*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*

## Left Over Corn On The Cob Put To Many Good Uses

Though it might not happen very often, still, there are those times when the housewife has bought and cooked more corn on the cob than her family could eat at that particular meal. And what a shame it is that so many people just calmly discard these left-over ears—not knowing that such fine dishes as the following can be made from them.

WAFFLE CORN FRITTERS

½ cup milk
1⅛ cups flour
2 teaspoons baking powder
2 eggs, beaten
2 cups cooked corn
1 teaspoon salt
1 tablespoons melted fat

Pour the milk and corn which has been cut from the cob, together. Add the flour sifted with the baking powder and salt. Add the fat and the beaten eggs. Bake like other waffles.

CORN CHOWDER

1 slice salt pork
2 cups corn, cut from cob
1 potato, diced
1 onion
1 pint water
1 pint milk
Salt
Pepper

Cut the pork into small dice and cook until brown, remove from fat and cook the onion, cut in slices. Put with the corn, milk and water and diced raw potato and cook slowly until potato is tender.

BAKED MACARONI AND CORN

1 cup corn, cut from cob
2½ cups macaroni, cooked
2 eggs, beaten
1 cup milk
Salt
Pepper

Mix all together and put in buttered casserole. Bake ½ hour in a moderate oven.

## Boiled Crabs

12 hard crabs
Tops of celery
1 red pepper pod
6 whole cloves
1 clove garlic
2 blades mace
4 sprigs thyme
1 bay leaf
2 tablespoons salt
½ cup vinegar

Put all the seasonings into a pot with a gallon of water and let boil 20 minutes. When the water is boiling hard, throw in the crabs, which must be, not only alive, but lively. Let them boil hard for 10 minutes, and allow to cool a little in their own water. Take them out of the water, and as soon as they are cool enough, wash thoroughly and put on the ice until needed.

## Corned Beef and Cabbage Served Summer Style

Corned beef and cabbage isn't generally the idea of many people for a summer dinner—but here it is, all fixed summer style—and preferably for lunch—but just as good for dinner, it's up to you.

CORNED BEEF WITH LEMON BUTTERED CABBAGE

1 head new cabbage
1 12-ounce can corned beef
¼ cup butter
2 tablespoons lemon juice

Cut one head of new cabbage into coarse slices. Place in a large kettle of boiling salt water and cook uncovered for 8 or 10 minutes. Open the can of corned beef and slice it. Place the slices in a strainer or sieve and let steam until hot over the kettle of boiling cabbage. Keep the meat well above the level of the water though. Drain the cabbage and season with melted butter mixed with two tablespoons of lemon juice. Place on platter, and with a spatula, lift the slices of corned beef onto the cabbage. Garnish with parsley. Serve 5 to 6.

If boiled tongue and beef are to be served hot, they may be partly cooked in the morning and finished before serving time. When possible, let corned beef cool in the water in which it was cooked, if it is to be served cold.

## Pickled Onions For Summer Use

There are several things, such as onions and beets that can be pickled a small amount at a time, if desired, and used almost immediately for garnishing, etc., during the summer. Here is a recipe for pickling onions:

PICKLED ONIONS

4 quarts small white onions
1 cup salt
2 quarts vinegar
2 cups sugar
¼ cup mixed pickle spices

Pour boiling water over onions to cover, let stand 2 minutes; drain; cover with cold water and peel. Let stand in salt water over night. Place in colander, pour over cold water and drain. Tie spices in a bag and boil with sugar and vinegar. Remove spices, throw in onions, let boil up and pour at once to overflowing in jars and seal.

## A Casserole Supper Assures Housewife Of A Free Evening

Aside from being very, very good, a casserole supper has a very special meaning to the housewife—it means just one "pot" to wash, not so many dishes on the table to be washed, and far from least, the meal can be cooked early and then given a last-minute warming up without danger of having a ruined dinner. There are dozens of different rceipes for casserole suppers—one with meat being:

LAMB EN CASSEROLE

1 pound breast of lamb, cut in small pieces
½ cup onions, sliced
1 tablespoon butter
1 cup boiling water
1 cup carrots, diced
1 cup potatoes, diced
2 cups canned tomatoes
1½ teaspoons salt
¼ teaspoon pepper
3 tablespoons quick cooking tapioca.

Brown lamb and onion in butter, and water. Bake, covered, in a moderate oven (350 degrees F.) one hour. Add other ingredients, bake ½ hour, stir often. Serves six.

## Seasonable Cookies

Summer and warm weather is hardly an excuse for the cookie jar to get empty. In fact, it's a good excuse to keep it filled as nice cookies go so well with those tall cooling drinks that we like to serve in the yard or on the porch. However, cookies can be seasonable too, and for this time of the year, nice light cool looking cookies are just the thing.

PEANUT BUTTER ICE BOX COOKIES

1 cup shortening
½ cup peanut butter
2 cups brown sugar
3 eggs
4cups cake flour
1 teaspoon soda
1 teaspoon cinnamon
¼ teaspoon cloves and nutmeg
1 cup salted peanuts, finely chopped

Cream shortening thoroughly; blend in the peanut butter and then the sugar. Add the well beaten eggs. Mix and sift the dry ingredients add the chopped peanuts and combine thoroughly with the creamed mixture. Form into rolls ,wrap in waxed paper an dlet stand in ice box several hours or over night. Slice thin, place on a baking sheet and bake in a hot oven, 400 degrees F. for 8 or 10 minutes. Makes about 150 cookies.

The care of a percolator is an important thing for good coffee. The little filter tube should be washed after each use with a brush to prevent the collection of any coffee scum. Never let coffee stand in the percolator after use. Never immerse an electric percolator in water. Always disconnect the electric cord at the percolator before serving and never use voltage different from that stamp-on the base.

## Sweetbreads With Mushrooms And Sherry Wine

Use 1½ pounds of sweetbreads and ½ to 1 pound of mushrooms for serving six people. Prepare the sweetbreads, then, place in a double boiler 2 teaspoons of flour and 1 tablespoon of butter. Brown well. Add water in which the sweetbreads were cooked to make a medium thick sauce.

To this, ad d2 tablespoons of sherry, the sauteed mushrooms and a little ginger.

Add the sweetbreads. Heat over hot water and serve on toast. The sweetbreads may be served without the mushrooms and sherry if preferred.

## Cole Slaw In Just One Of Many Variations

Of all the dishes we can find with which cole slaw would be the ideal salad, we usually hesitate before serving it, thinking of another dish that we'll be serving tomorrow, and maybe the cole slaw would be better with that than wtih this particular dish and around and around we go. Well, to tell you the truth, many, many men have told me they would rather have cole slaw three nights a week with variations than any other salad going, so the housewife just needs to find out if her husband is one of these men, and of so, go to work on the cabbage. Here is said salad in one variation!

COLE SLAW

3 cups shredded cabbage
½ cup celery, diced
2 tablespoons green pepper, minced
½ cup pineapple, diced
2 tablespoons horseradish
½ cup whipped cream or whipped evaporated milk
3 tablespoons salad dressing

Combine cabbage, celery, green pepper and pineapple. Combine horseradish, whipped cream or whipped evaporated milk and salad dressing. Blend the two mixture, chill. Serve on crisp cold lettuce leaves. Serves 6 or 8.

Boil eggs hard, cut off ends, remove yolks, refill with a mixture of yolks and anchovy paste; chill, cut in ¼-inch slices, and serve on thin toast squares or crackers.

## Creamed Celery On Toast

2 cups celery, cut in pieces
2 cups hot water
1½ cups hot milk
2 tablespoons butter
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon parsley

Cook the celery in the hot water until tender (about 30 minutes.) Melt the butter, add the flour and blend. Stir in the milk and cook until thick. stirring constantly. Combine the celery and liquid with the cream sauce. Serve on toast and garnish with sprigs of parsley.

## HOT OFF THE GRIDDLE

To remove gelatin easily from a mold ,rinse out form with cold water and without drying it, pour in the gelatin. When ready to turn out, loosen edge with a spatula. Invert mold on serving dish and place on bottom of pan a rag wrung out in very hot water; or set mold for second in a pan of hot water, then invert. It takes about three hours for gelatin to set.

Tomatoes with French dressing or mayonnaise and lettuce makes the most popular of salads and one of the simpliest. The same tomato and lettuce may be so dressed up and arranged that it falls in the rank of fancy salads, or a large portion so served may be the main dish of a summer luncheon or supper.

To make pot cheese, let milk sour in a covered earthen bowl (takes 2 to 3 days). Scrape off top sour cream. Light the oven. When warm, turn out fire and place in it the bowl of clabbered milk. Let set in oven 3 to 5 minutes. Remove from oven and let whey drip away from cheese through cheese-cloth bag or place cheese in special pot made for the purpose and let stand several hours until all the whey has been pressed from the cheese. Serve plain or salted to taste. It may be formed into balls with chives or caraway seeds for variety.

Chopped or sliced hard boiled eggs, anchovies, and sardellen, olives sliced or whole, grated carrot, sliced butter, pimentos, parsley, watercress, mint salad greens, chives, celery whole or diced tomatoes, cucumbers lemon slices, a faint sprinkling of paprika, etc., all have their place in the garnishing of given dish as well as in adding to the food content.

Keep a pad and pencil hung on a handy book in the kitchen to jot down memoranda and kitchen needs.

It is a good idea to keep a file of menus served certain frequent guests, so that you do not give them repetitions of your favorite dish or dishes. This file could also include the dishes which guests like and dislike that they can be properly served from this stand point. Or the file might carry only your favorite menu combinations for quick ordering.

All half burnt candles should be saved for the country house, for emergency lighting when electricity is unexpectedly shut off by storms or any other reason.

Bisque ice cream is made by adding to plain ice cream such material as pulverized macaroons, ground nuts and stale sponge cake crumbs, to give variety in texture and flavor.

If eggs are expensive, one can modify the recipe for soft custard by substituting one teaspoon of cornstarch for one egg yolk or two teaspoons for two egg yolks or one whole egg. Make the milk and starch into a sauce and cook over hot water twenty to thirty minutes before adding any eggs.

Quick cooking without soaking saves the sugar of dried fruit, allows a firmer texture and improves the flavor. Rinse the fruit, cover generously with water and boil briskly until very tender. Applies and apricots require forty minutes, figs twenty to thirty, peaches fifty, pears forty, prunes forty-five to fifty and raisins ten. Add sugar to taste during the last five minutes of cooking to all fruit except figs which must be cooked with sugar for at least fifteen minutes. Stick cinnamon, cloves or lemon juice may be added for flavor variety.

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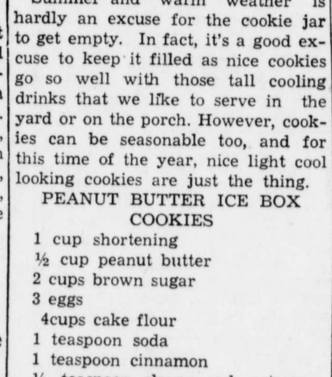


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