THREE MEALS A DAY

SIDNEY SNOW will be glad to answer any questions on food

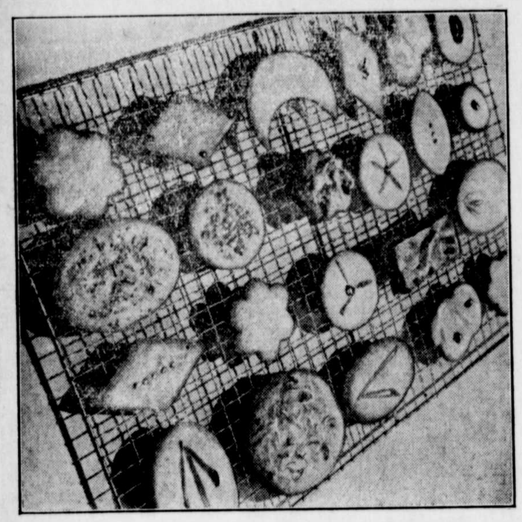
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Edited by WILMA DEUTE

Food, of course, must be well seasoned to be worthy of its piquancy

A Cookie Jar May Not Make The Home, But What Is Home Without One?

By SIDNEY SNOW



NOBODY knows who invented cookies, but their ancestors run far back into the ages. In the Book of Jeremiah one reads that the women folk made little cakes and the Prophet scolded them because they made them in the shapes of heathen gods. Today there is only praise for the women folk who bake them.

A book can be written with nothing but cookie recipes. Here are a few which are sure to please:

OATMEAL DROP COOKIES

¾ cup sifted flour
1 teaspoon baking powder
¼ teaspoon nutmeg
¼ teaspoon salt
½ cup butter
¼ cup brown sugar, firmly packed
1 egg, well beaten
1 cup raisins, chopped
1 cup oatmeal
1/3 cup milk.

Sift flour once, measure, add baking powder, nutmeg, and salt, and sift again. Cream butter, add sugar gradually, and cream together until light and fluffy. Add egg and raisins. Add oatmeal. Add flour, alternately with milk, a small amount at a time. Drop from teaspoon on ungreased baking sheet. Bake in moderate oven 350 F. for 15 minutes. Makes 2 dozen cookies.

SWEDISH COOKIES

4 cups sifted cake flour
2 cups butter
1 cup sugar
1 egg, well beaten
1 teaspoon vanilla

Sift flour once, measure, and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat well. Add flour, a small amount at a time, mixing thoroughly after each addition. Add vanilla and blend. Shape into 2 rolls, 1½ inches in diameter, chill overnight, or until firm enough to slice, and cut in thin slices. Bake on ungreased cookie sheet in a hot oven 400 F. from 4 to 5 minutes, or until done. Makes 5 dozen.

OLD FASHIONED SUGAR COOKIES

2¼ cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
½ cup butter
1 cup sugar
2 eggs, well beaten
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and beat well. Add vanilla. Add flour and blend. Chill 10 to 15 minutes. Roll ⅛ inch thick on slightly floured board, cut with large floured cutter, and sprinkle with sugar. Place on ungreased baking sheet and bake in hot oven 400 F. from 10 to 15 minutes. Makes 2½ dozen 3½ inch cookies.

Cream Of Oyster Soup

Eating oysters in assorted ways is the hobby of many people. These juicy bivalves are nice enough to make themselves adaptable to many recipes so all we have to do is buy them either in or out of the shells and put them to work to make something like this:

CREAM OF OYSTER SOUP
1 pint oysters
½ cup cold water
1 cup white sauce
Salt and pepper to taste

Wash the oysters with ½ cup cold water, through a colander, remove any bits of shell; reserve liquid; heat gradually to the boiling point. Let oysters simmer until they look plump and the edges curl; drain and skim the liquid. Make a white sauce, add the hot strained oyster liquid salt and pepper to taste and cook until smooth. Add the oysters and serve hot with oyster crackers toasted in the oven for just a few minutes.

Where The Canner Stops The Housewife Begins

A can of sauerkraut isn't something that we just open and heat. It is the good start that the canner gave us on a grand dish and so, in appreciation for what this man did for us we prepare a truly fine dish to accompany our frank-furters or spare-ribs:

CANNED SAUERKRAUT
1 quart sauerkraut, canned
½ cup granulated sugar
2 onions, diced
1 tablespoon vinegar
1 apple, diced
1 tablespoon butter

Cover the sauerkraut with water add the diced apple, one diced onion, sugar and vinegar. Cook about 45 minutes. Then add the remaining onion which has been browned in butter. Serve immediately.

Hot Off The Griddle

ESTHER DONLAN

When washing cotton clothes, put to soak in cold water and if the water becomes soiled, empty and add fresh warm water.

To dry clothes, pin in shape, fasten securely to line with several pins.

To remove grease spots on dry material, lay grease spot on a pad of soft white cotton cloth. Moisten cheesecloth with 1 or 2 drops of carbon tetrachloride and gently apply to grease stain. Rub lightly and use the least possible amount of cleanser. Work daintily and each time rub lightly with a dry cloth. Note results and repeat if necessary. Keep pad changed. It is absorbing the grease.

Hang gloves to dry in room temperature and when half dry put on the hannds to shape, unless a glove form is used.

In extreme cases, to remove shine from woolens, fine sandpaper has been used with light touches.

Frequently washed mattress pads save mattresses.

The best days to wash blankets are clear windy days, the blankets will dry quicker and fluff better.

When one cleans a wringer with kerosene, she must use only a little and work quickly, as kerosene cleans by dissolving rubber.

To sharpen knives, hold the knife firmly, move steel sharpener back and forth along the edge of the blade. Rub first on one side of the blade and then on the other. Hold sharpener at small angle from blade so as to thin the blade for an edge. Begin sharpening by rubbing down from handle of knife to point. Give special care on lower half of the blade near the point. The point does most of the work. Patented sharpeners are effcetive but wear knife somewhat rapidly.

Be sure that no moths are in the upholstery of furniture before storing it.

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Dear Miss Wilma:

T'aint summer now but Ah jes knoes dat de folks still are eatin ice cream ever so often and Ah figured dat dis heah one be a little mo winter like dan summer cream seein as how it be made with de nuts we done et so much in de winter. Furst yo makes a custard wit de yellows ob three aiggs an a half a pint of sweet milk. Den yo melts a half ounce ob gelatin in a gill ob water and mix it wit six ounces og powdered sugar and add it to be custard when it be nearly cold. Den yo pounds a pound of nuts wit a little ob de white ob aiggs until it be like a smooth paste. Den you stirs it into de custard until it be good an smooth. Den yo adds a half pint ob cream what been whipped solid. Den if'n yo likes yo can color it a wee bit pinkish an put in a bit ob vanilla. Den yo puts it in a mold an sets it on ice and den after a couple ob hours yo serves it wit mo whipped cream a bit flavored with vanilla. Den if'n yo wants yo can parch peanuts a bit and use dem in place ob de walnuts or de hickory nuts. Personally, Ah thinks de hickories be too hard to git from de shells but, man—dey is good.

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

How And When To Use Garlic

There are certain rules and regulations regarding the use of garlic that are not written but understood by one and all. One great rule to remember is not to eat garlic alone or you will be ostracised from polite society for a day or two. If one must eat this delicious spice, do so in company with those with whom you intend to spend the next several hours and serve it in such a dish:

SPANISH RICE
1 cup rice
4 tablespoons fat
5 onions, chopped
2 cups strained tomatoes or
3 ripe tomatoes
2 cloves garlic
1 red or green pepper, chopped or
1 canned pimento
2 teaspoons salt

Wash rice thoroughly, place in frying pan with bacon or poultry fat, add onion and the garlic minced fine. Let fr y 10 minutes, add the rest of the ingredients and 1 cup of water, cook slowly about 1 hour and as the water evaporates, add more to keep it from burning, until rice is tender. Serve at once.

SUNDAY DINNER Suggestions

By ANN PAGE

CHEAPER meats, cheaper butter, inexpensive fruits and vegetables characterize early January markets. Beef, lamb and fresh pork cuts are all reasonable. Butter prices have continued to drop and eggs are again lower.

Oranges, both navel and juice, grapefruit and apples are among the most attractive fruit values. Lettuce, other salad greens and fresh tomatoes are inexpensive. Potatoes are a cheap food as well as a most nourishing one.

Seasonable foods make up the following menus:

Low Cost Dinner
Chopped Beef and Pork Roast
Mashed Potatoes
Creamed Diced Turnips
Bread and Butter
Apple Crisp
Tea or Coffee Milk

Medium Cost Dinner
Broiled Beefsteak with Mushrooms
Stuffed Potatoes
Glazed Celery and Onions
Bread and Butter
Coconut Custard Pie
Tea or Coffee Milk

Very Special Dinner
Grapefruit
Roast Loin of Pork with Cinnamon Apples
Sweet Potatoes New Cabbage
Tomato Salad
Bread and Butter
Ice Cream Cake
Coffee

Menu Of The Week

MONDAY Breakfast—Grapefruit, ready to eat cereal, grilled bacon, rice waffles, maple syrup, coffee or cocoa. Lunch—Creamed canned asparagus on toast, green pepper salad, crumb cake, tea or milk. Dinner—Ham and macaroni casserole, creamed spinach, lettuce and cucumber salad, hot apple betty with hard sauce, coffee.

TUESDAY Breakfast—Sliced bananas in orange juice, hot cereal, scrambled eggs, buttered toast, coffee or cocoa. Lunch—Split pea soup, winter fruit salad, hot muffins, coffee ring, tea or milk. Dinner—Yankee pot roast, smothered cabbage, buttered noodles, carrot salad, custard pie with graham cracker crust, coffee or beer.

WEDNESDAY Breakfast—Pineapple juice, hot cereal, creamed smoked beef on toast, coffee or cocoa. Lunch—Deviled egg salad, gingerbread with apple sauce, tea or chocolate. Dinner—Baked pork chops, potato patties, diced turnips, apple and nut salad, bread pudding, coffee or beer.

THURSDAY Breakfast—Baked apples with cream, ready to eat cereal, baked eggs with cheese, buttered toast, coffee or cocoa Lunch—Cream of tomato soup, cooked vegetable salad, rolls, raisin pie, tea or milk. Dinner—Pan broiled steak, golden potatoes, buttered peas, peach cup salad, poppy seed rolls, cheese and crackers, coffee.

FRIDAY Breakfast—Stewed prunes, ready to eat cereal, parsley omelet, rolls, jam, coffee or cocoa. Lunch—Spinach nests with poached eggs, corn muffins, cream cheese and pear salad, cookies, tea or milk. Dinner—Spiced tomato juice, macaroni ring mold with creamed peas and mint, salad of mixed vegetables, cheese straws, oat meal brown Betty, coffee.

SATURDAY Breakfast—Stewed apricots, ready to eat cereal, buckwheat cakes, sausages, syrup or jam, coffee or cocoa. Lunch—Grilled sardines on toast, apple salad, melba toast, chocolate pudding, tea or milk.. Dinner—Boiled tongue, parsley, potatoes, string beans. mixed salad, steamed pudding, coffee.

SUNDAY Breakfast—Grapefruit, hot cereal, broiled kippered herring, hot toast, scrambled eggs, coffee or cocoa. Dinner—Crabmeat cocktail, Crown roast of lamb, browned potatoes, buttered spinach, creamed peas, avocado pear salad, ripe olives, mixed pickles, fruit cake with hard sauce, coffee. Supper—Fried mushrooms on toast, cole slaw, brownies, coffee or tea.

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

Quick Cabbage For "Last Minute" Dish

Anything that we can prepare in ten minutes or a few more and be fine tasting is just what we want. Here is just such a dish:

QUICK CABBAGE
1 pint shredded cabbage
1 cup milk
1-3 cup thin cream
1 tablespoon butter
1 tablespoon flour
Salt and pepper

Cook the cabbage for five minutes in the milk. Add the cream, the blended butter and flour, and the seasoning and cook rapidly for five minutes more. Serve immediately. This is a good recipe in case of an emergency and being cabbage, it will give the impression of quite a little time spent in its' preparation.

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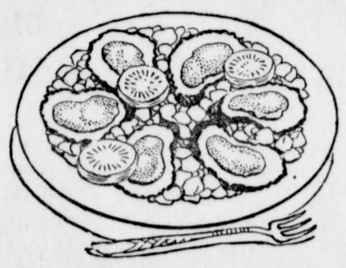


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