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, scrambled eggs, broiled bacon, coffee cake, coffee or cocoa. Lunch—Cream of tomato soup, combination sandwiches, egg custard, tea or milk. Dinner—Lamb stew with vegetables, lettuce and tomato salad, banana cake, coffee.

TUESDAY Breakfast—Chilled grapefruit, corn meal mush, baked eggs, raisin toast, coffee or cocoa. Lunch—Ham omelet, vegetable salad, hot gingerbread with whipped cream, tea. Dinner—Minute steak, fried potatoes, buttered peas, jellied salad, nut-loaf cake, coffee or beer.

WEDNESDAY Breakfast—Baked apples, read to eat cereal, plain waffles, sausage patties, maple syrup, coffee or cocoa. Lunch—Calves liver and bacon, boiled potatoes, stewed pears, cookies, tea. Dinner—Pork chops, scalloped potatoes, buttered beets, endive salad, caramel pudding, coffee.

THURSDAY Breakfast—Stewed prunes, ready to eat cereal, coddled eggs, pop-overs, marmalade, coffee or cocoa. Lunch—Creamed chipped beef on toast, green salad, cocoanut custard pie, tea or milk. Dinner—German pot roast, potato pancakes, smothered carrots, chicory salad, apple cake, coffee or beer.

FRIDAY Breakfast—Sliced oranges, ready to eat cereal, fried cod fish cakes, buttered toast, coffee or cocoa. Lunch—Vegetable chowder, deviled egg salad, hot rolls, frosted cup cakes, tea or milk. Dinner—Baked salmon, baked potatoes, buttered beets, lettuce with Russian dressing, orange angel cake, coffee.

SATURDAY Breakfast—Stewed pears, hot cereal, scrambled eggs, hot corn muffins, coffee or cocoa. Lunch—Canned corned beef hash, pear and cheese salad, toasted rolls, tea or milk. Dinner—Meat loaf, mashed potatoes, green beans, romaine salad, chocolate eclair, coffee.

SUNDAY Breakfast—Sliced bananas, ready to eat cereal, griddle cakes, ham and eggs, coffee or cocoa. Dinner—Mock turtle soup, roast loin of pork, apple sauce, browned potatoes, mashed turnips, field salad, stuffed celery, pickled beets, ripe olives, plum pudding with hard sauce, coffee. Supper—Grilled cheese sandwiches with broiled bacon and tomatoes, cole slaw, fruit compote, coffee or tea.

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

Mashed Potato Croquettes

For a special treat in the potato line, instead of ending with mashing the potatoes go a little further and make

MASHED POTATO CROQUETTES

2 cups warm mashed potatoes
2 tablespoons butter
1 egg yolk
¾ teaspoon salt
⅛ teaspoon pepper
1 teaspoon finely chopped parsley
1 teaspoon grated onion.

Mix the warm potatoes with the butter, egg yolk, salt, pepper, parsley and onion, blending thoroughly. If cold left over mashed potatoes are used, careful mixing is essential so that there will be no lumps. Cool. Shape the croquettes, and egg and crumb them by rolling the croquette first in crumbs, coating it lightly, then, with a fork, lift croquette into eggs, and roll it from side to side until thoroughly coated. Drain a bit. Chill thoroughly. Fry for about 1 minute in fat 390 F. Drain and serve hot.

Moravian Christmas Cookies

½ cup melted butter or other shortening
1-3 cup brown sugar, firmly packed
¾ teaspoon cloves
¼ teaspoon allspice
3¾ cups sifted cake flour
1 cup molasses, heated
¾ teaspoon ginger
¼ teaspoon nutmeg
¾ teaspoon cinnamon
Dash of salt
¾ teaspoon soda

Combine butter and molasses; add sugar, spices, salt, and soda. Add flour Let stand in cold place a week or two. tly floured board and roll paper-thin. Place small amount of dough on sligh- Cut with floured cooky cutters in fancy shapes. Place on greased baking sheet and bake in moderate oven (375 F.) 6 minutes. These cookies keep indefinitely in closed tins Makes 200 cookies.

Ham And Eggs Dressed Up

Even our old favorite, ham and eggs is being seen in slightly dressed-up fashion now days. Cooking seems to have taken a decidedstep forward lately and everyone is doing her best to serve dishes in novel manners. Try this one next time you are serving ham and eggs and see if it isn't a success.

Ham With Eggs Nests:—Toast as many slices of white bread as needed. Separate an equal number of eggs and beat the whites very stiff. Make a nest of the whites on the toast, then drop one whole yolk into a depression made in the white on each piece of toast. Add a dot of butter to each. Dust with salt, pepper and parika and set into a moderate oven until the eggs are set and cooked. Serve on a hot platter with grilled ham.

The Evening Snack Changes From Ice Cream To Soup

Now days, instead of coming home in the evening and serving something cold like cake and ice cream we are serving hot, tasty soups with crackers or rolls. Here is one that can be partially prepared and then given the finishing touches at the last minute.

ONION SOUP AU GRATIN

2 quarts meat broth
8 medium sized onions
2 tablespoons butter
1 teaspoon Worcestershire sauce
Salt and pepper
Toast
Grated parmesan cheese

Slice onion thin and brown in butter. Add the broth, Worcestershire sauce, salt and pepper to taste and simmer until the onions are tender. Pour soup into an earthen jar or even glass casserole. Arrange toast on top of soup. Sprinkle with grated cheese and place under the broiler until the cheese is melted and brown.

A Pie To Please

No matter how hard a woman works at home, or how many little aggravations arise during the day, if she is wise, she will always look her best and serve a nice dinner at night.

This nightly meal need not be an elaborate affair, just good, with a dessert like this:

CARAMEL CUSTARD PIE

2 cups milk
½ cup granulated sugar
3 eggs, separated
1 cup sugar
1 tablespoon butter
4 tablespoon corn starch
A little cold milk
Pinch of salt
1 teaspoon vanilla
Pie shell

Scald milk in top of double boiler. Melt sugar in frying pan, stirring all the time. When caramelized, add to hot milk and dissolve. Beat the yolks of eggs, add sugar and tablespoon butter. Then stir into scalded milk the corn starch, dissolved in a little cold milk. Beat well and add the yolk and sugar mixture, season with a pinch of salt. Stir and cook until very thick and smooth. Take from fire, add 1 teaspoon vanilla and pour int oa previously baked crust. Top with meringue. Bake about 25 minis crusty and lightly browned. Serve utes in an oven 225F. until meringue cold.

Th eQuick Way To Prepare Beets In Fine Fashion

There are many women who are very fond of beets and like to serve them every now and then but object to the length of time it requires to cook them. It's lots of fun when fresh beets are cooked to snip off their little tails and then squeeze them out of their skin, but for those who find this indoor sport not so fascinating, we suggest canned beets that can be either heated and served with butter or carried on into something to rave about. All canned vegetables come ready to serve but it isn't doing justice to the poor vegetable who has worked so hard all h[illegible] life to make himself as attractive and appealing as possible. for the little red-faced root. Here is something that is more fitting

BEETS IN SOUR SAUCE

Pour the contents of a No. 2 can of beets into a pan. Heat quickly. When nearly dry, remove from the fire and slice the beets. Prepare a sauce of ½ cup of granulated sugar, 1 tablespoon of cornstarch and ½ cup of vinegar. Mix the cornstarch with the sugar, add the vinegar and cook together for 5 minutes, stirring constantly. Pour this sauce over the hot, sliced beets and let stand in a hot place, but without further cooking, for 30 minutes. Add 2 tablespoons of butter and serve at once.

Cheese Appetizers Prepared "Just So"

The evening appetizer, if one is to be served, needs be chosen and prepared with care. This little snack plays a very important part in family life and unless one intends to prepare it tenderly, it is best left undone as it will ruin the evening if given half a chance. It must be something small enough not to fill one, yet not so small as to make one feel cheated. Something like this is just fine:

CHEESE APPETIZER

2 egg whites
1 cup grated cheese
½ cup grated stale bread crumbs
Dash of cayenne

Beat the whites of two eggs to a very stiff froth, and add one cup of grated cheese, cayenne and ¼ cup bread crumbs. Pat into small balls and fry in deep hot fat. Drain and serve hot.

LILLY WHITE'S BOUILLABAISSE



Dear Miss Wilma:

De holidays what be coming up am de grandest times in de world for nice parties. Down head we makes up de Bouillabaisse when we goin to serve ten people or so. Der's a lot ob making to it but it sho am good.—Yo bils one pound of shrimps an 4 cloves in a quart an a half ob water an 1 lebel tablespoon ob salt fo 10 minutes; den you takes out do shrimps an leave de water stand cause yo'll use it later on. Den yo removes de skins from off de shrimps an slits em in half de pound ob mushrooms about a quarter long ways. Den you cuts up a half ob an inch thick an let em stand by de shrimps until yo needs em. Den yo cuts up 2 big onions an 2 bits ob garlic. Den yo puts a big fryin pan on de fire an puts 2 tablespoons ob butter in it and fries de onions an garlic until dey be a nice light brown; den you puts in wit de onions a can ob tomato soup an then yo fill de can wit water and put de water in too. den you puts in 4 more cloves an 3 bay leafs in 1½ teaspoons ob curry powder an 1 cup ob grated yeller cheese an ¼ cup ob sherry wine an lets de whole thing cook gentle for a half hour. Den season it wit salt to suit.

When de mixture is simmerin, yo bring de water de shrimps were cooked in to de boilin point but not quite boilin; den you turns down de fire low and add 2 pounds ob boned fish an 1 pound of scallops, an 4 more cloves an nother ¼ cup ob sherry an let it simmer until de fish be cooked—but de water must not be boilin eber, or de fish'll break all up in little pieces. After de fish has been cookin 15 minutes yo turns off de fire altogether. When de stuff in de fryin pan has cooked fo an hour yo adds de shrimps an de mushrooms and cooks it fo 5 minutes. Den yo thickens it with a little flour an cook it fo 5 minutes longer. Den you strains de water from de fish into another pot an save if fo soup. Put de fish on a big platter and break it up a wee bit. Take out de bay leaves an pour de mixture in de pan over de fish an serve it.

Hopin yo is de same

Your humble servant

LILLY WHITE.

A Good, Cheap Luncheon Dish

A luncheon to be good, need not be expensive. In fact, taking this dish as an example, a good luncheon can cost almost nothing.

SARDINE LUNCHEON PLATE

12 large sardines
6 tablespoons grated cheese
½ tablespoon grated onion
1 lemon cut in wedges
12 2-inch strips of toast
Dash of cayenne
Paprika

Make fresh toast, and while hot lay a s ardine on each strip: add a bit of grated onion, cover with cheese and add seasonings. Put into a hot oven and bake for about five minutes, or until the cheese puffs. Serve hot, garnished with lemon wedges. Serves six.

Hot Off The Griddle

ESTHER DONLAN

As dirty clothes pins leave their marks on clothing, it is well to wash them often.

Carpet beetles are very small and wooly and black. They eat round holes in the fabric of the carpets and one should watch for them carefully, however—a good cleaning with the vacuum cleaner every week will keep them out.

To ventilate a room have the hot air going out at the top and cold air comnig in at the bottom. Circulation need not necessarily be a draught. Two windows hasten ventilation, one open at the top the other at the bottom. Fresh air in the house is an important thing and should not be overlooked even in cold weather.

It is wise to remove dust frequently from books and to air them, this prevents mildew and the musty smell that books often acquire. A thorough cleaning of books means to wipe each book with a soft clean cloth, opening the book to toss out the dust.

There are so many little things that a woman can do around the house for herself, such as tightening screws, and oiling hinges, she is wise therefore to always have on hand an oil can, pliers, a screw driver and a hammer.

To protect blankets it is a good idea to use a light-weight spread over the blankets to be used at ngiht as well. The day spread should then be folded smoothly at night and put aside.

Mirrors that are hung where the sunlight strikes them will eventually become clouded.

A mattress that is turned and aired frequently will last ever so much longer.

To save no end of work, the housewife is smart to use coasters under glasses and to be careful of dripping umbrellas, they ruin floors and there is nothing more unattractive than lovely end tables with rings on them.

Frequent dusting of wall paper is the cheapest way for keeping it clean and gives the best results.

Why It's Called Plum Pudding

By SIDNEY SNOW



MANY of us have wondered why a plum pudding has no plums and why, it faet, it is called a plum pudding, Well, here is how this all came about: Like so many of the other very old English dishes, "plum pudding" is of German origin. Far back in ancient Germany when sugar as we know it today was still centuries away, the craving for sweets was supplied by mixtures of fruit juices with rice or barley or grits. One of the most popular was the mixture of plum or prune juice and meat with the cereal—forming a soft, juicy mass called, quite correctly, a "plum pudding." In time, the recipe travelled to Saxon England and housewives of that day added ingredients that suggested themselves. For convenience sake the real plums and the plum juice gave way to raisins and currants. Fine flour took the place of coarser cereals. So in time the English plum pudding grew up without plums. The custom of the flaming brandy is also traced into far off days. The touch of flame served as a token of respect and a tribute to the God of Fire, symbolic of the sun, for whose return the pagans prayed and sacrificed during the long winter season.

Of course, today, the shops are full of excellent plum puddings, ready to serve, with or without the flaming touch. But if one wants to make the pudding, here is a good recipe:

PLUM PUDDING

3 cups stale bread crumbs
2 cups hot milk
8 eggs
½ cup domestic sherry wine
¼ cup brandy
1 lb. seeded raisins
1 lb. currants
¼ lb. citron, cut in strips
1 tablespoon mixed mace, cinnamon and cloves
1 lb. salted beef suet, chopped fine
Sufficient flour to dredge fruit.

Soak bread in hot milk and let it stand until cool, then add sugar and yolks of eggs beaten to a cream, next the fruits dredged with flour, the suet, wine, brandy and spices. Beat the whole together and add last the egg whites, beaten stiff.

Turn into a well buttered mold, cover and steam for six hours. When ready for serving, steam in mold for one hour. Serve with a wine or brandy sauce.

Cole Slaw, Southern Style

Down in certain parts of the south, the people are very fond of cole slaw, but fortunately for those of us who like good eating, these southern people weren't satisfied to let cole slaw remain as we know it but changed it like this:

COLE SLAW SOUTHERN STYLE

1 cup mayonnaise
1 head solid cabbage
1 cup chopped cold tongue
1 cup cold chopped ham
1 green pepper
1 red pepper
½ chopped onion
1 egg white

Slice cabbage as for sole slaw. Mix all the ingredients and add to the cabbage. Thin the mayonnaise with the beaten white of one egg and add to the cabbage slaw. Sugar can be added if not sweet enough.

Chicken Sandwich Filling

1 cup chicken, finely minced
½ teaspoon salt
¼ cup mayonnaise
½ cup celery, chopped
Dash of pepper
Dash of grated lemon rind

Combine ingredients and let stand 1 hour. Makes 1¾ cups filling.

Old Bell Tower in Georgia

The old bell tower erected in Augusta, Ga., was erected in 1860 to give fire alarms. At the top a watchman was stationed day and night to give the alarm and call out volunteer firemen. The old bell tower was torn down by the city in 1893, and the bell was sold back to the factory from which it was purchased.

SUNDAY DINNER Suggestions

By ANN PAGE

A GOOD breakfast is important at this season for almost everyone, but particularly for children and active workers. Eggs, both fresh and storage, are cheap and plentiful for the season, bacon and other smoked meats are lower, making the famous breakfast combination a possibility on limited budgets.

Other meat prices are little changed from last week, though turkeys are lower and ducks reasonable. Fresh pork is probably the best available meat value.

Fruits and vegetables in variety are plentiful and reasonable in price. Oranges, grapefruit and apples, the cabbage family, green beans and spinach, are outstanding values.

Seasonable foods make up the following menus.

Low Cost Dinner

Pork Chops Sweet Potatoes
Creamed Spinach
Bread and Butter
Apple Pie
Tea or Coffee Milk

Medium Cost Dinner

Baked Ham Mashed Potatoes
Green Beans and Peas
Bread and Butter
Orange Spanish Cream
Tea or Coffee Milk

Very Special Dinner

Stuffed Celery
Roast Duck Apple Sauce
Boiled Rice Broccoli
Grapefruit Salad
Rolls and Butter
Omelet Souffle Hard Sauce
Coffee Milk



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

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