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

SUSAN SNOW

The crust of a sponge cake may be sticky because of too much sugar, damp flour or insufficient baking.

Put the ingredients for French dressing into a jar or bottle with a tightly fitting top, and keep it in the refrigerator. You will find it very convenient to have a supply of dressing always on hand. Just before serving shake well the contents of the bottle to blend the oil and vinegar.

To boil mushrooms, cover with water, sprinkle liberally with salt, let stand one-half hour, wash carefully in running water, drain, brush with butter or melted bacon fat, broil about five minutes, then turn and broil on the opposite side to serve with chicken or steak or as appetizers.

For a grand shrimp canape, cut small round of bread about one and one-half inches in diameter and one-fourth inch thick. Fry lightly in butter until golden brown on one side. Spread other side with anchovy paste, then with stiff mayonnaise. Cut round end from small stufled olives and place one in the curve of each shrimp to be used, allowing one shrimp for each round of bread. Place shrimp and olive on the mayonnaise having rounded side of shrimp even with the edge of the bread. Garnish remaining slice with finely minced parsley.

The head and tail of a fish may or may not be removed when cleaning depending entirely upon the manner in which the fish is to be cooked, size of the fish and personal preference as to how the fish will be served.

When popping popcorn, try covering the bottom of the pan with salt instead of butter or grease. Heat the salt and put in the popcorn and you will find that it pops beautifully.

A nice way to serve left over chicken is shortcake style. Make a white sauce by melting ¼ cup butter, adding ¼ cup flour and stirring 2 cups hich milk. Season with salt, pepper, paprika, 1 teaspoon Worcestershire sauce and a pimento cut fine. Add 2 cups cold diced chicken and let heat. Serve between large baking powder biscuits split and buttered. Garnish. Serves six.

Horn, wooden and pearl handles on cutlery will swell and discolor if left long in water—also, they absorb grease.

Painters' cotton-waste bought at paint shops is cheap and may be burned rather than kept after using—particularly if used as oil polish cloths.

Cut an eggplant in half-inch slices and peel them. Sprinkle each slice with salt, pile up and cover with a weight for half hour. Rinse in cold water, dry well, and dip on both sides in fine crumbs; fry in drippings or butter. Peel and slice fresh tomatoes; place a slice of tomato on a slice of eggplant, cover with a strip of broiled bacon, then with another slice of of eggplant. Cover this slice with a generous amount of crumbled cheese. Place in a moderate oven (350-F.) until cheese is melted. Serve at once.

Into a hot skillet in which has been melted butter the size of a walnut, empty 2 cups canned, whole kernel corn, add 1 green pepper chopped fine; season to taste. Fry until golden yellow. Serve piping hot.

For a variation from the usual biscuit, try frying them. Cut the biscuits ¼-inch thick. Place biscuits in slightly greased and very hot griddle or iron frying pan and bake on top of stove until well browned and puffed. Turn and brown on the other side.

All excess crumbs should be removed from croquettes before deep frying. They settle in the bottom of the pan, become overheated, burn and so hasten the deterioration of the fat.

When sauteing fish, olive oil can be substituted for any ordinary cooking oil and its distinctive flavor is preferred by many people. Butter may be used with olive oil in the proportion of two parts of oil to one part of butter.

To make good meringue for pies, add 2 tablespoons of sugar for every well beaten egg white, adding just 2 tablespoons at a time and beating well after each addition. Spread over top and bake a few minutes to a delicate brown. Or bake meringue 15 minutes at (300 F.) to avoid "dew drops."

V

Cocoanut Pudding

1½ cups grated fresh coconut
½ cup bread crumbs
1 cup coconut milk
1 cup granulated sugar
½ cup melted butter
2 egg yolks
1 teaspoon vanilla

Beat the yolks of eggs until light; add the sugar and beat again. Pour in the melted butter, vanilla, bread crumbs and coconut, and moisten with the milk of the coconut. Turn into a baking dish; place in a pan of hot water and bake in a moderate oven for one hour.

A few drops of ammonia will cut a hard water film from water.

V

Egg Louisette

Make a good pancake batter, and fry in a small round pan. Prepare soft, scrambled eggs and put in the pancake. Fold over as a turnover. Before serving pour over the pancake a sauce made as follows:

1 cup mushrooms, chopped
Lemon juice
2 tablespoons flour
1 tablespoon butter
1 cup rich cream
1 tabespoon white wine

Put choppeld mushrooms which have been sprinkled with lemon juice in a frying pan and shake over a hot fire for a few minutes. Add cream sauce and wine. This sauce may be made up in advance and stored in your refrigerator. However, if this is done, do not add the wine until after the sauce has been reheated.

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MUSHROOM AND CANNED PEA SAUCE

2 cups medium white sauce
1 No. 2 can peas
½ lb. mushrooms fried in butter until tender

Combine sauce, peas and mushrooms in top of double boiler. Heat to serving temperature.

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Crab Meat Chops

2 cups crab meat, boiled and picked
1 cup thick white sauce
1 teaspoon chopped parsley
½ teaspoon chopped onion
½ teaspoon salt
Cayenne pepper

Mix all ingredients and cool. Make eight separate heaps of this and let stand for an hour. Take each heap and form into a chop shape; dip in beaten egg, dredge in cracker dust and fry in hot, deep fat. Serve with hot tartar sauce.

V

Refrigerator Cheesecake

It's the simplest thing in the world to look at the grand things displayed in the show cases of bake stores and just wish we could do the same things at home—and actually make no attempt to try our hands at these fanciful looking affairs.

The truth of the matter being—that in so many cases, good reliable recipes, plus some of the grand molds on the markets today will produce dishes that you just never imagined you could make in a million years. Taking for example a "spring mold" or form pan—in that we turn out such things as ice box cakes of all descriptions—and taking its place among the favorites—the cheese cake!

REFRIGERATOR CHEESECAKE

½ cup melted butter
3-4 cup sugar
2 cups fine zwieback crumbs
2 tablespoons cinnamon
2 tablespoons gelatin
1 cup cold water
3 eggs, separated
2 cups cream cheese
3 tablespoons lemon juice
1 tablespoon grated lemon rind
¼ teaspoon salt
½ cup whipping cream

Blend butter, ¼ cup sugar, crumbs and cinnamon. Press ¼ of this mixture on the bottom of a 9-inch spring form pan. Soak gelatin in ½ cup cold water for 5 minutes. Cook egg yolks remaining sugar (½ cup) and water (½ cup) in a double boiler, stirring constantly, until mixture coats a metal spoon. Add gelatin and stir until dissolved. Add gradually to cream cheese, add lemon juice, rind and salt, beat thoroughly. Cool, when beginning to congeal, beat several minutes with an egg beater. Whip cream and fold in with stiffly beaten egg whites, blend thoroughly. Pour onto crumbs. Sprinkle remaining crumbs over top. Chill until firm. Serves 10 to 12.

For variety use crumbs made from graham crackers, vanilla wafers, ginger snaps, chocolate cookies, browned dried bread crumbs, crushed cornflakes or other suitably prepared breakfast foods in place of the zwieback.

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Salmon Steaks

3 pounds sliced fresh salmon
4 tablespoons butter
Salt and pepper
2 anchovies
Grating of nutmeg
1 cup claret
½ cup oyster liquor or fish broth
2 sprigs parsley
1 tablespoon onion juice
Juice of 1 lemon
1 tablespoon flour

Heat 3 tablespoons of butter in a broad pan. Lay in salmon and anchovies and heat without browning. Add claret, nutmeg, oyster liquor, parsley, and onion juice, and cook until done. Knead 1 tablespoon of butter with flour and add to sauce with the lemon juice. Let thicken slightly, and slide all into a deep hot platter. Take out the remains of anchovies and the parsley.

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Well Planned Dinner Causes No Worry

Tried Recipes Increase Confidence Of Hostess

And why should a hostess worry? If she planned something delicious for dinner, if her table is set just so with no crowding or stacking and if her guests are congenial folk, the evening should be one of complete smoothness and ease. For the sake of those gray hairs, let us suggest that the hostess never choose a night when she is entertaining, to try out a new recipe. Guests make bad "guinea pigs" and your own reputation isn't worth the risk.

Here is a dish that is well worth trying out on the family and if it proves a success and meets your standard, then by all means try it on some guests as it is very delicious.

CHICKEN PUDDING

3 pounds boiled chicken
½ cup celery, chopped fine
½ cup mushrooms, chopped fine
1 teaspoon chopped parsley, salt, pepper and paprika
1 slice bread soaked in chicken broth and squeezed dry
¼ cup butter, creamed
3 eggs, seperated
½ cup cream
1 teaspoon lemon juice
1 tbsp. Worcestershire sauce

Take only the white meat of the chicken, grind not too fine. Add celery mushrooms and seasoning; the bread, butter, yolks of eggs, well beaten and the cream; add lemon juice and Worcestershire sauce, mix well, and lastly fold in the stiffly beaten egg whites.

Place in a well buttered mold, sprinkle with bread crumbs, and steam 1½ hours. Remove to hot platter, surround with pineapple slices that have been quickly fried in hot butter, and serve with a mushroom sauce and light, fluffy, hot biscuits.

V

Menu Variety 'As A Change'

One of the most time-honored food combinations in American menus today is that of meat and potatoes. Around these two nourishing foods most homemakers build the rest of the meal. Fortunately, many good cooks recognize the danger of menu monotony, so in planning their meals they remember that there are other foods which also make ideal flavor combinations for meats. This explains why no modern homemaker would consider her pantry complete unless it contained an ample supply of such substitutes for potatoes as macaroni, egg noodles and spaghetti.

Of course, the fact that macaroni products are inexpensive and easy to prepare, as well as whole-some and delicious, would win them a place on your list of necessary foods, regardless of whether they were used in place of another food.

Well seasoned products are ideal with meat "as a delightful change" from potatoes. They are easy to prepare and are mild in flavor, so that they go well with any of the many meat flavors.

The macaroni family includes spaghetti, egg noodles and macaroni in several shapes and sizes. These products are inter-changeable in practically all recipes, since their only real difference is that egg noodles contain eggs.

Speaking of changes the method by which your food is prepared may also help to vary your menus. For example, broiling as a method of cooking meat is often considered suitable only for the very tender cuts, since dry heat tends to make the less tender cuts more tough. There are exceptions to all rules, however, and as you will note from the recipes that follow, it is possible to use this quick and easy broiling method of preparing meats on some of the less expensive cuts, and at the same time, give your dinner menus that ever- welcome change they need.

Oven broiling may be employed for meats such as hamburger and cubed steaks, since the grinding and cubing of these meats tends to render the connective tissue of the meat more tender and dry heat may be applied very successfully. Meats should be broiled slowly, however. Smoked ham in any of its cuts, center or end, is tender and can easily be broiled.

Too often the juices from broiled meats are wasted, and so to capture and use them to their fullest extent, broiler meat combinations are recommended, since they permit the juices from the meats to season the macaroni products that are placed under the broiling rack during the broiling process. To discover how much flavor can be given foods prepared in this manner, you'll want to try the following recipes:

CUBED STEAKS WITH SHARP SPREADING CHEESE DRESSING AND EGG NOODLES

4 individual cubed steaks (about ¼ lb. each)
4 tablespoons cream Roquerfort or other sharp spreading cheese.
2 tsp. Worcestershire sauce
½ pound egg noodles

Cook egg noodles in boiling salted water until tender. Drain and place in pan beneath broiling rack. Cream the cheese and blend thoroughly with the Worcestershire sauce. Broil steaks until nearly finished, then spread on them the cheese mixture. Return to broiler until cheese is melted and drips freely onto the noodles below the meat. Serve at once. Serves 4.

Here's a tip to avoid monotony, try serving well seasoned buttered egg noodles or spaghetti in place of potatoes occassionally. Here's a recipe that is highly recommended:

FRIED MACARONI WITH CHEESE

Boil 1 pound of macaroni in plenty of boiling salted water. Drain. In a heavy iron frying pan melt 3 tablespoons of butter. Add a little olive oil if you like that flavor; it will keep the butter from "burning". Add the macaroni. Stir it to slightly brown a substantial portion of the macaroni. Pour on platter, season, with salt and pepper, sprinkle with grated cheese and serve hot.

BROILED SMOKED HAM AND MACARONI WITH CHEESE SAUCE

Next time your mind is attempting to solve the problem of "What shall I serve for dinner tonight," call these three old standbys to your rescue—macaroni, ham and cheese. As a tip, place the cooked macaroni under the broiler rack so that the juice from the ham which has been topped with cheese, will drop over it. You'll have a meal that will appease even the most ravenous appetite.

1 slice smoked ham of 4 end cut slices (½ inch thick)
1 cup medium whitesauce
1 cup American cheese, diced
½ pound macaroni.

Combine the cheese and white sauce and cook in double boiler until cheese is melted. Cook macaroni in boiling salted water until tender; drain and place in pan beneath your broiling rack. Pour over this the cheese sauce and place under broiler for a few minutes until the sauce bubbles and browns slightly. Then place over this broiler rack with the ham slices on it, broil until meat is done. Serve at once. Some of the cheese sauce may be added to the ham during the last few seconds of broiling, if desired. Serves 4 to 6. You may vary this recipe by using either spaghetti or egg noodles instead of macaroni.

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