THREE MEALS A DAY

Food, of course, must be well seasoned to be worthy of its piquancy

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SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

For a tasty, attractive hot hors d'oeurve, cut large stuffed olives crosswise into halves and put together with softened Cheddar cheese. These may be wrapped in bacon slices and placed in the broiler until the bacon is crisp.

None but clean sound, strictly fresh material is fit for canning. All fruits, vegetables, and meats should be canned when at the most perfect stage for cooking. Only firm, ripe, well-flavored fruits, crisp, tender, freshly gathered vegetables, and meat from healthy animals can be expected to yield a satisfactory canned product. All raw products should be graded for size, color, and condition, prepared and canned according to good, tested recipes.

Store cooking chocolate in a reasonable cool place. Chocolate should be kept at a temperature under 75 F. If the temperature goes above 90 F. the chocolate may lose some of its fine flavor. Exposed to excessive heat it becomes crumbly and its appearance is marred. If the temperature is so high as to cause the paper in which the chocolate is wrapped to become oily, it is very evident that some of the cocoa butter has been lost and the chocolate has deteriorated. However, if the chocolate merely becomes gray in color during storage, its goodness has not been damaged in any way. It will be just as satisfactory for use in cooking as when you bought it.

Stews are natural-born meatstretchers and you can count on them to make the most of whatever the meat man sells. Any low-cost cut of meat plus vegetables at hand will make a fine stew. Remember, too, it's good managing to make enough for two meals, then skip a day in serving.

To mix a green salad, use a large chilled bowl to allow for tossing the ingredients. Rub the bowl lightly with cut clove or garlic for subtle flavor. Put in chilled greens, tearing large leaves into small pieces, shredding any old or tough outside leaves, mincing the highly flavored ones. Then add French dressing, a little at a time, tossing greens lightly with salad fork to coat all the leaves well.

To measure dry material, fill the cup, spoon or other measure to overflowing, then pass a spatula or the straight edge of a knife over the top, leveling the material. For an accurate half-teaspoon or tablespoon of dry material, fill spoon as above, then owing to the difference in capacity of the tip of the bowl of the spoon, divide the material in half lengthwise.

Since coffee loses it's strength when it is exposed to the air, it should be kept tightly covered and in a cool place, especially after it has been ground. When coffee has lost its flavor from exposure to the air, it can be improved by heating the dry coffee in a frying pan, taking care not to let it burn. The flavor, however, will not be so good as the original flavor.

Fresh fruits are the simplest and easiest of all desserts to prepare. and furnish one of the most wholesome sweets. They are at their best when served ripe and in season. When fruit comes from the market it should be looked over and kept in a cool place. All fruit should be washed before it is served.

Good beef should have a bright red color and a moist juicy surface when freshly cut; firm, fine grained muscle dry, crumbly, suet, white in color; and a thick solid edge of straw-colored fat.

Veal should be at least six weeks old before slaughter. The sale of "Bob" veal is prohibited in many states; it is soft and of poor flavor. Prime veal should be a faint pink color with little or no edge of fat. Flecks of fat in the meat should show a pinkish tinge. Milk fed veal is particularly good.

Pork should have firm white flesh with a faint pink tinge. The fat should be clear white. Pork of dull appearance, with yellowish lumps through the meat or fat should be avoided.

Lamb may be distinguished from mutton by the bones. In young lamb, the bones are slightly streaked with red and the joint is serrated. The joint of mutton is smooth and round. Lamb or mutton should have a deep pink flesh, hard white kidney fat, thin edge fat of a pinkish tinge, and firm, fine-grained fibers. The outer skin and fat of mutton should be torn off before the meat is cooked.

—V—

Calf's liver is often considered most choice in tenderness and in flavor. Lamb's however, is equally good and often cheaper in price. Pig's liver is good, and even beef liver is acceptable if properly prepared.

—V—

Cooking has no material effect on the digestibility of egg yolks, but increases digestibility of the whites from about 80% to 90% for cooked whites.

Braised Short Ribs Of Beef

It's hard to say, but many will agree that one of the finest-flavored bits of beef is the short rib. It has a very distinctive flavor and one that is most agreeable to man or woman. The ease with which these choice tidbits are to be prepared is another thing in their favor—ask your butcher about them, and if not available, he might be induced to save you some in the near future.

BRAISED SHORT RIBS

3 pounds short ribs of beef
Flour
Salt
Pepper
1 cup water

Cut meat into serving portions. Dredge with flour and brown in a hot kettle or oven. Season with salt and pepper, add water, cover and cook in kettle at simmering temperature or in a slow oven (300 F.) until tender, 1½ to 2 hours. Allow one-half pound per serving.

VARIATIONS:

(1) Use Barbecue sauce in place of water.

(2) Spread prepared mustard over ribs and use tomatoes or tomato juice in place of water.

(3) Add sauerkraut during the last 45 minutes of cooking.

(4) Add uncooked pared potatoes, carrots and onions to the ribs about 45 minutes before ribs are done.

—V—

Butterscotch Surprise Cakes

1½ cups sifted cake flour
1½ teaspoons double acting baking powder
½ teaspoon salt
1-3 cup butter or other shortening
1 cup sugar
2 eggs, well beaten
2 squares unsweetened chocolate, melted
½ cup milk
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt and sift together three times. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs and beat well; then add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Turn into greased large cupcake pans, filling them about 2-3 full. Bake in a moderate oven (350 F.) 20 to 25 minutes, or until done. Makes 1 dozen.

When cakes are cool, remove cone-shaped piece from center of each cup cake. Fill hollow with Butterscotch Cream Filling and replace top.

BUTTERSCOTCH CREAM FILLING

1 package Butterscotch pudding
1¾ cups milk
½ cup light cream, whipped

Place pudding powder in saucepan. Add milk gradually, stirring constantly. Cook and stir over low flame until mixture comes to a boil and is thickened. Cool, stirring occasionally. Fold in whipped cream.

—V—

Sugar Permitted To Put Up Jam

It is more than likely that with all the necessary foods to be canned this season there just won't be sufficient sugar to can all the jellies and jams that one would like for the coming winter, but fortunately, we can so quickly learn to do without certain things.

It is possible though that a bit of jam can be put up, by possibly squeezing a bit here and there on sugar. Here are a few from which to make a selection:

APRICOT JAM: Wash, scald, skin, pit, crush, and measure or weigh ripe apricots. Boil 10 minutes, adding a little water if necessary to prevent sticking. Add ¾ as much sugar as fruit and cook until thick. Pour into hot jars; seal at once.

BERRY JAMS: (Blackberry, Dewberry, Loganberry, Raspberry or Youngberry)—Wash and crush berries. Add ¼ cup water to each quart berries. Cook until soft. Press the cooked berries through a strainer to remove seeds. (If preferred, the seed may be left in.) Add from ¾ to 1 cup sugar to each cup berries or from ¾ to 1 pound sugar to each pound of berries. Boil until thick. Pour while hot into into hot jars; seal at once.

PEACH JAM: Wash, peel, pit, crush and measure or weigh ripe peaches. Add ½ cup water to each quart peaches. Boil 10 minutes. Add ¾ as much sugar as fruit. Boil until thick. Pour into hot jars; seal ato nce.

FOR SPICED PEACH JAM: Tie any combination of spices in a bag and drop into the jam while cooking.

RHUBARB JAM: Cut unpeeled rhubarb into ½ inch pieces. Measure ure. Add 3 cups sugar to each quart rhubarb. Boil until thick. Pour into hot jars. Seal at once.

—V—

Caramel Ice Cream

Anyone who has overlooked to date bringing out ye olde icecream freezer has overlookd a sure-to-please dessert, as homemade ice cream is still tops in popularity. Start the season (if not already under way) with this one:

CARAMEL ICE CREAM

2 cups milk
1 egg
½ cup sugar
1 cup thin cream
½ cup macaroons

Caramelize half the sugar. Combine the milk, beaten egg, sugar and caramelized sugar. Heat the mixture to the boiling point. When cool, add the cream and the macaroons crushed fine. Beat well and freeze.

TO CARAMELIZE SUGAR

Put ¼ cup sugar into a pan and melt slowly over direct heat. Cook until dark brown being careful not to scorch. Add ¼ cup boiling water and cook slowly until a thick syrup is formed. (Be sure that the water is hot. Cold water will make the hot sugar spatter). This will keep indefinitely in a covered glass fruit jar and is a popular flavor for desserts.

—V—

Unrationed Bird Makes Various Appearances

Desipte the fact that left-over chicken is a treat as is—possibly served cold in thin slices with a salad, or in sandwiches,—it is equally as tasty when used in any of a dozen ways,—in hash, croquettes, salad, creamed, cakes, mousse—oh me, one could go on and on indefinitely.

Since chicken is not on the list of rationed articles, most house-wives are serving the tasty fowl more often than usual. This, of course, calls for variety in preparation of the bird itself, as well as when using up the left-overs.. Fortunately, no matter how often one serves chicken, when it is well prepared it still remains a treat.

CHICKE.... MOUSSE

2 cups ground cooked chicken
½ cup mayonnaise
2 tablespoons lemon juice
¾ teaspoon ground celery
¾ cup cream, whipped
½ cup cold chicken stock
Lettuce
Salt and pepper
1½ tablespoons unflavored gelatin

Blend chicken, mayonnaise, lemon juice and celery seed; fold in the whipped cream and season. Soften gelatin in chicken stock for five minutes, dissolve over hot water and cool. Fold into chicken mixture. Pour into a ring mold and chill until firm. Unmold, fill center with tiny lettuce cup and garnish with radish roses.

CHICKEN CROQUETTES

1¾ cups ground cooked chicken
¼ teaspoon celery salt
1 teaspoon lemon juice
Few drops onion juice
1 teaspoon chopped parsley
Salt and pepper
1 cup thick white sauce
Fine crumbs
1 egg, beaten

Add chicken, celery salt, lemon juice, onion juice, parsley, salt and pepper to white sauce. Cool, shape, dip into crumbs, then into egg and again into crumbs. Dry in hot deep fat (375 F.) from 2 to 5 minutes. Serves 4.

SCALLOPED CHICKEN

2 cups chicken broth
2 tablespoons flour
2 tablespoons chicken fat
Salt and pepper
Bread crumbs
2 cups diced cooked chicken
2 cups sliced cooked potatoes

Thicken broth with a paste made of flour and fat and season with salt and pepper. Fill baking dish with alternate layers of bread crumbs, chicken and potatoes. Cover top with crumbs. Add gravy and a few bits of butter and bake in a moderate oven (350 F.) 30 minutes. Serves 5.

CHICKEN HASH

1½ cup chopped cooked chicken
1 cup diced boiled potatoes
2 tablespoon fat
1 tablespoon minced parsley
Salt and pepper
½ cup stock or water

Mix chicken and potatoes together Melt fat, add first mixture, parsley, seasoning and stock until browned. One-fourth cup chopped green pepper may be added if desired. Serves 4

—V—

Biscuits And Cheese From Sour Milk

In these days of thrift, budget-watching and point counting not the smallest bit of anything is discarded unless proven absolutely beyond use.

Now, many housewives have always had the happy habit of putting sour milk to exceptionally good use, but others were more inclined to put it down the drain. Well, milk, is milk, sweet or sour and just for example—here are two things for the sour kind:

SOUR MILK BISCUITS

2 cups sifted flour
½ teaspoon salt
½ teaspoon baking soda
1 teaspoon baking powder
4 tablespoons shortening
1 cup thick sour milk

Mix and sift dry ingredients together thoroughly. Cut in shortening until the texture of corn meal. Add milk and mix. Knead lightly and quickly on lightly floured board. Roll out to ½-inch thickness, cut with floured cutter and bake in hot oven (450 F.) 12 to 15 minutes or until browned. Makes 12 to 15 biscuits.

COTTAGE CHEESE

1 quart sour milk
1 quart warm water
Salt and pepper

Pour sour milk (heated to lukewarm) into a cheesecloth bag. Pour warm water over, and after this has drained through, repeat twice. Tie bag and hang until it ceases to drip. Turn cheese out and season. Serve with sweet or sour cream, grated onion, chopped green onion tops or chives, or caraway seeds. Serves 4.

—V—

Pear Conde

With fruit desserts ever-popular, here is one that should not be overlooked when berries are in season:

PEAR CONDE

1 cup rice
2 cups boiling water
1 teaspoon salt
1 cup milk
3 pears
1 quart raspberries or strawberries
1 cup sugar

Wash the rice and cook it in the boiling water until the water is absorbed, then add the salt and milk and continue cooking until the rice is soft. Put into small molds and chill. Turn out and serve on a platter surrounded by halves of pears, Fill the pear cavities with one-half of the fresh raspberries or strawberries, crushed and sweetened. Pour the remainder of the crushed, sweetened berries over the rice and pears. A spoonful of whipped cream with each serving is a great addition to this dish.

—V—

Croutons

Remove crusts from ½-inch slices of bread. Cut bread in cubes, brown in butter, or fry in dep fat. Or brown cubes of buttered bread under broiler. Serve with soup. Toast points (triangles) or sticks (oblongs) are also suitable.

—V—

Creamed And Scalloped Shrimps

CREAMED SHRIMPS

2 cups cooked shrimps, fresh or canned
2 tablespoons butter or other shortening
4 tablespoons flour
2 cups milk
Salt and pepper

Make a white sauce with the fat, flour and milk, add shrimps, whole or broken into small pieces. When thoroughly heated, add seasoning and serve.

SCALLOPED SHRIMPS

2 cups cooked shrimps, fresh or canned
4 tablespoons butter or other fat
4 tablespoons flour
1 teaspoon mustard
1 cup bread crumbs
2 cups boiling water
1 teaspoon lemon juice
1 teaspoon salt
½ teaspoon pepper

Melt three and a half tablespoons of the fat in a saucepan. Add the flour and mustard and beat until light. Gradually pour the hot water on this. Place the saucepan on a fire, and stir the contents until they begin to boil. Add the lemon juice, salt and pepper, and cook for six minutes, then stir in the shrimps. Turn the mixture into a shallow scallop-dish, cover with bread-crumbs and dot with the half tablespoons of butter broken into bits. Bake for twenty minutes in a moderate oven (350 F.)

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