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

Lilly White's Chicken Liver Ramekins

Dear Miss Wilma:

Ah sho does hab me a time when As fixes up ma chicken liber molds cause de Jedge sez dat de word mold don agree wit him an he sez Ah shul be callin dem ramkins but Ah don like dat cause Ah can't remember it mos ob de time an when Ah does Ah jest gotta stop and think ob little rams rams furst an by de time Ah does dat dey be cold. Ah thinks sometimes de Jedge am jes pullin ma laig but Ah neber does no fo sho. Enyway yo kin make dem nice seein as how yo don hab no one to be botherin yo. Yo gits yoself a cup ob raw chicken libers an puts dem through de meat grindah. Den yo takes de yellows ob three aiggs an beats dem, an den yo adds dat to de libers an den yo puts in a half tablespoon ob cream an two tablesspoons ob milk, an a tablespoon ob butter what yo don melted an sum salt an pepper and sum parsley what yo don chopped up an a half cup ob mushrooms what yo don cut up good. Yo mixes all dis together ceerfuul like an puts it in molds what you don buttered an yo covers de molds wit greased paper. Yo puts all de molds in a pan ob water an lets dem bake in a oben fo bout fifteen or twenty minnits.

Hopin yo is de same,

Your humble servant,

LILLY WHITE.

Savory Recipes For Shrimp Eaters

A shrimp is a peculiar little animal and unlike so many things, is usually either thoroughly liked or completely disliked; there does not seem to be much of a happy medium!

These recipes are particularly for the shrimp lover with the idea that their appetizing appearance will entice those others to give the poor shrimp a chance.

SHRIMP CROQUETS

2 quarts shrimp
½ wineglass vinegar
1 tablespoon butter
A little grated nutmeg
1 tablespoon Worcestershire sauce

Run the shrimp through a meat grinder mix with the butter, vinegar, Worcestershire sauce and nutmeg. Form into little cakes and fry in deep fat.

CREOLE SHRIMP

1 can tomato soup
Onions, salt and pepper
½ bell pepper
Few strips bacon
2 quarts shrimp

Cut bacon and fry, then add cut up peppers, onions, tomatoes and seasoning. Lastly, the cut up shrimp. Serve with a rice border.

To start a fresh coal fire, make a bed of tightly crumpled paper, then kindling wood, and, on top, a little coal, and light. When this coal catches add more in small amounts at intervals until the fire is the desired size.

When bothered by rats and mice, search for possible holes or large cracks through which they may enter and fill them in. Do not leave food exposed. Catch in traps baited with small pieces of bacon rind or bread crumb, or bits of dry cheese. The bait must be a mere crumb or else the animal will eat the food and escape the trap. If traps are to be used more than once, they should be washed in scalding water after each use.

Delicious Mushroom Soup

A small cup of soup at the beginning of the evening meal, or a large bowl of soup to be the main dish of a luncheon is a very fine thing indeed, it stimulates the appetite when served in small portions and completely satisfies when served in a large bowl accompanied by crackers and a choice salad. Here is a soup that is the last word in tastiness:

MUSHROOM SOUP

½ pound mushrooms
1 pint milk
½ pint cream
Salt and pepper to taste
2 tablespoons flour
2 squares butter

Cut the mushrooms in small pieces and boil in salted water for twenty-five minutes. Heat milk and cream, add mushrooms, a little of the essence, add thickening (flour, pepper, salt and butter; melt butter, add flour, pepper and salt to taste). When all boils, add chopped parsley. If only cream is used in place of milk it will be much richer. When serving add a little whipped cream on top of each cupful.

Baked Tomatoes With Mushrooms Added Attraction With Steak

On occasion the man of the family expresses his desire for steak, and lots of it—and with the steak he likes baked tomatoes—at least we've noticed the choice of the two in restaurants, and a very good choice it is. Like everything else, there are several recipes for baking tomatoes, but here is one that is slightly different, and sooo good with steak.

BAKED TOMATOES WITH MUSHROOMS

Cut 6 tomatoes in halves and sprinkle with salt. Chop an onion and fry in butter or oil. Add a cup of chopped mushrooms. When browned, add 2 cups of bread crumbs. Mix well, add more butter if necessary, and season with salt and pepper. Pile high on each tomatoes are cooked.

Simple Successful Sandwiches

For delicacy, there is probably nothing to compare with sandwiches made with various butters. These are made by merely blending some tasty substance into butter and perhaps adding a little cream. This type sandwiches are exceptionally fine for afternoon teas, being simple to make and suited to quantity production.

Here are several different butters that will go in combination and make a fine assortment:

Cheese Butter—Mix thoroughly 2 tablespoons of butter, ½ tablespoon of cream chese, ½ tablespoon Roquefort cheese, 1 teaspoon cream, 1 teaspoon mayonnaise and pepper to be added if desired.

Bacon Butter—Fry bacon crisp and pound to a paste or put through a food chopper. Work into butter in desired proportions. To two tablespoons of this paste add one teaspoon horseradish or mustard.

Egg Butter—Devil the yolks of 3 hard-cooked eggs and work into two tablespoons of butter. Makes six sandwiches.

Mint Butter—Cream half a cup of butter, adding a little whipped cream Work in two tablespoons finely chopped mint. Parsley or anchovy paste may be substituted for the mint.

Well Planned Dinner Causes No Worry

And why should a hostess worry? If she has planned something delicious for dinner, if her table is set just so, with no crowding or stacking and if her guests are congenial folk, the evening should be one of complete smoothness and ease. For the sake of those gray hairs, let us suggest that the hostess never choose a night when she is entertaining, to try out a new recipe. Guests make bad "guinea pigs" and your own reputation isn't worth the risk.

Here is a dish that is well worth trying out on the family and if it proves a success and meets your standard, then by all means try it on some guests as it is very delicious.

CHICKEN PUDDING

3 pounds boiled chciken
½ cup celery, chopped fine
½ cup mushrooms, chopped fine
1 teaspoon chopped parsley, salt, pepper and paprika
1 slice bread soaked in chicken broth and squeezed dry
¼ cup butter, creamed
3 eggs, separated
½ cup cream
1 teaspoon lemon juice
1 tablespoon. Worcestershire sauce

Take only the white meat of the chicken, grind, not too fine. Add celery, mushrooms and seasoning; the bread, butter, yolks of eggs, well beaten and the cream; add lemon juice and Worcestershire sauce, mix well, and lastly fold in the stiffly beaten egg whites.

Place in a well buttered mold, sprinkle with bread crumbs, and steam 1½ hours. Remove to hot platter, surround with pineapple slices that have been quickly fried in hot butter, and serve with a mushroom sauce and light, fluffy, hot biscuits.

Baked Bananas For Two

2 bananas
¼ cup raisins
1 cup boiling water
1-3 cup sugar
1 teaspoon cornstarch
1 teaspoon butter
½ teaspoon vanilla or
1 tablespoon lemon juice

Pull down a section of a banana skin, then loosen the pulp from the rest of the skin; remove all coarse threads and replace the fruit in its original position in the skin. Set the bananas in a casserole in a moderate oven, to bake until the skin is blackened and the pulp is soft. It will take about ten minutes. Take the pulp from the skins without ruining the shape, and place in saucers in half circles. Pour over the sauce. Serve hot in an entree with meat or as a dessert dish. To make the sauce: cook the raisins in the water until tender. Stir in the corn starch and sugar mixed together, let simmer six or eight minutes, add the butter and flavoring and the sauce is ready. The water will evaporate during the cooking of the raisins. Add more as needed but do not have more than half a cup in the dish when the cornstarch is added.

Select well-rounded crisp dinner rolls, cut off each end, and scoop out the soft center. Moisten ground ham, or tongue, or Swiss cheese with sardennel paste. Fill the cavity with this and put into the refrigerator for 24 hours. Slice thin and serve as an appetizer.

Lemon Chiffon Pie A Sign Of Good Eating

When one settles right down to think of it, is there anything that will, nine out of ten times, hit the spot as a good Lemon Chiffon Pie with graham cracker crust?

Probably not many of you have ever eaten or even for that matter heard of such a combination. It's a great favorite out west where pies are eaten as one of the duties of the day.

Out there, all kinds of pies are served in a graham cracker curst, it's become a sort of National Anthem or the symbol of good eating. There are some bakeries that charge as high as a dollar a piece for them, and the funny part of it is that these bakeries are still in business and going strong so there really must be something to it. Try it in your own home and see for yourself, it's better that way than taking some other person's word for it.

LEMON CHIFFON PIE

1 tablespoon gelatin
¼ cup cold water
1 cup sugar
½ cup lemon juice
1 teaspoon grated lemon rind
4 eggs, separated

Soak gelatin in cold water for 5 minutes. To beaten yolks add ½ teaspoon salt. Cook in double boiler until mixture coats a spoon. Then add rind and softened gelatin. Stir well. Cool. When mixture begins to thicken, fold in the stiffly beaten egg whites, to which remaining ½ cup of sugar has been added. Fill a graham cracker pie shell and before serving spread top with a thin layer of whipped cream.

To make the Graham Cracker Crust: Blend 1 cup crumbs with 2 tablespoons of powdered sugar and ¼ cup melted butter. Spread and press mixture on buttered sides and bottom of pie tin. Put in refrigerator and let stand for several hours.

In gravy making: Add the liquid to the browned flour and fat very slowly, preferably removing the pan from the fire so that the sauce will not be lumpy and need straining. Avoid too much fat for quantity of gravy made so that there will not be a layer of fat floating on the top of the gravy. Heat over an abestos mat and it will not become too thick. If color is not brown enough, a few drops of Kitchen Bouquet or a boullion cube will darken it and improve the flavor. Season well.

Selections Of Souces Serves As Dessert

The housewife who has on hand recipes for a few hot sauces and a few cold sauces is fully equipped to make a regular dessert out of the simplest cake, pudding or ice cream:

BUTTERSCOTCH SAUCE

2 egg yolks
2 tablespoons butter
¼ teaspoon salt
¼ cup brown sugar firmly packed
1 tablespoon water

Combine ingredients in top of double boiler and cook over hot water until sugar is dissolved, stirring constantly. Chill. Beat well before serving. Makes ¾ cup of sauce.

CRIMSON SAUCE

½ cup red current jelly
2 tablespoons hot water
2 teaspoons lemon juice
Dash of salt
2 tablespoons currants finely cut
1 teaspoon maraschino cherry juice

Combine jelly, water, lemon juice and salt. Add currants, cherries and cherry juice. Serve on cottage pudding or with white steamed pudding. Makes 1 cup sauce.

HOT FUDGE SAUSE

8 squares unsweetened chocolate cut in pieces
1¾ cups water
2½ cups sugar
¼ teaspoon salt

Combine chocolate and water and cook over direct heat four minutes, stirring constantly. Beat with rotary egg beater until blended. Add sugar and salt, return to fire and cook four minutes longer. Serve hot on ice cream, cake or pudding. This sauce can be kept at least a month in the ice box and may be heated again in a double boiler or served cold.

Two tablespoons of flour equals one tablespoons of cornstarch in thickenings.

Diapers are best folded unironed.

Fish which has been properly frozen and kept in cold storage is said to be as palatable and nutritious as when fresh. It is cooked the same as fresh fish, but should be used as quickly as possible after it has been thawed out.

When vegetables are boiled they should be plunged into rapidly boiling water and kept boiling until done and removed from the fire. If steamed, the same rule holds good; the water under the steamer must be boiling and the steam at its height when the vegetables are placed in it, and then closely covered.

For a oyster stuffing for fowl—add to the plain dressing, drained oysters which have been heated in a frying pan until their edges are curled.

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