SIDNEY SNOW will be glad to answer any questions on food.

THREE MEALS A DAY

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Edited by WILMA E. DEUTE

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

HOLIDAY SEASON NEAR TIME TO THINK ABOUT GIFTS FOR ALL

Holiday season is rushing toward us without stopping for one minute and something has to be done about it! First there is Thanksgiving; and before one has had a chance to catch a deep breath, here comes Christmas! Which means gifts and gifts and still more gifts. And what a problem they afford, especially for the family.

Taking father as a good example it does seem a little foolish to take money he has given and turn right around and buy him a present. Then there is uncle, he'll be over for Thanksgiving dinner and again for Christmas and something should be done for him. Uncle too, won't really appreciate something bought in a store, he can buy anything he wants himself. But something home made! Now there's the idea! Give father and uncle something that the whole family will enjoy (a good idea by the way). Home made candy. All the way from Granfather to the baby this partical and pleasing gift will be enjoyed.

The most popular candy for all round use seems to be hard candy There are some few who are especially fond of creams but as a whole hard candy proves the more popular, and the following recipe needs no comment as to its deliciousness.

ALMOND BUTTER CRUNCH

1 1-4 cups butter
2 1-4 cups sugar
1-2 cup water
1-4 pound blanched almonds
1 teaspoon salt
1 teaspoon soda
1-4 pound blanched toasted almonds.
1-4 pound walnut dust

Mix the butter, sugar, water and salt together and heat the mixture slowly. When boiling, add the blanched almonds and continue cooking, stirring as gently as possible until the mixture reaches a temperature of 298 degrees F (hard crack stage). Mix the soda with the toasted almonds and the walnut dust and it to the cooked mixture, stirring only enough to blend. Pour onto a buttered tray and when slightly cool, cut in squares. When cold you may coat with chocolate and chopped nuts if you wish. Walnut dust is nothing more than walnuts put through a food chopper and then spread on unglazed paper so that all of the oil may be absorbed.

Prize Winning Recipes

With winter coming on, heavier dishes are getting more and more popular. The change is particularly noticeable in the recipes sent in for the contest. From light salads and desserts to more substantial meat dishes.

This week we are awarding a box of Friends Food Products from Melrose, Mass, ,to Mrs. Oscal Awe of Brooklyn, New York. Mrs. Awe is a subscriber of the Babylon, L. I. Leader and has sent in the following recipe, which we may add, is splendid for parties for men.

SOUR BEEF WITH POTATO BALLS

4 pounds rump beef.
1-4 pound fat bacon
1 cup water
1 cup vinegar
2 medium sized onions, sliced
3 carrots, sliced
2 bay leaves
Peppercorn
1 teaspoon salt
2 tablespoons sugar
3 tablespoons butter
2 tablespoons flour

Make incisiohs in meat and lard with bacon which has been cut in small strips. Put meat in earthenware bowl and cover with the following pickle. Mix water, vinegar, onions, carrots, bay leaves, peppercorns, salt and sugar. Soak the meat in this pickle brine in a cool place for 3 to 5 days.

Put meat in a Dutch oven and brown on all sides using butter. Heat about 1 cup of brine, and add with the vegetables to the meat. Simmer for about 1 1-2 hours or until meat is tender, turning several times. When done, thicken the gravy with flour. Serves 6.

POTATO BALLS

1 1-2 pounds potatoes
2 eggs, well beaten
1 teaspoon salt
3-4 teaspoons nutmeg
1 tablespoons melted butter
2 tablespoons dry bread crumbs
1-4 to 1-2 cup flour
2 quarts boiling water
1-4 cup minced parsley

Peel and boil potatoes. Put them through a ricer. Stir in the eggs salt, nutmeg and butter. Add bread crumbs, then flour, mixing thoroughly but lightly to a paste. Form into rather good sized balls. Roll in flour and toss in boiling water. Boil covered for 6 or 7 minutes. Serve around edges of sour beef.

Mrs. P. Van Vessen of West Sayville, L. I., a reader of the Sayville, L. I., News, has been awarded a case of Trommer's White Label Beer.

Mrs. Alice Stout of Atlantic City N. J., a reader of the Bridgeton, N. J. News is the winner of a metal recipe holder with recipes and a can of Pompeian Olicer Oil.

Mrs. M. E. Beam of Garrison, Md. a subscriber of the Reisterstoyn, Md. Community News has been awarded a rice ball and a box of All Comet Rice Products.

Mrs. Milton Marlatt of Hackettstown, N. J., a reader of the Washington, N. J. Star is the winner of a cheese tray with an assortment of seven kinds of Borden's Cheese.

The rules of this contest are simple and everyone can try as many times as she pleases. Simply send your favorite, novel and original recipe to Sidney Snow in care of this paper.

Helen C. Smith of Catskill, N. Y a reader of the Sauergites, N. Y. Star has won a case of Ruppert's Beer.

The Gentle Art Of Carving

When the man of the house does the carving at the table his wife can offer a form of assistanre from which he will be most grateful, especially during his first efforts at carving for company dinners. And that is when she tactfully encourages general conversation so that attention is diverted from the carver's task. It's very difficult to be neat and deft when a silence settles about the table and all eyes are focussed upon the man with the carving knife. No wonder he is tempted to give up the job! In more favorable circumstances he is likely to feel very proud of his skill.

CAULIFLOWER MUST HAVE APPEARANCE TO TASTE GOOD

A cauliflower is one of those vegetables whose taste depends so much on its appearance. Everyone knows how unappetizing a plain boiled cauliflower looks, especially if it is a little brown around the edges. Well say we, no wonder children and many grown ups "squirm" at the very mention of cauliflower. A cauliflower casserole is just the thing to change the minds of the family in regards to this savory vegetable.

CASSEROLE of CAULIFLOWER

Cut up enough floweretes of a fine, firm cauliflower to make three cups. Mix with a cup of finely shredded celery, two minced onions, and one sweet, green pepper, also minced. Melt one-fourth a cup of bacon fat in the bottom of a pan, add the vegetables, cover and, tossing now and then, until the mixture is lightly browned. Add a pint of chicken stock and cook at simmering point for an hour, keeping up the quantity of liquid. Add seasoning to taste. Add enough bread crumbs—(about one cup) to absorb superfluous moisture, turn into a casserole, spread sliced sweet potatoes over the top, sprinkle with grated cheese, and bake for one-half hour in a moderate oven.

Announcement

—Dr. F. A. Holden will be at the Health Center Centrevilit every Thursday from 9 A. M. to 12 noon. Practice limited to Eye. Ear, Nose and Throat. Glasses prescribed.

Menu for the Week

MONDAY

Breakfast—Rice cereal with sliced bananas, soft boiled eggs, broiled bacon, toasted English muffins, orange marmalade, coffee, or cocoa. **Lunch**—Eggs a la king, sliced tomatoes, asparagus tip salad, crumb cake, tea or milk. **Dinner**—Italian spaghetti; individual stuffed steaks, brocolli, dressed lettuce, biscuit tortoni, coffee.

TUESDAY

Breakfast—Grapefruit juice, hot cereal, griddle cakes, little sausages, syrup or jam, coffee or cocoa. **Lunch**—Cream of asparagus soup, deviled crab meat, cole slaw, potato chips, apple tarts, tea or milk. **Dinner**—Roast shoulder of lamb, mashed potatoes, string beans, cucumber salad, mint ice, assorted cakes, coffee.

WEDNESDAY

Breakfast—Stewed prunes, hot or cold cereal, corn fritters, maple syrup, frizzled ham, ,coffee or cocoa. **Lunch**—Lamb patties with fried pineapple, mashed potato cakes, string bean salad, tea or milk. **Dinner**—Wiener-Schnitzel fried potatoes, smothered cabbage, mixed green salad, German apple cake, coffee.

THURSDAY

Breakfast—Stewed plums, hot cereal, baked eggs, fried chicken livers, raisin-nut toast, coffee or cocoa. **Lunch**—Vegetable soup, toasted cheese sandwiches, broiled bacon, and tomatoes, cup custard, tea or milk. **Dinner**—Broiled steak, French fried onions, baked potatoes, buttered beets, lettuce with roquefort cheese dressing, chocolate pie, coffee.

FRIDAY

Breakfast—Sliced oranges, ready to eat cereal, jelly omelet, home made doughnuts, coffee or cocoa. **Lunch**—Creamed shrimps in patty shells, mixed vegetable salad, melba toast, tapioca pudding, tea or milk. **Dinner**—Planked white fish, mashed potatoes, lima beans, tomato and cucumber salad, Parker house rolls, baked Alaska, coffee.

SATURDAY

Breakfast—Pineapple juice, hot cereal, plain waffles, maple syrup or jam, sausage patties, coffee or cocoa. **Lunch**— Creamed chipped beef on toast, canned peas, gingerbread, tea or milk. **Dinner**—Corned beef and cabbage, boiled potatoes, turnips, carrots, onion salad, layer cake a la mode, coffee.

SUNDAY

Breakfast—Grapefruit, hot or cold cereal, eggs Careme, broiled ham, pop overs, coffee or cocoa. **Dinner**—Crab meat cocktail, roast ribs of beef, Yorkshire pudding, buttered peas, lettuce with thousand island dressing, stuffed olives, stuffed celery, peach Mona Lisa, coffee. **Supper**—Cold Virginia ham, corn pudding, Camembert cheese, crackers, coffee.

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

KITCHEN AIDS

By Janet Houston

AMERICAN housewives — please copy! The French are particular to have the right utensil and proper implement for each culinary job—and use kitchen scissors frequently. This pair has one notched blade which makes it practical for separating the joints of a fowl and cutting off a fish head neatly. Incidentally, when you bake a whole fish, preheat the oven of your gas range to 350 degrees Fahrenheit, then brush the fish with melted fat, place in an oiled pan or one containing oiled cooking parchment; bake at the given temperature for from 15-18 minutes per pound. Fish needs no searing.

I'M A NEW WOMAN THANKS TO PURSANG

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Hershey's Kisses . . lb. 25c
Dennis Hard Candies, Cello. Pkg. 10c

CASH SPECIALS

Friday, Nov. 6th to Thursday, Nov. 12th

LeGrande Mince Meats, 2 lb Jar 33c
LeGrande Mince Meat, 1 lb Jar 19c
Cannon Pumpkin, can 10c
Hearn's Sweet Potatoes, can 10c
Hurff's Asparagus, can 25c
Ivanhoe Potato Salad, can 19c

Win Coffee lb 19c
DeLuxe Coffee lb 21c
Mokay Coffee lb 25c

Just Look This Over
FRIDAY and SATURDAY!

DeLuxe Milk . . . 3 tall cans 22c
Mariposa Peaches . . . 2 lg. cans 29c
Sugar . . . . . 10-lb. bag 49c
King Molasses . . . . lg. can 19c
King Syrup . . . . . lg. can 19c
Hurff's Pork and Beans, lg. can 10c

PILLSBURY BEST FLOUR
5-lb Bag 29c 12-lb Bag 61c
Friday and Saturday!

CRESCENT SALAD DRESSING
½ Pts. 10c Pints 15c Quarts 25c

SUNSHINE Krispy Crackers, lb. 17c
TOP NOTCH Peanut Butter, 1 lb Jar 15c
CAMPBELL'S Tomato Soup, 3 cans 25c
CAMPBELL'S Vegetable Soup, can 10c
CAMPBELL'S Chicken Soup . . can 12c
Oval Sardines, Tomato or Mustard 2 cans 19c

OVALTINE Can 29c Friday and Saturday!

MRS. FILBERT'S MARGARINE Lb. 20c Friday and Saturday!

Budded Walnuts . . lb. 25c
DROMEDARY Pitted Dates, 7½ oz. Pkg. 15c
MONOGRAM Unpitted Dates, Full 1¾ lb 25c
DROMEDARY Cranberry Sauce, can 17c
Black Walnut Kernels, pkg. 17c
DROMEDARY Dixie Mixture, pkg. 39c

PARD and THRIVO DOG FOOD 2 Cans 19c

SKIPPY DOG FOOD 3 Cans 25c

RAINBOW BLEACH Full Quart 15c

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