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, ready to eat cereal, hot rolls, crisp bacon, scrambled eggs, coffee or cocoa. Lunch—Cream of mushroom soup, salmon loaf, jellied heart salads, Valentine Bavarian cream with heart shaped cookies, Valentine punch. Dinner—Boiled beef, buttered noodles, stewed tomatoes, green beans, salad, orange chiffon pie, coffee or beer.

TUESDAY Breakfast—Orange juice, hot wheat cereal, creamed chipped beef on toast, coffee or cocoa. Lunch—Grilled tomatoes with cheese with Canadian bacon, fresh fruit salad, graham muffins, tea or milk. Dinner—Vegetable soup, swedish meal balls, creamed potatoes, buttered beets, fruit gelatin with whipped cream, coffee.

WEDNESDAY Breakfast—Grape fruit, ready to eat cereal, sausage patties, apple rings, hot toast, coffee or bacon. Lunch—Canned corned beef hash, cole slaw, creamy rice pudding, tea or milk. Dinner—Fried calves liver and bacon, new boiled potatoes, cauliflower au gratin, cucumber salad, rhubarb pie, coffee or beer.

THURSDAY Breakfast—Sliced bananas with ready to eat cereal,French pancakes, honey, coffee or milk. Lunch—Stuffed peppers with rice, broiled tomatoes, fruit tapioca pudding, tea or milk. Dinner—Roast lamb with baked apples and onions, pan browned potatoes, dressed lettuce, nut loaf cake with stewed pears, coffee.

FRIDAY Breakfast—Stewed prunes, ready to eat cereal, parsley omelet, hot corn muffins, coffee or cocoa. Lunch—Baked macaroni and cheese, old-fashioned cole slaw, apple betty with hard sauce, tea or milk. Dinner—Fried haddock fillets, glazed white onions, baked potatoes, pickled beet salad, cottage pudding, coffee.

SATURDAY Breakfast—Preserved figs, hot cornmeal cereal, bacon and eggs, raisin toast, coffee or cocoa. Lunch—Creamed eggs and asparagus tips on toast, sliced tomatoes, vanilla junket, ginger wafers, tea or milk. Dinner—Lamb pie en casserole with mashed potato topping, green salad, butterscotch cream pie with graham cracker crust, coffee.

SUNDAY Breakfast—Grapefruit, cooked cereal, ham and eggs, hot rolls, jelly or jam, coffee or cocoa. Dinner—Tomato juice cocktail, roast pork with apple stuffing, mashed potatoes, steamed squash, winter fruit salad, home-made ice cream, cocoanut layer cake, coffee. Supper—Barbecued frankfurter on toasted rolls, cabbage and pineapple salad, jelly tarts, tea or coffee.

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

An Assortment Of Fillings For Sandwiches

Here are just a few suggestions of what to put between those thin slices of white bread the next time you are entertaining:

Sliced pork, apple butter and lettuce.

Masked baked beans seasoned with horseradish.

Sauted sardines, broiled bacon.

Cream cheese and guava jelly.

Sliced cucumbers, mayonnaise and minced parsley.

Chopped dates or figs with raisins and nuts.

Chopped apples, dates and mayonnaise.

Chopped bacon, chopped endive, paprika, lemon juice.

Anchovy paste and chopped pickle.

Salves' liver paste, grated raw carrots, lettuce.

Scrambled eggs, catsup.

Mashed bananas, blended with lemon juice and peanut butter.

Sliced pot roast, horseradish or mustard.

Sliced veal, pineapple and mayonnaise.

Liverwurst and Bermuda onion.

Sliced corned beef, mustard.

Salami, smoked salmon or smoked tongue.

Liverwurst, sliced tomato, Russian dressing.

Try Gelatin Desserts For Health and Goodness

By using gelatin a woman can accomplish wonders in making desserts that are healthful and in the same breath—delicious—Here is such a one:

FROZEN APPLE CREAM

1 tablespoon gelatin
1 cup applesauce, sweetened
¼ cup cold water
1 cup whipped cream
5 tablespoons powdered sugar
1 small bottle marchino cherries.

Soak gelatin in cold water and juice of the cherries for five minutes. Then dissolve over hot water. When thoroughly dissolved, stir into apple sauce. Allow mixture to cool.

Whip cream adding powdered sugar, then fold into apple sauce mixture adding the cherries cut into small pieces. Pour into one of the ice-cube trays. Freeze and cut into squares for serving.

A Simple Beginners Dish For Men

When the man of the family begins taking side-long glances at the chafing dish and begins wondering what he'd look like in an apron— than is the time for hte wise housewife to surrender the kitchen and carefully place within his reach a recipe that will mage him think he's just about the world's finest chef. Something like this:

FRICASSEE OF OYSTERS

1 quart oysters
4 tablespoons butter
Yolks of 2 eggs
½ teaspoon chopped parsley
1 tablespoon flour
Salt, pepper and cayenne.

Brown the butter and add to it the parsley, seasoning and flour; let heat, then add the well drained oysers, and, when the edges begin to curl, add the well beaten yolks. Serve on warm plates, with fried bread and parsley.

Glazed Onions

1 pound (30) small white onions
4 tablespoons butter
3 tablespoons sugar

Peel onions and cook in large amount of boiling salted water until just tender. Drain and ry on cheesecloth. Melt butter in saucepan; add sugar. Then add onions and cook over low flame, shaking frequently until onions are glazed. Serves 6.

Hot Off The Griddle

SUSAN SNOW

Never salt meat that is to be grilled as it hardens the fibers and tends to extract the juices. Salt it on the platter just before sending it to the table. No meat should be salted uncooked, but after the surface has been seared and the meat partly cooked.

To make deviled butter to rub on fish to be broiled: cream two tablespoons of butter, add one teaspoon of English mustard, a few drops of Worcestershire sauce. Blend thoroughly. Spread thinly on the fish.

When decorating a home, select your colors in floor covering slightly more intense than you want them to be eventually, because daily exposure and soil will dull them.

Small handy tables, in the living room, carefully arranged, add a great deal to comfort and convenience.

A few white accessories such as a white lamp shade, a pair of white porcelain vases, etc. These will give the room an up-to-date accent of smartness.

Shrimp boiled in beer are greatly improved in flavor.

In the home workshop, especially if the shop is in a damp cellar or garage, nails and tacks are frequently rendered worthless by rust. If they are covered with a solution of one ounce of shellac in a pint of water, thrown on the floor to remove surplus solution, and then allowed to dry, the adherent shellac coating will protect them from further rusting. A solution of rosin in alcohol, made very htin, can be used for the same purpose.

To make a ham salad: mix two cups of cold ham, chopped with one cup of celery, diced, one dozen stuffed olives, cut in halves and one-half cup of French dressing. Chill for 30 minutes. Serve on lettuce or use to stuff ripe tomatoes. Dress with mayonnaise. Use any cold meat.

To prevent garbage freezing to the can when kept out of doors in cold weather, scatter the bottom of the can when it is empty with coarse salt.

Top spinach with grated cheese and bake it until the cheese has melted. Spinach haters are quite likely to succumb to the lure of the cheese sauce.

Sweeten fruit pies with syrup made with two cups of granulated sugar and one-quarter cup of water, boiled five minutes and prepared before pies are made.

Equal parts of vanilla and almond frosting mixed together give a pistachio flavor.

A waterproof wrapping paper may be made by diping the paper into the following solution and then hanging it over a string to dry: Dissolve 12 ounces of alum and 2 ounces of soap in 2 quarts of water. Boil add 7½ ounces of beeswax, and stir thoroughly.

It is convenient to dry woolen baby garments on the little wooden frames which can be purchased for the purposes. They prevent stretching and shrinkage and aid the drying by keeping an air space between the folds of the material.

To keep watercress crisp and fresh, wash it thoroughly, shake the sprigs and bunch loosely. Place stem down in a very little cold water, using just enough to keep the ends of the stems wet. Keep in a cold place.

It's the garnish that puts the veal this way, the next time cutlet rolls athsi way, the next time cutlet rolls around on the week's menu: Sprinkle with salt and pepper and dip in beaten egg (one tablespoon of water added to each egg), then in crumbs. Brown in a small amount of fat. Place overlapping slices of veal cutlet in the center of the hot plank. Garnish with a double border of fluffy boiled rice and buttered Julienne carrots. Place in the oven just long enough to heat thoroughly. If desired, the rice border may be sprinkled with grated cheese just before the plank is put into the oven. Remove plank when cheese is melted.

When making suet pudding, use kidney suet. It is the firmest and whitest. Chill and chop it fine with a light sprinkling of flour to keep it from sticking together.

Clear, sparkling ice cubes may be made by freezing water which has been boiled rather than freezing cold water as it comes from the fauce.t

Sausage Puffs For Sunday Night Supper

If one doesn't eat sausage meat for Sunday morning breakfast it leaves a grand opening for supper, and in a grand novel manner:

SAUSAGE PUFFS

6 links sausages
2 tablespoons apple sauce
Dash of red pepper
1 tablespoon onion juice
1 tablespoon cream
Pastry

Remove skins from sausages, cook, mashing well. Drain off the fat. Add to meat the apple sauce, red pepper, onion juice and cream. Roll pastry htin and cut into 3-inch squares. Spread a tablespoon of meat mixture on each pastry square and roll up. Pinch the ends of the rolls and place on a baking sheet. Bake in a hot oven 425 degrees F. for 15 to 20 minutes. Serve very hot. This makes 4 servings of 2 puffs each.

SUNDAY DINNER Suggestions

By ANN PAGE

BEEF prices are close to mid-depression levels, including even steaks from the loin. Pork and lamb, too, are very reasonable. Veal, however, is high. Broilers and ducks offer the best poultry values.

Eggs are cheap and plentiful, though the recent cold weather may slow production. Butter and cheese are moderately priced.

Fruits, particularly juice and navel oranges, grapefruit and apples, are abundant and low in price. Strawberries, while a luxury at this season, are not expensive. The large supply of winter pears available means lower than usual prices for this popular salad and dessert fruit.

Seasonable foods make up the following menus.

Low Cost Dinner

Round Steak Baked Potatoes
Creamed Onions
Bread and Butter
Fruit Gelatin Cookies
Tea or Coffee Milk

Medium Cost Dinner

Roast Stuffed Shoulder Pork or Lamb
Mashed Potatoes Carrots and Peas
Bread and Butter
Floating Island
Tea or Coffee Milk

Very Special Dinner

Fruit Cup
Celery Olives or Pickles
Broiled Chicken New Parsley Potatoes
Mushrooms Green Peas
Currant Jelly
Rolls and Butter
Chocolate Ice Cream Wafers
Coffee

DINING ABROAD AT HOME

Excellence Of French Cookery Shown In Kidney Saute

No matter haw far we may roam around the world in search of fine recipes there always comes the day when we return to France, that grand land of grand dishes and in doing so we glance casually over the luncheon dishes to find that favorite of favorites:

ROGNONS SAUTES AU VIN BLANC

(Kidney Saute in White Wine)

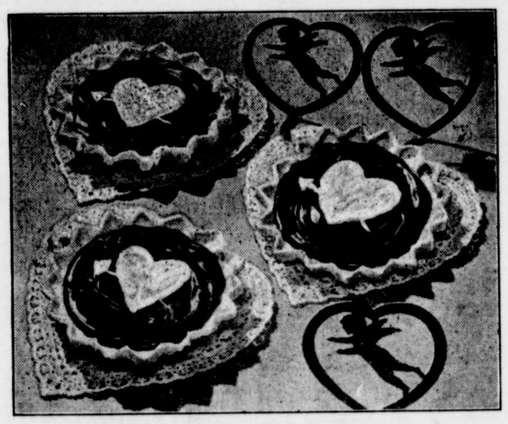
For this dish you allow two kidneys for each person, one-half cup of white wine, butter, a little flour, a bayleaf, salt and pepper.

Remove all the fat and skin from the kidneys, and cut them in very thin slices. Melt the butter in a frying pan and, when very hot, put in the sliced kidneys and the bayleaf. Cook for a few minutes over a brisk fire, shaking the pan, and turning the kidneys with a spoon. When nearly done, they should not take longer than 8 or 10 minutes, in all, add wine, sprinkle with a little flour, stir it in well and then remove the pan from the fire, season to taste with salt and pepper and stir a few minutes longer. Serve very hot.

Tips To The Would Be Queen of Hearts

Guaranteed To Help Cupid Improve His Aim

By SIDNEY SNOW



ST VALENTINE'S birthday is the official day for Cupid to shoot his arrows; but as every wise maiden knows, a little timely coquetry will do a lot to improve his aim. Whether your problem is to honey the tongue of a bashful beau or a mere husband, you'll find dependable Valentine magic in these chocolate tarts. You are sure to qualify as Queen of Hearts because these recipes are guaranteed failure proof even for amateur cooks. Outline the hearts by squeezing whipped cream through a pastry tube. Just in case a better looking beau shows up unexpectedly its a good idea to have a plateful of candy Valentines ready, too. You can produce a failure proof heart with this recipe for chocolate fudge.

CUPID'S MAGIC TARTS

2 squares unsweetened chocolate
1 1/3 cups (1 can) sweetened condensed milk
Baked tart shells
1/3 cup water

Melt chocolate in top of double boiler. Add sweetened condensed milk, stirring over boiling water 5 minutes until mixture thickens. Add water. Stir until thoroughly blended. Cool. Pour into baked tart shells. Decorate with whipped cream hearts. Makes 1 ½ cups mixture; 4 to 6 tarts.

VALENTINE HEARTS

2 cups granulated sugar
1 1/3 cups (1 can) sweetened condensed milk
1 cup nuts meats, chopped (optional)
½ cup water
3 squares unsweetened chocolate

Mix sugar, water and sweetened condensed milk in a large saucepan. Cook over medium flame to 237 degrees F. or until mixture will form firm ball when tested in cold water. Stir mixture constantly to prevent burning. Remove from fire, add chocolate cut in small pieces. Add chopped nut meats. Beat at once, until thick and creamy. Pour into buttered pan. When cool, cut with a heart shaped cutter.

Medley Of Vegetables

1½ cups onions, sliced
1½ cups carrots, cut in strips
¾ cup green pepper, cut in strips
4 tablespoons butter
¼ tespoon pepper
2 cups celery, cut in strips
2 cups string beans, cut in strips
1½ cups, mushrooms, sliced lengthwise
2 cups canned tomatoes
2½ teaspoons salt
3 tablespoons granulated Tapioca.

Cut vegetables in strips, ¼x1¼ inches. Melt butter in sauce pan; add onions, celery, carrots, string beans, and green pepper; cook 10 minutes, stirring frequently. Add tomatoes and mushrooms; cook until tender. Add salt, pepper, and Tapioca; cook 5 minutes, stirring occasionally. Serves 6.

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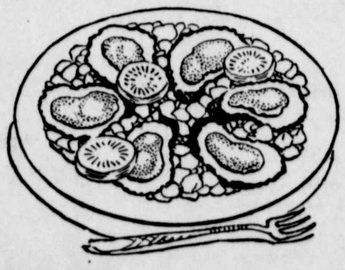

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