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

Vegetables to be baked are placed in a hot oven. They should be cooked to just the right point of tenderness as over-baked vegetables have their texeure impaired.

If bits of mold should begin to appear on jelly, carefully remove them and then bring the jelly to the boiling point, then cool and set aside again.

Some people avoid great waste by weighing butter, shortening lard, etc. Here is a table of comparative weights and measures.

2 cups granulated sugar 1 pound
2½ cups powdered sugar 1 pound
10 eggs, broken, are considered 1 lb.
2 cups water, milk or vinegar 1 lb.
1 cup white bread flour 4 ounces
1 cup fine corn meal 4 ounces
1 cup coarse corn meal 5 ounces
1 cup rolled oats 3 ounces
1 cup whites of eggs 8 ounces
1 cup yolks of eggs 12 ounces

Entrees made of eggs are suitable for luncheon, but are seldom served when a soup is entered on the menu. Serve egg entrees when eggs are plentiful and cheap.

If, having on hand a surplus of vegetables, such as cauliflower, peas, string beans, artichokes, or sweet potatoes, that are liable to decay, pare and place in cold water until freshened and crisp; then drain and boil until tender, and again drain. You can then keep them a few days longer.

Daily care of the toilet is a very necessary thing. Flush the closet each time it is used. Put no heavy papers or cloths down the drain, and to clean use a string dish mop with strings cut short—kept for this purpose. A toilet brush and metal forceps holding a wad of cheap toilet paper. Use soap and hot water in cleaning. Special disinfecting is done once or twice a week. Use dissolved soap, chloride of lime, or prepared chemical disinfectants. The mops and brushes may be scalded and aired, or kept in disinfectant. The metal forceps need only be scalded.

The jars, rubbers and covers used for canning must be perfect to insure a perfect product later on. The covers should be tested before using to see if they fit. When using rubbers previously uitlized, adjust two rubbers on each jar.

Mushrooms are very rich in food value. When buying them, refuse ones which have the caps perforated by minute holes, as they are wormy.

When green peppers are to be baked, select medium-sized, dark green ones that will stand level while cooking. If the peppers are large, cut in half, otherwise cut a slice off the top and remove all tough parts, partitions and seeds, to obtain a clean cup. The bare cup is usually parboiled fifteen minutes, drained, and the skin removed. The green trimmings, thinly chopped, can be used as a part of the stuffing, or utilized to make a salad, or added to cooking stock, stews, etc., to which they will add great flavor.

Did you know that extract of black tea is better than coffee for tinting curtains ecru?

When making a blanket wash, don't kill the suds with too much water—this is the usual tendency as one usually tries to get a good supply of water under the suds.

An onion flavor may be added to a salad by putting a few drops of onion juice in the dressing, and occasionally for this is sustituted a little very thinly chopped chive or the white tender part of a green onion.

There are ever so many people who buy a side or half a side or just a couple of pounds of unsliced bacon and do the honors at home—there are others who would like to do this very thing but think it too great a task—well, think nothing of it—just buy the bacon, keep in a cold, dry place and to slice; put the strip of bacon on a board, skin down, then using a very thin, strong-bladed knife, cut into very thin slices; one after another, as many are needed, running the knife down as far as the rind; then run the knife bllade between the rind and the slices, following closely to the rind. Carefully cut the slices apart without breaking them.

Raw walls or ceilings must be sized before calcimine is applied, with a patent glue size or shellac. There are new cold water calcimines on the market that are self-sizing and washable.

Cereal can be prepared for children for two day's use. It is not advisable to keep it longer than that time for then it is apt to become yellow and lumpy although, if it has not been cooked in milk and is kept in the refrigerator there is nothing in it to sour or spoil.

Potatoes In Several Delicious Ways

Eating in the past twenty-five years has undergone many changes. In "the good old days" quantity was the most important consideration. If the festive board groaned beneath a heavy weight of stout provender, everyone was happy. Ladies and gentlemen of this interestingly era simply sat down to the table as close as possible and allowed the expansion of their girths to gradually push them away from the table out of harm's way when they had enough. There was small preoccupation with anything except "the business in hand." Vitamins A, B, C and D were only dimly recognized.

Today, on the other hand, eating has become practically a scientific game with many persons. The doctor, the dentist and the dietician, as well as the homemaker, all help to keep "score" on the ever present vitamin.

The tables of years ago used to see on them at nearly every meal, great platters of potatoes. Little was known then about the best ways to cook food in order to preserve their food values, and less known about their fattening or thinning qualities. Today we are all apt to find ourselves in a conflict of ideas on food problems because so much has been said and printed with too little authority.

The potato has been overworked by fadists. It is sad but true that many persons needing the valuable food elements in the potato have been going without them lest they gain weight. It may be interesting to note the words of Dr. Royal S. Copeland, former Health Commissioner of New York City: "Our old friend, the potato, is the most valuable vegetable known and it is less fattening than many other foods which are included frequently in the diet."

Thus, with your conscious free on the question of eating potatoes, you will be pleased to hear some valuable hints on the cookery of this ever popular vegetable.

Scalloped potatoes have long been a favorite in many households, and even though this dish is apt to be served time after time with little variation, its popularity still continues.

It has been stated that there are more than 500 known recipes for potatoes. With this large selection already estimated, it would be difficult to offer any suggestions for potato cookery. However, a few simple flavor changes brought about by combinations with other foods, and perhaps a new shape in the potato now and then will often do wonders in helping to make this old favorite become a new success.

Here are a number of recipes for scalloped potatoes which you will want to add to your recipe file.

SCALLOPED POTATOES

6 medium-sized potatoes
Salt and pepper
Flour
2 teaspoons butter
2 cups rich milk

Pare potatoes and cut in desired shape; place a layer in buttered baking dish, sprinkle with salt and pepper, and dredge with flour. Repeat add butter to hot milk and pour over potatoes. Bake, covered in moderately hot oven (375 F.) for one-half hour, then uncover and bake 10 to 15 minutes longer, or until a delicately browned crust has formed on top. Six portions.

Following are several variations next time you decide to servescalloped potatoes.

SCALLOPED POTATOES AND HAM

Add 1 cup chopped cooked ham, sprinkling ½ cup over each layer of potatoess.

SCALLOPED POTATOES WITH EGG

Add 1 cup sliced hard cooked egg and 3 tablespoons minced pimento or green peppers to the potato casserole before baking.

BAKED CREAM POTATOES

Use 6 cooked potatoes, diced and 1½ cups medium white sauce. Cover each layer of potatoes with white sauce and sprinkle mixture of 1½ cups dry bread crumbs and grated cheese over top. Dice 2 hard-cooked eggs and sprinkle over each layer of potatoes, if desired. Bake 15 to 20 minutes.

BAKED POTATOES au GRATIN

Use 4 cups cubed cooked potatoes. 1 small onion, chopped sauted lightly and mixed with two pimentos chopped, and 2 cups medium white sauce mixed with 1 cup grated cheese. Arrange in layers and top with ¼ cup buttered, dry bread crumbs; bake 15 to 20 minutes.

—V—

Delicious Ice Creams Refrigerator Methods

Getting away from the usual chocolate, strawberry or vanilla ice creams, one will find the following a pleasing variation and will be grand to keep on hand at all times.

CHOCOLATE CHIP ICE CREAM

1 can vanilla liquid freezing mix
½ cup (1 can) milk
1 cup cream, whipped
½ cup coarsely chopped semi-sweet chocolate

Empty can of freezing mix into bowl. Fill can with milk and add gradually to mix, stirring until blended. Fold in cream. Turn into freezing tray of automatic refrigerator, setting control for coldest freezing temperature. Stir thoroughly once after first half hour of freezing, adding chocolate while stirring. Freezing time 2½ to 3 hours. Makes about 1 3-4 pints ice cream.

BUTTER CRUNCH ICE CREAM

1 can vanilla liquid freezing mix
½ cup (1 can) milk
½ cup crushed butter crunch candy

Empty can of freezing mix into bowl. Fill can with milk and add gradually to mix, stirring until blended. Fold in cream. Turn into freezing tray of automatic refrigerator and proceed as above.

—V—

Salads For The Month Of November

The month of November sees many fine goods leaving the markets and others just as fine if not finer, coming in. All of which combine into fine salads for the fall table. Salads that men will relish and consume with gusto. During the summer we are rather inclined to serve dainty, chilled fruit salads which men will tolerate, but give them the salads that are available now and just watch them.

Avocado, French Dressing—Split the avocado, remove the pit and fill half full with a dressing made with salt, pepper, a little dry mustard and one-third vinegar and two-thirds olive oil.

Lorette Salad—One-third mixed greens, one-third boiled celery root, and one-third pickled beetss. Season with French dressing.

Chiffonade Salad—Equal parts of romaine, lettuce, chicory, escarole, sliced cucumber and quartered tomatoes. Put in a salad bowl, pour French dressing over all, and garnish with chopped beets, hardboiled eggs and parsley.

—V—

When ever there are bones left over—turkey, ham, lamb or veal, the end of the tongue, the neck and feet of the chicken, there is the beginning of a small amount of a tasty and economical soup. Without such bones, soup meat and bone will have to be purchased from the butcher.

Serve Cranberries In Assorted Recipes

Saving cranberries only to serve around the Turkey is a very serious thing to some people—those being the people who know the versatility of this wee small morsel.

Cranberries have the happy habit of combining with just the right things to make up very tasty and interesting dishes. Here are just a few of the many:

CRANBERRY ICE

1 quart water
1 quart cranberries
3 cups sugar

Make a syrup by boiling water and sugar together for five minutes. Boil the cranberries in a little water until soft, then press through a sieve. Add to the syrup, cool, and freeze.

CRANBERRY PIE

1½ cups cranberries
¾ cup sugar
½ cup water

Cook cranberries, water and sugar for about ten minutes. Cool, place in one crust with a high rim and bake in a hot to slow oven (450 F. for 10 minutes, then 325 F. for 30 minutes). Put strips of paste, lattice fashion, across the top.

CRANBERRY CONSERVE

4 cups cranberries
2 cups raisins
4 tablespoons chopped orange rind
2 tablespoons lemon juice
6 cups sugar

Mix ingredients let stand 30 minutes; boil quickly 30 minutes; lower fire and simmer until mixture thickens. Pour into sterillized jars and seal. Makes 6 jars.

—V—

Cream of Oyster Soup

Eating oysters in assorted ways is the hobby of many people. These juicy bivalves are nice enough to make themselves adaptable to many recipes so all we have to do is buy them either in or out of the shells and put them to work to make something like this:

CREAM OF OYSTER SOUP

1 pint oysters
½ cup cold water
1 cup white sauce
Salt and pepper to taste

Wash the oysters with ½ cup of water, through a colander, remove any bits of shell; reserve liquid heat gradually to the boiling point. Let oysters simmer until they look plump and the edges curl; drain and skim the liquid. Make a white sauce, add the hot strained oyster liquid, salt and pepper to taste and cook until smooth. Add the oysters and serve hot with oyster crackers toasted in the oven for just a few minutes.

—V—

Blueberry Bread And Butter Pudding

Since it has been possible to purchase blueberries all year round—in season and out of season in a frozen state—one has almost completely stopped thinking of that time when blueberries are in season—we no longer have to yearn for those little tasty berries, but calmly buy a box or two or three and go right ahead with whatever we happen to want to make with them—and such being the case, here is a dish to try right away.

BLUEBERRY BREAD AND BUTTER PUDDING

8 thin slices white bread
¼ cup butter
1 quart blueberries
Pinch of salt
3-4 cup cream whipped

Remove crusts of bread. Butter each slice. Stew the berries, sugar and salt for 15 minutes. Butter a deep baking dish. Alternate slices of bread and stewed berries until all are used. Bake in a moderate oven (350 F.) for 15 or 20 minutes. Serve very cold with whipped cream. Serve six.

—V—

A Cold Evening Supper of Soup

The time of the year when soups are popular is still here. A housewife can sometimes make a soup heavy enough so that a soup and some crackers and maybe a salad will be all that is needed for dinner. Such a soup is—

BAKED BEEF SOUP

1 pound lean beef
2 ssmall carrotts
2 small turnips
Celery tops
1 tablespoon chopped parsley
3 medium sized onions
2 peppercorns
6 half-slices of toast
4 cloves
½ teaspoon thyme
½ bay leaf
1 potato
1 tablespoon sugar
Salt

Cut the beef into small cubes and put them in a baking dish with a cover; add sliced carrots and turnips, chopped onion, and a small cheesecloth bag containing the peppercorns, cloves celery top, bay leaf and thyme. Pour in 2 quarts of cold water. Cover closely and cook 4½ hours. Remove the bag of seassonings; add raw potato cut in dice, sugar and salt. Cook 1 hour longer, add very dry cubed toast, and serve.

—V—

Cauliflower Timbales

The fine flavor of cauliflower, combined with tasty, sharp Parmesan cheese becomess a dish that will make the most patriotic American glad that he is "dining abroad at home."

CAULIFLOWER TIMBALES

1 head cauliflower weighing about ½ pound
¾ cup millk
3 tablesspoons butter
1 egg and either yolk orwhite extra
2 tablespoons grated Parmesan cheese
1 scant teaspoon flour
Salt and white pepper to taste

Wash the cauliflower to break apart into flowerlets. Boil about 10 minutes in salted water. Drain and fry in half the butter but do not brown. Chop fine or press through a coarse sieve. Add the rest of the ingredients and pour slowly into buttered molds (or line them with waxed paper). Place in a pan in water and cook in a slow oven from 30 to 40 minutes. The cauliflower may also be cooked in a double boiler, lined with waxed paper, for about half an hour.

Play Safe

According to the best authorities, the minimum daily A, D and B Complex Vitamin requirements of the average person are: A 4,000 USP Units, D 400 USP Units, B1 333 USP Units, B2 2,000 Micrograms, and approximately 10,000 Micrograms Nicotinamide.' The required amounts for other B Complex Vitamins have not yet been established.

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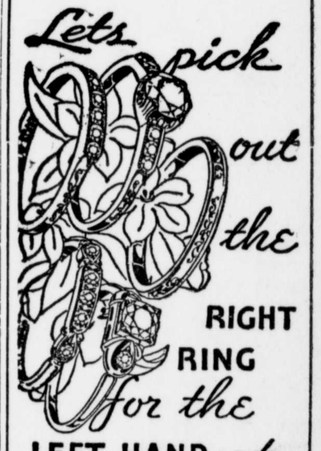

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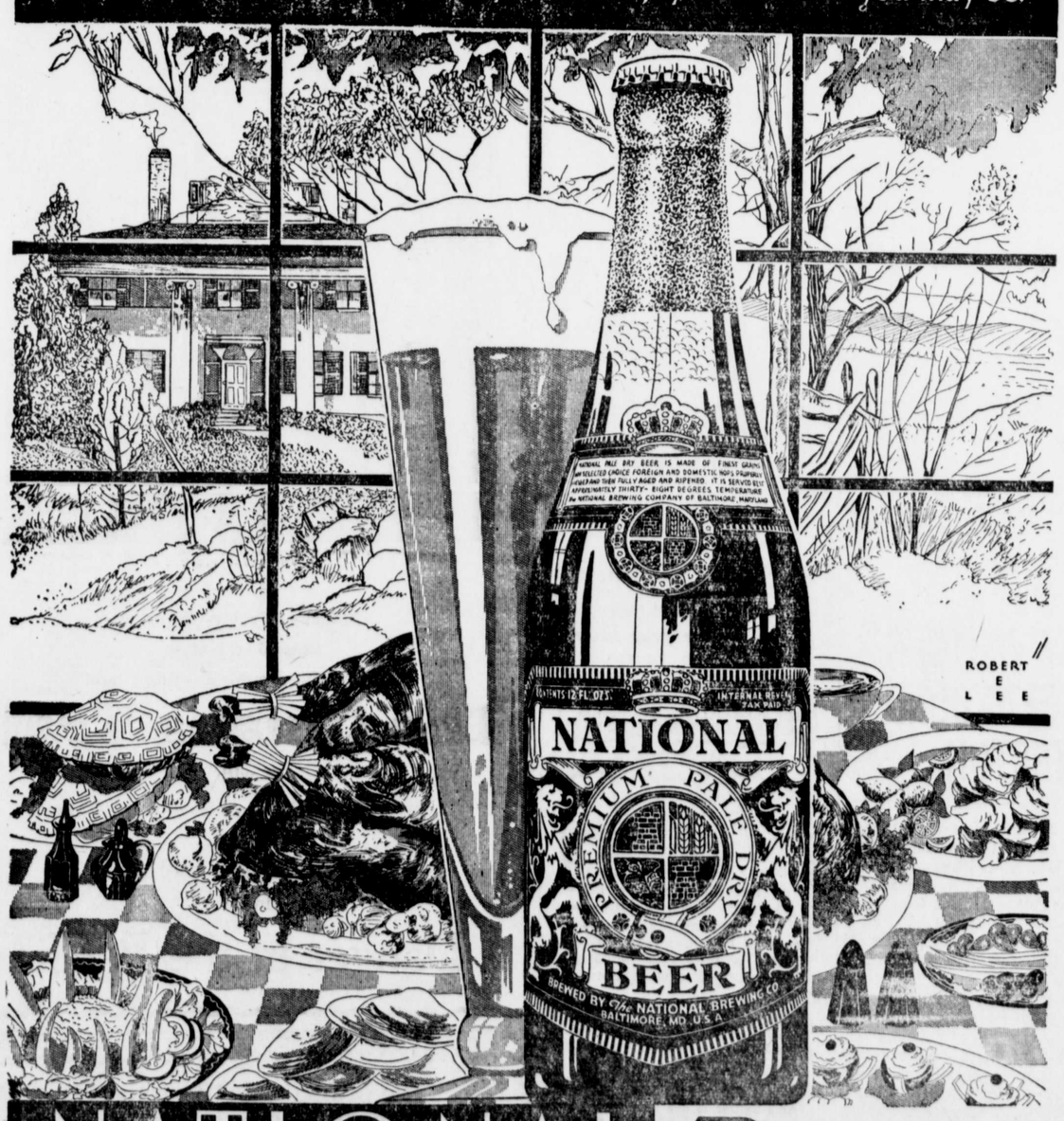

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