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

Correct arrangement on the salad plate or in the bowl is all important to the attractiveness of a salad. The greens should be crisp and perky. This goes far toward gviing salads a jaunty, inviting air. Let the salad greens stand up around the salad mixture, rather than lie flat on the plate.

Cauliflower should be white. A yellowish color indicates exposure to the sun and a consequent strong flavor. Dark spots on the surface are due to decay. The head should be compact, not spread, as looseness shows that it's over mature. The outer leaves should be green and fresh; if wilted, the head probably has been improperly shipped, or is old. Cauliflower may be sold by the head or by the pound.

Canned foods usually are sold by brand. Study brands, and learn their characteristics. Some canners pack fancy products under one brand name, choice under another, and standard under a third. Every can label must tell certain facts about the contents of the can. But at the present time there is no standardized system of labeling to indicate quality and style. Some labels carry much more information than others and help the buyer to choose the food best suited to her purpose.

Delicately tinted frostings are a-dainty variation ,and fit nicely into menus of definite color schemes. They may be made by adding a small amount of coloring to any white frosting, and blending it evenly before spreading. Be careful not to use too much coloring for highly colored frostings are crass and unappetizing.

To measure granulated sugar, fill spoon or cup full, then level off with a spatula or case knife. For cup measurements of brown sugar, pack brown sugar into cup, pressing down firmly with back of spoon. Sift confectioners' sugar before measuring.

A wooden mixing spoon is light and well adapted to beating cake batter; it makes little noise and does not dis color the batter.

To make pickle fans, use small sweet kherkins, first splitting in half lengthwise, then cutting very thin parallel sections almost the length of the pickle. Carefully spread out the sections like a fan.

Griddle cakes and waffle batters are thin. Since they lump easily it is often helpful to beat them with a rotary egg beater.

Cheese keeps well, if stored properly. If soft cream choose sold in tin foil is kept in this tin foil and wrapped in brown paper, it will keep sweet and unstained in the refrigerator for a week or more. Other cheese may be wrapped in waxed paper or placed in a covered dish and stored in a cool place. Cheese that has been sliced may be kept from sweating by wrapping in a moist cloth.

Season soup to taste before clearing. Cool soup mixture. Skim off fat. Add slightly beaten whites and crushed shells of two eggs. Heat slowly, beating constantly. Boil five minutes. Let stand about twenty minutes to settle. Strain through double thickness of cheese cloth. Reheat to serve. To remove any remaining fat, draw strips of unglazed paper across the surface of the stock.

With meats and poultry, one must never forget the importance of applying the right methods of cooking to each particular cut. The finest meat on the butcher's block will be a table delicacy only if it is cooked properly, and the most inexpensive meats can be transformed into real delicates by skillful cooking.

Throughout the entire mixing process when making sponge cakes, it should be remembered that air is the one and only leavening in true sponge cakes. The flour should be sifted several times in order to incorporate as much air as possible.

As ducks and geese age their windpipes become hard and their necks longer and lankier. The windpipes of the young birds yield when pressed with the finger.

As a rule, foods preserved in earthen ware and glass are better and safer though rather more expensive than those in tins.

Bacon Bran Waffles

No matter what the season, come Sunday morning and a good heavy breakfast never looks out of place. Started off with chilled fruit and cereal if desired and then including one of those grand breakfast dishes such as waffles and topped off by a good cup of coffee—is there a better way to spend a Sunday morning?

BACON BRAN WAFFLES

1 cup milk
1 cup whole bran
¾ cup sifted flour
3¼ teaspoons double action baking powder
½ teaspoon salt
2 egg yolks, well beaten
4 tablespoons melted butter or shortening
⅓ cup chopped cooked bacon

Sea Shell Pastry Cases

Roll thin pie pastry and place over sea shells or shell molds. Bake in hot oven (400 F.) until delicately browned. Remove pastry and serve, filled with creamed salmon.

TOBOGGANS

From an uncut loaf of bread cut thin lengthwise slices 3 inches wide and 6 inches long. Spread lightly the entire surface with a creamy mild cheese. Roll one end over and over unti labout one-half of the strip remains unrolled. Place in a moderate oven (350 F.) and bake until slightly browned. Serve creamed salmon on the toboggans.

BREAD PATTY CASES

Cut three rounds fro msliced bread. Cut holes in the center of two of them an dplace on the first slice. Brush between each layer of bread and also the outer and inner surface with a mixture of egg and milk (1 egg slightly beaten and ⅓ cup milk). Place cases in moderate oven (350 F.) and bake until delicately browned. Serve filled with creamed salmon.

Green Tomato Pickles

1 peck green tomatoes.
1 dozen large white onions
6 red pepper pods
Vinegar
1 cup mixed whole spices

Cut the tomatoes in slices one fourth of an inch in thickness; discard the small slices at stem and other end. Cut the onions (peeled) in similar slices. Pack the vegetables in a jar in layers with salt between. Let them stand over night. Drain off the brine. Repeat the vegetbales, then cover with vinegar scalded with the peppers and spices. Seal and store in a cool place. The onions may be omitted.

PICKLED ONIONS

Using small white onions, wash and cvoer with warm water; when quite cold, remove the skins using a silver drain and cover with vinegar, scalding hot; let boil five or six minutes in the vinegar, skim into jars; add tarragan leaves and bits of horseradish; pour on the same or fresh vinegar, scalding hot, and store in jars.

Barbecue Sauce Makes Pleasing Addition To Pork Chops

Variations even with the well-known pork chop is a very pleasing thing as eternal frying and serving it just "fried" can certainly kill one's desire. Some like them very well stuffed and breaded, others have come to prefer them browned and then cooked in a Dutch oven, and many are sure to like them in this manner:

PORK CHOPS WITH BARBECUE SAUCE

6 pork chops
Barbecue sauce

Wipe the pork chops with a damp cloth and dust with flour. Sear on both sides until browned, then place 1 tabelspoon of the barbecue sauce on each chop. Reduce heat, cover and cook slowly 5 to 8 minutes. Turn chops and place 1 tablespoon of the sauce on other side. Cover and cook slowly until tender. Serve with sauce. on other side. Cover and cook slowly until tender. Serve with sauce.

BARBECUE SAUCE

4 tablespoons minced onion
1 cup tomato puree
¾ cup water
3 tablespoons vinegar
2 tablespoons Worcestershire sauce
1 teaspoon paprika
1 teaspoon chili powder
½ teaspoon pepper
¼ teaspoon cinnamon
Dash of ground cloves

Combine all ingredients in the order listed. Heat to boiling and use as directed above.

Carrots Dressed For Dinner

Every now and then it's an excellent idea to just forget that vegetables can be served just "boiled and buttered." Particularly since it is such an easy habit to acquire—and a very tiresome one too for those who eat our cooking every day. Serve your vegetables like these carrots—dressed for dinner.

TOASTED CARROTS

Scrape and wash carrots, leaving young carrots whole and cutting old carrots in slices lengthwise. Boil thme until tender (15 to 30 minutes) in water containing one teaspoon sugar. Just before cooking is completed salt the water. Drain, add butter, and seasoning or roll in butter, then in corn flakes and brown in an oven 350 degrees F.

CARROT MOLDS

2 cups grated raw carrots
½ cup bread crumbs
2 eggs
1 teaspoon salt
2 tablespoons melted fat
½ cup milk

Wash, scrape and grate the carrots an dmix with the crumbs. Beat the eggs and add to them the salt, fat and milk. Add this mixture to the carrot and crumb mixture. Fill a greased ring mold or popover cups, set in a pan of hot water and bake in a slow oven (250-325 degrees F.) until firm.

Kidney Bean And Vegetable Salad

When one is planning a salad as the main course of a meal, particularly if the meal is the evening one—it should be taken into consideration that a man will be partaking of it—and his appetite is usually a good one. So, confining ourselves to luncheon as the meal for those dainties that we so like—serve him something hearty like a

KIDNEY BEAN AND VEGETABLE SALAD

1 med. sized can kidney beans
1 hard cooked egg
6 small sweet pickles
1 red pimento
½ cup diced celery
½ cup black walnut meats
1 cup boiling water
1 tablespoon gelatin
2 tablespoons cold water
1 teaspoon sugar
1 teaspoon salt
½ cup vinegar
1 teaspoon Worcestershire sauce

Soak gelatin in cold water and dissolve in boiling water. Add vinegar, Worcestershire sauce, sugar and salt. Chop pickles, eggs, nuts, pimento and celery and combine all ingredients. Turn into mold and chill. Serve on a bed of greens.

Baked Ham With Sweet Potatoes For Just One Meal

Every no wand then the occasion arises when the housewife would like to serve ham and sweet potatoes without purchasing a whole or half a ham, an dlike most tricks, once you learn how, it is no longer atrick but a simple fact ,as shown here—

BAKED HAM WITH SWEET POTATOES

1 raw ham steak
3 sweet potatoes
1 scant cup brown sugar
1 small orange
Juice of 1 lemon
2 scant tablespoons butter

Soak a 1-inch slice of raw ham in cold water for two hours. Put in a large shallow baking-dish which has a very little water in the bottom. Peel and quarter the sweet potatoes and put them around the ham: sprinkle with brown sugar, dot with butter, and put slices of orange between the quarters of potatoes. Squeeze the juice of ½ lemon ovre all, and cook in a slow oven until the potatoes are candied, basting 2 or 3 times. Serve in the dish in which they were cooked.

Fish For Other Days Than Friday

CRAB BACON ROLLS

1 cup steamed crab meat
1 egg
½ cup tomato sauce
1 cup bread crumbs
¼ teaspoon salt
¼ teaspoon pepper
1 teaspoon chopped parsley
1 teaspoon celery leaves, chopped
Slices bacon

Bone and flake the crab meat, then add all remaining ingredients except the bacon. Mix well together and roll into finger lengths. Wrap each roll with a strip of bacon; fasten with toothpicks. Place on the rack in broiling pan so that the fat will drain off. Broil, turning occasionally, so all sides will be browned and the bacon crisp. This makes 8 or 9 rolls, and will serve flour.

The crabmeat can be replaced by lobster if desired.

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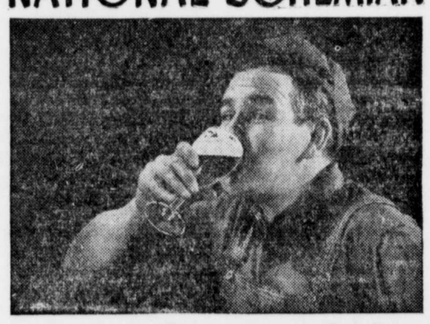
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