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

Cover left-over chicken including bones gravy and dressing with cold water; cook gently 1 hour. Remove bones. Thicken to the consistency of mush withcorn meal; season well. Chill, slice and fry likemush.

Full-sized pears for canning should be ripened in a cool, dark place, covered with a black paper. This gives the friut a fine texture and flavor.

This general cleaning preparation can be used for painted walls, or a hand cleaner, one pound of the following being added to about fifteen parts of water (one ounce taken and diluted to one pint.) Household ammonia 1 part; water-glass 12 parts; borax 2 parts.

Butter cake is always thick, as the butter or shortening acts as a moistener in baking; therefore, be careful when mixing a new recipe to always have a thick batter before folding in the beaten egg whites. Butter cake is always baked in a moderate oven unless otherwise directed.

Meat for frying should be cut quite thin. A little fat is melted in a hot frying pan. The meat is then browned quickly on both sides and then the cooking continued at a lower temperature. The pan should not be covered.

Harsh soaps are hard on silks and wool fabrics for they weaken and sometimes eventually destroy the fibers.

Arrange frankfuters in a shallow pan, pour on canned tomatoes, season with salt, pepper and chopped onions. Bake in a hot oven (about 400 F.) until frankfurters pop open and tomatoes are cooked down. Serve on a hot platter.

Do not beat the egg whites for a cake until ready to use them. The air escapes very easily from beaten egg whites, and it is impossible to beat the whites after once the air has escaped from them. Beat the whites until they are stiff enough to hold up in peaks but not dry. Beaten egg whites should be folded in rather than beaten in. This helps to keep the air in.

Aluminum is usually cleaned in the household by means of steel wool. Care should be taken in cleaning aluminum because it dissolves, or is eaten away by caustics such as lye water at the same time yielding hydrogen gas.

Pare and core large pears and stuff with dates, rasins or chopped nuts and tart marmalade. Place close together in baking dish, cover bottom of pan with water and bake in a slow oven, (300 F.) until tender.

An excellent label lacquer and general utility cement may be prepared from the pyrozylin handles of discarded tooth brushes. The bristle end is broken off and the handle dissolved in enough of a solvent such as butyl acetate, acetone or either-alcohol to give a glycerin-like consistency. About 300 cc. of solution generally results. The color of the original handle is unimportant since even the dark ones give an almost colorless film. The laquer so prepared is not only useful for protecting labels but has been used successfully for sealing leaks in apparatus, notably vacuum distillations and sealing bottles against moisture. It is a good library paste since it does not wrinkle paper. It may be used to cement pieces of glass together. It has also been dyed with organic dyes or mixed with handy pigments for decorative effects.—A. H. Taylor, in the Chemist-Analyst.

You can make cookies shine by coating them, before baking, with two tablespoons evaporated milk, mixed with one tablespoon of sugar. This glossy surface is particularly nice for holiday cookies, but is grand at all times.

To make an oyster ring, half fill a greased ring mold with biscuit dough. For an extra brown top, brush with egg yolk and milk. Bake as usual. For the filling, blend two tablespoons each of flour and butter, one can condensed cream of mushroom soup, one cup cooked celery and one pint of oysters. Serves six.

Earthenware and glassware, if chosen for cooking purposes should be non-absorbent, adapted to intense heat, and as smoothly finished as possible. Such ware conducts heat evenly but slowly, so is adapted to long slow baking. It may be used for serving the food as well as cooking it. However, it breaks easily when subjected to sudden changes in temperature.

V

Are you fighting mad about this war? Does it mean anything to you personally? Then dig down and buy more and more War Bonds.

For Freedom's Sake

Home Canned Tomato Soup

Until now, the home canning of soups has been done mainly by housewives from habit and for economical reasons—the canning being done when the various vegetables were in season and therefore inexpensive. Things have changed however, and this year, canning soup has become a necessity—and at the same time, will prove a boon to the budgeteer when the weather again turns cold.

TOMATO SOUP

1 teaspoon mixed spices
6 quarts chopped tomatoes
1 cup chopped celery
2 sprigs parsley
4 onions
1½ cups water
½ cup butter
¾ cup flour
1 tablespoon sugar
Salt and pepper to taste

Add spices to vegetables and water. Simmer until vegetables are soft. Drain off, and save juice. Press vegetables through a fine sieve. Melt butter. Add flour, stir until blended then add the juice. Stir until thick and smooth. Add vegetables, sugar, salt and pepper. Cook until thick. Pour into hot jars. Process 35 minutes at 10 pounds pressure or 2 hours in hot water bath; then complete seal. This soup should be quite thick Thin with milk or water or soup stock for serving.

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Boiled Okra

1 quart tender okra pods
Salt and pepper
3 tablespoons butter or substitute
1 tablespoon vinegar

Test the okra by breaking off the tips of the pods. If they are tough strings that will not break easily the pod is too old to be served as a vegetable and should be kept for a soup or sauce which is to be strained. The pods of okra are so sticky that special care is needed to avoid breaking them during cleaning. Wash them well, and remove the stems, place in sufficient boiling water to cover them and boil until tender (20-40 minutes). Add salt just before cooking is completed. Okra should boil very slowly, as rapid boiling will break it in pieces. When it is tender, turn into colander to drain, then lay it in a serving dish. Melt the butter, add the vinegar and a little salt and pepper; mix well, and pour the sauce over the okra.

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Fruit Flavored Whipped Cream

Though the absence of whipping cream caused many a sigh in the begining, it had the effect of bringing to light many recipes that are new, different and absolute treats. Just take for example the fruit flavored whipped cream—and picture it served on top of cup cakes, or on other favorite desserts—and simple? Well, just see:

FRUIT FLAVORED WHIPPED CREAM

½ package (¼ cup) fruit flavored gelatin
¼ cup boiling water
1 cup light cream

Dissolve gelatin in boiling water. Add cream and mix well. Place in bowl of ice and water and whip with rotary egg beater 5 to 7 minutes, or until mixture begins to hold shape around sides of bowl. Remove from ice water. Stir gently with spoon until smooth. Serve; or store in refrigerator, stirring well before using.

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Vegetable Loaf

For variation in vegetables—serve a

VEGETABLE LOAF

½ cup cooked green peas
½ cup cooked green string beans
½ cup chopped boiled carrots
1½ cups milk
1 cup soft bread crumbs
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon paprika
1 egg

Press peas through a sieve, cut beans in small pieces, then combine all vegetables. Add to them the milk, slightly beaten egg, crumbs and seasoning. Turn into a greased baking-dish and bake in a moderate oven (350-400 F.) until firm.

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To make butterscotch, take five tablespoons molasses, four tablespoons sugar, two tablespoons butter, four tablespoons water; boil until brittle when dropped in cold water; before removing from the stove, put in a pinch of soda, then pour out on buttered tins and mark in squares when cold.

V

Fruit Tapiocas—Fresh Or Canned

For a delightful, simple and quickly made dessert try a fruit tapioca—using either fresh or canned friuts in the quantities shown

FRUIT TAIOCA

Fresh or canned fruit
2½ cups fruit juice and water
4 tablespoons quick-cooking tapioca
½ cup sugar
¼ teaspoon salt
1 to 3 tablespoons lemon juice

Fresh fruit: Use strawberries, raspberries, blueberries, or other fresh fruit. Sweeten 2 cups crushed or sliced fruit and let stand ½ hour. Drain; add water to juice to make 2½ cups. Use 4 to 5 tablespoons quick-cooking tapioca.

Canned Fruit: Use 1 to 1½ cups drained diced canned fruit, such as canned pineapple, peaches, cherries pears, or plums.

Measure fruit juice and water into saucepan, add quickcooking tapioca, sugar and salt and mix well. Bring mixture quickly to a full boil over direct heat, stirring contsantly. Remove from fire. The mixture will be thin. Do not over-cook. Add fruit and lemon juice. Cool, stirring often as mixture thickens. Chill. Serves 6-8.

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Stewed Tripe With Tomato Sauce

Many are the men who are happy today because, due to low point value the housewives are turning to such dishes as tripe—serving it as a main dish, and not just as a small ingredient to Pepper Pot. Here is one very fine recipe for

..STEWED TRIPE WITH TOMATO.. SAUCE

2 pounds tripe
1 onion
2 cups tomatoes
2 tablespoons flour
Salt and pepper
1 tablespoon butter or other fat

Choose the honeycomb portions and the thick section of tripe. Wash it carefully cover with hot water, add the onion, cut in halves, cover the stew pan and simmer for thirty-five minutes. The tripe will then be tender and soft, but long cooking will make it tough and hard.

Place the tomatoes in a separate stew-pan, cook them for ten minutes and strain through a sieve. Make a sauce of the tomatoes, flour, seasonings and fat.

When the tripe is cooked drain well, place on a hot plate and cut into slender strips. Then drain again, pressing the tripe gently between the back of a spoon and the plate to remove as much water as possible. Place it in the tomato sauce and serve as soon as the sauce is thoroughly heated through.

V

Bread Sticks

There aren't many, who at some time or other haven't been to an Italian restaurant, and before the dinner is served, stuffed ourselves on bread sticks—one can almost make a meal of them.

They too, can be made at home, and are so good that it is well worth the time spent in their preparation

BREAD STICKS

1 cup milk
4 tablespoons shortening
1½ tablespoons sugar
½ teaspoon salt
1 yeast cake dissolved in
¼ cup lukewarm water
1 egg
3½ cups flour

Scald the milk and cool it. Cream the shortening and sugar, add the milk and salt. Add the dissolved yeast, the egg-white, well beaten and the flour. Knead and let it rise. Shape into sticks about the size of a lead pencil. Put into a floured pan, far apart; the sticks must not touch one another after they have risen. When light, put into a hot oven (400 F.) then decrease the heat so that the sticks may become dry and crisp.

V

Chicken Gumbo

Made in this particular manner, chicken gumbo will provide the main dish for dinner, though it can be made of leftover chicken.

CHICKEN GUMBO

1 fowl (3 to 4 pounds)
½ cup salt pork fat
1 onion
1 quart okra, fresh or canned
5 tomatoes
1 cup cream
2 sprigs parsley
3 cups boiling water
½ teaspoon pepper
2 tablespoons salt
1 cup boiled rice

Cut the chicken into convenient pieces and saute until brown in salt pork fat, then place all the pieces in a saucepan. Cut a large onion into thin slices and saute slowly for ten minutes in fat. Add okra, cut fine, sliced tomatoes, and parsley sprigs. Sauce all of these ingredients one-half hour, quite slowly, and place them in the saucepan with the chicken. Add boiling water, pepper, and salt. Simmer slowly two to four hours, or until the chicken is very tender, and then add boiled rice and cream. If more seasoning is needed, add it, and if necessary, thin with boiling water. Boil up once and serve.

V

Spinach En Casserole Has Fine New Flavor

Since no one questions the fact that variety is the spice of life—we strive to have variety in menues—but are faced now and then with the necessity of serving one thing several times—possibly your pet store is a bit short of vegetables—but there's a heap of—well, say spinach—it's fine just chopped and buttered and it's very nice creamed, but come the third time that necessity says we must serve spinach—what to do with it??? Well, here it is transformed into practically a one-piece meal.

SPINACH EN CASSEROLE

2 cups cooked chopped spinach
Dash of mace
½ teaspoon salt
Dash of pepper
2 tablespoons butter
1 tablespoon flour
2 tablespoons pimento cheese
1-3 cup milk
2 tomatoes, sliced and sauteed
4 eggs

Season spinach with mace, salt and pepper. Keep hot while preparaing cheese sauce. Melt butter and add flour, blending until smooth. Combine pimento cheese and milk and add to butter. Cook until thick, stirring constantly. Place spinach in shallow baking dish and cover with sauteed tomato slices. Poach eggs, place on tomatoes and cover with cheese sauce. Heat thoroughly in moderate oven (350 F.) Serves 4.

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This is a family war. Put your War Bond buying through the payroll savings plan on a family plan, which means figure it out yourself.

Suitable Salads For Spring And Summer

Though the days may be having their ups and downs as far as the weather is concerned—as far as we are concerned, spring time starts salad time, and no matter what the temperature! We accumulate new salad recipes that sound good, and dig out the old reliable. The weather. So what, today it rains but tomorrow we're liable to roast and then we'll want one of those salads, and summer's acomin!

Naturally we'll want to serve something besides jellied, molded salads, but they seem to be the most popular—particularly when the day is hot and appetites will be jaded, and the members of the family feeling droopy. Just be sure that the lettuce is crisp and cold and not looking as "droopy" as the famly might feel.

The chicken salad given below is sufficient unto itself, the others can accompany something—possibly cold meats, but, if a very light meal is the order of the day—they too will be self-sufficient.

CHICKE.... SALAD IN EGG RING SALAD

1 cup diced cooked chicken
French dressing
½ slice pineapple, or, ⅛ cup drained, crushed pineapple
½ cup diced celery
½ teaspoon scraped onion or few drops onion juice
⅛ cup shredded toasted almonds
Salad dressing

Marinate chicken in French dressing for 1 hour or longer. Drain, if necessary. Add pineapple, celery, onion and almonds with just enough salad dressing to moisten. Season with salt and pepper, if necessary.

EGG RING

2 tablespoons unflavored gelatin
½ cup cold water
½ cup boiling water
1½ cups mayonnaise
4 tablespoons lemon juice
½ teaspoon salt
2 drops tabasco sauce
1 teaspoon grated onion
½ green pepper, chopped
½ cup chopped parsley
12 hard-cooked eggs

Soften gelatin in cold water for five minutes and dissolve in boiling water. Cool. Add mayonnaise, lemon juice, salt, Tabasco sauce, onion, green pepper, parsley and 10 eggs chopped. Cover bottom of mold with 1-inch layer of mixture. Slice remaining eggs, arrange slices around side of mold and chill until firm. Add remaining mixture and chill until firm. Unmold, fill center with chicken salad and garnish with whole almonds and tomato wedges. Serve with mayonnaise or french dressing. **Serves 8.**

RHUBARB SALAD RING

1 package raspberry or lemon flavored gelatin
1 cup hot rhubarb sauce
1 cup cold water
1 cup chopped apples
1 cup chopped walnuts pecans or almonds

Dissolvve gelatin in hot sauce, add water, cool and pour into ring mold. Chill until firm; unmold on lettuce. Make a Waldorf salad with the apples and nut meats and fill center of mold. Serves 6.

PERFECTION SALAD

3 tablespoons gelatin
½ cup cold water
2 cups boiling water
½ cup mild vinegar
2 tablespoons lemon juice
½ cup sugar
1 cup chopped cabbage
2 cups chopped celery
2 pimentos
2 fresh, red or green peppers
1 tespoon salt

Prepare vegetable greens, combine and place in refrigerator to chill. Soak gelatin in cold water, then put into boiling water. Stir until gelatin is dissolved. Add sugar, vinegar, lemon juice, and salt. When sugar is dissodved, strain. When mixture is cooled and beginning to set, add remaining ingredients. Turn into mold. Allow to congeal and thoroughly chill. Cut into squares and serve on crisp lettuce. Serve with mayonnaise.

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A Dinner-In-A-Dish Means A Free Evening

One can seldom find a man who isn't very partial to casserole dinners, and what a break this is for the busy housewife—it not only requires less time for the preparation, but means fewer dishes to be washed. In fact, a casserole dinner is the answer to the end of a perfect day. A delicious meal, a few dishes and the entire evening free.

DINNER-INA-DISH

5 tablespoons fat
1 medium sized onion, chopped
2 green peppers, sliced
1 pound hamburger
1½ teaspoons salt
¼ teaspoon pepper
2 eggs, well beaten
2 cups canned corn
4 medium tomatoes, sliced
½ cup dried bread crumbs

Melt 4 tablespoons fat in a skillet and saute onion and peppers for 3 minutes. Add meat and seasonings. Remove from heat. Stir in eggs and mix well. Place 1 cup of corn in a baking dish, then half of the meat mixture, then a layer of sliced tomatoes. Repeat. Cover with bread crumbs. Dot with remaining fat. Bake in a moderate oven (350 F.) 35 to 45 minutes. Serves 4.

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