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

Capons are large plump young roosters weighing from six to seven pounds and especially fattened for the table. Prepare them the same as chickens and for the stuffing choose a mold flavoring such as oysters, mushrooms. Allow three-fourth to one pound for each serving.

When preparing chilled or frozen dishes, it is well to always chill all the ingredients before using, to avoid separating.

The general recipe for jellied soup is two parts of water to one part of canned soup. Bring to a boil and stir in one tablespoon of gelatin, previously softened in cold water. Chill and allow to congeal in refrigerator. For very heavy soups, such as vegetable, or meat, dilute about four to one.

Any crust is improved by chilling before rolling and baking—particularly if the room and the ingredients are at all warm.

To make veal birds, take three-inch squares of round veal, one-third inch thick. Season well. In the center of each square heap a spoonful of well seasoned poultry stuffing, keeping it away from the edges. Roll up and skewer with toothpicks to hold in shape. Roll in flour and brown in fat in a skillet. They may be finished by simmering in milk or water to almost cover for about two hours, or by baking at 350 F. for about 2 hours. If baked, lay a slice of bacon across the top just before placing in the oven.

For a tasty treat, add 1 heaping cup of chopped uncooked apples to waffle batter with a dash of cinnamon.

Pour off fruit juices from one can of mixed fruit and add one-half cup of sherry wine flavoring, or more if desired. Pour into freezing tray of automatic refrigerator and allow to chill until fruit juices are partly frozen. Serve with whipped cream. Garnish with maraschino cherries. If desired, omit sherry flavoring.

A good candy thermometer simplifies candy making. However, the practical tests given in candy recipes are satisfactory, but less accurate.

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place ten to thirty minutes. This hardens the fat, allows the moisture to be absorbed, and keeps the dough from sticking, even though it may be soft. If this is not done, the soft doughs may require additional flour for handling, and, in proportion to the extra amount of flour, the cooky will be hard and brittle instead of crisp and tender.

For a good combination salad, combine tomato wedges, sliced cucumber, onion and green pepper rings: marinate. Serve on lettuce with French dressing.

French fried onions make a tasty addition to any number of meals. Peel onions and cut in one-quarter inch slices. Separate into rings. Dip in milk, drain, then dip in flour. Fry in deep fat (370 F.) until brown. Drain on unglazed paper, sprinkle with salt, and serve immediately.

Scoup out the centers of large fresh tomatoes, or parboil whole onions, beets, eggplant, or green peppers. Fill with parsley stuffing or any desired stuffing. Place in a shallow pan, and bake in a moderate oven (350-400 F.) until vegetables are tender and stuffing is brown.

—V—

Chicken And Corn Pudding

6 ears green corn
1 broiling chicken
1 onion
1 sprig parsley
½ cup melted butter
Salt and pepper
3 eggs

Clean, wash, and cut up a young chicken as for frying. Let it simmer until tender with just enough water to cover, onion, parsley, salt and pepper. Cut the grains from the raw roasting ears, beginning with a thin outer slice. Add to the corn, the melted butter, wellbeaten egg, 1 teaspoon egg, 1 teaspoon of salt, and enough of the broth in which the chicken has been cooked to make a batter. Pour into a buttered baking-dish place the pieces of chicken in the middle, and bake until brown on top and the pudding is firm throughout.

—V—

Lemon Sauce For Apple Desserts

Many an apple dessert or fritters are greatly improved and given that extra touch by the simple addition of a lemon sauce.

LEMON SAUCE
1 cup sugar
Yolks of 3 eggs
1 tablespoon butter
½ cup boiling water
3 tablespoons lemon juice
½ teaspoon grated lemon peel

Cream the butter and sugar together until soft and fluffy. Add well-beaten egg yolks and pour the boiling water into the mixture. Cook in a double boiler until thick, and then take off the fire and add lemon juice and peel.

—V—

Hot Muffins And Quick Rolls

The housewife, who aside from keeping house, is knee deep in war work of one kind or another will find muffins and quick rolls the answer to her needs when it comes to rounding out that busy day dinner. Too, while one is at it, the muffins and rolls might as well be different—it doesn't take any more time:

GRAHAM NUT MUFFINS
1 cup sifted flour
1 cup Graham flour
3 teaspoons double acting baking powder
½ cup sugar
1 teaspoon salt
½ cup walnut meats, coarsely broken
1 egg, well beaten
1 cup milk
4 tablespoons melted butter or other shortening

Sift flour once, measure, add Graham flour, baking powder, sugar and salt, and sift again. Add nuts and mix. Combine egg, milk, and shortening. Add to flour, beating only enough to dampen all flour. Bake in greased muffin pans in hot oven (425 F.) 20 to 25 minutes. Makes 18 small muffins

ORANGE MARMALADE ROLLS
2 cups sifted cake flour
3 teaspoons double acting baking powder
½ teaspoon salt
4 tablespoons butter or other shortening
1 egg, well beaten
4 tablespoons milk
1-3 cup marmalade

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Combine egg, milk and marmalade; add to flour gradually and mix to a soft dough. Turn on floured board. Knead lightly 2 to 3 minutes, roll ½ inch thick, and cut with 2-inch floured cutter. Butter ½ of each circle, fold, place on well-greased pan, and brush tops with melted butter. Let rise in warm place 15 minutes. Bake in hot oven (425 F.) 15 minutes. Brush tops with melted butter and finish baking. Makes 18 rolls.

—V—

Coffee Cake

2 tablespoons shortening
½ cup sugar
1 egg
¾ cup flour
2 teaspoons baking powder
¼ cup milk
½ teaspoon vanilla

Sift flour once, measure, add baking powder and sift again. Cream shortening and sugar, add beaten egg yolk, then flour, alternately with the milk, a small amount at a time. Add vanilla. Fold in stiffly beaten egg white. Spread one-half of the mixture in a deep greased pie pan.

FILLING
½ cup brown sugar
2 teaspoons cinnamon
1 cup chopped walnuts
2 tablespoons flour
2 tablespoons melted fat

Mix all the ingredients thoroughly and spread one-half over the batter in the pan. Add remaining cake batter and spread remainder of filling over the top. Bake in a moderate oven (350-375 F.) 45 to 60 minutes.

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Canned Lobster Is Good Eating

It might well be that after the preliminaries, friend husband will take over—right before the eyes of the amazed guests, concoct the Newburg in the chafing dish—they think it's heaps of fun, so we good-naturedly say 'go to it"—just overlooking the fact that we are the ones who started the whole thing.

To prepare the Lobster: Plunge a live lobster head first, into a kettle of boiling water, to which one tablespoon of salt has been added. Cover the kettle and keep it boiling. A medium-sized lobster will cook in about twenty minutes. Remove and plunge into cold water when done, and when cool enough to handle, chop off the claws. Split the body length-wise and remove and discard the stomach, which is a small sac just back of the head. The intestinal canal runs from the stomach to the base of the tail. If this does not come away with the stomach, it must be lifted out with a fork, in pieces, if necessary—but it must be entirely removed.

Crack the claws and remove the meat. Remove meat from the body the creamy green fat which constitutes the liver, and the coral or spawn found in female lobsters. The spongy particles between the meat and shell are not used.

Always use a silver or stainless steel knife to cut up the meat of a cooked lobbster, as an ordinary steel knife discolors or darkens the meat.

LOBSTER NEWBURG
2 hard-boiled eggs
1 tablespoon flour
4 tablespoons butter or substitute
2 cups lobster
1 cup cream
½ cup sherry
Salt and paprika

Press egg whites through a sieve. Mash egg yolks and moisten with a little of the cream. Blend flour into butter until smooth; melt in a saucepan. Add lobster, egg yolks and whites, and the rest of the cream. Cook, stirring constantly, until thickened. Whip in the sherry, add salt to taste and dust thickly with paprika.

—V—

Brown Bread And Rasin Bread

Assorted breads for sandwiches—whether for home or for lunch boxes, are just as pleasing as variation in the fillings. Here are two to try:

BOSTON BROWN BREAD
1 cup corn meal
1 cup rye flour
1 cup graham flour
¼ tablespoon soda
1 teaspoon salt
¾ cup molasses
2 cups sour milk or
1¾ cups sweet milk

Mix and sift the dry ingredients. Mix the molasses and milk and add to the dry ingredients. Beat thoroughly and turn into well-greased molds, filling each mold about two-thirds full. Cover and steam three hours. Remove the covers and bake the bread (375 F.) long enough to dry it off.

RAISIN BREAD
2 cups corn meal
1 cup Graham flour
1 teaspoon salt
½ teaspoon soda
1 cup raisins
1½ cups sour milk
1 egg
½ cup molasses
3 tablespoons baking powder

Mix and sift the dry ingredients, add the raisins and toss lightly together. Add the other ingredients. Mix thoroughly and steam for two and three-quarters hours.

—V—

Two Good Reasons For Coconut and Ice Cream

The two best reasons in the world for coconut and ice cream are a combination of the two, one as an ice cream, the other a toasted coconut Sundae with home-made vanilla ice cream—plus luscious home-made butterscotch sauce—doesn't it sound intriguing?

TOASTED COCONUT ICE CREAM
1 tablespoon flour
½ cup sugar
⅛ teaspoon salt
1 egg, slightly beaten
2 cups milk, scalded
1 cup cream
1 tablespoon vannilla
1 cup coconut, toasted

Combine flour, salt, and sugar. Add to egg. Pour small amount of milk over egg mixture, stirring vigorously. Return to double boiler and cook until thickened, stirring constantly. Cool. Add cream and vanilla. Freeze, using 8 parts ice to 1 part salt. When partly frozen, add coconut, and continue freezing until firm.

TOASTED COCONUT SUNDAE VANILLA ICE CREAM
1 cup sugar
1 tablespoon flour
⅛ teaspoon salt
2 eggs, slightly beaten
2 cups milk, scalded
1 quart thin cream
1 teaspoon vanilla

Combine, sugar, flour, salt, and eggs mixing well. Pour a small amount of milk over egg mixture, return to double boiler, and cook until slightly thickened, return to double boiler, and cook until slightly thickened, Add cream and vanilla. Freeze. thickened, stirring constantly. Cool. Makes 2 quarts. Serve in sherbet glasses with Butterscotch Sauce. stirring constantly. Add cream and vanilla. Freeze. Makes 2 quarts. Serve in sherbet glasses with Butterscotch Sauce. Sprinkle with toasted coconut.

BUTTERSCOTCH SAUCE
1½ cups brown sugar
¼ cup light corn syrup
4 tablespoons butter
½ cup water
½ cup milk
½ cup cream

Combine sugar, corn syrup, butter, and water. Place over low flame and cook until a small amount of syrup forms a very soft ball in cold water (325 F.). Remove from fire. Add milk and cream. Stir until smooth.

TO TOAST COCONUT: Spread coconut in a thin layer in pan or baking sheet. Place under broiler or in hot oven (400 F.) Toast until coconut has golden brown. Toasted coconut has a delicious flavor, and may be used in candies, as topping on cake frostings or meringues, or as a garnish for

—V—

Tomato Bisque

2 cups strained cooked tomatoes
1 tablespoon sugar
2 tablespoons butter
2 tablespoons tapioca
1½ teaspoons salt
⅛ teaspoon pepper
3 cups rich milk or light cream, scalded

Bring tomatoes to boil, using top of double boiler; add dry ingredients, bring to a brisk boil, stirring constantly. Place over boiling water, cook 5 minutes, stir often. Add butter. Add slowly to milk; beat. Serves 6.

—V—

Stuffings require soft bread crumbs. Bread should be at least one day old and may be torn from the loaf with forks or crumbled apart with the fingers.

—V—

Sweet Potatoes—White Potatoes

Since there are times when sweet potatoes are the demand of the day, here is another way to prepare them—also another very tasty, very nice way to serve white ones.

MAPLE FLAVORED SWEET POTATOES
6 cooked sweet poatoes
4 tablespoons butter
¾ cup maple-flavored syrup

Cut sweet potatoes in halves length-wise and place in a greased baking dish. Dot with butter and pour syrup over them. Bake in a hot oven (400 F.) 1 hour, basting frequently until potatoes are done. Serves 6.

POTATO PUFFS
½ cup sifted flour
1½ teaspoons double acting baking powder
¼ teaspoon salt
Dash of white pepper
1 cup mashed potatoes
1 egg, well beaten

Sift flour once, measure, add baking powder, salt, and pepper, and sift again. Combine potatoes and eggs and add flour. Drop by teaspoons into deep fat (390 F.) and fry until golden brown. Makes 18 puffs.

—V—

Peas Can Appear In A Different Dress

When a large assortment of fresh vegetables are not available it sometimes becomes necessary to serve one thing several times during the week—that is, if we are desirous of fresh vegetables. Take, for instance, fresh peas—sometimes you won't see them at all, then suddenly that's all there is in the way of a green vegetable in your particular market—oh well, we'll just give them a different dress and they'll be as desirable as ever.

PEAS IN CREAM
Shell peas, wash and cook in a small quantity of boiling water. Cook quickly until tender, add salt to taste, and fresh cream (using ½ cup cream to each 3 chps of peas). Lets boil up once and serve.

CREOLE PEAS
3 cups shelled peas
1 small white onion
2 tablespoons butter or substitute
½ teaspoon sugar
Salt

Bring 1 pint of water to a boil; add the onion and cook 5 minutes, then throw in the peas, which have been well washed and picked over; add butter and sugar and cook until peas are tender and the water evaporated, leaving only the butter. Add salt to taste, five minutes before the peas are done, and, if the water cooks away before the peas are tender, add a little more boiling water.

—V—

Egg Sandwiches

EGG AND TOMATO SANDWICH
2 hard cooked eggs
4 slices tomato
2 tablespoons chopped onion
½ cup salad dressing
2 tablespoons chopped ggreen pepper
1-3 teaspoon salt
¼ teaspoon celery salt
¼ teaspoon paprika

Place slices of tomato on bread and lay on a layer of other ingredients, mashing them and mixing with vegetables and seasonings. Cover with another slice of bread.

EGG AND TARTAR SANDWICH
6 hard-cooked eggs
Melted butter
Pepper, salt
1 teaspoon sugar
1 tablespoons heavy cream

Mash egg yolks with butter, add seasonings and cream. Chop whites fine and add to first mixture. Add tartar sauce until of spreading consistency and use between slices of whole wheat bread.

—V—

Salt meats, such as corned tongue must be soaked several hours in cold water before cooking. Tongue should be boiled several hours, or until the skin curls back. To serve hot, drain the tongue and remove skin. To serve cold, let tongue cool in the water in which it was boiled, then peel.

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Boston Baked Beans

1 pint pea beans
¾ pound fat salt pork
1 scant teaspoon dry mustard
1 heaping teaspoon salt
1 small onion
3 tablespoons molasses
1 cup boiling water

Wash and pick over the beans; cover with cold water and let soak overnight. In the morning cover with fresh water; heat slowly and cook just below the boiling-point until the skin bursts. This is determined by taking a few on the tip of a spoon and blowing on them. The skins will burst if cooked enough. Drain the beans. Put the onion in the bottom of the bean pot and pour the beans over it. Scald the pork (which must be about ¾fat and ¼ lean), and score the rind in several cuts about 1 inch deep; bury it in the beans, leaving the rind exposed. Mix together the molasses, salt, mustard, and water, and pour over the beans with enough more water to cover.

Cover the bean-pot, and bake 7 to 8 hours, adding more water if the beans become too dry. Remove the cover during last hour of baking, so that the pork rind may become crisp.

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WORTON

Mrs. Wm. Solloway, daughter, Mrs. Albert Sutton are spending sometime with her son and daughter-in-law, Mr. and Mrs. Norman Solloway in Roanoke, Va.

Mrs. Robert Loud and Miss Hilda James spent Wednesday with Mr. and Mrs. Theodore Walbert in Sudlersville.

Mrs. Grace Zeisel of Baltimore is visiting Mrs. Mowbray Hadaway.

Mr. and Mrs. Reginold Cooper, Mr. and Mrs. Albert Williams, spent the week-end at Virginia Beach.

Mr. Joseph Farlee of Trenton, N. J., spent several days last week with Mr. and Mrs. Purnell Jones.

Captain B. F. Sewell of West Chester is visiting Mr. and Mrs. George Rasin.

Mrs. George Burke and daughter Hally of Middle River and Mrs. Thurman Crew of Philadelphia spent last week with Mrs. Rachel Carter.

Mrs. Harry Lusby and children are visiting relatives in Wilmington.

Mrs. Harrison of Lynch spent Thursday with Mrs. Sewell Lee.

Mr. and Mrs. Julian Crew and family spent Saturday with Mr. and Mrs. Lawrence Lee in Wilmington.

Mrs. James Coleman, Mrs. Katherine Harris and Mrs. Julia Matthews spent Wednesday in Wilmington.

Mrs. Cora Baldwin of Chestertown is visiting her brother, Mr. and Mrs. Walter Moffett.

Mr. and Mrs. John Dwyer spent Sunday with their daughter, Mr. and Mrs. Wm. Knight near Chestertown.

Miss Margarete Markland has returned home after spending last week with her sister, Mrs. Wendell Hobbs in Chester.

Mr. and Mrs. Henry Matthews and daughter of Baltimore spent the week end with his parents, Mr. and Mrs. James Matthews.

Mr. and Mrs. Raymond Brockson and daughter, Bonnie of Philadelphia, Hyland Smith of Baltimore, John Howe of Hadden Heights, N. J., Lt. and Mrs. Omer Beaulette of Stringfield, Mass, and Mrs. Nettie Carter

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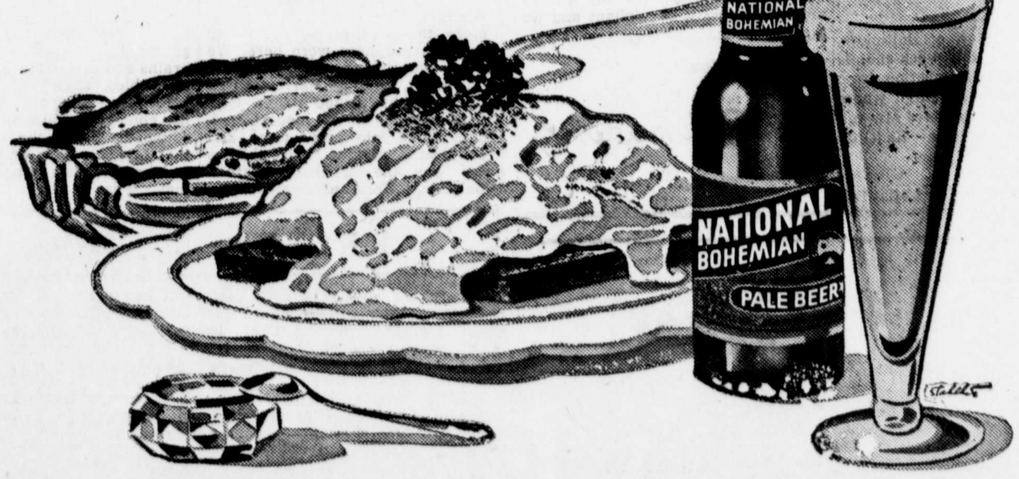
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