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

A Dessert For A Particular Occasion Or A Very Special Family Treat

Ever so often some particular occasions calls for a dessert that is just a little different from the ordinary run of party deserts—or if that is not the case—you might just want to treat your immediate family—treat them with something unusually good. Such a dish is peach meringue cake—and it's almost guaranteed to make father forget that he had a hard, hot day at the office, and Junior will forget that Polly hit him wtih a stone—and all will end well.

PEACH MERINGUE CAKE

8 egg whites
½ teaspoon cream tartar
⅛ teaspoon salt
2 cups sugar
¼ teaspoon lemon extract

Add salt to egg whites and whip until foamy. Add cream of tartar, and continue beating until they hold a point. Add sugar gradually and mix well. Add lemon extract. Pour into a shallow loaf pan (approximately 7x11 inches) lined with wax paper. Bake in a slow oven (300 degrees F.) for 45 to 50 minutes. Lift from pan onto cake rack and cool. Cut into servings.

Serve with peach filling topped with whipped cream, garnished with additional peaches.

PEACH FILLING

3 cups sliced peaches
½ cup sugar
¾ cup orange juice
2 egg whites
4 teaspoon gelatin
4 tablespoons cold water
1-16 teaspoon salt
¼ teaspoon almond extract

Add sugar and orange juice to peaches and crush. Combine with the gelatine which has been soaked for five minutes in cold water and dissolved over hot water. Add extract and salt. Place in refrigerator until mix congeals. Fold in stiffly beaten egg whites and return to refrigerator to completely congeal and chill until serving time.

Suitable Substantial Salads For A Man's Home Lunch

You know that saying "it happens in the best of families"? Well, that's the remark I heard the other day and discovered that the woman who make the remark was referring to the fact that her husband had very unexpectedly taken a day off from the office and had parked himself in an easy chair at home to relax—this meant lunch for him and all sorts of extra work such as the man of the family can cause when he spends a day at home—This particular woman wasn't caught short though and she gave me an idea to pass on—It seems she's discovered that men love beans, hot or cold and inasmuch as most of them like salads, she just put her beans in a salad for him with great success. So, for the benefit of all who might be in the same spot one day, here are two bean salads:

1 medium can baked red kidney beans
1 cup celery, cut in pieces
6 tomatoes
2 tablespoons India relish
½ teaspoon salt

Put the beans in a strainer and pour boiling water over them. Cool. Mix with celery, India relish and salt, Moisten with mayonnaise and let stand in refrigerator until chilled. Fill tomatoes from which centers have been removed. Arrange in nests of crisp lettuce leaves and serve with additional mayonnaise.

LIMA BEAN SALAD

3 cups cooked lima beans
2 hard cooked eggs
3 tablespoons pickle relish
½ teaspoon salt
1 tablespoon scraped onion
1 cup chopped celery
Mayonnaise

Mix ingredient swell and moisten with mayonnaise. Chill thoroughly and serve on crisp lettuce. Garnish with slices of hard cooked eggs, and sprinkle with paprika before serving.

Choose Any Meal To Serve Ham Waffles

For breakfast, lunch, dinner or a late supper, one will find that ham waffles have the knack of absolutely "fitting in." They can be made on the spot or prepared in advance and the batter stored in the refrigerator for several hours without damaging the results of the waffle.

HAM WAFFLES

2 cups sifted flour
2 tsps. double action baking powder
½ tsp. salt
3 egg yolks, well beaten
1½ cups milk
5 tbsps. melted butter or shortening
3 egg whites, stiffly beaten
1 cup finely cut, boiled ham

Sift flour once, measure, add baking powder and salt and sift again. Combine egg yolks, milk, and butter; add to the flour, beating only until smooth. Fold in egg whites. Bake in hot waffle iron, sprinkling each waffle with ¼ cup ham just before closing the waffle iron. Serve with heated maple flavored syrup or with soft scrambled eggs. Makes 4 waffles.

Beef Hash A Great Success When Properly Planned And Prepared

For some unknown reason hash has been confined almost completely to meals when just the family is home and has sort of been permitted to sink into the realms of those meals that aren't discussed. Couldn't this possibly be due to the fact that the housewife has let her mental attitude ruin the hash?

Suppose one would look at it from another angle—for instance, instead of saying "oh ! ! ! hash for dinner"—we say "ah! hash for dinner" and plan to serve it with some of the grand chili sauce made right at home it is really something to look forward to—and it's known by one and all that the lowly hash is eternally popular with men. A good dish of hash is an accomplishment of which to be proud.

BEEF HASH

2 cups chopped cold roast beef or steak
2 or 4 cups chopped boiled potatoes
1 cup beef gravy or hot water
4 tabelspoons butter or other fat

Put the fat into a frying pan and then put in the meat and potatoes, salt and pepper, moisten with beer gravy or hot water and cover. Let it steam or heat through thoroughly, stirring occasionally to mix it evenly and also to keep it from sticking. When done, it should be neither watery nor dry, but just firm enough to stand well when dished. If a drier hash is liked, reduce the liquid, and after the hash has been thoroughly heated through remove the cover and allow the hash to brown. If onion is liked fry two or three slices in the fat before the hash is added, or mix a little chopped onion with the meat and potatoes.

Lobster In Appropriate Dress For Summer Menues

Lobster in the summer time in salads and mousses is every bit as good as those delicious broiled lobsters that we love for winter—or those lobster Newbergs that father makes on Sunday nights—but being summer we can take lobster and still fit him right into our menu like this:

LOBSTER MOUSSE

2 cups shredded lobster
1 cup boiling water
2 tbsps. shredded pimento
1 to 1½ teaspoons salt
2 tablespoons gelatin
1 cup whipping cream
1 cup mayonnaise
1 cup cold water

Soak the gelatin in a little cold water and dissolve in boiling water. Add the rest of the cold water and chill while preparing lobster and pimentos. Mix all together, fold in the whipped cream last. Pour into a melon mold and allow to stand in food compartment until ready to serve.

Garnish with slices of tomato and cucumber laid alternately against the mousse and with leaves from the heart of lettuce or with chicory.

Serve with a highly seasoned mayonnaise or sour cream and cucumber dressing. Serves eight to ten.

Tempting Uses For Canned Or "Left Over" Salmon

Good sized portions of left over fish, or cans of fish can really be converted into all sorts of tempting dishes.

We all know creamed salmon, or salmon loaf, or salad, but one of the greatest interests in life is learning new ways to prepare "old" things, in which case the old is ever new.

SALMON AU GRATIN

1 cup cooked salmon, fresh or canned
1 cup drawn butter sauce
Salt and pepper
2 tablespoons lemon juice
Bread crumbs
Cheese

Flake the old salmon, mix with the drawn butter, salt, pepper and lemon juice. Fill little earthern dishes with the mixture, cover with fine breadcrumbs, then the cheese and brown in the oven at 400 degrees F.

SALMON SOUFFLE

1 cup cooked salmon, fresh or canned
1 cup mashed potatoes
2 eggs
½ cup milk
Salt and pepper

Mix cold cooked fish with mashed potatoes, milk, salt and pepper. Stir in one egg, well beaten. Put into an oiled mold or dish and set in the oven until hot. Beat the white of the other egg stiff and stir into the beaten yolk seasoned with salt and pepper; heap this over the fish and brown.

Individual Salads

One thing that is certain to be most attractive and lend a decorative air to a buffet supper is a large platter or platters of assorted individual salads. Here is a fine assortment:

SARDINE SALAD

Arrange the sardines in any pattern designed on an oblong dish on a bed of lettuce or endive. Sprinkle with a little vinegar or lemon juice. Decorate with capers, thin rounds of onion and sprigs of parsley.

GENEVA SALAD

On a bed of lettuce or endive heap three tablespoons of green peas which have been mixed with mayonnaise. Decorate this with alternate slices of tomatoes and hard boiled egg and brush all with a little mayonnaise.

SWISS SALAD

Arrange the leaves of half a lettuce around the plate and brush each with a little mayonnaise. Slice a tomato thinly and place each slice on a lettuce leaf. Brush over with mayonnaise, then arrange the tiny lettuce leaves in the middle and decorate with four asparagus tips in each little leaf.

SALAD EVE

Use a large round tomato. Cut off the top, about a quarter of the tomato, and scoop out the pulp. Mix this with cooked celery, cut into dice, and with raw apples, also diced. Add a little mayonnaise, and fill the tomato with this mixture. Brush a lettuce leaf with mayonnaise ,arrange the tomato and decorate with a sprig of parsley.

BELGIAN SALAD

Use scallop shells if possible. Fill these with small squares of cooked celery, cover with mayonnaise and sprinkle with red pepper. Arrange several stalks of endive around the shell, brush all with mayonnaise and place a few thin slices of pear on top.

Cherry Toast

3 cups cherries, pitted
1 cup brown sugar
4 slices bread
½ cup butter
Juice of ½ lemon

Let the pitted cherries stand for two hours with brown sugar; then let them simmer gently ½ hour. While the cherries are cooking, cut the bread into 1-inch cubes and fry a light brown in butter. Skim the cherries out of the juice in which they are cooking and lay them in a serving bowl. Add the lemon juice to the cherry syrup and drop in the fried bread cubes. Cook for 2 minutes sand pour bread and syrup into the bowl with the cherries. Serve them with plain cream.

Meat Loaf With Round Steak, Pork

Here is a nice meat loaf recipe. A woman can bake this in a little while and have something grand on hand for sandwiches or something hot for dinner.

MEAT LOAF

1 pound ground round steak
¼ pound fat salt pork, ground
2 cups bread crumbs
1½ teaspoons salt
1 tablespoon Worcestershire sauce
2 eggs, well beaten
1 onion, chopped

Mix the ground meat with crumbs, seasoning, chopped vegetables and eggs. Blend thoroughly. Add enough water or milk if preferred to make a firm loaf. Pack into a greased loaf pan and chill. Turn out of the loaf pan onto a roasting pan which contains a little melted fat. A cupful of canned tomatoes may be poured over the meat loaf if desired. Bake for one hour in a moderate oven 350 F. Slice and serve hot with tomato sauce, or cool and slice for sandwiches.

Peach Malted Milk

2-3 cup plain malted milk powder
1 quart milk
1 pint peach ice cream

Add malted milk powder to the milk and beat until well mixed. Stir in ice cream and pour into six tall glasses.

Peanut Butter Caramel Sauce

1 cup brown sugar
4 tablespoons table cream
1 tablespoon butter
3 tablespoons peanut butter

Combine sugar, cream and butter. Allow to cook until syrupy (boil about four minutes). Remove from fire and cool. Add the peanut butter, blend well. Serve on ice cream and top with whole or chopped nut meats.

Potato Fritters

2cups raw grated potatoes
1 egg
1 teaspoon onion juice
¼ teaspoon chopped parsley
¼ teaspoon baking powder
2¼ tablespoons bread crumbs
½ teaspoon salt

Drain off all the moisture from the grated potatoes, and add to them the egg, salt, onion juice, and parsley. Beat well and add crumbs and baking powder. Drop the batter, a spoonful at a time into a deep hot fat and fry a golden brown. Drain on brown paper and serve with meat.

Graham Bread

2 cups milk
4 tablespoons molasses
4 tablespoons shortening
4½ cups graham flour
2 teaspoons salt
1 yeast cake

Scald milk and add shortening, salt and molasses. Cool. Dissolve yeast cake in mixture and beat well. Add graham flour, unsifted, mix well. Sift to rise in a warm place until double in bulk. Make into rolls or loaf. Let rise again until double in bulk. Bake in oven (425 degrees F.) until brown; 25 to 30 minutes.

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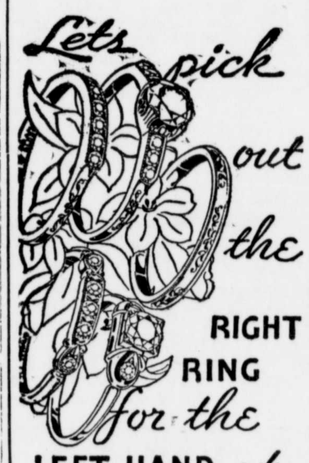

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