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

Parchment lamp shades may be wiped off occasionally with a damp cloth. Paper wastebaskets can also be thusly cleaned if they are first shellacked. Shellacking will lengthen the life of any household accessories made of paper.

One should never chop ice or bang heavy pots in the sink as this cracks the enamel.

It is unwise to put furniture polish on leather goods as the turpentine and alcohol in it causes the leather to become soft and sticky.

As a fire prevention, when closing a summer house, put matches into closed metal containers, safe from mice. Turn off electricity at main intake. Remove any gasoline or kerosene and only cloths from premises. If tanked gas is used, shut off the cylinders in the outdoor cabinet. Leave candles in tin box for emergency lighting.

Lard should not be bought in large quantities as it deteriorates with age, exposure to light and varying temperatures. It should be kept in a closely covered container.

Wooden spoons are apt to warp and crack and to become unsanitary in time but they are cheap to replace comfortable to handle, and do not mar metal or enamel utensils.

Corned beef should be cut in thin slices across the grain of the meat.

To sugar pecans, make a syrup of 1 cup of granulated sugar and ¼ cup of water. Cook until it stings slightly, about 236 degrees. Remove from the fire and add 1 teaspoon of vanilla, and 1½ to 2 cup of whole pecans and stir them in the syrup until it turns to sugar again.

Roll a cornucopia of thin sliced smoked salmon. Fill it with seasoned caviar and serve on soft toast.

If you have a Welsh rarebit left over, try adding some canned tomato soup unthinned and serve this as a sauce with macaroni or rice.

Serve Tempting Meals In The Cool Out-Doors

Are there lagging summer appetites in your family? If so, here is a tried and tested means of overcoming the situation. Lay your supper out doors on the terrace, lawn, or porch and watch the plate come back for second helpings. There is something about the cool soft breezes that enhance the attractiveness of the most common food dishes. If this is an idea you have been reading about ever since the summer season arrived, let this be the last time you read without action. Before you know it the time will be gone and you and your family will have passed up this grand opportunity.

Among the following suggestions for the variation of the potato salad you may find a summer's supply good main dishes for hot weather meals. Any one of the following ingredients will make a tasty addition to your favorite potato salad:

Red kidney beans; frankfurters cooked, skinned and sliced; diced pineapple; green peas; shredded carrots; chopped sweet pickles; tuna fish; salmon; shrimp; flaked corned beef, or cold boiled ham, diced. Add in the proportion of one cup to each eight servings of potato salad.

CHEESE DRESSING FOR POTATO SALAD

½ cup thin cream
1 cup American cheese, grated
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons chopped pimento
¼ cup mayonnaise

Place the cream cheese, salt, mustard and pepper in the top of a double boiler and heat until the cheese is melted. Beat well with a rotary beater. Then add the pimento and mayonnaise. Chill.

STANDARD POTATO SALAD

3 cups cooked potatoes - diced
1 small onion (chopped fine)
¼ cup green pepper (chopped fine)
½ cup cucumber, diced
¼ cup minced pimento
⅓ cup chili sauce
Salt and pepper to taste
Mayonnaise

Combine all ingredients with enough mayonnaise to blend well. Chill before serving. Serves 8.

If you care for a jellied potato salad, try using a tomato aspic for this purpose. A teaspoon of prepared mustard added to the dressing for potato salad makes a delicious contrast in flavor.

Sweetbreads Should Be In Summer Menues

Despite the fact that we might eat sweetbreads during the winter, their possibilities for a summer meal should certainly never be overlooked—as they are filling yet do not seem to overstuff us.

These tasty tid-bits come in two sections, the heart and the throat sweetbreads ,the heart being best. They are sold in pairs and one pair gives four servings. They can be broiled, braised, creamed or baked as desired, but before hand must be prepared as follows: Soak the sweetbreads in cold water for a few minutes. Put into a pot with 2 cups of cold water, salt, pepper, a small onion or one-half a medium sized one. Cook for 20 minutes to a half hour and drain. Reserve the water and strain it. Rinse in cold water to make white. When cool enough to handle, remove the skin and fat or muscle tissue—then here is one good way to proceed.

SWEETBREADS WITH MUSHROOM AND SHERRY WINE

1½ pounds sweetbreads
½ to 1 pound mushrooms
2 teaspoons flour
1 tablespoon butter
2 tablespoons sherry
A little ginger

Prepare sweetbreads. In a double boiler place the butter and flour, brown well. Add the water in which sweetbreads were cooked to make a medium thick sauce. Add the sherry, sauted mushrooms and a little ginger. Add sweetbreads, heat over hot water and serve on toast.

Jellied Fruit

1 package lemon or orange flavored gelatin
1 cup warm water
1 cup fruit juice and cold water
1 apple, pared and diced
1 cup canned pineapple, drained and diced
6 red cherries, seeded and chopped
4 tablespoons sugar
¼ teaspoon salt

Dissolve the gelatin in the warm water. Add fruit juices and cold water. Chill. Combine fruits, sugar and salt. Arrange in sherbet glasses. When the gelatin is slightly thickened pour over the fruits. Chill until firm. Serves 6.

Soup Making Simplified For Summer Use

By making a good supply of white soup stock, the housewife can have on hand at all times, the main ingredient for soup. Once this white stock is made the most difficult step is over and from there on it is just a case of some quick cooking with one flavoring or another—in fact, one can have a different soup for every day in the week if one wants soup that often. Here is the stock:

WHITE SOUP STOCK

3 pounds knuckle of veal
1 tablespoon salt
4 peppercorns
1 small onion
2 or 3 stalks celery
2 quarts water

Wash the meat and cut into cubes. Put into cold water and heat very slowly to boiling point. Cook for four or five hours. Add seasoning about thirty minutes before the end of the time. Strain and cool and lift off layer of fat. Then clarify stock, if desired.

JELLIED CONSOMME

4 cups clear soup stock
⅓ cup cold water
2 tablespoons gelatin

Soften gelatin in cold water. Add to boiling hot stock. Set aside to cool. Then chill in refrigerator and serve in cups.

ASPARAGUS SOUP

3 cups white soup stock
1 cup asparagus
4 tablespoons flour
4 tablespoons butter
1 pint milk
1 slice onion
Salt and pepper

Drain the asparagus. Reserve tips and put stalks into soup stock. Add onion and cook until stalks are tender. Rub through sieve. Blend the butter and flour. Add salt, pepper, milk and asparagus tips. Serve very hot. A dash of paprika may also be added.

Shirred Eggs

2 cups strained canned tomatoes, juice and pulp
1 teaspoon onion, finely chopped
4 tablespoons tapioca
1 teaspoon sugar
1 teaspoon salt
Dash of paprika
4 eggs
¼ cup grated cheese
1 teaspoon parsley, chopped

Place tomatoes and onion in top of double boiler, bring to boil: add dry ingredients and bring to brisk boil, stiring constantly. Place over rapidly boiling water, cook 5 minutes, stirring occasionally. Pour into baking dish; make four depressions and break an egg into each. Sprinkle with cheese. Bake in moderate oven (250 degrees F.) for 15 minutes or until eggs are firm.

Jellied Chicken Loaf

Boil chicken and when cold remove skin and bones from meat, and shred or cut the meat into very fine pieces. Add 1 cup dried diced celery.

Rinse out a mold or obling Pyrex baking dish with cold water, do not dry it. Decorate the bottom of the mold with slices of hard boiled egg sliced stuffed olives, or cooked beets as desired.

Season the chicken meat well and pack into the mold.

Soak 1 tablespoon of gelatin in two tablespoons cold water for five minutes. Further dissolve it in two cups hot chicken broth, and pour over the chicken in the mold. The liquid should be of sufficient quantity to cover the chicken well on all sides.

If 2 cups of broth are not sufficient, add more ,using a proportionate amount of gelatin to set it.

Set in the refrigerator to harden. This takes about 3 hours.

When ready to serve, loosen with spatula and turn chicken out on a bed of lettuce. If it does not fall out readily, place a rag wrung out of very hot water on the bottom of the mold or set the mold for a second in hot water.

Serve in plain slices or with a mayonnaise dressing.

Tempt Lagging Appetites With Braised Tongue In Aspic Jelly

If appetites are lagging and nothing sounds good to the male or female members of your family—just go right ahead and buy a tongue, prepare it as follows: serve it for dinner—and just watch those appetites "perk" up.

BRAISED TONGUE WITH ASPIC JELLY

1 beef tongue
2 onions
1 stalk celery
4 cloves
Salt and pepper
1 teaspoon sugar
1 blade mace
1 bunch thyme
1 bunch parsley
1 box gelatin
1 cup cold water

Wash and scrub the tongue well in salt water and simmer gently until tender. Remove the skin, and place the tongue in a stew pan with the onion, celery, cloves, salt and pepper. Cover it with the liquor in which it has been boiled and add sugar mace, and thyme. Take out the tongue. Add to the liquor the gelatin, soaked in the cold water for two minutes, stirring constantly, strain and pour over the tongue. Serve chilled.

Tasty Sauces To Dress Tempting Ice Creams

If you are an ardent maker of ice creams or if you buy it at the corner store, you will like these recipes for tempting sauces to dress up those various ice creams.

BUTTERSCOTCH SAUCE

1½ cups light brown sugar
¼ cup water
4 tablespoons butter
½ tbsp. lemon juice
½ cup chopped nut meats

Boil sugar and water together to the soft ball stage (234 F.-240 F.) Add butter, lemon juice and nut meats.

CARAMEL SAUCE

1 cup sugar
1 tablespoon cold water
1⅓ cups hot water
1 tablespoon corn starch
1 tablespoon butter
1 teaspoon vanilla

Place the sugar and cold water in a pan and stir until the resulting syrup is a clear brown ,but not so dark as caramel; then add the hot water and stir until the whole is well blended. And the corn starch mixed with a little cold water and boil for five minutes. Continue cooking over hot water for fifteen minutes, stirring constantly. Beat in the butter and vanilla.

COFFEE SAUCE

1 cup clear black coffee
3 egg yolks
⅓ cup sugar

Make asoft custard of the three ingredients. Serve with vanilla or lemon ice cream.

California Cooler

Fill an ice tea glass with finely cracked or shaved ice. Pour grape juice in until glass is full. Garnish with a few sprigs of fresh mint.

Then there is one of those very reliable fruit punches that are ever so popular.

SPARKLING FRUIT PUNCH

3 limes
2 lemons
1 orange
1 cup canned pineapple juice
1 quart gingerale.

Combine all fruit juices and chill thoroughly. Add gingerale just before serving. Also add ice cubes. No sugar is needed in this punch, the pineapple juice sweetens the whole drink. Makes 1½ quarts.

Russian Custard

2½ dozen lady fingers
1 quart whipping cream
candied cherries
pecans
1 quart milk
3 eggs
4 tablespoons sugar
2 teaspoons vanilla

Break the lady fingers in two and line the bottom of a deep dish with them. Cover with whipped cream sprinkled over with chopped nuts and cherries. Another layer over this and repeat until the dish is filled, letting the top layer be lady fingers Take a knife and make many holes and fill them with the custard. Then place in the ice box overnight, or for several hours.

For the custard: Cream the eggs and sugar. Add to the boiling milk in a double boiler, stirring constantly until thick. Cool, flavor before adding to pudding.

Bird Lore

The Arctic tern, which migrates 22,000 miles from the north polar regions to the Antarctic each year, sees more daylight than any other living thing. For at least eight months of the year it has daylight 24 hours a day.

Airlines Expanding Rapidly

Latin America today has nearly as many miles of airlines as railroads; in only six of the nations does rail mileage exceed airline mileage.

Woman's Place is in the Factory

Passed by Censor

As the reserve of employable male workers available for war industries reaches exhaustion, Canada must rely increasingly upon women for industrial labor. Thus 75,000 women are now working in war industries along with 600,000 men. Starting mainly as inspectors, like the girls in the accompanying photo who are checking 7.2 inch shells in a huge plant near Montreal, women have invaded almost every field of operation. Only in jobs which require physical strength are they excluded, since new machinery has made it possible for even the heaviest operations to be accomplished by the press of a lever. Women are making intricate radio and electrical devices, shell fuses, parachutes and uniforms; they are driving rivets, welding steel, handling lathes and planers. Modern warfare demands 17 behind-the-scenes fighters for every soldier in action and women are swiftly overcoming the prejudice against them as industrial workers, relieving men for active service.

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