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

Left-over bits of pastry—or an extra amount of pastry prepared for the purpose is most tasty and makes a delightful treat, when cut in four-inch circles. Prick, spread with jelly and sprinkle with chopped nuts. Roll up, place on an inverted pan and bake in a hot oven (400 F.) 10 to 15 minutes.

When possible, you can buy commercial ice cream long before you intend to serve it, and keep it firmly frozen in your mechanical refrigerator. Packaged ice cream can often be placed directly in the freezer of many models by removing one of the ice tray shelves—or the ice cream may be transferred to one of the freezing trays. In holding ice cream it is usually best to set the control at a colder position.

To start the family off on the right foot at breakfast, lunch, or dinner, present them with a plate piled high with fluffy, golden-brown melt-in-the mouth biscuits, piping hot from the oven.

Stewing means to cook by simmering in a large or small amount of water depending upon the dish to be served. The meat of chicken cooked this way is used for creaming a la king, a la Newburg, pie, frying, for pressed chicken, salad, sandwiches, shortcake, souffles, timbales, stews, etc.

Frosting a cake is an art, Some people are more gifted than others, but everyone can turn out a cake that is good to look at. Here are a few simple directions to follow: (1) be sure that both cake and frosting are cool. (2) Brush off all loose crumbs and trim any ragged edges with scissors. (3) Frost sides of cake first, spreading lightly over the top edge and down around the sides in sweeping strokes. (4) Then fill in center top and work out to edges, making beautiful swirls or folds with your knife or spatula or the back of a silver spoon. (5) In frosting a layer cake, place bottom layer topside down and spread frosting smoothly. Then place next layer on top, matching edges. Finish frosting as directed.

Long, slow cooking brings out extra smoothness and richer chocolate flavor. Make your hot chocolate ahead of time and leave it over boiling water, covered, to season and mellow in flavor. You can forget about it for an extra half or three-quarters of an hour. Then beat up all nice and foamy, serve, and listen to the applause.

Flavorful additions to fresh green salads include chives, parsley, carrot tops, celery tops, scallions, onions, cauliflower, green peppers, tomatoes, turnips, carrots, cucumber, radishes, cheese, avocado, apple, grapefruit, pineapple, or nuts and raisins.

For added seasonings for bean soup, use chili powder and parsley; or sage and celery tops, or paprika and nutmeg. Serve with bits of broiled bacon, lemon slices, diced hard-cooked egg, or parsley.

Soak salt fish in tepid water twenty-four hours, changing the water several times. At the hour wanted, broil, season to taste, dotting with bits of butter or butter substitute. All kinds of salt fish may be broiled in this way.

For a colorful applesauce, wash, quarter and core but do not pare apples. Cut out any bad spots. Stew until tender with just enough water to prevent them from sticking to the pan. Rub through a colander or coarse strainer, add sugar to taste, and stir until the sugar is dissolved.

Fruit cocktails may be made from mixtures, of almost any fruits, canned or fresh. As a rule, combinations of a sweet and a sour fruit are most piquant in flavor. All fruit appetizers should be thoroughly chilled. The trays of the mechanical refrigerator are excellent for this purpose.

—V—

Spanish Rice

No matter how hot or cold the day, one is always pleased with a nice casserole of Spanish rice. It makes such a pleasing addition to any number of menues and is a special favorite of the men.

SPANISH RICE

¾ cup rice
2 tablespoons fat
5 cups water
2 onions
2 cups tomatoes
½ cup chopped green pepper or pimentos
Salt
Pepper
Paprika

Fry the rice in the fat until brown, then add water and boil until soft. Drain. Saute the onions in a little fat; mix with tomatoes and chopped green peppers or pimentos and add to the rice. Add seasoning, and place in a greased casserole. Bake (350 F.) for thirty minutes.

Jellied Consomme With Sherry

There is always something pleasing about jellied consomme—whether it be just that nice summery look it has about it, or the fact that it is cold and slithers down the throat,but it doesn't matter—so long as it's good.

For a pleasing change and added flavor, try serving jellied consomme with a bit of sherry wine—the flavor is something very special.

JELLIED CONSOMME WITH SHERRY

3 cups seasoned consumme
2 tablespoons gelatin
½ teaspoon lemon juice
4 tablespoons sherry wine
½ cup cold water
Minced parsley

Soften the gelatin in the cold water. Dissolve in the hot consumme. Add the lemon juice and wine, and salt if required. Chop lightly before putting in serving cups. Top with minced parsley, a lemon crescent or a bit of tomato fringed with minced green pepper.

—V—

Raised Brown Bread

Though quick breads are a boon to hurried housewives, there always comes a time when one has the time to make that good yeast bread—you konw, the kind that smells good? Try this raised brown bread for a change, the family will love it.

RAISED BROWN BREAD

1½ cups boiling water
1½ cups Whole bran shreds
1 tablespoon shortening
1 teaspoon salt
1 cake compressed yeast
¼ cup lukewarm water
¼ cup molasses
4 cups sifted flour (about)
½ cup raisins (if desired)

Pour water over whole bran shreds add shortening and salt, and let stand until lukewarm. Combine yeast and lukewarm water stirring until smooth. Add to bran mixture. Add raisins. Add flour to make soft dough. Knead until smooth. Place in greased bowl, cover, and let rise in a warm place until double in bulk. Shape into loaf. Let rise again until double in bulk. Bake in a hot oven (400 F.) 1 hour, or until done. Makes 1 loaf bread.

Simple Foods That Start A Meal

Jaded appetites are given a very definite "lift" when one sits down to an appetizing first course—even if it be nothing more than some simple celery or glass of chilled tomato juice and no matter how simple the meal has proved to be—that addition of a first course has turned it into something special. Treat your family to such tonight:

FROZEN TOMATO JUICE

1 pint tomato juice
4 stalks celery (grated)
2 teaspoons sugar
½ teaspoon salt
1 tablespoon onion (grated)

Mix all ingredients and allow to stand twenty minutes. Press through a strainer and put in a freezing tray. Let freeze partially. Stir once during freezing. Serve in cocktail glasses surrounded by ice cubes.

TOMATO CELERY APPETIZER

Sliced fresh tomatoes
French dressing
Celery
Olives

Slice fresh tomatoes in one-half inch slices. Marinate in French dressing. Sprnkle minced celery over the slices, and serve on lettuce leaves.

STUFFED CELERY

Celery
1 cake cream cheese
¼ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
2 or 3 drops Worcestershire sauce

Wash celery, separate, and use inner stalks. Chill. Mash cheese with fork and add salt, pepper, paprika, Worcestershire sauce and enough mayonnaise to make it easy to spread. Fill celery stalks with the mixture and sprinkle with paprika. Chill thoroughly before servng.

—V—

For a tasty and different dessert, make doube-size pancakes, allowing generous 1-3 cup of batter for each. Stack in pile, spreading thick sweetened apple sauce between cakes. Sprinkle top with brown sugar, or serve with maple-flavored syrup. Cut in pie-shaped wedges to serve. Makes 4 to 6 servings. Apple butter, sweetened peaches or berries, pureed prunes or apricots, or fruit jam may also be used as filling for pancakes.

Perfect Sunday Dinner

Planning a Sunday dinner that won't use up those precious points isn't too difficult—particularly if we are able to serve chicken—and who doesn't like good fried chicken? Underlining the "good" of course.

At the same time, come Sunday no housewife really wants to spend the day in the kitchen cooking from the minute she finishes breakfast until dinner time—that's no fun in hot weather, so let's pick a menu that can be almost entirely prepared in the morning, leaving a partially free day with a final three quarters of an hour preparation. Such a menu as this:

Jellied Tomato Bouillon
Fried Chicken
Corn on the cob
Spinach Currant Jelly
Baking powder biscuits
Cantaloupe a la mode
Coffee

Doesn't it all sound good. And it provides a hot meal with a summery touch—most suitable for this time of the year. So, starting at the beginning here is the

JELLIED TOMATO BOUILLON

1 quart tomatoes
Small slice of onion
6 whole cloves
A bit of bay leaf
¼ cup celery tops
1 teaspoon salt
Pepper
2 tablespoons gelatin

Boil tomatoes and seasoning together for twenty minutes. Press through a sieve. Add gelatin which has been dissolved in cold water, and stir until thoroughly dissolved. Pour into a shallow pan and cool. Place in refrigerator to congeal. Cut into cubes or chop with a fork and serve in bouillon cups with a bit of chopped parsley.

Fried Chicken: Cut chicken into serving pieces. Wash pieces and dry to prevent spatterng when placed in hot fat. Chicken may be fried without a coating or it may be dipped into bread crumbs,eggs and bred crumbs, corn-meal and flour mixture; cracker crumbs or flour. When using corn meal, apply a light coating. Too much will make a dry, hard crust. Heat enough fat in a deep heavy skillet (3 to 4 inches deep or a chicken fryer) to have a ½ to ¾ inch layer. Use 2 skillets if several chickens are to be fried. Any kind of fat may be used. Brown the chicken lightly in hot fat, then reduce heat and either add a little water or cover the skillet closely and cook slowly until tender, 30 minutes to 1 hour, depending in the size of chicken.Simmer gizzard & heart in water until almost tender before frying. Liver requires only a few minutes of cooking. Put thick meaty pieces of chicken in the pan first. Best results are obtained if the pieces are not crowded, especially if a thick coating is used.

BAKING POWDER BISCUITS

2 cups sifted flour
2 teaspoons double acting baking powder
½ teaspoon salt
4 tablespoons butter or other shortening
2-3 cup milk (about)

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk gradually until soft dough is formed. Roll ½-inch thick on slightly floured board. Cut with floured biscuit cutter. Bake in hot oven (450 F.) 12 to 15 minutes. Makes 12 biscuits.

CANTALOUPE A LA MODE

Cut a well chilled cantaloupe in half and with a spoon remove the seeds without injuring the flesh. Fill each half with any desired flavor of ice cream and if desired, garnish with a few fresh berries.

—V—

CORN RELISH

As one can seldom have too large an assortment of pickles and relishes to suit the men—here is another to include in your list for canning this summer—to be used next winter.

COR RELISH

18 ears sweet corn
1 small cabbage
1 cup chopped celery
4 onions
3 large green peppers
1 quart vinegar
2 cups brown sugar
½ cup salt
3 tablespoons mustard

Blanch the corn for two minutes and cut the kernels from the ear. Chop the cabbage, celery, onions and peppers. Combine all the ingredients and cook until the vegetables are tender (twenty-five to thirty minutes). Seal in clean, hot jars.

Refreshing Ices For Hot Summer Days

Though we more or less take our automatic refrigerators for granted all during the winter months—come summer time we really begin to appreciate what they can do for us—aside from keeping foods nicely chilled. It means ice cream, ices and sherbets, a goodly supply available at all times, for desserts, afternoon treats and before bed time.

Ices are particularly simple and very inexpensive to make and are so satisfying when one is hot and tired that every housewife will want to try various kinds. Starting with an old favorite:

LEMON ICE

2 cups water
½ cup lemon juce
1 cup sugar

Boil sugar and water together slowly for five minutes. Add lemon juice Pour in freezing tray and cool. Freeze to a mushy consistency. Stir thoroughly and return to refrigerator and freeze.

RHUBARB ICE

3 cups rhubarb
2 cups sugar
2 cups water
½ cup water
Rind of 1 lemon
Juice of ½ lemon

Wash rhubarb and cut into small pieces. Add one cup sugar and one-half cup water and cook until rhubarb loses shape. Press through a fine sieve—should yield one and one-half cups of juice. Cool. Boil together slowly one cup water, one cup sugar and lemon rind for five minutes. Cool and add rhubarb and lemon juice. Freeze, stirring at least twice.

Apricot Upside Down Cake

1¼ cups sifted cake flour
1¼ teaspoons double acting baking powder
¼ teaspoon salt
4 tablespoons butter or other shortening
¾ cup granulated sugar
1 egg, well beaten
½ cup milk
1 teaspoon vanilla
4 tablespoons butter
½ cup brown sugar, firmly packed
12 cooked apricots

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg; then flour, alternately with the milk, a small amount at a time. Beat after addition until smooth. Add vanilla.

Melt 4 tablespoons butter in 8 inch iron skillet, or in cake pan, 8x8x2 inches. Add brown sugar. Stir until melted. On this arrange apricots, put side up. Pour batter over contents of pan. Bake in moderate oven (350 F.) 50 minutes, or until done. Loosen cake from sides and bottom of pan with spatula. Serve upside down on dish with apricots on top.

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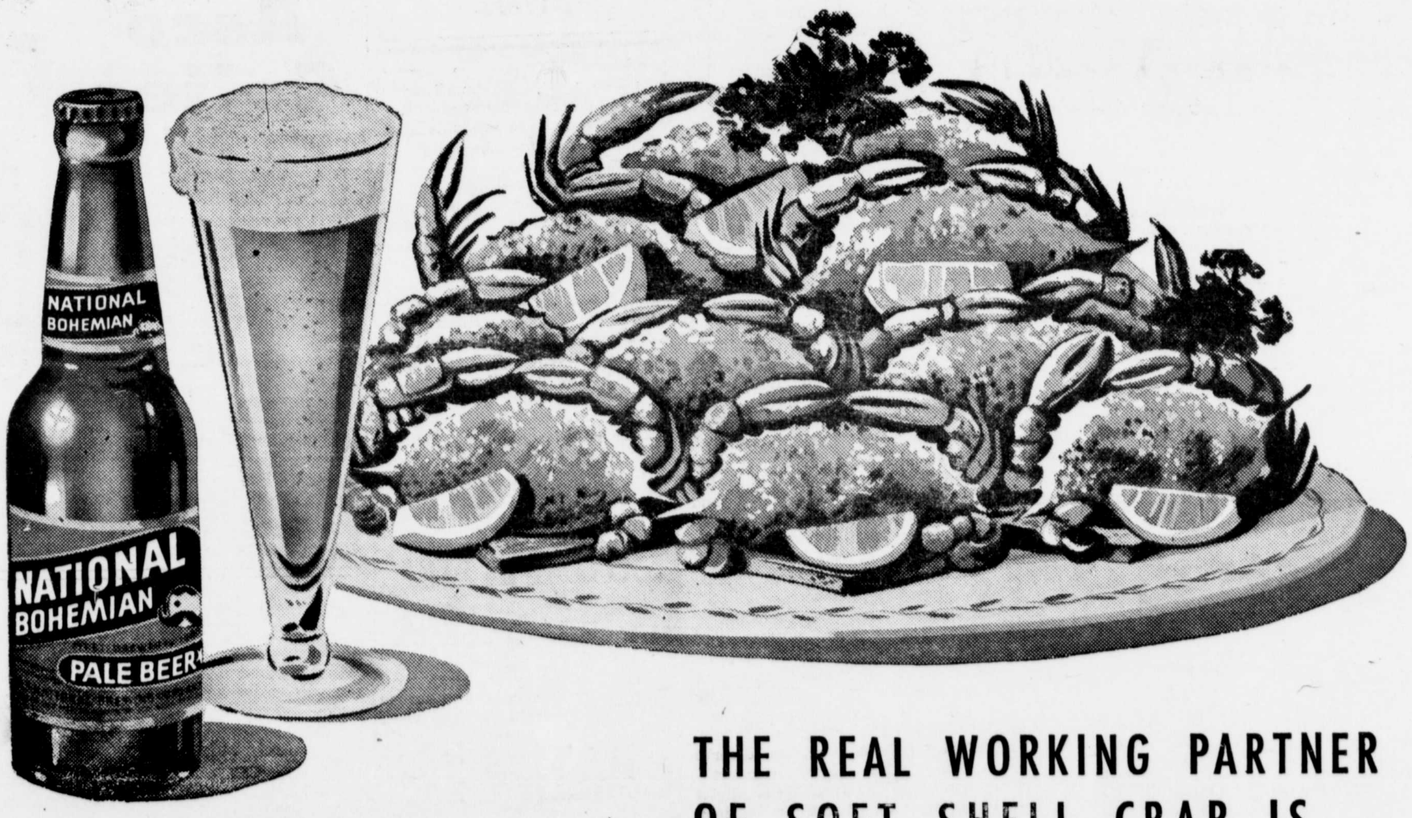

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