Food, of course, must be well seasoned to be worthy of its piquancy

THREE MEALS A DAY

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

Homemade Soup Made From Fish Stock

The mere mention of home-made soup often brings a frown to the housewife's forehead. Now everyone knows that frowns are bad things as they make wrinkles. The reason for said frown is usually the fact that one pictures soup in the making as an all day process with the stove going all day. Stuff, and nonsense, say we! There are short orders soups as well as short order anything else.

Nearly everyone saves the liquid from boiled fish and with this as a base the housewife can get to work and in no more time than a half hour have as fine a soup for lunch or dinner as if she had spent all day preparing it.

This soup is a good family style shrimp soup and is made by merely adding one quart of fish broth to one pound of pickled shrimps and bring to a boil. Then add one pint of boiling cream, season with salt and pepper and chopped parsley; and one-half cup of broken saltine crackers, and four tablespoons of sweet butter. The soup is all ready to serve as soon as the butter is melted.

—V—

Cinnamon Squares For Afternoon Tea

Those people who are fortunate enough to find time in the middle of the afternoon to relax and have a cup of hot tea will find these cinnamon squares a perfect joy to eat and a pleasure to serve to guests.

CINNAMON SQUARES

6 medium sized white potatcs
1 teaspoon salt
6 cups flour, about
Cinnamon
Sugar
Melted butter

Boil the potatoes until mealy. Mash and add salt and sufficient flour to make a stiff dough. Roll out on a floured board very thin. Cut into fairly large squares and bake to a delicate brown in a hot oven (425 F.) Remove from the oven, spread with melted butter, sprinkle with sugar and cinnamon. Fold corners up to the center, and serve hot. A spoonful of jam may be used instead of the cinnamon if desired.

—V—

Blankets and Sweaters Are Now In Order

Prepare for winter—two thirds of the cold weather is still ahead. Get out your warm sweaters and jackets, close off unused rooms, draw the blinds at night, serve hot soup for supper place a rug beneath the bedroom door. Now is the time to learn a lot from your grandparents; they knew how to blanket down for the winter. A year ago it might have been said the American people are not quite as tough as they used to be.....but the boys in North Africa and in the Solomons are certainly disproving that theory. We can manage to get along at sixty degrees in order to bring them home sooner.

Caramels and Fudge Made The Old Way

Despite modern methods everyone at some time or the other has the tendency to turn old fashioned. It may be in the decoration of the home or it may be in the preparation of some dish. Well they often say that old things are the best:

OLD FASHIONED CARAMELS

2½ tablespoons butter
2 cups brown sugar
2 tablespoons molasses
½ cup condensed milk
4 squares unsweetened chocolate
1 teaspoon vanilla
1 cup nut meats

Melt the butter, add the sugar molasses and the milk and bring to a boiling point. Cut the chocolate in small pieces ,and add, stirring constantly until the chocolate is melted. Boil until the caramel forms a soft ball when dropped in cold water. Add the extract and the nut meats and pour into a greased pan. Cool a little and when fairly firm, cut in squares.

OLD FASHIONED FUDGE

1 cup brown sugar
1 cup granulated sugar
2-3 cup condensed milk
2 squares unsweetened chocolate
2 tablespoons butter
2 tablespoons corn syrup
1 teaspoon vanilla
1 cup nut meats, chopped

Cut the chocolate in small pieces and cook with the brown and granulated sugar, the condensed milk and the corn syrup. Stir until sugar is dissolved. Then cook, stirring occasionally until the fudge forms a soft ball when dropped in cold water. Remove from the fire, add the butter and let stand until it is cool. Then beat until it begins to lose its glossy appearance. Add the vanilla and the nuts, pour on a greased pan and allow to cool. Cut in squares.

—V—

Cookies Reappear With Cooler Days

With the coming of fall, one starts to think of pies, cakes and cookies that have been forgotten during the hot weather. One of these forgotten favorites is

SOFT MOLASSES COOKIES

1 cup molasses
1 tablespoon ginger
1 teaspoon soda
¼ cup butter, melted
2 tablespoons milk
Flour

Combine the melted butter, molasses and ginger, and mix well. Dissolve the soda in the milk and add to the first mixture. Sift into liquid mixture sufficient flour to make a dough stiff enough to be rolled. Chill. Roll ont to ½-inch thickness. Cut with a cookie-cutter and bake on a greased cookie sheet in a moderate oven (350-F.) for about 10 minutes.

—V—

Dice celery and cook until tender Drain off the water and saute in butter. Add left-over brussels sprouts and a spoonful of white sauce.

—V—

Left-over bits of a sweet souffle may be fried and then garnished with whipped cream for a desert.

Delicious Pumpkin Pie

½ recipe pie crust
2 cups shredded coconut
2 cups mashed cooked pumpkin
1 cup sugar
½ teaspoon mace
¾ teaspoon cinnamon
½ teaspoon allspice
½ teaspoon nutmeg
½ teaspoon salt
3 tablespoons melted butter
3 eggs, slightly beaten
2 cups milk, scalded

Line deep pie plate with pastry, rolled 1-8 inch thick, ollowing pastry to extend 1 inch beyond edge. Fold edge back to form standing rim; flute with fingers. Combine 1½ cups coconut and other ingredients in order given; mix thoroughly and pour into pie shell. Bake in hot oven (450 F.) 20 minutes, then reduce heat to moderate (350.F.) and bake 20 minutes longer. Sprinkle remaining ½ cup coconut over top of pie and bake 10 minutes longer, or until custard is firm and coconut a delicate brown.

—V—

Creamed Chipped Beef

Here is just one of those dishes that will delight the housewife—even the housewife whose budget isn't badly depleted—because aside from being sort of a budget dish, it's good to the last swipe of the plate and is an added excuse for serving chipped beef real soon.

CHIPPED BEEF AND MUSHROOMS

4 tabespoons butter
7 ounces chipped beef
½ cup butter
1 4-oz. can (½ cup) sliced mushrooms drained
2 tablespoons chopped pimento
½ cup flour

Melt 4 tablespoons butter in frying pan. Add chipped beef, stir until frizzled. Blend ½ cup butter with the flour and add the milk gradually and cook until thickened. Combine the creamed mixture with the chipped beef and add the mushrooms and pimento. Serve on hot buttered toast or toasted English muffins.

—V—

Cream Frosting

3 ounces cream cheese
¼ cup milk
3 cups sifted confectioners' sugar
1-8 teaspoon salt
1 teaspoon vanilla
3 ounces (squares) chocolate, melted

Blend cream cheese with milk. Add confectioners' sugar, salt and vanilla; beat in chocolate. Will frost 2 (8-in.) layers.

—V—

If you have a Welsh rarebit left over, try adding some canned tomato soup unthinned and serve this as a sauce with macaroni or rice.

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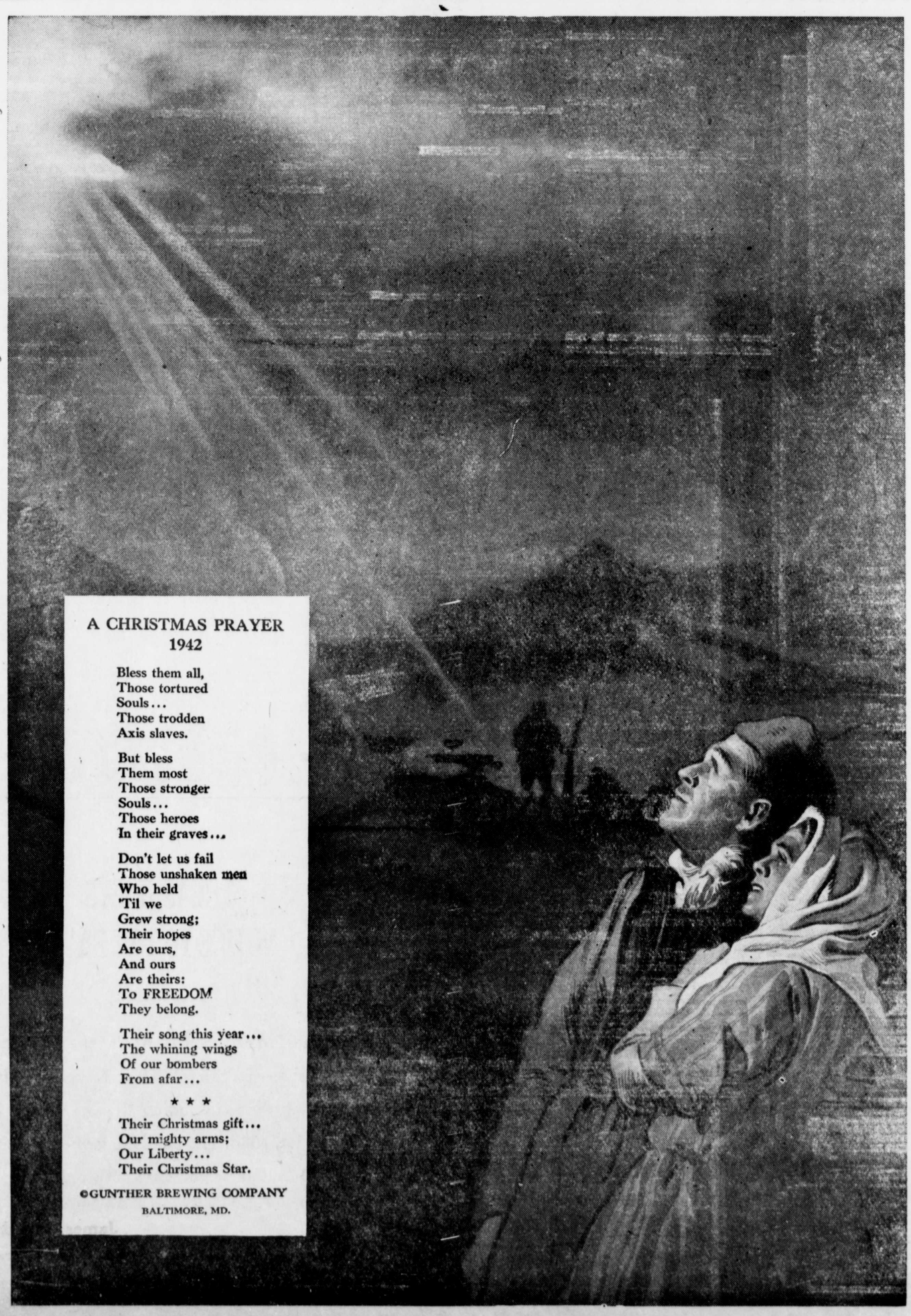

A CHRISTMAS PRAYER
1942

Bless them all,
Those tortured
Souls...
Those trodden
Axis slaves.

But bless
Them most
Those stronger
Souls...
Those heroes
In their graves...

Don't let us fail
Those unshaken men
Who held
'Til we
Grew strong;
Their hopes
Are ours,
And ours
Are theirs:
To FREEDOM
They belong.

Their song this year...
The whining wings
Of our bombers
From afar...

★ ★ ★

Their Christmas gift...
Our mighty arms;
Our Liberty...
Their Christmas Star.

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