*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

Mint, watercress, and whole parsley add little more than decoration to the platter when served around meat. Mint in cold drinks has a seasoning value as well as being a garnish.

Whatever kind of china ware is chosen, it should be from open stock, marked with a number to simplify reordering, and from a reliable store that will be able to reorder when the patterns are no longer on their shelves. As most stores do not keep the same patterns on their shelves for more than a few years, this must be considered. Many housewives do not take this into consideration and either have a lot of odd dishes on already crowded shelves or order complete new sets every few years.

To wash blankets—Fill two stationary tubs with water a little warmer than lukewarm. Dissolve in both tubs white soap flakes, but not too many flakes in the second tub as the first, and when the soap is dissolved, add a little ammonia (1 tablespoon to both tubs.) Put in the blankets. (Blankets can be washed in machine if careful of temperature of water and of soap.) When well washed transfer to second (rinse) tub. Rinse and squeeze out as much water as possible. (With machine, do not use wringer but if machine is so equipped, whirl dry.) Wash on a good breezy day so that the blanket will dry quickly. A little soap left in it and quick drying leaves a pure wool articles nice and fluffy. If very dirty, the blankets may have to go through several wash waters before becoming clean. Always keep water temperature a little warmer than lukewarm, but never hot.

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

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.

When a drain becomes clogged, use a suction cup of rubber attached to a long or short handle. If possible allow a strong solution of washing soda or of patent drain cleaner to stand in the pipe overnight. The next morning work the suction cup up and down over the drain.

Did you know that bedbugs may enter the house by way of the laundry package? Therefore, do not unpack packages on the bed. They may be eliminated by washing where possible with kerosene or by the use of patent sprayers especially in the corners of bed frames and springs.

To prevent flies and mosquitoes, use screen and keep them closed. Make sure that they are in good repair. Keep garbage cans tightly covered and dispose of other refuse quickkly. Do not leave food standing about the kitchen longer than necessary. Eliminate places where water collects in puddles outside the house.

When planning to serve a crown roast, be sure that the butcher cracks the bone between each chop so that, in carving, the knife may easily cut between each two ribs.

Toast croutons are thin, hard slices of toast cut into small squares after toasting and dropped into the soup just before serving. They are especially good with cream soup.

One should cook fish slowly after it has started, to keep it tender and sweet and to retain food value. It is best tasting when cooked as soon as possible after catching. When fresh, the flesh is firm to touch the eyes, gills and scales are bright, and the odor is not strong.

The best veal cut to roast is the ribs, choosing preferably, the first two or three ribs. The meat is heavier, larger boned and has more layers of fat as the cuts progress.

When making gelatine salads, always use 1 teaspoon of gelatine to 1 pint of lipuid, including the water in which the gelatine is dissolved.

Wash berries well before serving. They may be looked over early in the day but do not wash until needed as they get soft when washed too.sson.

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## Baked Rhubarb

Wash, cut off the leaves and stem ends of rhubarb. If tender, do not peel. Cut in half inch pieces. To four cups of rhubarb take two cups of sugar; or pour boiling water over the rhubarb, let stand for five minutes, drain, and use only one and one-half cups sugar. Place in a baking dish. Cover, let bake in a moderate oven for about forty-five minutes until rhubarb is tender and deep red in color.

RHUBARB AND BERRIES

Take equal parts of rhubarb, cut in one inch pieces and any fresh berries. Add sugar to sweeten. Let stand one or more hours. Place in a saucepan, let heat slowly until the sugar is dissolved and cook without stirring until the rhubarb is soft. Cool and serve.

RHUBARB PIE

3 cups rhubarb
1½ cups sugar
2 tablespoons cornstarch
1 egg, slightly beaten

Line a pie plate with cookie dough. Cut rhubarb in one-quarter inch pieces; sprinkle with cornstarch. Mix all together, turn into lined pie plate. Bake in hot oven 30 minutes at (425-F.,) then reduce the heat at (325 F.)

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## Hot Cross Buns

1 cup scalded milk
¾ teaspoon salt
½ cup sugar
½ cup shortening
1 yeast cake softened in
¼ cup warm water
4½ cups flour (about)
3 egg-yolks

Add scalded milk to salt, sugar and shortening. When lukewarm, add yeast and one and one-half cups flour. Beat well and let rise until very light. Add the egg-yolks and the remaining flour. Knead lightly and let rise until double in bulk. Roll out dough to one inch thickness and cut into rounds. Set these close together on a greased pan and let rise. Glaze the surface of each bun with a little egg-white diluted with water. With a sharp knife cut a cross on top of each bun. Bake about twenty minutes in a hot oven (400 F.) Just before removing from the oven, brush with sugar and water. Fill the cross with a plain frosting. A cup of raisins may be added to the dough, if desired.

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## Quick Nut Bread

War work need not interfere with home baking when quick and easy recipes are used. Here is one recipe for nut bread that will be delicious for toast, and equally as delicious for sandwiches.

QUICK NUT BREAD

2 cups bread flour
½ cup sugar
4 teaspoons baking powder
1 teaspoon salt
5 tablespoons shortening
1 whole egg
Yolk of 1 egg
1 cup milk
½ cup finely chopped walnut or other meats

Mix and sift flour, sugar, baking powder and salt. Work in shortening as for biscuit; then add egg and egg-yolk well-beaten milk and chopped nut meats. Beat thoroughly and turn into a buttered bread pan. Let stand twenty minutes; then bake at (400 F.) forty to fifty minutes.

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## Entertaing At Home

It won't be so long now before people will start having those lovely warm-weather parties—either in the house, or out-doors in the garden. Maybe it will be a gala occasion—such as a wedding party, or maybe just a garden tea party, but no matter what the occasion, one will certainly have a selection of little sandwiches, and it has become a known fact that once a choice of filings and breads has been made, attractive sandwiches are simply a matter of design, and with all the fancy little bread cutters available, why, anyone can have perfectly beautiful sandwiches. Little rolled ones, clover shape, heart shaped, triangles, half moons, squares, and in fact, practically every shape imaginable. Never forgetting in the rush that one can seldom find anything more attractive than a loaf sandwich. Slice the loaf laterally, fill with various pastes and frost with cream cheese to your taste. Serve in thin slices. MMMmmm! And for some tasty fillings here are:

CHEESE AND BANANA SANDWICHES

Make a pulp of two bananas, mix with 1 cup cheese that has been softened with ¼ cup cream. Spread bread with mayonnaise.

SHRIMP BUTTER SANDWICHES

Pound 1 cup cooked shrimps in a mortar with a little salt and cayenne pepper. Add 1 cup butter and moisten the mixture with about ¼ cup tarragon vinegar or lemon-juice. Spread between thin slices of white or whole wheat bread.

CHICKEN LIVER SANDWICHES

1 cup cooked chicken livers
2 tablespoons chopped crisp bacon
Salt and pepper
1 tablespoon lemon-juice
4 drops tabasco sauce
2 stalks celery, minced

Mash the chicken livers, add the chopped bacon, salt, pepper, tabasco sauce, lemon juice. Use between slices of bread spread with creamed butter mixed with minced celery.

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## Chocolate Covered Sugarless Cake

The housewife who has men at home and also men in service will be particularly intrigued with a luscious chocolate cake that requires no sugar—neither in the cake itself nor in the frosting! She can bake two of these, one for home and one to send away with scarcely a dent in any rationed article.

THESE BIRDS JUST LOVE FOREST FIRES.

CHOCOLATE COVERED SUGARLESS CAKE

1¾ cups sifted cake flour
1¾ teaspoons double action baking powder
¼ teaspoon salt
1-3 cup butter or other shortening
1½ teaspoons grated orange rind
1 cup light corn syrup
2 egg yolks, unbeaten
1-3 cup milk
1½ teaspoons vanilla
2 egg whites

Sift the flour once, measure, add baking powder and salt, and sift together three times. Cream shortening with orange rind; add syrup very gradually, by tablespoons at first, beating very hard after each addition to keep mixture thick. Add ¼ of flour and beat until smooth and well blended. Add egg yolks, one at a time, beating well after each. Add remaining flour in thirds, alternately with milk in halves, beating very well after each addition. For best results, beat cake very well at each stage of mixing. Add vanilla and beat mixture well again.

Beat egg whites until they will hold up in moist peaks. Stir quickly but thoroughly into batter. Bake in two greased 8-inch layer pans in a moderate oven (375 F.) 20 minutes, or until done. Cover with

CHOCOLATE CHIP FROSTING

2 baked 8-inch cake layers
2 packages semi-sweet Chocolate Chips

Place layers on baking sheet, having one layer top-side down. Cover tops of cakes with chips. Heat in moderate oven (350 F.) 6 minutes, or until chips are just softened. Remove from oven. Spread softened chips over bottom layer, letting chocolate run down on sides. Arrange top layer and spread as before. Then spread sides evenly. If frosting loses its gloss, before serving place cake in moderate oven (350 F.) 1 to 2 minutes to heat chocolate slightly.

To cover tops of cake only, use 1 package Semi-Sweet Chocolate Chips.

If desired, the chocolate chips may be melted over boiling water then spread on top and sides of cake.

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## Borscht

There probably aren't many people who haven't heard of Borscht—that very famous Russian Soup—but probably few have tried to make it at home. It so happens though, that it isn't a difficult thing to make, and it's a grand starter for a light dinner.

BORSCHT

1 bunch beets
1 cup tomatoes, fresh or canned
4 cups water
1 small onion
½ pound breast of beef
1 tablespoon lemon juice
¼ cup sugar
¼ teaspoon salt
4 eggs

Pare the beets and cut them into long strips. Strain the tomatoes over the beets, not letting any seeds through. Add water. Put in the onion and meat, cut into small pieces, and simmer for thirty minutes. Add lemon-juice, sugar, and water. Boil one-half hour more. Beat the eggs with a pinch of salt. Add the hot borscht to this, a little at a time, stirring well to prevent the separating of the eggs. This will behave more or less as in any soft custard mixture. Serve at once, while very hot.

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## Sponge Cake

1 cup sifted cake flour
¼ teaspoon salt
Grated rind and juice of ½ lemon
5 egg yolks, beaten until thick and lemon colored.
5 egg whites
1 cup sifted sugar

Sift flour once, measure, add salt and sift together four times. Add lemon rind and juice to beaten egg yolks and beat with rotary egg beater until very thick and light. Beat egg whites with flat wire whisk until stiff enough to hold up in peaks, but not dry. Fold in sugar a small amount at a time. Bake in ungreased tube pan in slow oven (325 F.) 1 hour, or until done. Remove from oven and invert pan 1 hour, or until cake is thoroughly cold before removing from pan.

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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.

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## Beef Stew With Dumplings, Inexpensive

A meat dish that is inexpensive, as well as low in points is something to be desired these days. Particularly after we have splurged on some very choice cut of meat. Of course, this inexpensive, low point dish must be appetizing, so here is an old favorite, just made to suit present day requirements.

BEEF STEW WITH DUMPLINGS

1½ pounds shank, neck, plate, flank rump, or brisket
¼ cup flour
1½ teaspoon salt
¼ teaspoon pepper
1 small onion
1-3 cup cubed carrots
1-3 cup cubed turnips
4 cups potatoes, cut in quarters

Wipe meat, remove from bone, cut in cubes about one and one-half inch. Mix flour with salt and pepper and dredge the cubes of meat with it. Cut some of the fat from the meat and heat in a frying-pan. When part of the fat has fried out, add the cubes of meat and brown stirring occasionally to prevent burning. Put this meat, with the melted fat in which it was browned, into the stew-kettle. Add enough boiling water to cover the meat or a pint of tomatoes, stewed and strained, and simmer until the meat is tender (about three hours. The carrots and turnips are to be added during the last hour of cooking, and the potatoes twenty minutes before serving time. Fifteen minutes before serving time, add the dumplings to the stew.

DUMPLINGS

2 cups sifted flour
1 teaspoonful salt
4 teaspoons baking powder
¼ teaspoon pepper
1 egg, well beaten
3 tablespoons melted butter or other shortening
Milk (about 2-3 cup)

Sift dry ingredients together. Add egg, melted shortening and enough milk to make a moist, stiff batter. Drop by teaspoons into boiling liquid. Cover very closely and cook for 18 minutes. Makes 2 dozen dumplings.

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## Pork Pie

5 pork chops
4 potatoes, sliced thin
3 slices fat salt pork
¼ cup bread crumbs
2 medium sized onions
2 cups water
Salt and pepper

Arrange the slices of salt pork in the bottom of an earthenware baking dish, then put in alternate layers of potatoes, onions and chops, dusting each layer with salt and pepper. Let the chops form the top layer. Pour in two cups of water; sprinkle with grated bread crumbs, and dot with bits cut from the chops. Bake one and one-half hours in a moderate oven with cover on the baking dish. Remove the cover and bake another half hour longer. The bread crumbs should take on a golden brown.

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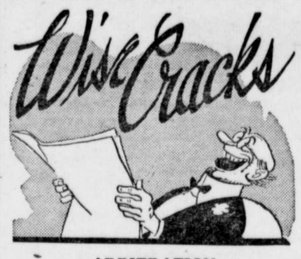
## Kidney Saute In White Wine

Allow two lamb kidneys for each person. Remove the fat and skin from the kidneys and cut them in very thin slices. Melt some butter in a frying pan and, when very hot, put in the sliced kidneys, a bay leaf and salt and pepper. Cook for a few minutes over a brisk fire, shaking the pan and turning the kidneys with a spoon. When nearly done (between eight and ten minutes) sprinkle with a little flour, stir it in well, then remove the pan from the fire, and add one half cup of white wine. Replace on the fire, and stir a few minutes longer. Serve immediately, very hot.




### ARBITRATION

Two young Scotsmen were at loggerheads over the sharing out of the estate which had been left jointly to them in their father's will. As a last resort they agreed to accept the decision of an old friend of the family.

"Boys," said this wise man, "Donald will divide up the estate exactly as he thinks fit."

At this Donald's face beamed, but that of Hamish grew visibly longer.

"And then," continued the arbitrator, "Hamish will take whichever half he prefers."

**Come Again Please**

Teacher—This is one of the most dangerous experiments. If I am in the slightest degree wrong in preparing this explosive we are all likely to be blown through the roof. Kindly come a little closer so you can follow me better.

Voice from the back—Follow you where, teacher?

**Read Less No More**

Prof—When was Rome built?

Stude—I know. At night.

Prof—Where did you find that information?

Stude—I read in a big book somewhere that Rome wasn't built in a day.

**Special Privilege**

Fireman—Come on with you, all of you. Keep moving. No loitering on the street near this fire.

Bill—Why should I move? You're letting that guy over there stay.

Fireman—Well, he's entitled to. It's his fire.

**Fashionable Slip**

Grace—George, does my dress look as if it were falling off my shoulder?

George—No, it looks fine to me.

Grace—I'll have to fix it then. This evening dress is supposed to look that way.

### SAME DIFFERENCE

Host—Will you have another piece of duck?

Guest—And how. Duck is my favorite chicken, except for turkey.

**Probably Bald**

Slow—Ouch! I bumped my funny bone!

Fast—Just comb your hair and the bump won't show!

**Mental Millinery**

She—Ah! My new hat is a dream!

He—Did you buy a new hat today?

She—No. I just said it was a dream!

**The Woman of It**

Mrs. Brown—Shopping?

Mrs. Blue—No, I haven't time today. I'm just buying a few things I need.

**Successful Battle**

Mabel—Why do you call that ring a war souvenir?

Betty—I won it in my first engagement.

**Buggy Talk**

Mr. Smith—Waiter, what's this bug doing on my pretzel?

Waiter—I guess it's on a bender, sir.

**Out at Home!**

Jones—What's the best time for a man to get home at night?

Smith—When his wife is asleep.

**Amateur Buying**

Butcher—Roundsteak, Miss?

Nancy—Well, the shape doesn't matter, so long as it's tender.

### ASK ME NO QUESTIONS

Boy—What time is it getting to be?

Girl—I don't know but it was Saturday night when you came.

**Murder for Music**

Tommy—The neighbors think the twins are going to be musicians.

Mother—How do you know that, Tommy?

Tommy—I overheard Mrs. Jones say "those Smith Twins will swing some day!"

**The Army Game**

Louie—You saluted that girl we just passed. Do you know her?

Second Louie—No, but I'm wearing Lieutenant Smith's hat and he knows her.

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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 coup and end with a light dessert—preferable fruit.

Don't throw away any of the fish that leaves the table. But it is advisable first to remove the bones and then to put the fish into a covered dish in the ice-box.

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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.

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