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

Diet to discourage weight had best be left to the advice of one's physician. Ill effects have often followed the employment of reduction diets when taken without proper supervision. Too much rest and insufficient exercise are just as potent and contributing factors to overweight and overeating. If one is desirous of curbing one's appetite, a drink of fruit juice or tomato juice or buttermilk half an hour before meal time will serve to limit the appetite. Alcoholic drinks stimulate the appetite.

The housewife who has a maid should request that any breakages be reported. Accidents are bound to happen but careless destruction should not be tolerated. It does not seem fair to hold the worker financially responsible for accidental breakage, although some people do. If the worker is exceedingly careless in this respect, she will probably be inefficient in other ways too.

Water paints or calcimine consist of ground whiting or similar powders mixed with glue, casein, or other adhesives, thinned with hot or cold water, and tinted as desired. They are used for tinting walls and ceilings, but as they are not usually washable and are affected by steam they are not suitable for baths, kitchens or laundries.

Once ants gets into a house they are hard to get rid of. Try to trace their source of entry. While fighting them be scrupulous about crumbs and uncovered foods. Keep work tables away from walls and set the legs in cups containing water or kerosene. Wash shelves where they are found with scalding water and wipe with a kerosene cloth. Spray a patent preparation or kerosene into the cracks where they are known to enter. Damp rotting wood attracts them; so eliminate this source wherever possible.

To make cream wafers melt fondant in the upper part of a double boiler, keeping the water in the lower part just below the boiling point. Add the desired flavoring and coloring to tint delicately. Drop from the tip of a teaspoon onto waxed paper, forming wafers 1½ inches in diameter.

To prepare eggs with dried beef; break the dried beef into small pieces. If very salty, pour boiling water over it and press dry. Heat a frying pan, add a tablespoon of butter. Add slightly beaten eggs to beef and stir in pan until eggs are scrambled and set.

Camembert—which is a French type cheese is soft and running and is used with salads; with crackers after dessert or with fresh fruit.

It will please most women to know that the care of the furnace and sidewalk, in the case of a house, is usually the duty of a man. The outside washing of windows, unless few in number and easy to manage, is also, done by outside help.

Welcome additions to the picnic are a good fire, a large rug, or blanket to sit upon and, for the fussy an old tablecloth. Those who look for the comforts of home at the picnic tuck a folding table and folding chairs into the automobile.

Butter for sandwiches spreads better when softened, creamed or melted and is more easily applied with a spatula than with a knife. It may be spread on the end of the loaf before each piece is sliced. If a great quantity of sandwiches are to be prepared, melted butter, spread with a small pastry brush is the quickest method.

In mechanical refrigerators, ice cream freezes more quickly in boxes with cold control than in boxes without this improvement. It takes about two or three hours with the cold control; about three to five hours, without. After ice cream is frozen, the temperature may be raised to one or two notches below normal to keep until serving.

The type of crackers, etc., served with the salad course adds to the distinction of the food. Cream cheese balls with toasted crackers dress up any plain salad. Put a dab of butter with a dash of paprika on a saltine cracker, place it under the broiler to melt the butter and brown the cracker and serve hot.

The very simplest canapes are the excellent cheese sticks, pretzels or small biscuits sold in the market in packages for this very purpose. Salted nuts, pop corn, and potato chips are also served as an accompaniment to the cocktail.

—V—

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Cottage Cheese Becomes A Dessert

The use of cheese in cooking isn't only very delicious, it is also very healthful, and most nourishing, and when cheese can be combined into something as perfectly intriguing as a cheese cake (and who hasn't tasted one), it's time to roll up your sleeves and bake one right in your own kitchen.

CHEESE CAKE

2 cups fine zwieback crumbs
1½ cups sugar
1 teaspoon cinnamon
½ cup melted butter or margarine
4 eggs
⅛ teaspoon salt
1½ teaspoons lemon juice
1½ teaspoons grated lemon rind
1 cup cream
1½ pounds cottage cheese
4 tablespoons flour
¼ cup chopped nut meats

Mix zwieback with one-half cup sugar, cinnamon and butter or marjarine. Set aside three-quarters to sprinkle over top, press remainder of crumbs into a 9-inch spring form pan, lining bottom and sides. Beat eggs with remaining one cup of sugar, until light; add salt, lemon juice and rind, cream, cheese and flour, beat thoroughly and strain through a fine sieve. Pour into lined pan, sprinkle with remaining crumbs and nut meats. Bake in a moderate oven (350 F.) about 1 hour or until center is "set". Turn off heat, open oven door, let stand in oven 1 hour or until cooled. Serves 10 to 12.

—V—

Molasses Taffy

It's perfectly amazing how one batch of taffy can keep children happy and occupied for almost an entire evening. This might be due to fact that aside from enjoying eating it—they actually have their hands in it, which so intrigues them that at times it might be necessary for mother to call a halt to the pulling. And of course, if a few of the neighboring children are invited in for the occasion, it's just that much more fun. Try it and see.

MOLASSES TAFFY

2 cups molasses
1 cup granulated sugar
¾ cup water
⅛ teaspoon soda
4 tablespoons butter or other fat
½ teaspoon vanilla

Cook the molasses, sugar and water slowly to the hard-ball stage (260 F.) stirring during the latter part of the cooking to prevent its burning. Remove from the fire, add the fat, soda and vanilla and stir enough to mix. Pour into a greased pan, and when cool enough to handle, pull it until it becomes light in color. Stretch it into a long rope and cut with scissors into small pieces.

—V—

Orange Marmalade

2 cups sifted cake flour
3 teaspoons baking powder
4 tablespoons butter or other shortening
⅛ teaspoon salt
1 egg, well beaten
¼ cup orange marmalade

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Combine egg, milk and marmalade; add to flour gradually and mix to a soft dough. Turn on floured board. Knead lightly 2 to 3 minutes, roll ½-inch thick, and cut with 2-inch floured cutter. Butter one-half of each circle, fold, place on well-greased pan, and brush tops with melted butter. Let rise in warm place 15 minutes. Bake in hot oven (425 F.) 15 minutes. Brush tops with melted butter and finish baking. Makes 18 rolls. Preserved ginger, finely cut, may be substituted for orange marmalade.

—V—

Sea Food Newburg Spells Good Eating

Those who like to eat well, as well as those who well like to eat, will find a sea food Newburg one of those dishes that just "suits" their taste and indeed it might when made in such a fashion.

SEA FOOD NEWBURG

2 littleneck clams
¼ cup lobster meat
¼ cup crab flakes
¼ cup shrimp
Paprika
4 tablespoons butter
1 tablespoon sherry wine
1 cup cream
3 egg yolks, slightly beaten
1 tablespoon lemon juice
Salt and pepper

Saute clams, lobster, crab flakes, shrimp and paprika in two tablespoons of butter for a few minutes. Add sherry wine, toss over fire for a few minutes more, then add ¾ cup cream, let come to a boil. Add the balance of cream in which the egg yolks have been slightly beaten. Keep stirring all the time until thick, remove from fire. Put in lemon juice, salt pepper and 2 tablespoons butter. Serve hot on toast or in a chafing dish. Do not allow to boil after adding egg yolks. Serves two.

Soup Making At Home

Some one really ought to commission Mr. Irving Berlin to write a song titled—"You're in the Kitchen Mrs. Jones"—it would probably be very popular with the women—particularly now—if it's soup we want for dinner—there just isn't any such a thing of running down to the corner grocer for a couple of cans—we make it ourselves, and believe it or not—it's usually very fine soup. Here is one to try during Lent.

CREAM OF ONION AND POTATO SOUP

3 cups scalded milk
1 cup potato water
2 tablespoons flour
2 tablespoons butter
4 medium potatoes
4 onions
1 tablespoons chopped parsley
Salt and pepper

Boil the potatoes and onions together, until tender. Drain. Save the water and rub the vegetables through a coarse strainer. Make a white sauce of the liquid, flour, potato and onion pulp. Season with chopped parsley, salt, and pepper. Beat with an egg-beater and serve with croutons.

—V—

Oyster Recipes For Lenten Menus

In spite of the appearance of so many new and different varieties of fish, and the complete disappearance of some of the most popular ones, the meatless days during Lent are proving most satisfactory. It sometimes takes a little courage to purchase and prepare a completely unheard of fish, but for the most part, they are very tasty. Fortunately however, oysters are available, and with a little careful preparation, any housewife can do wonders with this little juicy bivalve.

It should always be remembered though, that oysters must be perfectly fresh. One should buy them in the shells, if possible, but if purchasing them in bulk, be sure that the liquor is clear; if it is cloudy, the oysters should not be used.

To open an oyster, hold it firmly with the thick part of the shell toward the palm of the hand. Wash the shell thoroughly. Push a strong, thin knife between the shells near the back and run it along until it cuts the strong muscle which holds the shells together. Drop the oysters into a strainer, set over a bowl, and save the liquor that drains through to be used in cooking the oysters or making soup or sauce. Then carefully examine each oyster and with the fingers remove all particles of shell. They are then ready to be used in anyway desired. Raw, or prepared in such recipes as the following:

OYSTERS A LA POULETTE

1 pint oysters
1¼ cups milk or cream
1 tablespoon butter or butter substitute
Salt and pepper
Nutmeg
2 egg yolks or 1 whole egg
2 tablespoons flour
Cayenne

Set the oysters on the stove to heat in their own liquor. As soon as they begin to boil, skim carefully and turn them into a strainer. Add one-half cup of oyster liquor to one cup of milk or cream and make a white sauce with the fat, flour and this liquid. Season with salt, pepper, a slight grating of nutmeg and a grain of cayenne. Add one-fourth cup of cold milk or cream to the well-beaten egg or yolks of eggs. Place the oysters in the white sauce and add to the egg mixture. Cook over hot water for three minutes, or until the eggs thicken, stirring all the time; remove from fire immediately to prevent separating. Serve with a boarder of buttered toast, or baking powder biscuits. If desired, onehalf tablespoon of lemon juice may be added just as the oysters are taken from the fire.

BAKED OYSTERS WITH SPAGHETTI

¼ pound spaghetti
1 pint oysters
Salt and pepper
1 cup bread crumbs
⅛ cup melted fat
1½ cups milk
2 tablespoons flour
2 tablespoons butter or other fat

Break the spaghetti into small pieces, boil it in plenty of salted boiling water until it is quite tender, and then drain. Scald the oysters in their own liquor, reserving the liquor. Oil a baking-dish, put in a layer of the spaghetti and then a layer of the oysters, season with salt and pepper, and repeat the layers until all the oysters and spaghetti are used, finishing with a layer of spaghetti. To the liquor from the oysters, add enough milk to make a pint, reserving a small quantity to mix with the flour. Scald the remainder, add the scalded milk to the moistened flour, stir well and cook twenty minutes in a double boiler. Take from the fire, add the melted fat and pour over the layers in the dish. Top with bread crumbs mixed with melted fat and bake in a quick oven (400 to 450 F.) just long enough to brown the crumbs, about ten minutes.

—V—

If fat which has been used for deep frying is not over heated, if it is carefully strained through several layers of cheesecloth to remove particles of flour and of other foods, and if it is kept in a cool place it may be used many time for frying. If it is not strained, the bits of food burn when the fat is reheated, and affect the flavor of the next foods cooked in it.

—V—

Orange Bread Lenten Menus

By occasionally baking a loaf of bread, preferrably bread on the novel side, the housewife doesn't have to worry about her family getting a meager dinner on those nights when meat is excluded from the menu. With Lenten season just getting under way, and two days a week with meatless meals, some home-made bread will fit in beautifully inasmuch as home-made bread is rarely served when it isn't the center of attraction. Here is a loaf that will be grand for dinner as is and every bit as good toasted for breakfast, or as an afternoon snack for the youngsters—well, just try it and see.

ORANGE BREAD

Grated rind of 1 orange
½ cup water
½ teaspoon salt
½ cup sugar
Juice of 1 orange
Milk
1 egg, well beaten
2 tablespoons shortening melted
2 cups whole wheat flour
3 teaspoons baking powder

Combine orange rind, water, salt, and sugar, and boil for 10 minutes. Cool and add orange juice and milk to make 1½ cups. Combine beaten egg, or orange rind mixture, and melted shortening. Mix flour with baking powder. Stir into first mixture and blend. Pour batter into 9x5x3 inch long pan greased. Bake in a moderate oven (350 F.) 50 to 60 minutes.

If preferred, part white flour may be used. One half cup of chopped nut meats may be added also.

—V—

Egg Sandwiches Rank High In Popularity

Eggs play one of their greatest parts in sandwiches. This is partially due to their flavor which most people like and also to the fact that they are readily adaptable to sandwich use in that they combine so well witn other foods.

When one is served assorted sandwiches for a large group of guests, it is always well to include such a sandwich as can be made from eggs. One will notice that they are among the most popular.

EGG AND ANCHOVY SANDWICHES

Cream together the yolks of two hard boiled eggs and three tablespoons of butter. Add two tablespoons of anchovy paste and one tablespoon of lemon juice, and mix well. Spread on thin slices of bread and lay rings of egg white on top.

EGG - BACON - PEPPER SANDWICH

Chop six slices of raw bacon and place in a pan over the fire. Add 2 chopped green pepperss and 3 medium sized copped onions, and season to taste. Cook until bacon is done and the vegetables are soft, then add 2 eggs and scramble. Place between thin slices of buttered white bread and if desired, lay thin slices of radishes over the filling.

EGG & PIMENTO SANDWICH

Chop fine 3 or 4 hard boiled eggs, add 1 pimento cut very fine and twelve stuffed olives sliced fine, and 3 or 4 sweet pickles cut fine. Mix with mayonnaise, salt and pepper and put on a lettuce leaf between slices of buttered bread.

—V—

Pea Soup Really Not Hard To Make

Most people think that pea soup is something difficult to make and therefore it is not listed among their accomplishments. However, with the following recipe, everyone can have pea soup "what am pea soup:"

Merely soak 1 cup of dried green peas overnight. Drain, put in 1 quart of boiling water add 1 small onion, sliced and cook until tender—about four hours. Rub through a strainer; return the pulp and liquid to the fire. Add salt, pepper and 1 tablespoon of butter mixed with flour until smooth. When soup boils add 1 cup of cream, stir and serve.

—V—

A Special Sauce For Hash

Now days, there is no bit of left-over meat that is too small to be put to use. If nothing else can be done with it—it can certainly be saved until it has company, and then be combined into a hasty hash. And if by that time, the meat seems a bit dry, prepare the hash with a sauce—the results will be simply grand.

SAUCE FOR HASH

2 tablespoons minced onion
2 tablespoons minced celery
1 teaspoon minced parsley
3 tablespoons butter or butter substitute
½ tablespoon flour
1 teaspoon beef extract
2 tablespoons ale
Salt and pepper

Fry onion, celery, and parsley in butter or substitute until a golden color; add flour and stir; add 1 cup hot water; stir and boil for five minute. water; stir an dboil for fiveminutes. Mix with chopped, cooked meat and simmer over a slow flame, or bake in the oven.

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—V—

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