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

Mint, watercress, and whole parsley add little more than decoration to the platter when served around meat. Mint in cold drinks has a seasoning value as well as being a garnish.

Whatever kind of china ware is chosen, it should be from open stock, marked with a number to simplify reordering, and from a reliable store that will be able to reorder when the patterns are no longer on their shelves. As most stores do not keep the same pattern on their shelves for more than a few years, this must be considered. Many housewives do not take this into consideration and either have a lot of odd dishes on already crowded shelves or order complete new sets every few years.

To wash blankets—Fill two stationary tubs with water a little warmer than lukewarm. Dissolve in both tubs white soap flakes, but not too many flakes in the second tub as in the first, and when the soap is dissolved, add a little ammonia (1 tablespoon to both tubs.) Put in the blankets. (Blankets can be washed in machine if careful of temperature of water and of soap.) When well washed, transfer to second (rinse) tub. Rinse and squeeze out as much water as possible. (With machine do not use wringer but if machine is so equipped, whirl dry.) Wash on a good breezy day so that the blanket will dry quickly. A little soap left in it and quick drying leave a pure wool article nice and fluffy. If very dirty, the blankets may have to go through several wash waters before becoming clean. Always keep water temperature a little warmer than lukewarm, but never hot.

Painted furniture also needs an occasional washing—wash off finger marks, or wash off entirely with pure mild suds. Dry thoroughly with a clean soft cloth.

Vegetable and fruit stains may be removed from fingers by rubbing them with a slice of lemon before washing. Soap, placed under the finger nails when doing dirty work will keep them clean. Wet the ends of fingers and the soap; forcing it under the nails.

When a drain becomes clogged, use a suction cup of rubber attached to a long or short handle. If possible allow a strong solution of washing soda or of patent drain cleaner to stand in the pipe overnight. The next morning work the suction cup up and down over the drain.

Did you know that bedbugs may enter the house by way of the laundry package? Therefore, do not unpack packages on the bed. They may be eliminated by washing where possible with kerosene or by the use of patent sprays especially in the corners of bed frames and springs.

To prevent flies and mosquitoes, use screens and keep them closed. Make sure that they are in good repair. Keep garbage cans tightly covered and dispose of other refuse quickly. Do not have food standing about the kitchen longer than necessary. Eliminate places where water collects in puddles, outside the house.

When planning to serve a crown roast, be sure that the butcher cracks the bone between each chop so that, in carving, the knife may easily cut between each two ribs.

Toast croutons are thin, hard slices of toast cut into small squares after toasting and dropped into the soup just before serving. They are especilly good with cream soup.

One should cook fish slowly after it has started, to keep it tender and sweet and to retain food value. It is best tasting when cooked as soon as possible after catching. When fresh, the flesh is firm to touch the eyes, gills and scales are bright, and the odor is not strong.

The best veal cut to roast is the ribs, choosing preferably, the first two or three ribs. The meat is heavier, larger boned and has more layers of fat as the cuts progress.

When making gelatine salads, always use 1 teaspoon of gelatine to 1 pint of liquid, including the water in which the gelatine is dissolved.

Wash berries well before serving. They may be looked over early in the day but do not wash until needed as they get soft when washed too soon.

Cream Sponge Cake That's A Real Money Saver—Only Two Eggs

Every housewife is on the lookout for recipes for cakes such as this one. The cake is light as a feather, attractive as a cake can be. It looks like an extravagance yet uses but two eggs which in itself is an attraction to the practical eye of the housewife who also plays the part of "money saver" for the family.

CREAM SPONGE CAKE

1 cup of sifted cake flour.
1 teaspoon baking powder.
1-4 teaspoon salt.
2 eggs, separated.
1-2 cup cold water.
1 teaspoon grated lemon rind.
3-4 cup sugar.
1 teaspoon lemon juice.
2 tablespoons sugar.

Sift flour once, measure, add baking powder and salt, and sift together three times. To egg yolks, add water and lemon rind and beat with a rotary egg beater until light and foamy. Add sugar gradually beating well after each addition; then add flour, in small amounts, beating with beater enough to blend. Blend egg whites until foamy throughout, and lemon juice and 2 tablespoons sugar and beat until stiff enough to fold up in peaks. Fold into flour mixture. Turn into two ungreased deep 8-inch layer pans. Bake in a moderate oven 350 F. for 25 minutes, or until done. Invert on rack until cakes are cold. Spread lemon filling between layers and sprinkle top with confectioners' sugar and serve with lemon cream sauce.

LEMON CREAM SAUCE AND FILLING

Combine 1 cup sugar and 5 tablespoons cake flour in the top of a double boiler. Add 1 slightly beaten egg, 1-3 cup lemon juice, 2-3 cup water and 2 teaspoons butter mixing thoroughly. Place over boiling water and cook 10 minutes, stirring constantly. Chill. Fold in 1-4 cup whipped cream. Use half of the filling to spread between layers of cake. To other half, fold in 3-4 cup whipped cream and use as a sauce.

A Decorative, Tasty Tid-Bit

In a plate of dainty sandwiches it is always well to have one that will stand out among the rest, something that will attract attention and bring remarks, such as:

CHICKEN ROLLS

4 ounces breast of chicken (½ cup)
4 ounces braised tongue
½ teaspoon celery salt
A few grains of cayenne
1 teaspoon anchovy paste
4 tablespoons mayonnaise

Chop the meat and pound to a paste in a wooden bowl; add the seasonings and mix well. Remove the crust from a loaf of moist bread; cut in very thin slices, trim each slice into a rectangular shape, spread lightly with the mixture. Roll the slices and tie them with ribbon. Omit the anchovy paste, if desired.

Liver And Noodle Loaf

After many meals of salads, or cold cuts, one's thoughts turn longingly to a good substantial dish of something in which to sink the teeth—something as we say "good" but something not too heavy for this time of the year—by that we mean not exactly a roast of pork with candied sweet potatoes and lots of stuffing, which is very, very good, but not quite suitable to the average taste as during hot water. How does a choice liver dish sound, good? Well, one thing this really is good too!

LIVER AND NOODLE LOAF

1 pound liver.
1 package noodles.
3 eggs, beaten.
1 cup milk.
1 tablespoon melted butter.
1 teaspoon salt.
1 onion.

Cook the liver until tender (or use left-over liver.) Grind or chop fine. Cook the noodles until tender in boiling salted water. Beat the eggs, add liver, noodles, milk and butter. Place the mixture in a buttered ring mold and set in a pan of hot water. Bake in a slow oven (300 F.) for about forty-five minutes. Unmold and serve with vegetables in the center of the ring.

Chicken Pie With Sweet Potato Crust

3 cups diced cooked chicken.
1 cup diced cooked carrots.
6 cooked small white onions.
1 tablespoon chopped parsley.
1 cup evaporated milk.
1 cup chicken stock.
2 tablespoons flour.
1 teaspoon salt.
1-8 teaspoon pepper.

Arrange chicken, carrots, onions and parsley in layers in casserole. Combine milk and chicken stock. Add slowly to flour, blending well. Cook until thickened, stirring constantly. Season and pour over chicken and vegetables in casserole. Cover with sweet potato crust. Bake in moderate oven (350 F.) about 40 minutes. Serves 6 to 8.

SWEET POTATO CRUST

1 cup sifted flour.
1 teaspoon baking powder.
1-2 teaspoon salt.
1 cup cold mashed sweet potato.
1-3 cup melted fat.
1 egg, well beaten.

Sift flour with baking powder and salt. Work in mashed potato, fat and egg. Roll 1-4 inch thick and cover chicken pie.

Eggs As We Like Them

We of the supposedly educated races may be missing an egg dish that is worth while. Something that would be quite new and different to us. However, we doubt it! It seems that in the islands an egg that has been buried for months is the most delectable delicacy afforded, but give us an egg we can break open and look in the eye. An egg that will go into the making of a dish so delicious as this:

BAKED EGGS IN TOMATO SAUCE

3 cups tomato juice.
6 hard boiled eggs.
1 small onion.
1 clove garlic.
1 small piece bay leaf.
3 cloves.
3 tablespoons butter.
3 tablespoons flour.
1-2 cup buttered crumbs.
1-2 cup grated American cheese.

Heat tomato juice with onion, garlic, bay leaf and cloves for ten minutes. Blend flour and butter and strain tomato juice over it. Cook until thickened. Cut hard boiled eggs in halves and put in a greased baking dish. Pour tomato sauce over the eggs and top with crumbs and cheese mixed together. Bake in a moderate oven (350 F.) for about 15 minutes until the sauce starts to bubble through the crumbs.

Eyes Close When Sneezing

Eyes close in ordinary sneezing as part of the respiratory reflex.

Sweetbread And Oyster Pie

Back in April, or more possible in May people could be heard counting days—but instead of saying the usual "30 days hath September" they were asking themselves "how many days until September"—September and oysters! Raw oysters, oyster stew, fried oysters or possibly a

SWEETBREADS AND OYSTER PIE

1 pair sweetbreads.
2 dozen oysters.
1 tablespoon fat.
1 tablespoon flour.
1 cup cream or milk.
2 egg yolks, hard cooked.
Salt and pepper.
Puff or plain pie paste.

Prepare sweetbreads. Make a white sauce with fat, flour and cream or milk, and add the egg yolks, chopped very fine. Add sweetbreads and prepared oysters to the sauce. Season, put into a deep baking dish, cover with a layer of paste, and bake.

To prepare the sweetbreads, plunge into cold water as soon as they are received, and soak for one hour, then parboil in salted water using 1 teaspoon of salt and 1 tablespoon vinegar to one quart of water for 20 minutes after draining they should be plunged into cold water again to make them firm. The little strings and membranes, which are easily detached after parboiling, should be removed.

Brewing Companies Buy War Bonds

Rising at the rate of well over a million dollars monthly, a swelling tide of war bond purchases by the country's 55,000 brewing company employes reached a total of $13,390,429 by July first. The total has just been announced by A. Krieger, president of the Gunther Brewing Company, Baltimore, who is chairman of District No. 4B of the industry's War Savings Committee. His district, embracing Maryland, Delaware, and the District of Columbia, has contributed $429,187 of the total.

"We feel," said Mr. Krieger, "it can safely be said, in view of this magnificent record, that brewing industry workers, for the most part, are exceeding the Government's request for war bond subscriptions equalling at least 10 per cent of their wages and salaries. On a per capita basis, $13,390,429 represents an average contribution of $243 per worker.

"It would not surprise me at all," stated Mr. Krieger, "that the record of nearly 13½ millions in war bond subscriptions thus far credited to the wage earning and salaried personnel of 344 breweries, leads the entire field of American industry with respect to the average amount of bonds acquired by the individual worker."

Mr. Krieger said there is good reason to be proud of the substantial way in which the men and women employes are responding to the Government's call for support in its bond-selling program. He pointed out that there are still over 150 breweries which have not reported their employes bond purchases; that the heads of these companies should see to it that the contributions of their workers are listed as promptly as possible, and that they win their honor roll minute-man flags, and keep 'em flying.

The War Savings Committee's records show that up to June 30th, all the employes of 173 brewing companies (100%) were listed as buying war bonds through weekly payroll deductions. From 90 to 99 per cent of the employes of 50 other breweries have "signed up" and there are 121 additional breweries in which up to 90 per cent of the employes are subscribing for bonds regularly.

The Donets

The Donets is an important river of the eastern Ukraine. The Donets basin is one of Russia's principal industrial centers.

When one is buying an Oriental rug she should be sure it is in a good state of preservation. A hole can be mended but not a threadbare spot. Hold it up against the light to see if this fault exists. Cotton warps usually are used to avoid moth holes, but, if such exists, they should be repaired and then the rug cleaned to prevent further infestation. It is still worthy if the skelton is sound.

Hair Producer

Argentina is one of the world's leading producers of animal hair, turning out about 9,000,000 pounds annually.

(11)

"There is without doubt a limit beyond which it is not feasible to tax the products of distillers . . . The stability of past revenues does not warrant the assumption that rates can continue to be increased without having some influence which might tend to disturb the future stability of revenue."

This was one of the conclusions drawn last year by economists of the University of Maryland's Agricultural Experiment Station from their investigation of the "Economic Aspects of the Distilling Industry of Maryland."

In the interest of maintaining government revenues at the highest possible level during this period of critical need, the counsel of these authorities should be kept continually in mind.

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"MICKY" AND HIS GANG — *By Sam Iger*

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