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

To remove berry stains, pour boiling water through washable fabrics, hold non-washable materials over steam (from teakettle), rub upholstery with cloth dampened with very hot water. If parts of stain will not come out, bleach with peroxide; or, when dry, sponge with carbon tetrachloride.

When painting, if you are going to finish the job with the same paint tomorrow, save paint by not rinsing out the paint brush. Fill the brush well with paint and wrap tightly in a piece of heavy wax paper or cellophane from a food package. Brush will stay in good, condition for several days, and no paint will be wasted in the brush cleaning operation.

Everyone should get a "soap saver" to avoid throwing away or losing the little end pieces. "Soap savers" are little wire mesh baskets with handles and usually cost about ten cents—into which you put "end pieces." Then you swish the container around the dishpan or hold under running water and get the very last bubble of suds. Or you can avoid waste right from the start by putting a new cake of soap into the basket, thus only using exactly what you need every time.

Vegetables and fruits lose vitamin C rapidly if prepared long in advance and allowed to stand, especially if crushed or chopped. So prepare and use these foods quickly. Citrus fruit juices and canned tomato juice are exceptions. These retain their vitamin C after storage, covered, in refrigerator for as long as 24 hours.

Keep tea tightly covered and dry. It absorbs odors quickly so keep away from strong-smelling goods.

Save butter and milk from spoilage or absorbing other food odors by having a covered butter dish (if you go right to table from the icebox) and never leaving milk bottles unstopped. Store these delicate foods in the coldest part of your refrigerator—next to either the ice or the cooling unit.

Do more with less water—if your kitchen sink has two separate faucets, you may waste much water by running both when dish washing. A slip-over "mixer" attachment costs little, pays for itself in a month's water savings, permits you to control water temperature from one outlet. Cutting down slightly on the water pressure by turning the valve under the sink or in the basement, will cut down on consumption and waste. A short spray hose attachment—or a spray attachment on the faucet—makes a wide stream with less water, helps wash the dishes and clean vegetables more efficiently.

Most children like to draw, write or paint, and clean walls are a big temptation to them. Keep a supply of scrap paper handy and save your walls. Old envelopes cut open, and the backs of letters, are a source of scrap paper in most homes. When coloring books are all filled up, let the children color the illustrations in magazines and newspapers.

Suede, buckskin and nappy leather shoes should be brushed with a fairly stiff bristle brush, after treating with liquid suede dressing. Ordinarily paste and polishes should not be used on nappy leathers as they mat the nap. The wire brushes sold as "suede brushes" will break down the nap.

V

Scalloped Crab, Shrimp Or Lobster

4 tablespoons butter
4 tablespoons flour
2 cups light cream or top milk
½ teaspoon salt
Dash of pepper
Dash of cayenne
Dash of paprika
½ teaspoon Worcestershire sauce
2 tablespoons parsley, chopped
2 cups crab, shrimp, or lobster, cut in ½-inch pieces
¼ cup soft bread crumbs

Melt butter in saucepan, add flour, and stir to a smooth paste. Add cream and cook until thickened, stirring constantly. Add seasonigs, Worcestershire sauce, ½ of parsley, and fish. Pour into well-greased casserole. Sprinkle crumbs and remaining parsley over top. Bake in moderate oven (350 F.) 20 minutes, or until crumbs are browned. Makes 6 small servings. May also be baked in individual ramekins.

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You can save fuel by drawing down your window shades! The heat you pay for is dissipated when it hits cold window glass. Drawing down the shades when chill night comes forms an insulating air pocket really keeps more heat in the house and saves fuel

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Save ironing cost and work, on sheets and towels by folding in half, hanging over line without clothespins. Then fold and put away in linen closet when dry.

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Do They?

Do those who are "satisfied with what they have" build up the nation-wide businesses?

Buckwheat Cakes At First Sign Of Fall

Now that we are no longer able to drive around the country side at will, city folks aren't so apt to see the first signs of fall as those living in or near the country—but pretty soon these signs will come wafting on the breeze and when they do—it's time to buy your bag of buckwheat flour and serve those cakes of cakes:

BUCKWHEAT CAKES

1 pint milk
1 pint water
1 yeast cake
1 tablespoon molasses
½ teaspoon soda
1 teaspoon salt
Buckwheat flour

Dissolve the yeast cake in milk and water mixed, which have previously been brought to tepid heat. Sift in enough buckwheat to make a stiff batter, and set to rise overnight in an earthenware crock. In the morning add salt, molasses, and soda dissolved in 1 cup hot water. The batter should be a little thinner than for ordinary wheat griddle cakes, so if it does not seem thin enough, add a little more hot water. Fry in rather generous sized cakes on a hot, greased griddle.

Leave some of the batter in the crock to serve as a sponge for the next batch of cakes. At night stir enough flour to make a tiff batter, and in the morning repeat the above process. The cakes are much better the second morning than the first.

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Bread Pudding DeLuxe

Most men are glad when the housewife finds she has enough stale bread on hand to make a bread pudding, but when she goes a step farther and adds coconut to the same pudding, he is equally as glad that coconut is on the market as the two combine into a very tasty, very tempting bit of pudding.

BREAD PUDDING DELUXE

2 cups milk, scalded
2 tablespoons melted butter
1 cup stale bread, cut in ½-inch cubes
1-3 cup sugar
¼ teaspoon salt
¼ teaspoon vanilla
1-3 teaspoon almond extract
2 eggs
1 cup coconut, toasted

Combine milk, butter, and bread cubes in greased baking dish. Add sugar, salt, and flavoring to eggs and beat slightly. Add to milk mixture and stir in coconut. Place in pan of hot water and bake in a moderate oven (350 F.) 45 to 50 minutes, or until firm. Serves 6.

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Deviled Shrimp

For a family or company luncheon or Sunday supper, serve fresh or canned shrimp as

DEVILED SHRIMP

2 teaspoons minced onion
½ cup melted butter or substitute
2 cups chopped cooked chrimp, fresh or canned
1 teaspoon paprika
½ teaspoon mustard
½ teaspoon salt
Dash of cayene
6 tablespoons flour
1½ cups top milk
3 hard-cooked eggs, diced
1 cup buttered bread crumbs

Saute onion in butter until delicately browned. Add shrimp, paprika, mustard, salt, cayenne, and flour. Mix well. Add milk and cook sliwly until thickened, stirring constantly. Add eggs. Place in small greased ramekins or scallop shells, sprinkle with buttered bread crumbs, and baked in a hot oven (425 F.) 15 minutes, or until brown. Serve at once. Serves 6.

Baked Bean Soup

Since it is practically "agin the government" these days to waste any bits of food, small or large, here is another way to use up what is left in the bean pot after a good night's dinner.

BAKED BEAN SOUP

2 cups cold baked beans
1 quart water
¾ cup stewed tomatoes
1 onion
1 tablespoon butter or substitute
1 stalk celery
1 sprig parsley
1 tablespoon flour
½ bay leaf
Salt and pepper

Put the beans to boil in 1 quart of cold water; add tomatoes, celery, parsley, bay leaf, salt, and pepper. Fry the onions in butter, add to the soup, and boil all together slowly for 45 minutes. Mix the flour to a smooth paste with a very little cold water, and add just before the soup has finished cooking. Press all through a sieve and serve piping hot.

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Medley Of Vegetables

1½ cups onions, sliced
2 cups celery, cut in strips
1½ cups carrots, cut in strips
2 cups string beans, cut in strips
¾ cup green pepper, cut in strips
1½ cups mushrooms, sliced lengthwise
4 tablespoons butter or substitute
2 cups canned tomatoes
2½ teaspoons salt
¼ teaspoon pepper
3 tablespoons quick cooking tapioca

Cut vegetables in strips ¼x1¼ inches. Melt butter in a saucepan; add onions, celery, carrots, string beans, and green pepper. Cook 10 minutes, stirring frequently. Add tomatoes and mushrooms and cook until tender. Add salt, pepper and tapioca; cook 5 minutes longer, stirring occasionally. Serves 6.

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Old Fashioned Jelly Roll

It hardly seems possible that with constantly trying new desserts, one would be apt to forget an old, old and we do mean old, favorite—the jelly roll. They're really fun to make and taste every bit as good as they look, remember?

OLD-FASHIONED JELLY ROLL

¾ cup sifted cake flour
¾ teaspoon double acting baking powder
¼ teaspoon salt
4 eggs
¾ cup sifted sugar
1 teaspoon vanilla
1 cup jelly (any flavor)

Sift flour once and measure. Combine baking powder, salt, and eggs in bowl. Place over smaller bowl of hot water and beat with rotary egg beater adding sugar gradually until mixture becomes thick and light colored. Remove bowl from hot water. Fold in flour and vanilla. Turn into pan, 15x10 inches, lined with greased paper, and bake in hot oven (400 F.) 13 minutes. Quickly cut off crisp edges of cake. Turn from pan at once onto cloth covered with confestioners' sugar. Remove paper. Spread with jelly and roll. Wrap in cloth and cool on rack.

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Flaky Chicken Shortcake

One can make a little cream chicken go a long, long way when served as a shortcake. It will be a change that the whole family will enjoy and make them ask for it again and again.

FLAKY CHICKEN SHORTCAKE

2 cups sifted cake flour
½ cup cold shortening
¼ to 1-3 cup cold water

Sift flour once, measure, add salt, and sift again. Cut in shortening until mixture looks like meal. Add water, a little at a time, mixing with knife or spatula until dough cleans bowl of all flour and pastry. Use as little water as possible. Roll dough ⅛ inch thick on slightly floured board. Cut with floured cutter into 2¾ inch circles. Brush half of circles with melted butter and remaining ones on top of the. Bake in hot waffle iron, putting 1 pair of pastry circles in each section. Cover each sircle with creamed chicken and place another one on top. Sreves 8 (2 circles to a serving.)

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Egg – Pepper – Cheese Sandwich

2 hard cooked eggs
2 pimentos
1 package cream cheese
1 tablespoon chopped olives
Salt
Red pepper
1 tablespoons sugar
1 raw egg
1 tablespoon butter
2 tablespoons vinegar
½ cup cream
1 tablespoon flour

Chop pimentos, eggs and onion, add cheese and olives, salt and pepper. Heat vinegar in double boiler and stir in mixture of flour, melted butter, sugar and beaten egg. Cook until thick remove from fire and add cream. When cool, stir in first mixture and use between thin slices of buttered white bread. Cut in fancy shapes.

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Blackberry Pudding For Home Sampling

Homemakers who have been canning for years and years still claim that the rows and rows of filled jars, so jauntily sitting on the shelves are the pride and joy of their lives.

If this be so (and it's bound to be), just thing of the housewives who have canned this summer for the first time in their lives. They seem to be simply bursting inside and spend a greater part of the spare moments of the day inspecting their works of art. So many of these first-time canners have told us that the temptation to open and start using their canned fruits and vegetables has been almost too much to bear and they live in constant horror lest the fruits of their labor be lost and the foods spoiled.

But at long last the time of the year is at hand when one can sparingly open a jar on two or three and satisfy that urge and calm those fears, as hot puddings for example, are again coming into style. And in spite of the fact that this was not a good strawberry year, the blackberry crop seemed fairly good and so many women absolutely outdid themselves to put up a large supply. So saying, what would be nicer than a—

BLACKBERRY PUDDING

1 quart blackberries, drained
1 cup sugar
1 egg, well beaten
2 tablespoons butter or substitute
¾ cup sugar
5 tablespoons milk
2 cups sifted flour
½ teaspoon salt
2 teaspoons baking powder

Drain the berries and pour over them 1 cup of sugar. Set in the oven to heat while mixing the rest of the pudding. Beat 1 egg thoroughly, and 2 tablespoons butter and ¾ cup of sugar and cream well. Add 8 tablespoons milk. Sift flour, measure, add salt and baking powder and sift again. Combine as quickly as possible. Pour over the heated berries and bake until done in a hot oven (425-450 F.) Serve hot with cream.

Pumpkin Pies In The Modern Manner

We (the members of our family) are the proud possessors of an eighty year old aunt. One of those individuals who loves to cook and who can cook like the famous chefs (except on Bingo night, when interest leaps from food to "what will I wear?" and "do you suppose I'll win anything tonight? Bingo Mary she's known on those nights.

But for the rest of the time the interest of this loveable Aunt is completely wrapped up in food, good food and plenty of it.

And so one day, in my innocence I drew her aside to extract such recipes as her luscious pumpkin pie, or that most glorious of plum puddings with the superb hard sauce, or that stuffing for the turkey. To my complete surprise and joy she was only too willing to cooperate.

We started with the pumpkin pie, and ended with the pumpkin pie and all I could do was to add an amen!

For the pumpkin pie, it seems you take a couple of cups of pumpkin—depending on how large a pie you want—then you add a couple or more eggs, then you just keep putting in spices it seems, indefinitely, until it suits you—some ginger, some nutmeg, some mace, a smitch of this, a sprinkling of that, or a handful of something else. When you have it all together—it's supposed to taste like Aunt Mary's pumpkin pie!! And oh yes, don't forget that the oven is supposed to be slow.

Well, everyone to her own way! Personally, I'm the sort who has to know to the grain just how much of something must go in that pie to make it "just so." And so, I do it thusly:

PUMPKIN PIE

1½ cups boiled fresh or canned pumpkin
1 cup sugar
1 cup milk
4 eggs, beaten
1 teaspoon ground ginger
½ teaspoon mace
1½ teaspoon nutmeg
½ teaspoon salt
1½ teaspoons ground cinnamon

Put pumpkin in a mixing bowl, add sugar, ginger, mace, cinnamon, nutmeg, and salt. Mix in the milk. Whip in the beaten eggs. Bake in pie crust in moderate oven one hour. Makes one deep pie.

Then—oh yes, we can go on and on from there—you know—that pumpkin that's left—possibly some you put up last year—we shouldn't consider wasting a smitch of it for "nuthin". So try one of these:

CREOLE PUMPKIN

2 cups cooked pumpkin
2 tablespoons butter or substitute
Salt
Small pinch clove
½ teaspoon cinnamon
¼ teaspoon nutmeg
1 tablespoon sugar
½ cup brandy

Mix all ingredients together and heat slowly over low flame to dry out, stirring frequently to prevent burning. Serve with pork.

....PUMPKIN CUSTARD

1½ cups cooked and strained pumpkin
¾ cup brown sugar
1 teaspoon cinnamon
1 teaspoon nutmeg
½ teaspoon ginger
½ teaspoon salt
2 eggs, beaten
2 cups milk

Mix all ingredients together in order given and bake until firm in buttered custard cups set in a pan of hot water. Bake in a moderately slow oven.

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A Turkey Curry For Cool Weather

Since turkeys have been trotting to the table more often than usual this past half year, it has become increasingly necessary to enlarge the repertoire of uses for the left-overs.

What a tragic thing it would be to tire the family of unrationed bird simply by the lack of sufficient recipes to make him a bit different each time served.

As the weather turns cooler, tastes change, and we now find ourselves interested in dishes with a snappy flavor—and so we take the left-over turkey, and combine it with tangy curry powder for a—

TURKEY CURRY

1 cup mushrooms
1-3 cup minced onion
1 large apple, pared and diced
3 cups diced cooked turkey
6 tablespoons fat
3 tablespoons flour
½ teaspoon salt
1 to 1 and 1-3 teaspoons curry powder
1½ cups turkey stock and top milk or cream

Cook mushrooms, onion, apple and turkey in the fat until onion and apple are tender, 10 to 15 minutes. If fresh mushrooms are used, saute several minutes before adding other ingredients. Remove from heat, blend in flour, salt and curry powder. Add liquid and cook until thickened, stirring constantly. Place over hot water, cover and cook 15 minutes longer. Add more seasonings if desired.

Serve with hot rice cooked without salt. Serves 6.

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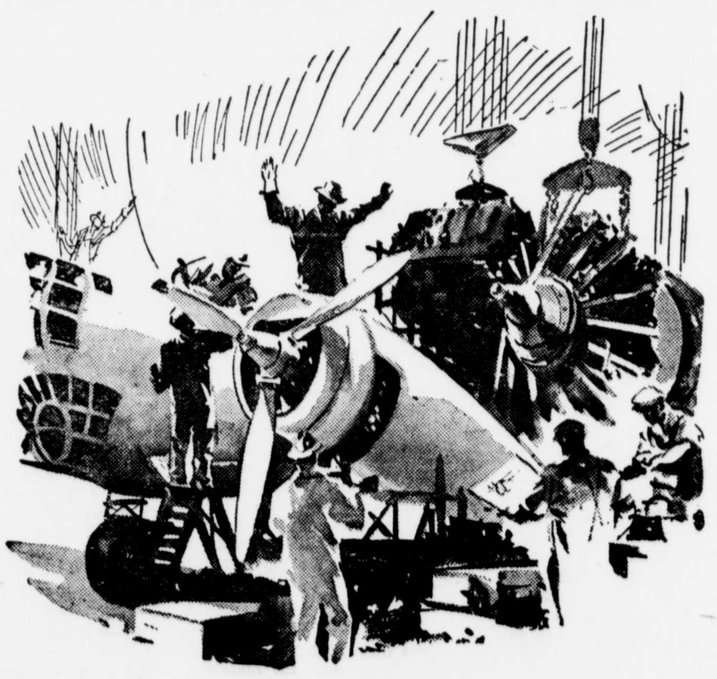

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