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—Grapefruit, ready to eat cereal, waffles, maple syrup, broiled bacon, coffee or cocoa. Lunch—Spanish omelet, frozen fruit salad, fig popovers, frosted cup cakes, tea or milk. Dinner—Roast shoulder of lamb, corn stuffing, baked potatoes in the half shell, molded beet salad, hot gingerbread with apple cream, coffee or beer.

TUESDAY Breakfast—Stewed apricots, hot wheat cereal, baked eggs with cheese, raisin nut toast, coffee or cocoa. Lunch—Tomato Bisque, salad piquant, melba toast, vanilla ice cream with butterscotch sauce, tea or milk. Dinner—Baked liver with stuffed onions, mashed potatoes, buttered beets, lettuce, cottage cheese and chive salad, hot rolls, date pudding, hard sauce, coffee.

WEDNESDAY Breakfast—Orange juice, ready to eat cereal, coddled eggs, sweet rolls, crisp bacon, coffee or cocoa. Lunch—Stuffed peppers with lamb hash, Walford salad, floating island, iced tea or milk. Dinner—Ham with raisin sauce, parsley potatoes, canned asparagus on toast, molded tomato salad, lemon chiffon pie, coffee.

THURSDAY Breakfast—Chilled prunes, ready to eat cereal sausage patties, scrambled eggs, bran muffins, marmalade, coffee or cocoa. Lunch—Hot ground beef and lettuce sandwiches on whole wheat bread, apricot pudding, custard sauce, tea or frosted chocolate. Dinner—Veal loaf with brown gravy, cranberry jelly, baked potato, summer squash, cucumber salad, orange shortcake, with whipped cream, coffee or beer.

FRIDAY Breakfast—Baked apples, ready to eat cereal, soft boiled eggs, cinnamon toast, coffee or cocoa. Lunch—Molded spinach ring with cheese sauce, corn fritters, prune cake, iced coffee or tea. Dinner—Tomato juice cocktail, paprika wafers, creamed crabmeat on hot biscuit, French fried potatoes, buttered peas, mint ice cream, assorted cakes, coffee.

SATURDAY Breakfast—Pineapple juice, ready to eat cereal, poached eggs on toast, coffee or cocoa. Lunch—Casserole of ham and potatoes, buttered cauliflower, graham cracker ice cream with caramel sauce, tea or milk. Dinner—Pears in mint syrup, pan broiled cube steak, baked bananas, watermelon pickles, frozen vegetable salad, refrigerator cake, coffee.

SUNDAY Breakfast—Sliced bananas and ready to eat cereal with cream, ham and eggs, doughnuts, coffee or cocoa. Dinner—Bouillon, broiled chicken, oven browned potatoes, buttered string beans, waldorf salad, celery hearts, radish roses, corn bread, frozen apple snow with chocolate sauce, assorted cakes, coffee. Supper—Stuffed eggs in gelatin, baking powder biscuits, ice cream sandwiches, tea or coffee.

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

"Sunday Go Meetin'--Best On Ice Cream Equals A "Sundae"

By SIDNEY SNOW

THE story goes that many years ago a progressive merchant in Ithaca, New York, wanting to build up his Sunday ice cream business, supplied a "topping" on Sundays without extra charge. This Sunday topping or "Sundae" brought him much business but also the demand for the same thing on week days, too. And soon all his competitors were following him—and in time all over America, soda fountains came to feature "Sundaes."

And now at home, the sundae is all the vogue. There are many sundaes, but here is probably the prime favorite and made in this quick and easy way, "there's nothin' it it"—

CHOCOLATE SUNDAE

2 squares of unsweetened chocolate **1 1-3 cups condensed milk, sweetened**
⅛ teaspoon salt **½ cup to 1 cup hot water**

Melt chocolate in top of a double boiler. Add sweetened condensed milk and stir over boiling water for five minutes until mixture thickens. Add salt and then stir in hot water to the thickness desired. This makes about 2 cups of sundae.

A "dab" of whipped cream or a sprinkling of chopped nuts are nice additions, while pecan halves are "tops". Home made ice cream is delicious and economical, but the container from the store is given a more home like effect when a home made sundae is added.

SMALL QUANTITY CANNING

Recipes For New and Old Wives

Too much home canning may become monotonous, but then there are few who would do too much as the housewife knows the limits of her family and isn't very apt to make more than will be used as next year will be around before one knows it and then it's time to can and pickle all over again.

The first year of caning is of course, the hardest as the young bride isn't exactly sure just what her husband does like. She is therefore wise to make just a little the first year, learn what is best liked and then really go to work the following year.

There are a few things, however, that most men like and fortunately these things are simple to make and can be made in a large or small quantity. Such as:

India Relish

½ peck ripe tomatoes
½ dozen sweet peppers (yellow cut fine)
2 large onions.

Boil these for 25 minutes and drain. Add ½ ounce mustard seed, 2 tablespoons salt, 1 quart vinegar and boil. Pour into a bag and drain. Boil together ½ ounce celery seed, ½ teaspoon cinnamon, 3 bay leaves 1½ lbs. sugar. Add tomtoes and boil all together several minutes and pour into jars while hot. This will make 5 to 6 pint jars.

PEPPER RELISH

16 sweet red peppers
16 sweet green peppers
10 small onions.

Chop these very fine, and place in a bowl. Pour boiling water over them and let stand 5 minutes. Drain off the water and again cover with boiling water and let stand 10 minutes. Pour into a muslin bag and allow to drain over night. Add 1 quart of sour vinegar, 1½ cups sugar, 2½ teaspoons salt, and boil together for 20 minutes. While hot, pour into air-tight jars and seal.

DINING ABROAD AT HOME

The French Peasant's Method Of Preparing Sausages For Sunday Night Suppers

The sausage used is home made pork sausage meat in casings— about half the size of the American frankforter quantity, one pound for four. Place in an iron frying pan with a small amount of fat, if necessary, and cook until about half done. Then sprinkle with a little flour. Then add half a cup of dry white wine and two tablespoons cream. Simmer until sausages are done, seasoning to taste with salt and pepper, if needed. (A chicken liver or two, if available, may be dropped in for about five minutes of simmering.)

Have ready pieces of left over stale bread which have been fried in butter. Place slices of bread on hot platter and place sausages on top, dressed with the sauce. Garnish with parsley or water cress.

Pickled beets or spiced watermelon rind pickle are appropriate condiments and a mild cheese of the petit gruyere type with good, black coffee, rounds out a neat supper of a distinctively foreign design.

A Great Western Dish

From way out yonder in the west where men have appetites and the wo men are good cooks, well seasoned dishes are found in great abundance. These dishes are probably left over from that era when the men spent their days on horses and their nights around a big meal, which might have been.

PORK CHOPS WITH MUSTARD

5 pork chops
1 scant teaspoon dry mustard
¾ cup sour cream
1 teaspoon vinegar
½ teaspoon water
salt
flour

Rub the chops well with salt and some of their own fat. Put in a slightly greased pan and let brown quickly on both sides. Then dredge with flour and arrange in a baking pan. Mix together the mustard, vinegar, and water until quite smooth and pour over the chops. Let cook for 13 minutes, in a hot oven; add the sour cream and a little salt, and cook for another 10 minutes, basting twice during the cooking.

Busy Day Blessings

Emergency Biscuits

Of all the useful, helpful and delicious recipes a housewife probably has on hand, she will never regret having emergency biscuits for good measure. You know the saying "there will come a day" and it just never fails to happen. And at the most unexpected times. We may be watering the dog or taking the garden for a walk when we see friend husband and the most honorable boss breezing down the street. Then all we do is dash in with the garden hose, roll up the dog and get busy making,

EMERGENCY BISCUITS

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
4 tablespoons butter or other shortening
¾ cup milk

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough that clings to sides of bowl. Drop from teaspoon on ungreased baking sheet. Bake in hot oven (450 F.) 12 to 15 minutes. Makes 12 biscuits.

Truly A Shrimp Salad

It is the general opinion of many that a shrimp salad consists of a few shrimp, parked lazilly on a leaf of lettuce and decorated with an occasional dot of mayonnaise, but never let it be said that a shrimp as well as any other little pink cheeked beast can't be served in a more elaborate style. Now here is what a shrimp salad really should look like to have confidence:

SHRIMP SALAD

2 cups cut shrimp
1 cup chopped celery
½ cup chopped cucumber, free from seeds
1 tablespoon lemon juice
3 tablespoons olive oil
salt to taste
¼ cup mayonnaise
lettuce
2 hard cooked eggs
paprika

Mix shrimp, celery, and cucumber. Marinate in dressing made of the lemon juice, oil, and salt, letting stand about one-half hour. Add enough mayonnaise to bind the ingredients together, and serve on lettuce with a garnish of quarters of hard cooked eggs and a dusting of paprika.

Quick Snacks of Baked Beans

There are days when we bless the canners for the fine things they place on the market. These days are usually busy days for most of us, so feeling confident that our shelves are well stocked, we high us hence to the country, coming back just in time to wash up and put something quick on the table. Something canned that we have spent just a few moments improving, something like this for lunch:

BAKED BEAN LOAF

1 No. 2 can baked beans
1 cup bread crumbs
1 chopped onion
1 egg
water or liquid from canned beans
salt, pepper, paprika

Chop the baked beans very fine or mash them with a potato masher. Add the chopped onion, milk or water, beaten egg and seasonings. Make into a loaf and bake in a hot oven. Serve with tomato sauce.

Banana Marlow

The house that has a supply of marshmallows on hand can always rest assured that a fine dessert is never far away and can be made rather quickly.

BANANA MARLOW

30 marshmallows
1 tablespoon lemon juice
¾ cup boiling water
1 cup mashed bananas
1½ cups cream

Melt the marshmallows in boiling water. Add the banana pulp and the lemon juice. Cool. When quite cool and slightly thickened, combine with the cream, which has been whipped until stiff. Pour into freezing trays of refrigerator and freeze without stirring.

Hot Off The Griddle

ESTHER DONLAN

A simple mayonnaise serves as the foundation for many varieties of salad dressings. All mayonnaise sauces are made in the same way. Points to remember are that the ingredients should be kept as cool as possible and that they should be fresh and of good quality.

The most common of the salad plants are lettuce, endive, chicory celery, watercress, mustard and cress, dandelion, sorrel, cucumber and tomatoes. Stronger flavors are given by using onions, garlic, chives, and other useful standbys are cold vegetables, nuts, cheese, cold meats etc.

Eggs should be boiled from ten to fifteen minutes, then plunged immediately into cold water. This makes the shells easy to remove and prevents the black layer forming between the yolk and the white.

There is a very large choice of tinned and bottled foods that combine readily into the making of hors d' Oeuvres.

1 pint of milk to 2 eggs or 4 egg yolks gives a medium soft thick custard that will bake in small cups.

A Sally Lunn and a sponge cake should never be cut but broken apart with a fork.

Hominy bread, like spoon bread, is served from the dish in which it is bked, ad is eaten with butter with a fork.

SUNDAY DINNER Suggestions

By ANN PAGE

ARE tomatoes being used in your household as freely as their fine quality and low price would suggest? Fresh tomatoes eaten sliced, in salads or cooked in any of almost numberless ways, are popular in most households. Corn and lima beans are also at their cheapest but they must be carefully chosen for quality.

Bartlett pears, seedless grapes and apples are unusually plentiful and cheap. Other good fruit values will be found in plums, peaches, and honeydew melons.

Beef prices are still tending higher. veal is steady, pork prices are somewhat lower and lamb offers best value. Poultry, egg and butter prices are up but eggs and butter are still lower than last year.

The following menus are chosen from seasonable reasonably priced foods.

Low Cost Dinner

Shoulder Lamb Chops
Creamed Potatoes
Cole Slaw Stuffed Tomatoes
Bread and Butter
Fruit Cup Cookies
Tea or Coffee Milk

Medium Cost Dinner

Cream of Celery Soup
Cold Ham Vegetable Salad
Sliced Tomatoes
Bread and Butter
New Apple Pie
Tea or Coffee Milk

Very Special Dinner

Fruit Cup
Fried Duckling Sweet Potatoes
Buttered Broccoli
Tomato Salad
Rolls and Butter
Floating Island
Coffee

The Jerusalem Artichoke

Jerusalem artichoke is a plant of which the flower is the eatable part. The only trouble is that each petal has to be nibbled separately, because only the soft, fleshy part is eatable. The "choke" must be laid aside. The real name of this plant is "girasole," which means "turning towards the sun." It has nothing at all to do with "Jerusalem."

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