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, cod fish balls in cream, buttered toast, coffee or cocoa. Lunch—Cold consomme in cups, omelet Celestine, cole slaw, old fashioned rice pudding, tea or milk. Dinner—Fried chicken, canned corn fritters, egg plant in casserole, lettuce salad, French pastry, coffee

TUESDAY

Breakfast—Sliced oranges, ready to eat cereal, coddled eggs, broiled bacon, hot biscuits, jelly, coffee or cocoa. Lunch—Assorted sandwiches, alligator pear salad, devil's food cake, tea or milk. Dinner—Rolled shoulder of lamb, oven browned potatoes, canned asparagus hollandaise, hearts of lettuce with egg dressing, wine jelly with apricots, coffee or beer.

WEDNESDAY

Breakfast—Sliced nectarines with cream, ready to eat cereal, baked eggs with cheese, buttered toast, coffee or cocoa. Lunch—Cooked vegetable salad, liverwurst, stuffed celery, German apple cake, tea or milk. Dinner—Fried veal chops, Duchess potatoes, buttered beets, cucumber and tomato salad, rice darioles, coffee.

THURSDAY

Breakfast—Baked apples with cream, hot wheat cereal, scrambled eggs with lobster, rolls, coffee or cocoa. Lunch—Lamb croquettes, grapefruit and lettuce salad, chocolate eclair, tea or milk. Dinner—Dutch oven pork chops, buttered noodles, peas and carrots, summer squash, mixed salad, sweet waffles a la mode, coffee.

FRIDAY

Breakfast—Stewed apricots, oatmeal with cream, jelly omelet, buttered toast, coffee or cocoa. Lunch—Creamed salmon in rice ring, fried egg plant, Royal cake, tea or milk. Dinner—Planked striped bass, baked potatoes, creamed celery, canned asparagus salad, steamed bread pudding, coffee.

SATURDAY

Breakfast—Baked bananas, ready to eat cereal, boiled eggs, buttered toast, coffee or cocoa. Lunch—Broiled sweetbreads on toast, buttered peas, dressed lettuce, frosted cup cakes, tea or milk. Dinner—Chicken fried steak, country gravy, mashed potatoes, string beans, apple and nut salad. biscuit tortoni, coffee.

SUNDAY

Breakfast—Stewed fresh plums, ready to eat cereal, eggs Benedict, coffee cake, coffee or cocoa. Dinner—Cream of corn soup, broiled chicken, shoe string potatoes, green peas, fruit salad, assorted pickles and olives, hot biscuits, baked Alaska, coffee. Supper—Toasted cheese sandwiches, broiled bacon, sliced tomatoes, water ice, coffee or beer.

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

Lilly White's Oyster Soup

Dear Miss Wilma:

De oysters am heah again an Ah sho am glad. Ah was jes beginnin to wonder when Ah's be able to make some ob dis soop 'fore Ah gotta chance to fogit. But sho nuff, de first batch ob oysters Ah got ma hans on went right into de soop.

Ah shells one quart ob oysters and drains dem good over a pan so Ah can have de juice. Den Ah puts one quart ob good rich milk in de top ob a double boiler to heat. Den at de same time Ah heats de oyster juice and when both ob dem gits hot Ah adds de juice t ode milk and stirs. Den Ah adds two tablespoons ob butter and one tablespoon of chopped up parsley and a dash ob onion salt or one teaspoon ob onion juice an as much salt and pepper as Ah likes. Den one by one Ah puts in de oysters an heats dem until day be hot but Ah never lets dem boil. Den when de oysters puff up a bit and de edges gets crinkled Ah serves it quick 'fore Ah loses ma religion an eats it maself 'fore de boss gets it.

hopin yo is de same,
your humble servant,
LILLY WHITE

Fresh Or Canned - Macedoine Of Vegetables Requires Preparation

A macedoine of vegetables is a mixture of vegetables and may be obtained in cans, but is easily prepared at home.

When vegetables, or anything else, for that matter, is bought in a can, it can be served as is if desired, but a good cook who takes something from a can is just starting. She will do a little of this and a little of that before that canned food reaches her table. Now, when a Macedoine of vegetables is taken from a can, drain off the juice, put the vegetables in a pan in cold water, bring to a boil, and then drain off the water, season with salt and pepper and simmer for a minute or so.

To make a fresh macedoine, use equal parts of carrots, turnips, string beans, cut in squares about one-quarter inch in diameter, and peas and flageolet beans. Boil each separately in salt water, and mix afterwards, season with salt and pepper and one tablespoon of butter and simmer as above. Flageolet beans come in cans, or dry like dry peas. They may be omitted if desired.

DR. MEAD TO REPRESENT ASSOCIATION OF COLLEGES

President Gilbert W. Mead has been notified of his appointmnt as official representative of the Association of American Collges to the celebration of the Association of American Colleges to the celebration of the Sesqui-Centennial of Franklin and Marshall College, Lancaster, Pa., on October 14th and 15th. The celebration is to be accompanied by a conference of prominent college leaders on the problems of the liberal arts college. President Mead will attend the conference also.

On October 2 he will represent Washington College at the inaugural of Dr. Levering Tyson, recently elected president of Muhlenberg College, Allentown, Pa.

LEMON CHIFFON PIE A SIGN OF GOOD EATING

Graham Cracker Crust Adds Finishing Touch To "King of Desserts"

When one settles right down to think of it, is there anything that will nine out of ten times so hit the spot as a good Lemon Chiffon pie with graham cracker crust?

Probably not many of you have ever eaten or even for that matter heard of such a combination. It's a great favorite out west where pies are eaten as one of the duties of the day.

Out there, all kinds of pies are served in a graham cracker crust, it's become a sort of National Anthem or the symbol of good eating. There are some bakeries that charge as high as a dollar a piece for them, and the funny part of it is that these bakeries are still in business and going strong so there really must be something to it. Try it in your own home and see for yourself, it's better that way than taking some other person's word for it.

LEMON CHIFFON PIE

1 tablespoon gelatin
¼ cup cold water
1 cup sugar
½ cup lemon juice
1 teaspoon grated lemon rind
4 eggs, separated

Soak gelatin in cold water for 5 minutes. To beaten yolks add ½ cup sugar, lemon juice and ½ teaspoon salt. Cook in double boiler until mixture coats a spoon. Then add rind and softened gelatin. Stir well. Cool. When mixture begins to thicken, fold in the stiffly beaten egg whites, to which remaining ½ cup of sugar has been added. Fill a graham cracker pie shell and before serving spread top with a thin layer of whipped cream.

To make the Graham Cracker Crust: Blend 1 cup crumbs with 2 tablespoons of powdered sugar and ¼ cup melted butter. Spread and press mixture on butter sides and bottom of pie thin. Put in refrigerator and let stand for several hours.

Hot Off The Griddle

ESTHER DONLAN

At the end of every season there are always cloths to be put away. Before doing so it is well to remove all spots. Dry cleaning is the best. Leave unpressed, since gasoline odor discourages moths.

Mildew stains, if the stain is not too old may be removed by applying soft soap and powdered chalk, keeping it moist and laying it in the sun.

Furniture should never be stored unless it has all been thoroughly cleaned first. Brush and clean with a vacuum cleaner if possible.

Silks, woolens, and artificial fabrics will scorch and glaze if ironed wet. Some will shrink. They are best ironed when barely damp, to allow shaping of the garment.

When cleaning copper or brass, it is best to use cotton waste or worn soft brushes for rubbing.

Fall Fruit Salad

3 oranges
3 bananas
½ pound Malaga grapes
½ cup pineapple, chopped
sugar to taste
juice of 1 lemon

Cut the oranges to two, crosswise, reserving the peels as salad cups. Remove pulp separately from each section. Remove skins and seeds from grapes. Mix orange pulp and grapes and pineapple, sprinkle with sugar, add lemon juice, and let stand in a cool place for several hours. Before serving, add the bananas, sliced and walnut meats, if desired. Fill the orange shells with this mixture. Serve with fruit salad dressing.

SUNDAY DINNER Suggestions

By ANN PAGE

BREAKFASTS take on added importance now that the weather is cooler and children are in school. A substantial breakfast eaten leisurely is one of the best guaranties for health and good school marks that a mother can give her child.

National lamb week and apple week suggest two foods that are excellent values this week. Cranberries, grapefruit, pears, plums and peaches are also good fruit values. Among the vegetables the cabbage family, Iceberg lettuce, onions, celery, potatoes and yellow turnips are outstanding.

Eggs are still cheaper than last year at this season though seasonally higher. Butter, too, is more expensive.

Seasonable foods make up the following menus:

Low Cost Dinner

Shepherd's Pie with Mashed Potato Crust
Creamed Yellow Turnips
Bread and Butter
Stewed Apples — Cup Cakes
Tea or Coffee — Milk

Medium Cost Dinner

Chicken Fricassee with Dumplings
Sweet Potatoes — Green Lima Beans
Bread and Butter
Apple Snow — Custard Sauce
Tea or Coffee — Milk

Very Special Dinner

Appetizer Salad
Roast Lamb — Pan-browned Potatoes
Creamed Broccoli
Mint Jelly
Rolls and Butter
Deep Apple Pie — Hard Sauce
Coffee

Always use thin gauze like cloth for applying liquid cleaner of any kind and have a pad folded under the spot to be removed.

DINING ABROAD AT HOME

Irish Potatoes In An Appealing Style

Ireland's cookery is noted for it's plainness and wholesomeness which appeals to so many.

It seems that one always associates a potato with Irish cookery so here is one for the book:

FADGE OR POTATO CAKES

6 medium sized potatoes
salt
2 tablspoons melted butter or other shortening
flour

This dish is best made with freshly boiled potatoes but if cold cooked potatoes are substituted, they should be heated in a double boiler before peeling. Peel and mash the potatoes in a floured bowl, sprinkle with salt and add the melted butter. Over this sift a layer of flour, work with both hands until the flour is well blended, and continue dredging with flour and working it in until it is pliable enough to roll out. Add flour in small quantities, as too much flour and kneading toughen the cake. Roll out to the required thickness in a flat cake and cut into sections. Place on a hot griddle or frying pan and cook quickly until brown; turn, and cook on the other side. If served hot, butter cakes as they are removed from pan. Real Irish potato cake is buttered lavishly and sugar is always served with it.

Home-made Noodles To Accompany Good Gravy

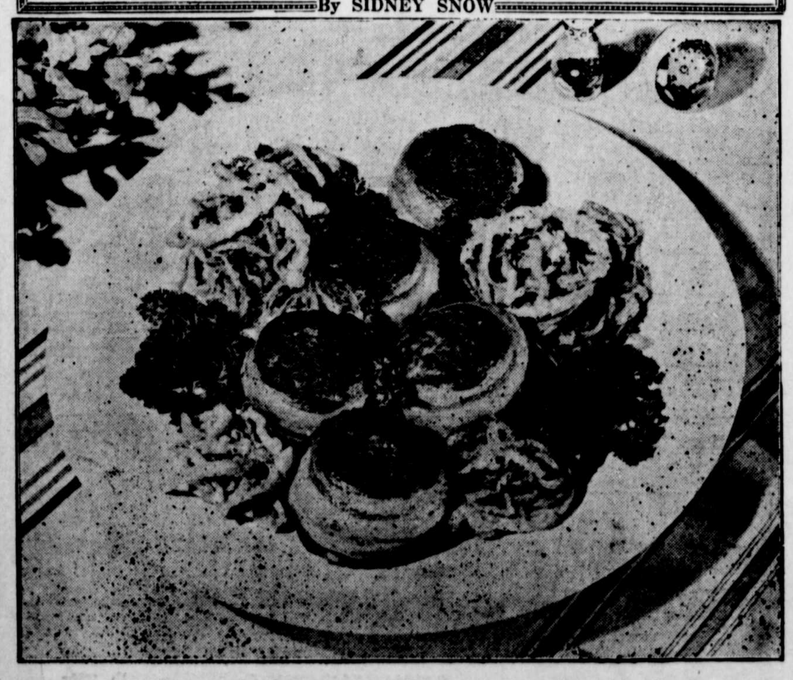
Almost any meat dish having a fine tasting gravy will go well with noodles, for instance, there is a fricassee of veal, or smothered pork chops or just any number of things. The next time a housewife is planning such a meal she might like to try her hand at making her own noodles:

Noodle Dough—Mix one pound of flour with five whole eggs, with a very little or no salt. Mix well, roll out very thin, and then let the dough become nearly dry. Then cut in strips. Have a pan on the fire, with about a gallon and a half of boiling water. Add the noodles and boil for seven minutes over a quick fire, so they will not stick together. Drain off the water and pour two ounces of hot melted butter over the noodles. A little grated nutmeg may be added, if desired. Noodles, like macaroni, may be prepared in a great many ways.

When sprinkling for ironing sprinkle clothing evenly, of course, heavy garments use more water.

Pork Liver Climbs Social Ladder

By SIDNEY SNOW



WHILE THE CUNNING and sleek appearing porkers have in the past scored heavily when it comes to chops and loins and hams and bacons and sundry other contributions to the meat diet, somehow or other pork liver failed to come into its own until recently. However, for flavor it takes its place right up with the more aristocratic calves liver, and when it comes to the principal talking point—the iron content—why, the scoring is all in favor of the piglet over the calf, and to the tune of three to one. In short, pork liver contains three times as much iron as calves liver.

TO PREPARE PORK LIVER

Probably many housewives have ignored pork liver thinking it required some special treatment. But it may be used exactly as calves liver is used. And here is an interesting method:

LIVER PATTIES

1½ pounds liver
2 cups cracker crumbs
¼ cup grated onion
4 tablespoons bacon drippings
¼ teaspoon marjoram
⅛ teaspoon pepper

Parboil the liver and put through meat chopper. Mix thoroughly with other ingredients, adding enough liquid in which liver was cooked to moisten. Shape into patties. Wrap with strips of bacon, fasten with a toothpick. Broil until well-browned on one side, turn, and brown on second side.

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