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

If only one wine is served with a dinner, the glass, like the water glass, remains on the table.

The crusts of bread cut from sandwiches may be utilized in making croutons for soups. Cut crusts into small squares and brown in a frying pan with a little butter. Let cool and keep in ventilated jar until needed. They will keep a week or two.

Yeast must be dissolved in lukewarm liquid. If milk is used it must first be scalled to check growth of bacteria and added to the yeast when cool.

French dressing and mayonnaise when they are to be used as sauces for fish dishes or for special salads, are improved by a small amount of chives, capers, catsup, chili sauce, cocktail sauce. Worcestershire sauce, a drop of tobasco, dried mint or tarragon.

Cornstarch may be substituted for flour in thickening, using one tablespoon of cornstarch for every two tablespoons of flour called for.

Eggs and cheese can be substituted for meat ,without ill effects ,and with good economy.

The object of boiling is to bleach or sterilize. Ordinarily it is not necessary if the clothes are well rinsed. Dish towels, hand towels, wash cloths, napkins, etc., which may have become yellowed or stained, may benefit by boiling. After they have been thoroughly washed in the machine, dissolve soap powder in a little water in the boiler, add cold water to cover clothes, and boil for 5 to 10 minutes. Do not fill too full as water boils over easily, and do not pack tightly, as clothes will not then get the full cleansing benefit of the boiling. Without further washing, remove to machine to rinse. Rinse well to remove all soap.

One tablespoon of corn starch will thicken as much as one egg.

When broiled, kidneys must be cooked quickly. Veal kidneys are sliced and broiled. Lamb kidneys are broiled. When kidneys are cooked in water, cook very slowly.

All souffle must have the eggs well beaten and folded into the mixture at the last minute. They may be prepared ahead of time, up to the point of adding the beaten egg whites. They must be cooked slowly in a moderate oven with the baking pan set in a pan of boiling water.

When making cakes, mix raisins, nuts, and shredded fruits with a little flour to prevent their sticking to the bottom of the cake. If raisins are dry, make soft by soaking in hot water before using and then draining.

Vegetables soups are too often quite watery. The use of plenty of vegetables and not too much water avoids this fault. If the soup in completion seems weak, it may be improved by the addition of a bouillon cube or two.

Use baking powder with sweet milk and baking soda with sour milk. When substituting sweet milk, use four times as much baking powder as soda called for in sour milk, recipe. A little lemon juice, or vinegar, added to sweet milk will sour it enough for cooking.

Cassorole meals of lamb, veal, or chicken lend themselves to morning preparation and take care of the vegetable cooking at the same time, so that last-minute heating is all that is necessary for the evening meal.

Choose sunfast colors in wallpapers, in not too thin a paper and have it put on by a good workman. It is poor economy to use cheap labor to hang good paper; it also follows that good paper will give many more years of service than cheap paper and save the cost of frequent labor bills.

Dampness is another enemy of rugs and will rot both the warp and the woof. Bend the rug in the direction of the warp to see if it cracks before buying.

Tin itself will not rust, but, as most tin pans are made by dipping iron utensils into liquid tin; when the plating wears off or is scratched, the iron underneath will rust. However, food baked in tin pans cooks more quickly and browns to a desirable shade. Tin is inexpensive. At the same time, the heavy weight which will wear well is as expensive as good aluminum.

Beaters and graters should have comfortable handles. Cogs on rotary beaters should mesh smoothly and the beater should fit closely to the bottom of the bowl.

Once the wiring has been inspected and passed, any changes or repairs should be made by a responsible electrician.

Where mice or chipmunks are present at summer houses it is desirable to have a tin-lined closet in which to store bedding and linen. All food which would attract mice or insects should be removed or placed in tight metal or glass containers.

Have butter, cold water, washed salad greens, and salad dressing ready for use in the icebox. These jobs may be done in quantity while waiting for one-s dinner to cook. Cereal may also be prepared beforehand.

Cakes made with more eggs will keep longer, whereas cake with very few eggs dry out easily and very quickly.

Fried Potatoes

Put enough beef suet into an iron frying pan, so that when it is melted it will stand ¾ inch deep in the pan. Peel potatoes, wash ,and cut them in slices, and dry well on a clean cloth or paper towel. Throw the potatoes into the hot suet, and when they rise to the surface take them out immediately. Allow the fat to become very hot, put the potatoes back into it, and take out with a skimmer when they are a golden brown. Sprinkle with salt and drain on unglazed brown paper. Serve with beefsteak.

POTATO MOLDS

Scoop out the insides from four large baked potatoes, and force them through a ricer or sieve. Add 1 tablespoon butter, the yolk of 1 egg, 2 tablespoons of cream, salt and a very little black pepper. Mix well and mold with a tablespoon dipped in melted butter. Drop on a buttered baking tin and bake in a hot oven until a delicate brown.

Planked Ham Steak Dinner

1 slice ham ¾ inch thick
1cup fruit juice
4 small cored red apples, baked
4 parboiled green peppers
2 cups mashed potatoes
¼ cup milk.
2 tablespoons butter
2 eggs

Score fat around ham. Broil for 10 minutes without turning, basting several times with fruit juice. Then remove to heated plank or oven glass baking platter, broiled side down. Add milk, butter and eggs to mashed potatoes. Beat thoroughly. Season to taste and with pastry bat or spoon fill peppers. Arrange around ham with apples. Return to oven to heat through and brown ham and potatoes. Garnish with water cress or parsley. Serves four.

Peanut Butter Sandwiches

The addition of a little of this, or something of that, to a jar of peanut butter and the housewife will have a collection to thrill the heart of any child who likes peanut butter—and how few don't!

Peanut Butter and Olive sandwich: Mix half a cup of peanut butter with one-fourth cup chopped olives and mayonnaise to make of spreading consistency. Use on white or rye bread.

Peanut Butter, Cheese and Olive Sandwich: Blend equal quantities of peanut butter and cream cheese, spread on slices of bread, lay lettuce leaves moistened with French dressing on half of slices and sprinkle generously with chopped stuffed olives. Cover with remaining slices of bread.

Peanut Butter and Maple Sandwich: Spread one slice of buttered bread with peanut butter and another with shaved maple sugar. Combine.

Peanut Butter and Pickle Sandwich; Mix half a cup of boiled salad dressing or mayonnaise and three teaspoons chopped pickles. Spread on lettuce leaves and lay between slices of bread.

A Fish Dish To Fit Summer Appetites

Some days ago we received a letter from a woman in Delaware—she wrote that for some unknown reason she had struggled all winter long with the Friday fish situation and was now somewhat distressed to note that there are plenty of Fridays during the summer too—Fridays when her family wouldn't require or desire meals with a baked fish or deep fried fish or creamed fish dishes— but something summery, yet not jellied, as she had plenty of such recipes—so we suggest—

GRILLED SARDINES

2 tins sardines
1 slice garlic
Salt
Pepper
Cayenne
Juice of half a lemon
1 tablespoon chopped mint
Whole cloves
Beet wedges
Cucumber slices
French dressing

Heat the sardines in their own oil until they begin to turn a golden brown. Add one slice of garlic to the oil and as soon as it begins to turn brown, remove it. Sprinkle sardines with salt, pepper, cayenne, lemon juice ,and mint. Remove to a hot platter and put two cloves in each sardine. Garnish with beets and cucumbers which have been marinated in French dressing for half an hour.

Which Is What!

LYONNAISE POTATOES

Fry sliced onion in butter and when nearly done add sliced boiled potatoes and cook together until potato is well heated. The potatoes may be cooked in butter without the onion but is better with.

HASHED BROWN POTATOES

Hashed, parboiled potatoes are pan fried in butter, allowed to cook a few minutes without stirring ,then folded over like an omelet and served.

POTATOES AU GRATIN

Creamed potatoes may be covered with bread crumbs ,dotted with butter and browned in the oven or under the broiler. Grated cheese is usually added.

GERMAN FRIED POTATOES

Same as lyonnaise method except that raw potatoes are used. This of course takes longer.

Egg Appetizers Are Fine Starters For Very Light Meals

Many a skimp meal can be satisfactory enlarged upon by the simple addition of a tasty appetizer before the meal. As a rule, these appetizers are quickly made and should, naturally, be attractively served or they won't act as an appetizer. One of eggs is something that won't involve any evident expense as eggs are included among those things that we always have on hand —also—many include anchovy paste as a staple—at the same time—they are delicious.

EGG APPETIZER

3 hard cooked eggs
1 tablespoon anchovy paste
½ teaspoon Worcestershire sauce
Dash of paprika
1 tablespoon parsley, finely chopped
6 slices bread, cut in ¼-inch slices
½ cup Russian Dressing

Cut hard-cooked eggs in halves, lengthwise, and remove yolks. Blend yolks, anchovy paste, seasonings, and parsley to a smooth paste. Refill whites and chill. Cut bread with 3-inch round cutter. Toast on one side only. Spread with butter. Cut out centers with 1¼-inch cutter. Place chilled egg in each circle so that it sets firmly. Pour on Russian Dressing. Garnish with watercress.

Watermelon Rind Makes Delicious Preserves and Pickle

Eating the juicy red centers out of watermelons is by far not the end of the watermelon—not if one will stop and take into consideration the fact that the rind can go into the makings of many fine things that will grace the table this coming winter—it can well be pickled and preserved and there probably isn't a woman who won't save her a rind or two then she in turn can do the same for that neighbor.

SWEET PICKLED WATERMELON

7 pounds watermelon rind
5 pounds sugar, white and light brown mixed
2 lemons, sliced
1 teaspoon lump alum
1 quart vinegar
1 pint water
6 sticks cinnamon
1 tablespoon cloves

Pare rind, cut into strips. Boil until tender and clear in water with ½ teaspoon salt and alum. Drain. Chill in ice cold water, dry on cloth. Boil sugar, vinegar and water to a light syrup ,add spices, melon rind; boil until clear. Remove spices pour into jars, seal. Let stand four weeks before using.

WATERMELON RIND PRESERVES

Peel the rind of a watermelon that is not too ripe, cut or chop into ½-inch cubes or strips, leaving as much of the firm red pulp on the rind as possible. To 4 cups of diced or sliced melon, take 3 cups of sugar, 3 melons (or 2 oranges and 1 lemon), sliced fine and seeded. Let boil slowly about 2 hours until the rind is clear and the juice is thick. Place in air-tight jars. Or, add 1 cup grated pineapple and cook 15 minutes longer.

Poached Eggs In Sunday Go-Meetin' Best

The average poached egg is a sad affair that has been hastily broken into a pan of too rapidly boiling water and equally as hastily thrust in a brutal fashion on a piece of buttered toast. There are exceptions, however, which are made by the women who spend a little time with their eggs, these women, break the egg first into a saucer. This is for several reasons, the first being to test the freshness of the egg and the second so that the egg can be eased into water that has boiled and then been turned down to a mere bubbling. This of course is for the breakfast egg. The luncheon egg or midnight supper poached egg is best served accompanied by tasty tomatoes and luscious mushrooms like this:

POACHED EGGS WITH TOMATOES AND MUSHROOMS

6 eggs
3 large tomatoes
1½ pounds chopped mushrooms
2 tablespoons butter
½ tablespoon chopped parsley
½ teaspoon flour
1 cup bouillon or cream
Salt and pepper

Slice and dry the tomatoes. Boil the mushrooms in the bouillon or cream for a minute or so. Drain off and fry in butter. Stir in flour, parsely, salt and pepper. Pour bouillon over it. Poach the eggs. Put the slices of tomatoes on a platter. On some put the poached eggs and on others the mushrooms.

Sauce For Baked Ham

2 tablespoons tomato catsup
2 tablespoons sherry
2 tablespoons tarragon vinegar
2 tablespoons butter
1 tablespoon Worcestershire sauce

Mix vinegar with mustard. Add remaining ingredients and heat.

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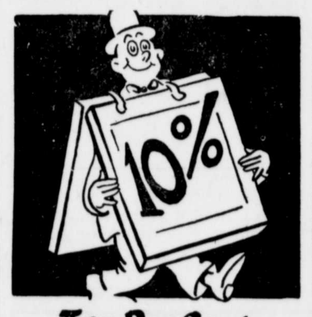

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