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

One needs different size needles for different threads. Get a supply now, and be careful of them—for all needles will be scarce. One should never stick the needle into the thread spool when through mending—it may become bent and damaged, or it may hurt your hands later. Put it back into the needle book right away where it will be protected until you want it again. One assorted book of needles, or a single package of each size you need, will last all through the war, if you are careful.

Toasters should have the crumbs brushed out, or the crumb tray removed and wiped off in types with this attachment. Keep your toaster clean and it will operate satisfactorily for years. Never clean toaster until it is cool and the cord disconnected.

Hot plates are excellent dinner service, but oven heat may crack them. Use a low oven flame for warming dishes, and rest them an asbestos pads. For oven baking use only pottery or glass that is marked heat-resistant or heat-proof.

To remove chewing gum from clothing, rubbing the gum with an ice cube facilitates removal of surface gum with a dull knife. Moistening gum with kerosene or carbon tetrachloride softens it for further knife removal. Imbedded particles must be thoroughly sponged with carbon tetrachloride.

Granulated, confectioners', brown and maple syrup, corn syrup, molasses honey and maple syrups, are all used in candy making, according to the flavor and texture desired. The light-brown sugar should be chosen rather than the darker brown, for a candy of delicate flavor. The same thing is true if corn syrup or molasses is used; the lighter color gives the less strong flavor.

Salad materials should be cut in uniform, well-defined pieces small enough so that they will not lose their shape in the folding process. If part of the celery to be used is tough cut it in fine pieces and cut the tender parts in larger pieces. In this way the toughness will not be detected.

Cut cold mush into slices about one-fourth of an inch thick, and saute until brown and crisp in a very little fat; if preferred, the slices may be sprinkled with flour, or dipped first in salted beaten egg and then in bread or cracker crumbs, before sauteing. Hominy and other cereals may be fried in the same way.

Small pastry shells or cases filled with creamed meat or game are called bouchees, and are very popular for entrees. They provide an excellent way of utilizing left-overs of chicken, sweetbreads, fish, etc. Paper cases, bought at the confectioner's, may be used instead of the pastry shells.

Poultry and game, unless they are in cold storage, should not be kept long uncooked. They should be drawn as soon as purchased, and should be kept in a cool place.

The bread for flat sandwiches should be a day old because it can be cut more easily than fresh bread. For rolled sandwiches fresh bread should be used. Bread baked in special tins which provide slices that are perfect squares or circles is economical when the crusts are to be removed, but any loaf of comparatively fine grain may be used.

Bread wrapped while hot molds quickly. Containers used for storing bread should be washed and aired frequently, and immediately if mold is found.

—V—

Poached Eggs

Heat salted water just to boiling in deep frying pan. Break eggs, one at a time, into a saucer and slip carefully but quickly into water. Water should cover eggs. Cover, remove from fire, but keep hot until white is set and a thin film is formed over yolk. Remove eggs with skimmer, Place on slices of buttered toast. Sprinkle with salt and a dash of pepper. Serve immediately. Egg poachers or muffin rings may be used. The rings should be buttered, placed in water, and each egg slipped into a ring.

Eggs may also be poached in a double boiler in hot water, hot milk, or a thin white sauce.

—V—

Foamy Sauce

2 tablespoons butter
1 cup powdered sugar
1 teaspoon vanilla
2 egg whites
½ cup boiling water

Cream butter and sugar in the top of double boiler and beat until light. Add egg whites one at a time and continue beating. Just before serving add boiling water in top of double boiler and heat until foamy. Add vanilla and serve immediately.

Vegetable Dishes Prepared With Wine

There was a time when the meat dish was the center of attraction—but possibly I shouldn't put it exactly that way, because if ever meat was the center of attraction it is at this very time when each bit of meat served is eaten with relish and eaten slowly to make it last longer—. Probably what I do mean is that the portion of meat isn't so large as to overshadow the rest of the menu and vegetables have taken a step forward. Since we must eat more vegetables, we have begun taking a keener interest in their preparation.

Well, say some, there are limitations to what one can do with a vegetable. But going back to the meat situation again—when we have a small bit of meat and want to make it "extra-special" we usually do so by preparing it with a bit of wine—so, if this does so much for that bit of meat why couldn't the principal be putting vegetables in a very interesting light such as these few:

CARROTS A LA CASERA

6 medium-sized carrots
1 onion, sliced
1 clove garlic, minced
1 tablespoon butter
1 tablespoon flour
½ cup broth
½ cup white wine
Salt
Pepper
1 egg yolk

Peel carrots and parboil for five minutes in boiling salted water, drain and slice. Prepare a sauce as follows: Fry the sliced onion slowly in butter until it begins to be tender, add garlic and continue to fry until a golden brown; add flour, blending well. Add broth and wine slowly stirring continuously. Season to taste with salt and pepper.

Place the sliced carrots in this sauce and simmer until tender. If the sauce is too thick, add a little more broth, or some boiling water. At the last minute, add the beaten egg yolk, and serve at once without further cooking.

FLEMISH RED CABBAGE

1 red cabbage, sliced
3 green apples
½ pound salt pork, chopped
Broth
Salt
Pepper
4 tablespoons brandy

Pare, core, and slice apples. Arrange cabbage in saucepan in alternate layers with apples and pork. Season, pour over sufficient boiling broth and cook rapidly, uncovered, for 10 minutes. Transfer to baking dish, and sprinkle with brandy. Cover and simmer for 1 hour in oven.

BAKED SQUASH A L'EVA

Yellow squash
Salt
White pepper
6 tablespoons sugar
1 teaspoon cinnamon
2 tablespoons sherry
Boiling milk
1 tablespoon butter

Pare yellow squash and cut six pieces of equal thickness and 3 inches square; set in baking dish and sprinkle with little salt and pepper. Pile on each piece 1 tablespoon sugar, being careful that no sugar falls on the sides or into the dish. Sprinkle each sugar pile with cinnamon and 1 teaspoon of sherry. Pour hot milk over the edge of the dish until surface of the milk is just below the tops of the squash. Place uncovered in a slow oven and cook until squash is nearly tender. Then put ½ teaspoon butter on each piece and continue baking until done.

—V—

No It Isn't

Have you a pet law that you want to see enforced? Well, it usually isn't, is it?

Pudding

Here is one pudding that every housewife will want to serve just the first day that she finds cranberries in her particular market:

STEAMED CRANBERRY PUDDING

1 cup flour
1½ teaspoons baking powder
½ teaspoon salt
½ cup bread crumbs
1-3 cup brown sugar
2-3 cup finely chopped suet
1 cup chopped cranberries
1 egg
1-3 cup milk or water

Mix the ingredients in the order given; turn into a well greased mold; cover with wax paper and steam two hours, never allowing the water to come more than two-thirds of the way up the sides of the mold. Turn out and serve with hard or Foamy sauce.

—V—

Pan Roasted Meat Loaf With Potatoes

In these days of hustle and bustle, every homemaker is thankful for what we call "quickies"—translated—this means a dish that will be completely satisfactory to the male member of the family who still believes that "the woman's place is in the home, but is alright with him if she goes out provided his meal is on the table on time and quite to his liking." Well, here 'tis!

PAN ROASTED MEAT LOAF WITH POTATOES

¾ pound ground beef
½ pound ground veal
1 egg, beaten
¼ cup bread crumbs
¾ cup water
Salt, Pepper
3 tablespoons fat
½ cup hot water
6 small potatoes

Have the butcher grind the beef and veal together. Mix with egg, bread crumbs and water. Season with salt and pepper. Mold into a compact loaf, and brown in the fat, turning as it browns but being careful not to break it apart. A heavy stewing kettle with a tight fitting cover is best to use. Then add the hot water and the potatoes, which have been parboiled for 10 minutes. Cover and allow to cook slowly until the meat is done, about 30 minutes. Add more water if neede. Makes 4 servings.

MUSHROOM SAUCE

¼ pound mushrooms
2 tablespoons minced onions
2 tablespoons butter
1 tablespoon flour
1 cup bouillon

Saute the sliced mushrooms and the onion in the butter for 5 minutes. Push the onion aside and mix and brown the flour with the fat in the pan Add the hot bouillon (1 bouillon cube to 1 cup boiling water). Coolk all together about 2 minutes or until thickened.

—V—

Brandied Peaches For Quick Dessert

The day that the homemaker is away from home doing her bit to help the war along, usually finds a hurried dinner. Fortunately, such dinners are available, requiring little time for preparation. All in the same breath—quick, tasty desserts are also available and will prove as satisfying as one would want. Such a dessert is:

BRANDIED PEACHES

8 canned peach halves
4 teaspoons melted butter
4 teaspoons finely chopped preserved ginger
8 teaspoons apricot or peach brandy

Invert peach halves in baking pan, pour over each ½ teaspoon melted butter, 1 teaspoon apricot or peach brandy and a sprinkling of finely chopped, preserved ginger. Bake for 10 minutes in a moderate oven (350 F.)

First Course Makes Meal Very Special

It is just too, too easy to slip into the habit of preparing the dinner, putting it on the table, calling the family, sitting down and eating!! In other words, many a homemaker forgets that at the dinner table, even to her immediately family—she can be "hostess" and be that graceful figure sitting at the head or foot of the table. To be a "hostess" though, the meal must be prepared with care and served accordingly. This by no means required a so-called "company dinner" every night—the meal can be as simple as possible, but can be given a very special touch by merely starting it with a canape or hors d'oeuvres.

These tempting tidbits require little time for preparation and are worth their weight in gold to any housewife who has seen the pleased expressions of her family.

CRAB MEAT IN ROLLS

8 finger rolls
1½ cups flaked crabmeat
1½ cups diced celery
2 hard cooked eggs, chopped
½ teaspoon salt
¼ teaspoon pepper
Dash of tabasco sauce
3 tablespoons lemon juice
½ cup salad dressing
Lettuce

Make a lengthwise cut in the center of top of each roll, spread apart and remove soft part. Mix crab meat, clery, eggs, salt, pepper, Tabasco sauce, lemon juice and salad dressing together and fill center of rolls. Place rolls in crisp lettuce to serve.

—V—

Yam And Grape-Fruit Casserole

With cooler weather, we naturally thing of more substantial meals—such as roast pork, or ham—and with either of these here is a wonderful accompaniment:

YAM & CASSEROLE, CASSEROLE

2 large yams
¼ teaspoon salt
⅛ teaspoon nutmeg
2 tablespoons cream
1 tablespoon butter
1 beaten egg
4 grapefruit sections
Candied grapefruit peel
Granulated sugar

Wash yams, cut off ends and boil until tender in salted water (1 teaspoon to 1 quart water.) Peel yams and mash fine with salt, nutmeg, cream and butter. Fold in the well beaten egg and put in a buttered casserole. Over the top arrange the grapefruit sections free from seeds and white skin, in pinwheel design, radiating from center. Between each section lay a strip of candied grapefruit peel. Dot with butter and sprinkle granulated sugar over the top. Bake in a moderate oven (350 F.) just long enough to heat thoroughly and melt the sugar in top. Makes 2 servings.

—V—

One can keep expenses down with frequent defrostings, if your mechanical refrigerator has no automatic defrost control. A quarter inch of ice on the coils is the signal to defrost. When coils are heavy with frost, the mechanism must work harder to coole the box.

—V—

A Tasty Breakfast For A Good Start

There is simply nothing in the world like a good breakfast to strat the day just "so." Everyone feels cheerful—there is no mad rush or undo excitement—and, in spite of the fact that we possibly won't have sausage for breakfast—we can strat the day well on its way with such treats as:

BRAN DOUGHNUTS

3 cups sifted flour
4½ teaspoons double acting baking powder
1½ teaspoons salt
¼ teaspoon nutmeg
2 tablespoons butter or other shortening
¾ cup sugar
3 eggs, well beaten
¾ cup milk
1½ cups whole bran shreds

Sift flour once, measure, add baking powder, salt and nutmeg, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together well. Combine eggs, milk, and bran; add to sugar mixture and mix thoroughly. Add flour in small amounts, beating after each addition until smooth. Chill until firm enough to roll. Turn out on slightly floured board. Roll 1-3 inch thick; cut with floured 1¾ inch doughnut cutter. Fry in deep fat (385 F.) until rich brown, turning frequently. Drain on unglazed paper and sprinkle with powdered sugar. Makes 3 dozen doughnuts.

CORN BREAD

1¼ cups sifted flour
2¼ teaspoons double acting baking powder
1 teaspoon salt
2 tablespoons sugar
1 cup corn meal.
2 eggs, well beaten
1¼ cups milk
4 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Add corn meal and mix well. Combine eggs and milk; add to dry ingredients, mixing well. Add shortening. Turn into greased 9-inch layer pan or 8x8x2 inch pan; bake in hot oven (425 F.) 40 minutes, or until done. Cut in wedge-shaped or square pieces.

—V—

Eggplant Oriental

Here is one more recipe for the preparation of an eggplant. If you haven't tried this one before, it will prove to be a favorite with the entire family—just try

EGGPLANT ORIENTAL

1 small or ½ large eggplant
2 tablespoons butter or fat
1 tablespoon flour
1¼ cups canned tomatoes
1 teaspoon grated onion
1 teaspoon sugar
¼ teaspoon salt
Dash of pepper

Peel eggplant and cut into 1-inch cubes. Boil in salted water for 5 minutes. Melt butter and blend in the flour. Strain can of tomatoes and gradually stir in the juice to form a smooth paste. Add onion, sugar and seasonings. When slightly thickened, add the drained eggplant and the tomato pulp. Simmer gently for 5 minutes and serve. This makes 4 servings.

—V—

Onion, Raisin Stuffing

Here is another tasty and different stuffing to serve with poultry or to use as a meat stretcher.

ONION AND RAISIN STUFFING

1 cup hot water or stock
1½ cups bread crumbs
1 egg
1½ teaspoons sage
1 teaspoon poultry seasoning
1 teaspoon salt
¼ teaspoon pepper
2 small onions
½ cup raisins
Chopped parsley
Chopped celery tops
¼ cup melted shortening

Pour hot water or stock over the bread crumbs, add the beaten egg and other ingredients. Mix lightly but thoroughly.

—V—

Lamb Balls With Currant Jelly

We are sometimes inclined to pity the housewife who is required to do "cooking for two"—of course, she can't have a huge roast—but now days, who can?

Here is a dish just sufficient for two, but the recipe can be enlarged to serve any number:

LAMB BALLS WITH CURRANT JELLY

½ pound breast or shank of lamb, ground
Salt and pepper
1-3 cup bread crumbs
2 tablespoons fat
2-3 cup currant jelly

Season the ground lamb with salt and pepper, add the bread crumbs, well moistened with water. Shape into balls and saute in the fat for 2 minutes on each side then reduce the heat and cook slowly for 20 minutes, turning frequently. Melt currant jelly and pour around meat balls before serving.

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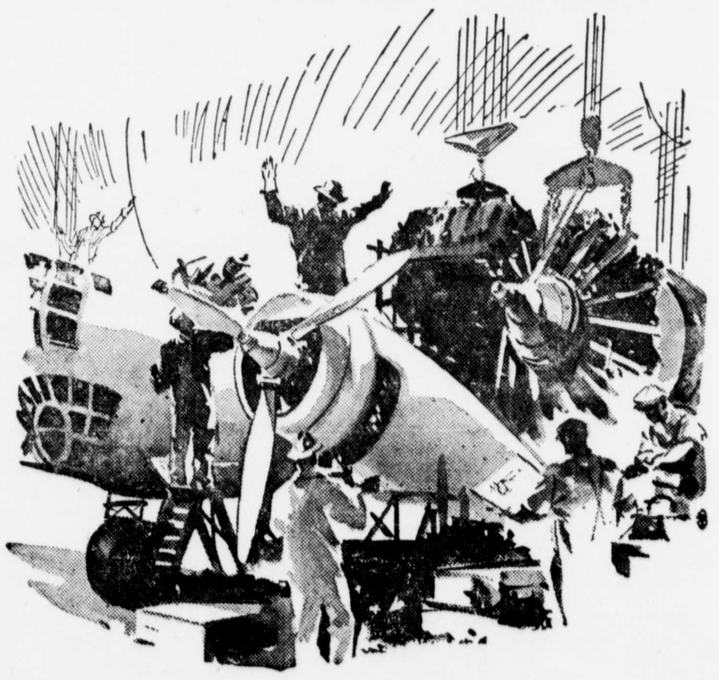
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