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

One should select furniture because of its utility and style value. Utility value is determined by strength, comfort, the quailty of materials used, and the workmanship. Style value depends on proportion, form, correctness of period detail.

In figuring amounts of food per person, allow one-quarter pound of meat or fish where there is no bone waste, one-half pound of chicken or turkey roasted, one-eighth pound potatoes, a large tablespoon of vegetables and salad, two rolls and a serving of dessert.

For a person who is not an expert traveller it is well to keep in the suitcase a list of articles used on a week-end trip.

If a thimble is too large cut a narrow strip of adhesive tape and apply to the inside.

When measuring half a cup of shortening, fill half full of cold water then add shornening until water comes to the top. Other amounts may be measured by the same process. However, stores are now selling sets of measuring cups in halves, thirds and wholes.

If you like gardening be sure to keep a gardening book. It is so easy to forget where things are planted.

A good use for discarded powder puffs is to use them for polishing silverware and all metals.

A simple wal to remove grease stains is to spread butter on them and lay the article in the sun.

For simple treatment when ink is spilled on a carpet, pour milk over it and take up with a spoon. Keep repeating this treatment until the spot has disappeared.

Wet a slice of bread and squeeze dry and add to hamburger before making into cakes. They will be much lighter.

Here is a tip to keep the yolks of eggs fresh and stop them from drying out. Place the unbroken egg yolks in cold water. Have sufficient cold water in the cup or bowl to cover the egg yolks and they will keep perfectly.

Egg whites cannot be whipped successfully before the eggs are three days old. "Stiff but not dry" means that eggs whites have been beaten until they will cling to the bowl when inverted, stage for meringue. When egg whites are to be used in a cake they are whipped until large bubbles have disappeared and the egg whites have begun to cling around edges of pan.

To remove down from a duck easily cover the bird with melted parafin. When the parafin has hardened, pull it off and the down will come off with it.

The best way to serve cantaloupe is to wash it, thoroughly dry and lay in a dish of ice until serving time. Never allow the ice to touch the flesh of the melon as the moisture injures its flavor.

Lighting in a room is important in that it must be diffused and allow no glares to distract attention. Make certain that there are plenty of restful reading lamps as well as good general light for entertaining.

Succotash is a combination of corn and lima beans. The corn and beans are boiled separately and combined in any proportion, usually half and half, heated with butter and seasoning. Cream may be added if desired,

French dressing and mayonnaise are the accepted bases for almost all salad dressings, and to either of these materials such as catsup, chili sause, mustard (either dry or prepared) and various flavorings, onion, garlic, tarragon, etc., which may be in the vinegar or added separately.

Mirrors are very important in the decoration scheme of a home. They may be used for reflection purpose to make the room seem larger, and to create more light.

To avold fire hazards and to conform to insurance regulations. no exposed portable cords should be longer than six feet; longer ones should be incased in metal tubing. In damp places, only cords having a heavy water-proof covering should be used. The cords should be watched, and repaired or replaced when any break in the protective covering is noticed.

An apple stuffing is delicious with pork for a menu change. Sprinkle tart apples with sugar, cook until tender, then add to bread crumbs and seasonings.

Tasty Rice Dishes Replace Potatoes

Potatoes? Did someone say potatoes? That must have been several weeks ago because suddenly and most unexpectedly to most people came the potato shortage. It found some people well supplied and others without a single potato in the house.

The absence of potatoes means just one thing though—we eat rice, or noodles or spaghetti instead, and the change is fine—few of us mind because we can really do wonders with a bit or rice. For a pleasing change serve one of these.

RICE CROQUETTES

1 cup boiled rice
¼cup milk
1 tablespoon sugar
1 teaspoon salt
Grated lemon-peel
1 egg
Egg crumbs

Combine rice, milk, sugar, salt grated lemon peel and the well beaten egg, and when cold, shape into ovals roll in egg then in bread-crumbs or rolled crackers, and fry to a rich brown in deep fat.

CURRY OF RICE

1 cup rice
2 tablespoons fat
1teaspoon chopped onion
2½ cups boiling water
1 to 2 tablespoons curry powder
2 teaspoons salt
¼ teaspoon pepper

Wash the rice well. Place fat and onion in a stew-pan and cook them until the onion is yellow, add the rice and stir the whole over a hot fire for five minutes. Draw the pan out of the heat, season with curry-powder, salt and pepper, stir well and pour in the boiling water. Cover the stew-pan and boil rapidly for ten minutes, then cook very slowly for forty minutes.

This appropriate with any meat dish that has been prepared with a sauce.

V

Radish Roses

Cut off the roots and with a sharp nife cut down from the tip toward the stem so that the red outside covering stands out like the petals of a flower. Drop the radishes into ice water and after an hour or two the petals will curl back slightly.

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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.

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Painted fruniture also needs an occasional washing — wash off finger marks, or wash off entirely with pure mild suds. Dry thoroughly with a clean soft cloth.

Refilling The Cookie Jar

When sugar was first rationed, many a cookie jar took a back space on the pantry shelf—children wept and father wailed—but the sugar must be used sparingly and this seldom strechd as far as cookie baking.

Then came the new and delicious receipes using no sugar at all, or just a very small amount of sugar—so little that it really wasn't missed—a bit taken from this recipe and a bit more from that receipe—with honey or syrup added, and before we knew it there was sugar enough for many more tasty treats. So the cookie jar again brought out and filed with a flourish, such as with

RAISIN FILLED COOKIES

½ cup shortening
½ cup sugar
½ cup light corn syrup
2 eggs, slightly beaten
4 cups general purpose flour
1 teaspoon cinnamon
½ teaspoon salt
3 teaspoons baking powder.

Cream shortening and sugar. Add corn syrup gradually and beat thoroughly. Then stir in slightly beaten eggs. Sift flour, measure, and sift again with remaining dry ingredients. Add to creamed mixture blending well. Roll out dough ⅛ inch thick on slightly floured board. Cut with round cookie cutter. Then cut small round centers from one - half of the rounds for the top part of cookie. Place a portion of rasin filling on bottom rounds. Press edges together well. Bake in moderately hot oven (375.) for 12 to 15 minutes.

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Salt Mackerel

Ever so many people who have tried time and time again to buy their favorite fish and have been confronted with nothing but salt mackeral, are now wondering just how salt mackeral are prepared. It really is simple and is very fine either for breakfast or supper. One merely soak the fish over night in water, with the skin side up. Then boil with plenty of fresh water for one-half hour. Drain the water from the fish. Have a sauce ready with plenty of parsley and butter or substitute. Place the fish on a hot platter and cover with the sauce Serve immediately.

Marashchino cherries, one to each ice cube, are very approproiate garnishing They can be frozen in plain or appropriately tinted cubes. Lemon juice and lemon slices are also desirable additions. When fruits are to be frozen in the cubes, fill the tray one-third full with water, then partially freeze. Add the fruit. Freeze. This will hold the fruit in position. Then add the water until the tray is about three-fourths full and finish freezing. Any fruit coloring can be used to color ice cubes by adding to the tray. Be sure to use the right amount of coloring, for delicate tints always more attractive.

Eggs In Aspic

Here is salad, that despite its daintiness will appeal to the hearty male appetite.

Eggs in aspic: Use hard boiled eggs. Cut in halves, remove the yolks and mash with melted butter, a dash of celery salt, a little paprika and a few drops of Worcestershire sauce. Fill the whites with this paste and place in individual custard or demitasse cups. Cover with a gelatin made with chicken soup, or tomato aspic, and set in the refrigerator. When hard, turn out on a crisp lettuce leaf and serve with mayonnaise.

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Baked Bananas For Two

2 Bananas
¼ cup of rasins
1 cup boiling water
1-3 cup sugar
1 teaspoon cornstarch
1 teaspoon butter
½ teaspoon vanilla or
1 tablespoon lemon juice

Pull down a section of a banana skin, then loosen the pulp from the rest of the skin; remove all coarse threads and replace the fruit in its original position in the skin. Set the bananas in a casserole in a moderate oven, to bake until the skin is blackened and the pulp is soft. It will take about ten minutes. Take the pulp from the skins without ruining the shape, and place in saucers in half circles. Pour over the sauce. Serve hot in an entree with meat or as a dessert dish. To make the sauce: cook the rasins in the water until tender. Stir in the corn starch and sugar mixed together, let simmer six or eight minutes, add the butter and flavoring and the sauce is ready. The water will evaporate during the cooking of the rasins. Add more as needed but do not have more than a half a cup in the dish when the corn starch is added.

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Curled Celery

Cut the inner stalks into 3-or-4-in pieces. With a sharp knife split each piece down into thin strips, stopping within an inch of the end. Drop into ice water and as they become chilled the thin strips will curl.

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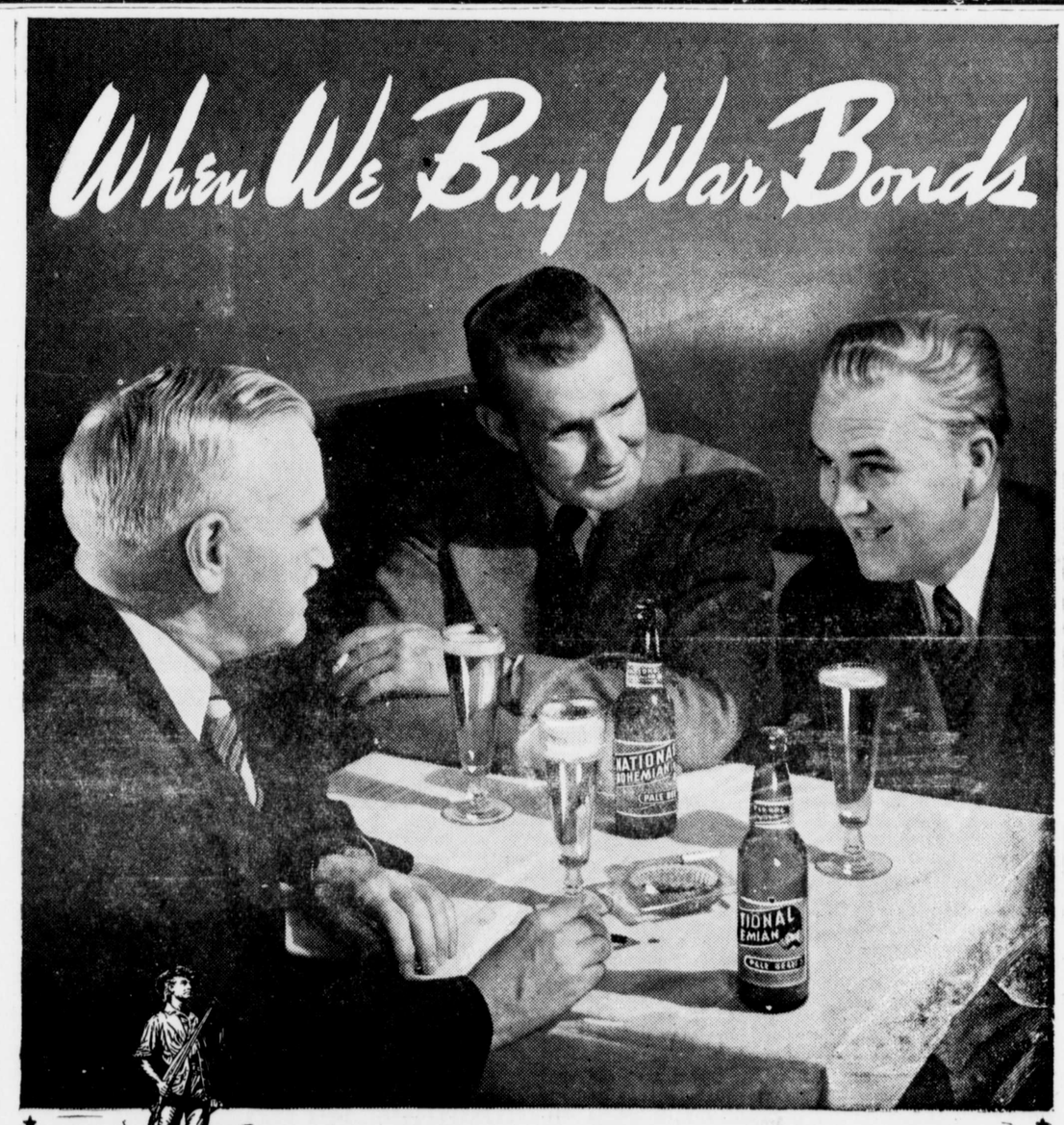
Vegetable and fruit stains may be removed from fingers by rubbing them with a slice of lemon before washing. Soap, placed under the finger nails when doing dirty work will keep them clean. Wet the ends of fingers and the soap; scratch the soap, forcing it under the nails.



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