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

THREE MEALS A DAY

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

Hot Off The Griddle

SUSAN SNOW

When redecorating your home, use washable paint or paper on the walls. If you paint the woodwork the same color as the walls, the wall spaces will seem larger and less broken.

The proper care of mlik is essential to the health of babies as well as adults.

It won't be long now before everyone will be out working in the garden. Wooden labels which are sold for the purpose of labelling perennial and annual plants and shrubs can be written upon with India or drawing ink. The ink should be allowed to dry before being thrust into the ground next to the plant, or wired to it. The lower end of the wooden label,(if imbedded in the ground to mark the plant, will soon rot unless it is protected, with a suitable varnish. Immersing the lower half or the pointed end of the wooden labels in melted paraffin wax will preserve them for a year at least, if care is taken to obtain an immersion of about a quarter of an hour, which expells all air bubbles. Spar varnish is also a good protective agent.

While wood stains can be taken out partially by bleaching, the bleaching process is applied only on work that is stained in patcher. One method is to use 3 ounces of oxalic acid crystals in 1 quart of warm water. This will bleach many stains and remove ink marks and rust stains from any surface.

To make mint jelly ice cream; add one-half cup of mint jelly to two unbeaten egg whites and beat until very light as a meringue. Whip one cup of cream to a thin custard and fold into meringue. Freeze in refrigerator tray. This will make one quart.

The real purpose of pictures in a room is to break up uninteresting wall spaces, to introduce color, and to give pleasure to the individual. Balance must be considered in hanging them. Avoid hanging a small picture on a large wall; it will be wiser to group several similar pictures on one wall.

To preserve posts set in the ground, the best material to be used in creosote. This can be applied by boring a small slanting hole in the base of the post just above the ground and filling the cavity formed with this liquid. The hole then is stoppered with a small plug. Three or four days later more creosote is added and the hole again plugged. At the end of a week a final addition is made and the plug permanently fastened in place.

Peel and dice five cucumbers; salt, let stand for thirty minutes. Chop one onion, brown in butter; add drained cucumbers, cook for ten minutes. Add two cups of cream sauce seasoned with salt, pepper and cayenne and serve on hot buttered toast.

Beds should not face the light if it is possible to avoid it. You can get the utmost use of space in small rooms by sometimes arranging the furniture in an unconventional way. Beds don't have to be at right angles to the wall. Twin beds don't have to be parallel.

Linens will look rough dried if not sprinkled enough or if not ironed dry.

Make a white sauce with one tablespoon of butter, two tablespoons of flour and two cups of thin cream. Add one-eighth teaspoon soda, and one half teaspoon salt, one and one-half cups of flaked crabmeat, and two tablespoons Parmesan or other cheese, grated. Heat, Serve on waffles.

It is perfectly alright to mix woods in a room if the furniture is of the same general type, For example—maple with mahogany, pine with walnut or cherry with satinwood.

Before storing rugs they should be cleaned thoroughly, and aired well. All spots of grease should be removed. Then sprinkle the rug with a moth-preventative and roll either in layers of newspaper or in tar paper. Then to be doubly sure, make a heavy paper cap to cover the ends of the rug so that moths cannot enter. Tie securely with strong cord. Rugs should be stored where it is very dry, and preferably off the floor.

Match scratches on woodwork often can be removed by rubbing them with a slice of a lemon, then with whiting, and finally with a moist, soapy cloth. Shellac stains can be removed with washing soda. Borax will also dissolve shellac.

SUNDAY DINNER Suggestions

By ANN PAGE

BOTH meats and fish will be higher this week. High winds and rough seas curtailed fishing activities so that frozen, smoked and canned fish will be better values than fresh caught. Eggs are cheap and of excellent quality, cheese is a good value and butter continues to be reasonable in price.

The list of available fruits which are reasonable in price has begun to lengthen. Pineapples, grapes and honeydew melons are now fairly plentiful, although apples and the citrus family are still the best values.

New cabbage is out of the luxury class and no vegetable is more delicious than this when cooked until just tender and still bright green.

Seasonable foods make up the following menus:

Low Cost Dinner
Braised Chuck Steak
Potatoes Onions Stewed Tomatoes
Bread and Butter
Raisin Bread Pudding
Tea or Coffee Milk

Medium Cost Dinner
Baked Half Ham Sweet Potatoes
Buttered Spinach
Bread and Butter
Caramel Cup Custards
Tea or Coffee Milk

Very Special Dinner
Fruit Cup
Roast Stuffed Duck
Mashed Potatoes Green Lima Beans
Lettuce and Tomato Salad
Rolls and Butter
Tipsy Squire
Coffee

Menu Of The Week

MONDAY Breakfast—Baked apples, ready to eat cereal, baked sausage with biscuit crust, scrambled eggs, coffee or milk. Lunch—Vegetable chowder, shrimp salad, melba toast, fruit gelatine, tea. Dinner—Pot roast, buttered noodles, succotash, pineapple salad, tapioca pudding, coffee or beer.

TUESDAY Breakfast—Orange juice, hot wheat cereal, creamed chipped beef on waffles, coffee or cocoa. Lunch—creamed eggs and asparagus on toast, cole slaw, chocolate junket, tea or milk. Dinner—Baked pork chops, riced potatoes, French fried onions, spinach, pickled beet salad, orange rice pudding, coffee or beer.

WEDNESDAY Breakfast—Grapefruit, ready to eat cereal, scrambled eggs, frizzled ham, muffins, jam, coffee or cocoa. Lunch—Split pea soup with diced bacon, cocoanut custard pie, tea or milk. Dinner—Meat loaf, baked potatoes, string beans, cucumber and tomato salad, hot apple pie, coffee.

THURSDAY Breakfast—Stewed figs, fried mush with syrup, baked eggs, coffee or cocoa. Lunch—Grilled tomatoes, broiled bacon, spiced pears, nut loaf cake, tea or milk. Dinner—Boiled corned beef, cabbage, carrots, turnips, green salad, peach dumplings with hard sauce, coffee.

FRIDAY Breakfast—Sliced oranges, ready to eat cereal, plain waffles, syrup or honey, coffee or cocoa. Lunch—Clam chowder, vegetable salad, bran muffins, fresh pineapple, tea or milk. Dinner—Baked bluefish, parsley potatoes, buttered broccoli, cabbage and carrot salad, coffee Bavarian cream, coffee.

SATURDAY Breakfast—Orange juice, ready to eat cereal, ham and eggs, rolls, coffee or cocoa. Lunch—Corned beef hash cakes, watercress and lettuce salad, apricot upside-down cake, tea or milk. Dinner—Ham steak, glazed sweet potatoes, eggplant, dandelion greens with French dressing, cottage pudding, coffee.

SUNDAY Breakfast—Pineapple juice, ready to eat cereal, eggs Benedict, coffee or cocoa. Dinner—Roast leg of lamb, mint jelly, browned potatoes, buttered peas, asparagus tip salad, mixed olives, celery, strawberry shortcake, coffee. Supper—Creamed salmon and celery in popovers, grapefruit, orange and date salad, marble cake ,tea or coffee.

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

Chicken Livers For Husbands' Lunches

Every now and then a woman will find on inquiring, that her husband would rather like to come home to lunch occasionally. When he does serve:

BROWNED CHICKEN LIVERS
10 chicken livers
½ small onion
Flour
2 tablespoons butter
½ cup chicken broth or stock
Salt, pepper

½ teasp'n Worcestershire sauce in two pieces; season with salt and pepper and roll in flour. Chop the onion very fine and brown in the butter. Add the livers and cook until a good brown, turning from side to side, and taking care, too, that the onions do not burn. Sift in an extra teaspoon of flour and let that brown with the livers. Add the stock or both and Worcestershire sauce and cook 3 minutes longer.

Brussels Sprouts Served With A Lemon Sauce

Those who are not particularly fond of buttered Brussels sprouts will probabily find them more to their liking served with a sauce:

BRUSSELS SPROUTS WITH SAUCE
1 quart Brussels sprouts
2 tablespoons butter
1 scant tablespoon flour
½ cup chicken or veal broth
Juice of 1 lemon
Salt and pepper

Wash the sprouts and pick over carefully. Cook in boiling salted water for 20 minutes. Melt the butter in a saucepan; add to it the flour, and when well mixed pour in the broth. Add the lemon juice, salt and pepper; simmer for five minutes and pour over the Brussels Sprouts which have been drained and placed in a hot vegetable dish.

Apples With Wine

5 medium sized apples
1 cup white sugar
1 cup brown sugar
½ cup sherry
¼ pound blanched almonds

Peel and core the apples and stick them with the almonds, which have been cut in half lengthwise. Place in a baking dish that has a tight fitting cover, and pour over them a syrup made of the sugar and the sherry brought to a boil. Cover the baking dish and cook in a moderate oven until the apples are soft, lifting the cover several times to baste the apples. Leave uncovered during the last twenty minutes of the cooking, so that the apples may be glazed in the syrup. Serve with plain or whipped cream.

Pork Chops With Mustard Sauce

Before the temperature reaches that point where we no longer consider pork chops as a part of the menu, just try this dish.

PORK CHOPS WITH MUSTARD SAUCE
5 pork chops
1 scant teaspoon dry mustard
¾ cup sour cream
1 teaspoon vinegar
½ cup water
Salt
Flour

Rub the chops well with salt and some of their own fat. Put in a greased broiler and let brown quickly on both sides. Then dredge with flour and arrange in a baking pan. Mix together the mustard, vinegar, and water until quite smooth, and pour over the chops. Let cook for 15 minutes in a hot oven; add the sour cream and a little salt and cook for 10 minutes longer, basting twice.



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Here's A "Tricky" Omelette Easy To Make

By SIDNEY SNOW



WHILE the "fancy" and "tricky" omelettes produced by some of the great chefs do require certain care and attention to details especially in assembling the ingredients, more often than not, there is worked in some clever variation, as in the case of this fluffy omelette, the introduction of the bit of tapioca. Here is a grand luncheon or a supper dish, open to many variations:

FLUFFY OMELETTE

2 tablespoons quick cooking tapioca
¾ teaspoon salt
⅛ teaspoon pepper
¾ cup milk
1 teaspoon butter
4 egg yolks, beaten until thick and lemon colored
4 egg whites, stiffly beaten

Combine dry ingredients and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (3 to 5 minutes) and cook 5 minutes, stirring frequently. Add butter. Cool slightly. Add egg yolks. Fold in egg whites. Pour into hot buttered 10-inch frying pan. Cook over low flame 3 minutes. Then bake in moderate oven (350 F.) 15 minutes. The omelet is sufficiently cooked when a knife inserted comes out clean. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on hot platter. Serves six.

This omelet may be served plain or with any number of fillings: When baked, one can spread the omelet with apricot jam, then fold and serve. Or a cheese omelet may be made by adding 4 tablespoons of grated cheese just before pouring into pan. Again, it may be filled with sauteed chicken livers or mushrooms.

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DINING ABROAD AT HOME

COOL WEATHER INCREASES THE POPULARITY OF SOUTH AMERICAN FOODS

When one takes into consideration the great number of countries whose people have settled in South America, it is not to be wondered that they do not have a "particular style of cookery." Some of their dishes are highly seasoned like the Spanish dishes, other are bland in flavor and some perfectly tasteless.

But whether the dishes are hot or cold, highly seasoned or bland just the fact that this dish comes from the sunny southern country, plus the fact that it is most pleasing and very very delicious makes it ideal for this time of the year.

STUFFED ROLLS
6 dinner rolls
2 cups meat, cooked and minced
½ cup capers
3 hard boiled eggs, chopped
2 tablespoons raisins, chopped
12 olives, chopped
1 cup asparagus tips
⅛ teaspoon dry mustard
Salt and pepper
¾ cup milk
4 tablespoons butter, melted

Cut the tip ends from the rolls and save them. Scoop out the insides of the rolls, and mix ½ of the crumbs with the meat, capers, hard cooked eggs, raisins, olives, asparagus tips, mustard and seasoning. Mix well. Fill the rolls with this mixture using the ends as caps to keep filling intact. Place the rolls in a saucepan; barely cover with milk to which the melted butter has been added and simmer over a slow fire until all the milk has been absorbed. Garnish with sliced hard cooked eggs, capers and parsley.

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