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

The platter on which a roast is served should be large enough to give room not only for the meat that's to be carved, but also for the carved portions.

Soft doughs should be handled as little as possible and kneaded only enough to make a smooth surface, free from dry flour. Much kneading develops a strechiness in the dough which detracts from flakiness. The dough should be rolled or patted out to one-half inch or more in thickness, if thick, soft biscuits are desired, or rolled out to one-quarter inch in thickness, if thin, crusty biscuits are desired. The biscuits should be baked at once.

When soup stock must be used before cooling skim off all the fat possible. Most of the remainder of the fat may be removed in one or two ways. The first way is to pass over the top small sheets of absorbent paper or blotting paper. The second way is to cool the soup as much as possible beforehand, then to wrap a piece of ice in a cloth and let it down into the stock. Move the ice around just below the surface so that the fat on the surface is suddenly chilled, and it will gatheron the cloth around the ice. This must be done quickly to prevent unnecesary dilution of the stock.

To boil and dress a lobster, plunge the live lobster into boiling water, head downward. Add one tablespoon of salt, cover the kettle and keep it boiling. A Mediumsized lobster will cook in about twenty minutes. Plunge it into cold water when done and when cool enough to handle, take the meat from the shell in the following order; chop off the claws. Split the body lengthwise, remove and throw away the stomach, a small sac just back of the head. Running from the stomach to the base of the tail is the intestinal canal. If this does not pull out with the stomach, it must be lifted out with a fork, in pieces, if necessary, and entirely removed.

Crack the claws and remove the meat. If the lobster is not to be served whole, take out the meat from the body, the creamy green fat which constitutes the liver, and the coral or spawn found in the female lobsters. The spongy particles between the meat and shell are not used.

In cutting up the meat of cooked lobster, always use a silver knife or one of stainless steel, if possible, as an ordinary steel knife discolors or darkens the meat.

True sponge and angel food cake in which eggs are the only leavening are baked in a moderate oven (325-350 F). to insure the best volume and texture. If baked too slow the results will be a coarse uneven cake; if the oven is too hot the cake will be small in volume, fine grained and tough. It is only too true that half the making is the baking. When baking powder is used, a slightly higher temperature is desirable. The division of baking time is the same as for butter cakes. When the cake is a light brown, and springs back when pressed with the finger, it is done.

Fruits which are to be eaten raw are at their best flavor and sweetness when just ripe, neither underripe nor overripe. Unfortunately, they are seldom permitted to ripen on the vine or tree when picked for shipment to market, and must ripen either in the store or at home. Peaches should never be too hard and should have no black spots.

When making fruit drinks, the juices, waters, etc., blend best when the sweetening agent is a syrup, honey or sugar that has been dissolved with boiling water.

Casserole Of Rice And Liver

1 cup rice
1 quart water
2 tablespoons butter or other fat
1 pound lamb's or calf's liver
2 cups stock
1 teaspoon caramel
2 tablespoons browned flour
2 tablespoons fat
Crumbs
Salt and pepper

Boil the rice in the water and mash smooth with the fat. Season with salt and pepper to taste. Line a well-greased casserole with the mixture, pressing the paste firmly against bottom and sides and leaving a large hollow in the center. Set in a cold place until firm. Mean-while boil the liver drain, chop fine and season with sale. Heat the soup stock, seasoned with caramel. Make a brown sauce with the fat, browned flour and soup stock, and add the minced liver. Fill the hollow in the center of the rice with the liver mixture, sprinkle with crumbs and brown in the oven.

Small bits of bread, the ends of the loaf, etc., may be kept until thoroughly dry, then further dried in the oven, rolled into crumbs on the bread board with a rolling pin, or put through the food chopper. Keep crumbs in a jar covered with cheese cloth or with a tin top in which holes have been punched for ventilation.

Hash and Hamburgers Reach New Popularity

There was a once upon a time when we would sort of frantically signal friend husband not to ask the boss home for dinner on that particular night—we were having hash or hamburger.

My, my, how times have changed—come a night when hash or hamburger is available—bring on the boss, bring on the president for that matter, as the hash and the hamburger is now prepared with the greatest of care and is given a very loving touch It is no longer considered a "quickie"—like all meat it's worth it's weight in gold.

COMPANY HAMBURGER

2 pounds chopped meat
1 large onion, chopped
2 tablespoons butter or substitute
1½ tablespoon flour
3 chopped mushrooms
½ cup white wine
Salt
Pepper

Mix meat, salt, pepper and onion together; mold the hamburgers and dredge with 1 tablespoon flour. Fry in butter until nicely browned. Take them from the pan and keep warm.

Drop chopped mushrooms into the pan and fry for a few minutes. Then pour over them ½ cup boiling water. Thicken with ½ tablespoon flour. Add the wine, heat but do not boil.

Add salt to taste and pour over the hamburgers.

ROYAL HASH

2 cups cooked meat, chopped
1 large onion, minced
1 clove garlic, minced
1 large tomato, chopped
1 green pepper, chopped
Broth
2 tablespoons butter
1 tablespoon flour
1 cup white wine
1 teaspoon minced parsley
Salt and pepper

Brown flour in butter, add onion, and fry slowly; add garlic, green pepper, and tomato, then the wine, and a little broth to thin the sauce. Last of all add the meat, either chopped or cut up. Simmer for half an hour or until well blended. Add pepper generously and salt sparingly.

Serve in a ring of mashed potatoes and sprinkle with parsley.

Peach Sherbert

2 cups sugar
1 quart water
1 teaspoon gelatin
2 cups peach pulp
1 lemon
2 oranges

Boil sugar and water together for five minutes, add the gelatin softened in cold water. When the mixture is cold, add the peach pulp which has been pressed through a sieve, and the juice of lemon and orange. Freeze.

Chopped vegetables, celery, cabbage carrot, etc., for sandwiches will stick to the bread better if made into a paste with chopped hard-boiled egg and mayonnaise.

Icebox Cookies

¾ cup butter or substitute
¾ cup shortening
2 cups medium brown sugar
4 eggs
4 eggs
1 teaspoon salt
1 teaspoon cinnamon
2 teaspoons baking-powder
5 cups flour

Cream the shortening together with the sugar. Add the well-beaten eggs and beat well. Sift all the dry ingredients together and add to the first mixture. Pack the dough into a butter carton, or form into roll. Wrap in wax paper and put in the coldest part of the refrigerator for several hours. Slice as thin as possible with a very sharp knife, place on a greased baking sheet, and bake for ten minutes in a moderate oven (375 F.) A part of the mixture may be baked and the remainder kept in the refrigerator for later use.

PEANUT COOKIES

¼ cup shortening
1 cup brown sugar
2 eggs
¼ cup milk
½ teaspoon salt
2 cups flour
2 teaspoons baking powder
1 cup chopped peanuts

Melt shortening; add brown sugar, eggs and milk. Add sifted salt, flour and baking powder, and chopped peanuts. Drop by teaspoonfuls on greased pans, an inch or two apart. Place a half peanut on each and bake in a quick oven (400 F.)

Peach Pudding

In spite of hot weather, one will not want to see fresh peaches in the market without serving at least one hot peach pudding.

PEACH PUDDING

6 sliced peaches
¼ cup sugar
½ teaspoon salt
2 cups milk
½ teaspoon vanilla
3 eggs
Stale bread

Add the sugar, salt and vanilla to the milk and stir in the eggs, well beaten. Dip slices of stale bread into the mixture and line a quart baking-dish with it. Arrange layers of bread and sliced peaches to fill the dish. Pour any remaining liquid over the top. Put dish in a pan of hot water and bake in a slow oven (325-350 F.) until firm (about 30 minutes). Serve with any desired sauce.

How To Recognize Good Meat

Since meat has become a luxury and we are not always able to obtain the usual choice cuts, in fact, possibly no meat at all for several days, we do all of us, want to get the best possible whenever possible. In order to do this, it is necessary to know something about recognizing good meat when we are making our selection. Good beef for example should present a plump, wholesome appearance, and the finer the cut, the more fat. A good roast or steak should have about a half-inch of fat before trimming and a slight veining of fat through the red of the meat. The color of good beef is light cherry red and the flesh is firm and fine grained. Choose beef whose fat is light straw-colored and firm and the bone slightly pinkish in tint and somewhat porous. If the fat is yellow and shriveled and the bone hard and flinty and dead white, one can be prepared to cook it a long time as a pot-roast or in a stew.

Liver at it's best is light red, rather than the dark purple and veal cuts are much the same as beef only smaller, as good veal comes from calves four to ten weeks old. There is, of course, less fat in young animals than in older ones. The meat is light pink in color, firm, fine grained, and somewhat moist, and the fat is a pinkish white. Yellow fat means poor quality of meat. The bones should be soft, small and very red. The spring of the year is the best season for veal.

Good pork has a light grayish-pink color. The flesh is firm with fat interspersed and of fine texture. The fat is firm and white and the skin of good hams should be smooth and without wrinkles. Short, plump hams are best, with the loin cuts uniformly thick.

Young lamb has a pale pink tint, soft bones that are tinged with red, and very white fat. Lamb comes from animals up to 10 to 14 months old. Mutton is meat from sheep older than one year. The flesh is a deep pink, almost red, though not as bright as beef; the bones are white, and the fat whiter than that of beef. Yearling sheep, a class between lamb and mutton, range in age from 12 to 20 months.

But going back to beef, which seems to be the aim and desire of every hungry male and female, we are of course now considering the lower-point and lower-priced cuts, such as the rump chuck or shoulder. The rump, which is cut from the portion above the round, may be boned, rolled, and roasted. It is not so tender as a rib roast but desirable if the meat is of good quality. The chuck or shoulder roasts are usually boned and rolled but not necessarily so; the muscles in these cuts do not allow for the cutting of nice uniform slices, but the meat is juicy and of good flavor—and who is going to complain.

Stuffed Cabbage

1 cabbage
Fat
Butter
Parsley
1 cup bread crumbs
Spices
3 eggs
1 chopped onion

Place a thin piece of cheese-cloth in the bottom of a bowl and lay the large cabbage leaves in it. Chop the middle of the cabbage fine and saute it in the fat until it is yellow. Remove it from the fire, add a little chopped parsley, spices, breadcrumbs eggs, and onion. Place this mixture inside the large cabbage leaves, and tie up the cabbage by tying together the four corners of the cloth.

Place in a pan of boiling salted water and boil until the cabbage leaves are tender (about 35 minutes). When done, remove from cloth, pour a little melted butter over it and some fine bread crumbs and bake for five minutes. Serve with tomato sauce.

Chocolate Peppermint Cake

2 cups sifted cake flour
1 teaspoon soda
½ teaspoon salt
1-3 cup butter or other shortening
1¼ cups sugar
1 egg, unbeaten
3 squares unsweetened chocolate melted
1 teaspoon vanilla
½ cup sour cream
1 cup sweet cream

Sift flour once, measure, add soda and salt, and sift together three times. Cream shortening, add sugar gradually, and cream together well. Add egg and beat very thoroughly. Add chocolate and vanilla; blend. Add about ¼ of flour and beat well; then add sour cream and beat thoroughly. Add remaining flour in fourths, alternately with milk in thirds, beating after each addition until smooth. Turn quickly into two greased 9-inch layer pans and bake in moderate oven (350-F.) 25 to 30 minutes. Spread Peppermint frosting between layers and on top and sides of cake. Decorate with a 1-inch border of chocolate flakes.

PEPPERMINT FROSTING

2 egg whites, unbeaten
1½ cups sugar
5 tablespoons water
1½ teaspoons light corn syrup
¼ teaspoon peppermint extract
Red coloring

Combine egg whites, sugar, water, and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater and cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water; add peppermint and red coloring to give frosting a delicate pink color and beat until thick enough to spread.

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