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

Leaks in water tanks of boilers can be sealed (1) by slipping the head of a toggle bolt through the gasket and brass washer on the outside and thoroughly tightening nut; or (2) with a screw tap plug of the proper size.

Butter slices of toasted bread. Cover with a thin slice of boiled ham or bacon, spread with mustard, and cover with a layer of thinly sliced or grated cheese. Place the slices in the oven until the cheese is melted. Garnish with minced parsley and serve at once.

For a breakfast suggestion, cut old fashioned country sausage in thin rounds, fry to a delicate brown and serve between hot pancakes of the same size as the sausage slices.

Clam broth may be served hot or cold, in cups with a heaping teaspoon of whipped cream, into which has been beaten a little salt and pepper, placed upon the top of each cup. The cream adds richness to the flavor of the soup and increases its nourishing properties.

Venetian blinds can be made to last indefinitely if properly cared for. Brush off each slat individually, every week, with a soft Venetian blind brush, or use your vacuum cleaner attachment. Wipe with a moist (not wet) cloth if desired, and dry promptly. Do not wet the slats or other parts. Look at the cords when you clean If you notice the beginning of wear or fray, don't wait until the blind collapses. Call the dealer you bought from, who knows the right way to repair his blinds.

For kidneys en Brochette split the kidneys, put over the fire in cold water and bring to the boiling point rapidly Drain, wipe and slice each half. Arrange these slices on small metal skewers, alternating with slices of fat bacon the same size. Broil quickly and serve on toast, leaving the skewer in.

Frozen pudding consists of plain ice-cream to which a combination of fruit and nuts with crumbs, cake-crumbs or powdered macaroons is added.

Rips in upholstery can be mended almost invisibly by applying a piece of adhesive tape a little longer than the tear or rip, underneath the fabric sticky side up. Press the torn edges together closely and firmly, with the raveled threads underneath.

Pare and core the required number of apples and bake, steam or boil in syrup until tender. Cool. Cover the bottoms of individual molds with lemon jelly, put in apples and cover with jelly. Unmold and serve with meringue or whipped cream.

To blanch almonds, shell the nuts and pour boiling water over them. Let them stand from two to five minutes, until the brown skin can be slipped off with the fingers. Pour off the water and remove the skins.

Rips and tears get bigger in the laundry. Save the family's clothes by repairing before washing.

After baking or broiling, leave the oven door open to allow cooling and escape of moisture. Don't store food in the oven—it won't preserve the food and may cause rust in the oven.

—V—

Broiling Meat

Steaks	**Chops**	**Tenderloin**
Fillets	**Cutlets**	**Hamburger**
Bacon	**Sliced Ham**	**Sausage**

Broiling is a quick method of cooking by direct dry heat in a broiling oven a frying pan, or over live coals.

To Oven Broil, use meat 1½ to 2 inches thick. Preheat oven 10 minutes. Trim excess fat from meat. Grease hot broiling rack with piece of fat. Place meat on rack in broiling oven. If a gas-stove oven is used, have steak 2 or 3 inches below flame and leave the door open. Sear quickly on one side until light brown. Turn sear other side; then reduce heat and cook to desired rareness, turning occasionally. Time usually required for meat 1½ to 2 inches thick is as follows:

Rare 12 minutes! Medium, 20 minutes! Well done, 30 minutes.

To Pan-broil, heat frying pan hissing hot. Rub sparingly with a piece of fat. Sear meat quickly on each side. Reduce heat and finish cooking, turning occasionally. Let meat stand on edge when nearly done to brown outside fat. Pour off excess fat occasionally. Time for cooking meat varies with thickness.

—V—

Cheese Rice Balls

2 cups cold boiled rice
½ cup grated cheese
¼ cup flour
1 egg
1 cup milk
Sifted bread crumbs
Salt

Mix the rice with the cheese and sift in the flour. When well mixed, add stiffly beaten white of eggs and form into small balls. Roll in sifted bread crumbs. Fry in deep hot fat and drain on unglazed paper. If the rice has not been boiled with sufficient salt, add a little before forming into balls.

—V—

Dutch Apple Cake With Lemon Sauce

There are ever so many menues that seem to definitely call for an apple dessert—though it is true that everyone won't require the apple dessert with the same menu. Some think an apple dessert is a "must" after a fish dinner, others desire one after say, duck—but no matter—when apple desserts are in order one should always remember a Dutch apple cake for a sure bet.

DUTCH APPLE CAKE
2 cups sifted cake flour
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons butter or shortening
1 egg
2-3 cup milk (about)
4 sour apples
2 tablespoons sugar
Cinnamon

Sift flour once, measure, add baking powder and salt and sift again. Work in shortening with tips of fingers blender, or knives, add milk with the well beaten egg, and mix quickly with a knife. The dough must be soft enough to spread in a shallow baking pan. Have ready, pared, cored and cut in quarters, the apples, and when dough has been spread in the buttered pan, press apples into dough in parallel rows. Sprinkle the apples with the sugar and a little cinnamon. Bake in a hot oven (400 F.) one half hour, or until done. Serve hot with—

LEMON SSAUCE
2 cups hot water
1 cup sugar
1 lemon rind and juice
2 tablespoons cornstarch
2 tablespoons butter or substitute

Mix the sugar and cornstarch, add the boiling water gradually, stirring constantly. Cook 8 to 10 minutes, add lemon juice and butter. Serve hot. If stronger lemon flavor is desired, add grated lemon rind.

—V—

Hunter's Rabbit

1 rabbit
6 slices bacon
¼ pound mushrooms
1 onion
1 tablespoon butter
1 bay leaf
Garlic
1 sprig thyme
Salt and pepper
1 tablespoon browned flour

Rub the bottom of a deep earthenware baking-dish with garlic and line it with 4 strips of bacon. Skin, clean and remove the fine skin from the rabbit; disjoint and cut in medium-sized pieces, rubbing each piece with salt and pepper. Mix the chopped onion, sliced mushrooms, crumbled thyme, and bay leaf with the rabbit and put the mixture into the baking-dish. Sift over all the browned flour and cross 2 pieces of bacon on top; pour 1 cup of water into the dish; put a close-fitting cover on and cook in a moderately hot oven (350-400 F.) for 2½ hours without removing the top. Serve in the baking dish.

—V—

Coventry Tartlets To Replace Usual Pie

In place of the usual pie, which we grant is a very popular dessert, try serving a tasty tartlet, such as these—

COVENTRY TARTLETS
½ pound cream cheese
½ cup sugar
¼ cup butter or substitute
2 egg yolks
½ teaspoon salt
¼ teaspoon nutmeg
1 tablespoon orange-juice

Mix the cheese with the other ingredients until creamy. Line a dozen deep molds with puff or flaky paste. Prick and fill with the cheese mixture. Bake in a hot oven (450 F.) for ten minutes. Then reduce the heat to (325 F.) and bake until golden brown and firm. When done, turn upside down on a sheet of paper and leave to cool. Spread each tartlet with apricot or currant marmalade, quince or apple jelly or greengage jam.

—V—

Ribs And Kraut For A Cool Day

It is perfefctly possible that tomorrow might be a warm day—but if today is the slightest bit on the coolish side our mouths start watering for those tasty dishes of last winter—spareribs and sauerkraut for one example, and such a good thought it is that here they are:

SPARERIBS AND SAUERKRAUT
3 pounds spareribs
3 cups sauerkraut
¼ cup brown sugar
Salt and pepper

Choose spareribs with meat on them Place on rack in roasting pan, in a hot oven (500 F.) and bake for 20 minutes, or until the ribs are nicely browned. Reduce heat to (300 F.), place the sauerkraut on the ribs, sprinkle with brown sugar. Return to oven and bake until tender, 1 hour or (2)—Brown the pieces of spareribs on each side in a frying pan with pork fat. Season the meat with a little salt, pepper and poultry sasoning; place half of the kraut in a casserole, add the meat then the balance of kraut and boiling water to cover. Bake in a slow oven about two hours, closely covered, and serve with mashed potatoes.

—V—

Canned Vegetables At Their Best

Susan Snow

How smart are we (me too) who spent those hours over a hot stove last summer "puttin up". It's just more fun and such an independent feeling to be able to saunder through the markets, and, if nothing suits us—Oh well, we have a basement filled with jars of home canned foods—we'll just open one for dinner, and there is the vegetable situation well in hand.

Speaking of the supply of home canned foods, brings to my mind a woman with whom I had a passing acquaintance. She gave me a very fancy idea. It seems that she did her summer canning—she was supplied with most of the fruits, vegetables etc. from her own garden—it wasn't a Victory in those days, just the hobby of a smart housewife. Since the cost of canning was slight, during the winter months when she used these products, she paid herself for each and every jar out off her household money. She said that aside from seeing food on the table, she was seeing extra spending money in her pocket. The idea, I think, is intriguing.

There will be numerous occasions during the coming winter when we will be pressed for time and in these instances we will be very apt to utilize our home canned vegetables "as is", By merely opening the jar and boiling them the required time, so when time permits, everyone will certainly want to present these things at their best dressed up a bit as in the following recipes.

ESCALLOPED STRING BEANS
2 tablespoons butter or other shortening
5 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1½ cups milk
2 cups string beans (small pieces)
1½ cups soft bread crumbs

Melt butter, add flour, salt and pepper and blend until smooth. Add milk gradually and bring to boiling point. Stir constantly to prevent lumping. Remove from fire. Put a layer of bread crumbs in the bottom of a greased baking dish, then a layer of string beans, pour some of the white sauce over them and continue the layer until all ingredients are used. Spread a layer of crumbs on top and dot with butter. Bake in a hot oven (375 F.) for 10 to 15 minutes.

SPINACH SOUFFLE
2 cups canned spinach
2 egg yolks
1 cup milk
2 egg whites
½ teaspoon salt
½ teaspoon paprika

Add milk and seasoning to spinach add beaten egg yolks and mix well. Last fold in the well beaten egg whites. Turn into well-buttered baking dish and bake in a moderate oven until firm.

VEGETABLE LOAF
½ cup canned carrots
½ cup canned or fresh cooked parsnips
½ cup cooked onions
½ cup canned green peas
½ teaspoon kitchen bouquet
1 tablespoon minced parsley
2 eggs, beaten

Press the carrots, parsnips, onions and peas through a colander, season with salt, kitchen bouquet and add minced parsley. Add beaten eggs and enough bread crumbs, not too stale and not too fine to absorb excess moisture and make a mixture that will hold it's shape. Form into a loaf and bake until hot through and brown on top. A cheese sauce and fresh tomatoes are excellent accompaniments to this dish.

—V—

Philadelphia Scrapple

Farmers are very conscientiously looking over the hogs these days to see which is and isn't ready to butcher, and so shortly, there will be sausage making, meat smoking, and the making of

PHILADELPHIA SCRAPPLE
1 small hog's head
4 hog's feet
Corn meal
1 tablespoons sage (scant)
Salt and pepper
Cayenne

Wash the head and feet; scrape, and wash again. Cut the head in two and remove eyes and brain. Cover the meat with cold water and simmer in covered vessel until the flesh falls away from the bones. Take out the meat and chop it, and then return to the water. Add seasonings and, while the mixture is boiling, sift in enough corn meal to make a good mush. Cook very slowly for 1 hour. Rinse baking pans with cold water and pour in the scrapple; set aside in a cool place, and when cold and stiff cut in fairly thin slces and fry a delicate brown.

If hog's heads are difficult to get, 2 pounds of fresh pork (cheap cuts) and pig's feet may be substituted.

It is almost impossible to make scrapple in very small quantities but it will keep for several weeks in a cool cellar or refrigerator.



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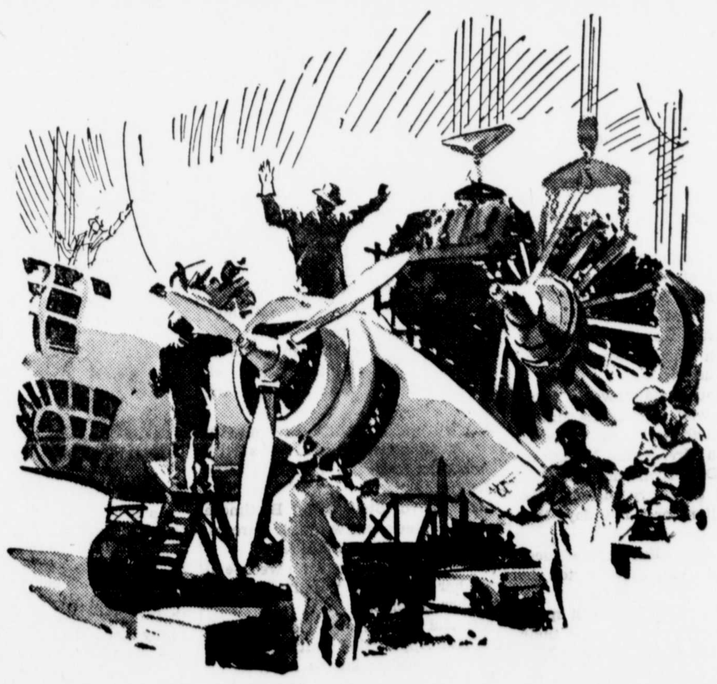
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