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

Meat in good condition is firm, bulky and odorless. To be palatable, meat must be tender, juicy and well flavored. The proportion of fat to lean affects the flavor. Good cooking contributes much toward the palatable meat serving.

Dinner must be served at noon or in the evening, depending upon the hour most convenient for the members of the family. Children should be served their dinner at noon and a light meal or supper in the evening. Where the adult members of the family are not in position to get a hot meal at noon the dinner should be served at night.

You can put new life into your feet by bathing them in hot salt water. This stimulates the circulation and removes the waste products which are responsible for fatigue. Add two handfuls of salt to a basin of hot water. Place your feet in it and receive their everlasting gratitude.

Cut several slices of bread about one half inch thick, remove the crust and cut into strips one half inch wide. With a round jumble or doughnut cutter, cut rings from six other slices of bread. Fry sticks and rings in deep fat or brown them in a pan with a little butter in a hot oven. Put one or two sticks through each ring before serving. These make grand accompaniments for salads.

To be satisfying a meal need not be elaborate but show good selection and be planned around the meat dish.

When one is planning to serve a fowl, care should be taken that the fowl is drawn and thoroughly cleansed. This is usually attended to by the retailer, but special care and attention is also needed in the home. The pin feathers should all be removed and the fowl singed. All blood clots, portions of lungs, etc., should be removed. Hold the fowl under the faucet and let the water from the faucet rush through it to remove any clinging portions.

A cream soup usually is made with milk, but it takes its name from its consistency which is similar to that of thick soup. It must not be so thick that it resembles a paste, but the milk requires thickening, and this is done ordinarily by adding flour. However, if you add the flour directly to the hot milk, you will have a lumpy soup. To prevent lumping, the particles of flour have to be separated and this can be done by blending it with a small quantity of cold liquid. Add milk or water to the flour gradually, stirring so that it reaches all the particles; then add to the hot liquid or heat it directly over a slow fire, stirring constantly.

Even if there is no washing machine in the home it is still possible to wash the rugs without too much effort. Spread them on a flat surface and scrub them well with a stiff brush and plenty of soap suds. Do not soak the carpet with water but apply the suds in a thick and rather dry state. Rinse thoroughly and quickly by rubbing with cloths squeezed out of clear water, and last rinse water containing a few drops of ammonia. Hang on the line to dry.

To make cheese biscuits: To the flour and other ingredients, a plain baking powder buscuit mixture, add some grated cheese. Add enough liquid to make a soft dough, roll lightly and cut with a tiny biscuit cutter. Bake in a quick oven (450 degrees F.) and serve piping hot.

A perfectly grand way to use up a left over roast, is to cut thin slices of the cooked meat, place a spoonful of bread dressing on each slice and roll up. Fasten ends with toothpicks or skewers and place in a baking dish. Cover with leftover gravy or tomato sauce. Bake in a moderate oven (350 degrees F.) for 30 minutes.

Best results with percolated coffee are obtained by making the full amount of coffee for which the percolator is designed. The water should come up over the base of the spout in order to have satisfactory percolation.

Gingerbread may be made into a special treat if filled with a grated apple, 1 cup of sugar and 1 egg beaten until light. Or 1 cup of crushed pineapple, drained, may replace the apple. Apple butter may be put between the layers too.

Swiss cheese should be sliced in thick portions, not thin slices, before it is brought to the table. But it is the only cheese that should be served in this manner.

—V—

If the housewife cannot be on hand to continuously watch the stove she can prevent "boiling over" by greasing the inner rim of the saucepan one inch below the top.

—V—

Five for Four

The cloth in four "zoot" suits would make five victory suits.

Suitable Egg Dishes For Every Occasion

It is a well known fact, that eggs have always been popular for breakfast and have been indispensible for emergency dishes, but since meat has been rationed, eggs are really coming into their own.

There are a few of us who don't now plan on serving an egg dish at least one night during the week—and if the dishes are sufficiently different we might even serve them twcie or possibly three times during a single week.

If eggs are to be served for dinner though, it is always well to plan a breakfast menu in which they are not included, and this is very easily done by substituting griddle cakes, waffles, or a coffe cake for the morning meal.

Then there are egg dishes that are wonderful for lunch and suppers. In fact, one can find an egg dish suitable for every occasion and every individual taste, from very simple ones to quite elaborate ones.

EGGS A LA GOLDENROD

6 hard-boiled eggs
2 cups thin white sauce
8 slices toast
Salt and pepper
Paprika

Separate the yolks from the whites of the eggs; chop the whites very fine, and add to the white sauce, with salt, pepper and paprika. Arrange six slices of toast on a platter and pour over them the white sauce mixture. Press the egg-yolks through a sieve and scatter over the top. Cut the two extra slices of toast into small triangle points, arrange on the platter and garnish with parsley.

BAKED EGGS

6 eggs
3 tablespoons chopped onion
3 tablespoons chopped green pepper
4 tablespoons fat
¼ cup bread crumbs
½ cup grated cheese

Fry onion and pepper in fat until silghtly brown, then pour into a baking dish. Break the eggs into the dish, being careful not to break the yolks. Mix the crumbs with the cheese and sprinkle over the eggs. Bake in a slow oven (250-350 F.) until the eggs are set, but not hard. Serve in the dish in which they were baked.

EGGS ROBIN HOOD

Split and toast English muffins. Saute circular pieces of boiled ham and place them on the halves of muffins with silces of broiled tomato. Arrange on each a poached egg and cover with cheese sauce.

EGGS WITH CODFISH

1 cup salt codfish
4 tablespoons fat
2 tablespoons flour
2 uncooked eggs
Chopped parsley
3 hard cooked eggs

Cover the fish with water and soak overnight. Drain, flake, and saute with the fat for a few minutes; sprinkle with the flour; add the milk, and cook until smooth. Stir in the uncooked eggs, slightly beaten, and cook three minutes more. Serve on a platter garnished with the chopped parsley and the hard-cooked eggs cut in quarters. Two additional tablespoons of flour may be substituted for the uncooked eggs, if desired. For creamed codfish, omit the hard cooked eggs.

CHEESE SOUFFLE

3 tablespoons quick cooking tapioca
1 teaspoon salt
1 cup milk
1 cup grated American cheese
3 egg yolks, beaten until thick and lemon-colored
3 egg whites, stiffly beaten

Combine quick-cooking tapioca, salt and milk in a sauce pan. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. Add cheese and stir until melted. Cool slightly while beating eggs. Add egg yolks and mix well. Fold into egg whites. Turn into greased baking dish. Place in a pan of hot water and bake in a moderate oven (350 F.) 50 minutes, or until souffle is firm. Makes 6 servings.

For a tomato cheese souffle, substitute one cup of tomato soup, of the consistency to serve for the milk in his recipe.

—V—

Fruit Juices For Summer Canning

With all the canning of vegetables being planned for this summer one certainly doesn't want to overlook the fruit juices. We are so accustomed to having them already canned and bottled for us that they are liable to slip our minds and then very unexpectedly some time we will be short on points and not a bit of juice in the

GRAPE JUICE

Wash, stem and crush fresh firm-ripe grapes. Add 1 cup of water to each gallon crushed grapes. Heat 10 minutes at simmering. (Boiling develops a poor flavor.) Strain through several layers of cheesecloth. Let stand in a cool place, preferably in refrigerator, 24 hours. Strain again. Add 1 to 2 cups sugar to each gallon juice. Reheat to simmering. Pour into hot jars. Process 30 minutes in hot water bath at simmering (175-185 F.) then complete seal.

BERRY JUICES

Wash either blackberries, blueberries, loganberries, raspberries, strawberries, etc., crush and simmer until soft. Strain through several layers of cheesecloth. Add from 1 to 2 cups sugar to each gallon of juice. Reheat to simmering and pour into hot jars. Process 30 minutes in hot water bath at simmering (175-185 F.); then complete seal.

GRAPEFRUIT JUICES

Extract and strain juice. Sweeten to taste. Heat to simmering (165 F.) Fill hot jars to overflowing. Process 30 minutes in hot water bath at simmering (165-175 F.) then complete seal.

—V—

Fish Chowder

One day during th eweek, if you are planning a light meal with possibly a salad as the main course, start the meal with a

FISH CHOWDER

¼ cup diced fat salt pork
¾ cup sliced onions
2 cups hot water
2 cups sliced potatoes
2 to 3 pounds cod or haddock
2½ teaspoons salt
Dash of pepper
1 cup evaporated milk
3 cups fresh milk

Fry out salt pork in kettle until crisp and delicately browned. Add onions and saute slowly. Add water and potatoes and cook 5 minutes, or until potatoes are partially done. Then add fish, and cook until it can be separated into large flakes with a fork. Remove skin and bones of flesh. Add seasonings and milk to chowder; reheat and serve. Makes 6 servings.

—V—

To open canned asparagus without breaking the tips, open the can at the bottom and pull the stalks out by their ends.

—V—

Prune Tart

Here is another recipe for the collection of fruit desserts—it is another one that can be underlined as something especially pleasing to the men:

PRUNE TART

Fresh or dried prunes
Sugar
1 tablespoon flour
3 eggs
1 tablespoon cream
1 cup sugar
½ cup cake crumbs
¼ cup powdered sugar
½ teaspoon vanilla

Line a baking dish with paste and fill the middle with fresh or soaked dried prunes that have had the stones removed. Sprinkle with sugar and the flour and bake in a hot oven (450 F.) for ten minutes. Then reduce the heat to (325 F.) and bake until the fruit is tender. Over it pour the yolks of the eggs, mixed with the cream, one-half cup of sugar and the cake crumbs. Bake at (325 F.) until the custard is set. Cover with meringue made from the egg whites, powdered sugar and vanilla. Brown and serve.

—V—

Fruit Cocktails

Since fruit cocktails are flattering to a meal and are just enough to stimulate the appetite, it is a good practice to plan them occasionally, using fruits in season and having them well chilled.

ORANGE MINT COCKTAIL

6 small, rather sour oranges
Powdered sugar
Fresh mint
3 tablespoons lemon juice
2 tablespoons sugar

Separate the orange into sections and remove the thin skin with a pair of scissors. Chill thoroughly, place in glasses, sprinkle with powdered sugar and add the lemon juice and sugar. Sprinkle with chopped mint and garnish with an upright sprig of mint in the center of the glass.

GRAPEFRUIT AND ORANGE COCKTAIL

1 cup diced grapefruit pulp
1 cup diced orange pulp
Sugar
Lemon or grape juice
Maraschino cherries

Mix the orange and grapefruit pulp. Sprinkle with sugar and a little lemon or grape juice. Chill, and have glasses chilled so that the whole, when served, may be very cold. At the last moment fill the glasses with the fruit mixture, garnishing with cherries.

—V—

Good Reasons For Preparing Extra Rice

With rice now playing such an important part in our weekly menus, there will be many who will have left--overs and won't know exactly what to about them. On the other hand, if there is no rice left over, the housewife will be smart to prepare a little extra as there are so many wonderful things to be made from it. Here are just a few examples:

RICE GRIDDLECAKES

1 cup cooked rice
2 cups milk
½ teaspoon salt
1 tablespoon sugar
1 tablespoon shortening
1½ cups sifted flour
2 teaspoons baking powder
1 egg, well beaten

Soak cooked rice in cup of milk overnight. Add salt, sugar, shortening, flour and baking powder. Beat the mixture well, then add egg and remaining cup of milk. Bake on hot greased griddle. Makes about 20 small cakes.

RICE CAKES

4 slices bacon
3 slices chopped onion
3 tablespoons chopped green pepper
1 teaspoon salt
½ teaspoon pepper
3 cups cooked rice
1 cup sifted flour
1 teaspoon baking powder
1 cup tomato pulp

Fry bacon crisp and add to remaining ingredients. Mix thoroughly. Drop by tablespoons into skillet containing bacon drippings and brown on both sides. Makes 16 cakes.

—V—

Stuffed Peppers

With big fat green peppers in the markets, and left-over bits of this and that around the house, the dinner problem should be no problem at all. Combine the left overs and stuff the peppers with most pleasing results.

To prepare peppers for stuffing cut off the tops of the peppers or cut them in two lengthwise, and remove the inner fibers and seeds. Drop into boiling water, remove from the fire, let stand ten to twelve minutes, then drain.

MEAT STUFFING

6 green peppers
1 cup cooked meat, chopped fine and seasoned
½ cup bread or cracker crumbs
Milk or cream

Prepare peppers as directed. Mix the meat with the bread or cracker crumbs and moisten with a little milk or cream. Be sure that it is rather highly seasoned. Fill the peppers with the mixture and serve at once, or cover with buttered crumbs and set in the oven (400 F.) for 10 minutes to brown.

CHEESE STUFFING

1 cup crumbs
½ cup chopped cheese
1 tablespoon melted butter or substitute
Salt

Prepare peppers as directed. Mix the crumbs with cheese. Then add butter and salt to taste. Fill the peppers with mixture and serve with or without meat.

—V—

Fish received from the market should be washed in cold salted water dried, and wrapped in parchment paper before being put into the refrigerator. Do not allow fish to lie in water as the water is absorbed quickly and spoils the flavor.

—V—

Meats Varied With Barbecue Sauce

Beef, lamb, veal or pork, in the form of roasts, chops or steaks that are braised in a barbecue sauce, will be a pleasing change.

BARBECUE SAUCE

½ cup butter or other fat
1 sour pickle, finely chopped
2 tablespoons chopped onion
2 tablespoons Worcestershire sauce
2 tablespoons chili sauce
4 slices lemon
1 teaspoon brown sugar
1 green pepper, chopped fine
1 cup vinegar

Combine all ingredients and mix thoroughly. Place in a saucepan and simmer until butter or other fat melts stirring constantly. Place in the top of a double boiler and keep warm until ready to use on barbecued meats or as a sauce for barbecued sandwiches. Makes 1¾ cups sauce.

—V—

Orange Cream Sherbet

For desserts that are easily prepared and as delicious as one could want, one should not overlook sherbets—served with home made cookies or little cakes they are ideal after a heavy or light dinner—and exceptionally wonderful for that afternoon or midnight snack.

ORANGE CREAM SHERBET

¾ cup granulated sugar
¾ cup water
Grated rind of 1 orange
2 egg whites
1½ cups orange juice
1 tablespoon lemon juice
½ cup light cream
1-16 teaspoon salt

Cook sugar and water slowly for ten minutes. Add grated rind to syrup and continue cooking for several minutes. Strain. Add syrup to fruit juices. Cool. Pour into freezing tray in automatic refrigerator and allow to freeze firm. Remove mixture to chilled mixing bowl and beat until light. Add cream and fold in stiffly beaten egg whites to which salt has been added. Pour into tray and freeze. If ingredients separate, stir mixture again with a spoon.

—V—

To clean paint brushes, wash in turpentine, then in soda water. Rinse in clear water and shape. Do not stand on bristles to dry but hang up on a string attached to the handle. If the brush will not be used for a long time, moisten with linseed oil before putting away. To soften bristles, soak in a solution made of one teaspoon of baking soda disolved in one cup of warm water.

—V—

The goal of the Second War Loan drive is 13 billion dollars. That is just about one fifth of the estimated increase of the Public Debt for the fiscal year of 1943.

High Thunderstorms

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

—V—

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