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 radish roses: using radishes which have been washed and trimmed all but an inch of the stem, cut down with a sharp knife from the top toward the stem five times, so that the red outside covering will fold out like petals. Drop radishes into ice water; after an hour or two, the petals will stand out crisply.

Evaporated milk may be used in place of whipping cream. The evaporated milk should be heated in the can for 20 minutes and then chilled thoroughly. Use an equal amount of evaporated milk to amount of cream called for.

Figs make a good filling for layer cake or individual cakes. If sponge cake, split put filling between and top with whipped cream. The filling is made as follows: Put figs through meat chopper. Add a little sugar, according to your taste, and water enough to make the right consistency. Boil for a few minutes, and add lemon juice if you like.

Shape the crust from the slice of bread from which you have cut out canape into a round, jelly roll affair, and toast for breakfast. Pin with toothpick if it will not stay rolled. If you do not want to bother to roll the crust, then toast as it is and use under a creamed meat or vegetable, or under scrambled eggs in the morning.

Alcohol in spilled perfumes, medicines, etc., dissolves varnish. Rub at once with the fingers. Rub with a soft non-linting cloth and lemon oil. Mix lemon oil and rottenstone into a creamy paste, rub in circles, keeping plenty of oil in the mixture. With a soft cloth and oil wipe up the rottenstone. Rub in straight lines, finally with oil. If the rottenstone has scratched and the gloss is lessened, put on a coat of good varnish and let dry. Rub again with oil and rottenstone, using light strokes in straight lines. Rottenstone used alone scratches.

In omelets, a pinch of baking powder added for each egg, gives extra lightness and tenderness. It also helps to keep the omelet high while serving.

Cookies may be stored for some time in a covered jar or tin. A low wide jar is better suited for cooky storage than a high narrow one. The jar should be clean and dry and should have a tight-fitting cover. The cookies should be thoroughly cooked before being packed away and should be placed carefully in the jar to avoid breaking. Do not pack too closely. Cookies stored in this way keep fresh for some time.

Do not allow coffee to boil, as actual boiling develops bitterness and destroys both flavor and aroma. The volatile oils, which give coffee its delicate fragrance and flavor, escapes as coffee boils, and changes take place which bring out a bitter or sour taste. The best temperatures at which to make coffee are below boiling (185 to 203 degrees F.) Coffee boiled for so short a time as one minute is more bitter than coffee made at a temperature of 203 F. just 9 degrees below boiling.

Cracklings are thin slices of salt pork remaining after the fat has been rendered. In some households, children ate them as children today eat popcorn or candy. Thin slices of salt pork were laid on brown paper in a baking pan which was placed in a slow oven. When they were hot a little salt was sprinkled over them.

Spinach may be cooked with no more water than that remaining on the leaves after they are washed. Some prefer a little more water, believing that it removes a slightly bitter taste. If water is added it should be boiling. Without stems, the spinach needs but five minutes cooking; with them, ten minutes are necessary. The short time of cooking is important for keeping the bright color. Long cooking will darken the color and will oversoften the leaves. When cooked, drain, add salt and butter, and serve at once.

Ice cream or sherbert expands about one-third during freezing because air is beaten into the mixture as the freezer is turned. In order to allow for this expansion, the can should be filled only about two-thirds. The cover should then be fitted on the can, the top placed on the freezer and clamped tightly in place, and the hole in the side of the freezer tightly plugged with a cork so that the water will not run out during the freezing.

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Ten Commandments For Lenten Menus

The planning of daily menus, even without considering such important points as the family budget or seasonal restrictions, is a problem for most homemakers. During the Lenten season this problem is further complicated, because many families omit meat entirely from their menus on many days during Lent.

Although every menu should meet the nutritional needs of the family group, the menu planner must also consider many additional factors if she wishes to produce a successful meal. One of the cardinal requirements of a meal is "variety". No menu is so good that it can be repeated day in and day out, nor is any one food so good that it can be served continuously without change.

Since this is the time of the year when minds are particularly menu conscious anyway, perhaps the following suggestions which might be called the "Ten Commandments of Menu Planning," will prove helpful in enabling you to obtain variety in your menus.

1. Do not repeat the same food in any meal, For example, corn fritters and buttered corn; or tomato salad with tomato soup.
2. Avoid using all one type of foodstuff in one meal, as rice, potatoes and cornstarch pudding.
3. Do not serve more than one strong-flavored food in one meal, such as cabbage, cauliflower or onions.
4. Have a good balance between soft and solid food textures is most important.
5. Do not serve all hot or all cold foods at onemeal.
6. Foods should not be all acid or all sweet. A little of both is required in each meal.
7. Highly seasoned foods should be used sparingly. Too many highly seasoned foods tend to dull the appetite for other foods.
8. Leftovers should appear in new forms.
9. Attractive appearance of food has much to do with good digestion.
10. Do not serve the same food combinations too often. Ham and eggs are good, but when always served together, they do become monotonous.

In rechecking these suggestions for menu planning, it is easy to understand why macaroni products are so valuable to every menu maker because they are one of the most versatile and adaptable foods used by homemakers today.

Macaroni, egg noodles or spaghetti, in any of the variety of shapes and sizes in which they are available, possess all of the qualifications necessary for use in good menu planning. They are mild in flavor; they combine with all textures; they are one of the most easily and quickly digested foods and they permit a greater variety of combinations than any other food. Another creditable feature of the macaroni food family is their economical value, and when combined with other foods such as milk, cheese, eggs and vegetables, they offer wholesome meals at a very low cost.

Macaroni products require a minimum amount of time and labor to prepare; they should be cooked in a sufficient quantity of boiling salted water and a good quality product from your grocer will do much to insure success in the recipes you prepare. Because all three members of the macaroni family are essentially the same, it is possible to interchange them in practically any recipe.

Is your mind a blank when it comes to new and different Lenten dishes? Then serve a vegetable platter with buttered egg noodles, and you'll walk around wearing a halo of praise. It's a dish your family will like to eat and like to have often.

VEGETABLE PLATTER WITH BUTTERED EGG NOODLES

In selecting vegetables for a vegetable platter, it is well to consider two or three essential points; namely, the vegetables chosen should offer contrast in color, texture and flavor. It is well to always include at least one fresh vegetable and the rest may be canned or frozen, as desired. Egg noodles, macaroni and spaghetti make ideal foods to balance the nutritional value in this type of meal, especially if ang egg or cheese sauce is to accompany the dish. Following are some suggested vegetable platter combinations you will find pleasing to the appetite as well as the eye and the pocketbook.

Buttered egg noodles with buttered canned lima beans, carrots, baby beets, served with cheese sauce.

Buttered elbow spaghetti with buttered beans, corn and tomato-cheese sauce.

Buttered macaroni elbows with sliced tomatoes, buttered carrots and whole kernel canned corn.

Here's a savory solution to many a Lenten menu problem—tender strands of wholesome and delicious spaghetti served with a sauce made of canned mushroom and tomato soup, and garnished with quartered hard-cooked eggs. It's a dish that for inviting looks and savory aroma will put an extra keen edge on any appetite.

SPAGHETTI WITH MUSHROOM AND TOMATO SAUCE

1 8 oz. package spaghetti
1 can condensed mushroom soup
1 can condensed tomato soup
1 soup can of water or milk
Hard cooked eggs

Combine the soups and water or milk in top of double boiler. Cook until mixture is thoroughly heated. Cook spaghetti in boiling salted water until tender. Drain and arrange on platter for serving. Garnish with quarters of hard cooked eggs. The tomato-mushroom sauce may either be served from a side dish or comfore serving.
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Marmalade Bavarian Serves Four

Despite the fact that this particular recipe will serve six persons—a good and dutiful housewife will never serve it when she is having five friends and herself for luncheon—it's just one of those things that friend husband will strongly object to—so serve it when you are planning on a luncheon for four, and save the rest for him, he'll love it.

MARMALADE BAVARIAN

1 pkg. orange-flavored gelatin
1¾ cups hot water
¼ teaspoon salt
½ cup heavy cream
1-3 cup orange marmalade

Dissolve gelatin in hot water. Add salt. Chill until cold and syrupy. Fold in cream, whipped only until thick and shiny, but not stiff. Fold in marmalade. Chill until slightly thickened. Turn into mold. Chill until firm. Garnish with whipped cream and additional orange marmalade. Serves six.

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Whole Wheat Biscuits

2 cups whole wheat flour
1 teaspoon salt
2 tablespoons shortening
2 teaspoons baking powder
¾ cup milk (about)

Sift together the flour, salt and baking powder; cut in the shortening until 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-third 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.

Cake-Crumb Filling

1 tablespoon honey
1 cup cake crumbs
1 cup chopped nuts
1 teaspoon grated lemon rind

Put the cake through food chopper; mix all the ingredients together and use for a filling in tart shells.

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All boned cuts of meat require longer cooking time than those with the bones left in. Allow about ten minutes per pound longer for cooking boned cuts.

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Cabbage and heads of lettuce should be firm and of good color. Red cabbage should not have too dark a color, as it becomes purple wine hold.

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Spice Mousse

Put dry spice cake through food chopper and for each cup of crumbs, add 2 cups whipped cream. If desired, a beaten egg white may be substituted for one-half of the cream. Cherries, nuts or candied fruit may be added. Spread mixture into ice cream tray to harden.

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Chamois or washable gloves that have streaked in washing, may be rewet, pressed in cloth, then shaped.

To skin a fish, cut off a narrow strip of skin along the spine from the head to the tail. Loosen the skin on one side of the fish near the gills and with the help of a sharp knife work it away from the flesh. Remove the skin from the other side in the same manner.

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