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

Menu Of The Week

MONDAY Breakfast — Stewed apricots, ready to eat cereal, puffy omelet, broiled bacon, buttered toast, coffee or cocoa. Lunch — Grilled tomatoes, corn fritters, cole slaw, hot muffins, apple sauce, tea or milk. Dinner — Braised shortribs of beef with horseradish sauce, lyonnaise potatoes, string beans, green salad, Dutch apple cake, lemon sauce, coffee or beer.

TUESDAY Breakfast — Preserved figs, cornmeal mush, poached eggs on toast, coffee or cocoa. Lunch — Casserole of succotash with diced ham, pineapple and cream cheese salad, layer cake, tea or milk. Dinner — Breaded veal cutlet, scalloped potatoes, fresh spinach, beet and celery root salad, strawberry tarts, coffee.

WEDNESDAY Breakfast — Sliced bananas in orange juice, ready to eat cereal, coddled eggs, broiled bacon, bran muffins, coffee or cocoa. Lunch — Grilled frankfurters and bacon on rolls, dill pickles, cup custard with caramel sauce, tea. Dinner — Casserole of chicken and mushrooms, turnips, artichoke salad, snow pudding, custard sauce, coffee or beer.

THURSDAY Breakfast — Baked apples with cream, ready to eat cereal, sausage cakes on waffles, coffee or cocoa. Lunch — Split pea soup, fresh fruit salad, melba toast, chocolate cup cakes, malted coffee. Dinner — Lamb stew with vegetables, steamed rice, chutney sauce, cabbage, carrot and green pepper salad, diced fresh pineapple, cookies, coffee.

FRIDAY Breakfast — Grapefruit, ready to eat cereal, creamed codfish on toast, coffee or cocoa. Lunch — Shrimp and celery salad, date muffins, fruit gelatine, tea or milk. Dinner — Tomato soup, broiled mackerel, new boiled potatoes, buttered asparagus, pickled onions, watercress salad, bread pudding, coffee.

SATURDAY Breakfast — Fresh pineapple, ready to eat cereal, grilled ham and eggs, toast, coffee or cocoa. Lunch—Broiled mushrooms on toast, Waldorf salad, fudge cake, tea or milk. Dinner — Pot roast of beef, baked spaghetti, red cabbage, lettuce with roquefort cheese dressing, rhubarb pie, coffee.

SUNDAY Breakfast — Orange juice, ready to eat cereal, grilled kidneys on curry toast, baked eggs, buttered toast, coffee or cocoa. Dinner — Honeydew melon, stuffed breast of veal, buttered peas, mashed potatoes, mixed green salad, stuffed olives, celery, chocolate blanc mange, coffee. Supper — Frozen tuna loaf, potato chips, sliced tomatoes, fresh strawberry tarts, tea or coffee.

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

Snacks Of Dried Beef Stimulate Appetites For Fine Dinner

A snack before dinner is something to stimulate the appetite but should not be filling to sreve something like this:

DRIED BEEF SNACKS

3 ounces cream cheese
1 tesapoon prepared horseradish
1 teaspoon grated onion
Salt to taste
Pepper
Sliced dried beef

Mix the first five ingredients well. Spread on 2 long strips of dried beef. Cut into three parts, lengthwise. Place one on top of the other in three layers overlapping each other. Roll up tight. Chill. Cut in ½ inch pieces and pierce with toothpicks. Insert the other end of the toothpick in a grapefruit or red apple. Alternate with small pickled onions, wrapped in bacon and then broiled.

A Rainy Day In The Kitchen Means Home-made Candy

On some rainy day when one doesn't feel like straightening drawers or cleaning the attic, she can make candy —everyone in the family will benefit by this—and such candy—mmmmm!

WALNUT CHOCOLATE CARAMELS

6 ounces chocolate, grated
1 tablespoon flour
1 cup cream
1 cup granulated sugar
1 cup medium brown sugar
1 cup corn syrup
1 cup top milk
1 cup walnut meats, broken

Stir chocolate, flour and cream to a smooth paste. Add sugar, syrup and milk, and boil over a slow fire, stirring constantly until a few drops poured in cold water forms a firm ball; add nuts and 1 teaspoon vanilla. Pour into buttered pan 1 inch deep; cool, mark into squares, when hard cut with a heated sharp knife.

Egg Fritters A Novelty Well Worth Mastering

Here is one for the file—and speaking of unusual dishes this one is certainly on the list.

EGG FRITTERS

6 eggs
¾ cup flour
¾ cup milk
Butter
Salt and pepper
Tomato Sauce

Poach five eggs and put them carefully in cold water until cool, then dry them on a cloth. Make a batter of the flour, milk- 1 well-beaten egg, and ½ coffeespoon salt. Dip the eggs, one at a time, in thsi batter and fry them ni very hot butter turning first on one side and then on the other. Place on a hot platter and pour a cupful of tomato sauce over them. Decorate with parsley.

Caramel Pudding For Children's Lunch Dessert

For children who come home for lunch there is nohting nicer for dessert than a caramel pudding. It will pep them up for the afternoon as nothing else will.

CARAMEL PUDDING

3 cups milk
Yolks of 5 eggs
1 teaspoon vanilla
6 lady fingers
½ cup sugar
¼ teaspoon salt
Meringue

Put the sugar in a heavy frying pan over a low fire and melt to a light brown syrup. Add half the milk, gradually, taking care that it does not bubble up out of the pan. Let simmer until the sugar is entirely melted, then add the remainder of the milk and bring all to the boiling point. Beat the egg yolks until light and add the boiling milk, salt, and vanilla, stirring all the time. Break the lady fingers in two and lay them in the bottom of a baking dish. Pour in custard, cover with meringue and bake in the oven in a pan of boiling water 20 minutes or until the meringue is a delicate brown.

Hot Off The Griddle

SUSAN SNOW

You can make a good vanilla frosting by creaming togethre onehalf cup of butter and 1½ cups of confestioners' sugar. Stir in two slightly beaten yolks and mix thoroughly. Add 1 teaspoon of vanilla and mix well.

A sweet that all children like to find in their lunch boxes is made by icing crackers with their favorite icing.

Rain spots on the ceiling can be removed with a little unslacked lime dissolved in alcohol. The lime is thoroughly shaken up with the alcohol with it crumbles into a fine powder. This mixture is then brushed over the spots. When dry, the ceiling can be painted in the usual way.

When frying oysters, never lift them with a fork, lest you puncture them and remove the juice and lose the flavor.

To curl celery, cut the inner stalksi into 4-inch pieces and split each down into thin strips, stopping within an inch of the end, then drop into cold water and curl.

To make a savory crabmeat sandwich filling use: one cup flaked crabmeat, ¼ cup minced celery, 1 tablespoon minced onion, ¼ cup mayonnaise.

Mix all ingredients together, and if desired you can substiutte lobster, shrimps, tuna, chicken, veal or pork in place of the crabmeat.

If you wish to have a smooth custard you must always dip the custard cups in cold water before filling with the mixture and always bake them in a slow oven.

A narrow, full-length mirror in the wall space between windows is often more effective than an extra drapery length. A mirror opposite a window from which there is a view of a garden, river, lake, mountain or sea, brings the view into the room.

Iron sulphate, technically called copperas, can be used in solution form to kill dandelions. The solution is made by dissolving about a pound or a pound and a half of copperas in a gallon of water. It can be applied with a sprinkling can, one gallon to every 35 square feet. After applying, the grass appears burned, but in several days takes on its usual green appearance, but the dandelions are killed. Repeat if necessary.

Waffles will be very crisp if twice the amount of butter that the recipe calls for is added. In addition to having delicious waffles, you will avoid the trouble of having them stick to the waffle iron.

To glaze doughnuts while they are still piping hot from the deep fat, dip them quickly into a thin paste made by mixing 1-3 cupful of hot water with 1 cupful of powdered sugar. Drain on waxed paper.

Fudge sauce, rice, barley and acid fruits should always be stirred with a wooden spoon.

To make a Welsh Rarebit without beer, grate or cut fine ¾ pound of American cheese. Mix together 1 teaspoon of Worcestershire sauce, ½ teaspoon pepper, 1 teaspoon salt, a dash of cayenne, ½ teaspoon dry mustard and 2 well beaten eggs. Melt ¼ cup butter in a double boiler, add the cheese and stir constantly until the cheese melts, then add the egg mixture and ¾ cup rich milk. Stir constantly until thick as cream and serve immediately on slices of buttered toast or crackers. Serves 6.

SUNDAY DINNER Suggestions

By ANN PAGE

MOST foods will cost a little more this week. Meats, particularly lamb and hindquarter beef, are higher, egg prices, though still cheap, are feeling the withdrawals into storage of excess production. Fish is none too plentiful so that egg and cheese dishes will be called on for fast days.

Oranges, grapefruit and apples are the best fruit values. Bananas, strawberries and pineapples are also fairly plentiful and reasonable.

No vegetable with the exception of new asparagus is expensive but few except spinach and the roots and tubers can be considered cheap. Lettuce and tomatoes are reasonable.

Here are three seasonable menus.

Low Cost Dinner

Meat Loaf with Tomato Sauce
Mashed Potatoes Buttered Spinach
Bread and Butter
Cheese Preserves Crackers
Tea or Coffee Milk

Medium Cost Dinner

Fried Chicken Cream Gravy
Sweet Potatoes Green Lima Beans
Bread and Butter
Lemon Pie
Tea or Coffee Milk

Very Special Dinner

Grapefruit
Roast Beef New Potatoes
Buttered Asparagus or Broccol
Combination Salad
Rolls and Butter
Strawberry Meringue Torte
Coffee

It's Easy To Make— Easier To Eat

By SIDNEY SNOW



FRUIT BREAD always seems to be one of those which are "very good"—and also "good for one." Sadly we admit that there are so many things we like to eat but which we must do secretly and which makes us blush when we think of our diet charts. But not so with fruit bread—here we have a righteous feeling because good taste and good health meet face to face and shake hands.

FRUIT BREAD

4 teaspoons baking powder
2 cups sifted flour
1½ teaspoons salt
¾ cup sugar
2 cups graham flour
¾ cup candied orange peel, thinly sliced
¾ cup nut meats, broken
2 eggs, well beaten
1 2/3 cups milk
4 tablespoons melted butter

Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine graham flour, orange pecl, and nuts and add to the flour mixture. Combine eggs, milk, and shortening. Add to flour and blend. Bake in two greased loaf pans, 7x3x2½ inches, in a moderate oven (350 F.) 1 hour, or until done. Remove from pans and cool thoroughly. Store overnight before slicing, for bread cannot be cut in thin, even slices when it is too fresh.

For delicious sandwiches, cut in thin slices and spread with butter or cream cheese.

When the stopper of a cut glass bottle becomes so tightly stuck that it cannot be removed, it can be loosened by placing on the joint a mixture of 5 parts glycerin. 10 parts chloral hydrate, 3 parts 25 per cent hydrochloric acid and 5 parts water.

Cakes won't stick to pans if the pans are lined with waxed paper. Grease the pans first, then spread paper on the bottom of the pan and grease the paper. Let the children cut these papers for you. It will be a rainy day amusement for them.

DINING ABROAD AT HOME

SUBTLE USE OF SEASONINGS MAKES FRENCH COOKING SUITABLE TO AMERICAN TASTE

It would be a rare thing indeed to find a true Frenchman who did not possess a sense of appreciation for good food. It is just something they are all born with—and keeping this in mind—we can feel most free about chosing their dishes for our own tables.

Their seasonings are subtle and we need never be afraid of getting a dish that is too highly seasoned to be edible by the general run of American tastes,—yet—with the French knack of adding just a little of this and something of that—they produce truly fine dishes.

FILET DE SOLE MARGUERY

1 onion, minced
3 tablespoons butter
6 small oysters
6 mussels
6 boiled shrimp
1 cup white sauce
2 egg yolks
½ cup cream
1 tablespoon minced parsley
Dash of nutmeg
Juice of lemon
¼ cup sherry
2 pounds filet of sole

Melt 2 tablespoons of butter and saute the onions, oysters, mussels, and shrimp about 5 minutes. Prepare 1 cup white sauce. Beat the egg yolks with the cream and pour some of the hot white sauce slowly on the egg mixture, stirring constantly. Return to the fire and cook for 1 minute. Add the remaining tablespoon of butter, parsley, nutmeg, and lemon juice and mix well. Remove from fire and add the wine. Place fish filets in a well buttered baking dish; arrange the sauteed onions and sea food on the filets; then cever with the sauce. Bake in a moderate oven 350 F. for about 20 minutes.

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