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—Chilled grapefruit, ready to eat cereal, sausages, scrambled eggs, plain waffles, coffee or cocoa. Lunch—Casserole of Kidney beans and corn, sliced tomatoes, water ice, frosted cup cakes, tea or milk. Dinner—Cream of carrot soup, rolled roast beef, parsley potatoes, creamed cauliflower, refrigerator rolls, angel cake, coffee.

TUESDAY

Breakfast—Chilled grapes, ready to eat cereal, French omelet, hot muffins, jelly or jam, coffee or cocoa. Lunch—Cooked vegetable salad, cheese biscuits, vanilla milk shake, assorted cookies, fruit cup, tea or milk. Dinner—Tomato juice cocktail, meat pie, sauted potatoes, buttered peas, hearts of lettuce with French dressing, orange and lemon sherbert, coffee or beer.

WEDNESDAY

Breakfast—Sliced oranges, hot wheat cereal with cream, poached eggs on toast, broiled bacon, coffee or cocoa. Lunch—Stuffed peppers, frozen fruit salad, baked custard, lady fingers, tea or milk. Dinner—Meat loaf with rice, baked stuffed tomatoes, cucumber salad, chocolate pudding with whipped cream, coffee.

THURSDAY

Breakfast—Stewed prunes, fried mush with maple syrup, baked eggs, toast, marmalade, coffee or cocoa. Lunch—Spinach and egg en casserole, deviled ham sandwiches, cole slaw, baked apples with custard sauce, tea or milk. Dinner—Fruit cup, baked macaroni and ham, tomato jelly salad, string beans, pecan pie, coffee or beer.

FRIDAY

Breakfast—Stewed apricots, ready to eat cereal, French toast, maple syrup, coffee or cocoa. Lunch—Cheese fritters with tomato sauce, baking powder biscuits, molded spinach salad, chocolate Blanc Mange, tea or milk. Dinner—Jellied bouillon, salmon souffle, creamed cabbage, hard rolls, mixed salad, Charlotte russe, coffee.

SATURDAY

Breakfast—Bananas with ready to eat cereal, creamed chipped beef, muffins, coffee or cocoa. Lunch—Lobster croquettes, creamed peas, dressed lettuce, home made ice cream, cookies, tea or milk. Dinner—Cream of corn soup, chartreuse of meat with rice and tomato sauce, lima beans, individual molded salads, caramel ice cream, cake, coffee.

SUNDAY

Breakfast—Mixed fruit juices, ready to eat cereal, sausages with buckwheat cakes, coffee or cocoa. Dinner—Jellied mushroom soup, baked Virginia ham, spiced apples, mashed potatoes, molded spinach, stuffed celery salad, assorted pickles, pyramid cream, assorted cakes, coffee. Supper—Russian canapes, stuffed tomatoes in aspic, celery hearts, cheese biscuits, chilled melon, coffee or tea.

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

Home-made Soup

Soup making in the home is an ideal way to pass time. One can not only pass time but will have something to show for it. Something that will please the family and make the house wife feel like the queen been without a care in the world. One of the most popular with all seems to be Cream of tomato soup which is good if made like this:

CREAM OF TOMATO SOUP
½ can or 1 pint tomatoes
¼ teaspoon soda
1 slice onion
1 teaspoon salt
2 teaspoons sugar
¼ teaspoon white pepper
2 tablespoons flour
2 tablespoons butter
1 quart milk or milk and water mixed

Cook the onion with the milk. Heat butter, add flour and seasoning, 2-3 cup hot milk, then the rest gradually. Heat the strained tomatoes, add the soda, and when the bubbling stops, add the tomato to the white sauce. If desired, each bowl of soup can be topped with a spoonful of whipped cream before serving.

Give A Bean A Chance!

There are a great many people who eat vegetables because the doctor happened to mention in their younger years that they are "good for you". This little saying has ruined many people's taste for some very choice eating, and as a result, they make no effort to make the vegetable dish of the evening an interesting one, such as this:

SWEET AND SOUR STRING BEANS
1 quart wax beans
1 teaspoon salt
1 teaspoon flour
2 tablespoons butter
2 tablespoons sugar
2 tablespoons vinegar or lemon juice
salt and pepper to taste.

Wash, string and cut beans in pieces. Cook in boiling water until tender, from ½ to 1 hour. Add salt when nearly done. Drain and reserve 1 cup of the bean water for the following sauce: Melt butter, add flour, then the bean liquid or soup stock and bean water mixed; then rest of ingredients to taste. Add the boiled beans and serve hot.

Cool Weather Pudding

With the evenings getting shorter and shorter and quite a bit cooler the housewife will start to bring out the pudding molds and hunt up new recipes for delicious steamed puddings. Those grand desserts that make a banquet of a simple meal, and make the whole family wish they were twins.

DATE PUDDING
1 pound stoned dates
½ cup granulated sugar
1 teaspoon ginger
1 scant teaspoon salt
½ cup milk
½ cup suet
1 cup flour
1 teaspoon cinnamon
2 eggs
1 cup soft bread crumbs

Pass dates and suet together through a food chopper or grinder. Mix all ingredients well together, adding the well beaten eggs last. Turn into well buttered molds and steam for 2 hours. To serve, surround with hard sauce. Figs, stoned raisins, currants, candied peel, prunes or nuts, alone or in combination, may replace dates.

When A Radio Star Bakes A Ham

By SIDNEY SNOW



"SHOWMANSHIP" is that indefinable something which may be described as a "sixth sense"—that human ingredient which permits certain fortunate people to create favorable impressions. Jeanie Lang has it and it stands out in her radio work. She has it again when she goes into her kitchen and prepares an intriguing dish. She gets "flavor" into it. And that flavor does not come by accident but is the result of interested study. For instance, here is shown Jeanie Lang turning to a simple bottle of beer as a basting ingredient for roasting a ham. It works just as well, too, on roast beef and roast veal. Whatever alcohol there may be in the beer when it goes to work is cooked out and gone into infinitesimal nothingness as cooking progresses— but the exotic tang of the malt and hop flavor adds that touch which takes an ordinary dish and makes of it an event in food goodness. About a cup of beer (and it may be stale beer) is the amount used in an ordinary roast. It is added after the meat has been seared brown. Another "wrinkle" in roasting beef is to rub into the meat before it goes into the oven a mixture of quarter a cup of prepared mustard and the same amount of currant jelly.

Hot Off The Griddle

ESTHER DONLAN

The importance of earthenware cooking pots to impart additional zest to fine foods can never be over-emphasized.

Snapping turtles are best in summer, while terrapin are prime in winter. The cheapness of the snapper is an advantage over the high-priced terrapin, and excellent soups and stews may be made of it.

In the cooking of all sea food care must be taken to stir lightly, as hard stirring will make the fish mushy and stringy.

The feat of many animals are considered especially flavorsome. In Russia bear paws are breaded and fried like pigs feet. Roasted elephant feet and salad of dromedary feet are highly esteemed dishes in India, and an old English soup recipes say: "If you have by you bones, feet and neck of fowl, it will add to the flavor."

Make lobster butter by pounding together equal parts of cooked lobster roe and butter. Mix all ingredients together and heat.

To mold frozen mixtures; Fill mold or form with frozen cream, press down firmly to fill every part and let rise a little above mold to overflownig. Cover with buttered paper, buttered side up, press on cover firmly, and pack in 1 part salt to 4 parts ice.

Sherry or Maderia are the wines usually considered the making of a dish of turtle soup.

"HOME CANNING" RECIPES FROM THE PIONEER DAYS

When East Meets West

One can travel to all parts of this great country of ours and never see such a fine array of delicious and colorful fruits and vegetables as will be found in the markets of the west coast.

There is hardly a woman able to resist the impulse to do some home cannig when she is confronted by such grandeur and when she has in her possession a few recipes left over from the pioneer days her eagerness is doubled.

Despite the fact that eastern markets are less beautiful, the housewife will enjoy these recipes:

MUSHROOM CATSUP

Peel, wash and dry thoroughly about 2 quarts of mushrooms. Place in layers in a large crock, sprinkling each layer generously with salt. Allow them to stand in a cool place for 4 days. On the 5th day, mash the mushrooms and measure. For every quart, add 1½ teaspoons allspice, 1½ teaspoons ginger, ½ teaspoons ginger, ½ teaspoon mace and 1 teaspoon cayenne pepper. Put all the ingredients into a stone jar, cover tightly, set jar in a pan of boiling water and cook for 3½ hours. Keep the water at boiling point during entire cooking time. Remove the jar and strain the mixture through a cloth but do not squeeze. Put strained juice in an earthenware pan and cook 30 minutes. All to stand over night. This catsup should be put in rather small sterilized bottles as it spoils quickly when exposed to the air. When filling bottles, care should be taken not to disturb the sediment which has formed at the bottom of the catsup.

RED PEPPER JAM

Wash and cut 20 large sweet red peppers in half and remove the seeds. Chop fine. Sprinkle with 2 teaspoons salt and let stand about 5 hours. Drain. Place in a preserving kettle, add 6 cups of granulated sugar and 1 quart cider vinegar and let simmer until it reaches the consistency of jam. Pour into sterilized glasses and seal.

SUNDAY DINNER Suggestions

By ANN PAGE

FISH fillets will be a good selection this week for those wishing to balance budgets after week-end extravagance. Even people who don't like fish because of bones enjoy boneless fillets. Eggs and cheese also make inexpensive and appetizing main lunch and dinner dishes. Lamb, pork and fowl represent the best meat values.

Peaches, pears, apples and grapes are abundant. Honeydew melons and huckleberries are the chief members of the melon and berry families in market.

Abundant supplies of a great variety of vegetables continue to come to market including potatoes and sweet potatoes, broccoli, celery, eggplant, peppers and tomatoes.

Seasonable and reasonable foods make up the following menus.

Low Cost Dinner
Spanish Ham Omelet Fried Potatoes
Cole Slaw
Bread and Butter
Tapioca Cream with Sliced Peaches
Tea or Coffee Milk

Medium Cost Dinner
Roast Stuffed Lamb Shoulder Gravy
Boiled Rice Green Beans
Bread and Butter
Peach Bavarian
Tea or Coffee Milk

Very Special Dinner
Tomato Juice Stuffed Celery
Roast Lamb Mint Sauce
Browned Mashed Potatoes
New Broccoli Avocado Salad
Rolls and Butter
Ice Cream Sponge Cake
Coffee

DINING ABROAD AT HOME

Stewed Chicken In Sherry

In old Mexico ,eating is a serious matter and until rceently was interrupted only by famine, war or Lent. Now that foods can be so easily shipped to them, nothing short of Lent is disturbing.

Mexicans are really good eaters and unlike the general impression, really do eat dishes other than chili can carni and tortillas. True, the dishes are well seasoned but what good dish isn't?

STEWED CHICKEN IN SHERRY
1 chicken
2 onions, chopped
3 cloves garlic, chopped
2 bay leaves
½ tablespoon salt
1 teaspoon oregano
1 red or green chili or ½ tablespoon chili powder
1 pint ripe olives, chopped
1 pint sherry
4 tablespoons flour

Dress, clean, and cut chicken for frying. Cover with boiling water and boil 15 minutes. Add onion, garlic, bay leaves, salt, and oregano, (sweet marjoram,) and boil slowly. One hour before chicken is done, add chili, olives, and sherry, and simmer until tender. If salted sherry is used, omit salt. Thicken gravy with flour dilutted in enough water to pour easily. Boil 5 minutes. Serve with spanish rice. Rabbit may be used if desired.

Lilly White's Cornmeal Batter Cakes



Dear Miss Wilma:
Des heah batter cakes be ma pride an de men folk alus looks at me lak Ah be a queen wen ah serves dem. Ah uses one quart sifted white cornemeal, six big heaped full tablespoons of sifted flour, two heapin teaspoons ob bakin powder, four aiggs, one an one half lebel teaspoons o salt. Ah takes half de meal and pours on boilin water to make a dough, an stir all de time Ah'm pourin. Ah stirs til it get cool, adds de aiggs broken in an beaten and den de rest ob de stuff. Ah beats good, and bakes dem on a hot hoe dat be a littlebit greased. De cakes gotta be thin like and will bubble all through almost soon as yo puts dem on de hoe. Den turn an brown on de other side. You pile dem high fo de men folk an serves quick as can be. Good? my lans sakes, dey be!

hopin yo is de same
your humble servant
LILLY WHITE.

There are many sandwich cutters in all fancy shapes and sizes. If these are to be used it is better to cut these shapes first before spreading, as waste of the butter and filling is avoided.

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