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

THREE MEALS A DAY

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SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

Meat in good condition is firm, bulky and odorless. To be palatable, meat must be tender, juicy and well flavored. The proportion of fat to lean affects the flavor. Good cooking contributes much toward the palatable meat serving.

Dinner may be served at noon or in the evening, depending upon the hour most convenient for the members of the family. Children should be served their dinner at noon and a light meal or supper in the evening. Where the adult members of the family are not in position to get a hot meal at noon the dinner should be served at night.

You can put new life into your feet by bathing them in hot salt water. This stimulates the circulation and removes the waste products which are responsible for fatigue. Add two handfuls of salt to a basin of hot water. Place your feet in it and receive their everlasting gratitude.

Cut several slices of bread about one half inch thick, remove the crust and cut into strips one half inch wide. With a round jumble or doughnut cutter, cut rings from six other slices of bread. Fry sticks and rings in deep fat or brown them in a pan with a little butter in a hot oven. Put one or two sticks through each ring before serving. These make grand accompaniments for salads.

To be satisfying a meal need not be elaborate but show good selection and be planned around the meat dish.

When one is planning to serve a fowl, care should be taken that the fowl is drawn and thoroughly cleansed. This is usually attended to by the retailer, but special care and attention is also needed in the home. The pin feathers should all be removed and the fowl singed. All blood clots, portions of lungs, etc., should be removed. Hold the fowl under the faucet and let the water from the faucet rush through it to remove any clinging portions.

A cream soup usually is made with milk, but it takes its name from its consistency which is similar to that of thick soup. It must not be so thick that it resembles a paste, but the milk requires thickening, and this is done ordinarily by adding flour. However, if you add the flour directly to the hot milk, you will have a lumpy soup. To prevent lumping, the particles of flour have to be separated and this can be done by blending it with a small quantity of cold liquid. Add milk or water to the flour gradually, stirring so that it reaches all the particles; then add to the hot liquid or heat it directly over a slow fire, stirring constantly.

Even if there is no washing machine in the home it is still possible to wash the rugs without too much effort. Spread them on a flat surface and scrub them well with a stiff brush and plenty of soap suds. Do not soak the carpet with water but apply the suds in a thick and rather dry state. Rinse thoroughly and quickly by rubbing with cloths squeezed out of clear water, and last rinse water containing a few drops of ammonia. Hang on the line to dry.

To make cheese biscuits: To the flour and other dry ingredients, a plain baking powder biscuit mixture, add some grated cheese. Add enough liquid to make a soft dough, roll lightly and cut with a tiny biscuit cutter. Bake in a quick oven (450 degrees F.) and serve piping hot.

A perfectly grand way to use up a left over roast, is to cut thin slices of the cooked meat, place a spoonful of bread dressing on each slice and roll up. Fasten ends with toothpicks or skewers and place in a baking dish. Cover with leftover gravy or tomato sauce. Bake in a moderate oven (350 degrees F.) for 30 minutes.

Best results with percolated coffee are obtained by making the full amount of coffee for which the percolater is designed. The water should come up over the base of the spout in order to have satisfactory percolation.

Gingerbread may be made into a special treat if filled with a grated apple, I cup of sugar and 1 egg beaten until light. Or 1 cup of crushed pineapple, drained, may replace the apple. Apple butter may be put between the layer too.

Swiss cheese should be sliced in thick portions, not thin slices, before it is brought to the table. But it is the only cheese that should be served in this manner.

Veal Chops

Select chops 1 inch thick. Rub each chop with salad oil. Sprinkle with chopped parsley, a few drops of onion juice, and salt and pepper. Let stand 30 to 40 minutes. Dredge with flour. Saute in small amount of hot fat in skillet, turning to brown both sides. Cover and cook over low flame 20 minutes longer, turning occasionally. Serve with sauce, if desired.

Kidney Bean Casserole

When husband is coming home for lunch, there is probably nothing that will make his afternoon a better success than a goodly pot of beans prepared in an interesting manner like this:

KIDNEY BEAN AND CORN CASSEROLE

1 medium can oven baked red kidney beans
2 cups (1 can) corn
1 green pepper, minced
½ teaspoon salt
1 egg, well beaten
3 tablespoons grated cheese
Bread crumbs

Mix beans, corn, green pepper, salt and well beaten egg. Put in greased baking dish, and sprinkle top with grated cheese and a layer of fine, buttered crumbs. Bake in a moderate oven (375 degrees F.) for 35 minutes. Serve with chili sauce.

Chicken and Ham Sandwich

2 cups minced chicken
1 cup minced ham
1 teaspoon minced white celery leaves
½ red pepper, minced
Salt, pepper
Chopped onion to taste
Minced sharp gherkin pickle
Mayonnaise to spread

If mayonnaise is used, little or no butter is required. Mix all together and spread between slices of white or whole wheat bread.

TOASTED CHEESE AND WALNUT SANDWICH

½ cup cream or cottage cheese
2tablespoons salad oil
1 tablespoon vinegar
¼ teaspoon salt
⅛ teaspoon paprika
6 tablespoons English walnuts

Mix oil, vinegar and seasonings and add cheese. Cut graham bread in quarter-inch slices, spread with cheese mixtures and sprinkle with chopped walnuts. Put together in pairs, strip crusts, cut in finger-shaped pieces and toast. Nice to serve with salads.

SARDINE SALAD SANDWICH

1 cup sardines
Lettuce leaves
Onion juice
Mayonnaise
Graham bread

Drain sardines and break into pieces. Add a few drops of lemon and onion juice and mayonnaise to moisten. Toast medium slices of graham bread. Spread with butter creamed with a few drops lemon juice. Cover with leaf lettuce. Add sardines and other slice of toast. Garnish with lemon triangles.

Lady Finger Pudding

If your neighborhood bakery specializes in lady fingers or has a certain day each week to make them—be sure to buy a dozen, then try this pudding—it's one of those dishes that is bound to please.

LADY FINGER PUDDING

1 dozen lady fingers
2 tbsps. chopped almonds
2 tablespoons chopped citron
2½ cups boiled custard
¼ glass currant jelly
Whites of 3 eggs
4 tablespoons sugar
1 teaspoon lemon juice

Divide the lady fingers in half and spread them with currant or any tart jelly. Strew in the almonds and citron; pour on the custard and cover with a meringue made of the whites of eggs, sugar and lemon juice. Bake in a moderately hot oven until the meringue is brown. Serve warm.

Coconut Ice Box Cookies

5½ cups sifted cake flour
1 teaspoon soda
¼ teaspoon salt
3 eggs, slightly beaten
½cup brown sugar firmly packed
1 cup granulated sugar
1½ cups melted butter or other shortening
4 cups (½ pound) coconut, shredded and chopped.

Sift floud once, measure, add soda and salt and sift again. Combine other ingredients in order given and add flour last. Pack tightly in pan, 8x8 inches, lined with waxed paper. Chill overnight. Remove loaf from pan, cut in half, and slice crosswise in ⅛-inch slices. Bake on ungreased baking sheet in hot oven (400 degrees F.) five minutes, or until done. Makes six dozen cookies.

Escalloped Cheese And Olives

2 tbsps. onion, finely chopped
1 tablespoon butter
2½ cup strained canned tomatoes (juice and pulp)
4 tablespoons topioca
½ teaspoon sugar
¼ teaspoon salt
⅛ teaspoon paprika
1 cup grated cheese
¾ cup stuffed olives, sliced
½ cup buttered crumbs

Brown onion in butter. Place tomatoes in top of double boiler and bring to a boil over direct heat. Combine dry ingredients; add gradually to tomatoes and bring to a brisk boil, stirring constantly. Place immediately over rapidly boiling water and cook five minutes, stiring occasionally. Add onion. Place layer of tapioca mixture in greased baking dish, cover with cheese, add layer of olives, then remaining tapioca. Cover with crumbs. Bake in moderate oven (350 degrees F.) 20 minutes. Serves six.

Chocolate Fudge Cake

2½ cups sifted cake flour
1 teaspoon baking soda
½ teaspoon salt
4 ounces (squares) chocolate
1¼ cups milk
¾ cup brown sugar
1 teaspoon vanilla
2-3 cup shortening
1 cup granulated sugar
3 eggs

Sift flour, soda and salt together. Heat chocolate and milk in top of double boiler until chocolate melts. Add brown sugar and beat until smooth. Cool and add vanilla. Cream shortening with granulated sugar until fluffy. Add eggs one at a time, beating thoroughly after each addition. Add sifted dry ingredients and cooled chocolate mixture alternately in small amounts, beating well after each addition. Pour into greased pans and bake in a moderate oven (350 F.) 30 to 35 minutes. Makes 3 (9-inch) layers. Spread with chocolate frosting flavored with mint extract.

Sweetbreads

To prepare sweetbreads, let stand 1 hour in cold water and then drain. Place them in boiling water to which 1 tablespoon vinegar has been added and cook 15 minutes. Drain and plunge them in cold water in order to keep them firm and white. After this parboiling, sweetbreads are ready to cook in any way desired, such as sauteing, broiling or creaming.

French Fried Egg Plant

Do yourself and your family a real favor and prepare a mess of French Fried Eggplant. French fried onions are grand. French fried potatoes are standard the world over. French fried eggplant is newer—but will top both of the others in sheer goodness.

Take the small eggplants. Peel off the skins. Then slice very thin — about an eighth of an inch in thickness. Drain off the liquid. Dip in eggs beaten up. Then dip in stale bread crumbs. Then drop in deep fat and fry as one fries French fried potatoes. Drain on brown paper and serve at once on a very hot platter.

Short Recipes For Fine Salad

When one isn't in the mood for doing extensive reading, short and "to the point" recipes will be a great comfort. Here are a few that can be made at a glance:

MIRABEAU SALAD

Cut in one-inch squares one cucumber, two tomatoes, and one potato. Put in salad bowl separately, cover with vinegar sauce. Add one teaspoon French mustard in the dressing. Lay anchovies over the top and a green olive cut in strips in the middle.

ITALIAN SALAD

Use equal parts carrots, turnips, string beans, and roast beef cut in small squares, and peas. Season with salt, pepper, tarragon vinegar and olive oil and garnish with beets.

SPRING BEAN AND TOMATO SALAD

Equal parts of fresh boiled string beans and peeled and quartered tomatoes. Put the beans around the edge of the salad bowl and the tomatoes in the center. Serve with French dressing and fresh chopped parsley.

A Suggestion Of What To Serve When You Again Entertain For Lunch

Though we may not be aware of it, the day is coming shortly when we will all have occasion to have some friends in for lunch. It never fails that sooner or later we must entertain and then what a flurry of recipe reading, choosing this, then deciding against it and selecting that, then thinking that may be that isn't so good either because so and so served it at her home the last time you were there. Here is really a good suggestion—and, providing of course, that some friend hasn't already discovered it, it's just the thing for you to plan on.

TOMATO AND CHICKEN SALAD

½ cup cold boiled rice
¾ cup diced cooked chicken
½ cup string beans, cut
2 tablespoons chopped green pepper
½ cup diced celery
½ tablespoon minced parsley
2-3 cup mayonnaise
2-3 cup whipping cream
1 teaspoon gelatin
2 tablespoons cold water
½ teaspoon salt
Tomato ice

Combine chicken, beans, rice, pepper, celery and parsley. Combine mayonnaise and whipped cream. Soften gelatin in cold water five minutes, then melt over hot waetr. Cool. Add salt and combine all ingredients except tomato ice. Line refrigerator pan with waxed paper. Pour a layer of tomato ice, previously frozen to mushy state, into freezing tray. Then arrange layer of chicken salad, and cover with another layer of tomato ice. Freeze. Serve in slices of lettuce. Yields 16 square— 2 inches square.

TOMATO ICE

Heat two cups tomato juice, let partially cool. Add one tablespoon gelatin moistened in cold water. Then season with one teaspoon lemon juice, one teaspoon salt, one teaspoon Worcestershire sauce. Freeze.

Jerusalem

Jerusalem means "foundation of peace." The name is derived from the Hebrew "yarah" which means a "foundation" and "shalaim" or "Shalem," the interpretation of which is "peace, perfect, whole."

Scotland Once Ireland

Until the Tenth century Scotland was called Ireland. It was changed then to Scotia or Scotland.

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