THREE MEALS A DAY

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

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

To clean electric burners, turn on the heat long enough to burn off the spilled food. Brush lightly with steel or copper wire brush, then polish the nickel or chronium with a moistened cloth dipped in whiting or fine non-abrasive powder. Remove the polish with a dampened cloth and then rub until bright and clean. Be sure not to use any water though, as it causes a short circuit.

It is not necessary to blue white clothing every week.

When colored woolens have been washed, dry white cloths should be placed between the layers of wool for drying.

To remove grease spots from fresh table linen, place a bowl under the stain, cover the spot with soap jelly and rub with the finger tip or a soft brush Rinse with warm water to carry off soap. Shape linen, when half dry, press with a warm iron to glaze the linen.

To make a pad for ironing embroidery use an old blanket or double fold of silence cloth. Make two sizes for smaller and larger pieces of embroideries. Cover washed padding with shrunken muslin. Stitch thickness together. Baste to keep pad free from wrinkles.

New drainboards may be soaked with hot linseed oil to reduce spoting.

Remove old wax with cheesecloth moistened with denatured alcohol.

Do not use soap so often when cleaning refrigerators as the odor too often remains.

Dishes that are rinsed in very hot water and then well drained require very little drying

To wash cut-glass, use warm water with soap and soft brush. Rinse with very hot water and a few drops of ammonia. Wipe dry with a clean, non-linty cloth.

It pays to hem dusters, as one will not then be obliged to go over her work and pick off threads.

It is well, once in a while, to air books, as this will prevent mildew and that musty smell.

To clean hair brushes, hold the brushes in the hand and tap them up and down in warm water with ammonia. This is particularly for silver and celluloid brushes that are better not soaked.

Mattresses like everything else should have their regular cleaning. To do this, brush and beat them with a flat ratan beater or vacuum cleaner.

Oil and furniture polish darken scratches on wood. If the scratch is deep, try to darken it with wood stain or a cloth that bleeds a little of its dye.

Keep walls well dusted, using soft, clean cloths or soft, clean hair wall brushes.

The best days to wash blankets are clear windy days; the blankets will dry quicker and fluff better.

Cottons and linens need not be boiled each time, if they have had a hot rinse after washing.

When washing cotton clothes—put to soak in cold water and if the water becomes soiled, empty and add fresh warm water

To dry clothes, pin in shape fasten securely to line with several pins.

To remove grease spots on dry material, lay grease spot on a pad of soft white cotton cloth. Moisten cheesecloth with 1 and 2 drops of carbon tetrachloride and gently apply grease to stain. Rub lightly and use the least possible amount of cleanser. Work daintly and each time rub lightly with a dry cloth. Note results and repeat if necessary. Keep pad changed. It is absorbing the grease.

Hang gloves to dry in room temperature and when half dry put on the hands to shape, unless a glove form is used.

In extreme cases, to remove shine from woolens fine sandpaper has been used with light touches.

When one cleans a wringer with kerosene she must use only a little and work quickly, as kerosene cleans by dissolving rubber.

—V—

It's Easy To Serve Planked Fish Dinner

It doesn't make a bit of difference if your war work has detained you longer than anticipated, and guests are coming for a planked fish dinner—you can prove your ability, as a distinguished cook and yet take your place as an unworried hostess, if you plan your guest dinner around quick-frozen foods. All the worry and flurry of cleaning and sorting are eliminated from dinner-getting, for the time-consuming and grubby tasks of preparation are done before quick-freezing. You'll be sure of praise if you take your cue from the shore resorts where fish cookery is an honored are—and serve planked fish. All the deiciousness of fresh caught sea food, along with precious vitamins and minerals, is sealed in by quick-freezing as soon as the fishermen unload their catch; and the ocean-fresh fish comes to you all ready to cook.

There's extra joy to the chief cook in quick-frozen vegetables, for they cook in about half the usual time. They're a boon to heath quotas, too, for extra vitamins are sealed in by the application of Artic cold. Cook the vegetables in a small amount of water to preserve vitamins—and use any liquid that's left for soups and sauces.

PLANKED FISH

Place 2 quick-frozen salmon or halibut steaks (frozen or thawed) in baking dish, brush with melted butter, and sprinkle with salt, pepper and paprika. Bake in hot oven (450 F.) 20 to 30 minutes. Cook 1 box (13 oz.) quick-frozen broccoli and 1 box (12 oz.) quick-frozen peas and carrots, according to directions on package. Add 1 unbeaten egg to 4 cups mashed potatoes and blend. Place fish on well-oiled, heated plank. Arrange border around plank by forcing mashed potatoes through large pastry tube to edge of plank Place broccoli and peas and carrots on plank. Brush all with melted butter. Sprinkle potatoes with paprika. Place on rack in boiling oven 3 minutes or until potatoes are browned. Garnish with lemon wedges and serve at once Serves 4.

PEAS AND CARROTS

Drop 1 box (12 ounces) quick-frozen peas and carrots (frozen) into ¾ cup briskly boiled salted water, bring again to a boil, and boil 5 to 7 minutes, or until just tender. Drain if necessary. Season with butter, salt, and pepper. Serves 4. (Use any liquid left after cooking in sauces, soups, or for other suitable dishes.)

Serving suggestions: Quick-frozen peas and carrots may be served with butter or cream, or with a cream sauce; or they may be served in creamed dishes with eggs, mushrooms, or chicken, or combined with other vegetables and with meats, fish, and eggs in salads.

—V—

Assorted Butters For Tasty Canapes

When preparing butters for various and assorted canapes, the same rule holds true throughout—the butter is creamed thoroughly. Grind the fish, meat or vegetables to a paste and combine with the seasoning and butter Then, if the mixture is not entirely smooth, rub through a sieve. Spread on rounds of toast and garnish appropriately or use as a base for sandwich fillings.

SHRIMP BUTTER

1 cup butter
1 cup minced cooked shrimp
¼ teaspoon salt
Dash paprika
1 tablespoon lemon juice

CHEESE BUTTER

½ cup butter
¼ cup grated Parmesan or 1½ ounces Blue or ½ cup snappy cheese spread.

EGG BUTTER

½ cup butter
4 hardcooked egg yolks
Few grains cayenne
6 drops Worcestershire sauce

OLIVE BUTTER

¼ cup butter
2 tablespoons chopped olives
¼ tespoon lemon juice

—V—

Pot Roasts

Beef Round, Rump, Chuck, or Shoulder

Rub the meat with salt. Sprinkle with pepper. Brown in hot fat. Place in a casserole and cover partially with water. Cover and simmer several hours. Add more water as needed. Turn meat at least three times during the cooking. If desired, add vegetables, such as carrots, turnips, and onions, during last hour of cooking.

Gravy may be made by thickening the stock and seasoning to taste with salt, pepper, and chopped parsley.

—V—

Fried Pies

2 cups flour
1 teaspoon salt
½ cup shortening
1-3 cup cold water
Stewed fruit

Sift the flour and salt together, cut in the shortening and mix with the hands. Add water Roll out about ⅛ inch thick on a floured board. Cut with a large cookie cutter about 4 inches in diameter. In each round place 1½ tablespoons sweetened mashed fruit. Moisten edges with cold water, fold to make semi-circle and press edges together with a fork. Fry in deep fat.

—V—

Good Tools For Good Cakes

Everyone who makes cake needs good tools, for they simplify the process of cake making. The utensils should be those which are both convenient and essential to cake making. By lending ease and accuracy to each step, proper utensils effect speed in mixing, and more uniformly successful results. Efficient tools always pay for themselves in convenience

The proper utensils to have for good cake making consist of:

One patent, heavy tin angel food pan.
One square, heavy tin cake pan.
Measuring cup.
Set of measuring spoons.
Wooden, slotted mixing spoon.
Steel spatula.
Wire cake tester.

The following paragraphs describe the utensils and tell how each one is used.

Special Angel Food Pan (8½ x 3½). Ideal for all types of sponge cake because of the extended tube and the movable slides on two sides. Immdiately after the cake is removed from oven, lift slides and invert the pan. Allow the cake to stand one hour until cold. The extended tube provides for circulation of air which prevents steaming, and thus insures a crisp crust. Remove the cake when cold by slipping spatula or knife through the slots to loosen cake from bottom of pan; then cut around the edges of pan and tube, and the cake will fall out easily

The cake should cling to the sides of the pan while cooling. It is so delicate it cannot support its own weight while warm. As it cools, however, the cells walls stiffen and become sufficiently strong to hold it in its original shape.

Never grease the angel food pan or the cake will drop out before cold, thus causing a flattened, soggy cake. If the pan has once been greased, even successive and thorough washings may not prevent this from happening.

The Square Cake Pan (8 x 8 x 2 inches), is unusually convenient for butter cakes. To prepare it for baking, cut a square of paper to fit the bottom of the pan and grease both pan and paper with an unsalted fat. Since the taste of the fat is very quickly detected in the crust, butter is the best fat to use for this. Melt the butter in cup over hot water, and use only the oil on top. Do not use the salt that sinks to the bottom, as salt tends to make the cake stick.

The measuring cup is an accurate half-pint measure tested by the U. S. Bureau of Standards. It is equivalent in measure of 16 level tablespoons. It is grooved on one side to read ¼,½ and ¾; on the other, to read one-third and two-third This cup is convenient for measuring both liquid and dry ingredients. A lip on either side makes it easy to pour liquids.

The set of measuring spoons consists of one tablespoon, one teaspoon, one-half teaspoon, and one-quarter teaspoon. This set of spoons simplifies the tedious process of measuring small but necessary amounts. The tablespoon is equivalent of three teaspoons.

The wooden, slotted mixing spoon is a help in mixing butter cakes. It is light and easy to handle, makes very little noise, and does not discolor the batter.

The flexible steel spatula is useful in a great variety of ways. Use it in making level measurements, in cleaning bowls in which cake has been mixed, in cutting through batter to break large air bubbles before the cake goes into the oven, and in cutting sponge cake from the pan after the cake has cooled. Its many uses soon make this spatula an indespensable utensil.

The wire cake tester replaces the broom straw. Insert tester in center of cake and if dough adheres to the wire, the cake is not sufficiently baked. If, however, the wire comes out clean and dry, the cake is done.

—V—

If oxalic and ammouia solutions are used with great care, ink stains often can be removed from fabrics with no loss of color of fabric.

—V—

A Vegetarian Dish For That Meatless Day

It might be that Tuesday is your meatless day, or you might be abstaining on Wednesdays There are many housewives, however, who are finding it necessary to have several meatless days during the week—this being due to rather bare meat markets! What do they do about it? Just shrug their shoulders and go about planning another meatless menu in good American fashion. Here is a vegetarian dish that might ease the strain of planning on your next "meatless" day.

CARROT LOAF OR RING

2 cups ground carrots
2 cups bread-crumbs
2-3 cup chopped nuts
3 eggs
2 cups strained tomatoes
1 teaspoon salt
⅛ teaspoon pepper
2 teaspoons minced onion

Mix the ingredients in the order given. Shape the mixture into a loaf and put into a greased baking-pan. Steam the loaf for one hour and then brown it in the oven (400 F.) Or pour into a greased ring mold, set in a pan of hot water and bake in a moderate oven (350 F.) until firm—about 40 minutes. Unmold on a hot plate—fill center with hot cooked peas.

Whole Wheat Biscuits

2 cups whole wheat flour
1 tablespoon salt
2 tablespoons shortening
2 teaspoons baking powder
2-3 cup milk (about)

Sift together the flour, salt and baking powder; cut in the shortening unti it is thoroughly blended. Then mix to a soft dough with the milk. Mix with fork and turn out on slightly floured board. Roll until one-half inch thick. Cut with biscuit cutter and lay them not touching each other on a baking sheet. Bake in a quick oven (450 F.) for 12 to 15 minutes

CRACKED WHEAT MUFFINS

1 1-3 cups whole wheat flour
2-3 cup cracked whole wheat
2 teaspoons baking powder
1 teaspoon salt
3 tablespoons sugar
1 cup milk
3 tablespoons shortening
1 egg, well beaten

Sift whole wheat flour, baking powder, sugar and salt. Blend melted shortening, egg and milk, add gradually to sifted flour. Mix well and add cracked wheat. Fill well-greased muffin tins, about two-thirds full. Bake in a hot oven (425 F) for about 20 minutes. A half cup of raisins may be added if desired.

—V—

For the even distribution of paint on wicker furniture, a spray is most desirable, although a brush may be used with good results.

—V—

Before putting away tapestries, roll them and wrap in moth-proof containers.

—V—

Modern Food Combinations

The last few years have seen a great progress in food combinations. Foods have been combined that just a few years ago were unheard and unthought of, and if mentioned, were done so in the privacy of the home and with weak stomached members of the family absent. Here is one such combination, that we, of the stronger stomach era find most tasty.

PEA, PICKLED PEANUT SALAD

1 cup cooked peas, fresh or canned
1 dozen sweet pickles
1 cup pickle relish
1 cup peanuts
1 cup mayonnaise
Strips of pimento

Drain liquid from peas. Chop pickle and nuts and add to the peas. Mix with mayonnaise and chill. Serve in nest of crisp lettuce and garnish with thin strips of pimento

—V—

Tomato And Chicken Salad

½ cup cold boiled rice
¾ cup diced cooked chicken
½ cup string beans, cut
2 tablespoons chopped green pepper
½ cup diced celery
½ tablespoon minced parsley
2-3 cup mayonnaise
2-3 cup whipping cream
1 teaspoon gelatin
2 tablespoons cold water
½ teaspoon salt
Tomato ice

Combine chicken, beans, rice, pepper, celery and mayonnaise and whipped cream. Soften gelatin in cold water five minutes, then melt over hot water. Line refrigerator pan with waxed paper. Pour a layer of tomato ice, previously frozen to mushy state, into freezing tray. Then arrange layer of chicken salad, and cover with another layer of tomato ice. Freeze. Serve in slices of lettuce. Yields 10 square—2 inch square.

TOMATO ICE

Heat two cups tomato juice, let partially cool. Add one tablespoon gelatin moistened in cold water. Then season with one teaspoon lemon juice one teaspoon salt, one teaspoon Worcestershire sauce. Freeze.

—V—

Coffee Cake For Morning Entertaining

Nine chances out of ten, if you aren't well acquainted with your neighbors, you will be before long. It is more than likely that your more intimate friends live several miles away, and since we aren't using our cars for visiting, we generally stay home—and since our close neighbors are doing the same thing, this is an excellent time to become well acquainted and be really neighborly—have them over for dinner or continue your nice habit of Sunday morning breakfasts—they'll do the same for you, and you'll all wonder why you hadn't thought of it before

If you plan a Sunday breakfast—a coffee cake is always nice to have on the side—particularly if it's one you've made yourself.

COFFEE CAKE

1 cup scalded milk
1 cake yeast softened in ¼ cup warm water
2 cups flour (about)
1 egg
2-3 cup sugar
¾ teaspoon salt
4 tablespoons shortening
Sugar, cinnamon

Cool the milk and add the yeast and one-half the flour. Beat well and let rise until very light. Add the slightly beaten egg, sugar, salt and melted fat, mix thoroughly and add remaining flour. Let rise until almost double in bulk. Pour into shallow greased pans.

When light, sprinkle thickly with sugar and cinnamon. Bake twenty minutes in a hot oven (400 F.) Serve hot.

P. S.—Don't forget to tell your company to bring their own coffee.

—V—

Everybody Is 'Starry-eyed'

Everybody is "starry-eyed," for the lens of the human eye has a star-shaped figure on its surface somewhat similar to the image seen in a star sapphire, according to the Better Vision institute. In some eyes the star is more prominent than in others. The figure results from the fact that the lens fibers grow forward from a layer of cells in the back, forming a series of sectors. The lines of junction of the sectors form a star-shaped figure on the surface of the lens. The star is more clearly seen if the lens becomes cloudy, as it often does with advancing age.

—V—

Named for Spaniard

The Mogollon mountains of southwestern New Mexico were named for Don Juan Flores Mogollon, Spanish governor from 1712 to 1715.

WHEN "MORNING AFTER" CLOUDS APPEAR, DON'T WASTE YOUR TIME A WHINING. LET ALKA-SELTZER LIFT THE FOG, YOU'LL FIND THE SUN STILL SHINING.

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.

You people who occasionally attend a party and enjoy good fellowship and good food, often pay next day for the fun you had.

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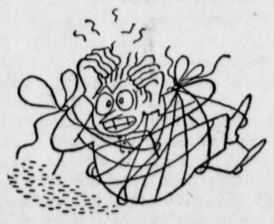

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