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

When there is but one maid in a home, several small dishes, such as olives, celery, and sauces may be passed at one time on a tray. A meal must be served without long pauses and it is better to compromise with the formal code of serving than to go through the agony of seeing the last relative or guest supplied just as the first one finishes.

Scald the coffee pot just before using it in order to remove any stale odor which may impair the flavor of the coffee.

To dress a steak when onions aren't on the menu, saute some sliced onion in butter, skim out the onion and dress the steak with the melted fat.

Hot foods must always be served very hot on heated plates. Cold foods must be well chilled and served on cold plates.

Sandwiches cut in fancy shapes are especially attractive for bridge parties. Cookie cutters in the form of animals may be used for children's party sandwiches.

To have a gorgeously alive, satin-like skin, draw a tub of hot water. Relax in it for five minutes. Then when your pores are wide open from perspiration, take handfuls of salt and massage it thoroughly into your body your arms and your legs. Now rinse in cool water and your body will be glowing alive, immaculately clean and your skin will be smooth, almost satin-like to the touch.

Nail polish is more easily removed before it has hardened completely. For washable materials, sponge with banana oil, then launder. For non-washable materials, merely sponge with banana oil. Some nail polish is harmful to some synthetic fabrics.

When entertaining either at luncheon or dinner it is the better part of wisdom not to string out the silver in a bewildering row at each place but to have the dessert spoons brought on when the last course is served. Put all extra silver on the serving table or tea wagon in advance of the luncheon.

Hang curtains straight across a line to dry, or in the case of lace or net materials, put them on stretching frames which measure just slightly smaller than the curtains before washing.

The cutting of meat is very important because cutting the right way of the grain means making the meat as tender as that particular piece can be.

Peas, corn, onions, spinach, asparagus, potatoes—practically all vegetables make delicious cream soups. It is an economy of time to cook more vegetables than are needed for the soup and use them as left-overs for luncheon the next day in a mixed vegetable salad. Or the cream soup may be a means of using left-over vegetables. With bland vegetables as potatoes or corn the soup may be seasoned by heating a slice of onion and a few celery leaves in the milk about 10 minutes before it is added to the butter and flour.

Loose, fluffy material crushes most when loosely packed.

To sterlize clothes have the garments thoroughly clean. Soap and water aid in cleaning. When they are clean, put in a kettle or boiler. Cover with water and add soap. Bring water to boiling point and keep boiling five minutes. Hot rinse, and finally finish as daily laundry. Boiling wool will cause shrinkage.

Dresses that have just been ironed usually need a fined pressing all over before hanging them. Embroidered dresses should be ironed wrong side out.

The waterless cooking of vegetables has been rapidly growing in popularity. By "waterless' it is not necessarily meant that absolutely no water is used. But it does mean that very little, if any, be used. Most vegetables are better if a little water is added to their own moisture. The vegetables which are cooked without any water are mainly the greens, such as spinach, etc. Those particular vegetables have a very high percentage of water, and rarely need any additional water, aside from that which clings to the leaves after the final rinsing.

To replace a fuse: Do not handle fuses until the main switch is cut off. Know the size of ampere of fuse. Have extra fuse plugs near the switch box. Fuse has 6, 10, or 15 on it. Usual fuse will probably be 15A. Burned out fuse will show black spot. With the main switch cut off, screw out the old fuse and put in new one. Put back switch handle. Correct fuse should bring light. Have a lesson and be independent.

Peanuts Come Into Kitchen

Do you limit your enjoyment of America's most popular member of the legume family—the peanut—to the times you purchase them for their crunchy goodness at the circus, ball game, fair and the like? If you do, then you're passing up many excellent opportunities this national food had in a modern homemaker's recipe file.

Of course, most homemakers are already familiar with a number of candy recipes that use peanuts, and sauces to serve with ice cream or cakes, but, unfortunately, too few cooks are aware of the prominent role peanuts may play in the making of many of our everyday foods, such as cookies, breads, muffins, doughnuts, cakes, puddings and salads.

Strange as it may seem to people who reside in the sections of the country where peanuts are raised nearly half the population believes that the peanut grows above the ground. Peanuts are planted during the months of April and May and are harvested in September and October. At harvesting time the peanuts are plowed up, put into stacks around poles to permit the sun and wind to dry them sufficiently to enable the picking machines to separate the nuts from the vines. The peanuts are discharged from the pickers into burlap bags, and then brought to the mills for cleaning, grading and shelling.

Peanuts are so commonplace today that few folks realize that it was only about 63 years ago that the first salted peanuts appeared in this country. In fact, it was not until the end of the 19th century that the discovery was made that a very palatable butter or paste could be obtained by grinding peanuts, which later became known as peanut butter.

Although there are nine distinct varieties of peanuts grown in the United States, most people are familiar with the two general types—the Virginia, North Caroline and Tennessee, and the Spanish peanut, the small round nut grown principally in Georgia, Alabama, Oklahoma and Texas.

The peanut posseses extraordinary food value. In fact there is perhaps no vegetable that has such a wide range of food possibilities, either raw or cooked. Peanuts also contain vitamins A. B. C. D and E.

Like all nuts the peanut is rich in fat, and like all legumes it is rich in protein. Moreover, the quality of the peanut protein is superior and supplements the protein of wheat in making the peanut butter sandwich, for example, a particularly nutritious combination as well as a happy blend of flavors. The peanut has other food values besides fat and protein. It is a good source of phosphorous and a fair source of iron, and it is rich in vitamin B.

For your first adventure in peanut cookery, you will want to try these Peanut Crunch Cookies.

They're guaranteed to please even the most particular palate:

PEANUT CRUNCH COOKIES

1 cup lard or other shortening
1 cup sugar
1 cup brown sugar
2 eggs
1 cup peanut butter
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
½ cup chopped salted peanuts
1 tablespoon cold water
1 teaspoon vanilla

Cream shortening, add sugar and eggs. Beat until light and creamy. Then add peanut butter and blend thoroughly. Sift together the flour, baking powder, baking soda and salt. Add this to the first mixture and lastly fold in the nuts, vanilla and water. (1 cup Peanut Crunch Peanut Butter may be used instead of plain peanut butter, if desired. In this case omit the ½ cup chopped salted peanuts.) Shape the dough into small teaspoonful portions and roll in the hands to shape to a ball. Place on greased cookie sheet and press at right angles with a fork that has been dipped in cold water. Bake about 15 minutes at 350 degrees F. Yield: About 50 cookies.

BANANA PEANUT BREAD

1½ cups sifted flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup bran
½ cup chopped peanuts
¼ cup shortening
½ cup sugar
1 egg
1 teaspoon vanilla
1½ cup mashed bananas
2 tablespoons water

Mix and sift flour, baking powder, soda and salt; stir in bran and nuts. Cream shortening until soft; add sugar, egg and vanilla. Beat until light. Add dry ingredients alternately with mixture of bananas and water, mixing well after each addition. Turn into greased loaf pan and bake in moderate oven 350 degrees for 40 to 50 minutes. Cool thoroughly before cutting. Yield: 1 loaf 8x4 inches.

CHOCOLATE PEANUT CLUSTERS

8 sqs. or ½ lb. dipping chocolate
1½ cups roasted red skinned Spanish peanuts

Melt the chocolate over warm water or in a double boiler. Add nuts, stirring until well coated. Drop from teaspoon on waxed paper and keep in a cool place until firm. Makes 2½ dozen clusters. The tops may be decorated with chocolate shot or decorating sugar.

A Tempting Roast Temptingly Served

A roast, such as shoulder of lamb is sure to please the entire family, even father who does the carving. The bones are removed from the shoulder and in their place, a savory stuffing is inserted. The whole roast can be sliced easily and neatly since it has no bones to make the carving difficult.

Not only is this roast easily carved and attractive in appearance, but it is also economical, a fact that mother appreciates, especially along toward the end of the month when cost becomes an important item. The number of servings is increased by the use of a dressing and since the roast is boned, even the very last slice makes an attractive serving.

STUFFED SHOULDER OF LAMB

Have the bone removed from the shoulder of lamb at the market, and have it sewed on two sides. Season the inside of the cavity with salt and pepper, pack lightly with stuffing and sew or skewer edges together. Place, fat side up, on a rack in an open roasting pan. Do not add water and do not cover. Place in a slow oven (300 F.) and roast at this temperature until done. If you like lamb well-done, allow thirty to thirty-five minutes per pound for roasting; if you prefer lamb slightly rare, just so that it has a pinkish tinge, allow a little less time for roasting.

Any bread stuffing may be used with this roast.

The lamb shoulder shown here is garnished attractively with pear halves which have been filled with cream cheese.

Tamale Pie A Cold Night Treat

With the weather what it is today, one's thoughts stay on heavier things, dishes that are hot in heat as well as seasonings.

For those who like well seasoned dishes, this one will prove a great joy, and on a cold night it certainly does hit the spot.

TAMALE PIE

3 cups boiling water
1½ teaspoons salt
1 cup corn meal
1 cup ripe olives
2 tablespoons butter
1 onion, chopped
1 green pepper, chopped
1 pound ground round steak
2 cups tomatoes
1 teaspoon chili powder

Add 1 teaspoon of salt to the boiling water and slowly stir in the corn meal. Cook for 30 minutes; then add the ripe olives, which have been stoned and cut into pieces. Set aside to cool. Melt the butter and add the onion, green pepper and meat, mixing thoroughly and cook until the meat is brown. Add the tomatoes chili powder and remaining salt and cook about 10 minutes. Butter a large casserole and pour half of the corn meal mush in the dish; add the cooked meat and cover with remaining mush. Bake in a moderate oven (350 degrees F.) for 30 minutes. Serve hot.

Fried Young Carrots

For good every day use, one just can't beat our old reliable friend the carrot. In all its various ages and stages we can find practical and delicious uses for it in the home. Take a young carrot for instance—we grate it raw for salads, serve it boiled with butter sauce or like this:

FRIED CARROTS

Wash, scrape, and cut tender young carrots in quarters, lengthwise. Throw them into boiling, salted water and parboil 10 minutes. Drain off all the water and let the carrots stand in a colander for a few minutes. Heat 3 tablespoons of butter in a large frying pan; add the carrots (not too many at a time) and fry to a light brown, turning out with a large fork or skimmer, and serve in a hot dish.

Vegetable Soup

There are vegetable soups and there are vegetable soups, some good and some poor, but here is one that is a soup what am a soup:

1 large soup bone
1 pint tomatoes
1 pint lima beans
1 pint grated corn
2 cups chopped cabbage
1 large turnip, diced
1 carrot, diced
1 onion, sliced
1 teaspoon flour
½ cup milk
Salt and pepper
Cold water

Wash soup bone thoroughly and cover with cold water and allow it to boil for several hours. Skim off the fat and add the vegetables. Season to taste. Mix the flour with the milk and stir into soup. Cook for 1 hour and serve hot.

Tasty Sauces Give Flat Foods Good Life

Many a somewhat tasteless dish has been greatly improved by the addition of a tasty sauce. Here are a few:

Parsley Sauce—To white sauce add one tablespoon fine chopped parsley and season to taste. Serve with potatoes or other vegetables.

Shrimp Sauce—Stir 1 slightly beaten egg yolk into white sauce. Add ½ cup cooked shrimp, cleaned and cut in small pieces, and season to taste. Serve with omelet or boiled flounder.

Cheese Sauce—To white sauce add ¾ cup grated American cheese and a few drops Worcestershire sauce. Stir until cheese is melted. Serve with egg or vegetable dishes.

Egg Sauce—To white sauce add 1 chopped hard boiled egg and season to taste. Serve with boiled fish.

Old Favorites In Cans For Winter Use

The grand canneries that have sprung up all over the country have made it possible for us to snicker at seasons and laugh at the idea of not eating what we want— when we want. We can even have cream of corn soup like we had last summer when we could buy corn on the cob.

CREAM OF CORN SOUP

1 can corn
1 pint water
1 quart hot milk
2 tablespoons butter
1 sliced onion
2 tablespoons flour
⅛ teaspoon white pepper

Heat the milk and onion, then remove onion. Chop the corn and rub it through a sieve and cook it with the water for 20 minutes. Melt the butter, add the flour, and when bubbling, add first 2-3 cup, then the rest of the milk, gradually; cook until slightly thickened. Add the corn, salt and pepper. Top with whipped cream, sprinkle with popcorn or serve hot with crackers.

Queen Tea Muffins

1¾ cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
4 tablespoons butter, or other shortening
4 tablespoons sugar
1 egg, well beaten
¾ cup milk

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter, add sugar, and cream together thoroughly. Add egg, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in greased muffin pans in hot oven (450 degrees F.) 20 minutes. Makes 18 small muffins.

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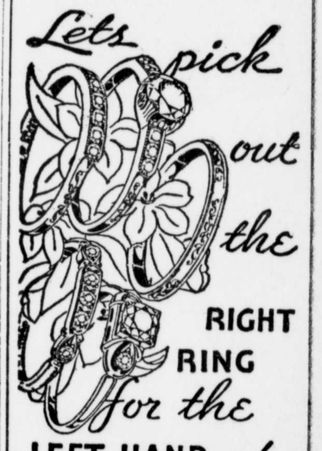

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