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

Plan meals for the whole day or for several days at one time. This method avoids monotony and duplication of flavors, and saves time as well as money.

Buttermilk may be used in place of sour milk with good results.

Blend one part finely chopped watercress with two parts cream cheese; spread on rye or whole wheat wafers and garnish with stuffed olives slices. Serve as a canape.

Measure both coffee and water with standard measuring cups and spoons to obtain uniform strength each time coffee is made.

An even, moderate room temperature of about 82 degrees is very important for the rising of dough.

To make pinwheel sandwiches the long way of the loaf; trim crusts and spread with softened butter and filling. Starting at one end, roll slice and seal open edge with creamed butter. Wrap in waxed paper and chill; cut in slice. If the bread tends to break when rolling, place slice on damp cloth until it becomes slightly moist.

To place batter in pans: pour in the centered of prepared layer or loaf cake pans and spread evenly to the edges. Or, place spoonfuls of the batter in greased muffin pans. Never fill the pans more than two-thirds full.

Cakes are at their best on the day of baking, but if stored correctly remain fresh several days. Place cake in airtight container, such as a cake safe, and keep in a cool place--not the refrigerator. Cake remains moist longest when frosted. Cakes containing fruit, brown sugar, or honey are noted for their keeping qualitites.

To make the cold water test for candy, remove the pan of syrup from the heat. Pour a small amount of the syrup from a spoon into a cup of cold water, not ice water. The hardness of the ball formed indicates the temperature of the candy. A candy thermometer gives more accurate results, however. Test with the thermometer while the candy is cooking; have an eye on a level with the part of scale being read.

To criss-cross pie crust, cut top crust pastry in ¾-inch strips. Cross two center strips first. Place third strip parallel to first, fourth strip parallel to second. Alternate remaining strips, lifting strips already in place and weaving those added, until edge is reached. Trim ends; dampen and cover with ½-inch pastry strip. Flute edges. The pastry may also be criss-crossed diagonally.

Leaf or head lettuce is only one of many salad greens; others in clude water cress, endive, romaine, escarole, spinach, chard chicory, and cabbage. All should be fresh, crisp and cool. Head lettuce is most easily cleaned by cutting out core with pointed knife and allowing the cold water to run into this opening. Toss greens lightly in a towel to dry before using; tear or break into bite size pieces.

For a good soup, heat three cups of chicken stock in the top a double boiler. Add one-half cup of rice that has been washed and picked over and cook until rice is fluffy, about forty five minutes. Serves four.

All vegetable need salt while cooking to bring out their best flavor. Other seasonings which add interest are; sugar, pepper, onion, and celery leaves.

One should govern the strength by the amount of tea used not by the steeping time. Longer steeping results in increasingly poor flavor. A convenient method is to place the tea in a cloth bag or metal ball the ball or bag being removed after five minutes' steping.

Here is a table for cooking dried fruits that should prove very helpful. Cook prunes about forty five minutes. Add two tablespoons of sugar for each cup of fruit. For apricots: cook about forty minutes, add one-quarter cup of sugar for each cup of fruit. For figs: cook about thirty minutes, add one tablespoon of sugar for each cup of fruit. For peaches; cook about forty-five minutes; add one-quarter cup of sugar for each cup of fruit.

Roast Goose or Pork

Clean, singe, draw goose or duck and prepare same as for a roast chicken. Cut open the gizzard, clean well and pull off the inner skin. Fry liver. Cut off point of heart, squeeze out the blood and cut open on one side. Season all with salt, pepper, ginger and rub over with a little garlic, if desired. Stuff goose with a good dressing. Place in a roasting pan on a rack and set in hot oven (500 F.) for one-half hour, reduce heat to 300 F.

If fowl is young and fat, have no water in the pan; if old, add a little water while basting. Cover pan and brown fowl on one side, then turn and brown on the other. Prick the fat skin with a fork from time to time to let the fat out. Roast from 1 to 4 hours or until the meat on breast and legs is tender to the touch. Skim off most of the fat from the pan, add two tablespoons flour and one cup of hot water to make the gravy. Cover and keep hot. Serve hot with apple sauce. If goose is fat, stuff with an apple stuffing.

Raised Brown Bread

1½ cups boiling water
1½ cups Whole Bran
1 tablespoon shortening
1 teaspoon salt
1 cake compressed yeast
¼ cup lukewarm water
¼ cup mollasses
4 cups sifted flour (about)
½ cup raisins (if desired)

Pour water over Whole Bran add shortening and salt, and let stand until lukewarm. Combine yeast and lukewarm water, stirring until smooth. Add to bran mixture. Add mollasses and 2 cups flour. Beat well. Add raisins. Add flour to make a soft dough. Knead until smooth. Place in greased bowl, cover, and let rise in warm place until double in bulk. Bake in hot oven (400 F.) 1 hour, or until done. Makes 1 loaf brown bread.

Plain Home Cooking Proves Satisfactory

Though there are few who don't like really fancy foods, nine out of ten times, they will be more satisfied with that plain, every-day home cooking, that is so wholesome and filling. Here is one such dish:

CASSEROLE OF SAUSAGE AND LIMA BEANS

2 cups cooked dried lima beans
1 teaspoon sugar
1 teaspoon salt
¼ teaspoon mace
1 small onion, chopped fine
½ pound pork sausages
1 cup milk
2 tablespoons bacon drippings
¼ teaspoon poultry seasoning
¼ tablespoon minced green pepper

Combine the cooked lima beans with sugar, salt, poultry, seasoning, mace, and onion and mix thoroughly. Parboil the sausages about five minutes. Drain well. Pour lima beans into a well greased casserole and place the sausages on top. Add the milk. Saute the green pepper in the bacon drippings until tender but not brown, and then pour over the sausages. Bake in a moderate oven (350 F.) for 40 minutes.

Assorted Mince Meat For Tempting Pies

It's a very certain thing, that this year as in other years, we will find mincemeat in a dozen different homes, made in a dozen different ways and usually we find it a case of each housewife liking it best the way "mother" made it. But too, there will be some households in which mincemeat has never been made at all—and this being the case we suggest any of the following receipes.

MINCEMEAT

1 fresh tongue
3 pounde currants
5 lemons, juice and grated rind
1 ounce bitter almonds
1 pound blanched almonds
4 grated nutmegs
Brown sugar
Salt
7 teaspoon each of ground cloves and mace
3 poundss suet, chopped fine
6 pounds seeded raisins
10 apples, pared, cored, and chopped fine.
1 quart Madeira
1 pint brandy
Powdered cloves

Cover tongue for two days with equal quantities of brown sugar, salt and powdered cloves, about 3 tablespoons each. Then boil it for 2 hours, or until tender. Remove skin and mince fine. Mix all the ingredients thoroughly, except liguor, and put in a stone crock; then pour over the Madeira and brandy. Before using, leave for several days closely covered with a paper which has been steeped in brandy. When taken out, each portion should have a little more sugar and brandy added before the pies are made, and a spoonful of cream added to each pie.

MINCEMEAT (2)

5 pounds boiled round of beef
1½ pounds suet
4 quarts greenings
1 tablespoon salt
1½ pounds seeded raisins
1½ pounds currants
1½ pounds light brown sugar
2 quarts sweet cider
1 pint brandy
2 teaspoons allspice
2 teaspoons cloves
2 teaspoons cinnamoon
1½ nutmegs

Chop separately beef, suet, and apples; mix all well together with salt. Add raisins, currants, sugar dissolved in cider. Heat gradually stir occasionally, and cook slowly 1½hours, then add brandy and spices.

MINCE WITHOUT MEAT

1 cup currants
½ pound peeled and cored apples
½ pound suet, chopped fine
½ pound brown sugar
¼ cup lemon rind, chopped fine
1 cup seeded raisins, cut in pieces
½ cup orange juice
¼ cup lemon juice
1-3 cup brandy

Chop apples fine, mix all ingredients well together, put in sterlized jars and keep in a cool place until wanted. Add 1 tablespoon of cream to each pie.

3 rounds lean beef
½ pound suet
6 pounds sour apples
3 pounds seeded raisins
2 pounds seedless raisins
½ pound citron, minced
1 nutmeg, grated
2 pounds sugar
2 cups cider vinegar
2 cups molasses
1 tablespoon cloves
1 teaspoon cinnamon
1 teaspoon mace
1 tablespoon salt

Cut meat in cubes, cover with water and simmer until tender Cool. Force meat, suet and pared and cored apples through a food chopper. Add remaining ingredients plus 2 cups stock and simmer 1 hour, stirring frequently. Fill into sterilized jars, and seal and keep in a cool place. Makes about 9 quarts.

Steamed Pudding Good Part of Bad Weather

Though cold weather may have its bad points, there is still a great deal to be said in its favor. One would hardly eat a steamed pudding in hot weather, but now—what can so hit that certain spot?

STEAMED CARAMEL PUDDING

6 tablespoons sugar
1 tablespoon flour
3 ounces ground almonds
1 cup hot milk
¼ cup butter
6 eggs

Melt the sugar in a frying pan until light brown. Add milk very gradually, stirring all the time. Cool, then add butter; flour almonds, the yolks of eggs, well beaten, and lastly the whites that have been beaten stiff. Butter the form mold, cover butter with a little more sugar, pour in pudding, steam for one hour and serve with whipped cream.

Another good way to make this pudding is to melt 1 cup of brown sugar, add 1 pint of cream, then one dozen grated lady fingers. Beat the yolks of 5 eggs, add to the above mixture, and then add the stiffly beaten whites of 5 eggs. Put in a tightly covered mold, pace in a kettle of water and steam two hours. Serve hot with whipped cream or caramel sauce.

When Son's Gang Has A Get Together

The case will undoubtedly vary with various families, but the housewife who has a son in high school, or sons will find that they enjoy having a good old fashioned "get together" without the girls just as much as dad and his cronies—and confidentially— when the sons have a "get together" it's a much cheaper affair than for the fathers. These little stag parties for the boys are grand thingss to encourage too as we all know how comfortable it is having them at one home or another, knowing where they are!!! But getting back to the food situation, we've found with a lot of questioning that hamburgers still reign supreme in any fashion with boys, so, serving hamburgers is quite alright, either in sandwiches or just as simply like this:

1½ pounds ground beef
1 to 1½ teaspoons salt
⅛ teaspoon pepper
½ teaspoon grated onion
½ cup rice, cooked
2 tablespoons butter
1 cup drained cooked or canned tomatoes
1 teaspoon chili powder
2 cups milk

Combine beef, salt, pepper and onion. Stir just enough to mix the ingredients. Shape into small balls handling as little as possible. Fry in a hot frying pan, turning until brown on all sides. Place in a buttered baking dish. Fry the rice in the butter, stirring until a golden brown. Add tomatoes, chili powder and milk and season with salt and pepper. Pour over the meat cover and bake in a moderate oven (350 F.) for about one hour.

Pour cold gingerale over chilled canned fruit cocktail in sherbet glasses.

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