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

To start a fresh coal fire, make a bed of tightly crumpled paper, then kindling wood, and, on top, a little coal, and light. When this coal catches, add more in small amounts at intervals until the fire is the desired size.

Diapers are best folded unironed.

When bothered by rats and mice, search for possible holes or large cracks through which they may enter, and fill them in. Do not leave food exposed. Catch in traps baited with small pieces of bacon rind or bread crumb, or bit of dry cheese. The bait must be a mere crumb or else the animal will eat the food and escape the trap. If traps are to be used more than once, they should be washed in scalding water after each use.

When serving a veal roast, the bone may be removed by the butcher and the meat rolled and tied into place so that, when served, the roll simply has to be sliced down thinly like a loaf of bread. Or, the bone may be left in, in which case, the carving is harder. The fork holds the meat firmly while it is sliced at an oblique angle to the platter. The round end is placed uppermost.

Butter is usually thought of when fat is called for, and generally speaking, if it is plentiful and there is no thought of cost, may be used without question, except in deep-fat frying, where it cannot be heated to the high temperature required without smoking. For use with bread or in seasoning vegetables, there is no agreeable substitute for good butter. However, there are many substitutes for cooking purposes, beef fat, olive oils, lard, various vegetable oils and solidfied fats, sold under different trade names. Most of them can be used in deep-fat frying, if they are not strongly flavored and do not decompose and smoke when heated to a high temperature. Some are adopted for use in salad making in place of the more expensive olive oil—although the taste of the dressing made with a good oil cannot be equaled by any substitute. Other vegetable oils or fats may be used in all kinde of frying and baking with little effect of flavor.

To blanch chestnuts: Slit the flat side of the shell with a flat knife. Place in a pan in a hot oven with a few teaspoons of melted butter or of oil poured over them for five minutes. Then keep warm while removing outer shell and inner skin. They are now ready for boiling, to use as a vegetable or in stuffings.

In gravy making: Add the liquid to the browned flour and fat very slowly, preferably removing the pan from the fire so that the sauce will not be lumpy and need straining. Avoid too much fat for quantity of gravy made so that there will not be a layer of fat floating on the top of the gravy. Heat over an asbestos mat, and it will not becomt too thick. If color is not brown enough, a few drops of will darken it and improve the flavor. Kitchen Bouquet or a boullion cube Season well.

Two tablespoons of flour equals one tablespoon of cornstarch in thickenings.

Select well-rounded crisp dinner rolls, cut off each end, and scoop out the soft center. Moisten ground ham or tongue, or Swiss cheese with sardennel paste. Fill the cavity with this and put into the refrigerator for 24 hours. Slice thin and serve as an appetizer.

To use the chicken feet in soup making, they must be skinned and cleaned by pouring boiling water over them. Let them stand in the boiling water a little while; the heavy yellow skin is then easily peeled off. Clip off the tips of the feet.

Fish which has been properly frozen and kept in cold storage is said to be as palatable and nutritious as when fresh. It is cooked the same as fresh fish, but should be used as quickly as possible after it has been thawed out.

For an oyster stuffing for fowl—add to the plain dressing, drained oysters which have been heated in a frying pan until their edges are curled.

When vegetables are boiled they should be plunged into rapidly boiling water and kept boiling until done and removed from the fire. If steamed, the same rule holds good; the water under the steamer must be boiling and the steam at its height when the vegetables are placed in it, and then closely covered.
per, at (350 F.) for 45 minutes.

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Boiled Corned Beef

Select fancy brisket. To boil, wipe meat and tie securely in shape. Put in kettle. Cover with cold water and bring slowly to boiling point. Boil 5 minutes, Skim. Reduce heat and simmer, covered, until tender.

To serve cold, let corned beef stand in water in which it was cooked. When slightly cool, remove to dish. Cover. Place a weight on cover to press meat well, if desired.

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Oyster Give A Lift To Party Dinners

Filling two different places in the menus are Oysters Alfresco and Deep Oyster Pie—both being very fine tasting dishes and each doing it's part towards making two dinners a complete success—serve one as the first course of a Sunday or party dinner—the other as the main dish of a Friday meal_they're bound to "lift your dinner out of the ordinary into the sublime."

OYSTERS ALFRESCO

For every serving, put five plump Bluepoint oysters in shallow paper cups—the type of cup used for condiments. Arrange on a tray with horse-radish, slices of lemon, chili sauce, or tabasco sauce.

DEEP DISH OYSTER PIE

¼ pound butter
½ cup flour
1 pint whole milk
1 pint oysters
Salt and pepper
Biscuit dough

Melt the butter, add flour and blend. Add milk and heat in top of double boiler until the cream thickens. Add oysters and continue to heat in double boiler, stirring gently until the oysters and cream sauce are near the boiling point. Add salt and pepper to taste.

Pour into baking dish that is deep enough so that the contents will not fill it more than 2-3 full. Roll out baking powder biscuit dough, cut biscuits ½ inch thick and place on top of creamed oysters. Bake in a hot oven (450 F.) until the biscuits are done. It is important to have the creamed oysters hot when the biscuits are put on top and there should be no delay in placing the dish in the oven. Serves 4.

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Liver

Veal liver is very tender and should be cooked quickly. It is generally panbroiled or oven broiled. Beef, pork, and lamb livers are somewhat less tender, and therefore need a longer, slower cooking. They are usually stewed, braised or baked.

As a rule, liver needs only to be wiped with a damp cloth before using. In the case of the heavier livers, the large veins and outside skin need to be removed. To prepare liver and bacon, use veal liver. Have it cut in about ¾ inch slices. Dip in seasonflour and saute in bacon fat about 10 minutes, turning frequently. Arrange on hot platter with crisply fried bacon.

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Fish Cakes

1½ cups cold boiled fish
3 medium sized potatoes
1 tablespoon butter
Flour
Salt and pepper
2 teaspoons capers
Tomato sauce

Use any fresh fish that is suitable for boiling or baking; break it up with a fork as fine as possible.

Peel the potatoes and boil for half hour; drain them and mash with a potato masher; add the butter, salt, pepper and the baked fish. Beat until very light; form into round flat cakes; dredge in flour, and fry on both sides in butter. Serve plain or with tomato sauce to which the capers have been added.

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Defrosting a mechanical refrigerator is a necessary requirement. This is done about every two weeks for greatest efficiency. A heavy ice formation defeats the purpose of the refrigerator by preventing the proper cooling of the box. Follow the direction of the manufacturer for defrosting.

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Dried Apricots Pleasing For A Good Cake

The use of dried apricots in a cake might or might not be something new to housewives, but those to whom it is news will certainly find it well worth the trial.

DRIED APRICOT CAKE

1 cup dried apricots
2 cups water
6 tablespoons sugar
½ cup shortening
1 cup sugar
2 egg yolks
1 teaspoon vanilla
1¾ cups sifted cake flour
½ teaspoon salt
½ teaspoon baking soda
1 teaspoon baking powder
¼ cup water

Simmer first three ingredients together for 30 minutes. Mash and measure ½ cup pulp. Cream shortening and sugar thoroughly, add yolks and vanilla; beat. Sift dry ingredients together and add alternately with the water and pulp. Bake in a cake pan (8x8 inches) lined with waxed pa-

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When Every Bit Counts-Plan A Tasty Hash

Taking the bits of left-over meat—and making a hash of them, is nine times out of ten done only on occasions when the family is certain of no company—and at that—it is often so unappetizing that it ceases to be a joke. Now, just between us, there's no reason in the worlld why a dish of hash can't be served even to company—that is, hash prepared with a little imagination. It really makes a grand dish and just to show what it can be—here is just one of many recipes for its preparation:

HASH

2 cups cooked meat, finely chopped
1 large onion, minced
1 garlic clove, minced
1 large tomato, chopped
1 green pepper, chopped
Broth
2 tablespoons butter
1 tablespoon flour
1 cup white wine
1 teaspoon minced parsley
Salt and pepper

Brown the flour in the butter, add onion, and slowly fry; add clove, or garlic, green pepper, and tomato, then the wine, and a little broth to thin the sauce. Last of all add the meat either chopped or cut up. Simmer for half an hour or until well blended. Add salt and pepper. Serve in a ring of mashed potatoes, and sprinkle with parsley.

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Jelly Pancakes

1½ cups sifted cake flour
1¼ teaspoons double action baking powder
½ teaspoon salt
1 teaspoon sugar
2 egg yolks, slightly beaten
1 cup milk
2 tablespoons melted butter or other shortening
2 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, salt and sugar and sift again. Combine egg yolks and milk; add gradually to flour beating only until smooth. Add shortening. Fold in egg whites. Bake on hot, greased griddle. Spread with jelly and roll, or serve rolled around broiled sausages or bacon. Makes about seven 7-inch pancakes.

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Spinach Ring

2¼ cups cooked spinach, chopped
1 teaspoon salt
Dash of pepper
Dash of marjoram
1 teaspoon scraped onion
2 eggs, slightly beaten
2 tablespoons melted butter

Cook spinach (½ peck) only until tender. Drain and chop. Add seasonings, eggs, and butter, and mix very thoroughly. Turn into a well greased ring mold. Place in a pan of hot water and bake in a moderate oven (375 F.) for 30 minutes or until firm. Turn from mold and serve with mushroom sauce. Individual molds may be used.

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Steamed Caramel Pudding

1 tablespoon flour
6 tablespoons sugar
3 ounces ground almonds
1 cup of hot milk
¼ cup butter
6 eggs

Melt the sugar in a frying pan until light brown. Add milk very gradually, stirring all the time. Cool, then add butter; flour, almonds, the yolks of eggs, well beaten, and lastly the whites that have been beaten stiff. Butter the form mold, cover butter with a little more sugar, pour in pudding, steam for 1 hour and serve with whipped cream.

Another good way to make this pudding is to melt 1 cup of brown sugar, add 1 pint of cream, then 1 dozen grated lady fingers. Beat the yolks of 5 eggs, add to the above mixture, and then add the stiffly beaten whites of 5 eggs. Put in a tightly covered mold, place in a kettle of water and steam two hours. Serve hot with whipped cream or caramel sauce.

Quick Snack

By keeping on hand a few cans of sea foods and odds and ends, a housewife can feel perfectly free to entertain at all hours of the day or night without fear of embarrassment. She can fix a dish as given below in a few minutes without fuss or ado.

SHRIMP WIGGLE

1 heaping teaspoon flour
2 teaspoons butter
1 pint hot milk
1 pound shrimp
4 tablespoons sherry
Salt and pepper

Use either fresh or canned shrimp. If fresh, scald in hot water to remove outer shell and then boil until soft. Put butter in chafing dish and stir until it melts. Add flour and stir quickly until well mixed. Then Add the hot milk a little at a time, stirring constantly until smooth. Add salt and pepper to taste. Cook five minutes. Then add shrimp cut in pieces. Cook slowly long enough to heat shrimp. Put the sherry in at the last moment. Stir and serve at once.

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Dried mint leaves added to a salad of mixed greens give fine flavor.

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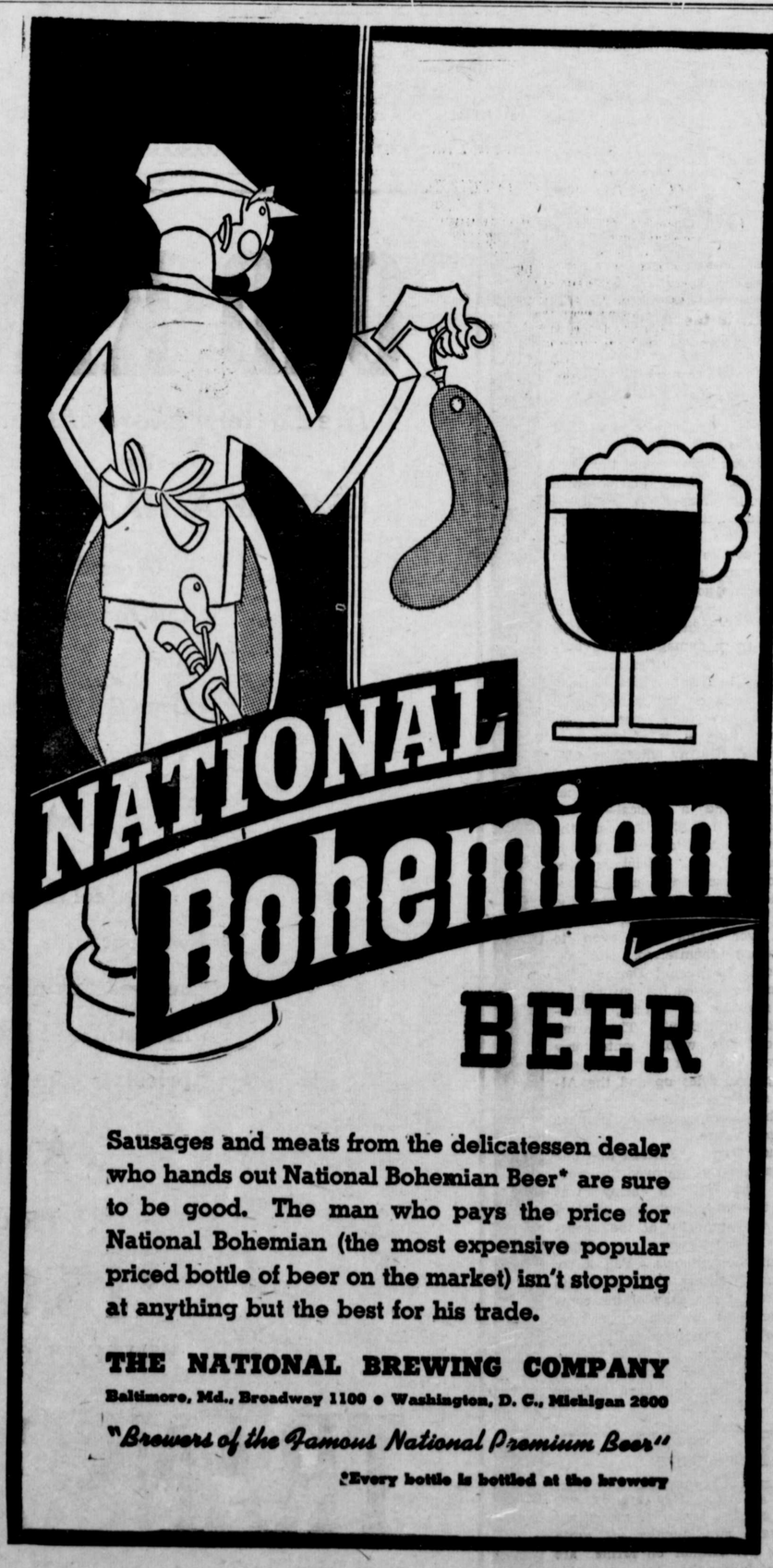

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