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—Orange juice, ready to eat cereal, French toast with maple syrup, country sausage, coffee or cocoa. Lunch—Hamburger patties with Fried onions, shredded lettuce with Russian dressing, cup cakes, tea or milk. Dinner—Roast leg of veal, mashed potatoes, string beans, cucumber boat salad, chocolate cream pie, coffee or beer.

TUESDAY Breakfast—Stewed prunes with cream, ready to eat cereal, creamed chipped beef on baked potatoes, coffee or cocoa. Lunch—Creamed eggs in patty shells, buttered peas, tomato salad, plum rolls, tea or milk. Dinner—Veal pot pie with vegetables, mixed green salad with French dressing, cottage pudding, coffee or beer.

WEDNESDAY Breakfast—Baked apples with cream, hot corn meal mush, plain waffles, syrup or jam, broiled bacon, coffee or cocoa. Lunch—Fall fruit salad, deviled ham sandwiches, ice cream cake, tea or milk. Dinner—Fried chicken, country style, au gratin potatoes, cauliflower with cheese sauce, escarole salad, chocolate pudding, coffee.

THURSDAY Breakfast—Bananas with ready to eat cereat, fried corn meal mush with syrup, coffee cake, coffee or cocoa. Lunch—Spanish omelet, chicory salad, hot gingerbread with whipped cream, tea or milk. Dinner—Ham and scalloped potatoes en casserole, Brussels sprouts with lemon sauce, asparagus tip salad, spice cake, coffee.

FRIDAY Breakfast—Grapefruit, ready to eat cereal, scrambled eggs with cod fish, toasted biscuits, jelly or jam, coffee or cocoa. Lunch—Clam chowder, fried scallops, shoe string potatoes, vanilla ice cream, tea or milk. Dinner—Broiled bluefish, lyonnaise potatoes, creamed peas and carrots, baked egg plant, hearts of lettuce. egg dressing, tapicoa cream, coffee.

SATURDAY Breakfast—chilled grapes, ready to eat cereal, griddle cakes, frizzled ham, buttered toast, coffee, or cocoa. Lunch—Canned asparagus Hollandaise on toast, sliced tomatoes, melba toast, cup custard, tea or milk. Dinner—Braised sweetbreads au jus, Olivette potatoes, buttered beets, Romaine salad with Roquefort cheese dressing. butterscotch pie, coffee.

SUNDAY Breakfast—Fresh figs in cream, ready to eat cereal, grilled kidneys on curried toast, fried eggs, buttered toast, coffee or cocoa. Dinner—Oysters on half shell, onion soup, Roast leg of lamb, mint jelly, stuffed celery, roasted potatoes, creamed spinach, French pastry, coffee. Supper—Bacon waffles with syrup or jelly, broiled bacon, coffee.

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

Delicious Mushroom Soup

A small cup of soup at the beginning fo the evening meal, or a large bowl of soup to be the main dish of a luncheon is a very fine thing indeed, it stimulates the appetite when served in small portions and completely satisfies when served in a large bowl accompanied by crackers and a choice salad. Here is a soup that is the last word in tastiness.

MUSHROOM SOUP

½ pound mushrooms
1 pint milk
½ pint cream
Salt and pepper to taste
2 tablespoons flour
2 squares butter

Cut the mushrooms in small pieces ando boil in salted water for twenty-five minutes. Heat milk and cream, add mushrooms, a little of the essence, add thickening (flour, pepper, salt and butter; melt butter add flour and salt to taste.) When all boils, add chopped parsley. If only cream is used in place of milk it will be much richer. When serving add a little whipped cream on top of each cupful.

Eggs In Baked Potatoes

There are some people who's breakfast consists of a cup of coffee and a piece of toast. This may be alright for the person who is required to eat an early breakfast, before they are quite awake.

Here is a little different way of having potatoes and eggs:

EGGS IN BAKED POTATOES

6 potatoes
6 eggs
6 tablespoons grated cheese
6 teaspoons butter

Bake the potatoes, cut off the top and remove half of the inside of the potato, in its place drop a raw egg, salt, cayenne pepper, 1 tablespoon cheese in each and 1 teaspoon butter. Put back into a hot oven and bake for 4 minutes.

Hot Off The Griddle

ESTHER DONLAN

Any vacuum cleaner works best when moved slowly and evenly and in direct contact with the article to be cleaned.

Cleaning a refrigerator is something that should be done every week or so. First move all food and racks, then wash the racks with ammonia and water, wash all compartments with ammonia and water, rinse and wipe dry. Cool, and then replace food.

Washing a few dishes at a time, saves chipping.

Ivory handles should be held in the hand to wash them, because grease, hot water, and strong soaps discolor ivory and bone.

Each piece of cut glass should be washed separately to prevent dulling the edges. For fine pieces, place a pad in the bottom of the dish-pan.

To clean electric burners, turn on the heat long enough to burn off all spilled food. Then brush lightly with steel or copper wire brush. Polish nickel or chromium with moistened cloth dipped in whiting or fine non-abrasive powder. Remove polish with a damp cloth and then rub until bright and clean. No water should be used as it causes a short circuit of electricity.

LILLY WHITE'S CANDIED CARROTS



Dear Miss Wilma:

Ah knos lots a times der are women folk what wants to hab sumpin speshul fo dinenr in de way ob a vegetable na Ah guesses Ah knos jes about de best one der be. Ah fixes it sometime insted ob sweet tatrs an it be one ob de ways Ah's alus git yo kids to et yo carrots. Ah boils me six medium big carrots an den scrape dem and cut dem in little strips like yo alus does fo French fried taters an mix in a bakin dish a half cup ob water and a cup ob brown sugar and two tablespoons ob butter an warms dem in de oven to make a syrup. Dem Ah puts in de carrots so dat de syrup covers de carrots an bakes em until de be good an candied.

hopin yo is de same,
your humble servant
LILLY WHITE

Spice Cookie Season

One usually associates the fall of the year with spicy foods, it is therefore very appropriate at this time to make spice cookies for that cookie jar on the shelf. Make some soon and make then like this:

SPICE COOKIES

4 eggs
1 pound brown sugar
1 pound flour
1 teaspoon cinnamon
1 teaspoon alspice
1 teaspoon cloves
A little grated nutmeg
Grated rind of 1 lemon

Beat the whole eggs with the brown sugar until very light, add the flour into which have been sifted the spices. Mix well and roll out on a floured cake board, cut into squares or with fancy cutters. Bake in a moderate oven. If icing is desired, use some of the juice of the lemon stiffened with confectioners' sugar.

SUNDAY DINNER Suggestions

By ANN PAGE

TURKEY prices have dropped several cents in the past week which promises well for Thanksgiving. Other meat prices, with the exception of lamb, are either unchanged or a little lower.

Fresh eggs continue to be scarce but an abundant supply of fine quality storage eggs are available at low cost. Butter prices promise to be higher before they can be lower. Cheese is an excellent and inexpensive food.

The Florida orange season is progressing in quality as well as quantity. Grapefruit, apples, bananas, grapes, pears, chestnuts and pecans make fruit markets appealing to the shopper. Outstanding vegetables are broccoli, cauliflower, cabbage, Brussels sprouts, celery, lettuce, potatoes, spinach and yellow turnips.

Seasonable foods make up the following menus.

Low Cost Dinner
Pot Roast of Beef Potatoes
Sweet-sour Red Cabbage
Bread and Butter
Tapioca Cream with Bananas
Tea or Coffee Milk

Medium Cost Dinner
Roast Duck with Apple Raisin Stuffing
Browned Potatoes Broccoli
Bread and Butter
Orange Spanish Cream
Tea or Coffee Milk

Very Special Dinner
Fruit Cup
Roast Pork Apple Sauce
Mashed Sweet Potatoes
Brussels Sprouts
Salad of Mixed Greens
Rolls and Butter
Frozen Orange Custard Cup Cakes
Coffee Milk

Here's A Grand Party Dish Planked Steak With Trimmings

By SIDNEY SNOW



PLANKED STEAK is generally an expensive dish served in the finer restaurants and most housewives nimbly side-step this apparently difficult dish. However, once you supply yourself with a suitable plank from your household supply store, and then follow these simple rules, this creation of the fine chefs will become a frequent visitor in your own home, especially for "company" or "party" dinners.

PLANKED STEAK

A planked steak is a very special way of serving the ever-popular broiled steak.

To prepare it, broil the steak as usual. That is, place it on a broiler rack in a thoroughly preheated broiler oven, so that the top of the steak is about 3 inches from the flame. When the steak becomes nicely browned on one side, season it with salt and pepper, then turn and brown on the other side. Place it on the center of a wooden plank, place around it spinach cups filled with diced carrots, and pipe a border of mashed potatoes around the edge. This is done by forcing mashed potatoes through a pastry tube. Brush the mashed potato border with egg yolk and place the plank in the oven or under the broiler flame long enough to slighty brown the mashed potatoes. This requires only a few minutes, When the potatoes are slightly browned, remove the plank from the oven, season the steak with salt and pepper, dot with butter and serve immediately.

Muffins On eGrand Use For All Apples

With the markets filled with great rosy, and shiny green apples, the housewife is at her wit's ends just how to use them. They look too appealing to just let them sit there and not do anything about them so we buy some and bake a few, make a pie of others and then, if they're all used up, it will be well worth the time of buying others to make muffins like this:

APPLE MUFFINS

2 cups flour
¾ teaspoon salt
4 tablespoons sugar
2 tablespoons baking powder
2 tablespoons butter
1 cup finely chopped apples
1 egg
½ cup milk
½ teaspoon cinnamon
12 apple slices

Mix flour, salt, baking powder and half of the sugar. Cut in the butter with a fork. Add chopped apples, mix. Lightly and quickly add the beaten egg with the milk. Drop by spoonfuls in greased muffin pans. Place one slice of apple on each muffin, mix remaining sugar with the cinnamon, sprinkle this over top and bake iun a hot oven (about 400F.) for about 20 minutes.

WORTON

Mr. and Mrs. Frank Burris, Mr. and Mrs. Harry Burrsi and children, of Wilmington, were the guests of Mr. and Mrs. B. F. Rash and Mrs. Ethyl R. Cooper, Sunday.

Mr. and Mrs. Sewell J. Lee entertained Mrs. Laura Orrick, Mrs. Elizabeth Capels and Mr. and Mrs. Clifton Eelers, of Glyndon, Md., last week end.

Mr. W. T. S. Rasin entered the Kent and Queen Annes Hospital, Chestertown early Sunday morning and was operated on for appendicitis and at this time is doing nicely.

Mrs. Ralph P. Williams and Mrs. Mowbray Hadaway spent last week end with relatives in Baltimore.

Mr. and Mrs. Ira Ellis and little son, of Wilmington, visited Mr. and Mrs. James S. Matthews, Sunday.

Mr. and Mrs. Sherman Hanna, of Wilmington, spent last week end at the home of Mr. and Mrs. Frank Fogwell.

Mrs. Ross Wiltbanks and Mrs. Norman Baxter spent Monday in Wilmington.

Kay Booth Steel was the guest of her aunt, Mrs. James S. Matthews, over the week end.

Mrs. Marion Rash returned from a week's visit with relatives in Baltimore, Sunday.

Miss Stella Cleaner, of Chestertown, spent Tuesday with Mrs. S. J. Lee.

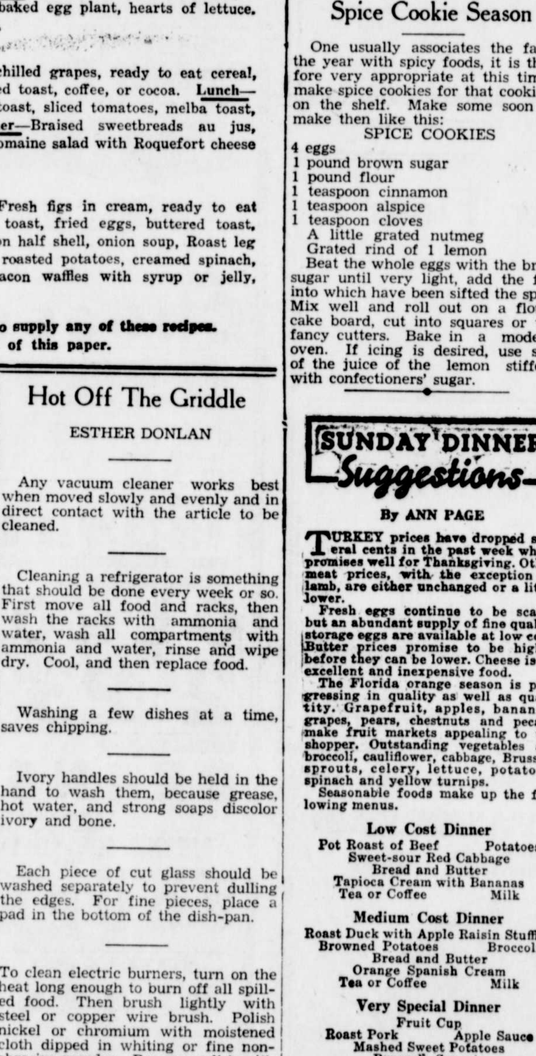
Mrs. Ada Wirts, of Rock Hall, is visiting at the home of Mr. and Mrs. B. F. Rash.

Mr. and Mrs. Romie Morris and family and Miss Elizabeth Morris left early Saturday morning for Miami, Florida, where they will spend the winter.

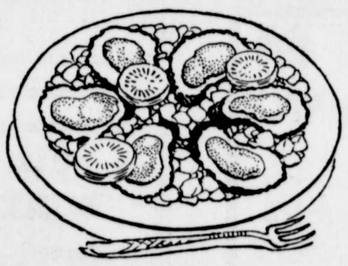
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