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

If you grow mint, preserve some of it for the winter by tying it into bunches and hanging it up to dry. Then you can put it away in jars.

For a fruit whip, use canned or fresh fruit. Put through a sieve, sweeten and to each cup of fruit pulp, fold in the beaten whites of two eggs. Chill and pile in sherbert glasses.

One tablespoon of granulated gelatin will jell to the right consistency in 1 pint of liquid. If your foundation is thicker, you need less gelatin. If you use too much the jelly will be like rubber. It is better to use too little than too much.

Cinnamon and lemon added to prunes will give a different interest.

Melt your favorite brand of sweetened chocolate over a pan of hot water. Keep it over hot water while you dip in pieces of candied orange peel separately. Cool on waxed paper.

Cut eggs lengthwise. Mash yolks and season with salt, pepper and chili sauce. Put back into the egg whites. Put into individual molds surrounded with aspic jelly. Unmold and serve on lettuce leaves with a garnish of chopped beets.

Here's one for the file—something that the children will love—beat two egg yolks; add a pinch of salt, one cup of milk, two tablespoons of sugar. Split shredded wheat biscuits and soak in the mixture until soft. Lift out of the mixture carefully and cook in a frying pan in hot butter. Sprinkle with sugar or serve with maple syrup, honey or jelly, for a dessert.

If you want a dish containing several extra egg whites, don't worry about waste because the yolks can be put to grand use in mayonnaise—Place two eggs, one-half teaspoon of dry mustard, a small pinch of salt, and a few grains of red pepper in a bowl. Beat for a few minutes, until well mixed, and then add olive oil, a few drops at a time until you have the right consistency. If it becomes too thick add a few drips of vinegar. Keep the mayonnaise in a cool place. A refrigerator that is too cold will make the dressing curdle. If this happens, beat it well with an egg beater.

Do you know that hygienically wrapped straws may be bought for determining whether cakes or biscuits are ready to be removed from the oven? If they are not available, however, one taken from a clean broom and carefully washed will serve.

If your cakes crack, it is usually a sign of too much flour.

An excellent dressing for fruit or vegetable salads can be made with sour cream. Use equal amounts of mayonnaise and sour cream. Whip the cream; when thick, fold in mayonnaise.

A piece of suet is a grand thing to have for greasing griddles.

Souffles must be served at once, red hot from the oven, on hot plates. If you make individual souffles in small dishes, they will bake in fifteen or twenty minutes.

Many cake icings can be molded into balls then rolled in chopped nuts and you have a tempting confection.

Chocolate cake crumbs can be used to sprinkle over the top of any whipped cream dessert—and they are good! ! !

Cut off the top of a large biscuit and scoop out the center. Drop in an egg, season with salt, pepper and butter. Bake in oven until egg has set. Serve with cheese sauce.

If you have any poultry dressing left over make it into cakes, flour them, brown in butter and serve with bacon or jelly.

Try melba toast with salads, or if you want a light simple lunch break it into a bowl of milk.

One small piece of moldy bread will spoil all the bread in the bread box. Watch out during damp rainy days. Put your rolls or loaf of bread in the oven for a few minutes to dry out. If you discover a bit of mold, cut it off and dry the remainder of the bread, or toast it at once, and serve toast with jam or honey for a sweet. You may prefer to save it for dressing for pork, chicken or fish or make it into crumbs.

—V—

Macaroni Combines With Meat & Cheese

It would be a pity for a housewife to confine the use of macaroni only to Friday night's supper—those Friday nights when she doesn't want fish—just macaroni and cheese. It combines so well with so many things that if you've been saving it only for the above mentioned case, you've really been missing a treat—this being an example:

ELBOW MACARONI AND KIDNEYS

1 pacakage elbow macaroni
2 tablespoons butter
1 tablespoon flour
2 cups milk
¾ cup diced Swiss cheese
1 tablespoon parsley, chopped
½ teaspoon salt
¼ teaspoon pepper
1 cup lamb or beef kidneys, cooked
½ cup buttered bread crumbs

Boil the elbow macaroni for 9 minutes in four quarts of rapidly boiling water to which 1 tablespoon of salt has been added. Drain. Melt the butter in a double boiler, stir in the flour, add the milk and cook until it thickens, then stir in the cehese. Add the parsley and cook until well blended. Add the seasonings. Into a well greased baking dish put alternate layers of elbow macaroni, kidneys and sauce, finishing with the macaroni. Cover with the bread crumbs and bake in a moderate oven for 20 minutes. Sweetbreads may be substituted for the kidneys if desired.

—V—

Crab Cakes

As fine a luncheon or supper dish that can be prepared comes right from our little friends, the crabs. They do make up into the nicest little crab cakes, and when accompanied by French Fried Potatoes and cole slaw are the last word in easy eating.

CRAB CAKES

1 pound crab meat
1 cup bread crumbs
1 egg
1 teaspoon mustard
Salt and pepper to taste

Form in cakes and fry quickly in deep fat.

Another good crab cake receipe is to take one pound of crab meat for each four cakes. Put crab meat into a mixing bowl, add one teaspoon white pepper, one teaspoon English dry mustard and two teaspoons Worcestershire sauce, one yolk of egg and one soup spoon cream sauce or mayonnaise, one teaspoon chopped parsley. Mix well, making four cakes; press hard together, dip in flour, then into beaten eggs, then into bread crumbs.

—V—

Brown Fish Cutlets

During the Lenten season, just when we seemed to need as many fish recipes as we can think of they all seem to disappear, leaving us somewhat stranded in midstream. What a feeling, what a worry, particularly when we want those dinners to be just as appetixing as Monday's or Sunday's and so, for my own use as well as others in the same predicament. I've tried dozens of them and think that the following is as tasty a bit of fish as ever graced a table:

FISH CUTLETS

1½ cups cooked, flaked fish
Salt and pepper
3 tablespoons butter
1 tablespoon chopped onion
1 tlsp. chopped green pepper
4 tablespoons flour
1 cup milk
1 well-beaten egg
Chopped parsley

Melt the butter in a saucepan, and cook until tender. Add the flour and stir until well blended. Then add the milk and the beaten egg. Fold in the fish, cool, and shape in eight cutlets. Dip the cutlets in a beaten egg and milk mixture, then into crumbs and fry in deep hot fat until a good brown color. Drain for a moment on unglazed paper and serve accompanied by nice golden hashed browned potatoes, buttered peas and a crisp mixed green salad with French dressing.

Lamb And Banana Make Tasty Loaf

An interesting and tasty combination of fruit and meat is shown in a banana lamb loaf and by this recipe one of the grandest luncheon or dinner dishes imaginable can be prepared.

BANANA LAMB LOAF

2 pounds ground lamb
2 tablespoons grated onion
1 tablespoon salt
¼ tablespoon pepper
4 strips bacon
2 cups soft bread crumbs
1½ cups banana pulp (4 bananas)
1 teaspoon dry mustard
2 bananas, cut in half lengthwise.

Mix meat, onion, salt, pepper, bread crumbs, and banana pulp together. Add mustard which has been moistened with a little water. Form mixture into a flat roll. Cover top with strips of bacon for basting purposes. Bake in a moderate oven (350 F.) for about one and a half hours. At the end of one hour, place two peeled firm bananas cut in halves lengthwise on top or around roll. Baste bananas and sprinkle with salt. Continue baking for 20 minutes. Place under broiler for two minutes to brown bananas on top.

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