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

To make a cream dressing for slaw, mix together ½ cup sour cream (or mayonnaise and sour cream, or light cream), 2 or 3 teaspoons vinegar, 1 or two teaspoons sugar, 1 teaspoon salt, dash of pepper, pinch of celery seed, and, if desired, ¼ teaspoons canped onion.

You can extend the rich flavor of meat with handy quick-cooking tapioca and supplement its nutrients with the good proteins minerals, and vitamins of cereals.

Lard is easily worked at many temperatures. It is plastic, or workable over a wide range of temperatures, but creams best at (70 F.) or lower, and works into pie crust better when still colder. It does not become brittle in the refrigerator.

A convenient way to chop nuts or raisins is to spread them out on a bread board and chop with a butcher knife (or baking powder can.)

When baking a pie crust, care should be taken to bake it just to the golden-brown around the edges stage because burned crust is worse than no crust at all.

If frozen fruits, vegeatbles etc., are not to be used at once, place in the freezing compartment of your refrigerator and keep frozen until ready for use.

Evaporated milk, scalded and chilled may be substituted for whipping cream.

Liquor from canned tomatoes and other vegetables may be used as a stock for soups, cocktails, gravies, etc. Keep juice from canned fruits to use for flavoring in desserts or salads .

When making cakes or cookies, always use cake flour if possible. The results will be well worth the slight extra cost.

One should always remove batters, puddings, etc., from the refrigerator 15 to 30 minutes before putting them in the oven.

To freeze mint leaves, watercress etc., on ice cubes, put them on top of the frozen cube and add enough water to make them freeze solid. Freeze slowly.

Always save bones from meats for soup stock. Smoked meat bones such as ham, tongue roots and ham hocks can be made into stock for lentil, navy bean or split pea soups. Bones from broiled steaks, roasts, braised short ribs, veal, and lamb chops may also be utilized for soup stock. Place bones in soup kettle in cold water with a cut onion, celery, and carrots; add canned tomatoes, salt, pepper and ½ teaspoon ginger and heat to boiling. Simmer for 1 hour. Add leftover gravy to stock.

Chicken coated with egg and crumbs is best fried in deep fat. Cook in hot fat (370 F.) at least 3 inches deep for 10 to 30 minutes, depending on size of pieces. Unless the chicken is very young and the pieces small, results are most satisfactory if the chicken (cut in serving pieces) is steamed or stewed until nearly tender. The deep fat frying then serves to give a crisp brown covering and to reheat the chicken.

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Reasons For Taking Corn Off The Cob

Slowly but surely that favorite of favorites, corn on the cob is getting lower in price, and though most of us agree that there is no finer way to serve corn than right on the cob, there are others who like it off the cob—and at the same time, there are often a few ears left over—so whether fresh cooked or left over, it can be cut from the cob and served in any of numerous ways—each tasty and deserving of praise in its own right.

CORN CAKES

1 cup cooked corn, crushed
½ cup mik
2 teaspoons sugar
2 eggs, well beaten
¾ cup sifted flour
1 teaspoon baking powder
¼ teaspoon salt

Combine corn, milk, sugar and eggs. Sift flour with baking powder and salt. Combine mixtures. Fill greased muffin pans 2-3 full and bake in moderate oven (350 F.) 15 to 20 minutes or until browned. Makes 8 cakes.

BAKED CORN AND TOMATOES

1½ cups cooked corn
1½ cups cooked tomatoes
1 teaspoon salt
Dash of pepper
½ teaspoon sugar
¾ cup bread crumbs
2 tablespoons fat

Mix corn and tomatoes with seasonings and pour into greased baking dish. Spread with crumbs, dot with fat and bake in a moderate oven (350 F.) ½ hour, Serves 5.

Dumplings To Accompany Stews

Since many women are now making a practice of cooking good big stews at least once a week (and making enough for two meals) it would be well, wise and wonderful to occasionally serve dumplings instead of potatoes or with potatoes if you like both.

DUMPLINGS (1)

2 cups sifted flour
1 teaspoon salt
4 teaspoons baking powder
¼ teaspoon pepper
1 egg, well beaten
3 tablespoons melted butter or other shortening
Milk (about 2-3 cup)

Sift dry ingredients together. Add egg, melted shortening and enough milk to make a moist stiff batter. Drop by teaspoons into boiling liquid. Cover very closely and cook for 18 minutes. Makes 2 dozen dumplings.,

DUMPLINGS (2)

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
¼ teaspoon fat
¾ cup milk

Sift together the dry ingredients and rub in the fat. Add enough milk to moisten the flour, but do not make the mixture too met. Roll out the dough on a board, making it about one inch thick, and cut with a biscuit cutter. Put the pieces on a plate in a steamer and steam twenty to thirty minutes. It is better not to steam the dumplings over the stew as the rapid boiling required reduces the gravy too much. These dumplings may be cooked on top of the stew, as in the recipe above. but they will be lighter if steamed.

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Chocolate Beverages For The Summer

Since chocolate seems to be a universal favorite—it stands to reason that chocolate beverages will be most welcomed for hot yeather—chilled utes, stirring constantly. Add vanilla, way to get that required amount of milk into the youngsters.

If you are not able to buy chocolate syrup—well, it can be made right at home as most families have cocoa on hand—just do it this way:

COCOA SYRUP

1 cup breakfast cocoa
½ to ¾ cup sugar
½ to ¾ cup corn syrup
¼ teaspoon salt
1 cup cold water
2 teaspoons vanilla

Combine cocoa, sugar, syrup, and salt in saucepan. Add water slowly and place over low flame, stirring until smooth; then boil gently 3 minutes, stirring constantly. Add vvanilla, turn into jar; cover tightly. Keep in refrigerator. Makes about 2 cups syrup. This syrup may be made using 1 to 1½ cups sugar instead of sugar and corn syrup. ,

CHOCOLATE ICE CREAM SODA

½ cup chilled milk
2 tablespoons cocoa syrup
½ cup carbonated water
Chocolate or vanilla ice cream

Add milk slowly to syrup, stirring constantly. Pour into tall glass. Add carbonated water and stir enough to mix. Add ice cream and serve at once. Serves 1.

CHOCOLATE MALTED MILK

2 tablespoons malted milk powder
2 tablespoons cocoa syrup
1 cup chilled milk

Add malted milk powder to syrup, stirring until smooth and thoroughly blended. Add milk slowly, stirring constantly. Beat or shake well. Pour into tall glass and serve at once. Serves 1.

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Chicken And Split Pea Squares

It is a constant source of pleasure to housewives to serve dishes that are thrifty as well as tasty and unusual. This applies to leftovers as well as to "first-time" dishes. So, assuming that you have some chicken, veal or pork left from a day or two before—prepare it as follows:

CHICKEN AND SPLIT PEA SQUARES

¾ cup quick-cooking split peas
1 small bay leaf
2 cups chicken stock or
2 cups water and 2 bouillon cubes
2-3 cup finely diced carrots
1 cup thinly sliced celery
1½ cups coarsely cut cooked chicken veal, or pork
3 tablespoons minced onion
1-3 cup quick-cooking tapioca
1 teaspoon salt
½ cup milk
3 strips bacon

Combine peas, bay leaf, and stock in small saucepan Cover and cook gently 30 minutes, stirring occasionally. Add carrots. Cover and cook about 15 minutes longer or until peas are tender, stirring frequently. Remove bay leaf. Measure 2 cups. If necessary, add milk to equal that amount.

Combine cooked mixture with remaining ingredients, except bacon, mixing thoroughly. Spread in greased 8x8x2 inch pan. Place bacon strips across top. Bake in hot oven (450 F.) 35 minutes, or until browned, tipping pan occasionally to spread melted bacon fat and allow bacon to crisp. If necessary, place under broiler to brown. Cut in squares and serve hot. Makes 6 servings.

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Sour Cream Potato Salad

4 cups diced cooked potatoes
½ cup diced cucumber
1 tablespoon minced onion
¾ teaspoon celery seed
1½ teaspoons salt
½ teaspoon pepper
3 hard-cooked eggs
1½ cups sour cream
½ cup mayonnaise
¼ cup vinegar
1 teaspoon prepared mustard

Combine potatoes, cucumbers, onion, celery seed, salt and pepper. Toss together lightly. Separate yolks from whites of eggs. Dice whites and add to potato mixture. Mash yolks and combine with sour cream, mayonnaise, vinegar and mustard. Add to potatoes and toss together lightly. Allow to stand 15 minutes before serving. Garnish with crisp salad greens Serves 8.

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For Company Serve Home Made Ice Cream

Whether you are expecting company, or whether it is just for the famiy, every housewife should and can easily plan to serve home-made ice cream often. It has been a favorite ever since it was invented, and with the children home from school for the summer months, they'll love a heaping dish full during the afternoon or before going to bed—not to mention what friend husband or mother herself. Put your mechanical refrigerator to good use with—

BANANA CREAM

1 medium sized banana
2-3 cup confectioners' sugar
1 tablespoon lemon juice
1-16 teaspoon salt
1½ teaspoons vanilla
1½ pints coffee cream

Slice banana very thin and add to sugar. Mix well. Add lemon juice and coffee cream and pour into freezing tray and allow to freeze firm. Remove to ice-cold mixing bowl; add vanilla, and beat with electric or hand beater until mixture becomes very light. Return to freezing tray and allow to finish freezing without further agitation.

MAPLE CREAM

1 cup maple syrup
1½ tablespoons flour
2-3 cup water
2 egg yolks
1-16 teaspoon salt
1 pint coffee cream
1 teaspoon vanilla
1 teaspoon lemon juice
2 egg whites

Heat the syrup. Make a paste of the flour and water. Add hot syrup to paste, stirring constantly. Cook for 10 minutes, or until thickened. Add to well-beaten egg yolks in double boiler and continue to cook, stirring constantly until it reaches the consistency of thin custard. Cool. Add salt, lemon juice and cream. Pour into freezing tray. When frozen, remove to bowl; add vanilla and whip with an electric or hand beater until mix becomes light and creamy. Then carefully fold in the stiffly beaten egg whites. Return quickly to freezing tray and allow to finish freezing.

Spinach Or Swiss Chard Ring

A meatless meal, attractively prepared and served will do much toward making that meal more satisfactory. And, since molded foods are always so attractive, it is well to use them when possible—here is an example:

SPINACH OR SWISS CHARD RING

2 tablespoons butter or substitute
2 tablespoons flour
½ cup milk
3 eggs, separated
1¾ cups cooked chopped spinach or Swiss Chard
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon grated onion

Melt butter, blend in flour, add milk and cook until thickened, stirring constantly. Add slowly to beaten egg yolks. Add spinach, salt, pepper and onion. Cook for 1 minute, then fold in stiffly beaten egg whites. Pour into greased ring mold, place in pan of hot water and bake in a moderate oven (350 F.) until firm, about 30 minutes. Unmold and fill center with creamed fish or vegetables. Serves 6

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Home Made Nougat

With candy now available a half pound at a time one can certainly see that for a family of any size, it just won't go very far. So we make some at home—not very often because of the sugar—but now and then, as it is a very special thing for the children.

NOUGAT

2 cups sugar
1-3 cup corn syrup
1 cup water
4 egg-whites
1 teaspoon vanilla
1½ cups nut meats
½ cup candid cherries

Boil together half of the sugar, half of the water and half of the corn syrup to the stiff-ball stage (246-250 F.) Remove the syrup from the fire and pour it slowly over the well beaten whites and continue beating until it is cool. While beating, cook the remaining half of the ingredients to the stiff-ball stage. Remove and add at once to the first mixture, beating while adding. When cool, add the vanilla, nut meats and candied cherries and pour into buttered pans. Smooth over the surface and let it stand over night before cutting. In the morning cut and wrap in waxed paper.

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Baking Powder Muffins

There are so many good reasons for quick breads that one couldn't begin to list them, but any housewife who serves them often, and sees her family eat the last crumb knows most of the reasons right there.

BAKING POWDER MUFFINS

2 cups flour
½ teaspoon salt
1 tablespoon sugar
4 teaspoons baking powder
1 cup milk
1 egg
2 tablespoons melted shortening

Sift flour once, measure, add salt, sugar and baking powder and sift again. Add the milk gradually, the well beaten egg and melted fat. Pour into well-greased muffin tins, filling the tins two-thirds full. Bake in a hot oven (400-425 F.) from 20 to 25 minutes.

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By using a large biscuit cutter instead of a doughnut cutter, fried cakes can be made instead of doughnuts. In that case, roll the dough ½ inch thick and fry at a slightly lower temperature for a little longer period of time.

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Fresh Fruit Cocktails

No matter how often we serve a fresh fruit cocktail, by varying the ingredients, one nevr tires of them. They make such a refreshing start to any meal.

WATERMELON COCKTAIL

2 cups watermelon balls
Fresh mint
Powdered sugar
2 tablespoons lemon-juice

With a vegetable cutter prepare small balls of bright pink watermelon. Sprinkle lightly with sugar and add lemon-juice (the sugar and lemon-juice may be omitted if desired.) Chill thoroughly. Fill cold glasses. Garnish with sprigs of fresh mint. A nice change is to moisten the edge of each cocktail glass and invert in chopped mint before filling. This will leave a line of green adhering to the edge of the glass. The glass may also be lined with sprigs of mint before the watermelon is put in.

CHERRY COCKTAIL

1 pound cherries
½ cup chopped almonds
3 teaspoons lemon puice
6 tablespoons strawberry juice
6 tablespoons powdered sugar

Pit the cherries, sprinkle with chopped almonds and pour over them a syrup made by mixing strawberry juice with powdered sugar and lemon juice. Chill and serve ice cold in chilled cocktail glasses. Decorate the plate with two or three whole cherries and a leaf or two.

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Home Made Soups For War Time Menus

It isn't always the lack of ration points that makes a meal skimpy—the foods we need are possibly just not available at the particular time when we need them—but, it might be a shortage of points—but one way or the other, with cream soups so simple to prepare right at home, no meal need never be such that anyone would leave the table hungry.

It is also nice to know, that aside from being filling and healthful, cream soups are a favorite with most people and one can seldom, if ever, go wrong serving them—whether to round out a skimpy meal or as the first course of a large one.

CREAM OF CORN SOUP

5 cups corn, cut from cob
5 cups milk, or part milk and part white stock
2 tablespoons flour
2 tablespoons butter or substitute
Salt and pepper
2 egg yolks

Put the corn into a double boiler with one quart of the milk and cook for twenty minutes. Makes a white sauce of the milk and corn, flour and fat, add salt and pepper and cook five minutes. Rub the soup through a strainer, heat the yolks of the eggs well, and add to them the remaining cup of cold milk; stir this mixture into the soup, cook for a minute or two, stirring constantly. Beat and serve at once.

CREAM OF MUSHROOM SOUP

¼ pound mushrooms (er skins and stems of ½ pound)
2 tablespoons butter or substitute
2 tablespoons flour
1 teaspoon salt
1 pint milk

Brush, wash and skin the mushrooms. Put the skins to simmer in a little water. Cut the mushroom caps and stems into very small pieces; add one pint of water and simmer until tender. Make a sauce of the fat, flour, salt and milk and add the water in which the mushroom caps stems and skin were cooked. Blend, add mushrooms and serve.

CREAM OF TOMATO SOUP

1 quart milk or half milk and half white stock
2 tablespoons butter or substitute
1 pint of tomatoes
Salt and pepper
¼ teaspoon soda

Make a white sauce of the liquid, flour, and butter. Cook the tomatoes unti tender, and mash through a coarse sieve. Just before serving add the soda to the tomatoes and gradually add the tomatoes to the white sauce, stirring constantly. Season and serve at once. If soup begins to curdle, beat thoroughly with egg beater.

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