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

Hot Off The Griddle

SUSAN SNOW

To prepare paper so that it may be written on with water may be of especial interest to some readers as suitable for some practical purpose, but as a party stunt, or trick, it will have a wide appeal. The prepared paper is written upon with water ginger ale etc. and actually writes in ink. A clean new pen point must be used. Use 3 parts of tannic acid to 1 part of iron sulphate. The iron sulphate should be heated in an evaporating dish until the green crystals turn to a white powder. This calcined green vitriol is mixed with the tannic acid and thoroughly rubbed into the unglazed paper by the use of a smooth board. The excess of the chemicals is shaken off and the paper kept in a dry place until wanted. Heated copper sulphate and tannic acid will produce a brown color when water is used on the paper treated as described.

Peel firm potatoes, cut in marbles with a ball cutter, boil until tender. Season and serve with butter. This is good with broiled or baked bluefish and with steak or chops.

To remove cod liver oil stains from material treat as soon as possible as the stain becomes more difficult to remove afer it has been standing. For washable material work into stain a mixture of equal parts of banana oil and thick soapsuds, then launder. Bleach any remaining stain with javelle water. For nonwashable materials, sponge with carbon tetrachloride. Bleach any remaining stain with hydrogen peroxide. Javelle water should not be used on silk or wool. Javelle water and hydrogen peroxide should not be used on colored fabrics without first testing on an inconspicuous place. Rinse bleach from fabric thoroughly.

The belief that oysters should not be eaten in any month of which the name does not contain the letter "r" dates from the seventeenth century.

Drinking salt water can change a man's life from one of acute fatigue and inertia or one of brightness and activity, said Prof. K. Neville Moss in a paper read to the Institute of Civil Engineers, London.

Oyster plant, or salsify, boiled until tender, chilled, dipped in beaten egg and fine breadcrumbs, then browned in hot fat in a frying pan and served with tomato sauce makes a delicious and inexpensive luncheon dish.

Cherries, prunes, figs or dates stuffed with cheese can be added to partially set lemon gelatine and, when congealed, can be served on lettuce with salad dressing.

Whole cloves are put in coat pockets and between woolen blankets to ward off moths.

Canned clam chowder must not boil; just heat. For a garnish sprinkle with diced salt pork cooked until crisp. With it serve puffed crackers made by soaking split thick soda crackers in ice water for five minutes. Drain thoroughly, dot with butter and place in a hot oven until brown.

To prevent rats and mice, keep all food covered and leave no crumbs about.

Soak dishes soiled with egg, meat, cheese, fish and dough dishes in cold water, as these foods harden when heated.

Mirrors in a room give an effect of a larger room.

It is good ot remember that the best part of upholstered furniture never meets the eye. Therefore, always purchase from a reputable dealer, so that you know the inner construction and workmanship are good.

Sometimes the running of a color is simply due to an overdose of dye, in which case the material or garment should be washed by itself the first time, after which it may be included in the general wash.

In cooking pot roast, add a dozen or less prunes or apricots to the meat an hour or so before it is done. Soak the fruit first and cook it slowly in the meat stock. Serve the fruit with the meat.

Lemon halves filled with grape or currant jelly make effcetive garnishes for roast ham, beef or veal.

Stuff celery with chopped ham mixed with relish salad dressing.

SUNDAY DINNER *Suggestions*

By ANN PAGE

WHAT to serve for Sunday dinner is no longer a brain-racking, purse-stretching enterprise for the woman on a budget. She can choose steaks, chops or roasts of beef, lamb or pork and still have money for vegetables and a nice dessert. She may even find special values in poultry, smoked meats or veal which are basically less good values.

Vegetables, salad greens and fruits are also easy to choose, for they are in general plentiful and inexpensive. Strawberries at present are delicious, firm, ripe and fragrant, a real winter treat, and at the same time very moderately priced.

Seasonable foods make up the following menus.

Low Cost Dinner
Shoulder Pork Chops
Creamed Potatoes
Mashed Yellow Turnips
Bread and Butter
Apple Brown Betty
Tea or Coffee Milk

Medium Cost Dinner
Broiled Beefsteak with Mushrooms
Baked Potatoes Spinach
Bread and Butter
Orange Bavarian
Tea or Coffee Milk

Very Special Dinner
Appetizer Salad
Radishes Carrot Sticks
Roast Stuffed Turkey or Baked Ham
Sweet Potatoes Broccoli
Cranberry Sauce
Rolls and Butter
Strawberry Cream Tarts
Coffee

Menu Of The Week

MONDAY Breakfast—Orange juice, ready to eat cereal, shirred eggs, bacon strips, toast, marmalade, coffee or cocoa. Lunch—Yankee bean soup, celery and carrot sticks, canned pears, ginger cookies, tea or milk. Dinner—Roast stuffed shoulder of veal, baked sweet potatoes, brussels sprouts, endive salad, cocoanut custard pie. coffee or beer.

TUESDAY Breakfast—Grapefruit, hot oatmeal with cream, scrambled eggs and bacon, hot muffins, coffee or cocoa. Lunch—Corn pudding, cold cuts, hot biscuits, baked apples with cream, tea or milk. Dinner—Baked spare-ribs and sauerkraut, new boiled potatoes, green salad. gingerbread with whipped cream, coffee or beer.

WEDNESDAY Breakfast—Applesauce, ready to eat cereal, buckwheat cakes, sausage patties, coffee or cocoa. Lunch—Veal hash, buttered peas, cole slaw, orange rice pudding, tea or milk. Dinner—Pineapple juice, Brunswick stew, mixed green salad, bread pudding, coffee.

THURSDAY Breakfast—Stewed prunes, minced ham omelet, hot corn bread, coffee or cocoa. Lunch—Baked pork and beans, Boston brown bread, spiced pears, ice-box cookies, tea or milk. Dinner—Smoked beef tongue, stuffed baked potatoes, creamed spinach, cucumber salad, apricot whip, coffee.

FRIDAY Breakfast—Sliced oranges, ready to eat cereal, griddle cakes, maple syrup, coffee or cocoa. Lunch—Cream of asparagus soup, vegetable salad, jelly layer cake, tea or milk. Dinner—Clam juice cocktail, baked sea trout, creole rice, cole slaw, lemon snow pudding, coffee.

SATURDAY Breakfast—Stewed apricots, broiled ham and eggs, graham muffins, coffee or milk. Lunch—Toasted cheese sandwiches with broiled bacon, diced pineapple salad, cookies, tea or milk. Dinner—Broiled lamb chops, whipped potatoes, glased carrots. watercress salad, cheese cake, coffee.

SUNDAY Breakfast—Tomato juice, ready to eat cereal, chicken liver omelet, waffles and honey, coffee or cocoa. Dinner—Chilled melon, roast stuffed chicken, candied sweet potatoes, glazed onions, jellied cranberry and celery salad, molded ice cream, little cakes, coffee. Supper—Cheese fondue, broiled tomatoes, crisp bacon, hot corn muffins, biscuit tortoni, coffee.

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

A Tasty Compliment For The Cookie Jar

The fine flavor of butterscotch, combined with crispy, crunchy icebox cookies is the last word in the cookie world and some really should be included in the next batch for the cookie jar:

BUTTERSCOTCH SLICES
3½ cups sifted cake flour
2½ teaspoons baking powder
¼ teaspoon salt
1 cup butter
1½ cups brown sugar, firmly packed
2 eggs, unbeaten
1 cup broken walnuts
1½ teaspoons vanilla
1¼ teaspoons lemon juice

Sift flour once, measure, add baking powder and salt and sift again. Cream butter htoroughly, add sugar gradually, creaming well. Add eggs, one at a time, beating thoroughly after each. Add nust and flavoring; then flour, mixing well. Pack dough into two lgihtly greased loaf pans 6x3x2½ inches; cover with waxed paper. Chill overnight, or until firm enough to slice. Turn out on a Cut slices in triangles or strips, if board and slice in ⅛ inch slices, desired. Bake on ungreased sheets in hot oven 425 F. for 6 minuptes. Makes 8 dozen.

Coconut Banana Snow

3 bananas, cut in small pieces
2 teaspoons lemon juice
½ cup cream, whipped
½ cup powdered sugar
1 egg white, stiffly beaten
½ cup coconut

Combine bananas, sugar, and lemon juice. Chill. Force through a sieve. Fold fruit into egg white; then fold in cream and coconut. Top with additional cream and coconut, if desired. This will serve six persons.

Bread Stuffing Adds Dignity To Lowly Frankfurter

Just to be different and serve frankfurters without sauerkraut try them in this distinguished manner. It certainly puts the lowly Frankfurter on a higher scale and makes him worth his weight in gold.

STUFFED BAKED FRANKFURTERS
1½ cup bread cut in cubes
3 tablespoons melted butter
3 tablespoons chopped onion
1 tablespoon chopped parsley
Salt and pepper to taste
6 Frankfurters
6 slices bacon

Cook the onions in melted butter until they are soft. Mix together the bread cubes, parsley and cooked onion. Season to taste. Cut an opening partially through each frankfurter and insert a little dressing in each. Wrap bacon slices around the frankfurters and fasten them with tooth picks. Bake in a shallow pan in a moderate oven 375 F. for 25 to 30 minutes.

Fruit-Nut Sandwich Filling

1 cup dried figs
⅛ teaspoon salt
½ cup nut meats, chopped
1½ cups water
½ teaspoon cinnamon
3 tablespoons tapioca
½ cup dates, ground
1 tablespoon lemon juice

Cook figs five minutes, or until softened. Drain; place 1 cup of liquid in top of double boiler, bring to brisk boil, stirring constantly. Place over rapidly boiling water, cook 5 minutes, stirring occasionally. Grind figs; add with remaining ingredients to tapioca. Cool—mixutre thickens as it cools. Makes 2½ cups filling.



A print of this picture—with an advertising matter on it!—by the noted artist, Leon Ball, will be mailed upon receipt of stamps request.

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DINING ABROAD AT HOME

A Comparison Of Foreign Cooking Made With Mushrooms

One of the best and most successful ways of making a comparison between the cooking habits of several nations is to take one item (such as a mushrooms) and get the most popular method for its preparation. This is what we have done (with a mushroom) taking several of the larger and more popular countries.

Mushrooms a la Napolitaine: Peel and boil the mushrooms in salted water. When tender, remove from water, drain well and saute in olive oil with a little garlic and sliced tomatoes, all well seasoned with salt and pepper.

Grilled Mushrooms (Spain): Put mushrooms in a dish, sprinkle freely wiht olive oil and season with salt and pepper. Let stand for several hours. Then grill and put on a hot dish. Fry a chopped clove of garlic, and chives and parsley in the oil in which the mushrooms have marinated. Add a little vinegar, and pour over mushrooms.

Baked Mushrooms (Austria): Put peeled mushrooms in a well buttered baking dish with a lid, cover with sour cream, sprinkle with chopped parsley and shallots, and season with salt, pepper and lemon juice. Place dish in a moderate oven and cook for about 25 to 30 minutes.

Tomato Custard With Cheese Sauce The Surprise Of Season

I rather imagine that surprises will never cease for me—and of course, when I'm surprised I pass on the surprise in hopes that everyone else will also be surprised.

The dish that caused all the above surprises is a tasty, colorful and unusual luncheon dish that can be served for any and all occasions with the greatest of ease and pride.

TOMATO CUSTARD WITH CHEESE SAUCE
3 eggs, slightly beaten
3½ cups canned tomatoes
½ teaspoon salt
⅛ teaspoon pepper
1 small onion, minced
½ cup cracker crumbs
1 cup white sauce
½ cup grated cheese

Add the slightly beaten eggs to the tomatoes and mix well. Season with salt and pepepr; add the onion and cracker crumbs. Fill custard cups with the tomato mixture and place in a pan of hot water. Bake in a moderat oven 350 F. for 30 minutes. Make a white sauce, add the grated cheese and cook until cheese melts. When custard is baked, unmold on rounds of buttered toast and serve with the cheese sauce.

Artichoke Eaters Rewarded With Fine Omelet

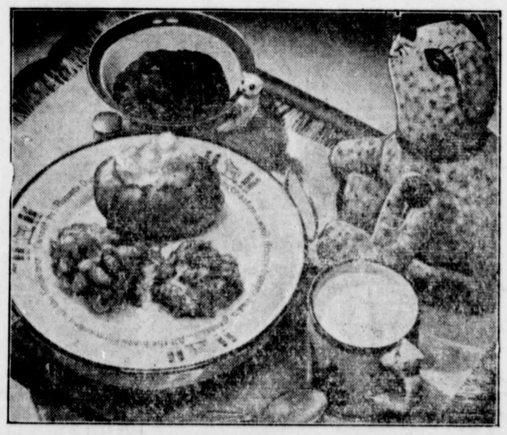
After going to all the trouble to daintily nibble the ends from the leaves of artichokes, if one has enough will-power not to greedily gobble up the heart—a pleasant dish will be the result.

ARTICHOKE OMELET
1 tablespoon olive oil
1 tablespoon butter
1 clove garlic minced
1 onion, minced
1 teaspoon parsley, minced
3 artichoke hearts, cooked and chopped
3 eggs
½ teaspoon salt
⅛ teaspoon pepper

Combine the salad oil and butter in a frying pan. Melt the butter and add the garlic, onion and parsley and saute until tender, but not brown. Add the artichoke hearts and cook until well heated. Beat the eggs slightly, add the salt and pepper and pour into the frying pan with the other ingredients. Cook until eggs are done. Serve at once.

When His Majesty Dines

By SIDNEY SNOW



THE TODDLER'S play hours may require extra supervision from the conscientious modern mother; but nowadays canned chopped foods compensate by making the preparation of his special menus a quick and easy assignment and ending the tyranny of the food chopper. Just empty the contents of the can into the saucepan or double-boiler and heat without boiling.

Here is a favorite luncheon menu for young citizens between the ages of one and four; chopped carrots and string beans and a lucious baked potato, with chopped prunes and a glass of milk for dessert.

TODDLER'S BAKED POTATO

Scrub the potato with a brush. Cut the ends to allow the escape of steam when baking. Bake in a hot oven (450 F.) about forty-five minutes, or until mealy, or else, bake in a covered baker on top of the stove. When done squeeze the potato in a cloth until it bursts open to allow steam to escape.

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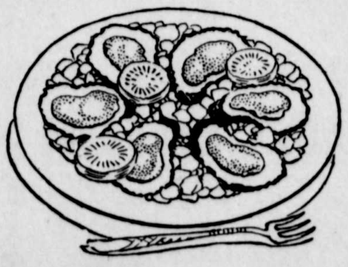
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