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 — Orange juice, ready to eat cereal, scrambled eggs with chipped beef, hot corn muffins, coffee or cocoa. Lunch — Creamed ham in patty shells, buttered peas, soft rolls, fruit custard, tea. Dinner — Pineapple juice, broiled liver and bacon, baked potatoes, creamed onions, green salad, rice Bavarian, coffee.

TUESDAY — Breakfast — Baked apples with cream, ready to eat cereal, bacon and eggs, rolls, coffee or cocoa. Lunch — Baked toast, buttered asparagus tips, frosted cup cakes, tea or milk. Dinner — Baked stuffed spareribs, sauerkraut, fried potatoes, apple salad, mincemeat tarts, coffee or beer.

WEDNESDAY — Breakfast — Sliced bananas with ready to eat cereal, plain waffles, maple syrup, coffee or cocoa. Lunch — Canned corned beef hash, sliced tomatoes, hot rolls, canned peaches, cookies, tea. Dinner — Lamb Navarin, browned potatoes, buttered cauliflower, cucumber salad, fig pudding, coffee.

THURSDAY — Breakfast — Stewed prunes, hot wheat cereal, frizzled ham, fried eggs, raisin-nut toast, coffee or cocoa. Lunch — Creamed egg and mushroom patties, pickled beet salad, pineapple gelatine, oatmeal wafers, tea. Dinner — Wiener Schnitzel, German fried potatoes, broccoli, cabbage salad, cheese cake, coffee or beer.

FRIDAY — Breakfast — Apple sauce, ready to eat cereal, fluffy omelet, graham toast, jelly, coffee or cocoa. Lunch — Curried crabmeat in pepper shells, lettuce and tomato salad, custard pie, tea. Dinner — Planked whitefish, Spanish rice, creamed celery, dressed lettuce, hot gingerbread, coffee.

SATURDAY — Breakfast—Sliced oranges, ready to eat cereal, country sausages, buckwheat cakes, coffee or cocoa. Lunch — Cream of corn soup, egg cutlets, chicory salad, brownies, ice cream, tea. Dinner — Broiled sirloin steak, French fried onions, lima beans, celery root salad, lemon chiffon pie, coffee.

SUNDAY — Breakfast — Chilled melon, ready to eat cereal, scrambled eggs with chicken livers, pop-overs, honey, coffee or cocoa. Dinner — Tomato juice cocktail, roast duck, apple sauce, fried potatoes, curley cabbage, endive salad, stuffed celery, old fashioned strawberry shortcake, coffee. Supper—Chili con carni con frijoles, sliced tomatoes, tortillas, fruit compote, tea or coffee.

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

Goodness And Health Combined In Onions And Baked Beans

Combining goodness with health is something most important for growing children. Goodness knows it's hard enough to get them to eat the proper foods anyway and may a mother has been ready to forfeit her mind to get her children to eat.

If they are coming home for lunch tomorrow try tempting them with such a dish as this and just watch them eat:

BERMUDA ONIONS STUFFED WITH BEANS

6 large Bermuda onions
3 tablespoons butter
1 medium can oven baked beans
¼ cup tomato catsup
1 teaspoon salt
¼ teaspoon pepper
½ cup dry bread crumbs

Peel the onions carefully, scoop out centers, leaving hollow cups with opening at the top about as big as a fifty cent piece. Chop ½ cup of the onion from centers and let simmer in butter 10 minutes. Remove from fire and combine with the baked beans, catsup, seasonings and bread crumbs. Fill the onions with this mixture. Place in a deep, covered dish with a little water. Bake in a moderate oven (375 F.) 1½ hours or until onions are tender. Serves 6.

Good Cooks Prepare For New, Fresh Asparagus

A housewife who really enjoys cooking and apprceiates good food, gets the same thrill on seeing new, fresh asparagus in the market as she did when she saw the first daffodil in her garden. They both mean the coming of spring and both are to grace the table but inasmuch as we don't cook daffodils and this is supposed to be a recipe we'll confine ourselves to the asparagus which is cooked like this:

BOILED ASPARAGUS

Wash the asparagus carefully, breaking off the lower part of the stalk. Tie with a cord in small bunches and stand in boiling salted water (1 teaspoon salt to 1 quart water) and cook about 25 minutes, or until tender. Remove from water and place on a hot platter, cut the cord and remove; pour melted butter over the asparagus or serve with cream or Hollandaise sauce.

FRIED ASPARAGUS

1 bunch asparagus
1 egg, well beaten
1 cup bread crumbs
Salt and pepper

Prepare and cook asparagus as above. Drain thoroughly. Add salt and pepper to beaten egg. Dip asparagus in the egg, then in bread crumbs and fry in butter until brown.

Strawberry Rice Parfait Becomes Special Treat To Every Good Family

With the price of strawberries becoming lower and lower we will soon be able to afford them on our tables every day—but right at hte moment they are still at that point where they are a treat. We all like to treat and be treated so here is one for the housewife—

STRAWBERRY RICE PARFAIT

½ cup rice
1 quart strawberries
½ cup powdered sugar
1-3 cup granulated sugar
1 cup cream, whipped

Wash and cook the rice in boiling salted water until tender. Drain and chill. Wash and hull the berries and after draining, mix with the powdered sugar. Chill for 1 hour. Add the granulated sugar to the rice and mix lightly with the whipped cream. Fold in the strawberries and fill sherbet or parfait glasses with the mixture. Garnish with whole berries.

The Same Apple Pie In New Spring Dress

There is probably not a person who has done any cooking at all who hasn't made an apple pie, and nine out of ten of them were probably successful. This being the case, it may be wondered that we give a recipe for said pie at this time—but—there are apple pies and apple pies and this one just happens to be a little too good to let go by without bringing it into review, and it really is worth trying as it is probably different from any apple pie you've eaten.

APPLE PIE

1 cup canned unsweetened pineapple juice
1 cup sugar
6 medium sized tart apples
Pastry
2 teaspoons cold water
⅛ teaspoon salt
½ teaspoon vanilla
1 tablespoon butter
1 egg white
Cold water

Combine the pineapple juice and sugar and bring to a boil. Cook for 5 minutes; then add the apples, which have been pared, cored and cut into quarters. Cook slowly until apples are tender. Line a pie pan with pastry and place cooked apples on the dough. Dissolve the cornstarch and salt in the cold water and add to the syrup in which the apples were cooked. Cook until mixture thickens. Remove from fire and add the vanilla and butter and pour over the apples. Cut strips of pastry about ½ inch wide and place across top of pie. Brush the strips of pastry with egg white to which a little water has been added and bake in a hot oven (450 F.) for 10 minutes, then reduce the heat and bake in a moderate oven (350 F.) for 25 minutes.

Candy Making By Children During April Showers

We all know the saying that "April showers bring May Flowers" and we adults take this is good grace and bless the rain—but pity the poor children. When May comes with all it's flowers they enjoy them too but it's hard for them to be pleased about the rain—but rain we'll have and also our hands full—so keep them busy making candy that will be good for them.

CINNAMON RAISINS

1¼ cups sugar
1 cup water
1 teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon nutmeg
¼ teaspoon ginger
1¼ cups raisins
Sugar

Combine the 1½ cups of sugar, water and spices and cook, stirring constantly, until the sugar is dissolved. Continue cooking without stirring until syrup reaches the soft ball stage. Add the raisins, which have been thoroughly washed, nad cook for five minutes. Remove pan from fire and and place in another pan of warm water. Take out a few raisins at a time and roll in granulated sugar. Should the raisins and syrup become sugary. add 1-3 cup water and cook for 5 minutes stirring gently.

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HOT OF THE GRIDDLE

SUSAN SNOW

When cream is warm it will not whip. When chilled the fat congeals and cream thickens with whipping.

A savory filling for a sandwich can be made by mixing together, one half cup of minced cooked bacon and one half cup of peanut butter. Moisten with a little catsup and spread between thin slices of white or whole wheat bread.

All living rooms and dining rooms should have flowers or potted plants, because the color and life of growing things adds a vital quality to a room.

To protect linoleum, lay small extra pieces at the stove, refrigerator and sink, like rugs.

To wash mattress pads, place them in cold water to soak for half an hour. This will loosen soil. Remove from the soak water; wring out. Prepare warm soapy wash water. Wash until clean, using as many wash-waters and suds as necessary. Rinse in several watersfl Hang straight and pin well on line. The pads need no ironing. The pads need no ironing.

At this time of the year one must start thinking about flies. To prevent them, put screens on the windows and doors early in the spring. Food odors attract them so keep all foods covered and remove all soiled paper and cloths.

It is a simple thing to make some cosmetics and bathroom aids right in the home—for example—a shaving aid: Melt in a double boiler 1 pound of cocoa butter and add half an ounce of menthol crystals and when melted add 3 ounces of rose water, a little at a time; take off the fire and beat until cold.

Cracked plaster walls can be repaired with plaster of Paris mixed with thin glue size and with a small amount of hydrated lime added. Mix only a small quantity at a time.

If plaster walls are to be painted with oil paints, the cracks may be filled with thick white lead to which either precipitated chalk or plaster of Paris has been added. If the walls have already been painted the crack filler may be colored until it matches.

Ink spots usually can be removed from woodwork with a strong solution of oxolic acid. Prepare the solution by dissolving oxolic acid crystals in water until no more will dissolve. If several applications do not cause stains to disappear, apply the acid once more and immediately add some chlorinated lime. Should this fail, try repeated treatments with phosphoric acid of fifty per cent strength. Be sure to remove all traces of the chemicals from the surface with water and allow the wood to dry before attempting to refinish it.

To cook a fowl, about twenty minutes per pound is necessary and about two-thirds of a cup of dressing is allowed for each pound.

Raw celery has much to recommend it aside from its delightful flavor. First of all,(its crispness makes chewing necessary and this is good exercise for the teeth; it has a high percentage of indigestible vegetable fiber that makes it valuable in preventing constipation; vitamins and minerals are present in relatively large amounts and increase its food value; its crispness and flavor act as a spur to the appetite. It is sometimes believed to possess properties that make it a good nerve tonic. All in all, it is deserving of frequent use.

A housewife who owns a great deal of silver can easily make her own polish: to 4 pounds of best grade whiting add ¼ pound of tartar and three ounces calcined magnesia. Mix thoroughly.

Mix raw grated carrots with cottage cheese, using about half as much carrots as cheese, season with salt and a few drops of onion juice and of lemon juice. Shape into small balls and roll in minced parsley. Serve in rings of green pepper or crisp lettuce as a luncheon or dinner salad. Pass French dressing with the salad.

To make an ebony stain for woodwork, 1st coat the wood with a strong alkaline solution of extract of logwood using about one part of potash to three parts of the extract in six parts of water. When dry, coat with a strong solution of vinegar and iron.

Custard sauce flavored with lemon and almond extracts makes a tempting topping for baked, steamed or gelatine puddings.

SUNDAY DINNER Suggestions

By ANN PAGE

FRUITS are unusually abundant and low in cost for the season. Large stocks of apples are still available, oranges are both sweet and juicy, grapefruit fairly plentiful and all are cheap. Bananas, fresh pineapple and strawberries are also plentiful and moderately priced.

Boston lettuce is a better choice than Iceberg, as supplies of the latter will not be plentiful for a week or two. It is a good time to try other salad greens, relishes and tomatoes.

Meats, fish, eggs and cheese are all good and inexpensive choices for main dishes. Poultry, with the exception of ducklings, are not quite such attractive buys.

Three menus made up of seasonable foods follow.

Low Cost Dinner
Stuffed Hamburger Roll
Mashed Potatoes Scalloped Tomatoes
Bread and Butter
Banana Cream Pie
Tea or Coffee Milk

Medium Cost Dinner
Chicken Fricassee Boiled Rice
Glazed Carrots Frenched Beans
Bread and Butter
Jellied Fruits Soft Custard
Tea or Coffee Milk

Very Special Dinner
Fruit Cup
Roast Beef Browned New Potatoes
Broccoli, Maitre d'Hotel
Tomato Salad
Rolls and Butter
Chocolate Bavarian
Coffee

Starting The Children In The Art Of Cake Making

By SIDNEY SNOW



IF THE "small fry" have the fidgets, start them off on a lesson in cake making, and let the small cake be the means of expression. There is no greater evidence of the fine art of nice living than the ability to produce a dainty assortment of light and attractively decorated small cakes. Given a cake or two of chocolate, some powdered sugar, a few nuts, raisins and a package of shredded cocoanut, and the road to high adventure is open ahead.

SMALL CAKES

1 2/3 cups sifted cake flour
1½ teaspoons baking powder
1/3 cup butter or shortening
1 cup sugar
2 eggs, well beaten
½ cup milk
1 teaspoon flavoring

Sift flour once, measure, add baking powder and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, then flour, alternately with the milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Pour into greased cup cake pans, filling them 2/3 full. Bake in a moderate oven (375 F.) 20 minutes, or until done.

When cool, cover these cakes with any desired frostings, such as chocolate, orange, boiled white or coffee. Decorate them simple in any way desired. Makes 2 dozen cakes.

Final Day Of Lent Rounded Out With A Delicious Salad

With just a little over a week of the Lenten season left and the weather getting warmer we might very well confine our luncheons almost entirely to salads,—salads of course, that are suitable to this season—salads such as this:

LENTEN SALAD

On a bed of letture and watercress place two half ovals of cream cheese mixed with finely ground nuts and rolled into the shape of half eggs. Roll cheese carefully to make the appearance of half eggs and flatten top side with a knife. Cut half yolk of hard boiled eggs in two and press the yolk into the cheese and into place. Garnish top of white around the yolk with whipped cream. This will give the appearance of half of a hard boiled egg. Serve with French dressing.

If you cannot mold these into shape, take a small wine glass for your mold. Dip the glass in water first so that the cheese can be removed easily. The cheese should not be too soft. Use blanced almonds.

Champion Turtle Egg-Layer

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DINING ABROAD AT HOME

DUTCH "STEWED STEAK" LENDS APPEAL TO EVENING MEAL

With so many foreign countries in an uproar these days one hardly knows to which country to turn to get a peaceful meal. So we take out a map and carefully consider the situation. Ah—here it is—Holland! Is there any place more peaceful sounding? In this grand little country too, we find grand dishes. Ones that will prove most appetizing and ever so interesting such as this:

RUNDERLAPPEN

(Stewed Steak)
1 pound beefsteak
4 tablespoons fat
1 sliced onion
1 bayleaf
Salt and pepper
Nutmeg

Flatten the steak, wash it and season it with salt and pepper. Melt the fat in a saucepan and brown the steak evenly on both sides. Add the sliced onion, the bayleaf, and a generous sprinkling of nutmeg. Cover the pan and simmer gently for one and a half hours, adding a little water occasionally.



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