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 dress up cole slaw; add grated raw carrot and chopped green pepper or diced celery and cucumber; diced pineapple; red apple, chopped peanuts; or stuffed olives.

Stretch meat via the casserole, for a chicken casserole, use chicken with corn, lima beans and gravy. Or chicken or turkey with potatoes, sauteed onions, and medium thick chicken cream sauce.

For fish casseroles, use fish with macaroni, scraped onion, green beans and tomato sauce or thick tomato soup. Or alternate layers of flaked fish, sliced potatoes, and green pea sauce with added sauteed onion, celery, and green pepper.

For egg casseroles, use hard cooked eggs on layers of well seasoned spinach with cheese sauce. Or deviled stuffed eggs, green beans, rice and curry sauce.

For thrifty soups or stock, save all meat trimmings, and left-over pieces of cooked meat and fowl, bones vegetables, broth, liquid from cooked vegetables or rice or macaroni, and trimmings from lettuce, celery, or other vegetables. Keep fresh in refrigerator. Every few days, collect these in soup kettle. For flavor add sliced carrot tops and celery tops, a fresh meat bone if you have one, or a little chopped beef or some bouillon cubes. Add extra water or tomatoes for liquid as needed. Simmer until all ingredients are tender, adding rice barley, or cubes of potatoes, and salt, pepper, and other desired seasonings, during last ½-hour of cooking. Remove bones and serve. Or strain and use as stock.

Many delightful dishes can be made from unused or unserved portions. You can keep unused portions in your refrigerator without fear of their soiling. After a few days you can serve them again in an entirely different form, with just as great an appetite appeal as when presented the first time.

Make a batter of corn-meal muffins. Fill greased muffin pans ¼ full, place a teaspoon of jelly on top of batter in each pan, cover jelly with more batter and bake in a hot oven (400 F.) for about 20 minutes.

If you have never before used lard, —now is a good time to do so—try it in your next cake and you will be pleased to see the family scramble for the last crumb. And you will also have the satisfaction of knowing what a saving you have made.

When the host and hostess do the serving at the table, the host serves the meat, and often the vegetables, and the hostess serves the soup, salad, dessert and beverage.

It is always well to remember that hot food should be served hot on heated dishes and cold food should be served on cold dishes.

Between two slices of medium thick bread, lay slices of cheese cut about one-eighth inch thick. Place in the oven until cheese begins to melt. Then toast on both sides and serve hot. Or make a soft cheddar cheese with cream. Spread this as a filling and toast the sandwich.

When buying, avoid birds with a full crop. Buy dry-picked poultry whenever possible. Scalding the bird before plucking it impairs the flavor.

Sealing jelly—pour the hot juice into clean, hot glasses, filling them to the tops: The jelly shrinks as it cools and leaves a space for the paraffin. When the jelly is cold and has set, cover it with hot paraffin.

—V—

Finnan Haddie Delmonico

Here is another of those dishes that will fit so well into your menu planning for the week:

FINNAN HADDIE DELMONICO

1½ pounds finnan haddie
3 tablespoons butter
1½ tablespoons flour
¼ teaspoon salt
1½ cups light cream or top milk
Dash of cayenne
Dash of nutmeg
3 egg yolks, slightly beaten
6 slices toast

Wash finnan haddie, soak in cold water 1 hour. Drain, cover with boiling water, and cook slowly until tender. Drain; separate into large flakes to measure 1½ cups. Prepare sauce by melting butter in top of double boiler. Add flour and stir to a smooth paste. Add cream and seasonings and cook until thickened, stirring constantly. Pour small amount of sauce over egg yolks, stirring vigorously. Return to double boiler, place over hot water, and cook 1 minute longer. Add finnan haddie to sauce. Serve on toast; garnish with parsley. Serves 6.

—V—

Surgical Dressing

Experiments with wood pulp as surgical dressing material are being made.

Hints For Cooking For Large Families

Though cooking for two has always been considered something of a problem—since foods have been rationed it is being considered even more so. The points allowed for two people just don't permit a roast and nine chances out of ten a roast it too large anyway, what is done? Smaller cuts of meat are used and fashioned to take the place of the large roast.

Now, the hints for a family of two can also very conveniently be applied these days to a large family and some of the changes will prove most welcomed. For example, instead of purchasing a large roast of beef, buy a thick steak, roll, tie and roast it in a very hot oven (450-500 F.) for a short time. If even this is too large a roast cut out the heart for roasting and keep the rest for a casserole dish.

For lamb, mutton, and veal roasts buy loin chops—as many as required. Have the bones separated at the joints but do not have the meat cut through. Cook as a standing roast.

Then there is a baked ham—buy just a one-inch thick slice of raw ham. Brown it on both sides in the frying-pan, then cover it with mustard, flour and sugar and stuff the top with cloves. Add a little water and cook, covered, in a moderate oven (350 F.) for about an hour.

In place of stuffed shoulder of lamb, mutton or veal, buy a slice of the meat and spread it with any desired stuffing. Roll, with the stuffing inside. This may be browned first and then baked, or may be put immediately into the oven.

For pot roasts a one pound piece will be quite as satisfactory as a larger one, though it may require a little more watching while it is cooking.

A whole turkey, of course is out of the question, but poultry may be enjoyed in the shape of a broiling chicken or guinea hen, or squab and the smaller game birds, quail and grouse. These can be broiled, fried or baked. The pigeon is nice in a pie.

—V—

Beef Mironton

Left-over slices of beef can be tastily and attractively served in many various ways, but the more the merrier, so here is—

BEEF MIRONTON

Sliced cooked beef
1 cup bouillon or
1 cup water mixed with canned tomato sauce
Salt and pepper
6 onions
1 to 2 tablespoons fat
1 tablespoons flour
2 tablespoons vinegar
Bread crumbs

Slice the onions and brown them in fat in a frying-pan. Add the flour and brown. Then add the vinegar, and the bouillon or the water and tomato sauce. Cook together until slightly thickened, stirring constantly. Season with salt and pepper. Smother the slices of beef in the sauce for a few minutes. Pour into a baking dish; sprinkle some bread-crumbs over the top and bake for ten minutes in a hot oven (400 F.)

—V—

French Toast For Breakfast

When one thing can serve three purposes, it's really a grand thing to have on file, though something as simple as French toast to prepare doesn't really need filling—once read and tried, it is usually always remembered. Serve it for breakfast, lunch or a Sunday supper.

FRENCH TOAST

12 slices bread ½ inch thick
3 eggs
½ teaspoon salt
2 cups milk

Beat the eggs, add the milk and salt. Dip slices of bread into the mixture and saute in a little hot fat until a delicate brown on both sides. Serve piping hot. Sprinkle with powdered sugar or serve with maple syrup.

—V—

Boiled Salt Mackerel

1 salt mackerel
2 cups milk
Pepper
4 tablespoons flour
4 tablespoons butter or substitute

Clean the fish by scraping off rusty-looking portions and also take thin black membrane found on the inside, and leave it over night in plenty of cold water, with the skin side up. In the morning, drain the fish and place it in a frying pan skin side down, cover with fresh water, and slowly heat to the boiling-point. Drain off this water, add just enough fresh water to cover the fish and simmer until tender. Lift the mackerel out carefully with a pancake turner, and place it on the serving-dish in the oven to keep hot while the gravy is being prepared.

To one cup of the water left in the frying-pan after the removal of When the liquid boils, add the flour the fish, add the two cups of milk. stirred to a paste with the fat, and season with salt and pepper. Let the gravy boil slowly three or four minutes, stirring constantly until smooth. Pour it over the mackerel.

—V—

Blackberries

Due to circumstances beyond our control, we weren't able to do much, if anything at all, about strawberries this year. The cost was almost prohibitive and the berries were few and far between, but it seems this is to be a good year for blackberries, so, instead of putting up a lot of strawberries, we can just put up blackberries for delicious jelly and pies.

Wash and stem the berries. Drain, then smash to release some of the juice. If the berries seem very juicy, add no water; otherwise add ¼ cup of water for each quart of berries. Boil gently from 10 to 15 minutes, then let juice drain through jelly bag or through several layers of cheesecloth.

Measure juice. Heat to boiling. Add ¾ cup sugar to each cup juice. Stir until sugar dissolves, then boil rapidly without stirring or skimmng until the juice flakes from the side of the spoon. Skim and pour into hot jelly glasses. When set, seal with a thin layer of hot paraffin and cover with tin lids.

For the jelly test—Dip a large spoon into boiling jelly syrup. Tilt spoon until syrup runs over the side. When the liquid has reached the jellying stage it will stop flowing from the spoon in a stream and divide into two distinct drops which run together and leave the edge of the spoon in one large flake or sheet. Stop the cooking at this point.

BLACKBERRIES—Hot Pack

Wash and measure firm—ripe, freshly picked berries. Drain. Use from ½ to ¾ cup sugar to one quart berries. Place layers of sugar and berries in a broad, shallow pan. Let stand 2 hours then cook by simmering until the sugar is dissolved and berries heated through. Pack into hot jars. Process 5 minutes in hot water bath; then complete seal.

—V—

Seasoned Potatoes In Vegetarian Menus

Since some well-seasoned dish is practically a "must" when one has planned a vegetarian dinner, we can very successfully turn to our great friend the potato. One can do wonders with him, and his versatility makes him suitable for any occason, remembering only that he does not like the competition of rice or macaroni or spaghetti in the same menu. Treating him thus, as the honored guest, prepare him thusly:—

POTATO PATTIES

6 potatoes
2 tablespoons flour
Salt
2 tablespoons butter or substitute
1 tablespoon grated Swiss cheese
Tomato sauce

Boil the potatoes in their jackets; peel and mash them and add flour, butter, grated cheese and salt. Mix well and shape in round patties, rather thick, making a hole in the middle. Cook in a well-greased baking dish, in a hot oven (400-450 F.) When they are nicely browned pour over them tomato sauce, and serve hot in the baking dish.

PEASANT POTATOES

4 cups potatoes
6 tablespoons bacon fat
2 cloves garlic
2 tablespoons parsley
½ teaspoon paprika
2 tablespoons flour
2 cups milk
1 teaspoon salt
⅛ teaspoon pepper

Wash, pare and cut potatoes in dice. Saute in the bacon fat until brown. Remove potatoes and fry the chopped garlic and parsley in the fat remaining in the pan. Add flour, milk and seasonings, and cook until thick (about five minutes). Add potatoes and cook three minutes longer. Serve immediately.

—V—

Ancient Pipes

A copper pipe, made by Egyptian coppersmiths in 2750 B. C., is now in a Berlin museum.

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Summer Treats— Fresh Fruit Pies

Some of the grandest treats of the summer are found in the pies available only when good fresh fruits are in season.

PEACH PIE

2 cups cut-up peaches
¼ cup water
⅛ teaspoon allspice, if desired
1 cup sugar
1 teaspoon butter or substitute

Pare peaches and slice thin. Put in pie-pan lined with paste; sprinkle with sugar and spices, add water and dot with butter. Cover with upper crust and bake forty minutes in hot oven (450 F., 10 minutes then 425 F. for 30 minutes.)

BLUEBERRY PIE

1 quart blueberries
1 cup sugar
Flour

Wash and drain the berries and sift a very little flour over them, dredging carefully until each berry is lightly coated. Stir the sugar well into the fruit, and turn into a pie-pan lined with crust. Cover wth an upper crust and bake about forty minutes in a hot oven (450 F. for 10 minutes, then 425 F. for 30 minutes.) Serve cold, with sugar sifted over the top. Flouring the berries as directed will make just enough thickening to counteract the excessive amount of juice.

STRAWBERRY PIE

1 cup sugar
2½ tablespoons flour
¼ teaspoon salt
1 quart strawberries, washed and hulled
2 teaspoons lemon juice
Plain pastry

Mix sugar, flour and salt together. Mix with strawberries and lemon juice. Line pie plate with pastry and fill wth fruit mixture. Adjust top crust, gash to allow for escape of steam. Bake in a very hot oven (450 F.) for 10 minutes then reduce to moderate (350 F.) and bake 30 minutes longer.

—V—

When mixing a flaky piecrust be sure that the ingredients are cold, particularly the shortening and water. Do not use the finger tips for mixing. The heat of the fingers softens the fat. Cut the shortening into the flour with two knives, rather quickly, and do not mix it very thoroughly; leave it in lumps or thin slices which will roll out to make layers of flakes.

Peanuts Replace Meat In Menus

It seems that to date, most of us have enjoyed peanuts as we would enjoy a bit of candy—just something on which to nibble, salted or in the shell or possibly as peanut butter in a sandwich or combined into a salad.

Since eating habits are changing somewhat, it certainly stands to reason that so many other tastly things being put into combinations that are completely new to us, peanuts should also take their part. Particularly since they are something so typically American.

Such dishes would be classed in the vegetarian list, and since it is often possible to leave the table after a vegetarian dinner, feeling somewhat dissatisfied, it is usually well to offer some wellseasoned dish in the vegetarian menu. This, of course, is due to the fact that meat is a highly flavored food, and when we must exclude if from a menu we can't help but miss it. Though by this time we have gradually accustomed ourselves to the change. One will find though, that dishes prepared with peanuts have a very filling and satisfying quality and they will certainly prove a boon to the budget.

PEANUT SOUFFLE

1 tablespoon fat
6 tablespoons flour
¾ cup peanut butter
1½ teaspoons salt
Few drops lemon-juice
1½ cups scalded milk
4 eggs

Melt the fat and add the flour, peanut butter and seasoning. Cook for three minutes, stirring constantly. Add scalded milk, and continue cooking until the mixture reaches the boiling point. Remove from the fire, pour the hot mixture over the well-beaten egg-yolks, mixing thoroughly. Cool, and fold in the egg whites that have been beaten until stiff and dry. When the ingredients are thoroughly combined, place in a ring mold, set in a pan of water in a slow oven (375 F.) and bake for thirty minutes. Serve immediately.

PEANUT ROAST

1 tablespoon chopped onion
1 tablespoon chopped celery
2 tablespoons fat
½ cup hot water
1½ cups chopped peanuts
1 egg
1 cup bread crumbs
1 cup green pea pulp, fresh or canned
Juice of half a lemon
1 teaspoon salt
Dash of pepper

Cook onion and celery in fat until golden brown. Add hot water and simmer until vegetables are tender. Mix other ingredients, adding the egg last. Combine the mixture with the celery and onion mixture. Pack into greased baking dish and bake at 350F, until golden brown. Serve with cream sauce.

BEAN POST

1 cup roasted shell peanuts
2 cups seasoned mashed potatoes
2 cups cooked lima beans, fresh or canned
¼ cup milk
1 egg
1 teaspoon salt
⅛ teaspoon paprika
1 teaspoon onion juice

Grind the peanuts, using the finest blade of the food-chopper. In a greased baking dish place a layer of potatoes, a layer of beans and a layer of peanuts. Continue making layers until all the ingredients are used. Blend milk with well-beaten egg and seasoning and pour over the top. Bake in a moderate oven (350-400 F) until brown. Serve with brown sauce or tomato sauce.

PEANUT SCRAPPLE

1 cup hot milk
1 quart boiling water
1 cup yellow corn-meal
¾ cup hominy grits
1¼ teaspoons salt
⅛ teaspoon paprika
1½ cups chopped peanuts
¼ to 1 cup grated cheese

Combine hot milk and boiling water bring to a boiling point and add corn-meal, homny grits and seasoning. Stir constantly until the liquid is thickened by the cereal. Place in a double boiler and cook one hour. Ten minutes before taking up, add the peanuts and cheese.

Place in a deep rectangular bread-pan and allow it to cool. When ready to use, cut in small slices (roll in egg and crumbs if desired) and fry in deep fat (375-390 F.) until brown (2 to 5 minutes); or place in a greased baking pan, sprinkle with grated cheese mixed with bread crumbs and bake in a moderate oven (350-400 F.) until brown.

—V—

Home Canned Tomato Juice

Though it is a well-known fact, to all who havve tried both, that no tomato juice is superior in flavor to that which is made, as needed, by pressing home canned tomatoes through a fine sieve, there are many who will prefer to put up just the juice itself, and this is not a very difficult process.

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