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 prunes, ready to eat cereal, scrambled eggs, broiled bacon, corn bread, coffee or cocoa. Lunch—Anchovy salad, canned corned beef hash, cheese cake, tea or milk. Dinner—Shrimp cocktail, broiled chicken, baked sweet potatoes, buttered brussels sprouts, artichoke salad, Lemon meringue pie, coffee.

TUESDAY

Breakfast—Chilled grapefruit, hot oatmeal, with cream, fried eggs and bacon, bran muffins, coffee or cocoa. Lunch—Hat consomme, creamed chipped beef on toast, pineapple salad, cup cakes, tea or milk. Dinner—Split pea soup, roast saddle of lamb, browned potatoes, buttered peas, dressed lettuce, molded chocolate pudding with whipped cream, coffee or beer.

WEDNESDAY

Breakfast—Sliced bananas with ready to eat cereal, baked eggs with cheese, buttered toast, coffee or cocoa. Lunch—Macaroni with ground beef and tomato sauce, lettuce and cucumber salad, fruit compote, cookies, tea or milk. Dinner—Roast loin of pork, apple sauce, mashed potatoes, broccoli hollandaise, mixed green salad, cherry angel food cake, coffee.

THURSDAY

Breakfast—Chilled melon,hominy with cream, scrambled eggs with smoked beef, buttered toast, coffee or cocoa. Lunch—Individual lamb pie with pastry crust, creamed onions, lettuce salad, pumpkin tarts, tea or milk. Dinner—Corned beef and cabbage, boiled potatoes, turnips, onions, carrots, avacado salad, steamed date pudding, coffee or beer.

FRIDAY

Breakfast—Stewed apricots, steamed rice with butter-sugar-cinnamon, poached eggs on toast, coffee or cocoa. Lunch—Vegetable soup, open-faced tuna sandwiches, cole slaw, egg custard with caramel sauce, tea or milk. Dinner—Oyster cocktail, shrimp Creole with rice ring, smothered cabbage, mixed green salad, fluffy mocha cake, coffee.

SATURDAY

Breakfast—Sliced oranges, ready to eat cereal, buckwheat cakes, country sausage, coffee or cocoa. Lunch—Broiled tripe, lyonnaise potatoes, shredded lettuce, apple tarts, tea or milk. Dinner—Cold consomme, kidney saute, fried grated carrots, baked potatoes, lettuce and cucumber salad, apple sauce cake, coffee.

SUNDAY

Breakfast—Fresh figs in cream, ready to eat cereal, plain waffles, fried bacon and eggs, maple syrup, coffee or cocoa. Dinner—Cream of celery soup, roast rib of beef, oven browned potatoes, brussels sprouts, cold salad, stuffed celery, olives and assorted pickles, mince meat pie with hard sauce, coffee. Supper—Welsh rarebit, raisin bread, fruit cup, coffee or tea.

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

Lilly White's Buttermilk Muffins

Dear Miss Wilma:

Ah'm jest so thankful dat Ah cain't writ well, but dis year None ob yo all will be aroun to be scarin me on Hallowe'en like yo allus do. Yo an yo tic-tac-toes on de windows. Ah cain't understan how come Ah warn't scared skinny instead ob gettin all dis fat on my bones. Jes to show yo that Ah'm not relly mad though Ah'm gonna gib yo ma pet recipe fo de butter-milk muffins an Ah jes neber did think Ah'd gib it to anyone. De sekret is dat Ah creams together 2 aiggs and 1 tablespoon ob granulated sugar an den Ah adds 1 quart ob buttermilk and den 4 cups ob sifted flour and 2 tablespoons ob corn meal an 1 teaspoon ob soda an 1 teaspoon ob salt which Ah done sifted together. Den Ah beats it all hard fo a minut and bakes em in a good hot oven fo about 20 minutes. On dis new kinds stove Ah got me it says to put de oben at 400 F. which be hot.

Hopin yo has a nice Hallowe'en, Ah, remain, your, humble servant.

LILLY WHITE.

New England Clam Chowder

New Englanders have a style of cooking and a knack that just can't be found in any other part of the country. Their foods are perhaps a little heavier than other sections, but one can't say that it isn't positively delicious and a great treat. Take for example, New England Clam Chowder, is there anyplace in the country where one can find such delicious chowder? Of course, even up there, one will find several ways for its preparation, among them this one:

CLAM CHOWDER

1 doz. large chowder clams
2 ounces bacon
1 tablespoons flour
1 small onion
1 quart milk
1 potato
Pepper

Strain the juice off the clams through a cheesecloth and set aside. Put the clams and the onion through a meat grinder. Cut the bacon in two or three pieces and put in a pan over the fire; when done, remove it, leaving the grease in the pan. Into this grease put the ground clams and onion, and let cook for 6 minutes or so; then sift in the flour, and when thouroughly mixed, add strained clam juice and finely diced potato. Simmer very gently for 15 minutes in covered pan.

Bring very fresh milk to a boil, add a little pepper, and pour into tureen where you have just put the clam mixture. Mix well and serve with crackers.

Here Are Hallowe'en Cookies Making Faces At The Spooks

By SIDNEY SNOW

WHEN the witches and the black cats and the goblins and the hob-goblins and all the other weird spooks go zipping and whizzing about on Hallowe'en and the ancient mysteries peek up out of a long forgotten age of myth, modern boys and girls may safely poke fun at them.

But it is just as well, when the fateful eve comes around, to be fortified with a large platter of special Hallowe'en cookies with cryptic decorations making faces at the ghostly shades and shadows.

Here is a job which calls for the finest talents of both mother and the children. It takes as many hands as possible to produce the most effective and delicious

SPOOK COOKIES

Mother's part of the Job

Assemble

½ cup butter
½ cup peanut butter
½ cup granulated sugar
½ cup brown sugar
1 egg, well beaten
1¼ cups sifted flour
¾ teaspoon soda
½ teaspoon baking powder
¼ teaspoon salt

Then, cream the butter and the peanut butter together. Add sugar gradually and cream thoroughly. Beat the egg and add to the mixture. Sift the flour, soda, baking powder and salt together and add to the mixture. Then chill the dough thoroughly. Form into balls the size of walnuts. Place the balls on lightly greased baking sheets. Flatten with fork dipped in flour. Bake in a quick, moderate oven, at 375 degrees about ten to twelve minutes. This should make 48 to 50 cookies.

The Children Now Start in

Make up your favorite white frosting and frost the cookies.

While the frosting is still soft, place in the center a chocolate covered mint wafer about the size of a twenty-five cent piece. Or spread a "blot" of chocolate, which is made by melting some ordinary chocolate over hot water.

Then, using the "blot" as the body, take a tooth pick and paint chocolate heads, ears, tails and legs onto the body to complete the cat. Little turtles, spiders and many other "spooky" beasties may find their places on top of the cookies, and set away to dry, come evening.

Denver Sandwiches For "Off Feed" Days

There comes a time in the lives of all men, women and children when the appetite just won't be satisfied. Nothing sounds good, yet they are hungry. This is more apt to take place at lunch than dinner and when it occurs, the housewife is at her wits end to think of something that will just hit the spot. She can rest her mind however, for here is a suggestion that is sure to please.

DENVER SANDWICHES

1 pound chopped raw ham, not ground
2 eggs
1 teaspoon onion juice
2 teaspoons chopped parsley
1 tablespoon butter
Pepper
Hot buttered toast

Mix the ham, onion juice, parsley, beaten eggs, and a generous amount of pepper. Heat the butter in a frying pan; pour in the mixture, and fry. Spread on hot slices of buttered toast and serve immediately.

The Special Dish of Men

There are some people, and they areu sually the men, to whom the fall season can mean but one thing. Weather cool enough to return to that old favorite, Brunswick Stew. Pretty soon, the men will start gathering at homes for a Saturday afternoon of cards and supper and said stew is the ideal thing to serve.

BRUNSWICK STEW

1 pound brisket of beef, cut
4 pounds stewing chicken, cut
2½ quarts boiling water
¼ pound bacon, diced
1 pint lima beans
1 pint fresh or canned corn
3 tomatoes, quartered
3 potatoes, diced
1 small onion, diced
1 tablespoon salt

Salt meat, add paprika, let stand ½ hour. Fry bacon, add onion, cover, cook slightly. Add meat and chicken, brown all over, pour on boiling water. Let come to the boiling point, reduce heat, cover and cook slowly 2 hours. Add rest of ingredients and 1 cup chopped okra if desired, and cook 1 hour longer or until tender. Season to taste.

For Those Who Will Not Entertain

A Lantern Salad Gives Gala Air To Family Dinner

Those who will not be giving Hallowe'en parties can still celebrate the occasion by dressing up at least one of the dinner dishes in the spirit of the day.

A simple, yet very attractive part of the menu might be a Lantern Salad which will be boh attractive and oh—so good.

To make this Lantern Salad chill thoroughly halves of peaches or pears If the latter is used, remove a slice from the smaller end so that the half will stand upright, and put together with a filling of cream or cottage cheese and chopped nuts. Arrange on nests of crisp lettuce on well chilled salad plates. Top with a chocolate cookie and a marshmallow, or a marshmallow, or a chocolate drop placed on a mint. You may use whatever material you have on hand for the faces. Cloves are perhaps the easiest, although it is easy to cut gashes for eyes, nose and mouth and insert bits of candy. A bit of pimento mouth.

Hot Breakfast For Autumn Mornings

The say that variety is the spice of life, and next to variety—novelty. Keeping both these things in mind, here is a recipe that will probbaly just fit the role.

Autumn and winter months can for hot breakfasts, larger than those we have been eating these past few months. We therefore turn to griddle cakes and waffles steaming hot and served with a delicious syrup.

BREAD-CRUMB PANCAKES

1 cup bread crumbs
2 cups milk
⅛ teaspoon salt
2 teaspoons baking powder
flour
1 egg

Roll stale bread into coarse crumbs, and set to soak overnight in the milk. In the morning add salt, well beaten egg, enough flour to make a soft batter and the baking powder. Beat together, and fry in small cakes on a greased griddle.

SUNDAY DINNER *Suggestions*

By ANN PAGE

NATIONAL Apple Week heralds an unusually large crop of America's favorite fruit. Florida oranges are now arriving in quantity and quality so that oranges are cheaper than in many months. Grapefruit is plentiful.

Spinach is an outstanding fall vegetable. Salad greens are plentiful and cheap as are most underground vegetables. The cabbage family also flourishes in the fall.

Slightly lower meat prices with the exception of beef are expected this week. Grade B eggs and cheese continue to be excellent values.

Seasonable foods make up the following menus.

Low Cost Dinner
Shoulder Lamb Chops
Baked Potatoes
Creamed Carrots
Bread and Butter
Apple Betty
Tea or Coffee Milk

Medium Cost Dinner
Roast Pork Apple Sauce
Browned Potatoes Brussels Sprouts
Bread and Butter
Orange Spanish Cream
Tea or Coffee Milk

Very Special Dinner
Stuffed Celery
Roast Chicken Giblet Gravy
Mashed Sweet Potatoes and Turnips
Spinach
Cranberry Sauce
Green Salad
Rolls and Butter
Hot Baked Apples with Mincemeat Filling
Coffee Milk

Hot Off The Griddle

ESTHER DONLAN

Vases and bottles are easily cleaned by using wads of soft paper and warm water. The paper may take the place of mops and brushes that often are too big for the vase. Rinse well. Tip upside down to dry and to let air pass into bottle.

Steel knives should first be cleaned to remove grease. Remove stains by rubbing with cork or a wad of soft paper dipped in a fine bath brick or other fine scratch material.

Stained towels can be whitened by washing and then putting to boil in cold water and soap. Boil five minutes. This bleaches them.

Very handsome dishes should be stored with circles of paper between each plate.

Grease should never be poured down a drain pipe, it causes clogging and odor and invites vermin. Just for safety first, it is well to run boiling water down the pipes every day or so.

Because molded aluminum is lighted and thinner, food in pans of this material is more likely to burn.

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