THREE MEALS A DAY

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

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SIDNEY SNOW will be glad to answer any questions on food

Smothered Chicken

With chickens so few and far between these days, when we are fortunate enough to find one—it is only natural that we should want to prepare it in one of the best possible ways.

For the family who likes gravy, here is the ideal way to prepare it:

SMOTHERED CHICKEN

2 small or 1 large chicken
Salt and pepper
2 or more tablespoons fat
Flour

Take off the neck and split the chicken down the back, wiping it with a damp towel. Season inside and out with salt and pepper and dredge on all sides with flour. Lay the chicken, with the inside down, in a small baking-tin, and add a very little water. The pan should be very little larger than the chicken, otherwise the gravy will be too quickly evaporated. Set into a rather slow oven (300 to 350 F.) and cook for one hour in a covered baking pan, or, if baked without a cover, baste every ten minutes after the first twenty minutes.

If the chicken is lacking in fat, add fat as needed. When done, place the chicken on a hot platter, add enough water to make two cups gravy and thicken with two tablespoons flour. Should the chicken be quite fat, remove all but two tablespoons from the pan before making the gravy. Season with salt and pepper and pour it over the chicken and serve at once.

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Herb Growing Proves Satisfying Pastime

There exists no lovelier little back yard garden than the garden of herbs. In a plot merely two or three feet wide and twelve or fifteen feet long a dozen or twenty or even more patches of herbs may be sowed and harvested in time for a good winter crop. And during the time they are fresh on their stalks, day to day contributions may be gathered for the soup pot, for omelets and seasonings in roasts and stews.

Sage, tarragon, thyme, marjoram, bean-weed—your old time recipes and your seed catalog will bring many to mind. They all thrive in tiny bits of earth. They require only pleasant odd-moment attention.

The harvesting and preparation for future use is simple: Select a dry day, just before the particular herb comes into bloom. On that day, cut the little bushes close to the ground, place the crop in a broad shallow pan and dry them quickly (but don't roast them) before the fire—in front of a warm oven is best—or even inside of a low oven, at about 250 degrees. When dry, remove the leaves the leaves fine between th ehands and from the stalks and stems. Then rub then put through a fine sieve to make uniform powder. Then have ready for each herb a pint fruit jar or a smaller container, depending on your crop The container must be perfectly cleand and very, very dry—preferably it may sit in the oven for a few minutes to become warmed. Then pack your herbs each in its own container seal tightly and set aside.

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Apple John With Nutmeg Sauce

Apple desserts have become a favorite in this country, and with apples still plentiful in the markets—everyone will want to try this

APPLE JOHN

6 tart apples, thinly sliced
¾ cup sugar
¾ teaspoon cinnamon
½ teaspoon nutmeg
⅛ teaspoon salt
1 cup flour, sifted
3 teaspoons baking powder
Pinch of salt
½ cup shortening
2-3 cup milk (about)

Grease a shallow baking dish and fill with sliced apples. Mix the sugar spices and salt and sprinkle over apples. Sift flour with baking powder and salt. Cut in shortening until mixture is fine. Add milk, mixing until a soft dough is formed. Knead lightly on a floured board, roll to fit over pan; brush with milk, bake in a hot oven (450 F.) about 25 minutes, or until apples are tender.

Serve with

NUTMEG SAUCE

1 cup sugar
¼ teaspoon nutmeg
2 tablespoons flour
Dash of salt
2 cups boiling water
1 tablespoon butter
1 tablespoon vinegar

Mix sugar, nutmeg, flour, and salt in saucepan. Add boiling water, stirring constantly until blended. Add butter and boil five minutes. Remove from fire, add vinegar.

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Crabmeat Parmesan

For a tasty appetizer, here is

CRABMEAT PARMESAN

1½ cups crabmeat
3 tablespoons flour
3 tablespoons butter
1½ cups milk
Salt, pepper, paprika to taste
1 teaspoon Worcestershire sauce
1 to 2 tablespoons grated Parmesan

[illegible] sauce of the butter, [illegible] with salt, pepper [illegible] te. Add the crabmeat and Worcestershire sauce. Add 1 to 2 tablespoons of grated Parmesan cheese, depending on taste. Serve hot on toast squares.

The mixture of crabmeat and white sauce may be placed on the toast and the cheese sprinkled on top and all put under the broiler until the cheese melts. Minced hard boiled egg with the crabmeat will make the crabmeat go farther. Serves 6 to 8.

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Tasty Treats Using Left-Over Bits Of Fish

Some of the fish appearing in the markets now days are much too large for one meal, and the thought of waste immediately comes to mind. Of course, if the fish could be cut in two and sold that way, everything would be dandy.

We're very fortunate though, to be able to buy fish at all, and it isn't rationed and a fish, regardless of its size, when well prepared, is well worthwhile. But to get away from the original preparation of this too large fish—there are numerous and very tasty dishes to be made from what is left over.

If you serve fish on Fridey, the remains will keep very well in the refrigerator and will solve the problem of what to have for Sunday night supper. Here are several worthy suggestions:

FISH IN RAMEKINS

1 cup leftover fish
8 clams
½ cup bread crumbs
2-3 cup milk
1 clove garlic
1 teaspoon chopped parsley
1 onion, chopped
Salt and pepper
3 tablespoons fat
Buttered crumbs

Clean pan and clams. Add crumbs (soaked in two tablespoons of milk), garlic, parsley, onion, salt and pepper. Cook in fat several minutes. Stir in remaining milk and fill small ramekins or scallop shells. Cover with buttered crumbs and bake in a moderate oven (350 F.) about 15 minutes. Makes 5 servings.

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FISH FRITTERS

1 pound cooked fish
3 eggs, separated
Salt and pepper
⅛ teaspoon minced garlic
1 tablespoon minced parsley

Mash fish. Beat egg yolks until light and thick, add flour, salt, pepper, garlic, parsley and fish. Add whites of eggs beaten to a froth. Drop by tablspoons into hot deep fat (360 F.) and fry until brown. Serves 4.

FISH CAKES

1 cup flake cooked fish
1 teaspoon minced onion
1 teaspoon lemon juice
¼ teaspoon salt
Pepper
1 egg, slightly beaten
1 cup cold mashed potatoes
2 tablespoons flour
¼ cup fat

Combine fish, onion, lemon juice seasonings, egg and potatoes. Form into cakes, coat with flour and saute in hot fat. Serves 4.

PEPPERS WITH FISH

Parboil green peppers after removing stem end and seeds. Prepare flaked fish with a little minced onion, chopped parsley and celery. Mix with one-third the amount of bread crumbs. Add enough melted butter or substitute to moisten and fill pepper shells with the mixture. Put in a buttered baking-dish and bake until the peppers are cooked. Serve with a white sauce seasoned with paprika. If desired, vegetables may be added to the white sauce.

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Allow fat in the broiling pan to solidfy and scrape out with a spoon or knife before washing; the pan will be less greasy to wash. Or wipe out greasy pans with a loose bunch of newspaper or a brown paper bag, or paper towels before washing.

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If fat which has been used for deep frying is not over heated, if it is carefully strained through several layers of cheesecloth to remove particles of flour and of other foods, and if it is kept in a cool place it may be used many times for frying. If it is not strained, the bits of food burn when the fat is reheated, and affect the flavor of the next foods cooked in it.

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Scallion Soup

¼ cup butter
1 cup sliced scallions
5 tablespoons flour
5 cups milk
2½ teaspoons salt

Melt the butter add the scallions and cook until soft. Add flour and mix well. Add milk gradually and cook, stirring constantly, until thickened. Add salt. Serves six.

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Chocolate Fudge

2 squares unsweetened chocolate
¾ cup milk
2 cups sugar
Dash of salt
2 tablespoons butter or substitute
1 teaspoon vanilla

Add chocolate to milk and place over low flame. Heat until mixture is smooth and blended, stirring constantly. Add sugar and salt, and stir until sugar is dissolved and mixture boils. Continue boiling without stirring, until a small amount of mixture forms a very soft ball in cold water (232 F.) Remove from fire. Add butter and vanilla. Cool to lukewarm (110 F.) then heat until mixture begins to thicken and loses its gloss. Turn at once into greased pan, 8x4 inches. When cold, cut in squares. Makes 18 large pieces.

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Ice Box Cookies Made With Margarine

All the back-fence talk these days is about what we can or can't cook. There was a time when we spared no expense when baking cookies—now it's a question of what we can buy to go in the cookies, and whether or not we can freely use that much sugar. Many women are making a point of saving a certain amount of their sugar just for the purpose of baking cookies. Then there in the question of butter—many stores don't have butter for sale for weeks on end.

Have you tried Margarine? It makes wonderful cookies.

ICE BOX COOKIES

1½ cups Margarine
3 cups brown sugar
2 eggs, well beaten
2 teaspoons vanilla
½ teaspoon salt
4 teaspoons baking powder
6 cups sifted cake flour

Cream margarine and sugar. Add eggs and flavoring and continue cream Sift dry ingredients and add to the creamed mixture. (It will probably be necessary to knead the last of the dry ingredients into the cooky mixture. Divide the dough into five equal portions. Vary each piece of dough as suggested below. Shape each piece of dough into a roll. Chill. When firm, slice very thin, place on a cooky sheet and bake in a hot oven (375 F.) until done—10 to 15 minutes depending upon the size of the cookies. Yield—60 to 70 cookies.

Chocolate Ice Box Cookies

Add 2 squares of melted chocolate to one portion of the dough. Blend well and treat as directed in method above.

Spice Ice Box Cookies

Add ½ teaspoon cinnamon and ¼ teaspoon nutmeg to one portion of the dough. Blend well and treat as directed.

Fruit Ice Box Cookies

Add 1-3 cup of any desired dried fruit (dates, raisins, currants, apricots, prunes or figs) which has been cut into mall pieces, to one portion of the dough. Blend well and treat as directed.

Nut Ice Box Cookies

Add 1-3 cup of finely chopped nuts to one portion of the dough. Blend well and treat as directed.

Coconut Ice Box Cookies

Add 1-3 cup of shredded coconut to one portion of the dough. Blend well and treat as directed.

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Ham Waffles

2 cups sifted flour
2 teaspoons double-acting baking powder
½ teaspoon salt
3 egg yolks, well beaten
1¼ cups milk
5 tablespoons melted butter or other shortening
3 egg whites, stiffly beaten
1 cup finely cut, boiled ham

Sift flour once, measure, add baking powder and salt, and sift again. Combine egg yolks and milk; add gradually to flour, beating only until smooth. Add shortening. Fold in egg whites, Bake in hot waffle iron, sprinkling each waffle with ¼ cup ham just before closing waffle iron. Serve with butter. Makes four 4-section waffles.

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RAISIN FILLING

1½ cups rasins
bine with orange-ewejer
¼ cup orange juice
2 teaspoons grated orange rind
½ cup light corn syrup
¼ teaspoon salt
½ cup nut meats, broken

Rinse rasins dry, and cut. Combine with orange juice, orange rind, corn syrup, and salt. Bring to boil and continue cooking until very thick about 10 minutes. Remove from heat, add nuts, cool, and use filling in cookies.

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Various Things To Do With Spareribs

While gazing longingly at a 2-inch steak the other day, a woman priced spareribs, and after finding that all quite satisfactory, almost sat down and wept because no sauerkraut was available. I became so engrossed in telling her various ways to prepare them, that I too, bought spareribs—without sauerkraut!—and a fine dinner was enjoyed by all.

If you are classed with the spare-rib-sauerkraut eaters—you will certainly want to branch out and try the tasty rib in at least one of the following ways:

ROAST SPARERIBS

2 pounds spareribs
Salt and pepper

Place spareribs in a shallow baking dish and sprinkle with salt and pepper. Roast in a moderately slow oven (300 to 325 F.) about 1½ hours. Allow 1 pound per serving. Cover spareribs with greased paper and roast for ¾ hour, then roast, uncovered for remaining time. Just before taking meat from oven, sprinkle with 1 cup bread crumbs seasoned with ¼ teaspoon each of sage and minced onion. Baste with drippings in pan and return to oven 5 minutes longer.

STUFFED SPARERIBS

Use 2 matching sections of spareribs. Sew edges together, except at 1 end. Fill with bread stuffing, celery stuffing or apple stuffing, and sew or skewer the edges together. Bake in a moderately slow oven (300 to 325 F.) for 1½ hours.

BARBECUED SPARERIBS

Brown spareribs under broiler. Pour barbecue sauce over ribs, cover and bake.

BARBECUE SAUCE

4 tablespoons minced onion
1 cup tomato sauce
¾ cup water
3 tablespoons vinegar
2 tablespoons Worcestershire sauce
1 tablespoon salt
1 teaspoon paprika
1 teaspoon chili powder
½ teaspoon pepper
¼ teaspoon cinnamon
Dash of ground cloves

Combine all ingredients in order listed. Heat to boiling and use as directed.

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Rationing Can Mean Good Health

A TEMPTING RAW SALAD

It is said that the short rations in England have greatly improved the health of the people as a nation. That is very encouraging to us who are beginning for the first time, with all the rationing, we still have a great deal more to eat than the Brtiish people. We will however, find as time goes on, that we will be eating a great deal more healthful foods. More fresh cooked and raw vegetables For all round good eating and health—try this:

Raw Salad: On a slice of lettuce place a flat mould of equal quantities of ground or chopped raw cabbage, then raw carrots and on top a mound of green peppers. Mix each vegetable separately with a little white, creamy mayonnaise just enough to bind before placing in mould. Garnish around the base and top with small rosettes of cream cheese.

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Combination Salad

1 sliver of garlic
1 head crisp lettuce or romaine
4 tomatoes, peeled and sectioned
1 medium size cucumber, sliced
3 or 4 radishes
3 small spring onions, chopped
1 green pepper, sliced into rings
Salt
1 cup French dressing

Sprinkle the inside of a large salad bowl with salt; then, holding the garlic with a fork, rub it in the salt. Pull head of lettuce apart, and drop it leaf by leaf, into the bowl. Add the rest of the ingredients, slowly mixing well so that each vegetable is completely coated. Be sure the vegetables are very cold and crisp before starting. Serve immediately. Serves eight.

BEET AND CAULIFLOWER SALAD

1 cup dried beets
1 cup cooked cauliflower, diced
¼ chopped onion
½ cup noodles cut in small pieces and cooked
½ cup celery, chopped
2 cups shredded lettuce
French dressing

Mix together beets, cauliflower, celery, onion and noodles. Blend well with French dressing and serve on shredded lettuce.

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

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Fish Cakes From The Left Overs

Left over boiled fish left over mashed potatoes combine well to make fish cakes, but, if the ingredients are not on hand—fresh cooked ones will make it well worth the trouble

FISH CAKES

1½ cups flaked fish
2½ cups potatoes
1 egg
1 tablespoon melted butter
Salt and pepper

Mix all the ingredients, adding little flour if the mixture is too moist to make into balls. Have the mixture as soft as possible to handle conveniently when formed into flat balls. Dip the balls in flour and fry until a good brown.

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Take a square loaf of rye bread remove crusts. Cut loaf lengthwise into slices ½-inch thick. Spread each slice thickly with creamed butter or mayonnaise. With a large kitchen knife marke lines on slice through the butter and mayonnaise. These lines should be ½-inch apart and form 9 spaces. Fill spaces between lines with sandwich fillings of contrasting colors, spreading lightly. In the center space put smoked salmon ground fine. On both sides of salmon put finely chopped, hard-cooked egg whites ;in next spaces, rice yolks of eggs. Then sardellen paste. Decorate space at either end by pressing softened cream cheese through pastry tube. Cut each slice crosswise into inch strips. Arrange slices on oblong platter, close together.

Call Furnace Serviceman

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

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DOUBLE TALK

The chief of police of a small town was also an expert veterinary surgeon. One night the telephone bell rang. The chief constable's wife answered.

"Is that Mr. Jenkins?" asked an agitated voice.

"Do you want my husband in his capacity as veterinary or as police chief?"

"Both, madam," came the reply. "We can't get our new bulldog to open his mouth, and there's a burglar in it."

A Strong Man

Billy—I didn't think I'd survive. First I got angina pectoris, then arteriosclerosis. Just as I was recovering from those, I got tuberculosis and aphasia.

New Kid—You look awful well to have had all those diseases.

Billy—I wasn't sick. I was in a spelling bee.

Household Hint

Jane—I've already made tea for your guests, Mom.

Mother—That's sweet of you. Did you find the tea strainer?

Jane—No, I used the fly swatter.

Mother—You used the what?

Jane—Oh, you don't need to worry, Mom, I used the old one.

LAST ONE IN

Teacher—I see you are still at the bottom of the class, Henry. Can't you get any other place?

Henry—No, all the others are taken.

Circumstantial

A distinguished visitor to a lunatic asylum went to the telephone and found difficulty in getting his connection. Exasperated, he shouted to the operator: "Look here, girl, do you know who I am?"

"No," came back the calm reply, "but I know where you are!"

Grim Prospect

Judge (in traffic court).—I'll let you off with a fine this time, but another day I'll send you to jail.

Driver—Sort of a weather-forecast, eh, Judge?

"What do you mean?"

"Fine today—Cooler tomorrow."

Cute Little So and So

Betty—Do you like that pie, Aunt Bess?

Aunt Bess—Yes, very much, my dear.

Betty—That's funny. Mother said you haven't any taste.

Daily Tummy Time

Bobby—Mommy, isn't it twelve o'clock yet? Isn't it time for lunch?

Mother—No, not yet, son.

Bobby—That's funny, I guess my tummy must be running fast.

Speak From Experience

Johnny—Dad, does bigamy mean that a man has one wife too many?

Daddy—Not necessarily, son. A man can have one wife too many and still not be a bigamist.

Dumb Dora

Mary—I've got a speaking part in the next show we're putting on. Have you?

Dora—No. The director said I was too beautiful for words.

READ IT TWICE

Prof.—Can you give me an example of a paradox?

Smart—Sure. A man walking a mile and moving only two feet.

Put It on Ice

The Missus—Would you like me to tell you the name of this cheese? It's very rare and old.

Hubby—It's so strong it must be called Samson.

He's Thankful

Mr.—May I have the afternoon off to go shopping with my wife?

Boss—No; certainly not!

Mr.—Thank you very much!

Serious Illness

Hob—I hear your wife is quite ill? Is she dangerous?

Nob—Not any more. She's too weak now to be dangerous.

Pass Puns Please

Crack—I saw a thousand lovely ladies in tiers.

Wise—Yeh? Where?

Crack—At the opera.

There's a Difference

Cora—That fellow can certainly tickle the ivories.

Dora—You mean he's a pianist?

Cora—No; a dentist.

It's Golden

Girl—What course do you think I should take at school?

Boy—Well, I think all girls should study domestic silence.

High Thunderstorms

Thunderstorms sometimes extend to heights in the air well above 30,000 feet.

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