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

In cake baking, great care should be taken to use the temperatures and baking periods given in recipes since the best of batters may be ruined in the oven. If the stove is not equipped with an oven heat regulator, an oven thermometer is a great help in securing the desired temperatures.

If leafy vegetables are sandy, a considerable amount of time may have to be spent in cleaning them. It is well to keep this fact in mind when buying, and to select as dirt free plats as possible. Discolored leaves and roots must be removed before the plants are cooked too; so try to avoid them in your purchases. Careful selection will save both time and food. Buying by weight is much more satisfactory than by measure; the amount in measure may vary so widely. Usually a peck of greens weighs from 2 to 3 pounds.

Serve grapefruit and orange sections, free from membrane on crisp water cress with French dressing.

To avoid overcooking asparagus, tips, tie stalks in bundles of serving size. Stand butt-ends in boiling water to cook partially, then lay bundles flat, and cook until tender.

It is a good practice to use stuffings often, not just for the Christmas turkey or chicken, but between chops which have been split to the bone in the pocket left by removing the bone in a shoulder of veil, lamb, or pork, or spread and roll up inside an inexpensive steak or shoulder cutlet, or in baked fish.

For a shrimp hors d'eurvres spread 3 rounds of toast with 1 teaspoon each mayonnaise. Arrange 2 shrimps on each, with cut edges toward center. Top with 1 teaspoon mayonnaise.

Remove crusts from ½-inch slices of bread. Cut bread in cubes, brown in butter, or fry in deep fat. Or brown cubes of buttered bread under broiler. Serve with soup.

There are so many uses in the kitchen for a pair of scissors that every housewife should keep a pair on a handy hook, ready for use.

Canned foods should be stored in a moderately cool place; away from stoves, steam pipes or radiators.

To test custards, souffles, puddings, etc., to see if they are done, plunge a sharp knife through the middle. If it comes out clean, the dish is thoroughly cooked.

The spices one should have on hand for cakes and cookies are nutmeg ginger, mace, cinnamon, allspice and cloves.

Modern pewter is usually lacquered and so should not be cleaned with any abrasive. If not lacquered, a good silver polish will take care of it. Never use gritty polishes or polishes containing acid on pewter. Rub on paste with a soft cloth and polish with another. Wash dry and give a final polish with a clean soft cloth. Or a very fine whiting powder moistened with linseed oil can be used. Apply with flannel, follow with hot soap suds, dip dry, and polish with chamois or flannel.

Chicken fat gives a good flavor to round steaks, veal chops, or cutlets. It may be used in place of butter in brownies, and may be used with butter in making plain rolled cookies.

—V—

Butterscotch Pie

4 tablespoons sugar
½ cup corn starch
½ teaspoon salt
1 cup syrup
1½ cups milk, scalded
2 egg yolks, slightly beaten
4 tablespoons butter
1 teaspoon vanilla
2 egg whites
4 tablespoons sugar
1 baked 9-inch pie shell

Mix together sugar, cornstarch, and salt. Add syrup gradually, stirring to a smooth paste. Add to scalded milk in top of double boiler, stirring constantly until mixture thickens. Then cook 10 minutes, stirring occasionally. Pour a small amount over egg yolks, stirring vigorously. Return to remaining mixture in double boiler and cook 3 minutes longer. Remove from fire, add butter and vanila, and cool.

For meringue, beat egg whites until foamy throughout. Add sugar, 2 tablespoons at a time, beating after each addition until sugar is thoroughly blended. After all sugar is added, continue beating until mixture will stand in peaks. Turn cooled pie filling into pie shell. Pile meringue lightly on top. Bake in moderate oven (350 F.) 15 minutes, or until delicately browned.

—V—

Bread in the form of toast or croutons in soup or brown crumbs over vegetables is another form of garnish and food addition, as is cheese in grated form or cream-cheese balls with salads.

Seasoned Dish For A Meatless Menu

Here is a very well-seasoned dish of tomatoes and peppers that will be excellent to serve for a meatless menu:

TOMATOES AND GREEN PEPPERS WITH RICE

6 large ripe tomatoes
2 medium-sized onions
2 green peppers
½ pod red pepper
1½ tablespoons butter
Salt and pepper
Rice ring

Chop the onions and fry them in the butter. When beginning to brown add the chopped green peppers and cook until tender. Peel and chop the tomatoes; add them to the fried vegetables; add red pepper, with most of the seeds removed and simmer very gently for 40 minutes. Season with salt and extra pepper, if the red pepper, has not made the dish hot enough. Serve on a hot platter in the center of a rice ring.

—V—

Three Minute Meringue

(Unbaked meringue. Substitute for whipped cream on jellied fruit pies.)

2 egg whites, unbeaten
2 tablespoons water
½ cup sugar
Few drops vanilla or almond cream
Dash of salt

Put egg whites, sugar, salt, and water in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, and beat 1 minute; then remove from fire, and continue beating 2 minutes longer, or until mixture will stand in peaks. Add flavoring. Beat well. Spread over top of jellied fruit pies or tarts. Sprinkle with coconut.

—V—

About Meringue

Successful meringues are fluffy, tender, and fine-textured. They do not separate from the pie filling, become watery, or shrink. For a 9-inch pie, allow 4 tablespoons sugar to 2 egg whites. Beat egg whites until foamy throughout. Add sugar, 2 tablespoons at a time, and beat after each addition until the sugar is thoroughly bended. When all sugar is added, continue beating until mixture will stand in peaks. Pile lightly on filled pie, and bake in moderate oven (350 F.) 15 minutes. The foamy stage to which the whites are beaten, the thorough beating, and the moderate temperature are essential to a successful meringue.

—V—

Clam Chowder

1 quart chowder clams with their juice
¼ pound fat salt pork
4 medium-sized onions
3 medium sized potatoes
2 new carrots
1 sprig parsley
3 tomatoes
1 quart water
1 stalk celery
1 bay leaf
pinch of thyme
pepper
pinch of salt

Chop onions fine and put them in the saucepan with the salt pork, which has been cut into small dice. Cook over a low fire until the onions are just beginning to color. Add tomatoes, which have been peeled and chopped, carrot cut in dice, sprig of parsley, stalk of clery, bay leaf, thyme water and a little pepper. Cook slowly in a covered saucepan 1¾ hours, adding potatoes, cut in dice, at end of first hour.

Strain the juice from the clams through a cheesecloth, and put clams through a meat-grinder. Add clams and juice to the chowder, and cook all together 20 minutes longer. Remove the bay leaf, celery and parsley, and add salt, if necessary.

—V—

Recipes For Leftover Egg Whites

LEMON TAPIOCA

1-3 cup quick cooking tapioca
3 cups boiling water
¼ teaspoon salt
1 lemon rind
½ cup lemon juice
1 cup sugar
2 egg whites

Cook the tapioca water, salt and lemon rind for 30 minutes. Remove rind and add sugar and lemon juice. Beat the egg whites until stiff and fold into tapioca. Chill and serve in sherbet glasses. Garnish with whipped cream.

PEANUT MACAROONS

1 cup chopped peanuts
1 cup powdered sugar
1 heaping teaspoon flour
2 egg whites

Beat the egg whites, add the sugar, flour and peanuts. Drop by spoonfuls on baking sheet and bake 10 to 15 minutes.

—V—

Potato Biscuits

1 cup mashed potatoes
½ tablespoon shortening
½ tablespoon sugar
½ tablespoon salt
2 cups flour
1 cup scalded milk
½ yeast cake dissolved in 2 tablespoons luke warm water
½ cup rolled oats

To the potatoes add the scalded milk, shortening, sugar, and salt. When lukewarm, add the yeast cake dissolved in lukewarm water, and ½ cup rolled oats measured after being put through food chopper several times and then sifted. Add flour which has been sifted before measuring. Knead thoroughly. Cover and let rise. After it has doubled in bulk, beat again. Put in greased muffin pans, let rise again, and bake in a hot oven about ½ hour. Test by inserting a straw in center of biscuit. If it comes out freely, with no dough adhering, the biscuits are done.

—V—

A Pot Roast With Potato Pancakes

The end of a perfect day to many a homemaker is a good dinner to set before the man of the family upon his arrival from the outside world.

There sits the dinner, all nicely arranged, and prepared to the best of her ability—along comes the man, looks it all over, sits down and mutters something like s'looks good" and without further conversation proceeds to down the victuals in ten minutes flat! Oh yes it can be very discouraging, but it has been found that if the meal is consumed it's a good one, and you can be sure that if it isn't suitable, you'll know about it.

Praise is always pleasing, but since it is true that actions speak louder than words—just watching friend husband eating the last crumb and expecting him momentarily to lick the plate, but end up by contentedly patting the well-filled tummy—well—it's sufficient. And the housewife knows the time of preparation was well spent.

But—on the other hand, should this man of the family suggest a solitary walk around the streets after this evening meal, then return home smelling faintly of raw onions, it's time for ye housewife to change her tactics—plan the sort of a meal that in man language is called a "feed"—let it be a pot roast with potato pancakes—but not just an ordinary, everyday pot-roast. Use more seasonings than usual—like this:

POT ROAST

4 pound rump of beef
3 leaves marporam
1 teaspoon pepper sauce
Salt
2 cloves garlic
3 tablespoons vinegar
1 green pepper minced
1 onion, minced
4 tomatos, sliced
1 sprig parsley
4 bay leaves minced
5 peppercorns, crushed
4 tablespoons olive oil
1 small stick cinnamon
1 clove
2 cups red wine (claret) if desired

Mix marporam, pepper, sauce, salt garlic, vinegar, and green pepper and rub over the meat; let it stand 1 hour. Then place meat and it's seasonings in a kettle; add onion; cover with tomatoes, parsley, bay leaf, peppercorns, olive oil, cinnamon, clove, and wine. Cover closely and simmer 10 minutes. Turn meat, lower flame and smother for 3 hours, or until very tender. If wine is not to be used, replace with boiling water. When done remove meat, strain sauce and thicken if desired.

POTATO PANCAKES

4 large potatoes
½ teaspoon salt
A little pepper
Whole eggs (2 eggs with each 2 cups potato pulp)
1 tablespoon flour
1 teaspoon syrup

Wash, peel and dry potatoes well. Grate on fine side of grater. Season with salt and a little pepper. Strain off surplus moisture. Mix thoroughly 2 whole eggs with each 2 cups of potato pulp. Add 1 tablespoon flour and 1 teaspoon of syrup and mix well The syrup is not necessary but makes the cakes crisp and brown. Drop by spoonfuls in hot buttered skillet and fry like any other pancake. When edges curl and brown, turn with a spatula and dry on other side. A little more fat will be needed than with batter pancakes, but too much makes the cakes too greasy. Start with a little fat or butter and add as the cakes absorb it. It is well to fray a sample cake first to determine whether the cakes will hold together without adding a little more flour.

—V—

Make Mayonnaise Dressing At Home

Many housewives who have never done so, or at least not for years, are now making their own mayonnaise And the wonderful part, aside from the fact that the mayonnaise is good is that is isn't at all difficult to make. There are times, however, when in spite all we do, it curdles but this can easily be remedied as shown:

MAYONNAISE DRESSING

2 uncooked egg yolks
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
⅛ teaspoon mustard
3 tablespoons vingear or lemon juice
2 cups salad oil

To yolks add dry seasonings, beat thoroughly, add vinegar or lemon juice and beat again. Add oil gradually (drop by drop at first) beating hard after each addition. The mixture should be thick and creamy. Should it curdle, begin with a third egg yolk, add a small quantity of oil to the egg, and then by very small quantities add the curdled dressing. At times a dressing may be quite firm when left, only to be found curdled when ready for use. This third egg process will usually restore it. Equal proportions of vinegar and lemon juice may be used. Tarragon vinegar is sometimes used to give an interesting flavor.

—V—

Eggs For A Family Luncheon

There are occasions when the man of the family will be home for lunch, but if not, there are usually the children and one can never successfully feed them sandwiches day in and day out. So, for a change, and a pleasing one, serve the following egg combination:

POACHED EGG TOMATO RAREBIT

2 cups tomatoes
¼ teaspoon soda
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons flour
1 cup grated cheese
6 eggs
6 slices toast
¼ teaspoon paprika
Parsley

Mix tomatoes, soda and seasonings and stew for about five minutes; then strain and thicken with the flour, mixed to a paste with a little cold water. Add the cheese and stir until smooth. Poach the eggs and place on the toast on a platter. Pour the sauce around the eggs. Sprinkle with the paprika and garnish with parsley.

—V—

Hominy Croquettes To Accompany PorkDinner

There have been many times, when on visiting the meat markets we have discovered that the only thing available in that line, was pork, so, desiring meat, we have bought a bit for the evening meal—varying the menu by the addition of such tasty tid-bits as hominy croquettes. It does really do so much toward the whole flavor of the meal and completely does away with monotony.

HOMINY CROQUETTES

4 cups cooked hominy
2 tablespoons cream or milk
Salt and pepper
Chopped parsley
Onion juice
Nutmeg
2 egg yolks
Egg and crumbs

To the hot hominy, add cream or milk, and seasonings. Mix well and beat until light, add the well-beaten yolks of eggs and let stand until cold. Shape into oblong or pearshaped croquettes roll in fine bread-crumbs then in beaten egg and again in crumbs. Fry at once, until brown, in hot fat (375-390 F.)

—V—

Minestrones

4 ounces bacon
1 small onion
2 sprigs parsley
½ small clove garlic
3 small carrots
1 cup shredded cabbage
¾ cup kidney beans
2 quarts soup stock
1 cup spaghetti (broken)
Salt and pepper
Grated Parmesan cheese
1 stalk celery

Chop half the bacon as fine as possible, or grind it with garlic and parsley. Take the other half and put in a saucepan with soup stock and beans, which have been soaked overnight in cold water. Slice and peel the onion and carrots and add them to soup with finely chopped celery salt, and pepper. Boil in covered saucepan very gently 1½ hours; then add raw spaghetti and cook for 45 minutes longer. When the bacon is very soft, take it out and slice it in ribbons and put it back into the soup. A bowl of grated parmesan cheese should be served with the soup.

—V—

Sausage And Eggs For Dinner Menus

Every now and then the homemaker is faced with the problem of what to have for dinner! This usually becomes a problem when nothing suggested sounds just right. All the "old reliables" pass through the mind, but just don't seem satisfactory—so we think—"I can always have bacon and eggs, or sausage and eggs"! No need to feel queer about it either, because most people really do like an occasional dinner of just such things—sausage and eggs. But this time we can do them up a bit—serve fried apples with them—then possibly make up a batch of biscuits—oh, it will really be a grand dinner.

SAUSAGE WITH APPLES

4 greening apples
4 tablespoons sugar
¼ teaspoon cinnamon
½ cup dried currants
1 pound sausages
2 tablespoons butter

Peel apples, quarter, and core them; lay in a bowl, sprinkling evenly with sugar and cinnamon; cover lightly and leave to season for three hours. Wash currants and plump in hot water Prick sausages; heat butter in pan and fry them a little. Begin laying in the apples besides the sausages, scatter the currants over them, cover and continue frying over a slow fire. Turn apples and sausages. Take out apple quarters as they are done, keep hot, and replace with raw ones until all are done. Arrange apples and sausages on a hot platter. Serve with fried or scrambled eggs.

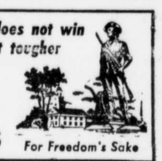
—V—

Oil

Shortage of imported fats and oils has led scientists of the department of agriculture to seek substitutes in materials formerly wasted. Most promising among the pit or kernel oils are apricot, prune, peach, and cherry oils. All are similar and somewhat resemble sweet almond oil used in cosmetics and in baking.

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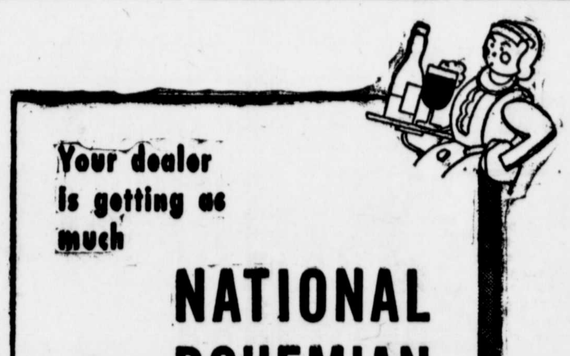
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