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 grapefruit, ready to eat cereal, ham and eggs, buttered toast, jelly or jam, coffee or cocoa. Lunch—Baked bean loaf with tomato sauce, canned asparagus tip salad with mayonnaise, fruit compote, brownies, tea. Dinner—Beef broth, stuffed pork chops, fried potatoes, mashed turnips, apple and celery salad, old fashioned jelly roll, coffee.

TUESDAY

[illegible] rice with butter-sugar and cinnam[illegible] pop-overs, coffee or cocoa. Lunch—[illegible] cheese sandwiches with bacon, ho[illegible] tea or milk. Dinner—Grilled grape[illegible] [illegible]ons, [illegible] egg salad, buttered noo[illegible] [illegible]mon pie with graham c[illegible] crust, coffee or beer.

WEDNESDAY

Breakfast—Orange juice, hot wheat cereral, scrambled eggs, frizzled ham, hot muffins, coffee or cocoa. Lunch—Canned corned beef hash with chili sauce, hashed browned potatoes, dressed lettuce, tapioca pudding, tea. Dinner—Rolled shoulder of lamb, pineapple-mint sauce, browned potatoes, butted peas, cabbage salad, applesauce cake, coffee.

THURSDAY

Breakfast—Stewed prunes, ready to eat cereal, buckwheat cakes, breakfast sausages, coffee or cocoa. Lunch—Grilled ham sandwiches, cole slaw, almond cake, tea or milk. Dinner—Clam broth, lamb croquettes, creamed peas and carrots, baked potatoes, endives salad, mocha cake, coffee.

FRIDAY

Breakfast—Sliced bananas with ready to eat cereal, jelly omelet, hot corn muffins, coffee or cocoa. Lunch—Creamed shrimp in patty shells, buttered sliced beets, lettuce with Russian dressing, frosted cup cakes, tea or milk. Dinner—Clam chowder, baked salmon, parsley potatoes molded spinach, mixed green salad, cheese cake, coffee or beer.

SATURDAY

Breakfast—Baked apples with cream, ready to eat cereal, plain waffles, broiled bacon, coffee or cocoa. Lunch—Hamburger patties, smothered carrots mashed potatoes, shredded lettuce, pumpkin tarts, tea or milk. Dinner—Broiled sirloin steak, French fried onions, broccoli with butter sauce, romaine with Roquefort cheese dressing, ice box cake, coffee or beer.

SUNDAY

Breakfast—Mixed fruit juices, ready to eat cereal, scrambled eggs, grilled kidneys, buttered toast, coffee of cocoa. Dinner—Chicken broth, baked corned pork, candied sweet potatoes, Brussels sprouts, carrot salad, assorted pickles and olives, steamed fruit pudding, hard sauce, coffee. Supper—Spanish omelet, toasted rolls, egg custard with caramel sauce, tea or coffee.

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

Clams In Tempting Combination

There is hardly a town along the coast that doesn't have clams,—those grand little bivalves that spend their lives making people happy by getting themselves in such fixes as this:

MACARONI WITH SCALLOPED CLAMS

1 package macaroni
1 quart clams
3 tablespoons butter
1 tablespoon flour
1½ cups milk
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
1 tablespoon parsley
½ cup buttered bread crumbs

Boil the macaroni for 9 minutes in 4 quarts rapidly boiling water to which 1 tablespoon salt has been added. Drain. Clean the clams, steam to remove from shell (or remove from can), reserving ½ cup of the liquor. Mince the clams, rejecting the tough parts. Make a white sauce by melting the butter and blending in the flour and the milk. Add the salt, pepper, paprika and parsley and cook until the sauce thickens. Add the strained liquor. Into a well buttered baking dish place alternate layers of macaroni and clams, finishing with the macaroni. Pour the sauce over this, cover with buttered bread crumbs and bake in a quick oven for 15 minutes.

Baked Pudding Uses Up Left-Over Cider

Cider, cider everywhere and what's to do to use it up before it spoils? That's the old question that is brought before the mind of dozens and dozens of housewives. This year let her be a little unusual and serve a

BAKED CIDER PUDDING

½ cup almounds
4 eggs
¾ cup granulated sugar
Grated ring of ½ lemon
½ teaspoon cinnamon
¾ cup dried bread crumbs
2 cup sweet cider
Blanched almonds
Whipped cream

Put almonds through a food chopper. Separate the eggs and beat the yolks until thick and lemon colored. Gradually beat in the sugar. Add grated lemon rind, cinnanmon, almonds and bread crumbs. Fold in the egg whites beaten untol stiff, but not dry. Pour into a well greased spring form mold and bake in a moderate oven (350 F.) for 30 to 40 minutes. Heat cider and pour slowly over the cake as soon as it comes from the oven. Garnish with blanched almonds. This can be served hot or cold with whipped cream. Serves 6 or 8.

Potato Fritters Lend Variety To A Favorite Food

The sound of fritters will make everyone come running and the aroma they create while cooking will tax people's patience while waiting for them to be done. So many nice meals can be planned around vegetable and fruit fritters so why not include potatoes among them like this:

POTATO FRITTERS

2 cups grated raw potatoes
1 egg
1 teaspoon onion juice
½ teaspoon baking powder
1 tablespoon chopped parsley
2¼ tablespoons bread crumbs
½ teaspoon salt

Drain off all the moisture from the grated potatoes, and add to them the egg, salt, onion juice, and parsley. Beat well and add crumbs and baking powder. Drop the batter, a spoonful at a time into deep hot fat and fry a golden brown. Drain on unglazed brown paper and serve around beefsteak if desired.

Poached Eggs And Spinach With All The Frills

There is absolutely nothing new about plain boiled spinach with poached eggs, and no one is particularly impressed by the thought However,—a little fancy dressing with all the frills makes all the difference in the world. The eggs seem to sit up and take notice and the spinach puts on its best green make-up and all in all, it's a grand affair.

EGG AND SPINACH CASSEROLE

1 cup cooked spinach, drained and chopped
2 cups white sauce with bread crumbs
6 eggs
Salt and pepper
1 cup grated American Cheese
Paprika

Line the bottom of a buttered baking dish with spinach. Pour the bread crumb sauce over it. Break eggs and drop them carefully in circular arrangement over white sauce. Season and sprinkle with cheese and paprika. Bake in a moderate oven 375 F., for 15 minutes.

To make the sauce; remove the crusts from 3 slices of bread and then crumble the bread. Scald 1 cup of milk, add bread and cook slowly stirring well until the mixture thickens. Add 1 tablespoon of butter salt and pepper to taste and beat until smooth.

New brushes for carpet sweepers may be obtained from manufacturer. Be sure to give the size when ordering. This will save time and also the price of a new sweeper.

Lilly White's Southern String Beans

[illegible] Miss Wilma:

When A was in de Noth Ah et de beans dey cooks up der an Ah jes can't see how de folks call dem good. Ah never seen de likes ob de way dey cuts up dem beans on a slant, it jes distresses me sumpin feerce. Now here am de way fo fixing dem dat reely be good. Yo cuts off de top an de bottom ob de beans and strings dem careful like. Ah things it be a good idea to cut off de strings an not take chances. Den wash dem in cold water. Den put a quarter ob a pound ob bacon in bout three pints ob cold water and bring it up boiling and den yo puts in de beans an covers dem and cooks dem fo bout a hour an a half. Jes about twenty minutes befo de be don yo tastes dem an if dey need eny salt put it in, an cook some more until dey be done. Den yo puts de beans in a bowl and slices de bacon an puts it neat like over de beans and serves em wit cone muffins. Dats real eatin.

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

A Dish From The Kitchen Cupboard

The kitchen cupboard with all its canned foods has proved that it is too valuable to be overlooked and neglected. Ever so often the house-wife who goes to market and does nothing but buy a great supply of canned goods will find her duties as a cook greatly lightened. There are so many times when she just doesn't feel like running to the store for some little thing—then—if the cupboard is stocked she need only open the door, reach up on the shelf and make her choice among the soups, beans, vegetables and lastly the canned corned beef which she can fix in a "giffy" like this:

CORNED BEEF WITH PICKLES

2½ cups canned corned beef
1 tablespoon tomato catsup
1 tablespoon chopped onion
2 boiled and finely chopped potatoes
1 tablespoon butter
6 small cucumber pickles

Run the meat through a chopper and mix with the other ingredients form into a roll and bake in a hot oven. When brown, put on a hot platter and garnish with the pickles halved lengthwise.

Custards Demand Gentle Care

A custard, though simple to make is a delicate affair and must be treated with the greatest diplomacy. Here is one properly treated and ever so good.

MAPLE CUSTARD

2 or 3 eggs
3 tablespoons granulated sugar
⅛ teaspoon salt
2 cups milk
4 tablespoons thick maple syrup

Use 2 eggs to make individual custards, 3 if cooking in a large baking dish. Beat the eggs until the whites and yolks are combined, add the sugar and salt, and the milk which may be heated first to save time in baking. If heated, add to the eggs gradually while stirring or it may cook them. Pour 1 tablespoon of thick maple syrup into each of 4 buttered custard cups. Tilt the cups from side to side so that the interior is coated with the syrup. Strain mixture into the cups; set the cups in a pan containing enough hot water to reach half their height. Bake in a moderate oven 350 F. The custard should become firm in about 40 minutes.

Hot Appetizer Impressive At Cocktail Party

By SIDNEY SNOW

HOME ENTERTAINING often calls for appetizers, but the intriguing "confects" which the French chefs make up in the gaudy restaurants do not lend themselves to home kitchen work. On the other hand, there are countless ideas which can be made up in a remarkably short time, served hot and delicious at the exactly right moment, and certain to make a splendid impression of courteous hospitality.

For instance, there is the interesting

PIG IN A POKE

Made by simply wrapping a strip of bacon around a large stuffed olive or an oyster, thrusting a tiny skewer through to hold together and then broiling a dozen or more at a time. When the bacon is brown, the pig is ready to eat.

To serve, they may be laid out on a hot platter with toast fingers between or the end of the skewer may be thrust into an apple or a grapefruit set on a platter or plate. A dozen or more of these "pigs" bristling from out of the surface of the fruit makes a brave appearance.

BAKED OYSTERS OR CLAMS

Another excellent cocktail idea consists to taking oysters or clams on the half shell, dotting each with a half inch bit of bacon, seasoning with paprika and setting into the oven to roast.

And for cocktails, even in homes which serve the alcoholic variety, it is quite proper to have a nonalcoholic cocktail as well. And this can consist of a clam juice cocktail, tomato juice cocktail or a "moderation cocktail" consisting of Rhine wine in cocktail glasses with a bit of lemon peel, or sherry wine with a dash of orange bitters.

Dining Abroad At Home

There are many American families who desire a change in their daily menus, and wish to try foreign dishes that are tasty and easily prepared. Here is one from Italy that will fill htis role with surprising ease and will be the answer to the housewife's prayers for simplicity, tastiness and all round good eating.

RICE WITH SHRIMPS

1½ cups rice
¼ pound shrimp, canned or fresh
1 small onion
1 clove garlic
1 carrot
1 stalk celery
1 or 2 sprigs parsley
Olive oil
Tomato juice
Broth, about 2 quarts
Salt and pepper
2 tablespoons butter
A handful grated Parmesan
Chop together the onion, garlic, carrot, celery and parsley and brown cheese

in about 2 tablespoons of good olive oil. When brown add about ½ cup or more of the tomato juice or tomato conserve and season with salt and pepper. Cut into small pieces about three-fourths of the shrimps, having saved the larger ones, and mix this with the above. Meantime, put the rice (which has been cleaned with a towel) in a pan with a piece of butter and when the butter has been absorbed add the broth. When the rice is about half cooked add the above mixture and continue cooking. When nearly done, add the whole shrimps. Before removing from the fire add a handful of grated Parmesan cheese, and serve hot.

If you use fresh shrimps instead of canned, cook them in the tomato juice with seasoning for a few minutes until they are done. Remove the shells and proceed as above using the sauce in which they were cooked to mix with the shrimps.

Hot Off The Griddle

ESTHER DONLAN

Covered vegetable fresheners must be cleaned frequently to remove excess moisture.

Only good steel knives take or keep an edge. Appreciate a good knife—it is not a saw.

Before storing the garden hose mend it carefully. Use stick adhesive tape or bicycle tape. Wrap by starting on slanting hias; overlap about 1-3 width of each round of tape.

When tinting clothing be sure the tints are suitable for woolens and silks or for cottons.

Down quilts will always lose a little puffness, and are better dry-cleaned than washed.

When cleaning an electric iron, warm the iron. Cover with a thin layer of beesewax, then with salt or cleaner spread on a flat piece of paper. Remove all starch or rust. Warm iron again, wax, and wipe off ready to use.

Beginning dish washing by putting the dishes in order and rinsing them, saves time, less chipping and much less noise.

Luncheon Canape

3 hard boiled eggs
Cayenne pepper
1 tablespoon finely minced chives
3 tablespoons melted butter
Mayonnaise
Tomato catsup
6 round pieces bread
Anchovy paste
Parsley

Cut eggs in halves lengthwise and remove yolks. Press yolks through potato ricer or mash with a fork. And a few grains of cayenne pepper, chives and butter. Moisten with equal parts of mayonnaise and catsup. Fill whites with this mixture. Chill thoroughly. Saute small rounds of bread in butter and spread thinly with anchovy paste. Place on small plates, and on each piece of toast place one-half of a stuffed egg. Sprinkle with paprika and garnish with parsley.

SUNDAY DINNER Suggestions

By ANN PAGE

THANKSGIVING week is a busy one, and the turkey or meat should be ordered in advance. Bread for stuffing should be purchased early in the week to allow it to get stale. Fruits and vegetables may be laid in to avoid that last minute rush.

Turkey prices are a little higher than last year, but they are moderately priced. Duckling is a good choice for the small household. Meat prices are lower, and many families will enjoy beef and pork for Thanksgiving.

Here are three Thanksgiving dinner menus to suit different pocket-books.

Low Cost Thanksgiving Dinner
Roast Pork with Savory Stuffing
Cranberry Sauce
Rutabagas Browned Potatoes
Heart of Lettuce Salad
Bread and Butter
Mince Pie
Coffee Cider

Medium Cost Thanksgiving Dinner
Cream of Mushroom Soup
Curled Celery Carrot Sticks
Roast Beef or Roast Stuffed Duckling
Mashed Potatoes Broccoli
Apple and Pecan Salad
Bread and Butter
Cranberry Pie
Coffee

Very Special Thanksgiving Dinner
Oysters
Salted Pecans Celery
Cranberry Jelly
Roast Turkey with Sausage Stuffing
Candied Sweet Potatoes
Boiled Onions Spinach
Orange, Grapefruit and Avocado Salad
Frozen Pudding
Coffee

A print of this picture — (with no advertising matter on it) by the noted artist, Lynn Bali, will be mailed upon receipt of written request.

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