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

HOT OFF THE GRIDDLE

To remove berry stains, pour boiling water, through washable fabrics, hold non-washable materials over steam (from teakettle), rub upholstery with cloth dampened with very hot water. If parts of stain will not come out, bleach with peroxide; or, when dry, sponge with carbon tetrachloride.

When painting, if you are going to finish the job with the same paint tomorrow, save paint by not rinsing out the paint brush. Fill the brush well with paint and wrap tightly in a piece of heavy wax paper or cellophane from a food package. Brush will stay in good condition for several days, and no paint will be wasted in the brush-cleaning operation.

Everyone should get a "soap saver" to avoid throwing away or losing the little end pieces. "Soap savers" are little wire mesh baskets with handles and usually cost about ten cents—into which you put "end pieces." Then you swish the container around the dishpan or hold under running water—and get the very last bubble of suds. Or you can avoid waste right from the start by putting a new cake of soap into the basket, thus only using exactly what you need every time.

Vegetables and fruits lose vitamin C rapidly if prepared long in advance and allowed to stand, especially if crushed or chopped. So prepare and use the foods quickly. Citrus fruit juices and canned tomato juice are exceptions. These retain their vitamin C after storage, covered, in refrigerator for as long as 24 hours.

Keep tea tightly covered and dry. It absorbs odors quickly so keep away from strong-smelling foods.

Save butter and milk from spoilage or absorbing other food odors by having a covered butter dish (if you go right to table from the icebox) and never leaving milk bottles untopped. Store these delicate foods in the coldest part of your refrigerator —next to either the ice or the cooling unit.

Do more with less water—if your kitchen sink has two separate faucets. you may waste much water by running both water when dish-washing. A slipover "mixer" attachment costs little, pays for itself in a month's water savings, permits you to control water temperature from one outlet. Cutting down slightly on the water pressure by turning the valve under the sink or in the basement, will cut down on consumption and waste. A short spray hose attachment—or a spray attachment on the faucet—makes a wide stream with less water, helps you wash dishes and clean vegetables more efficiently.

Most children like to draw, write or paint, and clean walls are a big temptation to them. Keep a supply of scrap paper handy and save your walls. Old envelopes cut open, and the backs of letters, are a source of scrap paper in most homes. When coloring books are all filled up, let the children color the illustrations in magazines and newspapers.

Suede, buckskin, and nappy leather shoes should be brushed with a fairly stiff bristle brush, after treating with liquid suede dressing. Ordinarily paste and polishes should not be used on nappy leathers as they mat the nap. The wire brushes sold as "suede brushes" will break down the nap.

To remove scorch spots, dampen and place in sunlight, or apply chlorinewater. Deep, scorch cannot be removed.

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Cheese Croquettes

3 tablespoons tapioca
½ teaspoon salt
Dash of cayenne
⅛ teaspoon paprika
¼ teaspoon mustard
1 cup milk
1½ cups grated cheese
1 tablespoon parsley, chopped
Sifted crumbs
1 egg beaten with 3 tablespoons milk and dash of salt

Combine dry ingredients and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes), cook 5 minutes, stirring frequently. Add cheese and parsley. Chill mixture thickens as it cools. Shape into balls; flatten slightly, making depression in center of each. Roll in crumbs dip in deep fat (395 F.) 1 minute, or until brown. Place jelly or stuffed olives in each depression. Makes 10 croquettes.

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A ring mold is a decorative way of serving vegetarian dishes with no extra labor.

Scalloped Crab, Shrimp Or Lobster

4 tablespoons butter
4 tablespoons flour
2 cups light cream or top milk
½ teaspoon salt
Dash of pepper
Dash of Cayenne
Dash of paprika
½ teaspoon Worcestershire sauce
2 tablespoons parsley, chopped
2 cups crab, shrimp, or lobster, cut in ½-inch pieces
¾ cup soft buttered crumbs

Melt butter in saucepan, add flour, and stir to a smooth paste. Add cream and cook until thickened, stirring constantly. Add seasonings, Worcestershire sauce, ½ of parsley, and fish. Pour into well-greased casserole. Sprinkle crumbs and remaining parsley over top. Bake in moderate oven (350 F.) 20 minutes, or until crumbs are browned. Makes 6 small servings. May also be baked in individual ramekins.

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If you have not heat control or thermometer in your oven, divide the cake baking time into quarters. Look at your cake at the end of each quarter and adjust heat if cake does not appear to be baking according to this schedule: 1st quarter—the cake mixture begins to rise in the pan. 2nd quarter—Rising continues; surface of cake begins to brown. 3rd quarter—Cake finishes rising and continues browning. 4th quarter—cake finishes baking and shrinks away slightly from sides of pan.

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Chafing Dish Recipes For Planned Or Impromptu Occasions

There will be numerous occasions during the summer for entertaining maybe planned or maybe impromptu. This year will be a bit different from previous years though as we won't be able to have the dinner parties that we always planned in the past, but do you know, with husbands working such long hours and working so hard, it really is more of a treat to them to have a quiet family dinner, then a few friends in for the evening with a snack later on.

PEANUT BUTTER RAREBIT

1 tablespoon butter or substitute
1 tablespoon flour
½ teaspoon salt (scant)
⅛ teaspoon cayenne
1 cup milk
½ cup peanut butter
½ teaspoon mustard

Melt the butter, add dry ingredients, milk, when boiling stir in peanut butter; serve on crackers, or toast.

ENGLISH MONKEY

1 cup stale bread crumbs
1 cup milk
½ cup soft, mild cheese in small pieces
1 tablespoon butter or substitute
1 egg
½ teaspoon salt
Few grains Cayenne

Soak bread crumbs in milk 15 minutes. Melt the butter, add the cheese and when melted add soaked crumbs, egg slightly beaten, and seasonings. Cook 3 minutes and serve on toasted crackers.

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Baked Bean Soup

Since it is practically "agin the government" these days to waste any bits of food, small or large, here is another way to use up what is left in the bean pot after a good night's dinner.

BAKED BEAN SOUP

2 cups cold baked beans
1 quart water
¾ cup stewed tomatoes
1 onion
1 tablespoon butter or substitute
1 stalk celery
1 sprig parsley
1 tablespoon flour
½ bay leaf
Salt and pepper

Put the beans to boil in 1 quart of cold water; add tomatoes, celery, parsley, bay leaf, salt, and pepper. Fry the onions in butter, add to the soup, and boil all together slowly for 45 minutes. Mix the flour to a smooth paste with a very little cold water, and add just before the soup has finished cooking. Press all through a sieve and serve piping hot.

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Medley Of Vegetables

1½ cups onions, sliced
2 cups celery, cut in strips
1½ cups carrots, cut in strips
2 cups string beans, cut in strips
¾ cup green pepper, cut in strips
1½ cups mushrooms, slice dlengthwise
4 tablespoons butter or substitute
2 cups canned tomatoes
2½ teaspoons salt
¼ teaspoon pepper
3 tablespoons quick cooking tapioca

Cut vegetables in strips, ¼x1¼ inches. Melt butter in a saucepan; add onions, celery, carrots, string beans and green pepper. Cook 10 minutes, stirring frequently. Add tomatoes and mushrooms and cook until tender. Add salt, pepper and tapioca; cook 5 minutes longer, stirring occasionally. Serves 6.

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Fruit Cocktail

Fruit cocktail may be made of plain or mixed fruit juices, tart combinations of fruits and fruit juices, a single tart fruit such as grapefruit, served alone, or a mixture of tart fruit and a fruit ice or sherbet.

To prepare fruit, remove all skin and membrane, cut in pieces of serving size, and chill thoroughly. Serve ice cold in cocktail or sherbet glasses carefully arranged, and garnished with mint, a colored cherry, preserved ginger, bright jelly, or whole berries.

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LEMON SAUCE FOR APPLE DESSERTS

Many an apple dessert or fritters are greatly improved and given that extra touch by the simple addition of a lemon sauce.

LEMON SAUCE

1 cup sugar
Yolks of 3 eggs
1 tablespoon butter
½ cup boiling water
3 tablespoons lemon juice
½ teaspoon grated lemon peel

Cream the butter and sugar together until soft and fluffy. Add well-beaten egg yolks and pour the boiling water into the mixture. Cook in a double boiler until thick, then take off the fire and add lemon juice and peel.

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SWEET POTATOES —WHITE POTATOES

Since there are times when sweet potatoes are the demand of the day, here is another way to prepare them —also another very tasty, very nice way to serve white ones.

MAPLE FLAVORED SWEET POTATOES

6 cooked sweet potatoes
4 tablespoons butter
¾ cup maple-flavored syrup

Cut sweet potatoes in halves length-wise and place in a greased baking dish. Dot with butter and pour syrup over them. Bake in a hot oven (400 F.) 1 hour, basting frequently until potatoes are done. Serves 6.

POTATO PUFFS

½ cup sifted flour
1½ teaspoons double acting baking powder
¼ teaspoon salt
Dash of white pepper
1 cup mashed potatoes
1 egg, well beaten

Sift flour, once, measure, add baking powder, salt and pepper, and sift again. Combine potatoes and eggs, and add flour. Drop by teaspoons into deep fat (390 F.) and fry until golden brown. Makes 18 puffs.

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Stuffings require soft bread crumbs. Bread should be at least one day old and may be torn from the loaf with forks or crumbled apart with the fingers.

When Your Back Hurts - And Your Strength and Energy Is Below Par

It may be caused by disorder of kidney function that permits poisonous waste to accumulate. For truly many people feel tired, weak and miserable when the kidneys fail to remove excess acids and other waste matter from the blood.

You may suffer nagging backache, rheumatic pains, headaches, dizziness, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.

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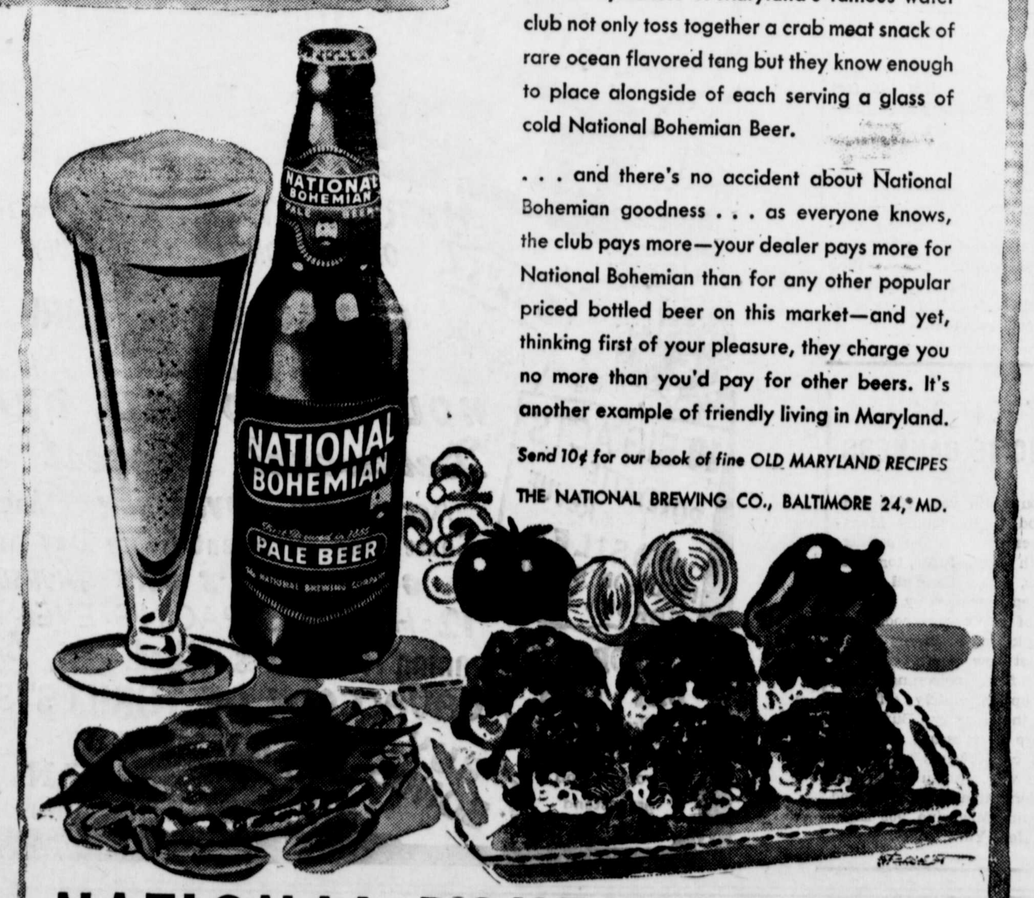

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