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

For fine cooking everyone should really own a dutch oven. This is a flat deep iron spider with a tight fitting iron cover, that fits over one burner on the top of the stove. It pot roasts meat or fowl in their own juices, without adding water, by long, slow cooking which requires no watching.

Did you know that you could measure butter nicely for cooking by buying it in a brick? For measuring, cut 1 pound of brick butter or lard in half crosswise, each square equals one cup. Cut each square in half for half cups. Cut into four equal parts for one-fourth cup. Cut each fourth into four equal parts and each part equals one tablespoon.

To cut brick butter, cover blade of knife with wax paper or dip knife in very hot water, or saw through with a string.

Mushrooms should not be peeled for drying. Trim and slice as soon as possible after buying. Cut the stems crosswise. They should be dried quickly. Spread on a board of paper and set in a sunny place or in an oven, not too hot, lest they steam and spoil. A place near the furnace or in the furnace encasement is best. Rinse well in cold water before cooking.

Did you know that:

1 pound of topped beets makes about 2 cups when cooked and dried. Serves 3 or 4.

1 pound of asparagus, cut into 1-inch pieces for creaming yields about two cups when cooked. Serves 3 or 4.

An average bunch of broccoli, weighing from 1½ to 2½ pounds, serves from three to six.

One pound of Brussels Sprouts, when trimmed and cooked, yields about three cups of sprouts. Serves four to five.

A pound of cabbage yields approximately 3½ cups of finely shredded cabbage for salad, or 2½ cups when cut and cooked. Makes three servings of cooked cabbage.

One pound of topped carrots yields about 2½ cups of raw diced carrots, or 2 cups when cooked. Serves 3 or 4.

A bunch of celery weighing 1½ pounds yields approximately three cups raw celey; sliced, or 2 cups when cooked; 3 small bunches yields hearts for serving six.

An eggplant weighing about 1 lb. yields 11 slices cut ½-inch thick, or 4½ cups raw eggplant, diced, or 1¾ cups cooked eggplant diced.

To par-boil meat, heat frying pan hissing hot. Rub sparingly with a piece of fat. Sear meat quickly on each side. Reduce heat and finish cooking, turning occasionally. Let meat stand on edge when nearly done to brown outside fat. Pour off excess fat occasionally. Time for cooking meat varies with thickness.

When boiling a ham to serve cold, let the ham stand in the water in which it was cooked until cool. When cold, peel off the skin and slice.

To prepare sweetbreads, let them stand 1 hour in cold water and then drain. Place them in boiling water to which 1 tablespoon vinegar has been added and cook 15 minutes. Drain and plunge them in cold water in order to keep them firm and white. After this par-boiling, sweetbreads are ready to cook in any way desired, such as sauteing, broiling or creaming.

This is the time of year again when such a simple dessert, but such an excellent one as gingerbread should be recalled to mind. It's perfectly grand for the children's lunch and dad will certainly be glad to see it topped with delicious molasses whipped cream for his dinner dessert.

To measure liquids, place a standard measuring cup level on the table. For fractions of cup, pour in liquid to desired amount as indicated on side of cup. To measure full cup first look at your measure, the one-cup mark on some cups is at the rim, so fill that cup brimming full. On some cups there is a mark below the rim to indicate one cup.

One can save materials, time and patience by owning a flexible narrow spatula to remove the last trace of batter from mixing bowls, to loosen freshly baked cakes from pans, to level measurements, and to do the many helpful little things it is capable of doing.

Wash dried figs, soak overnight in a bowl of grape juice. In the morning drain and serve in individual plates, several to each person. This is also good for a luncheon dessert. Add the left-over juice to the next day's pineapple or orange juice.

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Better Knowing

We would rather know the destiny of the human race than that of any nation.

A "Feed Of Spare Ribs And Kraut

With the holiday season over we settle ourselves down to everyday routine of housecleaning, and planning meals. We have had our fill of turkeys and geese and are now all set for a good, wholesome "feed." As good as turkey sounds to us, spare-ribs and sauerkraut sounds better, and when served with those nice raw-fried potatoes—oh—what a feed!

SPARERIBS AND SAUERKRAUT

3 pounds pork spareribs
3 cups sauerkraut
¼ cup brown sugar
Salt and pepper

Choose spareribs with meat on them. Place on rack in a roasting pan, in a hot oven (500 F.) for 20 minutes ,or until nicely browned. Reduce heat to 300 F. place sauerkraut on ribs, sprinkle with brown sugar. Return to oven and bake until tender which is about one hour.

Here are the spareribs and sauerkraut en casserole which is also very fine eating:

Spareribs and Sauerkraut en casserole: Brown the pieces of spareribs on each side in a frying pan with pork fat. Season the meat with a little salt, pepper and poultry seasoning; place half of the kraut in a casserole, add the meat, then the balance of the kraut and boiling water to cover. Bake in a slow oven about two hours, closely covered, and serve with mashed potatoes.

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Dried Lima Beans Make Tasty Loaf

Despite the fact that dried lima beans often have a very sad look about them, a little treatment will bring a real bloom into their cheeks, the result of which means some very tasty dish to tempt the palates of one and all.

LIMA BEAN LOAF

2 cups dried lima beans
1 cup dry bread-crumbs
4 tablespoons peanut butter
½ teaspoon pepper
1 tablespoon poultry seasoning
2 tablespoons grated onion
1 tablespoon bacon fat
1 cup milk (more, if needed)

Wash and soak the beans overnight then cook in boiling water until soft (about forty-five minutes). Drain, cool, then chop coarsely. Add crumbs mixed with the peanut butter and seasoning, then fat, and milk to moisten. Put into a greased bread-pan and bake in a moderate oven (350-400 F.) thirty minutes. Serve with brown sauce, cream sauce or tomato sauce.

For those who prefer—

TOMATO SAUCE

1 quart fresh or canned tomatoes
1 slice onion
8 cloves
3 tablespoons fat
3 tablespoons flour
Salt and pepper

Set the tomatoes onion and cloves on the fire to cook for twenty minutes. Brown the fat in the frying-pan, add the flour, and cook until smooth and brown, stirring constantly. Add the tomatoes, cook for three minutes, season with salt and pepper and pass through a strainer fine enough to hold back the seeds. This makes a very thin sauce. Use more flour if you prefer a thick sauce.

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To Serve As Vegetable Or As Luncheon Entree

Tomatoes at this time of the year plays a really important part in our daily diet—being plentiful, more inexpensive and much tastier than in the winter time. Here is just one way to serve them hot:

BAKED TOMATO SURPRISE

6 medium sized tomatoes
2 strips bacon, dried, if desired
1 tablespoon onion, finely chopped
3 tablespoons quick-cooking tapicoa
1 teaspoon salt
⅛ teaspoon pepper
½ cup corn, canned or fresh
½ cup buttered crumbs

Cut thin slice from stem-end of each tomato and remove part of pulp. Sprinkle inside with salt, invert, drain. Saute bacon and onion until golden brown; combine with quick-cooking tapioca, salt, pepper, corn and tomato pulp. Fill tomatoes with tapioca mixture; sprinkle with crumbs Place in baking dish; bake in a moderate oven (350 F.) 30 minutes. Serve as a vegetable or as a luncheon entree. Serves 6.

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Sweet Pepper And Asparagus Salad

Though salads are served throughout the entire year—one can almost say that this is salad season, inasmuch that in most families they are now eaten twice a day—occasionally being the main dish in the meal. This being the case, the more salads the merrier.

SWEET PEPPER AND ASPARAGUS SALAD

Cut sweet red peppers in strips and mix with fresh asparagus tips. Lay on a bed of lettuce hearts and water cress Use half as much peppers as asparagus. Dress with the following: Mix together one small red sweet pepper finely chopped, one very small Bermuda onion, finely chopped, one small cucumber pickle, finely chopped, dash of cayenne paprika and salt. Stir this mixture into one cup of mayonnaise.

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Several Tried And True Recipes for Salt Codfish

On and on fish days go, week in and week out. It used to be that if we could think of nothing else to serve come a Friday night, we had merely to step into the pantry, bring forth a can of tuna and dinner was practically on the table—but times have changed, and all of a sudden tuna has become practically a delicacy—just featuring it! But 'tis very, very true. So, changing our tactics we turn to something else as that old reliable emergency dish. Why not salt codfish? Well, say so many, it's a troublesome thing—but how untrue, how untrue. It only means that instead of waiting until ten to six to think of dinner, we must think three hours earlier, put ye fish on to soak and then think of it only three times during the next three hours. Then come dinner time, any one of a large number of tasty dishes can be prepared. Here are just a few of many.

CREAMED CODFISH

1 cup salt codfish
1 cup milk
1 egg
2 tablespoons butter
2 tablespoons flour

Separate the fish into very small pieces and leave in cold water for three hours, changing the water three times. Heat the milk in a double boiler. Add the codfish, well drained, and cook for ten minutes. Mix the butter with the flour until a smooth paste is formed, then stir it into the milk. Cook ten minutes. Take the dish from the heat, add the beaten egg, stir well and serve without further cooking, adding a sprinkling of pepper just before dishing. If the sauce is cooked after the egg is added, the milk is likely to curdle. The egg may be omitted if desired.

CODFISH A LA MODE

1 cup salt codfish
2 cups mashed potatoes
2 cups milk or cream
2 eggs
¼ cup butter or other fat
Pepper

Pick very fine and freshen salt codfish as in preceding recipe; mix with mashed potatoes, milk and cream well-beaten egg, butter and pepper. Turn into a baking dish and bake twenty or twenty-five minutes in a moderate oven (350 F.)

CODFISH BALLS

1 cup salt codfish
4 cups sliced raw potatoes
2 tablespoons milk or cream
2 tablespoons butter or other fat
1 egg
Pepper

If the fish is not already shredded, pick out all the bones and shred the flesh. Simmer the fish and the sliced potatoes together in plenty of water until the potatoes are soft. Drain, mash, and beat until fine and light; then add the pepper, fat and milk, and the egg, well beaten. Mix all thoroughly with a spoon. Shape into balls. Fry in a frying basket in deep fat. (375-390 F.) for two or five minutes.

CODFISH SOUFFLE

1 cup salt codfish
2 cups raw potatoes
2 tablespoons milk or cream
2 eggs
1 tabelspoon butter or other fat
Pepper

Place the fish and potatoes together in enough boiling water to cover them, and let them boil until the potatoes are done. Drain thoroughly, mash the potatoes and fish, and beat them well with a fork, adding white pepper, butter, milk or cream. The mass should be made light with vigorous beating. Then beat in the well-stirred yolks of two eggs, and lastly, fold in the well-whipped whites. Arrange the souffle in an oiled baking dish and bake in a moderate oven (375 F.) about twenty minutes, until it is brown. Serve with cucumber pickles, piskled peppers, horseradish, or fresh cucumbers.

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The Very Simple Salad

More often than not, the very simple salads are the most popular—plain lettuce for example dressed with one of a large assortment of dressings, or chilled boiled artichokes with good mayonnaise or possibly one of the following:

LETTUCE AND ONION SALAD

2 lettuce hearts
French dressing
1 Spanish onion

Strip off, and set aside for some other purpose, the green leaves of lettuce. Wash the hearts, pull them to pieces or cut into sections, and drop into ice-water to crisp them. Peel the Spanish onion and cut it into thin shavings. Shake the lettuce in a collander or wire basket to free it from water or dry on a towel. Fill the salad bowl with alternate layers of the lettuce and onion slices, sprinkling on each layer a little French dressing.

Variation To Pie Crust Cream Cheese Offers

Here is just one of many variations that a housewife can make in her pies via the crust. A poor crust can ruin a pie, as we all know, so for bigger and better crusts we offer:

CREAM CHEESE PIE CRUST

3-ounce pkg. cream cheese
¼ cup shortening
1 cup flour

Cut the shortening and cheese into the flour, using two knives or a pastry blender. Blend until mixture holds together. Roll out on a lightly floured board and use for lining pie pan or making tarts. If not used immediately, wrap in waxed paper and chill until ready to use. Bake in a hot oven (450 F.) This crust may be used for a large pie, shell or tarts. It is delicious for fruit pies or cooked cream fillings. The small tarts may be filled with jams or jellies.

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Oyster Chowder

While oysters are still in season one will certainly want to try this chowder, as it will prove a pleasing change on some chilly night.

OYSTER CHOWDER

1 quart oysters
6 potatoes
1 onion
1 cup water
3 cups milk
2 tablespoons butter or other fat
1 tablespoon flour
Salt and pepper
3 pilot bisucits

Drain the oysters, and remove any particles of shell. Strain the liquor through a fine wire sieve. Slice the potatoes and onion thin and boil them in the oyster liquor and water until tender but not mushy. Make a white sauce with the fat, flour, and milk, put the oysters into it and cook two minutes. Combine white sauce with potatoes and onion in which they have been cooked. Season to taste with salt and pepper. Place the pilot biscuits in the hot tureen. Pour the chowder over them, and serve immediately.

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Tasty Luncheon Dishes Prepared Of Eggs

When one has a craving for eggs, and the usual breakfast assortment doesn't prove satisfactory—try one of these dishes for a luncheon treat:

SAVORY EGGS

6 hot hard-cooked eggs
Salt and pepper
¼ cup hot cream
1 cup hot thin white sauce
Chopped parsley
Anchovy paste
6 slices hot buttered toast

Cut the eggs in two lengthwise and remove the yolks. Mash the yolks, add seasonings, cream, parsley, anchovy or any desired relish, and refill the whites. Place on slices of toast and pour the white sauce over them.

SCALLOPED EGGS

Butter
6 hard cooked eggs
Crumbs
Salt and pepper
Milk or cream

Grease a baking-dish and place in it a layer of crumbs, then a layer of slices of hard-cooked eggs. Dot with bits of butter, sprinkle with salt and pepper, and add another layer of crumbs. Repeat in this order until the dish is full, having a layer of buttered crumbs on top. Pour cream or milk over the whole until it comes about half-way to the top of the dish and brown in a moderate oven (350-400 F.).

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Corn Bread

1¼ cups corn meal
1½ cups sour milk or buttermilk
2 tablespoons shortening
1 egg
1 teaspoon soda
1 teaspoon salt

Sift meal, salt and soda; add half the milk, then egg and rest of the milk. Add melted shortening. Pour into pan and bake in hot oven (450-F.) for twenty minutes, or until done.

PLANTATION SPOON BREAD

1 teaspoon salt
1 cup corn meal
1½ cups boiling milk
2 egg yolks
1 egg whites
2 tablespoons shortening

Sift corn meal and salt in a bowl large enough to give room for mixing. Scald meal with boiling milk. which must be boiling hard at the time it is poured over the meal. Use a wire egg beater to mix the milk and meal, so as to save every bit of time possible. Add the egg yolks which have been slightly beaten, then the egg whites stiffly beaten. Pour the hot melted shortening in the bowl of batter and fold it in with as little beating as possible. Put in a preheated baking dish (it should be hot enough for the mixture to sizzle when the batter is poured in). Bake in a hot oven for about 20 minutes. The secret of spoon bread is to keep it at boiling point until it is in the oven. Have everything ready before you scald the meal.

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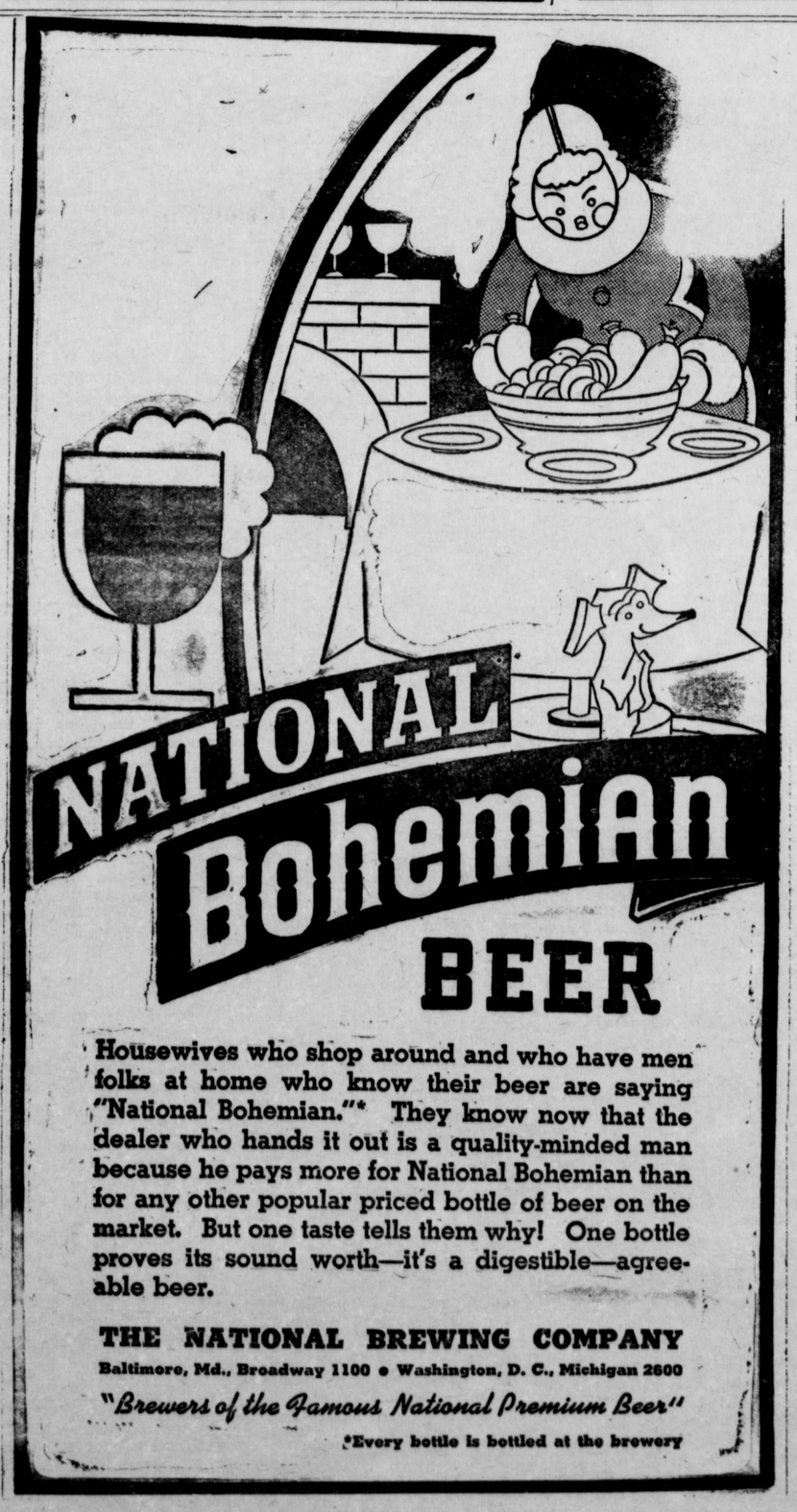

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