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.

Hot Soup For The Children During Winter

This past summer we were talking with a woman from the middle west. The day was one of the very hot ones and like most people we were drinking iced tea. The conversation moved slowly around various foods and recipes and the subject was brought up about winter day drinks for children. Now this woman was wise, she had a way of her own which we think will be most helpful to many other mothers. On the back of her stove she keeps, all during the cold weather, a great pot of home made soup, and the minute the children come in from playing in the snow, she heats a few cups of this soup, which, in their half frozen state, they drink without complaint. Something unheard of at the dinner table. The following is her favorite soup recipe:

VEGETABLE SOUP

1-2 cup chopped onion
1 tablespoon butter
1 1-2 quarts boiling water
2 cups shreded cabbage
1-2 cup shredded carrot
1 tablespoon chopped pepper
Pinch of paprika
2 tablespoons flour
1 tablespoon chopped celery
1 potato
1 tomato
1 1-2 teaspoons salt
1-4 teaspoon pepper
1-4 cup milk

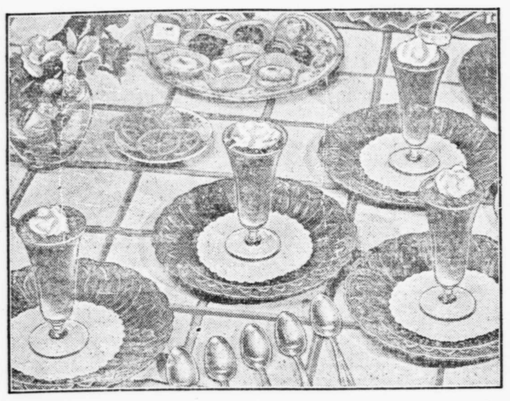
Brown onion in butter, add water and all vegetables but potato and tomato. Boil rapidly for 10 minutes and then gently for an hour. Now add the potato, diced, tomato and seasoning. Cook one hour longer. Have cover partially off during the entire time. Ten minutes before serving, thicken with flour mixed with milk.

Football Season Just The Time For Snacks and Waffles

Foot ball season, days when there isn't time to stay home and prepare a large dinner for the starved game goers, the house-wife being included among them. These are the days when the dinner is partially prepared in the morning or the ice box is kept filled with "snacks." There can be a cold roast that can be heated and sliced in the gravy to make those grand, hot sandwiches. Assorted cheeses are always popular, with an assortment of relishes and olvies and pickles.

It is a nice gesture after these grand foot ball games to have a group of friends gather at the house to play the game over again and if the housewife doesn't care to serve a dinner to them, these guests can be well and satisfactorily filled with "snacks." Just a plate of bread and crackers, another of butter, and a large one of cheese, cold meats, lettuce and tomatoes. Or again, there is the ever popular "waffle," doing justice to any housewife. One of the most popular modes of "feeding" in the west after the game is a hamburger party. These are done very inexpensively and to the enpoyment of all. On a buffet table or a card table in the living room, simply place a large platter of lettuce and sliced tomatoes, another plate of sliced onions, and sliced pickles or pickle relish, mustard, salt and pepper. Then a plate of hot hamburger rolls and a platter of fried hamburgers. The sandwiches are made by the individual as they desire them. Coffee is also self-served, and a good time is had by all. Of course, there can always be a grand cake or pie in the kitchen.

Tang of Crimson Cranberry Adds Zest to These Dishes



AMERICA'S own fruit, the cranberry, is finding its way into many recipes nowadays And what a noble contribution it makes! In a tapioca dessert, it's a perfect partner to the delicate smoothness of quick-cooking tapioca and lends the dessert a color to gladden the eye. In these muffins and in this gelatin dessert, the cranberry adds a crowning touch of deliciousness.

Cranberry Tapioca

¼ cup quick-cooking tapioca
1 1/3 cups boiling water
¼ teaspoon salt
1 cup ten-minute cranberry sauce
1 cup whipped cream
2 tablespoons orange juice
1 teaspoon grated orange rind

Drop tapioca into boiling salted water Cook in double boiler five minutes, stirring occasionally. When cold, add ten-minute cranberry sauce, orange rind and juice. Lastly fold in whipped cream. Pour into glasses. Chill. Top with whipped cream.

Ten-minute Cranberry Sauce

1 pound or quart (4 cups) cranberries
2 cups water
1½ to 2 cups sugar

Boil sugar and water together 5 minutes; add cranberries and boil without stirring (5 minutes is usually sufficient) until all the skins pop open Remove from the fire when the popping stops, and allow the sauce to remain in vessel undisturbed until cool.

Cranberry Mold

1 package lemon-flavored gelatin
1½ cups warm water
½ cup finely cut celery
½ cup drained canned crushed pineapple
1 cup thick cranberry sauce

Dissolve gelatin in warm water. Chill. When slightly thickened, fold in remaining ingredients. Turn into mold. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. Serves 6

Cranberry Flakes Muffins

1½ cups sifted flour
4 teaspoons double-acting baking powder
½ teaspoon salt
½ cup sugar
1 cup coarsely chopped cranberries
2 eggs, well beaten
1 cup milk
4 tablespoons melted butter or other shortening
1 cup bran flakes

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Add cranberries to 1/3 cup flour mixture. Combine eggs, milk, and butter; add to flour mixture, beating only enough to dampen all flour. Fold in cranberries and flakes. Bake in greased muffin pans in hot oven (425° F.) 25 minutes, or until done. Makes 18 muffins.

THE POET'S CORNER

RAIN

The rain is silver
In the woods
Where birch trees grow.
But down by the river
Where willows
Lean leisurely over the bank
To trail their plumes
In the silent water,
There
The rain is emerald.

MILDRED NICKERSON.

Prize Winning Recipes

One of the winners for this week is Mrs. Stanley King of Southampton, L. I., a reader of the Southampton, L. I. Press. Mrs. King's recipe is certainly all we ask for in the way of being novel and is equally as delicious. Mrs King will receive a case of Trommer's beer for her recipe which is for:

ANGLE CAKE ROLL WITH CHOCOLATE FILLING

1-2 cup egg whites
1-4 teaspoon salt
1-2 teaspoon cream of tartar
5-8 cup of sugar, sifted
1-2 cup sifted cake flour
1-2 teaspoon vanilla
1-2 teaspoon orange extract

Beat salted egg whites until foamy, add cream of tartar. Beat until stiff but not dry. Fold in sugar gradually, then the flour and the flavoring Pour into a wax paper-lined jelly roll sheet 10x15 inches. Bake in a moderate oven for 20 minutes. Cool, turn out on a cloth sprinkled with a little powdered sugar, remove paper. Spread cake with chocolate filling. Roll and let stand wrapped in cloth until ready to serve. Cut in slices.

CHOCOLATE FILLING

1-2 cup milk
1 teaspoon vanilla
3-4 cup sugar
1-3 cup flour
1-2 teaspoon salt
4 yolks of eggs slightly beaten
1 square unsweetened chocolate.

Scald milk and chocolate in the top of a double boiler. Mix sugar, flour, salt, egg yolks together. Add milk and chocolate slowly to egg mixture. Return to double boiler, cook until thick, stirring constantly. Chill and add vanilla before spreading.

Mrs. Richard Dorland of Nassau New York, a subscriber of the Chatham, New York Courier has been awarded a case of Ruppert's Beer.

Mrs. Wilber Scott of Bridgeton New Jersey Evening News is the winner of a rice ball and a box of All Comet Rice Products.

Mrs. Marion E. Burns, of Northport, L. I., a reader of the Northport, L. I. Observer has been awarded a box of Friend's Food Products from Melrose, Mass.

Mrs. Edith B. Mather of Philadelphia, Pa., a reader of the Chestertown, Md., Transcript, has won a metal recipe holder with recipes and a can of Pompeian Oliver Oil.

Mrs. F. Howard Hunt of Upper Montclair, New Jersey, a subscriber of the Montclair, New Jersey Times, has been awarded a cheese tray with an assortment of seven kinds of Borden's Cheese.

Home-Coming At Ingleside

Plans are being made for Home-Coming services at St. Paul's Methodist Episcopal Church, South, in Ingleside for Sunday, November 15th. Dr. W. H. Best, presiding elder of the Baltimore District will preach at the 11:00 o'clock worship hour. In the afternoon at 2.30 o'clock there will be a Harvest Home-Coming Service for the Ingleside Charge in the interest of the Gaithersburg Home Rev. J. H. Hobbs, from Cambridge, will be present and preach. All former ministers, former members, and friends of the congregation and charge are extended a cordial invitation to be present at these services.

Mrs. Algernon Carter Speaks Over NBC Network

Mrs. Algernon Carter of Queenstown gave a radio address on winter food supplies as the result of good planning during the Homemakers hour over an NBC network last Wednesday noon at 12:30. Mrs. Carter spoke from station WMAL in Washington and the program was broadcast over forty-seven stations.

She was accompanied to the capital by her sister, Mrs. Gertrude Dudley of Wye Mills and Miss Isabel Bewick, Home Demonstration Agent, of Centreville.

Menu for the Week

MONDAY

Breakfast—Sliced oranges, ready to eat cereal, corn fritters with maple syrup, broiled bacon, coffee or cocoa. **Lunch**—Oven baked beans, hot brown bread, sliced tomatoes, egg custard with caramel sauce, tea or milk. **Dinner**—Tomato juice cocktail, braised veal with carrots, buttered noodles, spinach, endive salad, hot gingerbread with whipped cream, coffee.

TUESDAY

Breakfast—Grapefruit, hot corn meal mush, scrambled eggs, frizzled ham, toast, coffee. **Lunch**—Creamed tuna on toast, escalloped corn, dressed lettuce, fruit compote, cookies, tea or milk. **Dinner**—Grilled lamb chops, mushrooms and tomatoes, smothered carrots, beet and celery root salad, pumpkin pie, coffee.

WEDNESDAY

Breakfast—Stewed prunes, fried eggs, fried bason, toasted English muffins, orange marmalade, coffee or cocoa. **Lunch**—Macaroni and cheese en casserole, string bean salad, chocolate sundae, cookies, tea or milk. **Dinner**—Dutch oven pork chops, baked potatoes, smothered cabbage, dressed lettuce, apple cake, coffee.

THURSDAY

Breakfast—Ready to eat cereal with sliced bananas and cream, griddle cakes, maple syrup, little sausages, coffee or cocoa. **Lunch**—Cream of celery soup, combination salad, toasted muffins, layer cake, tea or milk. **Dinner**—Rib roast of beef, mashed potatoes, French fried onions, buttered beets, cabbage and pineapple salad, frozen custard, assorted cakes, coffee.

FRIDAY

Breakfast—Stewed peaches, cold rice cereal, jelly omelet, popovers, currant jelly, coffee or cocoa. **Lunch**—Creamed eggs on toast, asparagus tip salad, cocoanut custard pie, tea or milk. **Dinner**—Fried oysters, French fried potatoes, cole slaw, with boiled dressing, hard rolls, upside down cake, coffee.

SATURDAY

Breakfast—Orange juice, plain waffles, broiled bacon, syrup or strawberry jam, coffee or cocoa. **Lunch**—Crab cakes, canned peas, melba toast, brown betty, tea or milk. **Dinner**—Tomato juice cocktail, beef pot pie, with vegetables, pear and cottage cheese salad, rice pudding, coffee.

SUNDAY

Breakfast—Pineapple juice or sliced pineapple, hot or cold cereal, fried ham and eggs, fried potatoes, corn bread, coffee or cocoa. **Dinner**—Shrimp cocktail, roast duck with dressing, apple sauce, brown rice, ripe olives and bread pickles, string beans, green salad, molded chocolate ice cream with cocoanut layer cake., coffee. **Supper**—Assorted waffles, little sausages, syrup, jam, jelly, or creamed chicken, assorted cakes, coffee.

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Figs, Cello. Pkg. . . . 2 for 19c
Monogram Dates, 28 oz. Pkg. 25c
DROMEDARY Cranberry Sauce, can 17c

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BETTER THAN GOLD Corn . . 2 cans 25c
LeGRANDE CRUSHED Corn . . . 2 cans 23c
LeGrande Catsup, 2 Large Bottles 23c
LeGRANDE TENDER Green Peas, 2 cans 29c

ALL GOLD FRUIT COCKTAIL Large Can 25c
ALL GOLD CRUSHED PINEAPPLE Can 17c
ALL GOLD PINEAPPLE JUICE 2 Cans 29c

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