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—Stewed prunes, ready to eat cereal, poached eggs, broiled bacon, buttered toast, coffee. Lunch—Grilled ham sandwiches, cole slaw, apple pie, tea or milk. Dinner—Corned beef and cabbage, boiled potatoes-turnips-carrots, mixed green salad, hot corn bread, chocolate layer cake, coffee or beer.

TUESDAY

Breakfast—Sliced bananas with ready to eat cereal, cheese roulettes, scrambled eggs, frizzled ham, coffee or cocoa. Lunch—Baked beans, brown bread, sliced tomatoes, caramel custard, tea or milk. Dinner—Lamb curry with broiled rice, Brussels sprouts, combination salad, Roquefort cheese, toasted crackers, coffee.

WEDNESDAY

Breakfast—Pineapple juice, hot wheat cereal, bacon and eggs, pop-overs, strawberry jam, coffee or cocoa. Lunch—Vegetables plate, egg salad, hot rolls, pumpkin pie, tea or milk. Dinner—Broiled lamb chops, broiled pineapple, hashed brown potatoes, broccoli with butter sauce, dressed lettuce, cheese cake, coffee or beer.

THURSDAY

Breakfast—Pineapple juice, ready to eat cereal, griddle cakes, breakfast sausages, coffee or cocoa. Lunch—Chili con carni con frijoles, toasted crackers, sliced tomatoes, fruit compote, tea. Dinner—Creamed chipped beef on baked potatoes, buttered cauliflower, canned asparagus tip salad, steamed rice pudding, coffee.

FRIDAY

Breakfast—Chilled melon, fried mush with syrup, baked eggs, toast, coffee. Lunch—Baked macaroni and cheese, green salad, fig cookies, hot cocoa. Dinner—Broiled blue fish, tartar sauce, creamed potatoes, buttered peas, lemon chiffon pie, coffee.

SATURDAY

Breakfast—Orange juice, ready to eat cereal, ham and eggs, hot rolls, coffee or cocoa. Lunch—Clam chowder, vegeable salad, apple dumplings, tea or milk. Dinner—Ham and scalloped potatoes en casserole, spinach molds, orange salad, Camembert cheese and crackers, coffee.

SUNDAY

Breakfast—Stewed pears, ready to eat cereal, buckwheat cakes, grilled kidneys, syrup or jam, coffee or cocoa. Dinner—Hot bouillon, roast leg of lamb, mint sauce, oven browned potatoes, buttered peas, pineapple and carrot salad, mixed pickles and olives, steamed cranberry pudding, coffee. Supper—Scalloped oysters, cole slaw, buttered toast, crystallized apples, coffee or tea.

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

Another Way To Prepare Liver

People now-days don't eat liver because it is good for them. It has become a family stand-by and the housewife just looks for a chance to serve it. And to think that not-so-long ago we wouldn't be seen buying or being given a piece of liver. Here is one way in which this delicious bit of healthfulness has been developed.

DEVILED CALVES LIVER

Fat
1 onion, sliced
3 tablespoons vinegar
1 teaspoon sugar
3 tablespoons canned tomatoes
2 tablespoons capers
5 green olives, sliced
1 cup (about 1 pound) cooked liver
Salt and pepper to taste.

Place enough fat in a pan to brown onion. Then add vinegar and sugar to onion and simmer together about 2 minutes. Add tomatoes and cook about 5 minutes. Then add the capers and olives. Add the liver, cut in strips, salt and pepper. Cover and simmer about five minutes. Serve hot with mashed potatoes or boiled rice. Serves 4.

Hot Dessert For A Cold Day

Hot desserts occasionally are grand things. We go along from day to day, week in and week out eating desserts just as cold as possible with seldom a variation. Possibly the weather has something to do with it, but even in the winter one seldom thinks of serving a hot dessert— what a pity—what a pity when a dessert like this will make everyone so happy:

BANANA AND APPLE BROWN BETTY

3 cups bread
2 apples
¾ cup granulated sugar
3 tablespoons butter
3 bananas
½ teaspoon cinnamon

Dice the bread and saute in the butter until brown. Peel the apples and bananas and cut into thin pieces. Dredge with sugar mixed with the cinnamon. Put bread in buttered dish and cover with the fruit; alternate, saving crumbs for top. Bake for one-half hour in a moderate oven. Serve with a thin cream.

Fancyl Biscuits In The Home

Biscuits for the family or company always makes a great hit. There is really no reason why people feel that they have to eat out in order to get the delicious hot breads that good restaurants serve. Every housewife can have them right in her own home. Maybe not exactly the same thing, but something equally if not more delicious. Here is one to try sometime that is sure to bring a new hat.

PIMENTO CHEESE BISCUITS

1 cup sifted flour
1 teaspoon baking powder
¼ teaspoon salt
2 tablespoons shortening
1-3 cup milk (about)
2 ounces pimento cheese
2 tablespoons butter

Sift flour, measure, add baking powder and salt and sift again. Cut in shortening; add milk gradually until soft dough is formed. Combine cheese and butter and melt over hot water, stirring until blended. Roll biscuit dough ¼ inch thick on a slightly floured board, cut with small floured cutter, and place on greased baking sheet. Place one teaspoon of cheese and butter mixture on each biscuit. Bake in a hot oven (450 F.) for 10 minutes, or until done. Makes 12 biscuits.

Modern Service Simplifies Good Cake Baking

We don't know what it is nowdays to worry about buttermilk or any other dairy products for that matter. We merely write a note and leave it in the milk bottle and lo—and behold —in the morning there is the milk.

It's just like a fairy tale when we stop to think of it—just a flick of the wrist and there it is. Some people perfer to use only sweet milk in cooking but those who have expanded know what a real treat it is to make a cake something like this:

ORANGE BUTTERMILK CAKE

½ cup shortening
1 cup granulated sugar
3 cups flour
3 eggs
2 cups orange marmalade
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
1 cup buttermilk

Cream the shortening and sugar, and add the beaten egg yolks. Mix the baking powder, soda and salt and the flour and sift. Sift again into the egg mixture, adding it alternately with the butter milk. Add the marmalade and blend thoroughly. Fold in the stiffly beaten egg whites. Pour into a greased angel cake pan and bake in a moderate oven 1 hour or until done.

Squash Substitutes For Pumpkin In Winter Pies

With pumpkins disappearing or having disappeared from the markets one of the grandest pies imaginable has gone for another season—(unless of course, we use canned pumpkin.) Fortunately, we have a substitute in the form of squash. This really makes a grand pie and many people prefer it to the pumkin.

SQUASH PIE

2 cups strained squash
2 eggs, beaten
1 cup brown sugar
½ teaspoon ginger
¼ teaspoon salt
¼ teaspoon nutmeg
2 cups milk

Add the sugar to the eggs, then add the milk, squash, salt and spices. Beat well and pour into an unbaked pastry shell. The oven should be hot at first. After fifteen minutes reduce to a moderate heat, and bake until custard is firm, which will take from forty-five minutes to an hour. Serve plain or with whipped cream. Finely ground peanut brittle may be dusted over the cream if desired.

Left-Over Corned Beef

Left over corned beef never presents a problem was it is so popular in hash or in sandwiches, but even with something so popular, a novelty is a fine thing—so the next time you have some left over try a salad like this:

CORNED BEEF JELLY

1 package lemon flavored gelatin
1 cup boiling water
1 cup meat stock or
1 cup water with 4 bouillon cubes
1 tablespoon Worcestershire sauce
3 cups corned beef, chopped
1 small onion, chopped
A little mustard

Dissolve the gelatin in the water then add the meat stock and the seasonings. When the mixture begins to jell, fold in the corned beef. Pack in square mold. Cut in slices and serve on lettuce. Garnish with hard boiled eggs and pickled beets.

Spinach And Cheese Loaf

Every time the housewife decides to have a meatless meal her troubles start. One can't be expected to know all the dishes and the ones she has in mind sometimes just don't sound right. Here is another to add to the book.

SPINACH AND CHEESE LOAF

2 cups chopped spinach
1 cup grated cheese
2 eggs, beaten
1 onion, minced
2 slices bacon
3 tablespoons bread crumbs
Salt
Pepper

Add the cheese, eggs, bread crumbs, salt, and pepper to the spinach. Put in a buttered dish set in a pan of hot water. Over the top, put the minced onion and slices of bacon. Bake in a moderate oven until set.

Strong soaps or washing powders destroy the oil ingredient in linoleum and help to harden it.

Lilly White's Fruit Pudding Sauce

Dear Miss Wilma:

Ah's jes been makin one fruit puddin after de other eber since de fall come aroun. Course, de wether been like summer so far but jes de same bein de time ob de year we eats dem anyway. With de puddin Ah alus makes a sauce, and dis head sauce am jes am poplar as can be. De folks fuss Ah guess if dey didn't git it cause its all foamy 'n nice an looks so purty on de pudding. Fo de furst step yo beat a cup ob butter until it be real creamy like an good an soft an den add two cups ob powdered sugar gradual like an smooths it all de time. Den yo add de white ob two aiggs which ain't been beaten an then one-third a cup ob sherry wine and beat good. When it is a nice light smooth mass yo gradually adds one-quarter ob a cup ob boilin water an beats all de time yo is addin it. Den place de bowl in a basin ob hot water and stir it fo bout two minutes until it be real foamy an frothy.

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

Sour Milk In Two Uses

When a quart of milk sours in the ice box, there is no need to look woe-be-gone about it when sometimes it is a blessing in disguise. Sour milk goes into the making of many a fine dish and some people use it almost wholly. In fact, it has become so popular that one can even buy it at stores. Here is an example:

BRAN PANCAKES

1½ cups bran
1½ cups flour
1 teaspoon sugar
1 egg, beaten
2 cups sour milk
1 teaspoon soda, dissolved in water
1 teaspoon salt

Mix the ingredients together, beat well, and drop by spoonfuls onto a hot griddle.

Then there are the waffles: To two eggs, well beaten, add two cups of sour milk; then two cups of flour with one teaspoon of baking soda, two teaspoons of baking powder and one-quarter teaspoon of salt. Add four tablespoons of melted shortening and beat thoroughly. Bake in a hot waffle iron.

Fire Place Season Is Pop Corn Time

With the fireplaces busily engaged on these cold evenings one may have a grand itme. Remember the corn popper that's in the closet? It's time to bring it out and have popped corn in the evening or to go to step farther make:

POP CORN CANDY

1 quart pop corn
1 tablespoon butter
¼ cup water
1 cup sugar, white, brown or mixed

Melt butter in pan, add sugar and water, boil 15 mnutes. Add pop corn and mix well so all the corn is coated with sugar.

Then there are the pop corn balls that are so popular: add 1 tablespoon vinegar to 1 cup corn syrup and boil until it hardens when a little is dropped into cold water. Pour syrup over corn and stir until well covered. When cold enough to handle, form into balls and put on waxed paper to cool. It is well to butter the hands when shaping corn.

Hot Off The Griddle

(Esther Dolan)

When washing dishes, use hot water and mild soap. Silver and glasses should be washed separately.

To save cleaning, brass and copper articles not used with food could have a thin shellac covering, like furniture.

Fresh milk, if it has never dried, may be removed with clear water. To control spreading, use a folded pad under the stain, removing pad each time stain is treated.

When sweeping carpets and rugs use little moisture. Remember, water plus dust equals mud, hence cloudy floors and carpets.

If you have an ice refrigerator, cooking the food before putting it in the ice box will save the ice.

When making starch choose a smooth clean enamel pan. Lump starch is measured by rounded spoonfuls and a wooden spoon helps the stirring.

The prevention of rings after using cleaning fluid depends upon light manipulation and slow, careful work.

Mildew is formed when clothes remain damp and warm. If only a day or so old, it may be washed out, if no care has been given to it, the mildew will attack the fibre of the fabric and will require bleaching out or the material may be destroyed.

Wool filled comforters well quilted will give good returns, better than cotton

Any electric wire with broken woven cover or insulation should be mended at once, to prevent burns and blown fuses. Wrap old wire with friction tape, it is cheap to buy and should be kept in the house.

To clean and whiten woolen clothes-brush. Rinse in ammonia water and soap. Scrub with stiff scrubbing rush. Rinse in ammonia water and spread on clean paper to dry in sun.

Cheese Roulettes And Scrambled Eggs

By SIDNEY SNOW

SUNDAY morning breakfast is the one leisurely breakfast of the whole week. It's the one morning that the coffee pot never wants to be empty, or the food drab. This meal—usually a substantial one—affords a housewife an opportunity to prove that her hand has not lost its cunning in the making of hot breads. These Cheese Roulettes where just made to go with scrambled eggs and bacon.

CHEESE ROULETTES

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
4 tablespoons melated butter
1 cup grated American cheese
Salt
Paprika

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on slightly floured board and kneed 30 seconds. Roll into oblong sheet, ⅛ inch thick. Brush with melted butter. Spread cheese evenly over dough. Sprinkle with salt and paprika. Cut in strips 6x½ inches, roll each strip, and place in greased muffin pans. Or roll sheet as for jelly roll, cut in ¾ inch slices, and place slices on greased baking sheet. Bake in a hot oven (425F.) 15 to 20 minutes. Makes 2 dozen roulettes.

Stuffed Egg Salad In Different Manner

Of all the ways there are to prepare hard boled eggs for salads one will wonder that there is a way that perhaps she hasn't heard of. Here is one that will probably be new to many many woman and makes a perfectly grand salad luncheon plate:

STUFFED EGG SALAD

2 cooked carrots
2 cooked beets
1 cup cooked string beans
1-3 cup mayonnaise
6 hard-boiled eggs
Salt
Pepper
Paprika

Shred the carrots, beets and string beans. Blend with the mayonnaise and seasonings. Peel the eggs cut in half lengthwise, scoop out the yolks and fill with the vegetable mixture. Sprinkle with sieved egg yolk. Dot with paprika, arrange on beds of crisp lettuce and garnish with mayonnaise.

Burma . . . Mandalay, Rangoon and other up-country towns of Burma made famous by Sir Rudyard Kipling now have telephone service, according to Vice Consul Lyle C. Himmel of the U. S. Department of Foreign and Domestic Commerce. Excellent telephone service is reported by the new lines recently placed in operation and the Posts and Telegraph Department of the government is contemplating an extension of service to other Burma cities and towns in the near future.

Woman First on Plymouth Rock

A woman's foot was the first anaong the Pilgrims to touch Plymouth rock, and the woman is supposed to have been Mary Chilten.

SUNDAY DINNER Suggestions

By ANN PAGE

MOST housewives plan to serve inexpensive and easy-to-prepare meals after the Thanksgiving feast. Eggs make a welcome main dish after too much holiday fare. They may be used freely for cooking and baking, because storage eggs are plentiful and very reasonable for this time of the year. The supply of fresh eggs is gradually increasing, and prices, naturally, are decreasing.

Forequarter cuts of veal, legs and chucks of lamb, smoked pork are good choices in the line of meats. Some families who spent Thanksgiving Day away from home, may want a turkey of their own for the week-end. Turkeys are still available at reasonable prices.

There is a wide choice of cheap fruits and vegetables. Grapefruit, small oranges for juice, apples, Brussels sprouts, cauliflower, carrots, rutabagas are all cheap.

The following menus are easy to prepare and are foods which are reasonably priced.

Low Cost Dinner

Ham Loaf with Egg Sauce
Glazed Carrots Baked Potatoes
Bread and Butter
Half Grapefruit
Tea or Coffee Milk

Medium Cost Dinner

Roast Shoulder of Pork
Baked Sweet Potatoes Cauliflower
Brown Gravy
Bread and Butter
Apple Pie
Tea or Coffee Milk

Very Special Dinner

Grapefruit and Orange Cup
Roast Leg of Lamb
Mashed Potatoes with Cheese and Parsley
Broccoli
Rolls and Butter
Lettuce Salad
Custard Ice Cream Cakes
Tea or Coffee Milk

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