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

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 souffle.

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 have 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 may be thinned a little.

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.

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.

Crumple crisp bacon and add to spinach or dandelion greens.

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.

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.

It is well to have a basket for deep-frying, so that when the food is brown you can lift it all out at once and not have to skin out one piece at a time.

When washing cotton clothes, special care should be given to the parts like hem, under-arms, necks and cuffs.

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

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

The flavor of coffee is much better preserved if the coffee is removed from the pot into a glass container.

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.

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

Printed linoleum is a cheap patterned variety which will not stand hard usage.

—V—

Put the ingredients for French Dressing into a jar or bottle with a tightly fitting top, and keep it in he refrigeraor. 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.

Manhattan Clam Chowder

2 dozen fresh clams
boiling water
4 potatoes, diced
3 medium onions, sliced
1-3 cup celery, finely diced
2 slices salt pork, diced
1 teaspoon salt
¼ teaspoon pepper
2 cups canned tomatoes, pulp and juice

Wash clams thoroughly. Place in kettle with ½ cup boiling water and cover closely. Steam only until clams are well opened. Remove from fire. Drain, reserving liquor, and cut clams in small pieces. Add potatoes, onions and celery to 2 quarts boiling water. and cook together 15 minutes. Fry salt pork until golden brown. Add pork and dripplings, clams and clam liquor, seasonings, and tomatoes to potato mixture and cook all slowly 1 hour. Serves 8.

—V—

Spiced Rusks

2 cups bread flour
4 taspoons baking powder
½ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon nutmeg
2 tablespoons brown sugar
4 tablespoons shortening
1 egg
Milk

Sift the dry ingredients and cut in the shortening. Break the egg into a cup and add sufficient milk to make 2-3 cup of liquid. Add to the flour mixture and mix lightly. Turn out on a floured board and knead for a few seconds. Cut into small pieces and form into balls the size of a walnut. Place close together in a lightly greased pan. Brush with milk and sprinkle with brown sugar and cinnamon. Bake in a moderate oven (375F.) for 20 to 25 minutes.

—V—

After mixing a cake, beat it a few minutes with a silver fork and it will be finer grained.

—V—

Chicken Fricassee Economical For Guests

When Sunday comes rolling around as it does every seventh day the housewife usually spends more time in preparing something very special as the whole family is home (and a few relatives besides).

Now if economy is essential as it is with most of us, one can take a chicken and make it stretch ever so far by serving chicken fricassee. This is very very good if properly prepared and when served with dumplings it's almost the last word in fine feeding.

CHICKEN FRICASSEE

5 pounds chicken
2 stalks celery
1 onion, chopped
1 carrott, diced
1-3 cup flour
½ teaspoon salt
⅛ teaspoon pepper

Clean the chicken, place in a stew pan and cover with boiling water. Add the celery, carrot and onion and cook over a slow fire for about two hours. Add the salt and pepper and cook about another hour until tender. When the broth cools, remove the fat and place it in a large frying pan, stir in the flour and strained broth (warm water may be added if necessary) in which the chicken has been cooked. Remove the skin from the bird and cut in sections and place in the gravy. Serve with dumplings made as follows:

1⅛ cups sifted flour
1 teaspoon salt
½ cup milk
1 egg

To the beaten egg, add salt and milk and stir into the flour to form a smooth batter. Drop by spoonfuls into boiling salted water and cook 15 minutes. Drain in collander.

—V—

Boiled Ham

For boiled ham, the end of the shank bone should be sawed off. Scrub ham with stiff brush and if necessary wash in solution of ¼ teaspoonful soda to 1 quart water.

Immerse ham in kettle of boiling water or water and cider. Reduce temperature immediately and add seasonings, as bay leaf, cloves, and peppercorns, also onions and carrots. Simmer gently for several hours, or until tender. Do not allow water to bubble.

—V—

Cheese biscuits are delicious to serve at luncheon or bridge with a green or fruit salad. Make a plain biscuit dough and before the milk is added, add one-half cup of grated American cheese. Bake as usual.

—V—

A wooden mixing spoon is light and well adapted to beating cake batter; it makes little noise and does not discolor the batter.

—V—

Jellied Mushroom Soup

Here is a dish that is seldom, if ever seen and it's tastiness has made it worthy of high honors in the family recipe file:

JELLIED MUSHROOM SOUP

¾ pound mushrooms
3 cups water or half water and half chicken stock
2 slices onion
1 teaspoon salt
⅛ teaspoon pepper
4 teaspoons gelatine
¼ cup cold water
Stalk of celery or celery tops

Peel and slice mushrooms. Use caps, stems and washed peelings. Add water or water and stock, onion, celery, salt and pepper. Cook slowly about twenty minutes. Press through puree strainer, pressing hard to get through as much pulp as possible. There should be about three cups; if not, add water or stock. Soak gelatine in cold water five minutes and add to mushroom stock. When cool dissolve over boiling water. Place in icebox to chill thoroughly, stirring occasionally until mixture begins to thicken. This is a thin gelatine mixture; it should be served icy cold but not frozen in chilled bouillon cups.

—V—

Egg and Cheese Toast With Tomato Catsup

Has it ever happened to you? Some friends drop in and you plan on the spur of the moment to have a bite to eat? If the ice box is a bit bare the old stand-by is usually scrambled eggs. Everyone likes scrambled eggs and no one objects. But think how much nicer it would be if you could serve these scrambled eggs in a little different manner. Here is how:

EGG AND CHEESE TOAST

3 eggs, slightly beaten
¼ cup milk
¼ teaspoon salt
Dash of pepper
1 tablespoon butter
½ cup grated cheese
4 slices toast
Tomato catsup

Combine egg, salt, and pepper and milk together. Melt butter and pour in the egg mixture, stirring constantly until eggs are cooked. Spread the toast with tomato catsup, heap each piece with scrambled eggs and cover with grated cheese. Place in broiler to brown and melt the cheese. Serve at once.

—V—

Tomtao - Cheese Sauce

2 tablespoons butter
2 tablespoons flour
1 cup milk or liquid from canned peas
1 cup concentrated tomato soup
3 tablespoons grated American cheese
¼ teaspoon salt

Melt butter, add flour mixed with salt; stir until well blended. Pour on milk gradually, while stirring constantly. Bring to boiling point; boil 2 minutes. Place in top of double boiler and add the tomato soup and grated cheese. When heated through the sauce is ready to serve.

—V—

Home Made Candies Very Special Dessert

Now that Christmas is well over but far from forgotten, one starts to look around and see just what is left over. It did seem that there should have been enough candy to last for a year but somehow candy, and especially home made candy just seems to disappear, almost, one could say, "evaporate." Here are a few different recipes for that new "batch" that are certainly fine and also "easy to make" which is a phase welcomed by women when looking for recipes:

CHOCOLATE PEANUT BRITTLE

2 squares unsweetened chocollate
2-3 cup sweetened condensed milk
¼ cup corn syrup
1 cup shelled roasted peanuts

Melt chocolate in heavy pan. Add condensed milk and corn syrup. Stir over low heat and mixture will crackle when tested in cold water. Add peanuts. Turn onto buttered pan and press into thin sheet with hand. When cold break into pieces.

ROLLY POLY

½ cup cocoa
1½ cups confectioners' sugar
½ cup sweetened condensed milk
1 tablespoon vanilla
½ cup pistachio or other nut meats

Sift together cocoa and sugar. Moisten with milk and vanilla. Blend thoroughly. Pat out on board, or wax paper, which has been dusted with confectioners' sugar, into oblong layer ¼ inch thick. Blend remaining confectioners' sugar and condensed milk. Tint with vegetable coloring if desired. Add chopped nut meats. Spread with a spatula, on top of dark layer; folding edges to conceal fondant. Allow to stand in cool place until firm. Cut into diagonal slices ½-inch thick. Wipe knife after each slice, to keep the colors clear.

—V—

Luncheon Soups Act As Time Savers

Heavy soups are just fine for luncheon at this time of the year and the housewife who keeps a pot on hand will save herself many hours of otherwise hard work.

BAKED BEANS AND TOMATO SOUP

3 cups water
1½ cups cold baked beans
1 tablespoon onion, diced
1 stalk celery
2 cups tomatoes
1 teaspoon salt
1 tablespoon butter, melted
1 tablespoon flour
Pepper

Combine the beans, celery, water and onion and let simmer 30 minutes until the vegetables are soft. Add the tomatoes and rub through a strainer. Melt the butter, add flour and slowly add to the tomatoes and beans. Season with salt and pepper. Serve hot.

—V—

Tuna & Celery Souffle

In the event that a change is desirable—why not try a tuna and celery souffle—they are such delicate, delicious things and so completely satisfying at the same time.

TUNA AND CELERY SOUFFLE

4½ tablespoons quick cooking tapioca
1¼ teaspoons salt
⅛ teaspoon pepper
1 cup celery, finely cut
2 cups milk
1 cup tuna, flaked
3 egg yolks, beaten until thick and lemon colored
3 egg whites, stiffly beaten

Combine dry ingredients, celery and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes) cook 5 minutes stirring frequently. Add fish and egg yolks. Fold in egg whites. Turn into greased baking dish. Place in a pan of hot water, bake in a moderat oven (350 F.) 60 minutes. Serves eight.

—V—

Clams In Tempting Combination

There is hardly a town along the coast that doesn't have clams, —those grand little bivalves that spend their lives making people happy by getting themselves in such fixes as this:

MACARONI WITH SCALLOPED CLAMS

1 package macaroni
1 quart clams
3 tablespoons butter
1 tablespoon flour
1½ cups milk
1 teaspoon milk
⅛ teaspoon pepper
⅛ teaspoon paprika
1 tablespoon parsley
½ cup buttered bread crumbs

Boil the macaroni for 9 minutes in 4 quarts of rapidly boiling water to which 1 teaspoon salt has been added. Drain. Clean the clams, steam to remove from shell (or remove from can,) reserving ½ cup liquor. Mince the clams, rejecting the tough parts. Make a white sauce by melting the butter and blending in the flour and the milk. Add the salt, pepper, paprika and the parsley and cook until the sauce thickens. Add the strained liquor. Into a well buttered dish place alternate layers of macaroni and clams, finishing with the macaroni. Pour the sauce over this, cover with buttered bread crumbs and bake in a quick oven for 15 minutes.

—V—

Rice Muffin Fritters With Jelly

You will find this recipe to be one that adapts itself equally well to a breakfast, luncheon or supper menu. It's a sure cure for menu monotony, and the success of this recipe is assured before you start —it never fails.

The jelly topping will add a zestful flavor to the hot muffin fritters. It is advisable to choose a jelly that has a tart flavor, such as currant. If you wish to vary the flavor a bit—whole kernel corn may be substituted for the cooked rice in this recipe.

RICE MUFFIN FRITTERS

1 egg
1 cup milk
1 cup cooked rice
1½ cups flour
½ teaspoon salt
4 taspoons baking powder
12 strips thinly sliced bacon
Currant jelly

Beat egg, add milk and rice; mix thoroughly. Add flour sifted with salt and baking powder. Line 12 muffin tins with the strips of bacon. Fill with batter. Bake in hot oven at (425 F.) about 30 minutes. Turn upside down to serve, and top each with a spoon ful of currant jelly. Serves six.

—V—

Orange Sponge Cake

1¼ cup sifted cake flour
1¼ teaspoons baking powder
¼ teaspoon salt
1 cup sugar
1 tablespoon grated orange rind
2 eggs and 1 egg yolk
¼ cup orange juice
¼ cup water

Sift flour once, measure, add baking powder and salt and sift together three times. Add ½ cup sugar, and orange rind to eggs, and beat with rotary egg beater until thick and lemon colored; add remaining sugar gradually, beating very thoroughly; with rotary egg beater until smooth. Bake in ungreased tube pan, in moderate oven (350 F.) for 55 minutes.

—V—

Raisin Biscuits

2½ cups flour
2 eggs
¾ cup of milk
4 taspoons baking powder
½ teaspoon salt
1 tablespoon sugar
1½ cups seeded raisins

Sift flour, sugar, baking powder, and salt. Beat the eggs and add to the milk. Mix the shortening into the flour, stir in the milk and egg. Add raisins. Turn onto a well floured board and knead until smooth, using more flour if necessary. Cut with small biscuit cutter and bake in a hot oven, (450 F.) for 15 minutes. Serve hot.

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