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 peaches with cream, ready to eat cereal, baked eggs, raisin-nut toast, coffee or cocoa. Lunch—Cream of spinach soup, corn fritters, sliced tomatoes, broiled bacon, frosted cup cakes, water ice, tea or milk. Dinner—Tomato juice cocktail, boiled ham with cabbage, boiled potatoes, cucumber salad, chocolate layer cake, coffee or beer.

TUESDAY Breakfast—Sliced bananas with ready to eat cereal, scrambled eggs with minced ham, hot bran muffins, coffee or cocoa. Lunch—Creamed mushrooms on toast, cold cuts, cole slaw, home made ice cream, tea or milk. Dinner—Chicken fried steak with country gravy, mashed potatoes, summer squash, dressed lettuce, deep dish berry pie, coffee.

WEDNESDAY Breakfast—Grapefruit, hot wheat cereal, jelly omelet, hot buttered toast, crisp bacon coffee or cocoa. Lunch—Fried calf's liver with smothered onions, boiled potatoes, tomato salad, rice pudding with raisins, iced tea or milk. Dinner—Cream of corn soup, roast leg of lamb, oven browned potatoes, buttered peas, pickled beet salad, mint ice with assorted cookies, coffee or beer.

THURSDAY Breakfast—Orange juice, fried mush with maple syrup, frizzled ham, fried eggs, coffee or cocoa. Lunch—Fluffy cheese omelet, potato croquettes, melba toast, orange parfait with peaches, tea or milk. Dinner—Fruit cup, individual lamb pies with vegetables and potatoes, cauliflower and tomato salad, grapefruit chiffon pie, coffee.

FRIDAY Breakfast—Stewed plums, steamed rice with butter, sugar and cinnamon, scrambled eggs, hot buttered toast or coffee cake, coffee or cocoa. Lunch—Crab soup, creamed vegetables in spinach ring, hot tea biscuits, fruit gelatin, tea or milk. Dinner—Baked halibut steak, lemon garnish, French fried potatoes, buttered beets, jellied salad, corn bread, cheese cake, coffee .

SATURDAY Breakfast—Baked apples, ready to eat cereal, bacon and eggs, hard rolls, jelly or jam, coffee or cocoa. Lunch—Broiled lamb chops, buttered cabbage, prune and orange salad, apple betty, tea or milk. Dinner—Broiled grapefruit, roast beef, broiled tomatoes, mashed potatoes, buttered string beans, stuffed celery hearts, grape juice ice, almond cake, coffee.

SUNDAY Breakfast—Mixed fruit juices, ready to eat cereal, plain waffles with maple syrup, or jam, fried ham and eggs, coffee or cocoa. Dinner—Shrimp cocktail, oven-fried chicken, sliced apples, buttered peas, mashed potatoes, green salad, baked Alaska, coffee. Supper—Cold sliced roast beef, macaroni salad, whole wheat bread, chocolate pudding, coffee or tea.

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

Oyster Time

It will be just a matter of a few days now before our little friend the oyster wil lbe coming out of his shell for the season and doesn't that mean all sorts of good things to eat.

Happily, the oyster combines into a great variety of tasty and appetizing dishes, which means that oyster lovers can have them as many times as they like in large enough assortment of dresses to keep one from tiring of him. Here is one of the old standbys that the men are so fond of. Not only the men because if one will peak into tea rooms and restaurants as well as the home he will see the women tackling a supply of oyster fritters with a gusto that would make the oyster proud of the life he lived.

OYSTER FRITTERS

1 cup flour
½ teaspoon salt
2-3 cup water
2½ tablespoons melted butter
1 egg white beaten
1 pint oysters
salt, pepper
1 tablespoon lemon juice

Mix, flour with salt, stir in water gradually and beat until smooth. Stir in melted butter and fold in stiffly beaten egg white. Drain oysters, dredge with salt, pepper and lemon juice. Drop one oyster at a time into the batter. Using a tablespoon, drop oyster, mixed with batter into very hot deep fat (395 F.) cook until golden brown and drain on unglazed brown paper. Serve with tartar sauce.

Friday - Fast or Feast Day?

Friday is just as capable of being feast day as a fast day and fish can still be served to make it such. If a poor fish is served we class it as a fast day as no one will eat it, but just put a nice plump, well cooked fish on your table and what have you? a feast on Friday!

BAKED HALIBUT WITH MUSHROOMS

2½ pounds fresh halibut in one piece
1 cup cream
1 cup butter
1 pound fresh mushrooms
salt and pepper to taste

Wash the fish well. If strong, rinse in soda and wash again. Place in the bottom of a baking dish. Salt and pepper both sides of the fish. Place butter over surface of fish and set in a moderate oven (375 F.) for half an hour. Do not cover the baking dish. Add mushrooms, peeled and steamed also cream. Turn fish on the other side and bake another half hour. If desired, gravy can be thickened with a paste made of 2 teaspoons of flour and 2 tablespoons of milk.

Rana Esculenta, What Am!

In these days of hustle, hustle and ado we seldom find the word "can't" in a person's vocabulary. Those who "can't" serve a certain dish because it's out of season are misinformed or just unacquainted with the products carried by the corner grocer. A good example of this is of the navigating member of the Rana esculenta, or more commonly known as frog's legs. These tasty tidbits are now purchasable in cans as well as on the frog and are served thusly:

FROG'S LEGS

6 pairs jumbo frog legs
lemon
salt
1 egg
1 teaspoon water
seasoned fine bread crumbs

Squeeze lemon juice over legs and sprinkle with salt. Dip into egg beaten with water and then into crumbs. Place in frying basket and fry for six minutes, if very large, in hot deep fat. (390 F.) Serve with tartar sauce.

Some foreign cooks improve the flavor of beef kidneys by running a red hot screwer into the veins.

Stuffed Veal With Rice

Here is a very interesting combination that will make a fine change from the every-day meat and potato.

STUFFED VEAL WITH RICE

3 cups rice
1 veal breast or shoulder
1 pound pork shoulder, ground
salt and pepper to taste
sage
¼ cup butter
2 onions

Bone the veal shoulder, stuff cavity with a dressing made of one-half cup well cooked rice, ground pork, one onion, chopped, salt, pepper and salt. Boil the bones and one shredded onion to get a stock. Sew with coarse thread,, and then rub the surface of the veal with salt, spread with butter. Place the stuffed meat in a roasting pan. Add two cups of the stock. Bake in a moderate oven (350 F.) Remove the meat thicken the gravy with a little browned flour. Browned mushrooms chopped add flavor. Serve the meat on a platter of hot cooked rice. Pour the gravy over the rice in separate bowl. 8 servings.

Scallopingi, breaded veal cutlets, pounded thin, is as great a dish in Italy as is Weiner Schnitzel, thick, breaded veal cutlets in Austria.

Lilly White's Southern Rolls

Dear Miss Wilma:

Can yo beat it honey, Ah done clean forgot dat Ah ain't sent you my recipe for ma rolls which be so good Ah fairly drools when Ah jes thinks ob dem and believe yo me, Ah'm gonna hab me some dis night. Yo mix three-quarters ob a cup of shortenin wit 1 cup ob hot mashed potatoes and adds ½ cup ob sugar and 2 teaspoons ob salt an mixes all good together. Den yo scalds 2 cups ob milk and cools a little. Add de milk to de potatoes turn about with 2 cups ob flour and beat real hard. Melt a cake ob yeast in one-quarters ob cup ob a cup ob de batter an mix well. Den yo covers it it a kitchen towel and lets de batter rise up fo ½ hour in a warm place.

Den after all dat yo adds 6 more cups ob flour which yo sift'fore yo measures, to de batter and mix wit yor hands for five minutes. Put de dough in a bowl and cover all over again and let is rise up until it's twice as big, it will take nearly two hours. Den yo rolls out do dough bout a finger thick, Ah guess it's most half an inch and cut into round pieces. Den wit a dull nife yo gresses thru de center ob each piece but don't cut through, and folds in half, and pinch edges together and put dem in a greased pan. Yo can sprinkle des wit poppy seds too if yo wants. Well, yo leas dem rise agin for bout two hours and en yo bakes dem in hot oben for bout twenty or thirty minutes and den sweep de tops wit melted butter

hopin yo is de same
your humble servant
Lilly White

Dining Abroad At Home

Konijn Met Pruinen

Many Belgian dishes are reminiscent of German cookery where one finds a great liking for sweet sauces or garnishes for meat, poultry or game. This recipe is an example of this and is called in English, Rabbit with Prunes; The rabbit is cut into meat joints, put in an earthenware casserole, and covered with a marinade consisting of 2-3 red wine and 1-3 vinegar, salt, peppercorns, 1 or 2 bay leaves, thyme, marjoran, fennel and other aromatic herbs. It should stand in this for 24 hours. Remove the pieces of rabbit from the marinade dry them carefully, and brown to a light color in butter. Add 1 tablespoon of flour, and mix well with the butter. Season highly with salt and pepper. Cover with red wine, and add 1 pound of prunes, previously soaked in cold water for 12 hours. Bring to a boil and simmer until the meat and prunes are quite tender. Just before serving, add 1 tablespoon of gooseberry jam.

Instead of tinned anchovies, in most cities they can be bought cheaply in bulk. It is necessary to soak the salt out of them over night and strip the fillets off the backbone. In cooking these are indeed preferable to the ones prepared in olive oil for hors d' oeuvres and should be kept on hand. One filet opprded in the roasting pan with meat or several with fish will add a delicious tang to the gravy.

The Portugese have an ancient proverb, **A vacca se come cozido, e o porco recozido—Beef is eaten cooked, cut pork twice cooked.**

Angel Food Isn't Easy To Make, But It Is Worth Mastering

By SIDNEY SNOW

SOME people have a natural, lucky "knack" and turn out grand angel food. Others find it a most aggravating undertaking and have disappointing results. There is no use minimizing the difficulty of producing great angel cake. However, it is such a delightful cake and always so popular when it turns out well that it is worth keeping at it. And often practice is the one real answer to good angel cake.

Of course, a good recipe is of prime importance and the following may well be pasted in the recipe book, because it has been proven over and over again to be of outstanding merit.

ANGEL FOOD CAKE

The Ingredients:—

1 cup sifted cake flour—get the best on the market and better yet, sift twice
1 cup egg whites
¼ teaspoon salt
1 teaspoon cream of tartar
1¼ cups sifted granulated sugar
¾ teaspoon pure vanilla
¼ teaspoon extract of almond

Don't "cut corners" with the ingredients and stick to this Method: ....Sift the flour twice. Then measure it exactly. Then sift it four more times. Now beat the egg whites and the salt with a wire whisk. When this is foamy, add the cream of tartar and keep on beating until the egg is stiff enough to hold its peaks—but do not beat it dry. Now fold in the sugar very carefully, two tablespoons at a time, until all is used. Then fold in the flavoring which has been mixed. Now take the flour and Sift it a little at a time over this mixture and fold it in after each sifting. Keep on sifting and folding until all is used up. Now take an Ungreased angel food pan and pour the batter into it. Bake it in an oven which has been heated to 275 degrees—baking for thirty minutes longer counting from the moment the thermometer shows 325 degrees. Remove from oven. Invert the pan for one hour—until cold.

Cheese Fondue

For good eating, there isn't much that will beat a good, well made fondue such as this:

CHEESE FONDUE

1 cup milk
1 cup soft bread crumbs
1 cup grated cheese
1 tablespoon butter
¾ teaspoon salt
⅛ teaspoon pepper
3 egg yolks
3 egg whites

Scald the milk and add the bread crumbs, cheese, butter, salt and pepper. Add egg yolks beaten well. Fold in stiffly beaten egg whites, pour in buttered baking dish, place in a pan of hot water, and bake in a moderate oven (350 F.) about 30 minutes.

Kidney Bean Casserole

When husband is coming home for lunch, there is probably nothing that will make his afternoon a better success that a goodly pot of beans prepared in an interesting manner like this:

KIDNEY BEAN AND CORN CASSEROLE

1 medium can oven baked red kidney beans
2 cups (1 can) corn
1 green pepper, minced
½ teaspoon salt
1 egg, well beaten
3 tablespoons grated cheese bread crumbs

Mix beans, corn green pepper, salt and well beaten egg. Put in greased baking dish, and sprinkle top with grated cheese and a layer of fine, buttered crumbs. Bake in a moderate oven (375 F.) for 35 minutes. Serve with chili sauce.

SUNDAY DINNER Suggestions

By ANN PAGE

HOLIDAY week-ends which bring guests require special planning if expense in time, labor and money is not to overshadow your pleasure in the company of friends and relatives.

Somewhat lower wholesale prices for meats and poultry have brought attractive special retails in most food markets. Cheese, eggs and butter prices are still comparatively low for the season.

Vegetables and fruits in general are available in variety at low cost. Green and lima beans, corn, peas, sweet potatoes and tomatoes among the vegetables and peaches, pears, plums and grapes among the fruits are outstanding.

Here are week-end and holiday dinners which require a minimum of effort to serve.

Low Cost Dinner
Veal Loaf — Scalloped Potatoes
Stewed Tomatoes
Bread and Butter
Baked Apples
Tea or Coffee — Milk

Medium Cost Dinner
Cold Fried Chicken
Candied Sweet Potatoes
Corn-on-the-Cob
Bread and Butter
Snow Pudding — Soft Custard
Tea or Coffee — Milk

Labor Day Dinner
Canned Cream of Mushroom Soup
Cold Ham or Turkey
Spaghetti au gratin
Green Beans
Mixed Salad
Rolls and Butter
Fruit Cup — Small Cakes
Coffee

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