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

Salmon Puffs

It is claimed that more salmon is to be canned this year, so whether that might possibly mean a lowering in ration points, or not, can't be said, but since salmon has always been a favored food, no one will object to using a few points now and then for it—particularly for

SALMON PUFFS

2 cups cooked salmon, fresh or canned
Salt and pepper
½ cup soft bread-crumbs
1 tablespoon lemon juice
3 eggs

Remove the skin and bones from the salmon, chop the meat fine, and add salt, white pepper or paprika, soft bread-crumbs, lemon-juice or vinegar and egg yolks. Mix thoroughly, add the well beaten egg whites, and set in six of eight oiled cups, filling the cups even full. Set the cups at once in a pan containing hot water that comes to about an inch below their tops, and bake for one-half hour in a moderate oven (375 F.). Turn out onto a hot platter, garnish with parsley or celery, or thrust a clove into the center of each puff, and pour about them any desired fish sauce.

—V—

Devil's Food Cake With Mocha Frost

Were it possible for the housewife to be a little mousy in a corner, she would probably be amazed to hear the "man-chatter" when it turns to wives and their abailities. And at times it does take that turn. It seems that men do really like to brag about their wives and tell the others in the crowd just how well his wife can handle the finances and successfully budget the dollars, but when it comes to food—the story changes—though the housewife shouldn't be wasteful or a spendthrift, neither must she be skimpy and feel that sufficient calories will mean a satisfied stomach, if that were true, a banana and cream would do the trick, but at that rate, there would be few happy homes.

All men, it seems, like to eat (spelled with a capital E) and though calorie counting never did any harm when counting in the right direction—unless a diet is in force, a few extra ones here and there aren't unpleasant, or hard to take. But since one can overdo it, cut out a calorie here and add it there in favor of a gooey dessert.

Speaking of "gooey" desserts brings to mind—chocolate—and never did a little boy grow too old to be spellbound by the appearance of a chocolate cake, and they seem to be most partial to Devil's food.

MOCHA DEVIL'S FOOD CAKE

2 cups sifted cake flour
1 teaspoon baking powder
¼ teaspoon soda
½ teaspoon salt
2-3 cup butter or other shortening
1½ cups sugar*
3 eggs, well beaten
3 squares unsweetened chocolate, melted
1 cup milk
1 teaspoon vanilla.

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs and beat well; then add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in two greased deep 9-inch layer pans in a moderate oven (350 F.) 30 minutes, or until done. Spread Mocha frosting between layers and on top of cake.

*You may substitute corn syrup or honey for half of sugar. Use ¾ cup of each; decrease milk to ¾ cup.

MOCHA FROSTING

1 cup sifted confectioners' sugar
1 egg, unbeaten
¾ cup strong coffee
½ teaspoon vanilla
3 squares unsweetened chocolate, melted
1 tablespoon softened butter

Combine ingredients in order given, beating with rotary egg beater until blended. Place bowl in a pan of cracked ice or ice water and continue beating until of right consistency to spread (about 3minutes). Makes enough frosting to cover tops of two 9-inch layers. For an all-chocolate flavor, substitute milk for coffee.

—V—

Prune Nut Bread

For variety in sandwich breads, try a prune nut bread—the children will love it with cream cheese, or just spread with butter.

PRUNE NUT BREAD

1 tablespoon shortening
1 cup sugar
1 egg, beaten
½ cup prune juice
1 cup sour milk
2 cups whole wheat flour
1 cup sifted white flour
4 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
2 cups chopped, pitted, cooked prunes
1 cup chopped walnuts

Cream shortening with sugar. Add egg and blend well. Combine prune juice and sour milk; add alternately with whole-wheat flour to first mixture. Sift white flour, baking powder, soda and salt together three times. Add with prunes and walnuts to first mixture and beat thoroughly. Pour into greased pan and bake in moderate oven (350 F.) 1 hour. Makes 2 small loaves.

—V—

Sweetbreads

As soon as possible after purchasing, sweetbreads should be plunged into cold water and soaked for one hour, then they should be parboiled for twenty minutes in one quart of water to which one teaspoon of salt and one tablespoon of vinegar has been added.

After draining they should again be plunged into cold water to make them firm. The little strings and membranes, which are easily detached after parboiling should be removed.

Broiled: Prepare 2 pair of sweetbreads as directed, then cut them into thin slices, sprinkle with salt and pepper and broil. Serve with melted butter to which a little lemon juice has been added.

FRIED

2 pair sweetbreads
2 tablespoons flour
1 cup milk
Salt and pepper
Egg
Bread or cracker crumbs

Prepare as directed and cut in even-sized slices. Sprinkle with salt and pepper, dip in beaten egg and crumbs and fry in deep fat. When well browned on both sides, place them on a platter. Make a sauce with two tablespoons of the fat in which the sweetbreads were fried, the flour and milk and season with salt and pepper.

CREAMED

2 pair sweetbreads
4 tablespoons butter or substitute
4 tablespoons flour
1 tablespoon mineed parsley
2 cups milk or cream
Salt and pepper

Prepare as directed and cut into dice. Make a white sauce with the fat, flour and milk or cream, add the sweetbreads and stir steadily until very hot. Season with salt and pepper and minced parsley.

—V—

Fish Timbale

1 cup cooked fish, fresh or canned
½ cup cooked mushrooms
1 cup bread crumbs
2 cups milk or cream
½ cup bubtter, substitute or shortening
Salt, pepper and nutmeg
4 eggs

Use any delicate fish, such as halibut, whitefish, cusk or salmon. Remove the bones and skin, and pound the meat very fine, so it may be rubbed through a soup-strainer. Mushrooms mixed with the fish before it is strained will greatly improve its flavor.

Cook breadcrumbs ten minutes in milk or cream. Remove from fire and add melted butter or other fat, salt, pepper or paprika and a few gratings of nutmeg. When this is cold, add the fish, beat the whole thoroughly, add the eggs, also well beaten, and place the mixture in a greased or oiled mol.d Cover the mold with oiled paper, set it in a deep baking-pan, place it in the oven, and pour water into the pan until it is within one inch of the top of the mold. Cook for three-quarters of a hour at (250 F.) Serve plain or with Hollandaise or tomato sauce.

—V—

Vegetable Salads

Since spring time is the beginning of what we call "Salad" season though salads really know no seasin, we start recalling the salads of last year that were so popular with the family. If, however, no vegetable salads were included here are two:

ASPARAGUS SALAD

6 rings cut from green pepper or lemon
24 stalks cold boiled asparagus, fresh or canned
Lettuce leaves
French dressing
½ tablespoon tomato catsup

Cut rings about one-third inch wide. If lemon is used, remove the pulp, leaving only the peel. Slip four stalks of cold asparagus through each ring and arrange on crisp lettuce leaves. Place each serving on a salad plate or arrange all attractively on a platter with serving spoon and fork. Serve with French dressing to which catsup has been added.

CARROT SALAD

1 cup grated raw carrot
1 cup chopped raw cabbage or celery, or both combined
1 tablespoon lemon-juice
½ teaspoon salt
Mayonnaise or boiled dressing
Lettuce leaves

Mix the ingredients well and serve on crisp lettuce leaves. The grated carrot may be served alone on lettuce or may be combined with cold boiled peas, apples or onions and radishes.

—V—

Lemon Cocktail

With a French vegetable cutter scoop out balls from watermelon, cantaloupe, honeydew or any other melon in season. Arrange in cocktail glasses and squeeze over them the juice of a fresh lime or lemon. Chill thoroughly Garnish each glass with sprigs of mint.

Lettuce is the most easily obtainable of all salad greens. It should be served very fresh and crisp. Separate the leaves. If the outside leaves are used they should be shredded. Wash in cold water, drain, place in refrigerator vegetable pan, or wrap in a damp towel and keep near the ice until time to serve.

—V—

Honey Sandwich Bread

A change in the bread for sandwiches is just as pleasing as a change in sandwich fillings. Here is one to bake at home and use for sandwiches for lunch boxes or for home lunches. It will also be found pleasing for toast.

HONEY SANDWICH BREAD

½ cup bran
1 cup graham flour
1 cup white flour
4 teaspoons baking powder
1 egg
½ teaspoon salt
1 cup milk
1-3 cup honey
½ cup chopped walnuts

Mix and sift the dry ingredients together. Add the nuts, mix, and add milk, honey and beaten egg. Beat thoroughly. Pour into a greased oblong bred-pan and bake one hour at 400 F.

—V—

Fritters Bring More Flavor To Menues

One can seldom plan a meal to which the addition of a few fritters wouldn't enhance the appeal and pleasure. The fritters might be sweet or bland—fruit or vegetable or otherwise—there are fritters for every occasion. Also, they can be the main part of the meal as well as an accompaniment.

Overlooking the sweet fritter this time—here are a few that are known to all, and if they have been overlooked in home cooking, now is the time to start preparing them.

CLAM FRITTERS

24 soft clams
2 cups flour
2 teaspoons baking powder
½ teaspoon salt
1 cup milk
½ cup clam liquor
2 eggs
Salt and pepper

Make a batter of flour, baking powder, salt, milk, clam liquor and well-beaten eggs. Chop the clams, season with salt and pepper and add to the batter. Drop by tablespoonfuls into deep fat (360-370 F.) and fry two to three minutes.

CORN FRITTERS

2 cups corn, fresh or canned
1 teaspoon salt
⅛ teaspoon pepper
1 egg
1 teaspoon melted fat
½ cup milk
2 cups flour
2 teaspoons baking powder

Chop the corn very fine and add salt, pepper, well-beaten egg, melted fat, milk, flour and baking powder. Drop by tablespoons into deep fat (360-370 F.). Fry two to three minutes.

—V—

Jelly Pancakes Are A Treat To All

Even if the members of your family range in age from six to sixty or four to forty, jelly pancakes will hit that well-known "spot". You can serve them for lunch any day, or just picture them for a Sunday night supper. The adults might like to take a tip from the children too and eat them in their fingers—it might not be the height of good something or the other but it's like eating a good fried chicken leg.

JELLY PANCAKES

3 eggs (or 2 eggs and ½ teaspoon baking powder)
1 teaspoon sugar
½ teaspoon salt
1 cup milk
½ cup flour
1 tablespoon shortening

Separate the yolks and whites of the eggs. To the beaten yolks add the sugar, salt and one-half cup of milk. Stir in the sifted flour, the other half cup of milk, the melted shortening, then fold in the stiffly beaten whites of the eggs.

Bake on a hot griddle, making the cakes larger than usual. Spread each cake with tart fruit jelly and roll while hot. Place all on a platter, side by side, with the lapping edge of the roll touching the bottom of the platter to keep the cake from spreading. Dredge with sugar and if desired, burn lines on the sugared surface with a red hot wire toaster. This gives an attractive appearance and a slight flavor of burned sugar.

—V—

Ice-Box Cream-Cheese Salad

The season of the year has little effect on our choice of ice box dishes now days—summer or winter, the occasion arises when such a dish is perfectly in order, this one being in demand as well as in order:

ICEBOX CREAM CHEESE SALAD

½ pound cream cheese
1 cup mayonnaise
½ cucumber
1 green pepper
1 teaspoon lemon juice
1 pimento
Salt and pepper
Tabasco sauce
Russian dressing

Chop together the green pepper, cucumber and pimento and add them to the cheese, which has been beaten until soft. Add mayonnaise and onion juice and season very highly with salt freshly ground black pepper and tabasco sauce. Put in the very coldest part of the icebox that yet does not freeze. Let stand five or six hours and serve on lettuce leaves with Russian dressing.

—V—

Governed by Heredity

The color of the eyes is governed by heredity and if two parents have eyes of the same color the children ordinarily will have eyes of the same hue.

—V—

Food Storage Suggestions

Garden root crops, apples, and onions, should keep for six to eight months in a good storage, while pears and celery usually last only two or three months. Squash and pumpkins usually begin to spoil after three or four months at most.

WORTON

Miss Georgia Porter of Philadelphia is visiting her sister, Mrs. Wm. Parson

Mrs. Blanche Loller of Chestertown is spending sometime with her brother, Mr. and Mrs. John Dwyer.

Mrs. Rachel Carter entertained Mr. and Mrs. Thurman Crew of Philadelphia on Sunday.

Miss Helen Joiner has entered the Alfred I. Dupont Hospital in Wilmington for special treatment.

Mrs. Lloyd Rodney and son Jackie of Rock Hall are visiting Mr. and Mrs. Henry Rasin.

Mrs. Robert Loud spent Wednesday with her Aunt, Mrs. Laura Cranor and Mrs. Wm. Hague in Lankford.

Mr. and Mrs. Charles Joiner and family spent Sunday with her parents, Mr. and Mrs. Carroll Connoley of Millington.

Mrs. Ella Dodson of Lynch is visiting her son, Mr. and Mrs. Willard Dodson.

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