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

There's Nothing Like Home Made Candy

By SIDNEY SNOW

WHAT with the holiday seasons looming up ahead—Hallowe'en, Thanksgiving, Christmas and the New Year—what with the puzzling out of pleasing and economical gifts to plan—now, what is nicer than an assortment of home made candies packed neatly in a plain or fancy box or basket. For a small amount of money and an assortment of ingredients from the nearby store, the gift problem for the holidays solves itself. And "something that you made yourself" is sure to carry a pleasing added touch. Here we picture a variety of good, fine-eating candies— planned for making right in your own kitchen without special "gadgets" and with the ingredients you can buy "right around the corner."

In the making of home made candies, the fondant is an ingredient of prime importance and in its making the home candy maker may well spend time in practice and become as nearly perfect as possible. The ability to make good creamy fondant is the key to successful home candy making since it enters in the making of so many different pieces.

To make a pound of fondant, assemble:

2 cups sugar
2 tablespoons light corn syrup
1¼ cups water
1 teaspoon vanilla

Combine sugar, water and corn syrup. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Cook, covered, for three minutes. Uncover and continue cooking without stirring, until a small amount of mixture forms a soft ball in cold water. Now and then wash down the sides of the pan with a wet cloth.

Remove from fire and pour onto cold, wet platter. Cool to lukewarm and beat with a paddle or spatula until white and creamy. Add vanilla and knead until smooth. Store in tightly covered jar and let it ripen for several days before using. If fondant begins to dry out, cover with damp cloth.

When ripe and ready for use, take part of fondant and add chopped fruits or chopped nuts, knead into desired small shapes and dip in chopped nuts or roll in coconut.

Or melt fondant in upper part of double boiler, keeping water in lower part just below boiling point. Add any desired flavor and color. Drop from tip of teaspoon onto waxed paper and form thin wafers as in the illustration. Mint, winter-green and lemon are popular flavors, while many prefer just plain vanilla.

SUGARED PECANS

Have ready:

½ cup granulated sugar
½ cup maple or maple style syrup
1 cup pecan meats

Then:—Boil sugar and syrup together until a small amount makes a soft ball in cold water. Remove from fire and cool to luke warm. Beat until mixture begins to thicken. Then drop in one piece of pecan at a time, coat with the mixture, remove with a fork and drop on sheet of waxed paper. If syrup thicken too much before dipping is finished, thin slightly with a little hot water.

CHOCOLATE NUT FUDGE

Have ready:

2 squares unsweetened chocolate (broken up)
2-3 cup milk
2 cups granulated sugar
2 tablespoons butter
1 teaspoon vanilla
pinch salt

Add the chocolate to the milk and place over low fire. Cook until smooth and blended, stirring constantly. Add sugar and salt, and stir until sugar is melted and mixture boils. Continue cooking, without stirring, until a small amount of the mixture makes a soft ball in cold water. Remove from fire. Add butter and vanilla. Cool to lukewarm and then beat until mixture begins to thicken and lose its gloss. Pour at once into a greased pan, about eight by four inches. When cold, cut into squares. This is a grand confection.

COCONUT CHERRY DIVINITY

Have ready:

2 cups sugar
2-3 cup water
½ cup light corn syrup
2 egg whites, stiffly beaten
½ can of shredded coconut, toasted and crumbled
1 teaspoon vanilla
¾ cup candied cherries, sliced thin
dash of salt

Cook half a cup of sugar and a third of a cup of water together until a small amount of syrup forms a moderately firm ball in cold water. Cook the rest of the sugar, water and syrup together until a small amount forms a hard ball in cold water.

Remove the first syrup from fire, cool slightly, and pour slowly over egg whites, beating all the time until mixture loses its gloss—about two minutes of beating. Now add slowly the second syrup, beating as before. Fold in cocoanut, vanilla, cherries and salt, and turn immediately into buttered pan, eight inches square. Cool until firm. Cut into pieces about an inch square or slightly oblong. Roll in toasted coconut or leave plain. Makes about 40 pieces.

Lilly White's Sweet Potatoes With Black Walnuts; Marshmallows

Dear Miss Wilma:

Now dat de season when every one be eatin sweet potatoes is heah all de women folk are looking for nice diffrunt ways to be fixin dem. Dis way be one ob ma favoritest an so far do folks likes it. Ah always buys de sweet potatoes bout de same size an fo dis head recipe ah uses six potatoes and ah boils dem, an den drains and peels dem an cuts dem in pieces about one inch long and one-half inch thick. Ah places a layer of de potatoes on de bottom ob a buttered bakin dish an sprinkle dem good wit one-quarter cup ob grated black walnuts an one-quarter teaspoon salt an one-quarter cup ob butter. Den ah adds another layer ob de potatoes an walnuts and salt an butter. Den ah adds one-half teaspoon ob vanilla an one cup ob sugar an one-quarter teaspoon ob cinnamon. Den ah place it in a slow oven about 350 F. for 30 minutes. When de 30 minutes are over ah takes out de potatoes an covers dem with six marshmallows an puts dem back in de oven an cooks for another 15 minutes, or browned.

Hopin yo is de same,
your humble servant,
Lilly White

Broccoli In A Grand Garb

Broccoli, no matter whether served hot or cold is never quite the same without a fine tasting sauce as with one. Not that it isn't a very excellent vegetable, it's just one of those things that requires something as an accompaniment, whether it be Hollandaise sauce or prepared as follows:

BROCCOLI WITH VINEGAR SAUCE

1 teaspoon salt
¼ teaspoon paprika
¼ teaspoon pepper
1 teaspoon lemon juice
2 tablespoons vinegar
1 tablespoon chives
6 tablespoons olive oil or butter
1 tablespoon minced cucumber pickle.
1 tablespoon chopped parsley.

Cut off the tough stalk and coarse leaves from the broccoli. Steam or cook uncovered in boiling water from twenty to thirty minutes. Add salt while cooking. Combine all the other ingredients. Heat and serve hot over the broccoli.

SUNDAY DINNER Suggestions

By ANN PAGE

THIS week we can enjoy a beef roast or steak dinner, for beef prices are lower than they have been for some time. Pork and veal prices are a little lower too. In poultry, ducklings are low, roasting and frying chickens are moderate. Due to heavy storms this past week, the supply of fresh fish may be limited.

There are many inexpensive fruits and vegetables, notably grapefruit, oranges and grapes, carrots, spinach, parsnips, beets and pumpkins. Lettuce and other salad greens are plentiful and cheap.

Fresh eggs are scarce and high. Storage eggs, however, are plentiful, of excellent quality and are moderately priced.

The following menus are planned to use foods in season.

Low Cost Dinner

Braised Spare Ribs with Sauerkraut
Mashed Potatoes Buttered Carrots
Bread and Butter
Apples Baked with Brown Sugar
Tea or Coffee Milk

Medium Cost Dinner

Roast Chuck of Beef with Gravy
Browned Potatoes Creamed Onions
Orange and Grapefruit Salad
Bread and Butter
Pumpkin Pie
Tea or Coffee Milk

Very Special Dinner

Broiled Grapefruit Halves
Sirloin Steak with Mushrooms
Baked Potatoes Broccoli
Lettuce with Cheese Dressing
Rolls and Butter
Caramel Custard with Date Cookies
Tea or Coffee Milk

STRANGE EXPERIENCES NO ONE CAN SOLVE

An absorbing story relating accounts of puzzling things that happen which science has never been able to fathom. One of many fine features in the November 14th issue of the American Weekly, the magazine distributed with the BALTIMORE SUNDAY AMERICAN. On sale at all newstands.

Many Uses For Mashed Potatoes

A few years ago one was apt to excuse mashed potatoes if an occassional lump was found, but now, with all the fancy ricers and mashers there is no excuse at all.

Mashed potatoes are used as a garnishing in a very attractive way. One will occasionally see them piped in a pretty border around planked fish. Or Oin rosettes on chops. But as an companimen tto meat they are at their best, either plain mashed or mashed and baked like this:

MASHED POTATOES, BAKED

2 cups cold mashed potatoes
2 tablespoons melted butter
2 eggs
1 cup milk or cream
Salt and pepper

Stir the butter well with the potatoes, add the eggs, beaten stiff and then the cream. Season to taste. Beat all together well, place in a buttered pudding dish and bake in a quick oven until brown and serve immediately.

Menu Of The Week

MONDAY

Breakfast—Stewed rhubarb, ready to eat cereal, soft boiled eggs, toasted English muffins, marmalade, coffee or cocoa. Lunch—Chicken liver omelet, green salad, melba toast, cheese and crackers, tea or milk. Dinner—Larded tenderloin of beef, baked potatoes, buttered string beans, sliced tomatoes with French dressing, cocoanut custard pie, coffee.

TUESDAY

Breakfast—Grapefruit, ready to eat cereal, ham and eggs, buttered raisin toast, coffee or cocoa. Lunch—Boiled beef, horseradish sauce, vegetable garnish, romaine salad, apple tarts, tea. Dinner—Dutch oven lamb chops, buttered noodles, smothered carrots, cucumber salad, German apple cake, coffee or beer.

WEDNESDAY

Breakfast—Chilled melon, hot wheat cereal, poached eggs on toast, broiled sausages, buttered toast, coffee or cocoa. Lunch—Creamed chipped beef on waffles, apple salad, cup cakes, tea or milk. Dinner—Chicken fried steak, mashed potatoes, creamed peas and carrots, cole slaw, Brie cheese and toasted crackers, coffee or beer.

THURSDAY

Breakfast—Stewed pears, ready to eat cereal, Scrambled eggs with minced ham, hot biscuits with marmalade, coffee or cocoa. Lunch—Cheese souffle, dressed lettuce, chocolate ice box cake, tea or milk. Dinner—Roast leg of veal, browned mashed potatoes, Brussels sprouts, Hearts of lettuce with French dressing, chocolate bread pudding, coffee.

FRIDAY

Breakfast—Bananas with ready to eat cereal and cream, coddled eggs, hot muffins, jelly or jam, coffee or cocoa. Lunch—Macaroni and cheese en casserole, cole slaw with pineapple, vanilla ice cream, tea or milk. Dinner—Clam chowder, baked stuffed lobster, shoe string potatoes, string beans, shredded carrot salad, cherry cobler, coffee or beer.

SATURDAY

Breakfast—Baked apples with cream, ready to eat cereal, ham and eggs, buttered toast, coffee or cocoa. Lunch—Calves liver and bacon, canned asparagus tip salad, peach Melba, tea or milk. Dinner—Roast tame duckling, apple sauce, sweet potatoes southern style, canned asparagus with mustard sauce, coffee ice cream, cakes, coffee or beer.

SUNDAY

Breakfast—Orange juice, ready to eat cereal, eggs Benedict, coffee or cocoa. Dinner—Small lobster Newburg, roast chicken, French fried potatoes, artichokes Hollandaise, assorted olives, celery, relish, Angel cake with pistachio ice cream, coffee. Supper—Chili con carni con frijoles, toasted crackers, sliced tomatoes, assorted cakes, coffee or tea.

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

Hot Off The Griddle

ESTHER DONLAN

To remove finger marks from painted wood, moisten a soft piece of cheesecloth with clean water. Rub off the mark and wipe dry with second cloth.

When drying clothes, hang them straight, placing like garments together on the line This organizes it for sprinkling.

Lumpy or wrinkled ironing board covers will mark silks, wollens and articicial fabrics.

It is well to know how to remove stains from fresh table linen. This is for all fruit stains except peach. First place a bowl under the stain. Then pour boiling water through stained linen. Wipe off excess water after stain is gone. Shape linen and when half dry, press with warm iron to glaze linen.

Chamois or washable gloves may be washed on wearer's hands, or laid flat on the basin and scrubbed. Use a soft brush and soap suds with cool water.

Every time a washing machine is used it should be rinsed with hot water and wiped dry. Wipe wringers dry and loosen rolls.

Ironing boards should be clean and smooth. Wash and bleach them to save garments.

To clean an electric iron, use no water as it causes short circuits. Use beeswax, saltfi or abrasive cleaner with a soft crushed paper.

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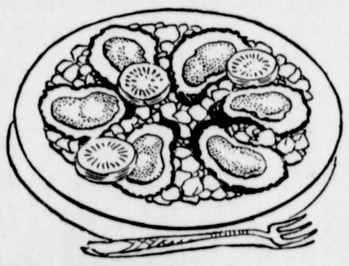
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