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

THREE MEALS A DAY

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

The base of enamelware is steel which is dipped into melted porcelain. Be sure when purchasing, that there are no uncovered spots left by air bubbles in the dipping process, for wherever the steel is exposed it will rust.

To remove blood stains, soak in cold water. If persistent, use a mild guarded solution of peroxide and water. Start with one part peroxide to four of water and increase to equal parts if necessary. Boiling with soap and water, to which washing soda has been added, may be sufficient for washable fabrics.

When cups of coffee, tea, or cocoa are served, care must be taken not to have them filled so full that the liquid spills into the saucer. If anyone of them is to be drunk with the meal, the spoon is put on the table with the other service silver, but with after-dinner coffee, the spoon comes in, on the individual saucer. After-dinner coffee may be served in its small cups either at the table or in the living room.

Wooden silver trays with three separate compartments for knives, forks, and spoons are ideal things for utensil drawers. Just to be sure to return knives, etc., to their individual compartments as they are dried; then each article can be picked up quickly when required.

Whole black pepper, Cayenne, tobasco and fresh green peppers are excellent to improve the flavor of certain meat dishes and chowders or casseroles, but these must be used sparingly.

When slicing a whole fresh ham begin near the round end and cut slantwise in thin slices.

Meat sandwiches are greatly improved by the addition of such spice seasonings as mustard, catsup, pickles, etc.

When buying fish, estimate approximately two pounds of fish for four to six servings. Fillets or steaks like cod, halibut, etc., will srve more portions per pound than fish with bones, head, and tail.

The paper in which bread is wrapped may be saved for wrapping sandwiches, cake and other things in lunch boxes.

Small electric appliances, which are priceless these days, should be kept clean, and if washed, should be thoroughly dried. No water should come in contact with the heating unit. The cords should be kept in order and the current turned off when the cooking etc., is done. The waffle iron is greased when new and will not need further greasing if the current is shut off before the last waffle has finished baking. Then the iron will not overheat and burn the grease film off the grids. Also, after use leave the iron open until thoroughly cool.

It is better to soak a very dirty pot overnight rather than give it a quick and not thorough cleaning.

There are good commercial polishes on the market for silver, brass, and copper, and for pewter. Keep these together in a handy basket or box in the cleaning closet, with one set of soft rags for applying the polishes and another set of clean ones for rubbing bright.

When ironing printed silk garments use a cool iron and no cloth press on the wrong side preferably.

The use of salt is probably the simplest method of setting colors. Dissolve a handful in a gallon of water and let the garment remain in the solution overnight. Wash each piece separately. The colored clothes may be rinsed together in the machine in clean cool water provided the garments have been proved to be entirely color-fast.

Milk (covered) and meats should be placed near the cooling coils in the refrigerator.

Flavoring begins in the category of seasoning. Too often, vanilla is the only flavor used in baking or pudding making. Almost flavor, lemon or orange juice or rind may also be used. except with milk or egg mixtures, where vanilla it better.

If crusts are to be removed from sandwiches, it should be done before the bread is sliced. They should be removed for dainty sandwiches but always left on for picnic or school use. Cutting off the crust before slicing ensures uniformity in size and shape of slices and does away with wasting butter on crusts. The crusts may be used in various ways.

—V—

Any excuse you can give for not upping your payroll savings will please The Axis.

Potatoes Now Have New Meaning

Several months ago when we found ourselves without potatoes we began to realize just what they have come to mean to us in our daily menu planning. Oh, it was really something. And how many of us even walked sort of nonchalantly into unfamiliar stores to buy a bar of soap in the hopes that we might possibly wrangle just one wee small pound of potatoes out of the grocer-provided he had a kind face—but more often the nerve to inquire—oh soo casually, for the potato would disappear under the knowing eye of said grocer.

We began to greet the family with "yes, we have no potatoes." But that seems long ago, now that we have them again, yet, the desire to do justice to it has remained and we still eat them with utter relish in all sorts of ways; we have **Scalloped potatoes with onions** which we prepare by buttering well, a deep pyrex or baking dish. Then we fill it with alternate layers of raw, tinly sliced potatoes (3 or4 medium sized) and 3 thinly sliced white onions, plus little dabs of butter or margarine. Season with salt and pepper to taste and about half a tablespoon of whole allspice if desired. Pour milk over all and bake for about two hours. If milk cooks away, add more. This makes 6 servings. For a special treat we plan a sizeable dish of

Souffle Potatoes: Boil and mash potatoes, adding cream or milk and butter or margarine. Whip with a fork until creamy smooth. Then add stiffly beaten egg white (1 white to approximately 3 cups of potatoes.) Dot with butter when ready to reheat for serving and heat in the oven until a delicate brown crust is formed. The egg whites should not be added, however, until just before the potatoes are ready to reheat.

Then too, he or she who is not familiar with potaot pancakes has really been missing something sure to please the entire family—though excellent with quite a large assortment of meat dishes, these pancakes just seem to go hand in hand with a nice juicy potroast.

Potato Pancakes: Peel, wash and dry, then grate four large potatoes on the fine side of the grater. Season with half a teaspoon of salt and a bit of pepper. Strain off surplus liquid. Mix thoroughly 2 whole eggs with each 2 cups of potato pulp. Add 1 tablespoon of flour and for crisp, brown cakes, a teaspoon of syrup may be added if desired. Drop by spoonfuls in a hot well greased frying pan and fry like any other pancake. A little more fat will be needed than with ordinary pancakes, but too much will make the cakes greasy. It is always well to fry one sample cake before frying all to make sure they will hold together without adding additional flour.

—V—

Carrot And Cabbage Slaw Are Unusual

Cole slaw is really one of the most popular salads for the summer—it just seems to fit in so well with so many summer months. So we plan to serve slaw with this and that, but since it is never well to serve one thing in the exact way, time after time, it can so successfully be varied by simple additions of one thing or the other, such as

CARROT AND CABBAGE SLAW

2 cups carrots, cut in fine long strips
2 cups cabbage, finely shredded
1-3 cup vinegar
½ cup salad dressing
1-3 cup sour cream

Crisp carrots and cabbage by allowing them to stand in ice water. Drain cabbage, add vinegar, and chill 15 minutes. Drain and dry vegetables thoroughly. Combine carrots and cabbage and toss together lightly with dressing made by combining salad dressing with sour cream.

COOKED SALAD DRESSING

4 tablespoons flour
2 teaspoons mustard
2 teaspoons salt
¼ teaspoon paprika
2 teaspoons sugar
2 eggs or 4 egg yolks, well beaten
1½ cups milk (sweet or sour)
½ cup vinegar

Combine flour, seasonings, and sugar in top of double boiler. Add eggs and mix until smooth. Add milk; then add vinegar slowly, mixing well. Place over hot water and cook until thickened, stirring constantly, remove from fire; add butter. Cool. Makes 2 cups dressing.

—V—

Take slices of cold tongue, not too thin, dip in beaten egg, then roll in bread crumbs, and brown in butter. Garnish with creamed spinach, or cream any vegetable you have on hand.

MARVIN V. WILLIAMS
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Four-Fruit Sherbert

After a heavy meal, between meals, or at bed time there is always something particularly cooling and pleasing about a sherbet. And much to everyone's surprise, a sherbet is a simple thing to make, even one as fancy as this

FOUR-FRUIT SHERBET

4 cups sugar
4 cups water
1 2-3 cups orange juice
1 cup lemon juice
½ teaspoon salt
4 bananas, mashed
6 maraschino cherries, finely cut
1 egg white, slightly beaten

Cook sugar and water together 5 minutes. Cool, Add fruit juices and salt, then bananas, mashed with silver fork. Let stand 1 hour. Rub through coarse seive. Freeze, using 8 parts ice to 1 part salt. When hard to turn, clear away ice from top of freezer. Remove dasher. Pack ice solidly into can, covered with waxed paper, adjust lid, and fit cork into hole at top to keep out brine. Repack freezer, using 4 parts ice to 1 part salt. Let stand until ready to serve, draining and repacking if necessary. Makes 3 quarts sherbet.

—V—

Meatball And Mush-Room Casseroles

Here is a dish pleasing for many reasons—it is tasty, it uses little meat and it can be prepared early in the day and left until a half hour before dinner time when it is to be baked.

CASSEROLE OF MEAT BALLS AND MUSHROOMS

3 onions, sliced
1 small green pepper, cut fine
½ pound mushrooms, sliced
½ cup canned tomatoes
Salt and pepper
¾ pound chopped meat
2 cups cooked noodles

Melt a little butter in a skillet, add sliced onions, green pepper and mushrooms and sauce. When beginning to brown, add tomatoes and a little salt and pepper.

Season the chopped meat and form into balls. Brown quickly in fat and place in a casserole dish between the cooked noodles. Pour the mushroom mixture over all and finish cooking in a moderate oven for about 30 minutes. Serves 4.

—V—

Corn Souffle

3 cups corn pulp (about 8 large ears
2 egg yolks
1 tablespoon flour
2 tablespoons melted butter
Pinch of salt
1-3 cup milk
¾ tablespoon sugar
3 egg whites, beaten

Scrape corn off ears with a corn creamer, or cut with knife and press milk from cob with back of knife. Mix corn pulp with egg yolks, flour, melted butter, salt, milk and sugar. Fold in the beaten egg whites. Bake in a greased pudding dish set in a pan of hot water from 50 to 60 minutes in a moderate oven. Serves 6.

CORN PANCAKE

Cut and scrape uncooked or boiled corn from cob (left-over boiled corn may be used.) Add 1 egg per cup of corn. Sugar, salt, and pepper to taste. Add 1 tablespoons flour and milk to each cup of corn to make a batter (no milk is required with juicy fresh corn. Fry in greased hot frying pan like pancakes.

Eggplant Fritters

1 eggplant
1 egg
Salt and pepper
Flour

Cut the eggplant in half and boil in salted water until tender (about ¾ hour), depending o nsize of eggplant. Drain and scoop out pulp from skin. Mash fine. Mix with egg, salt, pepper, and flour enough to make a batter; begin with 1 heaping tablespoon, and add more if necessary. Fry in hot, greased skillet, dropping in by spoonsful like pancakes.

BAKED EGGPLANT

1 eggplant
1 onion, minced
½ tablespoon flour
1 tablespoon butter
Bread crumbs

Cut eggplant in half and put into cold, salted water to boil until tender (about 30 to 45 minutes). Brown onion with flour in the tablespoon of butter. Scoop out eggplant pulp and mix with onion and season with salt and pepper. Put mixture in buttered baking dish, sprinkle top with bread crumbs, and dot with butter. Bake until brown on top in hot oven, 10 to 15 minutes.

This may be varied by the addition of a little cooked chopped meat or 1 cup of tomato pulp.

—V—

New Dishes For Left-over Chicken

With chicken unrationed, most families buy one whenever possible—not merely to stretch those meat points, but because a chicken is so good in itself. Then comes the question of left-overs, and since everyone wants to make a new dish of a left-over we suggest—

CHICKEN SOUFFLE

1 cup milk
1 heaping tablespoon butter
1 heaping tablespoon flour
Salt, pepper
¼ cup soft bread crumbs
1 cup chicken
2 eggs, separated

Melt the butter, add the flour and the hot milk gradually, then the seasonings. Stir in bread crumbs and cook a few minutes. Then remove from fire and stir in beaten yolks. Add the chicken cut into small pieces. Lastly, fold in the whites of eggs, beaten. Put in buttered baking dish and bake from 20 to 30 minutes in an oven (350 F.)

JELLIED CHICKEN SALAD

2 cups chicken cut into cubes
1 cup celery, cut fine
1 pimento, cut fine
1 tablespoon gelatin
¼ cup cold water
1½ cups clear chicken soup
½ cup mayonnaise

Soak the gelatin in the cold water, then dissolve in the hot soup. Set on ice until it begins to thicken, then fold in the mayonnaise, and then the chicken, celery, and pimento. Put individual molds. Serve on crisp lettuce with additional mayonnaise. Garnish with stuffed olives.

—V—

For a fine fish canape, flake fish and mix a little lemon-juice. Season with salt and paprika and moisten with mayonnaise. Spread rounds of bread with butter, cover with the fish mixture, then sprinkle with grated cheese. Put under broiler until cheese melts and is slightly browned.

—V—

The Axis Stops at Nothing. Don't stop your War Bond Payroll Savings at 10%. Every soldier is a 100 per-center. Figure it out yourself.

Scrambled Eggs Excellent For Lunch

Though just plain every-day scrambleld eggs are good, we usually confine them to the breakfast table—but just add a little something and you have an excellent luncheon dish.

EGGS WITH DRIED BEEF

Break the dried beef into small pieces. If very salty, pour boiling water over it and press dry. Heat frying pan, adding a tablespoon of butter. Add slightly beaten eggs to beef and stir in pan until eggs are scrambled and set.

EGGS WITH TOMATO

In a frying pan, melt 2 tablespoons of butter. Add 1 tablespoon chopped green pepper and onion, 3 tablespoons tomato catsup, 1 tablespoon of water and half a teaspoon of salt. When hot, add 4 slightly beaten eggs, and scramble.

—V—

Home Made Mint Jelly

While fresh mint is available, and points permit a lamb roast, try making mint jelly—the two go hand in hand.

MINT JELLY

1 bunch mint
2½ cups boiling water
1 cup sugar
2 tablespoons gelatin
½ cup water
1 teaspoon lemon juice

Chop mint and cook rapidly in 2½ cups boiling water. Add 1 cup sugar and the gelatin which has been dissolved in ½ cup water. Cool and add 1 teaspoon lemon juice. Strain and color green, if desired, with vegetable coloring. Let stand in individual molds until firm.

—V—

For the average family, two carving knives are desireable; one with a long, keen blade for large roasts, and a smaller, lighter one for steaks, cutlets and poultry. One two-pronged fork can be used with both knives.

—V—

Put every dollar above the necessities of life into War Bonds. Payroll Savings is the best means of doing your best in helping your sons and friends on the fighting fronts. Figure it out yourself.

Creamed Eggs

6 hard-cooked eggs
2 tablespoons fat
½ onion
6 slices hot buttered toast
2 tablespoons flour
2 cups milk
1 teaspoon salt
¼ teaspoon pepper

Remove the shells from the eggs and cut each egg into six pieces. Heat the fat in a frying pan, and cook the chopped onion with it for a few minutes until yellow, but not brown. Remove the onion, make a sauce of the fat, flour, liquid and seasonings. When it thickens, add the eggs and when they are well heated, turn the mixture out on the buttered toast and serve at once.

FLUFFY EGGS

12 or 18 strips bacon
6 eggs
6 slices toast, square or round
Butter
½ teaspoon salt
⅛ teaspoon pepper
1 cup grated cheese
Paprika

Spread toast with butter and part of grated cheese. Separate eggs, place whites in mixing bowl and leave each separate yolk in shell until needed. Season whites and beat until stiff and fluffy. Heap onto toast and make a dent in center of each. Slip yolk into center of white, season and sprikle liberally with cheese. Bake at 350 F. until cheese is browned and eggs are set. Garnish with paprika; serve with bacon.

—V—

In the maidless household, the hostess will find great convenience in a tea wagon or any other kind of serving table that may stand at her right, ready to help.

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