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

For removing rust stains on white clothing, soak the spot with lemon juice, then cover with salt. Let stand in the sun for several hours, or, until stain disappears. Rinse thoroughly.

When dusting a room, use a soft non-scratching and non-linting cloth.

When making a bed, if you find that the bottom sheet is short, tuck in at top and at sides, and have taut. Leaves no wrinkles.

All books in the house should be kept dry, as dampened book paste invites silverfish.

Hot water will soften the bristles of a brush and in time loosen the bristle backing.

In washing mirrors, care is necessary lest water seep under frame or baeking.

To polish wood use equal parts of turpentine and boiled linseed oil. Apply with even strokes and rub against the grain of the wood, then in straight lines with the grain. Wood should have time to absorb the oil, then rub thoroughly. Repeat and continue until gloss is satiny.

Cool water with a few drops of ammonia will clean matting. Hot water and soap will darken and yellow it.

When cleaning piano keys one should keep in mind that they are of bone and should be cleaned with denatured alcohol. Soap and water will turn the keys yellow.

The first step in making a bed is to straighten the mattress and mattress pad which is used for the protection of the mattress.

The cleanliness of any refrigerator is necessary for food economy and most vital for the health of the family.

A good wrinkle when cleaning the carpet sweeper, is to empty the sweeper on a damp piece of newspaper.

One good way to exterminate carpet beetles is to wash the floors well with kerosene and water.

Instead of tinned anchovies, in most cities they can be bought cheaply in bulk. It is necessary to soak the salt out of them over night and strip the fillets off the backbone. In cooking, these are indeed preferable to the ones prepared in olive oil for hors d' ourves and should be kept on hand. One fillet dropped in the roasting pan with meat or several with fish will add a delicious tang to the gravy.

Little cones of green peas alternating with cones, of hashed carrots make an attractive garnish for fillet of beef.

Some foreign cooks improve the flavor of beef kidneys by running a red-hot skewer into the veins.

The Portugese have an ancient proverb. A vacca se come conzida e o porco recozido—Beef is eaten cooked, but pork twice cooked.

When ironing a dress or a shirt iron first the sleeves, then the front, then the back and lastly the collar.

Market for several days at a time if possible and save a good half hour. The food will keep in the mechanical refrigerator.

When clothes are to be boiled, soak them first in cold suds overnight if possible then put them in the boiler filled with warm suds made by dissolving soap chips in boiling water and adding cold water to reduce the temperature. Increase the heat slowly until boiling takes place. Boil briskly for about five minutes. Remove the clothes to a rinsing bath of hot water. It is more desirable to do this first, rinsing in a small amount of water, after which they may be rinsed again in a large quantity of warm or even cold water. Another rinse is necessary for bluing the clothes, if this practice is followed. It is almost more important to rinse the clothes thoroughly than to wash them well. Lack of sufficient rinsing is responsible for more gray clothes than any other factor, unless it be the added complication of hard water.

V

Maraschino Jelly

3 cups (2¼ lbs.) honey
1cup (½lb.) maraschino cherry juice
½ bottle fruit pectin

Measure honey and maraschino cherry juice into saucepan and mix. Bring to a boil over hottest fire and at once add bottled fruit pectin, stirring constantly. Then bring to a full rolling boil and imediately remove from fire. Skim; pour quickly. Paraffin hot jelly at once. Makes about 5 glasses. (6 fluid ounces each.)

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Fruit Butters To Be Canned

One seldom finds a grown-up or child who doesn't like fruit butters and there are many who prefer them to jellie or jams.

All fruit, some melons and a few vegetables may be used for butters. They are made by cooking the pulp of the product with sugar until the mixture is of the consistency of creamed dairy butter. The addition of spices and the variety used is optional. Butters must be stirred frequently before and constantly after the addition of sugar. While not absolutely necessary, it is advisable to process butters for 10 minutes in a water bath.

APPLE BUTTER

1 peck apples
1 gallon sweet cider
6 cups sugar
1 tablespoon cinnamon
½ tablespoon cloves

Wash and slice apples. Add cider and cook until soft, then press through sieve. Boil the strained pulp until it is thick enough to heap on a spoon, then add sugar mixed with spices and continue boiling until so thick that no liquid runs from the butter when tested on a cold plate. Pour while hot into hot jars. Process 10 minutes in hot-water bath; then complete seal.

GRAPE BUTTER

4 quarts stemmed grapes
8 cups sugar
½ cup vinegar
1 tablespoon ground spices

Wash, stem, and squeeze grapes to separate pulp from skins. Put skins through food chopper. Boil the skins 20 minutes with just enough water to prevent sticking. Cook the pulp, without water, until soft. Rub through colander to remove seed. Combine pulp and skins. Add sugar, vinegar, cinnamon, cloves, or other spices to suit taste. Boil until thick. Pour into hot jars. Process 10 minutes in a hot-water bath; then complete seal.

TOMATO BUTTER

Wash and chop sound, firm-ripe tomatoes. Cook until soft, then press through sieve to remove skins and seed. Drain off excess juice. Measure pulp and add 1 tablespoon lemon juice and from 1 to 1½ cups sugar to each pint of pulp. Boil rapidly until thick. Pour into hot jars. Process 10 minutes in hot-water bath; then complete seal.

V

Hamburger Wears A New War Time Dress

War time or no war time, this new dress, being shown this spring for hamburger is most becoming, and is one that will remain in style for years to come.

HAMBURGER PINWHEELS

½ cup minced onion
2 tablespoons fat
¾ pound ground beef
1 teaspoon salt
Dash of pepper
1-3 cup fine soft bread crumbs
1-3 cup milk
Biscuit dough

Saute onions in fat in a covered saucepan 5 minutes; measure 2 tablespoons and add to meat with salt, pepper, bread crumbs, and milk; mix thoroughly. (Ground lamb may be used.)

Mix biscuit dough, adding remaining onions to flour with shortening. Roll dough into 12 x 9 inch rectangle. Spread with hamburger mixture and roll lengthwise as for jelly roll, wetting edge to seal. Cut in 12 slices; place, cut side up, on greased baking sheet. Bake in hot oven (450 F.) 20 mnutes, or until done. Serve hot with GREEN PEA SAUCE: Make 2 cups medium white sauce, browning butter and adding 2 bouillon cubes. Add ¾ cup drained cooked peas.

BISCUIT DOUGH

2 cups cake flour
2 teaspoons double action baking powder
½ teaspoon salt
5 tablespoons shortening
½ cup milk

If cake flour is not available, all purpose flour may be used, increasing the milk about 2 tablespoons for each cup of flour in the recipe.

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out on lightly floured board and knead 30 seconds. Shape as directed.

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Honey Icebox Cookies

2½ cups sifted flour
2 teaspoons double-acting baking powder
½ teaspoon salt
½ teaspoon cinnamon
½ cup chopped walnut meats
1 egg, well beaten
½ cup sugar
¼ teaspoon almond extract
½ cup honey
¾ cup melted butter or other shortening

Sift flour once, measure, add baking powder, salt, and cinnamon, and sift again. Add nuts. Combine eggs, sugar, flavoring, honey, and butter; add to flour-nut mixture, mixing well Shape in rolls, 1½-inches in diameter, and roll each in waxed paper. Chill overnight, or until firm enough to slice. Cut in ⅛ inch slices; bake on ungreased baking sheet in hot oven (400 F.) 10 minutes. Makes about 4 dozen cookies.

V

Old Fashioned Chocolate Ice Cream

The spring of the year is the ideal time to bring forth the freezer (if it has been put away at all) and hunt out the favorite ice cream recipes. If your pet chocolate ice cream recipe calls for ingredients that aren't available now—well, be old fashioned and do it this way.

CHOCOLATE ICE CREAM

1 cup sugar
4 tablespoons flour
⅛ teaspoon salt
2 cups milk
3 squares unsweetened chocolate
2 eggs, slightly beaten
4 cups light cream
2 tablespoons vanilla

Combine sugar, flour, and alt in top of double boiler, mixing very thoroughly. Add milk gradually, stirring well. Add chocolate. Place over boiling water and cook and stir until thickened—then continue cooking 10 minutes, stirring occasionally. Pour small amount of mixture over eggs, stirring vigorously; return to double boiler and cook 2 minutes longer. Cool. Add cream and vanilla. Freeze until stiff, using 8 parts ice to 1 part salt. Remove dasher and cover tightly; repack in 4 parts ice to 1 part salt. Makes 2 quarts.

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A Bride's Special Cakes

When there is a wedding, nothing can be done "half-way"—everything must be "Special"—right from the clothing worn by the bride, down to her own cake. It's a day of days and to make everything "just right"—bake her a Bride's Cake.

BRIDE'S CAKE

3¾ cups sifted cake flour
1½ teaspoons double-acting baking powder
1¾ cups butter
2 cups sugar
1¼ cups egg whites, unbeaten
½ teaspoon vanilla
¼ teaspoon almond extract

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg whites, ¼ cup at a time, beating about 3 minutes after each addition. Add flour, a small amount at a time, beating well after each addition. Add flavoring and beat vigorously. Turn into 10-inch tube pan which has been greased, lined on bottom, sides, and around tube with heavy paper, and again greased. Bake in slow oven (275 F.) 1 hour; then increase heat slightly to (300 F.) and bake 50 minutes longer, or until done. Insert favors, if desired, wrapping each in waxed paper, and pressing into small slits cut in cake. Spread Ornamental Butter Frosting smoothly on top and sides of cake. Decorate with simple borders, festoons, and rosettes of Ornamental Butter frosting, and trim with silver dragees. Serve on silver tray or platter surrounded with delicate sprays of fern, cosmos, or bridal wreath. Place special bridal favor on top of cake; or the small wedding bells or other favors to white ribbons and intertwine through sprays

ORNAMENTAL BUTTER FROSTING

4 tablespoons butter
5 cups sifted confectioners' sugar
2 egg whites, unbeaten
2 tablespoon cream (about)
1½ teaspoons vanilla
¼ teaspoon salt

Cream butter; add part of sugar gradually, blending after each addition. Add remaining sugar, alternately with egg whites, then with cream, until of right consistency to spread. Beat after each addition until smooth. Add vanilla and salt. Spread frosting smoothly on top and sides of cake. With remaining frosting make borders, festoons, and rosettes for decoration, using pastry tube. Fill tube only one-half full. Decorate with silver dragees. Makes enough frosting to cover 10-inch tube cake and to use for special decorating.

V

Bean Soup For The First Course

With evenings still chilly, if not actually cold, soup is still the favorite first course. And with potatoes not available, bean soup will certainly do more than it's share to fill that urge for a husky potato.

BEAN SOUP

1 cup dried beans
4 cups cold water
2 ounces salt pork
1 medum sized onion
1 stalk celery
1 whole clove
1 bay leaf
1 teaspoon salt
Dash of pepper

Pick over beans. Wash, cover well with water, and soak overnight. In the morning, pour off and measure water, adding enough to make 4 cups, if necessary.

Combine all ingredients in kettle. Cover and simmer 2 hours, or until beans are soft. Drain, reserving liquid. Remove salt pork and chop or puree vegetables. Combine with liquid and add any additional seasonings desired. Reheat and serve with croutons, crackers.

This soup will vary slightly in thickness. If too thick, thin with milk, bouillion cube dissolved in water, or vegetable stock. If too thin, thicken slightly with flour and water paste.

Ham bone, bacon, or bacon rind, or left over gravy may be used instead of salt pork. Ham or chicken stock or some tomato may be used for part of the liquid. Adjust amount of salt as necessary; little will be needed with ham stock or bone. Leftover cooked vegetables may be used for flavor.

V

Honey Jelly

3 cups (2¼ lbs.) honey
1 cup water
½ bottle fruit pectin

Measure honey and water into saucepan and mix. Bring to a boil over hottest fire and at once add bottled fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard ½ minute. Remove from fire; skim, pour quickly. Paraffin hot jelly at once. Makes about 5 glasses (6 fluid ounces each.)

V

Scalloped Tomatoes

6 quarts fresh tomatoes or
1 quart cooked tomatoes, fresh or canned
Salt and pepper
Bread crumbs
Butter or other fat
Grated cheese, if desired

Skin fresh tomatoes and cut them into slices. If using cooked tomatoes, drain off the juice using only the pulp. Place a layer of tomatoes in a greased baking-dish, add a seasoning of salt and pepper then a thin layer of bread crumbs. Then add another layer of tomatoes and proceed until the materials are used, having crumbs for the top layer. Add bits of butter and bake for thirty minutes in a moderate oven (350-375 F.) Serve in the baking-dish. Grated cheese may be added to each layer, or to the top one only.

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Chicken Liver Omelet

½ pound chicken livers
¼ teaspoon salt
Dash pepper
Dash cinnamon
Dash mace
1 teaspoon flour
1 tablespoon butter or margarine
1 tablespoon cooking sherry
Omelet made with 4 eggs

Season livers with salt, pepper, cinnamon and mace; dredge with flour and saute in butter over low heat until brown. Just before removing, stir in sherry until mixture thickens but does not boil. Fold into the cooked omelet and serve at once. Serves 6.

In this omelet, one can omit the spices and sherry. Combine browned livers with hot tomato sauce or condensed cream of mushroom soup before folding into omelet.

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