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

What a joy coffee making becomes with the interesting assortment of utensils from which to choose! Perhaps you will select a percolator because you prefer percolated coffee.

For a nice breakfast, serve bread sliced for toast sauteed in bacon fat instead. Serve the eggs on this with bacon, of course.

Bleach wet cottons and linens after washing—use½ c. Javelle to 2 quarts of water. Have the water hot and with a wooden stick, turn and stir the fabric. As soon as the color improves, place the garments in soapsud and wash well. One should plan a special day for bleaching as it economizes materials.

Endive makes a salad luxury especially nice for a company dinner. The French endive, the one we know best, has a pleasing, slightly acid taste. Every leaf can be used and it is obtainable through most of the year. Separate the stalks, wash and put in cold water. This is excellent served with a tarragon dressing, strips of pimento, green pepper and stuffed olives.

To extract blood from fresh meat, and to make fowl more appetizing, cover with a layer of salt and let stand for several hours. Before cooking, rinse in cold water.

The most important rule to remember when cooking vegetables is to cook them only until the vegetables are tender. Color and flavor are as important as crispness, and nutritive values when they are affected by the different processes of cooking should be guarded as far as possible.

When using whiting for window cleaning finish cleaning before the floors and rugs have had their last dusting.

Wash a chicken thoroghly before roasting. A small vegetable brush may be used on the outside if you scrub gently. Clean the inside with running water. Wipe with a dry cloth.

Salads of fish, meat or vegetables are greatly improved by marinating the ingredients. To marinate it is merely necessary to toss them lightly in a dressing of three tablespoons of oil, one tablespoon lemon juice or vinegar and a seasoning of salt and pepper. Then place on ice for one hour before serving.

Do not use a heaping cupful or teaspoonful unless the recipe calls for this. One heaping teaspoonful of baking powder will equal about two and a half level teaspoonsfuls.

When washing mirrors or pictures, use a soft-non-linting cloth. Moisten with clear water and wipe mirror, but keep water from the frame and backing, or, wipe with soft cloth moistened with a few drops of alcohol. Protect varnish frames as alcohol dissolves varnish.

Cheese biscuits are delicious to serve at luncheon or bridge with a green or fruit salad. Make a plain biscuit dough and before the milk is added, add one-half cup of grated American cheese. Bake as usual.

Meat with the bone left in has a somewhat better flavor, and cooks a little more quickly than meat which has been boned and rolled. However meat without the bone is more compact and results in less waste.

In order to turn out a good cake the best quality of ingredients should be used. A high grade pastry or cake flour is preferred.

As a special favor for the men of the house, turn down the bed at night—to do this nicely, turn down the top sheet, blanket and light spread far enough so that the man, when getting in will not need to pull the bed apart—this will also prove a disposition saver for the housewife.

For a stuffed shoulder of veal, remove the bone from the shoulder of veal without cutting through the outer skin. Fill the cavity with a rich stuffing, sew up and truss into shape Dredge with flour and roast, basting with melted butter or bacon drippings and hot water. Roast, allowing 20 minutes to the pound. An hour before the meat is done arrange around it peeled raw potatoes cut in halves, and bake, basting with the drippings. Remove cover from roaster. Thicken the gravy with flour browned in fat and serve immediately.

—V—

To make marmalade strips, place a thin layer of crust on an inverted baking pan. Spread with thick marmalade or any filling that does not run. Cover with another thin layer. Cut into strips four inches by one and a half. Bake in a quick oven (400-450 F.) When cool, spread with a thin icing made of confectioners' sugar and water. Sprinkle with fancy chopped nuts.

A Lunch A Man Can Work On

If you are one of the "kitchen soldiers" packing lunch boxes for war workers, you can make a big contribution to production efficiency by making sure each on-the-job meal is well balanced, nourishing and appetizing.

Lack of proper nutrition is the greatest enemy of efficient war production, particularly, in crowded areas where inadequate eating facilities encourage sandwich grabbing. For top, efficiency, Government nutritionists suggest that every worker's lunch should consist of milk, whole wheat or enriched bread, meat, cheese fish or eggs, fruit and vegetables. They recommend that the on-the-job meal provide at least one-third of the day's nutritional requirements.

If your lunch box menus have been skipping your man's favorite dinner specialities, now's the time to reform. Soups, stews, salads, and puddings are entirely practical for daily lunch boxes, if you keep on hand a supply of paper cups and containers, all made of non-priority materials. Use the unwaxed type of cup and container for hot foods and drinks and the waxed type for cold foods and drinks.

A good wartime service cue comes from Bridgeport, Connecticut, where Civilian Defense volunteers have shouldered the job of showing the "kitchen soldier" behind each factory worker how to "Pack a Lunch a Man Can Work on." The "Bridgeport Plan" sponsors found that war workers were especially enthusiastic about hot dinner dishes such as stews and curries. Packed piping hot in vaccum bottles, these substantial treats are practical additions to lunch boxes and are convenient to eat on the job in unwaxed paper containers. Contrary to expectation, the men voted enthusiastically for the inclusion of more vitamin-rich salads for their on-the-job meals. To save time, "kitchen soldiers" packed vegetable and fruit salads in covered waxed paper containers the night before. Salad dressing either was added in the morning or packed separately in a four-ounce paper container.

WAR WORKER'S CURRIED LAMB

1 tablespoon fat
2 teaspoon chopped onion
1teaspoon curry powder
1 pint stock, milk or water
1 teaspoon flour rubbed smooth in 1 tablespoon cold water
Salt and pepper
1 cup diced cooked lamb

Saute onion in hot fat until delicate brown. Add curry powder and stock, milk and water. Simmer 10 minutes. Stir in flour and water. Boil 2 minutes, stirring constantly. Add salt and pepper. Strain. Add diced lamb. Heat thoroughly. Pack in vacuum bottle. Be sure to remember an unwaxed container to serve in.

LUNCH BOX POTATO SALAD

2 cups cold boiled potatoes, cut in ½ inch cubes
1 cup diced celery and sweet green pepper
2 tablespoons onions or chives, finely chopped
5 tablespoons mayonnaise
1 tablespoon vinegar
½ teaspoon salt
Dash of white pepper

Mix potatoes, celery, green pepper and onions or chives. Combine vinegar with mayonnaise, salt and onions and add to vegetable mixture. Toss lightly together. This makes enough salad for six medium servings, but it is easy to divide the recipe by four to make one big lunch box serving. Put a generous serving in a paper container, cover, and chill all night or for several hours.

—V—

Watermelon Rind Pickle

For extra goodness on next winter's table—one should plan to pickle the rind of at least one good watermelon. Getting the rind presents no problem as there is seldom a household that doesn't boast a watermelon on ice during that season. If a whole melon seems too large for your immediate family—invite a few friends in and make short work of it—then the pickling is ready to start—and a good time has been had by all.

WATERMELON RIND PICKLE

2 quarts prepared rind
2 quarts lime water
4 to 6 cups sugar
1 quart water
1quart vinegar
1 tablespoon whole allspice
1 sick cinnamon
1 tablespoon crushed ginger root

Trim the green outer skin and the pink flesh from thick, firm, watermelon rind. Cut into pieces of desired shape and size. Soak rind in lime water (1 tablespoon slaked lime to 1 quart water) 4 hours or soak overnight in salt water (4 tablespoons salt to 1 quart water. Lime water gives a better product. Drain, rinse, cover with clear water and boil 1 hour. Boil 2 cups sugar, 1 quart fresh water, 1 cup vinegar, and the spices 5 minutes. Add rind. Simmer 30 minutes. Let stand overnight. Add remaining sugar and vinegar and boil gently until the syrup is almost as thick as honey and the rind clear. Add boiling water if the syrup becomes too thick before the rind is tender and translucent. Pack into hot jars and seal at once.

If gingered rind is wanted, add 1 tablespoon ground ginger to the clear water in which the rind is boiled.

—V—

Lacy Oatmeal Wafers

Here is one of the nicest, tastiest additions one could possibly want to make to the cookie jar

LACY OATMEAL WAFERS

2 eggs
½ cup brown sugar
1 cup rolled oats
¼ teaspoon salt
1 tablespoon butter or other shortening
½ teaspoon vanilla

Beat the eggs, add the sugar and, when these are well mixed, add the oats and salt. Melt the shortening and stir into the mixture. Add vanilla. Drop by spoonfuls on a greased making-sheet and spread very thin with the back of a spoon. Bake in a moderate oven (350-400 F.) ten to twelve minutes.

—V—

Applesauce Pie

1-3 cup melted butter or substitute
15 graham crackers, crushed fine
½ cup sugar
½ teaspoon cinnamon
2 cups thick applesauce (sweetened)
¼ teaspoon cloves
1 tablespoon confectioners' sugar
½ cup cream, whipped

Add melted butter to graham cracker crumbs and mix well. Stir crumbs into a piepan and bake in a moderate oven (350 F.) 15 minutes. Remove from oven and when cool, place in a refrigerator to chill. Just before serving fill with applesauce to which cloves have been added. Add confectioners' sugar to whipped cream and cover top of pie.

WHIPPED CREAM

2 tablespoons milk
¾ teaspoon granulated gelatin
½ cup light cream
Dash of salt

Add milk gradually to gelatin in a small bowl, mixing well. Heat and stir over boiling water until gelatin is completely dissolved. Remove from boiling water, add cream and salt, and mix. Place in bowl of cracked ice and water and whip at once with rotary egg beater 5 to 7 minutes, or until mixture begins to set around edge of bowl. Remove from ice water and stir gently with spoon until smooth. Serve; or store it in refrigerator until needed, stirring well before using.

—V—

Chocolate Icebox Cake

Absolutely right for any occasion, and the perfect finish for any dinner is the chocolate ice box cake. It is one of the things housewives will want to feature as a summer specialty.

CHOCOLATE ICEBOX CAKE

3 squares unsweetened chocolate
½ cup sugar
Dash of salt
¼ cup hot water
1 tablespoon cold water
1½ teaspoons granulated gelatin
4 egg yolks
1 teaspoon vanilla
4 egg whites, stiffly beaten
½ cup light cream, whipped
2 dozen lady fingers

Melt chocolate in top of double boiler. Add sugar, salt and hot water, stirring until sugar is dissolved and mixture blended. Add cold water to gelatin and mix. Add to hot chocolate mixture and stir until gelatin is dissolved; then cook until mixture is smooth and well thickened. Remove from boiling water; add egg yolks, one at a time, beating thoroughly after each. Place over boiling water and cook 2 minutes, stirring constantly. Add vanilla; cool. Fold into egg whites. Chill. Fold in whipped cream.

Line bottom and sides of mold with waxed paper. Arrange lady fingers on bottom and sides of mold. Add thin layer of thickened chocolate mixture, then arrange lady fingers and chocolate mixture. Cut off lady fingers around sides of mold and arrange cut pieces on chocolate mixture. Chill 12 to 24 hours in refrigerator. Unmold. Serves 8 to 10.

—V—

Simple Soups In The Form Of Purees

When someone is unexpectedly arriving for dinner these days they fortunately, aren't expecting an elaborate meal. Meals have definitely taken on a simpler style, so no one is surprised by the absence of meat. The meal, however, can be rounded out by serving a good home made soup, and when pressed for time, there is nothing simpler to prepare or more satisfying to eat than a delicious puree.

PUREE OF ONION

3 large or 6 small onions
2 cups white stock
2 cups milk
2 or 3 tablespoons flour
2 or 3 tablespoons butter or other fat
Salt and pepper
1 tablespoon chopped parsley

Make a white sauce with stock, milk, flour and butter. Cook onions in water until very tender. Drain and rub through a sieve. Combine onion and sauce. Season with salt, pepper and chopped parsley. Beat with egg-beater and serve. Use three tablespoons flour when extra thickness is desired.

FISH PUREE

1 quart milk
1 small onion, minced
4 tablespoons flour
4 tablespoons butter or other fat
2 cups cooked fish
Salt and pepper

Scald the minced onion in milk. Make a white sauce of the milk, flour and butter. Rub the cooked fish through a sieve. Combine the fish and sauce. Season and serve.

—V—

Assorted Corn Breads For Light Meals

There is nothing like the good flavor of corn meal to add flavor to any dinner—but when that dinner seems light, or is possibly meatless, then corn bread comes into its own and shows what it really can do.

This mention of corn bread brings to mind some favorites from the very deep south—the only meat being required in a very small amount of salt pork—and with it black-eyed peas, or delicious kale or collard greens. It is even possible that few Northerners have heard of collard greens, but they're a very coarse cabbage like leaf, and when cooked in true southern style prove to be a meal—plus, of course, the corn bread.

There is, of course, Northern corn bread, and Southern corn bread, and then, just unidentified corn bread, and other breads not called corn bread—but all in all they're excellent.

SOUTHERN CORN BREAD

1 cup sour milk
½ teaspoon soda dissolved in 1 teaspoon water
1 egg-yolk
½ teaspoon salt
1½ cups corn meal
White of an egg beaten stiff and added last

Mix in the order given and bake in muffin tins or in a shallow pan in a moderate to hot oven (400-425 F.) for twenty minutes.

NORTHERN CORN BREAD

1 cup corn meal
1 cup white flour
3 teaspoons baking powder
2 tablespoons syrup
1 egg
1 cup milk
2 tablespoons melted shortening

Mix and sift the dry ingredients. Beat the egg light, add the milk, shortening and syrup. Stir into the dry mixture and beat well. Pour into a well-greased shallow pan and bake at 400 F. twenty-five to thirty minutes.

SPOON CORN BREAD

2 cups water
1 cup white corn meal
1 cup milk
1 tablespoon shortening
1 teaspoon salt
2 eggs

Mix the water and corn-meal and bring slowly to the boiling point. Cook five minutes. Add the milk, shortening, salt and well-beaten eggs. Beat thoroughly and bake in a well-greased pan for twenty-five minutes at 400 F. Serve from the same dish with a spoon.

JOHNNY CAKE

2 cups corn meal
2 cups sour milk
2 tablespoons shortening
2 tablespoons sugar, brown or white
1½ teaspoons salt
2 eggs
1 teaspoon soda
1 tablespoon cold water

Cook together the meal, milk, shortening, sugar and salt in a double boiler for about twenty minutes. Allow the mixture to cool, then add the well-beaten eggs and the soda dissolved in the water. Beat in a shallow iron or granite pan for about thirty minutes at 400 F.

In case there is not time to cook and cool the meal, the following method of mixing may be used. Mix and sift together the meal, sugar, salt and soda, add the sour milk gradually then the well-beaten eggs and the melted fat. Bread made by this method does not have as good texture as that made by the first method.

Baked Coffee Custard

Though it is very unusual these days to have coffee left over from breakfast—it does happen on occasion. Then too, if the desire for a good dessert is strong enough—someone in the family can probably be talked out of that morning cup—particularly now that the mornings aren't cold. If so—try a

BAKED COFFEE CUSTARD

2 eggs
1-3 cup sugar
Few grains salt
1 cup milk
1 cup cold strong coffee

Beat eggs slightly. Add sugar and salt. Add milk and coffee. Pour into greased custard cups. Place in a pan with hot water about one inch deep. Bake in a moderate oven (350 F.) about 1 hour, or until firm. Serves 2.

—V—

Sour Cream Cake

When a cup of cream sours—it isn't the time to cry over it—quite the contrary, it can be a time of rejoicing and the start of a very fine dessert—just use if for a

SOUR CREAM CAKE

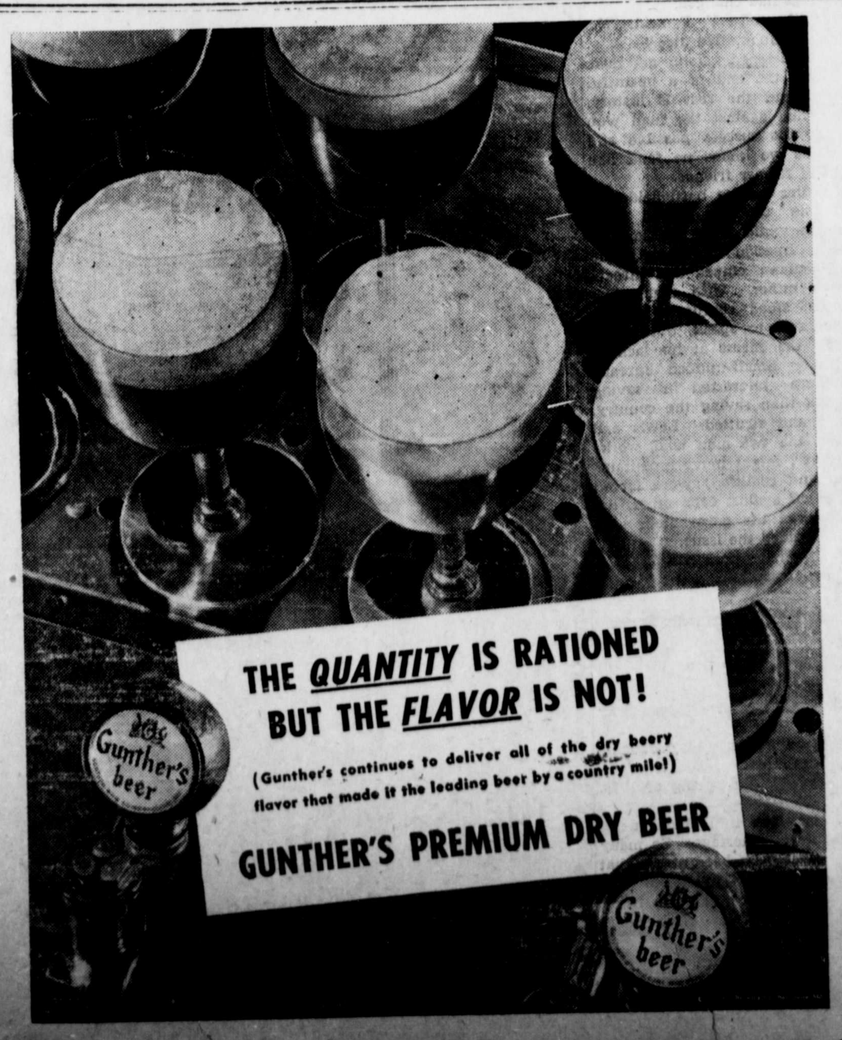
2 eggs, separated
1 cup sugar
1 cup sour cream
1½ cups sifted cake flour
1 teaspoon baking soda
1 teaspoon baking powder
¼ teaspoon salt
½ teaspoon nutmeg
½ teaspoon cinnamon
½ cup chopped nut meats
1 cup raisins

Beat egg yolks, add sugar and sour cream and blend. Sift flour once, measure, add soda, baking powder, salt, nutmeg and cinnamon and sift again. Add with nuts and raisins to first mixture, stirring only enough to moisten all the flour. Fold in stiffly beaten egg whites. Pour into greased loaf pan. Bake in a moderate oven (350 F.) 35 to 45 minutes. When cool, cover with any icing. Makes 1 (8x8 inch) cake.

—V—

Enlists in Army and Navy

Just to make sure, a Midwest youth enlisted in both the army and navy. When the army called him he was at a naval training station.



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