*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*

## HOT OFF THE GRIDDLE

In buying furs, the first step is to choose a reliable dealer who will stand behind the quality of his goods. Then select a garment that will be appropriate to the use that will be given it, that is of good quality for the type chosen, and that is of good workmanship. The length, thickness, and texture of hair indicate quality of the pelt. Most fur-bearing animals have two sets of hairs, soft down, or under fur, protected by longer, coarser guard hairs. These guard hairs are sometimes plucked out to make a better looking garment, but then the soft hairs underneath wear off much more quickly. Skins should be soft, pliant, and strong enough to stand pulling—not stretched to thin in the curing process.

Household pests are prevented by cleanliness throughout the house, constant vigilance against leaving crumbs about, or leaving food uncovered for long periods of time. The use of a sanitary garbage can is of great value. Those living in congested places may suffer because of the carelessness of their neighbors.

By cooking vegetables with very little water, all the food value is retained and not thrown out with the water in which they have been cooked, as has been the old-fashioned practice. Indeed most of the nourishment in the vegetable frequently went into the sink. If a considerable quantity of water is used for the cooking of a vegetable, it should be poured into a container and placed in the refrigerator for future use as a soup stock, rather than be thrown out.

When substituting evaporated milk for fresh milk, use equal parts of water and evaporated milk. For example, ½ cup water plus ½ cup evaporated milk equals 1 cup whole milk. Evaporated milk has 60 per cent less water than market milk and is sterilized. It costs less than market milk, costs ⅓ less than cream, and is non-perishable. It may be whipped and while it should not be used as a garnish may be incorporated into chilled or frozen dishes.

Egg curls make grand additions to beet soup or chicken broth and provide a simple way to include an egg in the diet of a child or an invalid. Beat well a whole egg. Pour over it slowly, stirring it all the while, the boiling soup, which cooks as it touches it.

Broiled steak, chops and fish are quickly prepared but provide little for another meal, except steak, which may be served cold in a sandwich with lettuce and tomato for lunch. Canned or fresh leftover vegetables. Lettuce and tomato salad, fresh fruit and cake. A not unusual meal, but always a tasty and a quick one.

Glace comes from kids less than 6 months old. The natural grain and outside surface is untouched. It is strong an dfine in grain, stretches easily, scuffs and wears shabby more quickly than skin of heavier weight, but is more desirable for a dress glove.

One should read and follow the card of instruction furnished with each washing machine. Be especially careful that the water does not go over the indicated mark, and that after using the tub or basket it is wiped out with a clean cloth. In some machines, the oil in the motor should be changed about once a year, or as indicated by the manufacturer. but this is a job for a service man.

A carefully protected spring is always a good source of water supply. If it is no a hill rising above the level of the house with the source at least 15 feet above the highest outlet, a gravity system may be used to bring it into the house. This is the cheapest and simplest system consisting of a pipe from spring to house, with a storage tank at either end.

Canned goods or liquids in bottles shoul dnot be left in a summer house if freezing temperature is expected. Liquids expand where frozen and have been known to burst the can or bottle with disastrous effect to the surrounding room. To prevent bursting water pipes, the water should be shut off at the main intake point, the kitchen and bath valves opened, drained, and left open, the hot water boiler emptied and taps left open. Pour a little kerosene down the drain pipes of basins and in the toilet bowl to prevent the water left in the elbows from freezing and the gas from the septic tank from seeping into the house. If the floor of the pump house is not submerged below the freezing level, exposed pipes should be wrapped with hair felt at least 3 inches thick. All bright steel parts should be protected with heavy coating of grease or thick oil.

To salt almonds, place about one tablespoon of butter in a skillet for each pound of blanched almonds. Keep stirring as they brown in the butter and salt when hot. Use enough butter to keep them from sticking to the pan, but not so much that they swim in it.

Dust fine wood finishes daily with a soft dry cloth, and one a month rub over the entire surface with a good furniture polish. This will keep the finish bright, shiny and free of dust scratches. If the furniture is exposed to fog and dust and becomes cloudy, wash off with a soft cloth or chamois, well wrung out of tepid water, before applying the polish. Wax a bad scratch to block it out as much as possible. There are also several good commercial preparations which help to blot out bad scratches. They can be secured at the hardware store or department store and are better than home remedies when used by the inexperienced. In the winter, add to the moisture in the room by placing a pan of water under the radiator cover or behind it, to prevent fine woods and finishes from frying out.

## Complicated Sounding Dishes Often Prove Simple To Make

Ever so many women have told us that because a dish sounds complicated they haven't bothered to try it. This is very true of many of us, but it will pay at least to glance over some of the recipes that we think sound complicated—then take our fate in our hands and try a few of them—the funny part of it is that nine out of ten of them are every bit as easy as the dishes we prepare every day of our lives—sometimes easier—but in many instances far more interesting inasmuch as it's usually that touch of a little something or other that makes the dish sound complicated. Take for example:

CORN PUDDING

⅓ cup quick cooking tapioca
1¼ teaspoons salt
Dash of cayenne
2 cups milk
2 eggs, slightly beaten
2 cups canned yellow corn
1 teaspoon onion, finely chopped
2 tablespoons parsley, chopped

Combine tapioca, salt, cayenne and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow three to five minutes), and cook five minutes, stirring frequently. Remove from boiling water. Pour slowly over eggs, stirring vigorously. Add corn, onion and parsley, and mix well. Pour into greased baking dish. Place in a pan of hot water; bake in a moderate oven (350 degrees F.) one hour and 15 minutes. Serves six.

Then another that is almost too simple to be true and as good as can be imagined:

CAULIFLOWER
A LA PARMESAN

1 head cauliflower, cooked
3 tbsps. grated parmesan cheese
1 cup white sauce
½ cup buttered bread crumbs

Boil cauliflower in salted water. When done, drain and place in a greased casserole. Pour white sauce over cauliflower and sprinkle with grated cheese, and top with buttered bread crumbs. Bake in a moderate oven (375 degrees F.) 30 minutes, or until crumbs are delicately browned. Serves six. American cheese may be substituted for Parmesan cheese if desired.

## Dutch Potatoes A Treat For A Family Luncheon

A nice little treat for both the adults and children comes in the form of Dutch potatoes—they will be nice for some day when both father and children are home for lunch, and the idea of the frankfurter right inside the potato will appeal to all.

DUTCH POTATOES

6 potatoes
6 frankfurters
6 slices fat salt pork or bacon
Pepper

Scrub medium sized potatoes; pare or leave the skins on as preferred. With an apple-corer cut a tunnel through the center of each, lengthwise. Draw through each cavity one of the frankfurters. Place in a dripping-pan and lay a blanket of fat salt pork or a thick slice of bacon on each potato. Pepper lightly and bake in a very hot oven (450-500 F.) until the potatoes are tender, basting occasionally with the drippings and a little hot water.

## Stewed Duck With Onions

1 domestic duckling
16 small white onions
1 tablespoon lard
2 ounces raw ham
1 branch celery
1 sprig thyme
1 leaf sage
Salt and pepper
Flour

Clean and wash the duck and disjoint and cut in pieces as you would a chicken for frying; rub with salt and pepper and dredge in sifted flour. Put grease in a frying pan, and when hot add to it the ham cut in strips, the duck and the carefully peeled white onions. Let all brown over a moderate fire, and add a scant tablespoon of flour. Pour in enough water to cover the duck, thyme, celery, sage, salt, and pepper. Cover the saucepan closely and let simmer very gently for half a hour. Remove the celery and herbs and serve.

## Refrigerator Rolls

1 cup shortening
1 cup sugar
1½ teaspoons salt
1 cup boiling water
2 eggs, beaten
2 cakes compressed yeast
1 cup cold water
6 cups unsifted water

Pour boiling water over shortening, sugar and salt, blend and cool. Add eggs. Let yeast stand in cold water for five minutes, then stir and add to mixture. Add flour. Blend well, cover and place in the refrigerator for at least four hours. The dough must be in large mixing bowl as it rises slightly in the refrigerator. It will keep a week or ten days and may be used as needed.

About three hours before using rolls, roll into desired shapes, using enough extra flour to make them easy to handle, then place in greased pans and allow them to rise in room of ordinary temperature for about two hours or more until they are double in bulk. Bake in a hot oven (425 F.) for 12 to 15 minutes. If harder crust is desired, bake in a moderate oven (350-375 F.) for 20 minutes. Brush rolls with milk or egg white before baking if a slick crust is wanted, or rub with melted butter after baking if buttery look and taste are preferred.

Whole Wheat Rolls: Substitute 3 cups of whole wheat flour for white flour.

Bran Rolls: Add one cup of cooking bran.

Toasted Oats: Toast ordinary rolled oats in oven until brown and add to biscuit dough.


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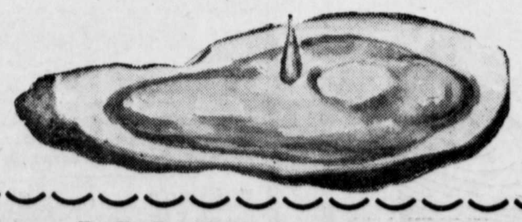

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