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—Baked apples with cream, ready to eat cereal, ham and eggs, rolls, coffee or cocoa. Lunch—Bacon rarebit, carrot salad, apple turnovers, tea or milk. Dinner—Steak and kidney pie, parsley potatoes, buttered peas, cucumber salad, prune whip, cookies, coffee or beer.

TUESDAY Breakfast—Grapefruit, hot cereal, buckwheat cakes, sausages, syrup, coffee or cocoa. Lunch—Split pea soup, cold cuts, pineapple slaw, muffins, tea or milk. Dinner—Hamburger patties, riced potatoes, escalloped corn, sliced sour beets, dressed lettuce, butterscotch pie, coffee.

WEDNESDAY Breakfast—Orange juice, ready to eat cereal, scrambled eggs and bacon, griddle cakes, syrup, coffee or cocoa. Lunch—Canned corned beef hash with pepper relish, asparagus tip salad, stewed pears, cookies, tea or milk. Dinner—Pan fried liver, au gratin potatoes, lima beans, chicory salad, lemon chiffon pie, coffee or beer.

THURSDAY Breakfast—Stewed prunes with cream, ready to eat cereal, French toast with marmalade, coffee or cocoa. Lunch—Cream of tomato soup, combination sandwiches, cole slaw, cocoanut custard pie, tea or milk. Dinner—Braised veal chops, hashed brown potatoes, creamed celery, lettuce salad, apple cobler, coffee or beer.

FRIDAY Breakfast—Sliced bananas with ready to eat cereal, plain waffles, maple syrup, coffee or cocoa. Lunch—Spanish omelet, hot rolls, fruit gelatin, tea or milk. Dinner—Corn bisque, creamed salmon in rice ring, buttered spinach, pineapple salad, egg custard with caramel sauce, coffee.

SATURDAY Breakfast—Sliced oranges, ready to eat cereal, griddle cakes, broiled bacon, syrup or jam, coffee or cocoa. Lunch—Crabmeat salad, Melba toast, stuffed eggs, bread pudding, tea or milk. Dinner—Baked sausage with pineapple rings, smothered cabbage, pickled beet salad, cranberry pie, coffee.

SUNDAY Breakfast—Grapefruit, hot cereal, creamed finnan-haddie on toast, fried potatoes, coffee or cocoa. Dinner—Oyster cocktail, roast goose, mashed potatoes, baked stuffed onions, Waldorf salad, steamed date pudding, coffee. Supper—Grapefruit-shrimp-celery salad, hot biscuits, cup cakes, tea or coffee.

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

LILLY WHITE'S BACON and BANANAS



Dear Miss Wilma:

Some things sho does sound funny when you furst heahs bout dem but den after a little bit ob trying dey jus up an fit demselves right into things. Dats what happened to me wit de bacon and bananas an now Ah fixes dem just as regular as could be.

You takes bananas what ain't overly ripe an cut dem crosswise in three bits an rap a piece ob bacon aroun each bit ob banana an hold it der wit a toothpick. Den yo puts en em a shallow pan an bake dem in a slow-like oven until de bacon be nice an crispy. By dat time de bananas be cooked just enuf. Couse, if de oven be over heated den de bacon'll git all done an de bananas'll still be wantin more cookin so jes use yo magination honey when it comes to chosin a slow oven an de rest'll take care ob itself.

hoping yo is de same,
your humble servant,
LILLY WHITE.

A Vegetable Dish For The Men

Dishes than men like aren't the easiest thing for a woman to think of. Her thoughts might so easily run along the lines of a slenderizing salad which is poison to a man and ruinous to his teeth which he grates and gnashes at such a thought. Give him man sized dishes with real flavor and he will purr like a kitten. Here is such a vegetable dish that will be sure to strike his fancy:

BAKED CORN AND GREEN PEPPERS

2 cups cooked or canned corn
1 green pepper, chopped
½ teaspoon sugar
1 teaspoon salt
2 tablespoons butter
2 tablespoons flour
1 cup milk
1 egg, well beaten
⅛ teaspoon pepper
¼ cup crumbs, mixed with 1 tablespoon butter

Melt the butter in a saucepan. Add the flour, blend, and add milk, stirring constantly. Add seasoning and cook, stirring constantly until thickened. Add corn, well beaten egg, and green pepper. Pour into a well greased baking dish, cover with buttered crumbs and bake in a moderate oven (375 F.) for about 30 minutes. Serves six.

Hot Off The Griddle

Esther Donlan

Use tomato juice instead of water with lemon-flavored gelatin. Add shredded cabbage and minced onion before gelatin sets. Serve in squares on lettuce or keep on hand for a cold meat garnish.

If your waffle iron ever becomes stained with bits of charred food, or with grease, clean it with a household cleaner that doesn't scratch and which polishes as it cleans. Simply sprinkle a small quantity of this cleaner on a damp cloth and rub it over the stained surface. When the stains disappear, wipe with a damp cloth and dry, and your waffle iron will gleam with spick and span cleanliness.

To dust sugar on hot doughnuts, and to get it on evenly, shake the doughnuts in a paper bag containing powdered or granulated sugar. There is no waste of sugar this way and no spilled sugar to be wiped up.

The next time you want to pierce a hole in a leather belt or in a leather shoe strip, just heat a long pin until it is red hot, then force it through the desired spot in the leather. This may be done quickly and a round, even hole will result.

If you should want to use a decorative flower pot (the type with a hole in the bottom) for a flower bowl or vase, try this: Fill the hole first with chewing gum and then secure the chewing gum with adhesive tape. As a result of this treatment, the vase will hold water for almost an indefinite peroid of time.

Sausage served in combination with fruit is an excellent addition to any meal. It lends itself to many ways of serving; it not only comprises a dish in itself, but also adds flavor and zest to a number of other food combinations.

Cream Cheese Offers Variation To Pie Crust

Here is just one of many variations that a housewife can make in her pies via the crust. A poor crust can ruin a pie, as we all know, so for bigger and better crusts we offer.

CREAM CHEESE PIE CRUST

1 3-ounce package cream cheese
¼ cup shortening
1 cup flour

Cut the shortening and cheese into the flour, using two knives or a pastry blender. Blend until mixture holds together. Roll out on a lightly floured board and use for lining pie pan or making tarts. If not used immediately, wrap in waxed paper and chill until ready to use. Bake in a hot oven (450 F.), This crust may be used for a large pie, shell or tarts. It is delicious for fruit pies or cooked cream fillings. The small tarts may be filled with jams or jellies.

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Fried Oysters On Toast Served With Horse Radish Hollandaise Sauce

By SIDNEY SNOW



I SUPPOSE if we ate only the things that were good for us and did only the things that were good for us this would be a more peaceful world—but while fried food does taste so good—well, ho hum—and get the fat very, very hot so it won't curb digestion too much—and, Watson, stand by with the bi-carb.

Of course, the secret of deep fat frying is getting the fat up to a high degree of heat so that the food to be fried will be sealed up tightly in a second and the fat does not soak in.

Fried Oysters: — Drain the oysters well. Season fine cracker crumbs with salt and pepper. Dip oysters in beaten egg, then in crumbs, and fry in deep fat 370 F. 3 to 6 minutes. If preferred, season, roll in flour and then fry.

Then to go with the fried oysters, here is the sauce of sauces.

HORSERADISH HOLLANDAISE SAUCE

1 cup butter
4 egg yolks
2 tablespoons lemon juice
Dash of Cayenne
½ teaspoon salt
4 to 8 tablespoons prepared horse-radish
2 tablespoons heavy cream

Wash butter, if desired. Divide into three equal parts, place 1 piece in top part of small double boiler. Add egg yolks and lemon juice. Place over water that is just below boiling point and stir constantly. When butter is melted, add second piece of butter, and as mixture thickens, add third piece, stirring constantly while cooking. Cook only until thick. Remove from hot water. Add seasonings. Add the prepared horse-radish, and cream. Serve at once. Makes about 1½ cups sauce.

Inexpensive Fancy Food For Fancy Dinner

Formal or informal fancy dinners require a certain amount of fancy foods. Foods that aren't going to make too great a dent in our purses, yet will make a good impression and cause favorable comment. Here is such a dish:

ENDIVE STUFFED WITH ROQUEFORT CHEESE

1 3-ounce package cream cheese
2 teaspoons cream
1½ ounces Roquefort cheese
⅛ teaspoon salt
2 teaspoons finely chopped parsley, drained
Dash of paprika
Endive

Mash the cheese and cream together with a silver fork until well blended and mixed to a smooth paste. Add the seasoning. Fill ends of crisp endive with the cheese mixutre and dip lightly into finely chopped parsley. Serve as a salad or appetizer.

Buttermilk Sherbet Proves Pleasant Surprise

Up until the not so long ago, I would probably have perished at the thought of a buttermilk sherbet but it sneaked up on me in a most pleasant manner and proved itself worthy of being called a truly remarkable dish:

BUTTERMILK SHERBET

2 cups buttermilk
½ cup sugar
1 cup crushed pineapple
1 egg white unbeaten
1½ teaspoons vanilla.

Combine buttermilk, sugar and pineapple thoroughly. Place in the tray in the chilling unit of the refrigerator and freeze to a mush. Then remove from the tray to a bowl; add the egg white, unbeaten, and the vanilla. Beat until light and fluffy, return to tray and continue freezing for several hours.

SUNDAY DINNER Suggestions

By ANN PAGE

THE housewife who has to squeeze adequate meals for her family out of a very limited amount of money is having an easier time this month. Butter is under forty cents a pound, eggs are reasonable, beef and pork prices lower than last year, apples and the citrus fruits inexpensive, vegetables and salad greens low in price.

Cheapest among the vegetables are beets, broccoli, cabbage, carrots, lettuce, parsnips, potatoes and turnips. Beans, peas, mushrooms, celery and spinach are a little higher, but not expensive.

Seasonable foods make up the following menus.

Low Cost Dinner
Braised Chuck Steak
Potatoes Carrots Turnips Onions
Bread and Butter
Fruit Salad with Cream Cheese Balls
Tea or Coffee Milk

Medium Cost Dinner
Roast Loin of Pork Sweet Potatoes
New Cabbage in Cream Sauce
Bread and Butter
Baked Apples Hot Gingerbread
Tea or Coffee Milk

Very Special Dinner
Tomato Juice Stuffed Celery
Roast Beef Browned Potatoes
Broccoli au Gratin
Lettuce and Grapefruit Salad
Rolls and Butter
Lemon Meringue Pie
Coffee

Baked Rhubarb For All Occasions

Yesterday we took our regular stroll through the nice big market down the street and around the corner and lo—and behold—what do you think we saw? The nicest, crispest, prettiest rhubarb we're seen in ages. It brought to mind the many fine things we do with it, among which is pie-mmmm—and stewed rhubarb for breakfast and lastly but far from least, baked rhubarb for any and all occasions:

BAKED RHUBARB

Select tender stalks of pink rhubarb; cut into inch sections without peeling; add ½ cupful of sugar to 1½ cupfuls of rhubarb with just enough water to cover; place in a glass or earthen baking dish, cover and bake in a slow oven until the fruit is tender and the syrup just slightly thickened. If desired, add two or three bits of thinly pared yellow lemon rind for flavor—and what flavor.

Modern Baking Day Produces Macaroons

Baking day at home just isn't what it used to be—but we still have this day on a small scale. Instead of baking several loaves of bread and two or three pies and a cake or two we perhapes bake a cake or a pie but more often cookies. We leave hte rest to that reliable baker on the corner, except for now and then when we get the urge for good home baked bread. Here is something to try come next baking day:

CHOCOLATE MACAROONS

2 egg whites
1 cup sugar
⅛ teaspoon salt
½ teaspoon vanilla
1½ cups shredded coconut
1½ squares unsweetened chocolate

Beat egg whites until stiff and then fold in sugar, salt and beat again. Add vanilla, then work in coconut which has been melted over hot water. Drop by teaspoonfuls on greased baking sheet and bake in oven 275 F. about 20 minutes. Makes 19 macaroons.

DINING ABROAD AT HOME

A Touch Of Tartness In Austrian Potato Dish

In all parts of the world one is very apt to run into fiine recipes that just seem suited to the American taste. We, like so many of the foreign countries (and this probably due to our foreign ancestry), find sour dishes much to our liking, even if this bit of tartness is served in the potato dish. This is a bit unusual to us who are used to having tartness in vegetables and meats, but it is well worth trying and a great favorite in Austria:

SAUERE KARTOFFEL

A few freshly boiled potatoes
Rind of 1 large lemon cut in 3 or 4 strips
1 tablespoon finely chopped onion
1 or 2 tablespoons vinegar
½ cup stock
1 bayleaf
Salt and pepper

Melt a little butter in a fry pan and fry the chopped onion until it begins to brown. Sprinkle with a little flour, and when this browns add the hot stock gradually, and finally the vinegar, lemon peel, bayleaf, and salt and pepper to taste. Simmer for one-half hour. Add the hot boiled potatoes, cut into small cubes, and simmer for five minutes. Remove the bayleaf and lemon peel and serve.

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