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

THREE MEALS A DAY

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

Did you know you could prevent lemons from drying out by placing a jelly glass over each one? Then before squeezing them, put them in a warm place, or in a warm oven and you will get more juice out of them.

Learn to make a good omelet and you can tempt the most fastidious and incidentally, you can use up many odds and ends to great advantage. A little chopped chicken, grated cheese, vegetables or jellies may be put on the omelet just before folding it over. Then be sure to turn it onto a hot plate that is large enough to leave a good border. On this border put a bouquet of watercress or parsley and you have a dish fit for anyone.

The seasonings in made-over dishes are important, so don't try to get along without salt, white pepper, paprika, cayenne, celery salt, onion, salt, nutmeg, kitchen bouquet, dried celery, bay leaves, cloves, peppercorns, mint and parsley leaves, Worcestershire sauce, chili sauce or grated cheese. Skillful seasoning is a sure guarantee against tasteless, uninteresting sauce.

As creamed dishes are a little heavy, it is well, if one is used as a main course, to begin the meal with a clear soup and end with a light desert—preferable fruit.

Bread crumbs are used as much as white sauce, so have plenty on hand. Buttered toast made into crumbs must be used up quickly as the crumbs get rancid, but unbuttered crumbs keep for months. Wholewheat crumbs can be kept by themselves, also crumbs made from cheese crackers. Cake crumbs keep a long time and may be used as a garnish over whipped cream and various puddings or made into a mousse.

Don't throw away any of the fish that leaves the table. But it is advisable first to remove the bones then to put the fish into a covered dish in the ice-box. When remains can be put into the souppot, together with the vegetable water which has accumulated during the day. If it is boiled down at night it will keep until the next day. If for any reason there is no opportunity to use the fish for several days, set the bowl in a pan of hot water, bring it to a boil, cool, and cover it well and return it to the ice-box. It will keep for several more days.

You can save gas by using a small oven over one gas burner on top of the stove. It will bake small dishes successfully and will save much gas and keep your kitchen cool.

If fat is rubbed over the skin of potatoes before putting them in the oven to bake, the skin will not break.

If food scorches, lift the pan from the fire and place in another pan containing cold water. This will remove scorched taste of the food if not too badly burned.

All salads should be served cold and on a plate large enough to leave a border around the bed of lettuce or watercress. Serve with the salad a ball of creamed cheese rolled in chopped chives or in chopped nuts, or toasted cheese on crackers or any attractive canape. Fruit or vegetable salads may be served in cream-puff or eclair shells. Do not fill shells however, until ready to serve, as they soften very quickly.

Croutons are always good in creamed soups, but not too many. Perhaps three or four tiny croutons would look very tempting floating in a cup of soup, but if you put in twenty and filled the cup, the effect would be spoiled. Just a speck of whipped cream and a few dashes of paprika make a creamed soup tempting.

At this time of the year there is considerable entertaining and canapes are very much in order—and fortunately they are really very eacy to make. Remove the crusts from white or whole-wheat bread and then cut the bread into strips or any shape you like. Spread with soft butter, then cover with a mixture such as the following: creamed cheese mixed with potted ham, caviar, chopped stuffed olives, chopped sweet pickles, chopped nuts, or anything that goes well with creamed cheese. Moisten with milk or creamu if too stiff to spread. Garnish with strips of pimento, chopped parsley, chopped egg whites, egg yolks put through a sieve, slices of stuffed olives, capers, artichoke hearts, oysters, anchovies or sardines.

—V—

Coffee, Tea Consumed

Sixty-five billion cups of coffee are consumed annually in the United States. That doesn't surprise you. But have you realized that 20,000,000,000 cups of tea are also consumed annually in this country. Tea drinking has increased 13 per cent in 10 years. It is said you make from 150 to 200 cups of strong tea from a pound of tea costing 50 cents.

Olives Are Guide To Taste Sophistication

By Sidney Snow

The primitive taste is for sweets.

The youngest child—the small wild animals of the forest—all join in a natural love for sweet things. And sweet things sum themselves up in the sugars. Nature invented sweetness as a lure to the sense of taste. That may be because it is from out of these sugars that carbohydrates and alcohols for which the system seems to have a natural craving come mainly from sugars.

And from then on there develops the plain "meat and potatoes and vegetables" taste—the common, garden variety of taste of which many people boast. "Just plain, ordinary food is good enough for me"—one hears.

Now, there is really nothing to boast of in that connection. It merely denotes an uneducated sense of taste, lacking in sophistication or in a mental desire for nice living. Often, too, it indicates a marked failure of the sense of smell to perform up to normal possibilities. It has been said, and quite correctly, that the sense of smell has more to do with our upward trend in food demands and in fine flavor than has our sense of taste. In any events, they are so very closely related that the enjoyment of food is dependent very largely upon a keen sense of smell.

And so, moving upward from the primitive taste for sweet things, we move on to a taste for spicy and fully seasoned foods. Salt, of course, came next to the sugars. The history of salt goes back into the ages. But following closely upon the taste for salt, came the taste for the piquant spices—pepper, mustard, and, of course, vinegar, which began as a natural phenomenan when fruit juices turned to vinegar, and its sourtaste added zest to many an otherwise plain dish.

These taste variations intrigued the early gourmets and led to adventuring about. Pickling came into full play and its possibilities awakened new taste thrills.

From sweets to spicy condiments the road led over into a cultivation of the most sophisticated taste of all—the enjoyment of the dry bitter flavors—the bitterness of the olive—the bitterness of certain pungent herbs such as hops and myrtle—though myrtle has been almost entirely superceded by hops.

Of course, there are the American unmentionables—the sturdy onion and the more redoubtable garlic—but these we will omit for the moment. But it is worth noting that the cultivated taste for bitterness marks today the pinnacle of taste sophistication—and the man or woman who can truly relish the bitter flavor of a plump olive may well put a little extra halo about the head.

—V—

Dress Green Salad Right At Your Table

Remove each leaf of lettuce or romaine from its stalk, wash in cold water and shake dry in a bag of mosquito netting kept for the purpose. Keep in the icebox until ready to use. Arrange the leaves loosely in a large salad bowl, which should be twice as big as the quantity of the salad it contains. On top of the lettuce, or other greens, lay whatever herbs, are in season—chives, a sprig of tarragon, chervil, or even a branch of parsley. If the salad is to be dressed at the table, set the bowl before the person who is to make the dressing, along with the olive oil, cider, or wine vinegar, a soup-plate with half a clove of garlic in it, salt, and a pepper-mill of black pepper, besides all this place a fork and spoon, preferably of wood. Unless you are sure of the palates of your guests, it is safest merely to rub the soup plate with the garlic. Put ½ teaspoon of salt and a slight grinding of pepper in the spoon, fill it with vingear, and stir with the fork until the salt is dissolved. Pour into the soup plate, add another ½ tablespoon of vinegar and 4 tablespoons of olive oil. Pick up the herbs with the fingers and cut into small bits, pour the dressing over the lettuce and toss lightly about with the fork and spoon until the salad is thoroughly dressed. If fresh tarragon is not available, tarragon vinegar should be used.

A more delicate flavor of the garlic may be obtained by rubbing thoroughly with the garlic, and a small crust of French bread putting it into the bowl with the lettuce. In tossing the dressing about this crust comes in contact with the leaves and impairs the flavor of garlic without its rankness.

It must be remembered that only the best quality of olive oil should be used for French dressing. Olive oil substitutes may very well be added to mayonnaise, but they are not successful in French dressing.

—V—

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Setting The Table For Spring

Have you ever noticed how much better people preform menu magic in the spring. Well, it's usually very noticable, because of the fact that thing are beginning to look so nice outside—we just instinctively try to have everything in the house nice too. Spring housecleaning does so much toward lifting morale, and special dishes on the table just finish the job. Ho hum, soft breezes in the air, spring in our hearts, and a dream of a cake on the table. If it's a nice day tomorrow or not, pick or buy a little bouquet for the table, then tie on your apron and make a dream come true in the form of a

LEMON CREAM SPONGE CAKE

1 cup sifted cake flour
1 cup sifted sugar
1½ teaspoons grated lemon rind
2 tablespoons water
5 egg whites
1½ tablespoons lemon juice
5 egg yolks
¼ teaspoon salt
½ teaspoon cream of tartar

Sift flour once, measure, and sift four times. Add ½ cup of sugar, lemon rind, and water to egg yolks and beat with rotary egg beater until very thin and light. Add lemon juice gradually, beating constantly. Add flour all at once, then stir until just blended. Beat egg whites and salt with a flat wire whisk or rotary egg beater. When foamy, add cream of tartar and beat until stiff enough to hold up in peaks, but not dry. Add remaining ½ cp of sugar, about 2 table spoons at a time. Fold in egg yolks mixture. Bake in two ungreased 9-inch layer pans in a moderate oven (350 F.) 25 minutes, or until done. Remove from oven and invert on rack until cake is cold. Spread lemon cream filling between the layers of the cake. Sprinkle top with confectioners' sugar. Serve in wedges with lemon cream sauce.

LEMON CREAM FILLING AND SAUCE

5 tablespoons cake flour
1 cup sugar
1 egg, slightly beaten
1-3 cup lemon juice
2-3 cup water
2 teaspoons buter
1 teaspoon grated lemon rind
½ cup cream, whipped

Combine flour and sugar in the top of double boiler; add egg, lemon juice water and butter, mixing thoroughly Place over boiling water and cook 10 minutes, stirring constantly. Chill. Fold in lemon rind and ¼ of whipped cream. Use half of this filling to spread between layers of cake. To the other half of filling, fold in remaining whipped cream and use as sauce. Makes about 2 1-3 cups. For a less tart filling and sauce, ¼ cup lemon juice and ¾ cup water may be substituted for amounts given in above recipe.

—V—

Difference Between Jellies And Preserves

Everyone is familiar with prepared jams, jellies and preserves, yet if someone asked you to distinguish the ifference between these three popular food products, you might experience some difficulty in arriving at a satisfactory definition.

Suppose you try to explain the difference right now and then see how your explanation compares with the following, which is given by a noted food authority. "Jam: The title of jam' is generally applied to that class of preserves in which the whole fruit is cooked together with water and sugar, without regard to the preservation of the shape of the fruit—differing from preserved fruits or 'preserves,' which retain in some measure the original forms, and form, 'jellies,' which are distinguished by the removal of the pulp tissues and are also generally more solid in body."

While jam, jellies, and preserves fill a very definite role in modern cookery perhaps most housewives use them more frequently as tasty spreads for sandwiches, toast, muffins and biscuits. An especially popular use for these spreads is on bread given to children as a late afternoon snack, or in the sandwiches they carry to school.

If you are not familiar with all of the tasty sandwich combinations listed below, you may wish to jot some of them down. They will prove most popular with children and also as impromptu refreshments at informal parties.

Peanut butter with jam or jelly.

Cottage cheese with preserve or jams.

Creamed cheese mixed with crispy bacon and jelly.

Creamed cheese with jam, jelly, or preserves.

Mashed ripe banana with preserves.

French toast with jelly or preserves.

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—V—

Determined Woman

Among those who attended a Ladies' Aid meeting in Gorham, Maine, was Mrs. Eva Roberts of Fort Hill, who had driven a horse seven miles in a blinding snowstorm and holding her six-weeks-old baby in her lap.

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To save valuable coal this winter, heating engineers say call your furnace serviceman to inspect damper, grates, working parts, and furnace for leaks.

—V—

Egyptian Demands

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