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 freeze ice crem in a crank freezer, have the ice-cream container not more than three-fourths full. The turning of the crank incorporates air in the mixture and the freezing causes expansion, so allow plenty of room for "swell." Place the can containing the mixture in the freezer pail. Cover the can and adjust the top. Turn the crank to be sure that the cover fits tight. Add the ice and salt mixture. Turn the freezer slowly until the mixture begins to freeze; then turn it more rapidly. This beats up the cream and produces a swell. Ice cream take from twelve to twenty minutes to freeze in a crank freezer. Ices and sherberts take from twenty to thirty minutes.

When making cookies, save all the trimmings from the last rolling. The last cookies will not be of the same texture as the first because of the extra flour which will be worked into the dough in the process of mixing the trimmings into a mass to be rolled again.

Celery curls are made from the tender inner stalks. Cut in lengths of two or three inches and slit in narrow strips almost to the end. Place in water with plenty of ice. As the slit stalks chill, the ends curl.

When arranging a salad, the lettuce leaf should have the stem end cut off so that this ragged part does not hang over the edge of the plate. Care should be taken that the garnish is carefully placed. Place the salad on the lettuce leaf carefully so that it will not fall apart and spread ungracefully over the plate. No part of the salad should extend beyond the edge of the plate.

To prepare mushrooms for cooking by any method, cut off the stalks, pare the caps, or brush well if they are fresh and tender, and drop them into a bowl of water which contains the juice of half a lemon or a tablespoon of vinegar if you wish to keep them from darkening. If the stalks are solid and tender, they may be peeled, cooked and served with the caps, otherwise cook them with the peelings in a small amount of water, for mushroom stock. Too much cooking toughens mushrooms. Three or four minutes will heat canned mushrooms, and five or six minutes will cook fresh ones, usually.

For creamed chicory or endive wash the plant carefully and pick off the outer green leaves, leaving only the white part. Boil until tender, drain well, return it to the kettle, and nearly cover with medium white sauce, which should be well seasoned.

Waterless cooking of fresh vegetables is any process in which no water is added. The water in the vegetable itself does the cooking. A thick-walled kettle with a tight fitting lid is the necessary equipment Very low heat is used, and the vegetable is tender in a very short time because neither heat nor steam escapes. No minerals are lost and the loss of vitamins is almost as low as in baking.

If summer vegetables are not to be cooked at once, they should be put in the refrigerator or some other cool dry place. Peas and corn, especially, should be cooked soon after they are gathered, because they lose their sweetness on standing. Lettuce should be sprinkled and wrapped in a heavy cloth or paper, and put into the refrigerator until it is used. Salad greens keep a week or more in mechanically cooled refrigerators if they are washed and placed in closely covered enamel or porcelain containers after being well drained. Cloths or paper wrappings dry out too quickly in mechanical refrigerators. Cut the stems of wilted vegetables and plunge into cold water to freshen.

Cheese has an important place in the dietary, for it keeps well, it is concentrated food, and ordinarily it is an economical one, at least when compared with other animal foods. One pound of cheese represents the fat and protein of a gallon of milk. It is one form in which a surplus of milk may be stored satisfactorily and cheaply.

To test an egg for freshness place it in a glass of water. If the egg falls to the bottom of the glass and lies on its side, it is a fresh egg; if the large end rises slightly, the egg is somewhat stale; if it stands on end or floats, it is very stale. The shell of a fresh egg has a bloom; that of a stale egg is usually shiny. If the contents of an egg rattle when it is shaken, it is not fresh.

—V—

He Wanted to Eat, Too

Soldiers at Camp Edwards, Mass., were lined up and ready to march to the mess hall for breakfast. Suddenly Private Thomas F. Miller broke ranks and dashed for the barracks. When he returned the sergeant wanted an explanation, for good soldiers just don't do those things. The explanation was accepted—Private Miller had forgotten his teeth!

Recipes For Corn Off The Cob

Once more seeing corn on the cob in the markets gives promise of grand things to come. Of course, the corn we see now isn't local and is quite high priced—and some will buy it and some won't but at least, it brings to mind such dishes as

CORN PUDDING

2 tablespoons fat
2 tablespoons flour
1½ cups milk
1 teaspoon salt
¼ teaspoon mustard
Paprika
2 cups corn pulp
1 egg
1 tablespoon Worcestershire sauce
Buttered crumbs

Make a sauce of the fat, flour, milk, and seasonings add corn, egg, slightly beaten, and Worcestershire sauce. Pour into a baking-dish, cover with buttered crumbs and bake in a moderate oven (350-400 F.) fifteen to thirty minutes.

CORN OYSTERS

2 cups corn pulp
2 eggs
2 tablespoons flour
2 tablespoons fat
Salt and pepper

Grate corn from the cob with a coarse grater. Beat the egg-yolks and whites separately and add to the grated corn, with flour and fat. salt and pepper. Drop the batter from a spoon into hot fat (360-370 F.) and fry light brown (2-3 minutes). Drain on soft paper. Serve hot.

—V—

Extra Coffee Means Summer Enjoyment

Havving learned to be very conservative with coffee, the housewife will certainly have a wonderful time with the extra ration now available. Oh happy days—two cups of coffee on Sunday—and iced coffee now and then—and occasionally one of those grand coffee-flavored desserts that have always been so popular with the whole family.

Coffee ice cream, coffee custard, mocha frostings and so forth and so on. It all adds up to mean added enjoyment for the summer.

MOCHA BISCUIT

1 quart milk
½ cup pulverized coffee
6 eggs
½ cup sugar
2 tablespoons flour

Put the milk into a double boiler, drop into it a muslin bag containing the pulverized coffee and let it infuse for fifteen minutes, keeping the milk at the scalding point. Beat the eggs and sugar together until smooth Remove the bag of coffee from the milk add the flour stirred with a little cold milk on water and cook fifteen minutes. Pour over the egg mixture and return to the double boiler until smooth and thick. When cold partly freeze, then fill paper cases with the mixture and complete the freezing. Serve garnished with whipped cream.

COFFEE JELLY

1 ounce (2 tablespoons) granulated gelatin
½ cup cold water
½ cup boiling water
1 cup sugar
3 cups strong coffee

Soak gelatin in cold water until soft. Add to boiling water and stir over hot water until thoroughly dissolved. Add sugar and stir until dissolved. Remove from heat. Add coffee and mix thoroughly. Pour into molds that have been dipped in cold water and chill until firm. Serve with whipped cream.

COFFE CUSTARD

1 cup scalded milk
1 cup strong coffee
3 eggs
4 tablespoons sugar
⅛ teaspoon salt
½ teaspoon vanilla

Scald the milk. Add hot coffee. Mix sugar, eggs and flavoring and combine with coffee mixture. Pour into custard cups or baking-dish set in pan of hot water and bake in a slow oven (300 F.) until firm. A knife blade run into the center of the custard will come out clean.

—V—

Lemon Chiffon Pie

4 eggs, separated
1 cup sugar
½ cup lemon juice
½ teaspoon salt
1 tablespoon gelatin
¼ cup cold water
1 teaspoon grated lemon rind
1 baked pastry shell
Whipped cream

Beat egg yolks until thick and lemon colored; add ½ cup of sugar, lemon juice and salt. Cook in a double boiler until the consistency of custard. Soften gelatin in cold water for 5 minutes, then dissolve in hot custard. Add lemon rind. Cool until mixture begins to thicken. Beat remaining sugar into stiffly beaten egg whites and fold into gelatin mixture. Blend well. Fill baked pastry shell. Chill until firm. Cover with whipped cream before serving. Makes 1 (9-inch) pie.

ORANGE CHIFFON PIE

Use orange juice or lemon juice, omit lemon and rind and add 1 tablespoon grated orange rind and 1 tablespoon lemon juice.

LIME CHIFFON PIE: Use lime juice for lemon juice and grated lime rind in place of lemon rind.

Lemon Cup Cakes

With everything running at top speed these days, and the housewife busy with this or that bit of war work, there comes the time when a dessert must be made as quickly as possible and still be something good and attractive—here is just where something like quick cup cakes comes in very handy, as they don't take long to prepare and the whole family will enjoy them.

QUICK LEMON CUP CAKES

1½ cups sifted cake flour
1½ teaspoons double acting baking powder
¼ teaspoon salt
¾ cup sugar
5 tablespoons soft shortening
1 teaspoon grated lemon rind
1 egg, well beaten
½ cup milk

Sift flour once, measure, add baking powder salt, and sugar, and sift together three times. Cream shortening with lemon rind. Add flour mixture, egg, and milk. Stir until all flour is dampened; then beat vigorously 1 minute. Turn into greased cup-cake pans, filling them 2-3 full. Bake in moderate oven (375 F.) 20 to 25 minutes. Scoop out cone-shaped piece on top of each cake and fill with

FIG FILLING

Mix together 1½ cups chopped figs, 1-3 cup sugar, and ½ cup boiling water. Cook 5 minutes, or until thick, stirring constantly. Remove from fire; add 2 teaspoons lemon juice. Cool. Raisins may be substituted for figs in this recipe.

—V—

Two Fine Reasons For Left Over Rice

If rice is to be served for dinner—it's a very simple thing to prepare a litte extra as it gives one the foundation for many a fine dish—either a dessert or otherwise such as

RICE WAFFLES

1 cup sifted flour
3 teaspoons baking powder
½ teaspoon salt
2 eggs, separated
1 cup milk
4 tablespoons shortening, melted
1 cup cold cooked rice

Sift flour, baking powder and salt together. Combine beaten egg yolks and milk and add to the dry ingredients, beating until smooth. Add melted shortening and rice and stir. Fold in stiffly beaten egg whites and bake in hot waffle iron. Makes 6 waffles.

RICE MUFFINS

1 cup boiled rice
1 cup milk
2 eggs, beaten
5 tablespoons melted shortening
1½ cups sifted flour
2 teaspoons sugar
½ teaspoon salt
3 teaspoons baking powder

Beat rice, milk, eggs and shortening well. Stir flour, sugar, salt and baking powder into batter. Mix only enough to combine. Pour into greased muffin pans and bake in hot oven (400 F.) 25 minutes. Makes 12 muffins.

—V—

Lamb Stew

2 pounds lamb cubes, shank, breast, neck or shoulder
2 tablespoons flour
2 tablespoons butter or other fat
Salt and pepper
Hot water
6 potatoes
6 carrots
3 onions
4 white turnips
1 cup fresh peas
3 tomatoes
Flour

Dredge lamb with flour and brown well in hot fat. Season with salt and pepper, cover with water and simmer until nearly tender. 1 to 1½ hours. Add peeled vegetables, except tomatoes, whole or cut in cubes and simmer 30 minutes longer or until tender. Add tomatoes and simmer 10 minutes longer. Mix a little flour with water to a smooth paste anld add enough to the liquid to thicken slightly. Serves 6.

—V—

Ways To Serve Fresh Tomatoes

One can seldom see any garden these days that doesn't boast at least a few tomato plants—and before long this will mean food on the table, as well as canned tomatoes on the pantry shelf. Since, however, it would be monotonus to serve fresh tomatoes day in and day out—cold sliced—and since just a few plants yield heaps of tomatoes—here are some additional suggestions as to how to serve our good friend:

FRIED TOMATOES

6 tomatoes
Crumbs
Salt and pepper

Select firm, ripe tomatoes, wash them and cut in half-inch slices without removing the skins. Season fine crumbs with salt and pepper, dip each slice of tomato in the crumbs, and saute in hot fat. Serve hot.

BAKED TOMATOES

6 tomatoes
4 tablespoons fat
Salt and pepper
1 cup bread-crumbs
1 teaspoon sugar

Peel the tomatoes and cut them in slices one-fourth inch thick. Place a layer of tomatoes in a pudding-dish and sprinkle over them a little salt and pepper. Rub the fat into the crumbs with sugar. Spread the mixture thickly upon the tomatoes, using all of it, and add another layer of tomatoes. Add bits of butter or other fat, sprinkle with dry crumbs, and bake (350-400 F.) twenty minutes.

—V—

War Increases Old Chafing Dish

Though we aren't limited to the number of times we may entertain, we are certainly limited in what we may serve, but this need certainly not prove to be a damper on our hospitality as there are plenty of good things that aren't rationed.

Here again we can turn to the chafing dish—that favorite of the man of the family, and around this small table cooker it is possible to create an air of hospitality that would put our last year's formal dinners to shame. And aside from the easy hospitality, one should consider the ease with which such entertaining is accomplished. Of course, the last-minute preparations in the chafing dish are left to the "he" of the house—he simply thrives on the praise received for his ability to finish what the "she" has started.

Meals, of this type must, of course be simple and one is well within her rights to confine it to just one hot dish with such accessories as bread and butter, toast, crackers, or cold sandwiches and a hot or a cold drink or both if desired. Relishes, etc., are no trouble and add a great deal to the meal. A simple salad and a dessert that is easily served and everything is complete.

One prepares everything for a meal of this type well ahead of time, having the table spread with all that is needed in the way of china, silver and glass. Then arrange the sandwiches, relishes and other cold accessories attractively and conveniently. Have on hand everything that is to be used in the hot dish, and have it prepared so far as it is possible. The meat of fish or vegetables nicely diced, the cheese grated, the eggs broken into a bowl. The lack of preparation often results in tiresome delays and unappetizing confusion, but with everything in readiness the one hot dish is easily put together much to the interest of the guests.

Most men have certain favorites for their chafing dishes, but just in case—here are a few that require little or no rationed articles:

CHICKEN HASH

1½ cups chopped chicken
1 cup diced cold potatoes
2 tablespoons fat
1 tablespoon parsley
Salt
Pepper
½ cup stock or water

Mix the chicken and the potatoes lightly together. Melt the fat in the blazer, add the potato and meat, parsley, seasoning and stock and cook directly over the flame. If desired, one-fourth cup of chopped green peppers may be added.

CRAB RAREBIT

1 tablespoon fat
2 tablespoons flour
2 cups cream
⅛ teaspoon soda
½ teaspoon salt
Pepper
Parsley
1 to 2 cups crab meat, fresh or canned
2 tablespoons Parmesan cheese
Toast

Make a white sauce of the fat, flour cream, soda and seasonings. Add chopped cooked crab meat. Arrange squares of buttered toast on a hot platter. Pour crab mixture over them, sprinkle with grated cheese and serve piping hot.

ENGLISH MONKEY

1 cup bread crumbs
1 cup hot milk
1 tablespoon fat
½ cup milk American cheese
1 egg
½ teaspoon salt
¼ teaspoon pepper
Toast

Soak the bread crumbs in the milk until they are soft. Melt the fat in the blazer. Add the cheese cut in dices. When the cheese has melted, add the softened crumbs. the egg beaten, and the salt and pepper. Cook three minutes longer and pour over the squares of toast.

GRILLED SARDINES

12 large sardines
1 tablespoon lemon-juice
6 pieces toast

Drain sardines and heat thoroughly in chafing dish. Turn frequently; add lemon-juice and serve on finger-length pieces of toast.

—V—

Clam Chowder

50 clams
4 ounces salt pork
1 medium-sized onion
2 tablespoons flour
½ teaspoon salt
½ teaspoon thyme
3 potatoes
1 pint milk
½ teaspoon pepper
3 pilot biscuits

Put clams, with their own liquor, into a granite-ware saucepan, and when they have come to a boil skim out the clams and return liquid to the fire. Cut the salt pork into thin slices, chop the onion, and saute the two together until brown. Stir in flour, and when mixture is bubbling slowly, add the clam liquor. Season with salt, white pepper and thyme. Add potatoes which have been cut into small cubes, and cook this mixture until the potatoes are tender. Just before serving add milk, clams cut into pieces and three large pilot biscuits or a large number of hard water-crackers, as preferred. If liked thicker, blend one tablespoon of butter or other fat with the same flour, and add gradually.

If desired, add tomatoes, either canned or fresh.

—V—

Baked Hamburg Steak

1½ pounds chopped beef
2 cups bread soaked in milk
1 small onion, minced
1 tablespoon butter or other fat
2 eggs
4 hard cooked eggs (if desired)
1 cup tomatoes
½ cup sliced onion
Salt, pepper, ginger

Have the meat put through the grinder twice. Add the bread, the onion, seasonings to taste and the two uncooked eggs, well-beaten. Arrange the hard-cooked eggs end to end across the middle of the meat and roll the meat mixture around them. Place the roll in a baking-pan, pour over it a sauce composed of the tomatoes, sliced onions, butter or other fat and water, and bake in a moderate oven (350-375 F) for about two hours, basting frequently with sauce. In serving, slice the roll crosswise. The hard-cooked eggs may be omitted.

—V—

Sandwich Spread

When preparing a list of articles to be canned during the summer, it will be well to consider next winter's sandwiches as well. There will be sandwiches for school and sandwiches for home, and a spread for this purpose is always welcomed.

SANDWICH SPREAD

1 cup green tomatoes
1 cup carrot
1 green sweet pepper
1 red sweet pepper
1 cup cucumber
1 onion

DRESSING

3 tablespoons flour
2 tablespoons dry mustard
1 teaspoon salt
3 tablespoons butter or substitute
2 egg yolks
½ cup sugar
½ cup water
½ cup vinegar

Grind vegetables before measuring. Add 1 cup water and cook until tender. Drain and mix vegetables with dressing. To make dressing; blend flour, mustard, salt, and butter. Add beaten egg yolks, sugar, water and vinegar. Cook over hot water until thick. Pack into hot jars. Process 30 minutes in hot-water bath; then complete seal.

—V—

Jellied Salads Are Always Well Received

Whether the housewife is to be hostess to a group of friends or to just her immediately family, she will always find that jellied salads, attractively prepared, will be well received.

HOSTESS SALAD

1 package lemon-flavored gelatin
1 pint hot water
1 tablespoon vinegar
¼ teaspoon salt
Dash of cayenne
1½ teaspoons chopped chives, or
1 teaspoon scraped onion
1 pimento, cut in strips
2 hard-cooked eggs, cut in large pieces
1 cup chopped celery
½ cup chopped olives

Disolve gelatin in hot water. Add vinegar, ⅛ teaspoon salt, and cayenne. Chill until slightly thickened. Arrange pimento strips in indivdual molds. Season eggs and celery with ⅛ teaspoon salt; add remaining ingredients. Fold into slightly thickened gelatin. Turn into individual molds and chill until firm. Unmold on crisp salad greens. Garnish with mayonnaise. Makes 6 to 8 servings.

—V—

Any excuse you can give for not upping your payroll savings will please Hitler, Hirohito and puppet Mussolini.

—V—

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