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 grapes, ready to eat cereal, ham and eggs, hot rolls, coffee or cocoa. Lunch — Eggs Bennett, souffle potatoes, cold canned asparagus salad, cheese and crackers, tea or milk. Dinner—Roast leg of lamb, mint sauce, stewed tomatoes, lyonnaise potatoes, dressed lettuce, French pastry, coffee.

TUESDAY Breakfast—Baked apples with cream, hot wheat cereal, German pancakes, jelly or jam, coffee or cocoa. Lunch—Sauteed tripe, Alsatian potatoes, watercress salad, pear tarlettes, tea or milk. Dinner—Roast chicken, string beans, mashed potatoes, lettuce and tomato salad, peach pie, coffee.

WEDNESDAY Breakfast—Grapefruit juice, ready to eat cereal scrambled eggs and bacon, toasted English muffins, marmalade, coffee or cocoa. Lunch—Salisbury steak, fried potatoes, broiled tomatoes, meringue glace, tea or milk. Dinner—Tomato juice cocktail, lamb pot pie with vegetables, romaine with French dressing, mince pie, coffee or beer.

THURSDAY Breakfast—Sliced oranges, fried mush with maple syrup, shirred eggs, rolls, coffee or cocoa. Lunch—Cold roast chicken, fall fruit salad Brie cheese and crackers, tea or milk. Dinner—Small tenderloin steak, Brussels Sprouts, potatoes au gratin, Escarole salad, Baked brown bread pudding, coffee.

FRIDAY Breakfast—Chilled grapefruit, ready to eat cereal, jelly omelet, buttered toast, coffee or cocoa. Lunch—Fried fillet of sole, tartar sauce, shredded vegetable salad, eggs custard with caramel sauce, tea. Dinner—Sauteed pompano, boiled potatoes, spinach in cream sauce, hearts of lettuce salad, German apple cake, coffee or Beer.

SATURDAY Breakfast—Sliced peaches with cream, corn meal mush, scrambled eggs, breakfast sausages, buttered toast, coffee or cocoa. Lunch—Macaroni and cheese en casserole, pickled beet salad, Sponge cake, tea. Dinner—Breaded veal cutlets, raw fried potatoes, fresh peas, cole slaw with boiled dressing, cheese cake, coffee.

SUNDAY Breakfast—Mixed fruit juices, ready to eat cereal, plain waffles, fried ham, maple syrup or jelly, coffee or cocoa. Dinner—Jellied consomme, roast duck, bread stuffing, apple sauce, mixed green salad, fried potatoes, stuffed celery, assorted pickles, steamed pudding with hard sauce, coffee. Supper—Chici con carni con frijoles, toasted crackers, sliced tomatoes, fruit compote, coffee or tea

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

Lilly White's Baked Tnederloin Of Pork



Dear Miss Wilma:

As sho am glad de wether be gittin cool cause Ah can settle down to some good pork eatin. Ah done just exacty care how de pork be cooked so long as it's good but hear am one ob ma favrits.

Ah takes as many good sized tenderloins ob pork as Ah needs fo de meal and ah pulls dem open flat and fills each one wit a dressing like Ah uses fo chicken. Den Ah rolls each one up, bringing de edges careful like together and ties dem so dey hold togethr an bake dem as Ah does a bird. Den befor Ah serves dem Ah takes off de string and dey's all ready to be et.

Hopin yo is de same,
Your humble servant
LILLY WHITE

Tamale Pie A Cold Night Treat

With the weather what it is today, one's thoughts turn from lighter to heavier things, dishes that are hot in heat as well as seasonings.

For those who like well seasoned diches, this one will prove a great joy, and on a cold night it certainly does hit the spot.

TAMALE PIE

3 cups boiling water
1½ teaspoons salt
1 cup corn meal
1 cup ripe olives
2 tablespoons butter
1 onion, chopped
1 green pepper, chopped
1 pound groud round steak
2 cups tomatoes
1 teaspoon chili powder

Add 1 teaspoon of salt to the boiling water and slowly stir in the corn meal. Cook for 30 minutes; then add the ripe olivs, which had been stoned and cut into pieces. Set aside to cool. Melt the butter and add the onion, green pepper and meat, mixing thoroughly and cook until the meat is brown. Add the tomatoes, chili powder and remaining salt and cook about 10 minutes. Butter a large casserole and pour half of the corn meal mush in the dish; add the cooked meat and cover with remaining mush. Bake in a moderate oven (350 F.) for 30 minutes. Serve hot.

Hot Off The Griddle

ESTHER DONLAN

When dusting a room, use a soft non-scratching and non-linting cloth.

When making a bed, if you find that the bottom sheet it short, tuck in at top and at sides, and have tau, Leave no wrinkles.

Closing piano cover for the night keeps out dust and moisture.

Hot water wil soften the bristles of a brush and in time loosen the bristle backing.

All books in the house should be kept dry, as dampened book paste invites silverfish.

In washing mirrors, care is necessary lest water seep under frame or backing.

To polish wood use equal parts of turpentine and boiled linseed oil. Apply with even strokes and rub against the grain of the wood, then in straight lines with the grain. Wood should have time to absorb the oil, then rub thoroughly. Repeat and continue until the gloss is satiny.

Cool water with a few drops of ammonia will clean matting. Hot water and strong soap will darken and yellow it.

It's Waffle Time At The Breakfast Table

By SIDNEY SNOW



WAFFLES for Breakfast—crisp, golden delights—oozing butter and maple syrup. With an electric waffle iron on the dining room table so they come out fresh and snappy, with some pork sausages or bacon and eggs—here is a breakfast of rare satisfaction. But the waffle has out-grown the breakfast menu. It has graduated into a grand luncheon or dinner dish to be served with chicken. On Sunday evenings, it becomes the life of the Sunday supper and for the nucleus of an after-theatre supper, try to beat it!

And here is just about the finest recipe we've tried in many a moon:

WAFFLES IN THE MODERN MANNER

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
3 egg yolks, well beaten
4 tablespoons melted butter
3 egg whites, stiffly beaten

Sift flour once, measure, add baking powder and salt and sift together again. Combine egg yolks, milk and butter. Add to flour, beating until smooth. Fold in egg whites. Bake in hot waffle iron. Makes 4 four sectioned waffles.

Luncheon Soups Act As Time Savers

Heavy soups are just fine for luncheon at this time of the year and the housewife who keeps a pot on hand will save hrself many hours of otherwise hard work.

BAKED BEANS AND TOMATO SOUP

3 cups water
1½ cups cold baked beans
1 tablespoon onion, diced
1 stalk celery
2 cups tomatoes
1 teaspoon salt
1 tablespoon butter, melted
1 tablespoon flour
pepper

Combine the beans, celery, water and onion, and let simmer 30 minutes until the vegetables are soft. Add the tomatoes and rub through a strainer. Melt the butter, add flour, and slowly add to the tomatoes and beans. Season with salt and pepper. Serve hot.

Piquant Tongue Mold

1 package lemon gelatin
1 pint warm water
2½ tablespoons vinegar
⅛ teaspoon salt
1 teaspoon scraped onion
3½ cups boiled tongue, chopped finely
½ cup dill pickles, finely chopped
½ cup mayonnaise

Dissolve gelatin in warm water. Add vinegar and salt. Chill until cold and syrupy. Place in bowl of cracked ice or ice water and whip with rotary egg beater until fluffy and thick like whipped cream. Fold in onion, tongue, pickles, and mayonnaise. Turn into loaf pan. Chill until firm. Unmold. Garnish with crisp lettuce and radishes. Serves ten.

SUNDAY DINNER Suggestions

By ANN PAGE

SEASONABLE fruits and vegetables in profusion fill the markets and, on most items, the price is very reasonable. Outstanding values will be found in apples, grapes and grapefruit, beans, beets, cabbage, carrots, mushrooms, lettuce, onions, peppers, potatoes and tomatoes.

First quality beef is prohibitive in price but lamb and pork loins are reasonable. Ducklings and turkeys also are good value. The housewife will get particularly good value if she buys eggs and cheese at this time for use in luncheon and dinner menus.

Seasonable foods make up the following menus.

Low Cost Dinner
Pan-broiled Lamb Patties
Mashed Potatoes Glazed Carrots
Bread and Butter
Prune Whip Soft Custard
Tea or Coffee Milk

Medium Cost Dinner
Braised Stuffed Pork Chops
Glazed Sweet Potatoes
Creamed Cabbage
Cranberry Sauce
Bread and Butter
Fruit Gelatin
Tea or Coffee Milk

Very Special Dinner
Fruit Cup
Roast Lamb Scalloped Potatoes
Green Beans Buttered Onions
Tomato and Avocado Salad
Rolls and Butter
Chocolate Souffle Hard Sauce
Coffee

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THREE FAVORITES COMBINED INTO ONE TASTY DISH

Curried Crab Meat In Pepper Shells

A fortunate thing about this modern age is the fact that no matter whether our favorite something is in or out of season we can, thanks to fine cans, still buy it.

There is little or no excuse therefore, for not having good crab meat in winter as well as summer. And what perfectly grand things one can do with a little crab meat and a little imagination. Which brings to mind, that modern science has also made it possible for a cook to have little imagination. All she need do is follow a recipe as it is written and nine out of ten times or even more often, the dish will be a success. There is, of course that certain something called cooking sense which enables some fortunate women to add just a little something more to a recipe to give it the final build-up.

Here is a fine dish using crab meat and peppers which will be a great favorite with the men. They seem to dote on foods that are stuffed into green peppers and baked. A green pepper imparts a flavor all it's own to anything cooked with it, and the flavor is something that cannot be substituted.

Then, to make the dish even more intriguing, and twice as tasty, that grand product of India, curry powder, is used. Another favorite of the men. And after tasting this dish, they will indeed crown you as the queen of cooks.

CURRIED CRAB IN PEPPER SHELLS

6 green peppers
2 cups crab meat
2 eggs, slightly beaten
1-3 cup bread crumbs
1 tablespoon chopped onion
2 tablespoons butter, melted
juice of ½ lemon
dash of Cayenne
1 teaspoon curry powder

Cut peppers in halves lengthwise, remove seeds, cover peppers with boiling water and parboil for 5 minutes. Combine the crab mat, slightly beaten eggs, bread crumbs chopped onion, melted butter, lemon juice, cayenne and curry powder. Mix well and fill drained peppers. Cover tops with bread crumbs and dot with butter. Bake in a hot oven (400 F.) for 10 minutes.

DINING ABROAD AT HOME

Good Eating In Japan

Though one is apt to associate the Chinese and Japanese in close relationship they are really as different as can be. The cookery of each country proves this. It's really surprising to not just how similar Japanese cooking is to our own. For example:

MA TSU TAKE NO AWASE YAKI
(Chickn and Mushrooms)
Breast of chicken
Mushrooms

Cut small neat pieces from the breast of a chicken and put on skewers alternately with mushrooms cut the same size as the pieces of chicken. The chicken and mushrooms are then grilled and served with peas and a wine sauce.

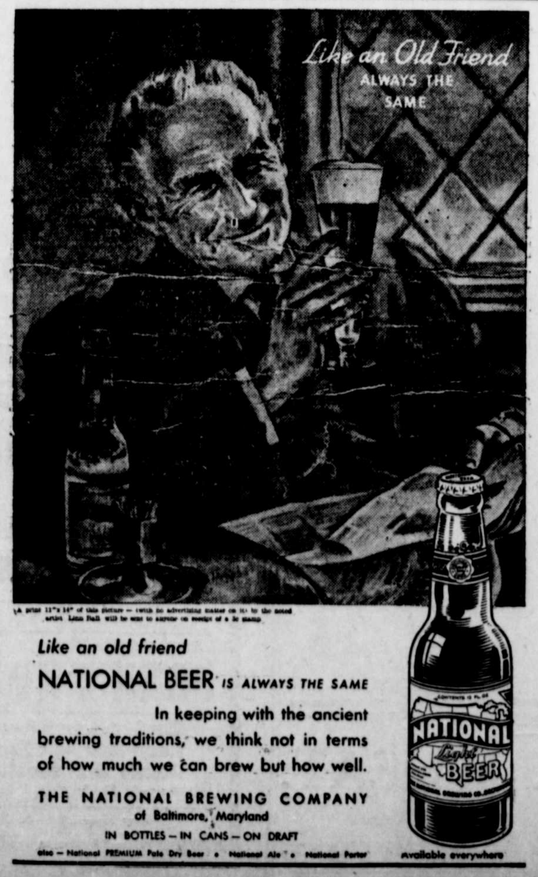
Forgotten Cookies Reappear With Cooler Days

With the coming of fall, one starts to think of pies, cakes and cookies that have been forgotten during the hot weather. One of these forgotten favorites it

SOFT MOLASSES COOKIES

1 cup molasses
1 tablespoon ginger
1 teaspoon soda
¼ cup butter, melted
2 tablespoons milk
flour

Combine the melted butter, molasses nad ginger, and mix well. Dissolve the soda in the milk and add to the first mixture. Sift into liquid mixture sufficient flour to make a dough stiff enough to be rolled. Chill. Roll out to ½ inch thickness. Cut with a cookie cutter and bake on a greased cookie sheet in a moderate oven (350 F.) for about 10 minutes.



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