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

Foundation Punch For Refreshing Drinks

De licious summer drinks can be prepared in a moment's notice if the housewife will keep on hand, in her refrigerator, a foundation punch which can be varied to make several different beverages. She can also have on hand a few recipes for quick drinks that will really prove a life saver.

FOUNDATION PUNCH

4 oranges
2 lemons
1 cup sugar
½ cup water

Squeeze the juice from the oranges and lemons. Boil sugar and water to the thread stage. Add fruit juice and enough water to make 2 quarts. One cup of chopped mint leaves may be steped in boiling water strained and substituted for part of the water. Cool the punch, turn into a glass jar and store in refrigerator.

OTHER FRUIT PUNCHES

Take equal parts of the foundation punch, and berry or other fruit juices, combine and chill.

A Tasty Sauec Makes Home-Made Ice Cream Seem Twice As Good

When the family gathers around the old ice-cream freezer on Sunday evening, or stands and looks longingly at the refrigerator in which is resting the ice cream, the housewife may begin to wonder if she hasn't forgotten something that will make the ice cream so much more interesting—well—there is always a sauce, of course—And should she not happen to have made some in advance and stored it away, it doesn't take so long to make it right on the spur of the moment:

HOT FUDGE SAUCE

1 square chocolate or 3 tablespoons cocoa
2 tablespoons butter
1½ cups sugar
1-16 teaspoon salt
⅓ cup hot water
⅔ cup coffee cream
1 teaspoon vanilla

Melt chocolate in top of double boiler. Add butter, sugar, salt and hot water. Heat until all sugar crystals are dissolved. Cook five to ten minutes. Beat well. Serve hot over vanilla cream. If cocoa is used, mix cocoa, sugar, and butter before heating. Then add cream and let cook to a creamy consistency. Makes 1½ cups.

BUTTERSCOTCH SAUCE

2 cups brown sugar
6 tablespoons butter
1½ cups hot water

Melt butter in saucepan and add brown sugar. Continue stirring until butter and sugar are well mixed. Add hot water and cook approximately 10 minutes. Cool. Place in refrigerator to chill.

Filet Of Beef With Sour Cream

Now days, if one desires sour cream for any of its many uses in cookery, she need no tbuy sweet cream and set it aside to sour— oh me no—things have certainly changed. One just puts a note in the milk bottle—and in the morning there is the sour cream—right from the dairy and ready to use.

Here is just a very, very fine example of what the housewife can do with sour cream:

FILET OF BEEF WITH SOUR CREAM

3 pounds filea of beef
1 cup peeled sliced mushrooms
½ cup sour cream
5 strips bacon
1 scant tablespoon butter
Salt and pepper

Have the butcher lard the filet with very thin strips of fat pork. Trim off all fat and skin, and fold under the thin ends, fastening with skewers. Dredge with salt and pepper, rubbing well into the beef; wrap the bacon slices around the filet, using skewers again to hold them in place. Put in a baking pan in a hot oven for 15 minutes, than add ⅓ cup of hot water and cook 20 minutes longer, basting every ten minutes. Just before the filet is done, pour over the sour cream and the mushrooms, which have been simmered in the butter. Let the cream bubble up twice, and serve the filet on a hot platter, with the sauce poured over it.

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Potatoes And Cheese In Excellent Combination

Anyone who likes the combination of potatoes with cheese will be delighted with this recipe—it calls for nothing but potatoes and cheese—no cream sauce—no nothing!

ANNA POTATOES

Parboil four potatoes for 20 minutes in rapidly boiling water, then drain well. They should not be done, but just beginning to soften.

Peel and slice crosswise and put the slices in a bowl with one tablespoon of melted butter and 2-3 teaspoon of salt and a dash of white pepper, and cover well for a few minutes. Melt two tablespoons of butter in a skillet on a slow fire, add the potatoes and cook for ten or fifteen minutes or until soft, being careful that the potatoes do not brown. Arrange in layers alternately with mixed grated parmesan and Gruyere cheese, in a baking dish on top. Sprinkle the top with well-buttered bread crumbs and bake to a delicate brown in a moderate oven.

Cake Crumb Cookies

4 cups dry cake or cookie crumbs
1 cup milk
2 eggs
2-3 cup molasses
½ cup fat, melted
3 cups pastry flour (about)
½ teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon cinnamon
1 cup steamed raisins

Beat the eggs, add the milk and the crumbs and let stand fifteen minutes, add the molasses, melted fat and the dry ingredients which have been sifted together. Add the raisins and dry by teaspoons on a greased cookie sheet about two inches apart. Bake in a moderate oven (350 F.)

The amount of flour will vary with the degree of dryness of the cake or cookie crumbs. The batter will hold its shape on the cookie sheet but will spread in the oven.

In case the cookies or cake crumbs are not very high in fat it may be found desirable to add ¼ cup fat to the above recipe or 1 cup finely chopped nuts. Makes about 4 dozen cookies 2½ inches in diameter.

Macaroni With Left-Over Meat

When taking into consideration the fact that a roast might be too large for your family—one should never overlook the possibilities of the dishes to be concocted from the left overs. In many cases these dishes made from the left overs far surpass the original product in all around goodness as shown by the following recipe.

MACARONI WITH LEFT-OVER MEAT

1 package macaroni
1½ cups left over meat
2 cups gravy
½ onion, chopped
1 tablespoon melted butter
½ teaspoon salt
⅛ teaspoon pepper
1 cup grated cheese
½ cup buttered bread crumbs

Boil the macaroni for 9 minutes in four parts rapidly boiling water to which 1 tablespoon of salt has been added. Drain. Mix together the meat chopped; the gravy, onion, butter salt, pepper and cheese. Combine well with the macaroni and pour into a well-greased baking dish. Cover wiht the crumbs and bake for 20 minutes. Spaghetti may be substituted for the macaroni, if desired.

To make cream wafers, melt fondant in the upper part of a double boiler ,keeping the water in the lower part just below the boiling point. Add the desired flavoring and coloring to tint delicately. Drop from the tip of a teaspoon onto waxed paper, forming waters 1½ inches in diameter.

When carving a leg of lamb, the thick part of the leg is placed uppermost on the platter. The fork is stuck firmly into the leg near the knuckle. Commence cutting near the center of the joint, slicing at right angles to the bone. When the desired number of slices have been cut run the knife under them, parallel to the bone so that the slices of meat are detached from it.

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