in stuffing ring, tomato salad, frosted cup cakes, tea or coffee. Dinner—Rack of lamb with mint sauce, string beans, potato croquettes, Chiffonade salad, peach Melba, coffee.

TUESDAY Breakfast—Stewed prunes, ready to eat cereal, boiled eggs, broiled bacon, toasted English muffins, coffee or cocoa. Lunch—Chicken broth with rice, crab meat Gourmet, onions Hongroise, fruit cups, tea or milk. Dinner—Grapefruit with cherries, braised sweetbreads, julienne potatoes, smothered carrots, Spanish cake, coffee or beer.

WEDNESDAY Breakfast—Sliced peaches with cream, ready to eat cereal, griddle cakes, maple syrup, frizzled ham, coffee or cocoa. Lunch—Cold tongue, meat jelly, beet salad, apple cobler, tea or milk. Dinner—Small sirloin steak, summer squash, mashed potatoes, mixed salad, cocoanut custard pie, coffee.

THURSDAY Breakfast—Chilled melon, hot cereal with cream, poached eggs on canned corned beef hash, buttered toast, coffee or cocoa. Lunch—Hot tomato broth, small lamb pot pie, with vegetables, shredded lettuce, rice pudding, tea or milk. Dinner—Broiled tripe, lyonnaise potatoes, Chiffonade salad, buttered peas, Stilton cheese, crackers, coffee or beer.

FRIDAY Breakfast—Diced fresh pineapple, ready to eat cereal, jelly omelet, raisin-nut toast, coffee or cocoa. Lunch—Clam broth, molded tuna salad, sliced tomatoes and cucumbers, pickled melons, ice cream cake, tea or milk. Dinner—Tomato juice cocktail, Imperial crab, cole slaw, French fried potatoes, apple pie with cheese, coffee.

SATURDAY Breakfast—Grapes, ready to eat cereal, baked eggs, broiled ham, coffee cake, coffee or cocoa. Lunch—Westphalian ham, red cabbage salad, mustard pickles, deviled eggs, chocolate eclair, tea or milk. Dinner—Chicken a la Chef, baked stuffed tomatoes, cucumber boat salad, home made ice cream, caramel devil's food cake, coffee.

SUNDAY Breakfast—Fresh apricots, ready to eat cereal, fried ham and eggs, hard rolls, raspberry jam, coffee or cocoa. Dinner—Roast duckling, apple sauce, fried potatoes, sweet-sour cabbage, mixed green salad, stuffed celery, assorted pickles, coupe Orientale, allumettes, coffee. Supper—Kidney stew, toasted crackers, orange ice, coffee or tea.

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

Apples, Pralinee

4 apples
¾ cup sugar
1 cup water
1-3 cup blanched almonds, chopped fine
8 level tablespoons sugar

Core and pare the apples; dissolve the sugar in the water; then let cook about five minutes; in this syrup cook the apples until tender, turning them often to keep them in shape and to cook throughout the apple. Remove to a serving dish. Stir constantly while cooking the eight spoonfuls of sugar and the almonds over a hot fire until the sugar becomes caramelized. Turn the nuts and caramel upon the apples, taking care that none falls on the dish. Have the syrup in which the apples were cooked boiled until quite thick, pour this around the apples. Serve at once or when cold with or without cream.

SUNDAY DINNER Suggestions

By ANN PAGE

BARTLETT pears are news this year. A really bumper crop of this delicious fruit means low prices and plenty of them to go round. Apples, too, are going to be plentiful and cheap.

Meats continue high with lamb still the best value, and poultry, with the exception of ducklings, is higher. Fish is a reasonably priced food. Eggs and cheese are relatively inexpensive and may be used for luncheon and dinner main dishes. Butter prices continue below last year's level.

Homegrown vegetables are plentiful and cheap. A generous use of vegetables will help a little meat go a long way.

The following menus call for seasonable. reasonably priced foods.

Low Cost Dinner
Cream of Corn Soup
Deviled Eggs Potato Salad
Sliced Tomatoes
Bread and Butter
Pears and Plums Cookies
Tea or Coffee Milk

Medium Cost Dinner
Roast Shoulder of Lamb
Pan-roasted Potatoes Lima Beans
Bread and Butter
Pear, Grape and Cream Cheese Salad
Tea or Coffee Milk

Very Special Dinner
Tomato Juice Stuffed Celery
Baked Ham Glazed Pears
Mashed Potatoes Buttered Cauliflower
Rolls and Butter
Apple Turnovers with
Frozen Whipped Cream
Coffee

The Remains Of The Watermelon

With watermelons so abundant on the market, there will be hardly a household who doesn't have at least one of these chilled beauties for some meal. This time, instead of throwing away the rind, pickle it thusly:

PICKLED WATERMELON RIND
2 pounds watermelon rind, cut in pieces
4 cups granulated sugar
2 cups vinegar
2 cups water
1 lemon, sliced thin
1 tablespoon stick cinnamon
1 teaspoon whole cloves
1 teaspoon whole allspice

Soak the watermelon rind over night in salt water (one quarter cup salt to one quart water). Drain. Cook in clear water until tender. To the sugar, vinegar, water and sliced lemon, add the spices tied in a small bag. Heat. Add the rind, well drained, and cook rapidly until clear. Seal in hot, sterilized jars.

How Mothers Stay Sane

Rainy days during vacation season are almost unbearable 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, granulated
1½ tablespoons butter
1 cup water
1 teaspoon vanilla
⅛ teaspoon salt

Cook 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.

Fruit As Salad, Dessert, Or Both!

All doctors say that a certain amount of fruit should be eaten daily. Those who do not care for it in the morning will enjoy having it in the form of a salad or dessert. Many times a fruit salad can also serve as a dessert if the housewife so desires, and with great success, such as:

FRUIT SALAD WITH CHEESE DRESSING
2 grapefruit
½ cup chopped pecan meats
¾ cup seeded grapes
lettuce

Combine the grapefruit sections, nut meat, and seeded grapes. Arrange on lettuce and add a cheese dressing made by combining the following ingredients:
4 tablespoons olive oil
1½ teaspoons vinegar
⅛ teaspoon pepper
1 tablespoon grapefruit juice
1 teaspoon salt
¼ teaspoon paprika
1 tablespoon fine chopped Roquefort Cheese

Beat with a fork until thoroughly blended and serve.

To Stretch It—Cream It

The housewife who has just a little of this and that on hand and finds herself about to serve an unexpected hungry mob will do well to serve her food creamed or a la king. She will be surprised how far it will stretch. Here is a good example:

SHRIMP A LA KING
1 seeded green pepper
½ pound cleaned and sliced mushrooms
3 tablespoons butter
1 small onion chopped fine
1½ teaspoons salt
1 egg
2 cups mlik
3 tablespoons chopped pimento
¼ teaspoon tabasco
1 teaspoon chopped parsley
2 cups cooked shrimp
3 tablespoons flour

Cook the shredded green pepper and the mushrooms in the butter for 5 minutes. Then add the chopped onion, flour, salt, pimento, parsley, tabasco, and shrmip. Heat gently about 2 minutes, then add 1½ cups milk gradually, while stirring constantly. Continue cooking until thickened. Then add ½ cup milk to which the beaten egg has been added. Heat well and serve on hot buttered toast.

Hot Off The Griddle

ESTHER DONLAN

At a supper party, for the comfort of your guests, avoid foods that are difficult to cut or to eat.

When entertaining guests it is always well to choose foods that require very little last minute preparation.

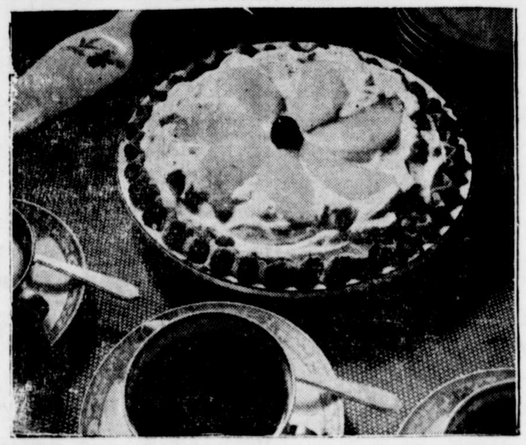
Rice croquettes may be made into nest shapes, fried, and served with a spoonful of jelly in the hollow.

While veal is tender, it possesses considerable connective tissue which requires slow cooking in moist heat to soften. For this reason veal is always covered after browning. The steam from the meat furnishes the moisture.

For successful bacon frying, it should be placed in a cool frying pan in a single layer. It should be cooked over a low heat and turned frequently.

Willing Grape Fruit Takes On Extra Responsibilities

By SIDNEY SNOW



THE big moon-faced globule used to do an up and coming job at breakfast. Then dieticians put it to work as a first course for luncheons and dinners—even for desserts. And then it became a fine salad stand-by. Then it became glasses of fruit juice. But all the time in its natural pose. Now, though, it is being canned, cooked and broiled. What a willing worker is the grape fruit!

Speaking of broiling, have you tried spreading butter on the open surface of half a grape fruit, sprinkling brown sugar on top the butter. Then dashing under the broiler for the sugar to melt and serving hot as a first course at luncheon or dinner? Big success!

And then here is another new one—fresh out of the bag of tricks as the magician's rabbit! Just try

GRAPEFRUIT CHIFFON PIE

1 tablespoon gelatin
¼ cup water
½ cup sugar
4 egg yolks
½ cup canned grapefruit juice
4 egg whites
½ cup sugar
1 cup canned grapefruit sections.

Soak the gelatin in cold water. Beat egg yolks until light, add ¼ cup sugar and grapefruit juice. Continue beating until very light. Place in top of double boiler and cook until of creamy consistency. Add soaked gelatin and dissolve. Cool. Then fold into stiffly beaten egg whites to which the other half a cup of sugar has been added. Fill a baked pie shell and chill. Serve topped with a thin layer of whipped cream and grapefruit sections arranged on top. Will fill an 8-inch pie shell.

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