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 — Grapefruit, ready to eat cereal, baked eggs with cheese, broiled bacon, toast, coffee or cocoa. Lunch — Savory ham with rice, vegetable salad, hard rolls, currant jelly, fresh fruit, tea. Dinner — Broiled steak, French fried onions, mushroom wine sauce, hearts of lettuce, pineapple sherbert, coffee.

TUESDAY Breakfast — Strawberries and cream, ready to eat cereal, crisp bacon, French omelet, toast, coffee. Lunch — Tongue and tomato salad, toasted English muffins, apple pie, tea or milk. Dinner — Roast loin of lamb, Franconia potatoes, spinach with gravy, asparagus salad, bread pudding, coffee or beer.

WEDNESDAY Breakfast — Stewed prunes, ready to eat cereal, buckwheat cakes, little sausages, syrup, coffee or cocoa. Lunch — Cold sliced lamb, fried potato cakes, peach salad, tea or milk. Dinner — Fricassee of veal dumplings, smothered carrots, cole slaw, coffee parfait, coffee.

THURSDAY Breakfast — Pineapple juice, ready to eat cereal, eggs Benedict, coffee or cocoa. Lunch — Creamed chipped beef on baked potatoes, buttered peas, lemon ice, tea or milk. Dinner — Swiss steak, potato pancakes, fried cabbage, mixed salad, apricot Bavarian cream, coffee or beer.

FRIDAY Breakfast — Sliced oranges, hot oatmeal with cream, griddle cakes, fried eggs, coffee or cocoa. Lunch — Jellied tuna loaf, pickled beets, hot rolls, peach Melba, tea. Dinner — Broiled blue fish, julienne potatoes, goldenrod asparagus, cauliflower salad, hot biscuits, butter-scotch pie, coffee.

SATURDAY Breakfast — Tomato juice, ready to eat cereal, plain waffles, frizzled ham, coffee or cocoa. Lunch — Eggs a la king, fried tomatoes, angel cake, tea or milk. Dinner — Pot roasted pork chops, buttered noodles, fried brussels sprouts, stuffed cucumber salad, pumpkin tarts, coffee.

SUNDAY Breakfast — Grapefruit juice, ready to eat cereal, little sausages, fried eggs ,toasted biscuits, honey, coffee or cocoa. Dinner — Fruit cup, chicken, Maryland style, cream gravy, mashed potatoes, beaten biscuits, buttered spinach, new peas, daffodil cake, home made ice cream, coffee. Supper — Crabmeat in chaffing dish, buttered toast bits, frozen fruit salad, tea or coffee.

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

HOT OF THE GRIDDLE

SUSAN SNOW

To make a huckleberry cobbler, put the contents of a No. 2 can of huckleberries in a large pan and add a thin slice of lemon and ¾ cup sugar. Simmer for 10 minutes. Meanwhile mix 1½ cups flour with ½ teaspoon salt and 3 teaspoons baking powder. Sift and then work into the mixture 1-3 cup shortening, using the fingers. When blended add about 1-3 cup milk or just enough to make a soft dough. Turn the dough out on a floured board and pat to a round just a little smaller than the circumference of a saucepan. Place the cover of dough on top of the huckleberries, cover the pan and boil gently for 20 minutes. Or put the pan, uncovered, in a hot oven and bake for 20 minutes. In either case, turn out on a deep platter and serve hot with hard sauce.

The exposed area of floor should not be more than a twelve inch border around your rug.

To remove iodine stains, soak the stained garment in a strong solution of sodium thiosulphate (hypo), until whitened and then wash in clear running water to remove the hypo.

If boiled frosting has been cooked too long, a piece of butter the size of a walnut added to it before beating will make it smooth.

The flavor and texture of fudge is greatly improved by the addition of a salt spoon of cornstarch.

Don't be afraid to use color in a room; it is better to have slightly too much color than to have your room drab and monotonous.

Pretty soon it will be lemonade time again and just for a change, try using honey for the sweetening. To make one glass of lemonade use one or two lemons and one cup boiling water. Sweeten to taste with honey.

If there is any oily substance on brass to be cleaned, boil it in a solution of strong lye. Mix equal quantities of nitric and sulphuric acids in a stone or earthenware wessel. Dip the brass in the solution, but take it out immediately and rinse it in soft water, and wipe it in sawdust until it is dry.

If you use sheets of two different sizes, one for single and one for double beds, fold sheets for double beds in a large square and those for a single bed in smaller squares. You will then have no difficulty in finding the right sheets.

A few tablespoons of cornmeal added to flour used in making pancakes gives them a delicious flavor.

If the painted walls of your home have become cracked or have an unsightly patch, an entirely new effect can be obtained economically by stripping the walls. Any painter can do this work.

For Russian dressing mix 2 tablespoons of chopped dill pickles, 2 tablespoons of chopped ripe olives, 2 tablespoons chili sauce and a tablespoon of catsup to ½ cup mayonnaise. Serve on lettuce or with vegetable salad.

With summer coming, it will soon be time to wash the blankets for storage. First, prepare a soap solution using 1 cake white mild soap, shaved, or its weight of flaked and 2 quarts of hot water. When dissolved, cool to lukewarm temperature. Add enough dissolved soap for heavy suds. Put blankets in water and let soak a few minutes. Wash by squeezing and sousing. Use a second or even a third suds. The blankets are clean when the suds are clean. Rinse free from soap—all waters being the same temperature. Squeeze out the water or put through a wringer. Hang straight by pinnnig in half over the clothesline. Hang out of the sun. When the blankets are dry, brush them well.

One should never place a mirror where any occupant of a room can become annoyed by constant self-reflection. A mirror over a buffet in a dining room may cause a guest much uneasiness, and it is very disconcerting to play bridge if there is a mirror near any of the players.

Spread the tops of doughnuts with an orange butter icing made by creaming 3 tablespoons of butter with 2 cups confectioner's sugar and adding 2 tablespoons each orange and lemon juice, 1 teaspoon grated orange rind.

A Grand, Simple, Simply Grand Rice Dessert

Here is one grand— simple and simply marvelous dessert that the whole family will rave about—and healthy! It's just overflowing with health.

GLORIFIED RICE

2 cups boiled rice
1 cup pineapple, cut in cubes or shredded
1 cup whipped cream
24 marshmallows cut in quarters
1 cup chopped eating apples
½ cup sugar

The rice should be cooked until it is soft but not mushy. Mix all the ingredients except the whipped cream and let it stand for one hour. Fold the whipped cream into the mixture just before serving. Garnish with candied cherries.

Whipped cream and cherry garnish may be omitted. Red cherries, strawberries, red raspberries or peaches may be used in place of the pineapple. Serves four to six.

SUNDAY DINNER Suggestions

By ANN PAGE

FISH is to be plentiful and moderate in cost this week, Veal is to be reasonably priced for the first time in months. Lamb is cheaper, pork higher and beef little changed. Ducks are the lowest priced poultry item, though fowl, broiling and frying chickens are reasonable.

Oranges are cheaper than in four years. Apples, bananas, grapefruit, pineapples and strawberries are all inexpensive.

Vegetables, too, are generally cheaper than last week. The chief exception to this is Iceberg lettuce, which the low price on tomatoes, however, more than balances.

Here are three seasonable menus.

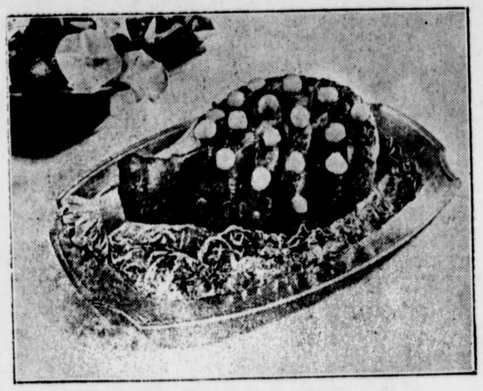
Low Cost Dinner
Veal Pot Pie with Biscuit Crust
Potatoes Onions Carrots Celery
Bread and Butter
Orange Cornstarch Pudding
Tea or Coffee Milk

Medium Cost Dinner
Roast Veal Browned New Potatoes
Spring Spinach
Bread and Butter
Refrigerator Ice Cream with Strawberries
Tea or Coffee Milk

Very Special Dinner
Roast Duck with Orange Sauce
Brown Rice Green Lima Beans
Celery Stuffed Tomato Salad
Rolls and Butter
Spanish Cream with Strawberries
Coffee

Attractive And Delicious Baked Ham With Cherries

By SIDNEY SNOW



A WHOLE BAKED HAM, decorated with Queen Anne cherries is a very festive appearing dish to hold the central place at a buffet supper or special dinner. This is the way to prepare it:

BAKED HAM

1 whole ham
1 cup brown sugar
Queen Anne cherries
2 tablespoons flour
Whole cloves

Put the well-scrubbed ham on a rack in an uncovered pan with the fat side up. Bake in a 300 degrees to 350 degree F. oven. If the skin is on, do not remove it. Allow about 25 minutes to the pound for cooking a small ham or 20 minutes per pound, for a large one. Forty-five minutes before the ham is done, remove from the oven and take off the skin, all except a collar around the shank bone. Cut diagonals across the fat to form diamonds. Moisten brown sugar and flour with some of the fat drippings and rub on the ham. Stick cloves in the surface. Return to the oven to finish cooking. During the last ten minutes, increase heat to brown the ham. Remove from the oven and place the cherries in the diamonds, fastening them with toothpicks.

If served cold, it may be placed in a bed of gelatine upon the platter, as in the picture.

Shrimp Wiggle For Lenten Luncheons

Here is a very nice dish with a very cute name that will be ideal for Lenten luncheons. The name alone will please everyone and the fact that the dish consists of shrimp served in patty shells makes it just that much more desirable.

SHRIMP WIGGLE

1 cup shrimps, cut
1 cup canned peas, drained
4 tablespoons butter
2 tablespoons flour
½ teaspoon salt
1½ cups milk.

Melt the butter and add the flour, salt and a little paprika. Pour the milk on gradually, stirring until thick. Add the shrimps. Heat and fill into hot patty shells and serve immediately.

DINING ABROAD AT HOME

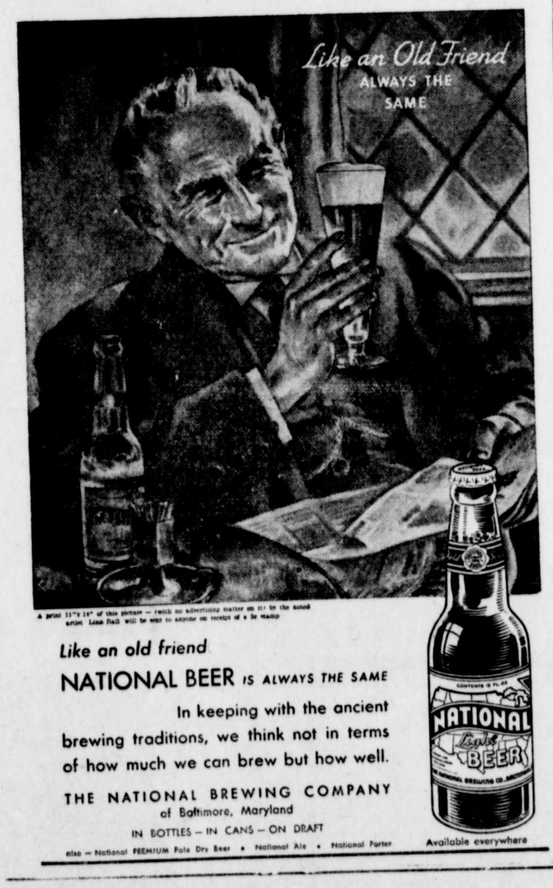
HIGHLY SEASONED FOODS APPEAL TO MAN'S CULINARY SENSE

From many of the foreign countries we find dishes that are most suitable to masculine cookery. It seems that men are particularly fond of preparing dishes that call for an extensive use of seasonings. Such a dish is this chicken curry that is so popular in India. It will be the answer to the dish of dishes that some forlorn man is looking for—some dish that he can prepare himself—something just a little different from the dish that the man next door prepares as his specialty.

CHICKEN CURRY

3 tablespoons butter
12 onions, sliced thin
2 tablespoons ground onion
1 teaspoon ground saffron
1 teaspoon ground chilies
¼ teaspoon ground ginger
¼ teaspoon ground garlic
½ teaspoon ground coriander seed
1 stewing chicken, cut in pieces
1½ teaspoons salt
1 cup water

Melt the butter and fry the sliced onions until crisp. Remove the onions and add the ground onions and spices to the butter in the pan and cook until the mixture turns brown. Place the chicken in the curry mixure, add the salt and fry until the chicken is brown. Add the water and the fried onions, place cover on pan and simmer slowly until the gravy is reduced to ½ and the meat is tender. Serve with rice.



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