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

Serve coffee just as soon as it is prepared. If it must stand for a while, keep it over a uniformly low heat so that it will remain just below the boiling point. Do not cool the coffee and reheat.

When making crust for a pie, prepare a quantity sufficient to be used for another pie to be served a few days later. It will keep perfectly if kept covered in the refrigerator.

Cut sweet, green peppers in quarters. Remove seeds. Wash in cold water. Dry. Melt enough butter or shortening in a frying pan to cover the bottom generously. Add peppers. Fry until soft and tender, turning frequently.

Sherberts, water ices and ice creams should be frozen until solid for one inch from the edge of the tray, then beaten smooth with a wooden spoon. When frozen in this way one stirring is sufficient, but do not keep from the refrigerator long enough to allow melting. Ice creams with a thick custard base, and parfaits and mousses should not be stirred during freezing.

Berries should not be washed until just before they are to be served. Very ripe raspberries will keep for several days if placed on a platter and lightly covered.

The best enamel utensils have heavy layer of enamel on steel. Enamel is not hurt by acid or alkali; but do not use chipped enamel. Wash well and wipe dry. Use a fine cleansing powder. Soak stained enamel in washing soda and water. Boil until charred food and grease loosens. Use a fine scouring powder and then wash and wipe dry. Enamel cracks if knocked, or if foods burn dry.

In meat loaf, ½ teaspoon double acting baking powder makes the loaf less dense and results in an attractive brown crust.

The baking of drop cookies is a magic process that changes small mounds of dough into generous sized, round cookies. Unless packed with nuts and fruit, these cookies are rather smooth and flattended and are slightly thicker in the center than on the sides. They are tender and cake like inside and the longer they are rather smooth and flattened and When made with fruit and nuts these cookies are chewy.

Use the type and size of pans specified in the recipes and prepare your pans before mixing. A greased paper lining in pans for large butter cakes gives added protection. For greasing, butter is usually preferred because of flavor. Melt the butter and use only the oil on top; the salty part that sinks to the bottom tends to make baked goods stick. A pastry brush is a convenient utensil for greasing. Do not grease sponge cake pans.

One way to prepare cheese for cookery is to allow the cheese to stand at room temperature until softened, then force through a coarse strainer, sieve or potato ricer. Cheese will soften sufficiently in about one hour, but many be left out longer if more convenient.

Ice cold honey dew melons are delicious served with a dash of powdered ginger and juice from quarters of lemons or limes, ginger being passed in a shaker.

To glaze fruits, prepare a thick sugar syrup of 1 cup sugar, ¾ cup water, and 1 tablespoon light corn syrup; boil for two minutes. Simmer half rings of canned pineapple, or soaked, dried apricots or seeded prunes in the syrup for 20 minutes or until glazed. Cool. Glaze only a few fruits at a time and do not allow the syrup to boil hard; this avoids breaking of the fruit.

For jellied bouillon; soak one tablespoon of gelatin in one-quarter cup of cold water for five minutes, add three and three-quarters cups boiling canned bouillon, a dash of Angostura bitters. Stir until dissolved. Pour into cups in the refrigerator.

To make a cucumber sauce for broiled fish, beat one-half cup of heavy cream. Add salt and paprika, cayenne then add two tablespoons of vinegar slowly. Wash, peel, chop and drain one medium sized cucumber and enough onion juice to flavor delicately. Add to sauce and serve.

It is not really necessary to serve a fancy dessert at every dinner. Fresh or canned fruits are really sufficient, and are preferred by many people. Nuts and raisins, or cheese and crackers can also be substituted.

Scrambled Eggs For Every Day

One could scramble eggs every day for a month with variations and never repeat the same style twice. Just a little of this or of that and it seems an entirely new dish. Such as:

SCRAMBLED EGGS LUCULLUS

Put in a casserole one ounce butter, and three truffles cut in dice about one-eighth inch square. Heat through, and then add eight beaten eggs, and one-half cup of cream. Season with salt and pepper, then scramble, and dish up on a china platter.

TEXAS CLOVER — Chop a green pepper, put in a casserole, with one ounce of butter and simmer until the peppers are soft; then add ten beaten eggs, season with salt and pepper, scramble. Before serving add a dozen parboiled oysters, a little cream and a piece of fresh butter.

SCRAMBLED EGGS BULLIT—Peel six heads of fresh mushrooms, slice very thin, and put in a saucepan with one ounce of butter. Simmer until done, then add twelve beaten eggs, one cup of cream, two ounces sweet butter, and a little salt and pepper. Scramble the eggs, and dish up on a platter on top of four slices of fried egg plant.

More Killed by Traffic

The bombing of Britain cost 41,900 lives in 18 months, and during the same period, 51,760 lives were lost in traffic "over here."

Sweet Potato Waffles Add That Something To A Good Luck Dinner

Somehow or the other, it just seems that the Fall of the year has unexpectedly sneaked up on us—what a pleasing sight those big fat ducks and handsome turkeys present. It really makes one want to buckle down and do some real cooking. All those good things that we agreed to forget for the summer are coming to mind again, so if you are planning a dinner of duck or turkey soon, here is something different to serve as an accompaniment:

SWEET POTATO WAFFLES

4 tablespoons shortening
1 tablespoon sugar
¾ cup flour
1 egg
1 cup milk
1 cup mashed sweet potatoes
2 teaspoons baking powder
Salt
Cayenne
Nutmeg

Mix the fat and sugar to a cream, stir in the well-beaten egg-yolk, the potato, milk and seasonings, and heat well until smooth. Fold in the stiffly beaten egg white. Bake in a heated waffle-iron until a golden brown. Serve, dusted with sugar and cinnamon.

Creole Sweet Potatoes

With our luscious roast pork or baked hams, one will certainly want a different sweet potato recipe such as

CREOLE SWEET POTATOES

6 large sweet potatoes
Salt
Celery salt
White pepper
Grated nutmeg
1 cup rich brown stock
Few drops of caramel

Prepare potatoes by parboiling them for twenty minutes. Remove skins and cut potatoes in halves. Place the pieces in a shallow baking pan, sprinkle with salt, celery salt, white pepper and grated nutmeg. Pour into the pan the stock, to which a few drops of caramel have been added, and bake in a quick oven (400-450 F.) until tender and slightly browned. Baste frequently with the stock.

Date Sticks

1 cup sifted flour
1 teaspoon baking powder
½ teaspoon salt
1 cup sugar
2 eggs, well beaten
1 tablespoon melted butter
2 cups dates, finely cut
¾ cup nut meats, broken
1 tablespoon hot water

Sift flour once, measure, add baking powder and salt and sift again. Add sugar gradually to eggs. Add butter. Beat in dates and nut meats. Add flour, alternating with hot water, beating well after each addition. Divide mixture into two greased pans, 8x8x2 inches, spreading dough thin. Bake in slow oven (325 degrees F.) 30 to 35 minutes. Cool. Cut in strips, 3x1 inches. Remove from pans. Roll in powdered sugar. Makes 2½ dozen sticks.

Creole Trout Increases Interest In Fish Dinners

Though fish is gradually gaining in popularity, there are still those who eat it only when necessary. This may be because the poor fish hasn't been treated in the proper manner and if it is, the next time a trout is to be served try him this way:

CREOLE TROUT

2 pounds trout
3 hardboiled eggs, chopped
2 pounds shrimp, boiled and chopped
½ pound American cheese, grated
1 can mushrooms
1 tablespoon chopped oysters
White sauce

Boil the fish. When cool enough to handle, remove skin and bones. Separate fish into large pieces. Into a buttered casserole put ½ the cheese, eggs, shrimp, mushrooms and oysters. Repeat. Then pour white sauce over this and bake about 30 minutes in a moderate oven 350 F.

Plum Conserve

3 pounds plums
3 pounds sugar
1 pound seedless raisins
½ pound walnut meats, chopped
2 oranges

Wash the grind the oranges. Pit the plums and cut in quarters. Combine the orange and plums and add the sugar and raisins. Simmer about 1½ hours. Add the walnuts and cook about ¾ hour longer. Pour into sterilized jars of glasses and seal.

SPICED PEACHES

1 pound peaches
4 pounds brown sugar
1 quart vinegar
1 teaspoon whole cloves
1 tablespoon stick cinnamon
1 teaspoon cinnamon

Tie spices in a bag and add to the vingear. Bring to a boil, and stir in the sugar. Scald and peel peaches leaving them whole. Drop the peaches, a few at a time, into spiced liquid and cook until soft. Fill sterilized jars and seal.

Pulled Peppermint Creams

A nice dish of home made candy is always pleasing to have on hand just for a nibble now and then. Here is one candy that is a little unusual and very delicious:

PULLED PEPPERMINT CREAMS

4 cups granulated sugar
1 cup water
1 cup butter
15 drops of oil of peppermint

Boil together the sugar, water and butter, stirring gently until the butter and sugar are melted, then allowing to boil without stirring until it hardens when a spoonful is dropped in cold water. This should be about 248 degrees F. Remove from fire and drop in the oil of peppermint, pull like taffy until it begins to harden, then pull in one long, even string, cut in inch or half-inch lengths with a sharp scissors, and when cold, store in a tin box to cream. It should be creamy in a day or two.

Squash In The Shell

Tricky dishes for fall menues are just important as for summer ones, because, despite the fact that the colder weather does more to stimulate appetites—

SQUASH IN THE SHELL

1 squash
3 tablespoons butter
Salt and pepper
Egg
Milk

Cut off the top of a small squash, remove the seeds and stringy portion, place in a pan and broil, steam or bake about two hours, until tender. Remove the pulp from the shell, careful to keep the large shell intact. Mash the pulp and season it with salt, pepper and butter.

Return the mixture to the shell, smooth the surface to a dome shape, score with a knife, brush over with milk and beaten egg, add bits of butter and place in a quick oven (400 F.) for a few minutes to brown. Or leave the pulp in the squash, season well and fill the center with ham a la king, chicken a la king, creamed salmon or a sausage mixture.

Ancient Pipes

A copper pipe, made by Egyptian coppersmiths in 2750 B. C., is now in a Berlin museum.

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U. S. Treasury Department

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