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, boiled eggs, broiled bacon, buttered toast, coffee or cocoa. Lunch—Canned chicken a la king on waffles, sliced tomatoes, chocolate eclairs, tea or milk. Dinner—Chicken broth, Swiss steak, mashed potatoes, Brussels sprouts, cole slaw, apple cake, coffee or beer,

TUESDAY Breakfast—Bananas with ready to eat cereal French toast, frizzled ham, maple syrup, coffee or cocoa. Lunch—Hamburg patties, fried onions, dressed lettuce, caramel custard, tea or milk. Dinner—Roast tame duckling, apple sauce, German fried potatoes, endive salad, Fudge nut layer cake, coffee.

WEDNESDAY Breakfast—Chilled grapefruit, hot wheat cereal, scrambled eggs, chicken livers, rolls, coffee or cocoa. Lunch—Vegetable soup, combination sandwiches, cocoanut cup cakes, tea or milk. Dinner—Dutch oven lamb chops, buttered noodles, Broccoli hollandaise. green salad, pastry, coffee.

THURSDAY Breakfast—Stewed prunes, ready to eat cereal, plain waffles with syrup, breakfast sausages, coffee. Lunch—Cream of tomato soup, mixed vegetable salad, stuffed eggs, rolls, chocolate sundae, cookies, tea or milk. Dinner—Rolled roast beef, mashed potatoes, cauliflower, apple and celery salad, lemon meringue pie, coffee or beer.

FRIDAY Breakfast—Sliced oranges, ready to eat cereal, buckwheat cakes, broiled bacon, syrup or jam, coffee or cocoa. Lunch—Tomato juice cocktail, baked macaroni and cheese, broiled tomatoes, celery salad,, stewed pears, pound cake, tea. Dinner—Bouillon, clam casserole with vegetables, baked potatoes, cabbage salad, bread pudding, coffee.

SATURDAY Breakfast—Baked apples, ready to eat cereal, boiled eggs, bacon, buttered toast, coffee or cocoa. Lunch—Kidney pie with vegetables, shredded lettuce, biscuits, cheese and crackers, tea. Dinner—Broiled steak, French fried onions, smothered carrots, green pepper salad, apple dumplings with hard sauce, coffee.

SUNDAY Breakfast—Pineapple juice, ready to eat cereal, scrambled eggs, grilled kidneys, cheese roulettes, coffee or cocoa. Dinner—Split pea soup, roast capon, compote of pears, stewed celery, shoe string potatoes, romaine salad, home made hazel nut ice cream, little cakes, coffee. Supper—Chicken salad, hot corn muffins, coffee or tea.

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

Christmas Day Fruit Salad

Just the idea of a fruit salad on Christmas Day is a wonderful thought but in reality it's better than that and when carried out in those grand, cheerful Christmas colors it is ideal.

CHRISTMAS SALAD

1 cup pineapple
1 cup green grapes
1 banana
1-3 pound marshmallows
1 cup whipping cream
½ cup English walnut meats
1 cup fruit salad dressing
Lettuce
Red and Green cherries

Cut slices of pineapple into pieces about the size of a cherry. Cut grapes in halves and remove seeds. Peel and slice banana. Cut marshmallows into fourts. Combine fruits in a mixing bowl and place in ice box to chill. Care should be taken that fruit does not freeze. Whip cream and add half of it t othe fruit salad dressing. Add nuts to fruit mixture and arrange individual servings on crisp lettuce leaves. Add salad dressing, topping with small portions of whipped cream Garnish with red and green cherries.

Try A Hot Salad

In certain parts of the country hot salads are quite popular. Now some people with squirm at the thought and think it's unheard of —but far from it—a hot salad si indeed a very find thing and we wouldn't be surprised if nearly everyone was quite fond of this salad when once they try it.

CREAMY LETTUCE SALAD

4 slices bacon, diced
1 tablespoon flour
1 cup sour cream
2 tablespoons sugar
1 tablespoon salt
2 tablespoons vinegar
Lettuce

Fry the bacon until crisp; stir in the flour and blend. Add the cream and cook, stirring constantly, until mixture begins to thicken. Add the sugar, salt and vinegar. Separate the lettuce leaves and wash thoroughly. Dry well, pour the hot sauce over it and mix. Serve at once.

Appetizers Add Enjoyment To Evening Meal

One of the nicest customs imaginable is the evening appetizer. Whether served with or without a cocktail it tends to bring the family and guests together a few minutes before dinner is served, thus doing away with the last minute rush to the table and arriving there out of breath and excited.

Something very attractive and tasty at this time will stimulate the appetites of those about to partake of the evening meal and those few minutes of quiet will do much toward making the dinner a success.

PIMENTO CUPS

1 small can boneless sardines
1 three-ounce can caviar
4 pimento cups

Mash the sardines and mix with caviar. Fill small pimento cups and chill. Place on paper doilies. Use a pastry tube and pie on each serving a star of heavy mayonnaise. Garnish with triangles of toast, one point of which has been dipped in melted butter. Then sprinkle with finely chopped parsley.

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SUNDAY DINNER Suggestions

By ANN PAGE

FOOD supplies and prices are such as to help a lean budget stretch over a lot of Christmas and pre-holiday fare. Meats are lower, with beef down to last year's holiday level, and poultry is reasonable in price. Butter is high, but eggs, though higher, are still reasonable for the season.

Apples, oranges and nuts, suggestive of knobby stockings hung from the mantelpiece, are all plentiful and inexpensive. Cranberries are about half last year's price.

Plentiful supplies of all old-fashioned and traditional vegetables are in market together with fresh green beans, lima beans, broccoli, mushrooms, spinach and a variety of salad greens.

A Christmas Eve supper, Christmas dinner and Sunday dinner follow.

CHRISTMAS EVE SUPPER

Creamed Seafood in Pastry Shells
Baked Potatoes Green Salad
Hot Biscuits Butter
Fruit Cup Cookies
Tea or Coffee Milk

CHRISTMAS DINNER

Oysters or Chilled Fruit Juice
Celery Olives Salted Nuts
Roast Stuffed Turkey Giblet Gravy
Sweet or White Potatoes
Buttered Onions
Green Vegetable Cranberry Sauce
Rolls and Butter
Plum Pudding Lemon and Hard Sauces
Coffee

SUNDAY DINNER

Cream of Mushroom Soup
Cold Turkey Hot Dressing and Gravy
Potato Croquettes Brussels Sprouts
Green Salad
Bread and Butter
Hot Mince Pie
Coffee

Orioles Called "Hangnests"

Orioles are called "hangnests" because they place their nests on limbs in such a manner that they hang down. As the nests sway in the wind, we may imagine that the baby birds are being rocked to sleep.

Lilly White's Yeast Rolls



Dear Miss Wilma:

Ah donno jes how all de folks feel bout it but Ah noes dat dere just ain't nothin what smells so good as de yeast rolls when dey be cooking. Ah done found out too dat de smell ob des heah rolls sure can bring de chiluns home in a hurry.

Furst yo mix a yeast cake wit a cup ob warn milk. Den yo puts one pint ob flour in a bowl, an adds one large tablespoon ob shortenin an one teaspoon ob salt an den de milk an de shortenin. Mix good wit three fourths ob a cup of warm water an a heapin teaspoon ob sugar an beat hard. Den put it by in a warm place an let it rise fo bout five hours. Den when it be risen yo adds another pint ob flour an needs it fo bout five minutes an den yo rolls it out, an makes into rolls an put em all in a pan an put it by fo bout an hour an a half befor bakin which yo does in a moderate like oven fo bout half a hour. Hopin yo is de same,

Your humble servant,

LILLY WHITE.

Hot Off The Griddle

ESTHER DONLAN

When making coffee in a percolater, use cold water, freshly drawn. Hot water makes satisfactory coffee, but one in which bitterness seems to have developed slightly.

Many foreign recipes are given by weight rather than measure so there are probably many who would like to know the equivalents.

2 tablespoons butter .....1 ounce
2 cups butter .....1 pound
4 tablespoons flour .....1 ounce
4 cups flour, unsifted .....1 pound
2 cups granulated sugar .....1 pound
2 cups lard .....1 pound
2 2-3 cups cornmeal .....1 pound
1 cups rice .....1 pound

When more ice cubes are needed than can be frozen at one time, those which have been made may be placed in a glass tray for storage while another lot is being frozen. If cubes are to be stored here for longer than several hours, wrap them in waxed paper.

Plain pastry or pie crust dough can be prepared and kept covered in an ice box for an indefinite period. This is convenient and the chilling before baking adds to the tenderness of the crust.

Butter should be soft enough to spread without breaking the bread. If time allows, cream it, but never melt it. Creamed butter may be used either plain or mixed with paprika, minced parsley, a dash of mustard of a few drops of lemon juice.

A delicious yet simple dessert can be made by hollowing out cup cakes, lining them with jam, wine jelly, or marmalade and filling them with ice cream.

It is a good idea to chill salad plates before using them.

Lettuce shuold be trimmed, removing all coarse outer leaves that are damaged and undesirable for serving, before storing.

JOHN W. BARROLL
ATTORNEY-AT-LAW
Chestertown, Maryland

A Gift Suggestion For A Friend In A Big City

By SIDNEY SNOW



THERE is no gift which so intrigues the resident of a large city as a basket of home made "goodies" from a friend in the country or in a smaller town.

So if you live in a suburban or country home and have a big city friend, your gift problem solves itself.

Go shopping for an oddly shaped backet. Provide plenty of colored tissue paper, cellophane and bright red ribbon, and away you go.

Glasses of home made jellies, preserves and pickles are sure to please. In among them, place big, polished red apples. And if there are nuts which grow in your neighborhood, by all means include them, too. And a little fruit cake, and a plum pudding will bring squeals of delight. A generous box of home made candies is bound to prove popular. If you'd top it off in a grand manner, just include a jar or tin of home made cookies.

For containers, one may pick up fancy little boxes and tins in the gift shop or the "five and dime" or in the department store art departments. And the paper and cellophane and ribbon will do the rest.

Here is a great lot of Christmas gift for very little money. What pleases most is that it is the result of your own effort.

Roast Pork (Mexican Style)

If one is so inclined to plan a grand dinner four days in advance as she would her Christmas or Thanksgiving dinner, here is a recipe well worth keeping in mind for the occasion.

1 fresh leg or shoulder of pork
3 bay leaves
12 peppercorns
1 chili pepper
3 teaspoons salt
1 clove garlic
1 large onion, sliced
Mild solution of wine vinegar to which
1 cup sour wine has been added

Wipe the meat with a damp cloth and place it in a large crock. Add the rest of the ingredients and cover with the solution of vinegar, having enough to cover the meat generously. Allow to stand for 4 days. Remove from brine, place in a roasting pan and roast in a moderately hot oven 375 F. allowing 30 minutes to the pound. Baste frequently with some of the vinegar solution during the roasting. oven 325 F. for 50 minutes.

Baked Creamed Cauliflower

That such an attractive little thing as a cauliflower should cause worry is almost unthinkable, but trouble and worry it causes without end. It's one of the best things on the market today so eat it we will in one way or the other such as

BAKED CREAMED CAULIFLOWER

1 medium sized head of cauliflower
2 eggs
¼ teaspoon salt
⅛ teaspoon pepper
1 tablespoon butter, melted
1 cup cream

Trim off the green leaves of the cauliflower and wash thoroughly. Cover with boiling salted water and cook for 15 minutes. Drain and chop very fine. Beat the eggs, add the salt, pepper and melted butter. Stir in the cream and combine with the chopped cauliflower. Pour into a well butter casserole. Set dish in pan of hot water nad bake in a moderate oven 325 F. for 50 minutes.

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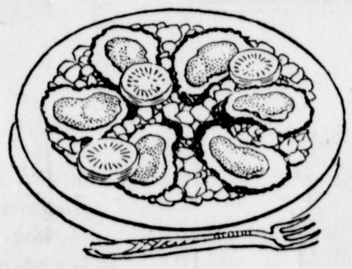


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