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—Sliced grapefruit, oatmeal with cream, bacon and eggs, toasted English muffins, marmalade, coffee or cocoa. Lunch—Calves liver, boiled potatoes, lima beans, lettuce salad, cup cakes, tea or milk. Dinner—Minute steaks, corn fritters, stewed tomatoes, lettuce with Russian dressing, pistachio eclairs, coffee.

TUESDAY Breakfast—Apple sauce, ready to eat cereal, poached eggs on toast, coffee or cocoa. Lunch—Canned corned beef hash with tomato sauce, cole slaw, chocolate pudding, tea or milk. Dinner—Roast leg of lamb, mint sauce, oven browned potatoes, buttered broccoli, grapefruit salad, angel cake, coffee or beer.

WEDNESDAY Breakfast—Orange juice, ready to eat cereal, waffles with honey, frizzled ham, coffee or cocoa. Lunch—Clear consomme, seafood omelet, hot corn muffins, pound cake with chocolate sauce, tea or milk. Dinner—Breaded veal cutlets, fried potatoes, broiled tomatoes, cucumber salad, cheese cake, coffee or beer.

THURSDAY Breakfast—Stewed apricots, hot wheat cereal, baked eggs with cheese, bacon, hot biscuits, honey, coffee or cocoa. Lunch—Clam chowder, deviled egg salad, hot rolls, peach melba, tea. Dinner—Lamb pot-pie with vegetables, tomato and pepper salad, deep dish apple pie with cheese, coffee or beer.

FRIDAY Breakfast—Sliced bananas with ready to eat cereal and cream, griddle cakes, syrup or jam, coffee or cocoa. Lunch—Baked beans, brown bread, sliced tomatoes, jelly roll, tea or milk. Dinner—Cream of tomato soup, baked stuffed haddock, boiled potatoes, brussels sprouts, cole slaw, apple Betty with hard sauce, coffee.

SATURDAY Breakfast—Stewed raspberries with cream, oatmeal, ham and eggs, rolls, coffee or cocoa. Dinner—Shrimp cocktail, hot consomme, Roast turkey, sage dressing, cranberry jelly or sauce, Southern style sweet potatoes, lettuce salad, salted almonds, assorted pickles and olives, plum pudding with hard sauce, nuts and raisins, cheese and crackers, coffee. Supper—Assorted cold meats, mixed salad, fruit compote, coffee or tea.

SUNDAY Breakfast—Mixed fruit juices, ready to eat cereal, eggs Benedict, coffee or cocoa. Dinner—Cold consomme, pot-roast of beef, potato pancakes, smothered cabbage, endive salad, biscuit glace, assorted cakes. Supper—Cold sliced turkey, stuffing patties, cranberry jelly, egg custard, tea or coffee.

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

Appetizers Of Caviar For Every Purse

Appetizers are used both for formal and informal dinners and they certainly do a great deal toward making the meal a pleasant, friendly affair.

An appetizer isn't a difficult affair and all those cute wooden, gaily painted platters and trays in the stores make them that much more attractive. Here are a few made with caviar which fortunately for the pocket books has become domesticated.

CAVIAR MOUSSE

1 three-ounce can caviar
¼ cup cream mayonnaise
1 cup whipping cream

Combine caviar and mayonnaise, and fold in whipped cream. Pour into freezing tray and freeze. Cut in dice-like cubes for serving. Serve with salty wafers.

POTATO CHIPS WITH CAVIAR

Select large size potato chips. Spread with chilled caviar which has been seasoned with lemon juice, adding a few rosettes of creamed cheese.

Suggestions For A Holiday Buffet

Of all the seasons of the year when parties, social gatherings and pleasant visits from friends, reach their height, none surpasses the holiday period between Christmas Eve and New Year's Day. Friends and relatives home for the holidays, together with children returning from schools and colleges to spend their Christmas vacation with the family, provide the reason for this nation wide period of friendly entertaining.

There is no other season of the year that quite compares with the good will and kindly spirit of the holiday period. It seems to be a most opportune occasion for jolly parties.

If you are planning to entertain informally during the holiday season and you don't wish to go to the trouble of an elaborate dinner, remember the excellent possibilities offered in an attractively arranged buffet, decorated appropriately in the spirit of the season.

As to your selection of food and drink for your buffet, this is a most appropriate place to serve your christmas fruit cake and holiday cookies. Your choice of beverage should also be in keeping with the spirit of the occasion and Champagne or a good American wine, would delight all.

While it is true that because of the complicated and costly manner in which champagne is manufactured it is slightly higher in price than most wines, nevertheless, most of the champagne made in this country is now within the reach of the average family. And surely, such an eventful occasion as Christmas or New Year's is deserving of something a little out of the ordinary, such as champagne, regarded by many as the greatest of all wines. As one writer once said, "Tongue, mouth, palate dance beneath the first mouthful of the sparkling fluid; grace and gaiety lie in its wake."

Rye Pop-overs

We all know pop-overs for what they are—crisp, light, tasty bits of almost nothingness that melt in the mouth and go so well with jam. Here is another pop-over that will be just as popular with all those who like rye flour:

RYE POP-OVERS

¾ cup rye flour
¼ cup wheat flour
¼ teaspoon salt
1 teaspoon sugar
2 eggs
1 cup milk

Sift dry ingredients. Beat the eggs and add milk and stir gradually into the flour mixture to make a smooth batter—beat with egg beater until full of air bubbles. Fill hot greased gem-pans two thirds full of the mixture. Make in a hot oven (450 F.) for 30 minutes or until brown and popped over. Gradually reduce heat.

Corn Waffles For Party Day Snack

No one expects large meals all during the holidays. There are so many afternoon affairs and evening affairs when food will be served that the housewife won't find it necessary to serve more than a snack after or before one of these parties. Just enough to "hold them over" and keep them from starving before refreshment time. Here is a good "snack."

CORN WAFFLES

2 cups flour
1¼ teaspoons salt
2 eggs, beaten
4 tablespoons melted shortening
1 teaspoon baking-soda
2 cups sour milk
½ cup canned corn, drained

Beat the ingredients, except corn and shorteninfi, with an egg beater until thoroughly mixed. Then add the corn and melted shortening. Bake on waffle iron a little longer than regular waffles. These are very good served in the usual way with maple syrup but many people will find them more to their liking served only with butter.

Dates In Cheese Pastry

There might not be much reason Bake in a hot oven (450 F.) for 30 one expects the house to be overflowing with all sorts of goodies and dainties. One expects to be able to open any cupboard and drawer and find there, packages of candy and nuts, and cookies in the jars; fruits in all the bowls and unusual little things like these:

DATES IN CHEESE PASTRY

¼ cup butter (⅛ lb.)
1 3-ounce package cream cheese
1 cup flour
1 egg white
1 package pitted dates
½ cup sugar
½ cup English walnuts, finely chopped

Cream butter and cheese, add flour, and knead until the mixture is like pie crust dough. Wrap in wax paper and chill thoroughly in the refrigerator. Roll out very thin on a lightly floured board and cut into squares large enough to wrap around dates. Dip the dates in the unbeaten egg white and then roll in a mixture of the chopped nuts and sugar. Bake on an ungreased baking sheet in a hot oven (400 F.) for 15 to 20 minutes. Makes about 15.

To clean wicker and preserve it, spray with water. This will remove the dust and keep the reed from drying and cracking.

Lilly White's Holiday Onion Soup



Dear Miss Wilma:

All durin de holidays Ah keeps a good bit ob dis soup aroun de house cause Ah jes neber does know when de folks'll be wantin sumpin to nibble on next, and when dey comes in from out de cold they alus seem to be wantin onum soop an croontons.

Furst Ah peels an cut in very, very little slices bout six white onons, an fries em to a light brown in a tablespoon ob butter. Den Ah adds to de fried onons a pint ob sweet milk, a quart of boiling water a salt spoon of white pepper an a teaspoon ob white sugar an a pinch of mace. Ah cooks it slowlike fo a hour, an den Ah strains it an adds four good beaten aiggs a cup ob cream an a tablespoon of cornstarch which Ah wets a bit furst wit a little cold water. Ah stirs in until de soup boils and sometimes Ah puts back de onons and sometimes Ad don't.

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

Hot Off The Griddle

ESTHER DONLAN

To clean electric burners, turn on the heat long enough to burn off all the spilled food. Brush lightly with steel or copper wire brush. Polish the nickel or chromium with a moistened cloth dipped in whiting or fine non-abrasive powder. Remove the polish with a damp cloth and then rub until bright and clean. Be sure not to use any water as it causes a short circuit of electricity.

Hot starch will lump if not well stirred in the making.

When one has white curtains and would like them a nice ecru shade, extract of black tea will be found to be much better than coffee.

With modern washing machines, wringer or extractor, it is possible to extract more water than by hand wringing. Clothes may thus be partially dried and made ready for ironing without hanging.

Always remove grass stains from clothes before laundering as these stains once set are hard to remove. Rub the stain with kerosene and then wash with warm water and soap.

To removed the shine from woolens, cover the wool with a dampened piece of cheesecloth. Pass the hot iron over the wet cloth, but do not press or iron dry. Let the steam remove the gloss.

Using two pillow slips a week reduced the need for washing pillows.

SUNDAY DINNER Suggestions

By ANN PAGE

MEATS other than poultry are cheaper and will probably be appreciated as pre-holiday fare. Smoked hams and bacon, forequarter beef, lamb and fresh pork are all reasonable in price. Eggs are plentiful and cheap for the season. Use them freely in your holiday baking.

Fish of many varieties is attractive in price for everyday and fast day needs.

Fruits, particularly the citrus fruits and apples, are abundant and inexpensive. Some vegetables, however, were affected by last week's severe cold weather and are less plentiful and more expensive.

Seasonable foods make up the following menus:

Low Cost Dinner
Braised Chuck Steak
Potatoes Onions Carrots
Bread and Butter
Tapioca Cream with Bananas
Tea or Coffee Milk

Medium Cost Dinner
Roast Lamb Pan-browned Potatoes
Glazed Carrots Spinach with Onions
Bread and Butter
Baked Caramel Custard
Tea or Coffee Milk

Very Special Dinner
Split Pea Soup
Baked Ham
Sweet Potatoes Creamed New Cabbage
Orange Watercress Salad
Rolls and Butter
Apple Pie Cheese
Coffee Milk

"Punch" Means "Five"

By SIDNEY SNOW



Holiday Beverage Of Ancient Origin

LIKE many other holiday foods and drinks, Punch traces its origin far back through the ages. The word itself is said to come from the Native Indian word "Paunch"—Meaning "five." Centuries ago, every home in England had its Christmas bowl of punch—and today the practice still maintains. And while the ingredients are selected from many sources and there are hundreds of different recipes, some being sweet in taste, and others "dry" or "non-sweet," the underlying rule has not changed at all. The great punches are all made up in five parts. And there is an old English rhyme to remind one:

"Two parts strong—one part weak,
One part sour, and one part sweet—"

Measured in modern terms, here is a recipe long popular and which will make about two gallons of punch:

CHRISTMAS PUNCH

1 bottle domestic port or claret wine
1 pint lemon juice
1 pint orange juice
1 bottle carbonated water
¼ pint grenadine or any sweet fruit juice such as grape or pineapple juice
1 pint gingerale

Mix all the ingredients. Pour into a punch bowl with a large block of ice. Cherries, sliced oranges or pineapple spears may be used as a garnish. This makes two gallons of punch.

A Change In The "Every Day" Stewed Fruits

Many people, for the sake of economy are compelled to use dried fruits in the winter. For the sake of variety, try preparing them like this.

GINGERED FIGS

Wash I pound dried figs and remove stems. Add cold water to cover and juice and rind of ½ lemon, and 1 large piece ginger root. Stew until the figs are puffed and soft. Remove figs to dish. Measure syrup and add ½ as much sugar; simmer until thick and add 1 tablespoon lemon juice. Serve cold with whipped cream.

BAKED DRIED FRUIT

Wash ½ pound dried apricots, 1 cup seeded raisins. Add 1 pint of water an dplace in a baking dish. Cover and bake 2½ hours at 325 F. Then remove from oven, add ½ cup sugar, juice of 1 lemon, and 1 orange, cut in slices. Stir until sugar is dissolved and chill.

A sleeve board makes sleeves and small parts of garments easy to iron without making creases.

To empty a vacuum cleaner dust bag, sprinkle several sheets of newspaper with water. Open the dust bag close to the dampened paper. Carefully empty sweepings on the damp paper. Keep the outside of the bag clean.

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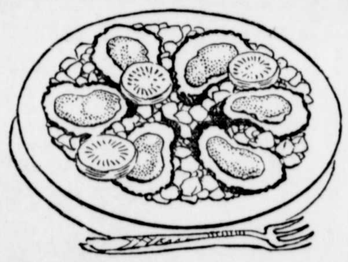


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