*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

Cakes will not stick to the cake plate if it is sprinkled with powdered sugar.

Always keep a pair of scissors in the kitchen. You will find them most convenient in cutting the centers from grapefruit, trimming the rind from sliced bacon and cutting lettuce, celery, parsley, etcs., in pieces for salads cocktails and the like.

Roll a whole shrimp up in jelly-roll fashion in a half slice of bacon. Skewer with a tooth pick. Cook under broiler heat, until the bacon is crisp and brown. Serve piping hot.

If you have no time-clock attached to your stove, you will find an alarm clock a great help. Set the alarm for the time when the food being baked should be removed from the oven. You can then go ahead with your other activities until the alarm rings.

A new plate-scraper with a rubber edge is unequaled as a window dryer for small decorative window panes and glass cupboard doors.

Nothing is better for cleaning brass, copper and pewter than a mixture of salt with an equal quantity of flour and vinegar. Apply a paste made up of these ingredients. Let the paste remain on for an hour and then rub off. Wash with water and then polish.

After pouring cake batter into a long square pan, sprinkle generously with shredded cocoanut, then bake. The result is a toasted coconut cake that has a flavor of its own, and no icing is needed.

To make a nice brown pie crust—before you put your pie in the oven moisten the top with milk. If you prefer a rich brown glaze, moisten the top with an egg yolk mixed with a teaspoon of cold water.

The addition of egg to chopped meat serves the same purpose as does fat, for the albumen of the egg coagulates quickly and tends to keep in the juices. One egg should be used to each one and a half pounds of meat.

As a general rule, every dish that includes eggs requires salt. And speaking of eggs—poached eggs must be done in well salted water. The salt keeps the whites from running all over the place and so spoiling their appearance. Salt added to the water in which eggs are boiled will keep the shells from cracking in boiling.

Corn brooms, hair dust-brushes and scrup brushes of various types are needed in every house.

To properly use the recipes we already have is a long step toward success in cooking If we have the basic facts well learned and have the necessary equipment, then it is a simple process to cook anything, even the most elaborate of dishes.

Fresh peas will keep better than corn but they are better cooked soon after picking and shelling.

There are few foods presented at a meal that appeal to the appetite more or that are more gratifying to the hostess than a plate of hot, golden crusted light fluffy biscuits, or pie with a crust that will just "melt" in your mouth. It is a happy fact that no great skill is necessary to produce either of them; merely a knowledge of the proper method of putting the ingredients together and the proper temperature at which they should be baked.

Cleanliness, brushing, airing in sunlight are the first preventatives against moths.

One should never clean an electric iron with a knife. The scratching may spoil the finish of the iron. Also, one should never overheat the iron.

Cream puffs should not be filled until ready for use.

To prevent soaking the bottom crust of a pie, brush it with melted butter and dust a little flour over that, then add the filling prepared according to the recipe you are using.

The principal roasts of veal are the loin, leg and rib or rack. The breast and shoulder also are roasted. They are best if boned and rolled.

Printed linoleum is a cheap, patterned variety which will not stand hard usage.

—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,

## Plan To Can Tomato Crop While Green

In the past, it has never failed—several women have been keenly interested in what to do with green tomatoes, and this year when so many women will be raising their own tomatoes—the sight of all those green things will prove a great temptation. Of course, everyone will want to put up some of them. Probably not as many green as ripe ones, so don't pick them all, just what you need and here is what to do!

GREEN TOMATOE PICKLES
1 gallon green tomatoes
6 onions
½ cup salt
1½ cups sugar
2 pods hot red pepper
1 tablespoon ground mustard
1 tablespoon mustard seed
1 tablespoon celery seed
1 tablespoon allspice
1 tablespoon horseradish
1 tablespoon whole black pepper
4 cups vinegar

Slice tomatoes and onions. Sprinkle with salt. Let stand overnight. Drain. Boil sugar and seasoning with vinegar 5 minutes (tie spices in bag). Cool slightly. Add tomatoes and onions and simmer 30 minutes. Pack into hot jars and seal at once.

—V—

## Simple Soups For Coolish Days

At this time of the year, the weather is ideal for serving a great big bowl of soup for lunch, accompanied by a fine salad, toasted crackers or muffins and of course, your favorite dessert.

If the fact be known, soup making in the home isn't at all what it's supposed to be. It is the general opinion of those who do not make it, that it's an all day chore. "Hooey, say we! Like it used to be"—it's simple to make soup and here's how! The soup stock is of course, an important feature of soup making but this can be purchased in the form of bouillon cubes. From there on the housewife just adds a little of this and that, such as for

ASPARAGUS SOUP
3 cups white soup stock
1 cup asparagus
3 tablespoons flour
4 tablespoons butter
1 pint milk
1 slice onion
Salt and pepper

Drain the water from the cooked asparagus. Reserve tips and put stalks into thick soup. Add onion and cook until stalks are very tender. Rub through a seive. Blend the butter and flour. Add salt, pepper, milk and asparagus tips. Serve very hot. A dash of paprika may be added to each serving.

—V—

Some brasses and coppers are lacquared, in which case one should not use any polish on them as it removes the finish and entails cleaning thereafter. If not lacquared, apply commercial paste or liquid polish with a soft cloth. Rub off well when it dries, and, if the article is for the table or kitchen wash well with soapy water. To make a homemade brass paste, mix two tablespoons of salt and one of vinegar with enough flour to make a smooth paste. Apply with a damp cloth. Rub off stain and rinse in cold water.

—V—

To keep pots from being discolored when boiling eggs, beets, potatoes in jackets—use a small piece of lemon in the pot.

## Sweet Potato Fritters

Though the sight of a white potato is something to cause a panic—to date we have been well supplied with sweet ones, and it must be said right here and now, that the sweet potato is certainly doing its bit to make meals as pleasant as possible.

It might be that they have appeared on our tables glazed, possible candied, and very probably baked—however, if you are planning on serving ham or pork, be sure to try

SWEET POTATOE FRITTERS
2 large boiled sweet potatoes
¼ cup brandy
½ cup flour
1 teaspoon sugar
¼ teaspoon salt
1-3 cup milk
1 egg, well beaten
Juice of ½ lemon
Powdered sugar
Cinnamon

Peel potatoes and cut in fairly thin slices. Lay them in a dish, sprinkling them with brandy, and leave covered for ½ hour. Then sprinkle with lemon juice, carefully moving the slices so the sprinkling will be even. Prepare batter of flour, sugar, salt, milk, and egg; dip in the potato slices, one at a time, and fry in deep fat. Keep hot. Serve on hot plate with a sprinkling of powdered sugar and a light sifting of cinnamon.

—V—

## Sandwiches For War-Time Entertaining

In spite of war work and victory gardens, women can still find the time and energy to entertain friendss over a cup of tea for a bridge game.

It is just commonly understood that the refreshments will be along simple lines—or, if not simple, at least sparing the rationed articles, and, since sandwiches are always favored here are—

DRESSED EGG SANDWICHES
6 hard-cooked eggs
1 cup walnuts
3 tablespoons chopped sweet pickle
1 teaspoon salt
½ teaspoon pepper
1 teaspoon prepared mustard
1 tablespoon melted butter or substitute
½ cup vinegar

Grind together the nuts and egg whites. Add pickle. Mash the egg yolks and add the seasonings. Mix all together and spread on leaf lettuce between slices of white bread.

ORANGE CREAM SANDWICHES
1 small cream cheese
1 tablespoon butter or substitute
⅛ cup orange juice
¼ cup chopped piemntos
½ cup chopped walnuts
¼ teaspoon salt

Cream first three ingredients and add others. Mix well and spread between slices of buttered graham or oatmeal bread. Makes about ten large sandwiches.

—V—

## Cookies And Tea

After the day's work is done—that is, done until time to start dinner—but with the luncheon dishes out of the way—comes time to relax. At relaxing time we usually sip something sweet like chocolate pinwheels. These can be made most any time, in fact, a roll of the dough can be kept indefinitely in your refrigerator and you can serve fresh baked cookies at will.

1½ cups sifted flour
½ teaspoon double acting baking powder
⅛ teaspoon salt
½ cup butter or shortening
½ cup sugar
1 egg yolk, unbeaten
3 tablespoons milk
1 square unsweetened chocolate, melted

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add egg yolk and beat well. Add flour, alternately with milk mixing well after each addition. Divide dough in two parts. To one part, add chocolate and blend. Chill until firm enough to roll. Roll each half into rectangular sheet, ⅛-inch thick, and place plain sheet over chocolate sheet Then roll as for jelly roll. Chill over night or until firm enough to slice. Cut in ⅛-inch slices. Bake on unglazed baking sheet in hot oven (400 F.) 5 minutes or until done. Makes 3½ dozen pinwheels.

—V—

## A Supper Salad

For a healthy and delicious meal serve a:

COOKED VEGETABLE SALAD
4 hard boiled eggs
1 cup sliced boiled potatoes
1 cup sliced beets
1 cup sliced cooked zucchini
½ cup cooked, cut up string beans
French dressing
2 small heads lettuce, sliced and cooked
1 cup mayonnaise
Salt, capers, anchovy, filets, ripe olives

Chop two of the hard boiled eggs fine and mix with French dressing and the vegetables. Add salt to taste and a little of the mayonnaise. Make a circle of the chopped capers around the edge. Then place the anchovy filest so as to make an eight or ten point star. Fill a small circle in the center with chopped black olives. Decorate hard boiled eggs. This will make eight servings and should be served at the table from a salad bowl.

—V—

## Marvel Chocolate Pie

Since pie is a universal favorite, one is always perfectly at ease when serving one to a man, woman or child—and when the pie is chocolate—well, just try this one and see!

MARVEL CHOCOLATE PIE
2 squares unsweetened chocolate
1 cup milk
1 tablespoon granulated gelatin
½ cup sugar
¼ teaspoon salt
3 egg yolks, slightly beaten
½ teaspoon vanilla
3 egg whites, stiffly beaten
1 baked 9-inch pie shell

Add chocolate to milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Combine gelatin, sugar and salt; mix thoroughly and add to chocolate mixture. Stir until sugar and gelatin are dissolved. Add gradually to egg yolks and blend. Add vanilla and chill. When slightly thickened, beat with rotary egg beater until light and foamy. Fold into egg whites. Turn into cold pie shell and chill until firm.

—V—

French toast is such a favorite with children that the housewife can serve it often, thereby taking care of the bread and egg requirement in their diets.

—V—

## Fillers For Cookie Jar

If the cookie jar is beginning to look empty, and the sugar can is also looking on the empty side—here are some ideal fillers, and how the children will love them:

CONDENSED MILK KISSES
1 1-3 cups (1 can) sweetened condensed milk
3 cups (¾ pound) shredded cocoanut
½ teaspoon vanilla
⅛ teaspoon salt

Combine ingredients and drop by teaspoons on a greased baking sheet. Bake in a moderately hot oven (375-F.) Remove from the pan while hot. Makes about 30 cookies.

FRUIT KISSES: Use 2 cups chopped dried fruits such as raisins dates or figs.

—V—

To remove lumps from brown or powdered sugar, place the sugar in a pan in a warm oven for a very short time.

**WATCHFUL WAIT**

The local doctor was called in to attend the butler of a distinguished but impecunious man. After a careful examination of the patient he could discover no symptoms of illness, and was astonished when the butler, in a confidential whisper, said: "It's all right, doctor, there's nothing wrong with me. His lordship owes me $50 in wages and I'm going to stay here in bed till I'm paid."

"A darned good idea," said the doctor. "Move up; he owes me $500."

**Old Army Trick**

First Sarge—The lieutenant must come from a cultured famiy.

Second Ditto—What makes you say that?

First Sarge—Didn't you notice when the captain was speaking? He knows how to yawn with his mouth closed!

**Busy Days**

Fred—How are things going with you?

Ned—Say, I've got so much on my mind that if something happens to me today I won't have time to worry about it for two weeks.

**Wrong Again**

First Aid Instructor—Suppose the victim was bleeding profusely, had a broken leg, was extremely pale and showed no pulse. What would you do?

Student—I'd bury him.

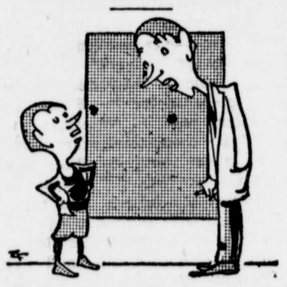
**Take It Away**

Smarty—You've heard of the stone age and the iron age, haven't you?

Dummy—Why, of course.

Smarty—Well, this is the salvage.

**ACTIONS SPEAK LOUDER**



Harry—One of the boys said I looked like you, Uncle Henry.

Uncle—What did you say?

Harry—Nothing. He's bigger than I am.

**New Year's Present**

Billy—I'm writing an essay on calendar reform. Do you know which pope gave us our calendar, Mom?

Mother—Pope? Why, Billy, I thought it came from our grocer.

**Hot on the Trail**

Hunter—Did you see a rabbit go by here?

Farmer—Yep.

Hunter—How long ago?

Farmer—Just yesterday!

**Time to Attend**

Mrs. Jones—What time is it, Helga? I'm invited to that tea, but my watch isn't going.

Helga—Vasn't your vatch invited?

**Wind It Now**

Smith—What has done the most to arouse the working class?

Jones—I give up. What?

Smith—The alarm clock.

**Velly Smelly Joke**

Housewife—Could you tell me how you sell your limburger cheese?

Grocer — Madam, I sometimes wonder myself.

**MAYFLOWER HOUND**

Billy—Has your dog a good pedigree?

Tommy—If he could talk, he wouldn't speak to either of us.

**Good Forever**

Hubby—The bank has returned that check.

Wifey—Goody. What can we buy with it this time?

**Clear Soup**

Waiter—It looks like rain.

Diner—Yes, and the soup tastes like it, too.

**Not These Days**

Service Man—Check your oil, sir?

Driver—No thanks. I'm taking it with me.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