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

Hot Off The Griddle

Griddle cakes are really simple to make because they contain such few ingredients. One need only follow the recipe so results will be the same each time. Stir the batter only until smooth; batter may even be slightly lumpy. The stiffer the batter the less mixing is required. The batter becomes stiffer as baking powder is increased but the finished product is more porous and tender and has greater volume.

Cut washed, unpeeled, green tomatoes in ½-inch slices. Dip into flour, salt and pepper. Fry slowly in hot fat until browned. Turn and brown on the other side.

Clean mushrooms by brushing or washing in a small amount of water; cut off discolored end of stem. Tender young caps do not need peeling. Mushrooms may be cooked whole or cut in slices.

A piece of toast topped with apple sauce and garnished with a spoonful of whipped cream is a treat for children.

One should never look at a souffle for twenty minutes. Always open the oven door carefully, for souffles fall easily.

Fry cooked noodles in hot fat until well browned. Remove to dish, add more fat to frying pan and stir in ½ cup fine bread crumbs. Brown and sprinkle over the noodles.

The addition of celery, radishes, chestnuts, or oysters makes a pleasant variation in dressing for fish, fowl or meat.

Cook stewed tomatoes in butter for 10 minutes; then add cooked mushrooms cut into small pieces. Season with salt, pepper, celery salt and chopped parsley. Serve on toast points.

Creamed soups has a tendency to get too thick while they are being served. Hence it is a good idea to have hot milk or water nearby so, at the last minute, the soup can be thinned a little.

Mince lobster, add a pinch of dry mustard, 2 or 3 drops of Worcestershire sauce and a few chopped olives. Cut bread into shapes and toast lightly. Butter and spread with the lobster mixture. Serve as a canape.

Selection Of Sauces Serves As Dessert

The housewife who has on hand recipes for a few hot sauces and a few cold sauces is fully equipped to make a regular dessert out of the simplest cake, pudding or ice cream:

BUTTERSCOTCH SAUCE

2 egg yolks
2 tablespoons butter
¼ teaspoon salt
¼ cup brown sugar firmly packed
1 tablespoon water

Combine ingredients in top of double boiler and cook over hot water until sugar is dissolved, stirring constantly. Chill. Beat well before serving. Makes 3-4 cup of sauce.

CRIMSON SAUCE

½ cup red currant jelly
2 tablespoons hot water
2 tablespoons lemon juice
Dash of salt
2 tablespoons currants, finely cut
1 teaspoon maraschino cherry juice

Combine jelly, water, lemon juice and salt. Add currants, cherries and cherry juice. Serve on cottage pudding or with white steamed pudding. Makes 1 cup sauce.

HOT FUDGE SAUCE

8 squares unsweetened chocolate cut in pieces
1 3-4 cups water
2½ cups sugar
¼ teaspoon salt

Combine chocolate and water and cook over direct heat four minutes, stirring constantly. Beat with rotary egg beater until blended. Add sugar and salt, return to fire and cook four minutes longer. Serve hot on ice cream, cake or pudding. This sauce can be kept at least a month in the ice box and may be heated again in a double boiler or served cold.

—V—

Mashed Potato Croquettes

For a special treat in the potato line, instead of ending with mashing the potatoes go a little further and make

MASHED POTATO CROQUETTES

2 cups warm mashed potatoes
2 tablespoons butter
1 egg yolk
3-4 teaspoon soda
1-8 teaspoon pepper
1 teaspoon finely chopped parsley
1 teaspoon grated onion

Mix the warm potatoes with the butter, egg yolk, salt, pepper, parsley and onion blending thoroughly. If cold left over mashed potatoes are used careful mixing is essential so there will be no lumps. Cool. Shape the croquettes and egg and crumb them by rolling the croquettes first in crumbs, coating it lighty, then with a fork, lift croquette into eggs, and roll it from side to side until thoroughly coated. Drain a bit. Chill thoroughly. Fry for about one minute in fat (390 F.) Drain and serve hot.

—V—

Shirred Eggs For Sunday Supper

No matter what the weather, eggs are still in demand for Sunday night supper—particularly when the housewife has reached the point where she just can't think of another thing to prepare. Here is a good recipe to try soon.

SHIRRED EGGS

2 cups strained canned tomatoes (juice and pulp)
1 teaspoon onion, finely chopped
4 tablespoon quick cooking tapioca
1 teaspoon sugar
Dash of paprika
4 eggs
¼ cup grated cheese
1 teaspoon parsley, chopped

Place tomatoes and onion in top of double boiler, bring to boil, add dry ingredients and bring to brisk boil, stirring constantly. Place over rapidly boiling water, cook 5 minutes, stirring occasionally. Pour into baking dish, make four depressions and break an egg into each. Sprinkle with cheese. Bake in moderate oven (350 F.) 15 minutes, or until eggs are firm. Serves four.

—V—

Tomatoes, Mushrooms Attraction With Steak

On occasion the man of the family expresses his desire for steak, and lots of it—and with the steak he likes baked tomatoes—at least we've noticed the choice of the two in restaurants, and a very good choice it is. Like everything else, there are several recipes for baking tomatoes, but here is one that is slightly different, and so good with steak.

BAKED TOMATOES WITH MUSHROOMS

Cut 6 tomatoes in halves and sprinkle with salt. Chop an onion and fry in butter or oil. Add a cup of chopped mushrooms. When browned, add 2 cups of bread crumbs. Mix well, add more butter if necessary, and season with salt and pepper. Pile high on each tomato and bake in a hot oven until the tomatoes are cooked.

—V—

When you get your winter clothing ready to put away for the summer—remove all spots first. Dry cleaning is safest. Leave the clothing unpressed, since gasoline odor discourages moths.

Salt Rising Bread Treat For Breakfast

Anyone who has overlooked the possibilities of Salt-Rising bread as a tasty treat for the family, is really overlooking something well worth looking into. Served just as any other bread it is fine, but just serve it toasted with heaps of good butter and plenty of jelly or jam, and you'll even see father keeping his eye on the clock for breakfast time.

You can buy this grand bread at a great many bakeries, but if not, and you like baking, try it right in your own kitchen.

SALT RISING BREAD

1 cup milk
2 tablespoons white corn meal
1 teaspoon salt
1 tablespoon sugar
1 tablespoon melted shortening (may be omitted)
Flour

Scald the milk. Allow it to cool until it is lukewarm; then add the sugar, corn-meal and salt. If shortening is used, add it. Place in a fruit can or a heavy crock or pitcher and surround by water at about 120 F. Water at this temperature is the hottest in which the hand can be held without inconvenience. Approximately this temperature can be secured by mixing equal parts of boiling water and cold (not icy) water. Allow the mixture to stand for six or seven hours, or until it shows signs of fermentation. When it is fermented sufficiently the gas can be heard as it escapes. This leaven contains enough liquid for one loaf. If more loaves are needed, add 1 cup water, 1 teaspoon salt, 1 tablespoon sugar, and 1 tablespoon shortening for each additional loaf to be made. Beat thoroughly and put the sponge again at the temperature of about 120 F. When it is very light, add more flour gradually until the dough is so stiff that it can be kneaded without sticking to the hand or to the board. Knead ten or fifteen minutes; put at once into the pans; allow to rise until about two and one-half times its original bulk, and bake. This bread is never so light as bread raised with yeast. A loaf made with one cup of liquid therefore will come not quite up to the top of a pan of standard size.

—V—

Delicious Salads For Family Dinners

There is absolutely nothing unusual about a woman having trouble thinking of meals—many have the same trouble in spite of the fact that there are hundreds and hundreds of salad recipes for every and all occasions. Complicated ones and simple ones—the simple ones being those preferred for the greater number of occasions, mostly family dinners. Here are a few that most housewives will find well within her ability and time limit.

BEET SALAD

6 or 8 beets, medium size
Horse radish dressing
French dressing
Celery Curls

Boil beets until very tender. Peel and set aside to cool. Slice, marinate in French dressing and chill. Arrange on crisp lettuce leaves and serve with horse-radish dressing. Garnish with celery curls. If desired, canned beets may be used in this recipe.

For horse-radish dressing, mix 2 tablespoons evaporated horse-radish with 4 tablespoons cold water. Let stand ten minutes. Then add to mayonnaise.

RADISH and SCALLION SALAD

4 radishes for each serving
2 scallions for each serving
French dressing

Slice radishes very thin, leaving one for each salad, to be made into radish roses. Soak scallions in ice water for a half hour. Then slice thin. Combine with radishes. Mix with French dressing. Serve on crisp lettuce leaves. Garnish with relish roses.

PIMENTO OLIVE SALAD

¼ cup pimentos, chopped
4 hard cooked eggs, sliced
2 tablespoons green pepper chopped
½ teaspoon salt
French dressing or mayonnaise

Mix olives, pimentos, celery, peppers and salt. Arrange sliced eggs on lettuce and sprinkle with salt. Place a mound of the olives on top of eggs. Serve with French dressing or mayonnaise.

—V—

The large outside leaves of lettuce may be rolled around any kind of meat or vegetable mixture, covered with buttered crumbs and browned in the frying pan or in the oven.

Do you know that iron is very good for baking? New iron has to be well greased and warmed in the oven and then wiped out carefully before using.

—V—

Dried peas may be cooked in ham water if it is not too salty. When the peas are soft, put them through a sieve and add enough ham liquid to make a slightly thick soup. If the ham water is a little too salty, try diluting it with water. An onion or two may be added and cooked with the peas.

A HEARTY dinner, or midnight lunch, a little too much smoking, perhaps a cocktail or two—great fun tonight; a miserable letdown, headachey feeling tomorrow morning.

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