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—Baked pears with cream, ready to eat cereal, plain omelet, broiled bacon, buttered toast, coffee or cocoa. Lunch—Creamed chipped beef on waffles, mixed vegetable salad, egg custard with chocolate sauce, tea. Dinner—Roast tenderloin of beef, julienne potatoes, Brussels Sprouts, hearts of romaine salad, red currant water ice, assorted cakes, coffee or beer.

TUESDAY Breakfast—Sliced peaches with cream, boiled eggs, frizzled ham, hot muffins, coffee or cocoa. Lunch—Eggs a la king, broiled tomatoes, canned asparagus tip salad, cheese and crackers, tea or milk. Dinner—Tomato juice cocktail, baked meat loaf, sauteed beans, baked potatoes, mixed green salad, apple cake, coffee or beer.

WEDNESDAY Breakfast—Sliced oranges, hot wheat cereal, scrambled eggs, corn fritters, coffee or cocoa. Lunch—Clam broth in cups, deviled egg salad, mince meat tarts, tea or milk. Dinner—Ragout of veal, buttered noodles, boiled beets, Escarole salad, sour cream peach pie, coffee.

THURSDAY Breakfast—Chilled grapefruit, oatmeal in cream, poached eggs on toast, buttered toast, coffee or cocoa. Lunch—French fried lobster, shoe string potatoes, cole slaw, vanilla ice cream. Dinner—Chicken fried steak, French fried onions, baked potatoes, endive salad, hot gingerbread with hard sauce, coffee.

FRIDAY Breakfast—Chilled melon, ready to eat cereal, plain waffles with syrup or jelly, fried eggs, coffee or cocoa. Lunch—Creamed salmon in patty shells, with peas, smothered carrots, dressed lettuce, floating island, tea. Dinner—Oysters on half shell, baked stuffed haddock, parsley potatoes, creamed cauliflower, mixed salad, chocolate fudge nut cake, coffee.

SATURDAY Breakfast—Orange juice, hot rice with butter sugar and cinnamon, baked eggs with cheese, buttered muffins, cocoa. Lunch—Broiled tripe, fried potatoes, lettuce salad, apple pudding, tea. Dinner—Dutch oven lamb chops, mashed potatoes, fried egg plant, sliced cucumber salad, jelly roll, coffee.

SUNDAY Breakfast—Sliced oranges and grapefruit, ready to eat cereal, Eggs Benedict, toasted English muffins, marmalade, coffee or cocoa. Dinner—Oysters on half shell, roast tame duckling, apple sauce, succotash, stewed tomatoes, assorted olives and pickles, fall fruit salad, Angel cake a la mode, coffee. Supper—Welsh rarebit, toasted crackers, sliced tomatoes, fruit cup, cookies, tea or coffee.

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

Proper Parsnip Preparation

A parsnip is one of those things that most people dislike. This is probably due to that fact that they haven't eaten said parsnip in any other form han plain boiled which is really a sickly way to prepare them. Now take this recipe, for example, and just see what can be done with a parsnip:

PARSNIP AND PINEAPPLE CASSEROLE

4 tablespoons butter
1¾ cups dry bread crumbs
3 cups cooked parsnips, diced
1½ cups canned pineapple, diced
½ cups brown sugar
salt
⅛ teaspoon nutmeg
⅛ teaspoon cloves
1 cup pineapple juice and water

Melt butter, add crumbs and blend well. Place alternate layers of crumbs parsnips and pineapple in a buttered casserole, sprinkling with sugar, salt and spices. Pour liquid over casserole and top with crumbs. Bake in a moderate oven 375 F. 25 to 30 minutes, or until browned.

SUNDAY DINNER Suggestions

By ANN PAGE

EGGS are an outstanding value considering the season and, unlike most foods, they are cheaper this year than last. Meats are again higher. Egg dishes alone or combined with cheese make appetizing and inexpensive dinner or supper dishes.

A bumper crop of apples makes this fruit an excellent one to use freely, especially as oranges are high. For variety bananas and grapefruit may be chosen.

As frosts strike many sections of the country the supply of home grown vegetables must be supplemented with those from the south and west.

Seasonable foods make up the following menus.

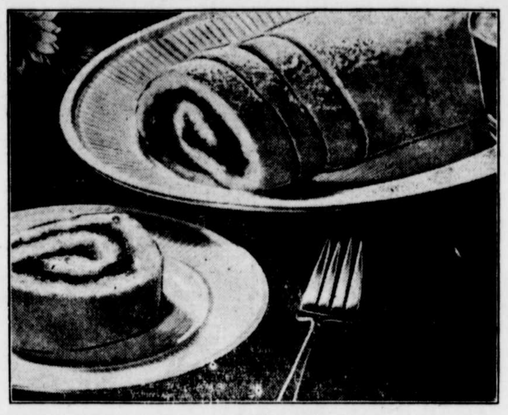
Low Cost Dinner
Meat Loaf Scalloped Potatoes
Cabbage and Carrot Slaw
Bread and Butter
Dutch Apple Cake
Tea or Coffee Milk

Medium Cost Dinner
Fricassee of Chicken with Dumplings
Mashed Sweet Potatoes and Turnips
Green Beans
Bread and Butter
Snow Pudding Custard Sauce
Tea or Coffee Milk

Very Special Dinner
Grape, Banana and Grapefruit Cup
Baked Ham Mashed Potatoes
Cauliflower in Cream
Salad of Mixed Greens
Rolls and Butter
Apple Pie Cheese
Tea or Coffee Milk

Here's Old Fashioned Jelly Cake To Make His Little Tummy Ache

By SIDNEY SNOW



JELLY CAKE—rolled in an old fashioned roll—one of the earliest of American cakes and one of the nicest. As youngsters we all gazed spell bound into the bakery windows and looked longingly at the brave display of cakes. But one and all, could we have had a free hand at helping ourselves, would no doubt have taken the rolled jelly cake first of all. It looks like a formidable undertaking to turn it out at home—but follow these rules and nature will take its course.

OLD FASHIONED JELLY ROLL

¾ cup sifted cake flour
¾ teaspoon baking powder
¼ teaspoon salt
4 eggs
¾ cup sifted sugar
1 teaspoon vanilla
1 cup any flavor jelly

Sift flour once and measure. Combine baking powder, salt and eggs in bowl. Place over smaller bowl of hot water and beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light colored. Remove bowl from hot water. Fold in flour and vanilla. Turn into pan, 15x10 inches, lined with greased paper, and bake in a hot oven 400 F. for 13 minutes. Quickly cut off crisp edges of cake. Turn from pan at once onto cloth covered with confectioners' sugar. Remove paper. Spread with jelly and roll. Wrap in cloth and cool on rack.

French Toast For Ideal Breakfast

When the question arises as to what to serve for breakfast, something not difficult to make but something good, here is a suggestion that has probably slipped the mind and is ideal.

FRENCH TOAST

1 egg
⅛ teaspoon salt
powdered sugar
1 scant cup milk
5 slices bread
cinnamon or nutmeg

Beat the egg and add salt and milk. Dip ½ inch slices of bread from which the crust has been removed, into the mixture, and fry in a buttered frying pan, turning to brown on both sides. Place on a hot platter and sprinkle with powdered sugar and a light dusting of cinnamon or nutmeg. Or serve with maple syrup.

A Reward For The Housewife Who Canned Peaches

The housewife who canned peaches during the summer can find a good use for them in this grand canned peach pie that will be the delight of the winter months:

CANNED PEACH PIE

1 quart canned peaches
¼ cup sugar
1 teaspoon lemon juice
1-3 cup cream
1 tablespoon butter
pastry

Line a deep greased pie plate with pastry, lay in halves of canned peaches, sprinkle with sugar and dot with butter. Bake in a hot oven for 30 minutes. Mix the cream and lemon juice and pour over the fruit. Finish the baking 10 minutes longer in a moderate oven.

Popularity Of Tomatoes Reaches New Height

The popularity of a tomato is such that it can be served in every manner possible quite to the satisfaction of evreyone. Here is a tasty way that will make a grand luncheon dish:

TOMATOES IN CREAM

6 medium sized tomatoes
flour
1 teaspoon sugar
1 teaspoon salt
¼ teaspoon pepper
butter
1 cup cream
toast

Wash and cut the tomatoes in halves crosswise. Combine the flour, sugar, salt and pepper and mix well. Dip sliced tomatoes in this mixture. Fry in hot butter until golden brown. Add the cream and cook about 3 minutes. Serve on toast, garnished with sprigs of parsley.

An Avocado Tempts Imagination and Appetite

When one walks through the heavily-laden markets today and the eye lights on the plump green avocados, the urge to eat one is over-powering. Thye have that "come-get-me" look that few can resist. Once the Avocado is purchased, the question arises as to just how to eat it. They are good just cut in half and served with French dressing, or better yet, when fixed like this:

AVOCADO SALAD

1 Avocado pear
2 slices pineapple, fresh or canned
1 teaspoon salt
¼ teaspoon paprika
2 tablespoons lemon juice
1 teaspoon lime juice
lettuce

Peel alligator pear and cut pulp in small pieces. Cut pineapple in cubes. Have twice as much pear as pineappl. Arrange on crisp head lettuce leaves. Mix the rest and pour over fruit.

Or cut in half, pare, remove stone, fill center with French dressing.

Lilly White's Creole Soup



Dear Miss Wilma:

Ah noes dat up Noth de wether be gettin good an cold and yo all'll be eatin soup all de time now. Ah wants to gib yo one ob ma speshul good ways ob makin soup what all do folks likes. Ah jes chops up one tablespoon ob green pepper finelike, an wit it ah chops up one tablespoon ob red pepper an den ah melts one tablespoon ob butter an adds de peppers to it, den ah adds one tablespoon ob flour and mixes dem all good. Then ah adds one an a half cups ob soup stock and one cup ob tomato pulp and puts it on de fire and stirs all de time until it boils. Den ah lowers de heat an covers de pan an let it cook for bout twenty minutes. Den ah strains it into another pan an seasons it with salt and pepper and then ah adds one half a cup ob corn and heats it agin an serves it good an hot.

Hopin you is de same,
Your humble servant,
LILLY WHITE.

For removing rust stains on white clothing, soak the spot with lemon juice, then cover with salt. Let stand in the sun for several hours, or, until stain disappears. Rinse thoroughly.

The Grape

The grape has an interesting botanical history. Its tendrills represent a transformed flower stalk. Occasionally, the wild grape will bear a flower, a cluster of flowers, or even fruit, on the coil of wiry tendrills.

Blacksnakes Lay Eggs

Common blacksnakes are oviparous (egg laying). The difference between the two models of reproduction is in the retention of the egg for a longer or shorter time in the body of the mother.

Origin of Damask

Not many know that the word "damask" comes from the ancient city of Damascus, where elaborate designs were woven into silk, making the city famous for such patterns.

Tree With a "Handle"

The "tree with a handle" is near Madisonville, Tenn. A small limb of this tree, by some freak, has practically completed a circle and grown back through the trunk.

Mountain of Westphalia

Koppenberg refers to the mountain of Westphalia to which the Pied Piper led the children when the people of Hamelin refused to pay him for killing their rats.



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