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

A little diced celery, grated raw carrot, a bit of green pepper, or other bits of cooked, left-over vegetables, such as beets, peas, beans or asparagus, may be added to tomato and lettuce to make a wholesome and tasty vegetable salad.

One should not paint in wet weather or when it is excessively cold or excessively humid or hot.

Old hooked rugs were made of wool and cotton rags, and their soft colors were achieved by long use. Modern hooked rugs use both wool and cotton rags and wool yarn and are sometimes treated with chemicals to stimulate the older colors. Cotton does not wear so well as wool and is more difficult to clean. The rugs which are closely hooked on a foundation of art canvas rather than burlap wear the best.

Brass pipes are the most desirable in the home as they eliminate replacement costs and serve cleaner water. Iron pipes are cheaper, but the cost of installation is the same as for brass, and they are very short lived. Avoid lead pipes except for drains.

To keep flowers fresh, cut a little from the stems each day and renew the water. Roses like cold water, and plenty of it. The belief that aspirin, salt, etc., prolong the life of flowers is unfounded. They are effective only in that they stop bacterial growth in the water. Water from the faucet usually contains bacteria and purifiers which are not good for flowers. Flowers stay fresh longest when kept in rain water. Remove all leaves that may be under water. Doing this and immersing the stems in as much water as possible will help keep them fresh. In a wide open bowl where it is necessary to use a flower holder, do not press the stems against the bottom of the bowl, but leave a little space for the water to seep up into the stems. When cutting stem cut at an angle. Remove the green covering from iris and gladioli buds if you wish them to open in water. Remove many of the surplus snapdragon leaves to prolong the life of the flowers.

Fruit cups of various combinations depend upon the friuts in season. The cans of fruit mixtures should have some fresh fruit added, such as bananas, oranges, or grapefruit. Whenever possible, make up the fruit combinations with an eye to color as well as to taste. A sprig of fresh mint topping the cup adds flavor as well as decoration. When citrus fruits are used with other fresh fruits, see that the mixture is sweet enough.

A good variation for veal or lamb roast gravy is to make the gravy as usual substituting 1 cup of tomato juice or stewed tomato pulp for 1 cup of water.

A good hard sauce is made by creaming together one quarter cup of butter with one cup of powdered sugar. Season with lemon juice or two-thirds teaspoon of vanilla. Dust the top with grated nutmeg.

Portable grills burning charcoal may be purchased and should be considered for picnics where firewood is known to be unobtainable.

Even where it is to be used for young children cereal may be prepared for more than one meal at a time. In that case, the cereal should not be cooked too dry originally and should be covered when put in the icebox. If, in spite of these precautions, a crust forms, it should be removed before reheating or it may be dissolved with a little boiling water poured on the top and stirred into the cereal during the reheating process. Add milk and keep stirring with a fork until the cereal is smooth again.

All containers used for milk must be kept spotlessly clean. Milk should be kept covered and at a temperature of fifty degrees Fahrenheit or lower. Milk served hot should not be boiled but heated to the scalding point, 186 degrees, or until a scum forms.

Those who wish to diet but find it difficult to resist much salad dressing can easily make a non-fattening dressing with the use of one cup of mineral oil, one egg yolk, one-half teaspoon mustard, a pinch of salt, a little pepper and one tablespoon of vinegar or two tablespoons of lemon juice. Beat the egg yolk, mustard, salt and pepper together. Add mineral oil slowly, drop by drop, until the mixture begins to thicken. Then alternate minearl oil and vinegar or lemon juice. The seasonings may be varied according to taste. This dressing may be used freely and the caloric content disregarded.

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Strawberries Canned With Ease and Success

One can probably list strawberries as a "must" for this years' home canning—provided, of course, you feel you can spare the sugar. They are, however, one of the easiest things to put up, and among the choice things to be found on any breakfast table. At the same time——jars of whole beeries will mean wonderful pies for next winter—it's a mouthwatering thought and one well worth consideration:

Strawberries: Use berries having small cells and deep red color throughout. Wash, cap, drain and measure beeries. Work with batches of two or three quarts. Use from 1 to 2 cups of sugar to each quart of berries in alternate layers in a broad bottom pan. Let stand 2 hours. Simmer 5 minutes without stiering. Cover and let stand overnight. Pack cold berries into hot jars. Process 10 minutes in hotwater bath; then complete seal.

Strawberry Jam: Wash, cap, crush, and weigh or measure beeries. Heat very slowly to boiling. Add ¾ as much sugar as fruit. Stir until sugar is dissolved, then boil rapidly until clear. Pour into hot jars; seal at once.

Strawberey Juice; Wash, cap, cruch and measure, firm, red-ripe berries. Add 1 pint boiling water to each gallon of crushed berries. Strain juice through cheesecloth. Let stand 2 hours. Strain again. Add 1 cup sugar to each gallon juice. Heat to simmering. Pour into hot jars. Process 30 minutes at simmerng; then complete seal.

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Quick Breads Are Boon To Housewives

Quick breads are a boon to housewives who are doing war work in addition to all their household duties. Possibly the work lasted later than usual so the dinner planned had to be postponed and something light and quick prepared instead—this is where the quick breads come in beautifully. They are mixed in a jiffy and baked while the rest of the dinner is getting under way, and when everything is ready the dinner proves ample.

GRAHAM MUFFINS

2 cups graham flour
2 tablespoons sugar
½ teaspoon salt
1 egg
¾ teaspoon soda
1½ cups sour milk
½ tablespoon shortening
1 teaspoon baking powder

Soft the flour with the other dry ingredients, and turn the bran back into it. Add the milk gradually , the well-beaten egg, and the melted shortening. Fill well-greased muffintins about two-thirds full and bake in a hot oven (400-425 F.) from twenty to twenty-five minutes.

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To make cheese biscuits: To the flour and other dry ingredients, a plain baking powder biscuit 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.

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Rhubarb Scallop With Meringue

Those who grow rhubarb are now finding small tender stalks that can be cut and cooked, others can buy it at the vegetable stands, but whether home grown or not, it is well worth preparing in this tasty dessert.

Rhubarb Scallop with Meringue

½ pound rhubarb
1 cup granulated sugar
Grated ring of 1 orange
¼ teaspoon salt
1 small sponge cake
2 egg whites
2 tablespoons powdered sugar

Wash and peel rhubarb and cut in 1-inch pieces. Add sugar, orange rind and salt, mixing well. Cut sponge cake in thin slices; line bottom of greased baking dish with 3 or 4 slices; cover with ¼ of rhubarb. Continue to make alternate layers of cake and fruit until all is used. Cover and bake in moderate oven (350 F.) for 30 minutes. Beat egg whites until stiff; add sugar slowly, beating until blended. Pile on baked pudding and bake 15 minutes longer, or until meringue is slightly browned.

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Serve A Fine Meal On Day Outdoors

With the garden plowed and planted, it is next to impossible to stay away from that precious spot. We all want to be right on hand when the first shoot breaks through.

On Sunday when friend husband is home or on his particular day off, whichever day that might be—aside from wanting to spend the day out of doors—we want to serve him a very special dinner, and fortunately both are possible by planning a casserole or boiled meal. Prepare things early, go out doors and come in only to get things started and then out you can go again to let the dinner cook in peace.

CHICKEN STEW

4 peppercorns
1 clove
1 small carrott, sliced
1 small onion, sliced
2 ribs of celery with leaves, cut up
4-pound chicken, cut into serving pieces
1 teaspoon salt

Tie the peppercorns, clove and vegetables in cheesecloth and place in kettle with chicken. Add water so the chicken will be covered to depth of ½ inch. Cover and simmer until tender. About 2 hours, adding salt when half done. Remove seasonings and chicken. If a rich flavored gravy is desired, boil stock down to about 2 cups. For each cup of stock use 1 tablespoon flour mixed with a little cold water. Add to hot stock gradually stirring constantly, and cook until thickened. Return chicken to boiling gravy. Add more seasoning if ldesired Serve with dumplings, noodes or rice. Makes 8 servings

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Fruit Fritters

Playing two roles in food fashions we find the very flattering fruit fritter. They are the perfect accessory to the main course or a most tasty dessert. If meant to accompany the meat course, serve them with powdered sugar—if to be served as dessert, serve them with a fancy sauce. One way or the other—you can't go wrong.

FRITTER BATTER

1 1-3 cups flour
¼ teaspoon salt
2 teaspoons baking powder
1 egg
2-3 cup milk
2 tablespoons powdered sugar (for sweet fritters only)

Sift dry ingredients, add egg, well beaten, and milk. The batter should be just thick enough to coat the article it is intended to cover. If it is too thin, add more flour; if too thick, add more liquid.

BANANA FRITTERS

6 bananas
2 tablespoons sugar
3 tablespoons orange juice
Fritter batter

Peel bananas, cut each in two and split each half. Place the pieces in a bowl with sugar and orange juice and let stand for one hour. Drain the fruit, dip in batter and fry in deep fat (360-370 F.) from two to three minutes.

PEACH FRITETRS

Peel peaches, split them in two, remove the stones sprinkle powdered sugar over them, dip each piece into fritter batter and fry two to three minutes in deep fat (360-370 F.)

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Julienne Potato With Savory Sauce

Potatoes are now put in the same class as gold nuggets—fortunately, when available, they cost less but are as percious. When you are next the proud possessor of said edible nugget—try it thusly:

JULIENNE POTATO WITH SAVORY SAUCE

2 cups potatoes cut in strings
1 small onion
1 teaspoon mixed herbs
2 tablespoons fat
2 tablespoons flour
1 cup milk
1 teaspoon salt
Pepper
Grated cheese

Cut raw, pared potatoes into long match-like strips. Cook them in boiling water until tender. Drain and turn into a warm dish. Brown the chopped onion and the herbs in the fat. Add the flour, stirring thoroughly, add the milk, salt and pepper and cook in a double boiler twenty minutes. Strain and pour over the cooked potatoes. Sprinkle with grated cheese and serve.

Cardinal Salad

Here is a salad that is as colorful and attractive as it is tasty. It is one that will become an all year round favorite.

CARDINAL SALAD

2 laege beets
2 tablespoons vinegar
½ cup wax beans
½ cup peas
½ cup asparagus tips
Mayonnaise made with vinegar from beets
Lettuce
Radishes for garnish

Boil beets until tender, slice, cover with vinegar and let stand until the following day. Drain off the vinegar and use it in preparing the mayonnaise. Arrange beans, peas, asparagus tips and mayonnaise in little rose-like nests of lettuce leaves, and garnish with radishes.

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Left-over cocoa can be combined with coffee and served either hot or cold. Top the beverage with whipped cream. Or it may be substituted for liquid in chocolate sauce, candy or icings, adding more cocoa for flavor.

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Eggs And Left-Overs Make Suitable Dishes

Experience is certainly a wonderful teacher! Who could possibly have believed a year ago that we could prepare and serve meal after meal, day after day with narry a potato and live to tell the tale. Why we'd die without potatoes!! But here we are, as alive as ever and possibly a pound is gone from the right place. So, say we, if it can happen to potatoes, it can most certainly happen to other things.

With this thought in mind we simply decide to take a more careful look at the tiniest amount of food that is not eaten. It's true—some things do seem to small to worry about, but even that half an onion(a small one) will add flavor to many a dish, and that dried bit of cheese that no one would possibly eat, can be grated.

It is perfectly amazing to consider the wonders one can accomplish with these bits of left-overs and eggs, but then, one could ramble on and on about the versatality of an egg without actually proving the point so here is proff aplenty! Starting with that tried and true kitchen stand-by—the omelet—and a plain one at that!

PLAIN OMELET

4 eggs
4 tablespoons hot water
Salt and pepper
Butter or other fat

Beat the egg-whites until stiff. Beat yolks until thick and lemon colored, beat into them the hot water and add salt and pepper. Cut and fold together the yolks and stiffly beaten whites. Melt enough fat in an omelet pan to grease the bottom and sides of the pan. Turn the egg mixture into the pan and cook over a slow fire until it is puffy and a light brown underneath, then place in the oven until the top is dry. Touch the top of the omelet lightlly with the finger and if the egg does not stick to the finger the omelet is done. Do not overcook it or it will shrink or be tough.

Loosen the edges of the omelet, cut through the center, slip a spatual or flexible knife under the side next to the handle of the pan, fold on-half over the other and press slightly to make it stay in place, slip on to a hot plate and serve.

There is the plain omelet and it is a simple one to prepare—so now for the left-over part of it—grate that bit of cheese and sprinkle it over the center of the omelet while cooking—the result will be a cheese omelet.

Next, use any cooked fish. Chop it fine, season with salt and pepper to taste and moisten with a little cream. Spread on the omelet before folding.

Mix one tablespoon chopped onion and one teaspoon chopped parsley. Add to the omelet mixture before cooking.

Use left-over cooked vegetables. Force vegetables through a seive, moisten with a little milk, cream or gravy and season with salt and pepper. Spread mixture lightly over omelet before folding.

Also, you can scatter minced, cooked ham, chicken or tongue over the center of the omelet while it is cooking.

And now, since some people are more patial to scrambled eggs than an omelet, try some of these combinations:

For every 6 eggs add: One cooked chicken liver with chopped cooked bacon.

(2) Two-thirds cup of grated cheese.

(3) One quarter cup of chopped cooked mushrooms.

(4) One half cup shopped cooked ham, tongue or dried beef.

(5) One half cup flaked cooked fish—fresh or smoked.

(6) Three tablespoons minced parsley and chives.

From here we can go back to an omelet that isn't an omelet in the way we picture one, but when the day arrives that there are some left over boiled potatoes on hand—this dish will certainly hit the spot, and it too, can be varied—with a strip of minced raw bacon, a bit of chopped green pepper, or pimento or some chopped onion.

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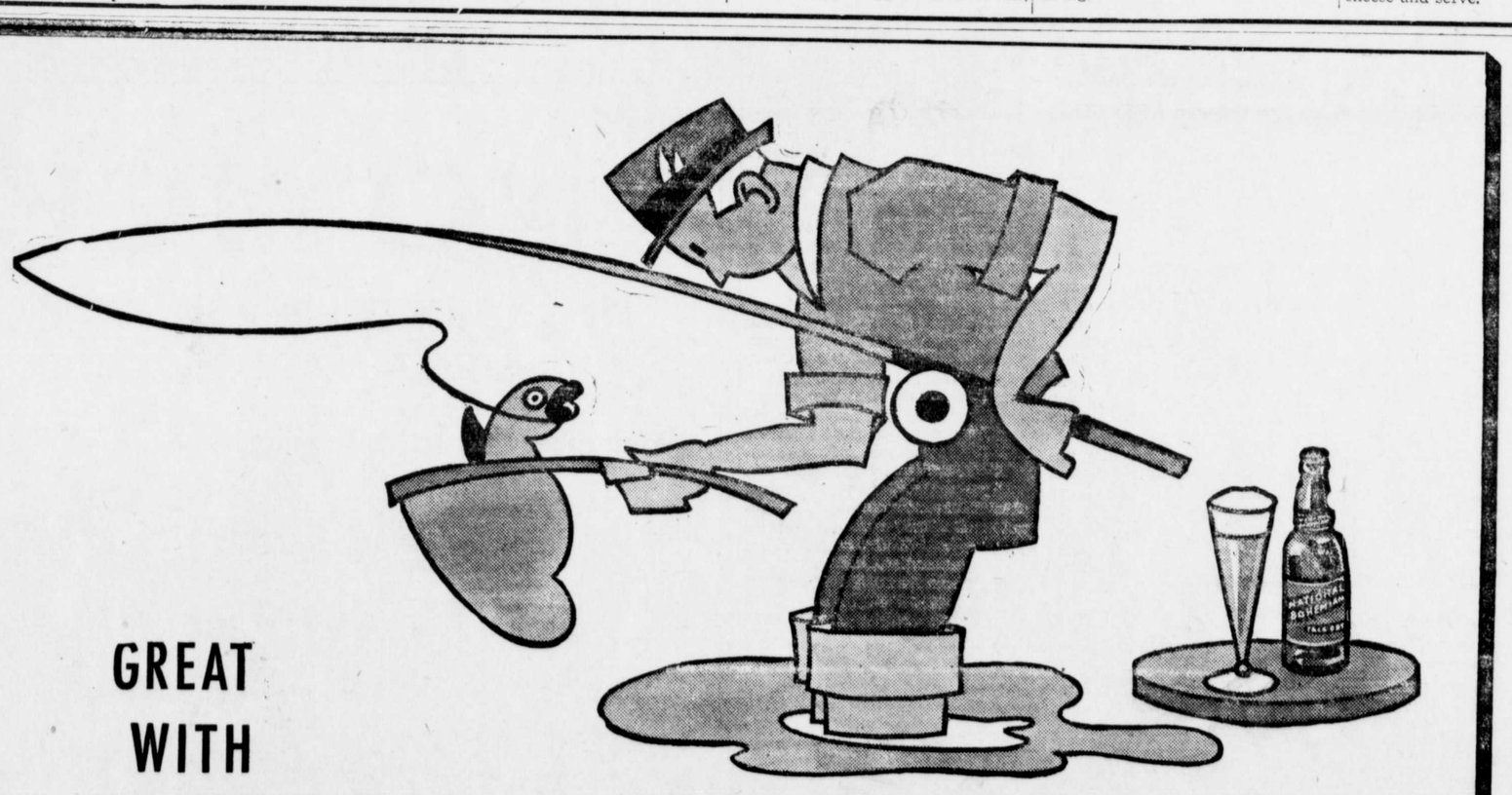
To remove the odor of fish from pots, utensils and hands, wash with a handful of salt in the dishwater.



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