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

Stone dates or prunes and stuff them with fondant which has been colored pink and flavored with rose water. A whole nut-meat should be inserted with the fondant.

All glandular organs (meat) require careful cooking at low temperature. Overcooking toughens them and destroys their delicious flavor, making them almost tasteless.

Use cookie cutters in any small design to cut sliced bread for taosting on a cookie sheet or large pan. Or use the cutters on biscuit dough and bake or fry in deep fat. These make very nice soup accessories.

Fish stews are made of milk and the juice of the fish which gives flavor to the soup. They differ from the cream soups in that they need not be thickened, though they often are, and from the chowders in being less complex in composition.

Mix peanut butter with chili sauce to form a paste. Spread slices of hot brown bread or toasted graham bread with butter, add the mixture and put the slices together with crisp lettuce leaves between. Garnish with slices of dill pickle.

A slow drip, from one faucet, can waste ten gallons of water a day. That water may cost you money on your water bill. If it's hot water, you're wasting the fuel needed to heat it.

Warm air heating systems will give more satisfaction if grills are removed from the registers from time to time, and accumulated dirt thoroughly wiped off the inside. These should be replaced tightly to prevent streaks on the walls. If your warm air system does not have a return duct in each room, you must leave room doors open in order to get proper air circulation and warmth. And don't block duct outlets with pieces of furniture.

The hose you now have will give you good service "for the duration" if cared for and repaired. Get extra life from garden hose by these seven simple "stunts". 1. Drain thoroughly after using. 2. Roll into large loose coil avoiding sharp bends. 3. Store coil flat in a cool dry place, preferably the cellar. If hose is hung, put over gasket or rounded object to prevent sharp bends. 4. Don't let the hose trali through oil drippings when using. Oil eats rubber. 5. Don't pinch, bend or double up hose to stop water flow, even for a minute. This strains and wears out the hose. Walk over to the valve instead. 6. Don't step on, drive over, or roll things across your hose, whether or not in use. 7. Don't leave hose exposed in sun; the rubber dries out.

In making soup stock, cut the meat in small pieces and saw or crack the bones. This is done to increase the surface exposed to the action of hot water.

When pan broiling, the meat is placed in a sizzling hot skillet and browned on both sides. Reduce temperature and cook until as well done as desired, turning from time to time.

One should always read paint labels for special instructions before using. Many modern paints have been developed for certain purposes only, or are compounded so that special instructions must be followed for highly satisfactory results. Take advantage of the manufacturer's research to make painting jobs easier.

Protect the finish on tables,etc., by occasional waxing, following directions on cans or bottles labeled for furniture or automobil use. Keep good furniture away from open windows or hot radiators as heat and moisture hurt wood.

—V—

Baked Eggplant With Cheese

Even though we seldom ever serve eggplant as often as say, peas—when we do plan to have one for dinner it will be a good and very tasty idea to serve it in a way different from our usual way. A change is always a pleasing surprise.

BAKED EGGPLANT WITH CHEESE

1 large eggplant
¾ cup Italian tomato sauce
4 tablespoons butter or substitute
Grated Parmesan cheese
Salt

Peel the eggplant, slice it and sprinkle well with salt to extract the bitter juices. Let stand 1 hour, then wash and drain. Heat 3 tablespoons of butter in a large frying pan and fry the slices until they are a light brown on both sides. Cover the bottom of a baking dish with the slices pour a little of the Italian tomato sauce over them, and sprinkle lightly with Parmesan cheese; put in the remainder of the eggplant slices, moisten with the rest of the sauce, and sprinkle more cheese over all. Dot with butter and bake in a moderate oven ¼ hour.

Interesting Soups To Be Prepared In Kitchen

On a cold night, it's a wonderful thing to sit down to a bowl of good hot soup. This means that there must be variety, and since we can no longer depend on canned soups for all occasions, we must make it at home.

There are numerous points in favor of this soup making in the home—if nothing else, the fact remains that it is home-made soup. It might be that last summer you "put up" a supply of soup mix—for various vegetable soups, or you might have put up chowders, or, you can take a combination of the vegetables you did put up and make soup for them. Still, it might be necessary for you to buy fresh ingredients, in which case, it will be well worth your time and efforts to plan such interesting soups as these:

BORTSCH

2 quarts soup stock
½ small cabbage
3 medium sized beets
1 potato
1 tablespoon butter
1 tablespoon fluor
1 teaspoon lemon juice
Sour cream

Peel and shred the beets into thin strips, and shred the cabbage. Rinse both in cold water and put into a saucepan with the butter, over a very low fire, adding no water except that which stays on the vegetables after rinsing. Cook for 15minutes over the lowest possible fire in tightly covered saucepan; then sift in the flour, and when thoroughly mixed with butter and vegetables, add the soup stock and medium-sized raw potato. Let simmer very gently for 1 hour, then carefully remove the potato, mash it well, and put it back in the soup. Add lemon juice, salt, and a very little pepper. Serve with a bowl of sour cream a tablespoon of which should be put in each soup plate. In the original recipe a small lump of citric acid the size of a pea takes the place of the lemon juice.

BAKED BEEF SOUP

1 pound lean beef
2 small carrots
2 small turnips
Celery tops
1 tablespoon chopped parsley
3 medium-sized onions
6 half slices toast
4 cloves
2 peppercorns
½ teaspoon thyme
½ bay leaf
1 potato
1 tablespoon sugar
Salt

Cut the beef into small cubes and put them in a baking dish with a cover; add sliced carrots and turnips, chopped onion, and a small cheesecloth bag containing pepercoprns, cloves, celery tops, bay leaf, and thyme. Pour in 2 quarts cold water. Cover closely, and cook for 4½ hours. Remove the bag of seasoning; add raw potato cut in dice, sugar and salt. Cook 1 hour longer, add very dry toast and serve.

BLACK BEAN SOUP

1 cup black beans
1½ quarts water
1 onion
1 tablespoon fat for sauteing
2 stalks celery
1 lemon
2 tablespoons butter
2 tablespoons flour
2 hard cooked eggs
½ teaspoon mustard
Pepper
Salt
Paprika

Soak the beans over night. In the morning, drain them and cover with the cold water. Add sliced onion, which has been browned in the fat, also stalks of celery broken into 1-inch pieces. Simmer until beans are soft, adding more water from time to time. Press through a sieve, again bring to a boiling-point, and then add seasoning of mustard, peper, salt, and paprika to taste. Bind with a roux of butter and flour to prevent the soup from separating. Cut the eggs and lemon in thin slices, and add these to the strained soup just before serving.

—V—

Fried Vegetables

Eggplant - Potatoes - Onions

Fried Eggplant. Pare, cut in ¼ inch slices, and sprinkle with salt and pepper. Dip in sifted flour, then in egg, and last in sifted bread crumbs. Fry in deep fat (370 F.) until tender and brown. Drain on unglazed paper. Serve immediately.

French Fried Potatoes. Wash and pare small potatoes. Soak in cold or ice water 1 hour (if desired, parboli 2 or 3 minutes to shorten frying time; then drain). Dry thoroughly between towels. Drop a few at a time, into deep fat (390 F.) and fry until crisp and brown (about 5 minutes). Drain on unglazed paper Sprinkle with salt, and serve immediately.

French Fried Onions. Peel Onions and cut in ¼-inch slices. Separate into rings. Dip in milk, drain then dip in flour. Fry in deep fat (370 F.) until brown. Drain on unglazed paper, sprinkle with salt and serve immediately.

—V—

BUY MORE BONDS!

Quail Baked In Wine

Due to the fact that ammunition is needed elsewhere, there will be but few people hunting this fall, but possibly you can catch a few quail running around, or someone might furnish them. If so, try them this way for a change:

QUAIL BAKED IN WINE

½ cup fat
2 small onions, minced
2 whole cloves
1 teaspoon peppercorns
2 cloves garlic, cut fine
½ bay leaf
6 quail, cleaned and trussed
2 cups white wine
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
1 teaspoon minced chives
2 cups cream or evaporated milk

Melt fat, add onions, cloves peppercorns, garlic and bay leaf; cook for several minutes. Add quail and brown on all sides. Add wine, salt, pepper, and cayenne and chives and simmer until tender, about 30 minutes. Remove quail to hot serving dish. Strain sauce, add cream and heat to boiling point. Pour over quail. Allow 1 quail for each serving.

—V—

Steamed Vegetables

Squash White Potatoes
Sweet Potatoes Beets
Carrots Parsnips Spinach

Cut prepared vegetables into serving size (except beets) and place in perforated upper part of steamer. Cover tightly and fit into lower part of steamer which should be filled with rapidly boiling water. Steam until vegetables are just tender. Steaming requires a little longer time than boiling. The time varies according to the size of the pieces into which the vegetables are cut. In general, allow from ¼ to 1-3 longer for each vegetable than the time specified. Remove from steamer, add salt, butter, and any other seasonings. Serve immediately.

This And That For Good Salads

Salads are such interesting things for , when one stops to consider, there aren't many known ingredients that we don't try to make in one. We use fruits, vegetables, of all kinds, nuts, cheese, meats, poultry, and whatever else we usually have around the house. It is mainly a case of having a good imagination. If your imagination hasn't gone this far, then try:

STUFFED OLIVE SALAD

1 large bottle Spanish olives
1 cake cream cheese
½ cup chopped nuts

Cut olives in halves lengthwise and remove pits. Chill. Mix cream cheese to a paste with mayonnaise. Shape into small balls and roll in chopped nuts. Put the cheese balls between the halves of olives and press together slightly. Arrange in nests of crisp lettuce leaves and serve with French dressing.

—V—

Grapefruit Pie

1 cup sugar
⅛ teaspoon salt
4 tabelspoons cornstarch
½ cup water
1 cup grapefruit juice
1 tablespoon butter
2 egg yolks beaten
1 baked pastry shell

MERINGUE

2 egg whites
6 tablespoons confectioners' sugar
2 tablespoons grapefruit juice

Combine sugar, salt and cornstarch add water and grapefruit juice and cook slowly, stirring constantly, until thick. Simmer 5 minutes, add butter and egg yolks and remove from heat. Beat well; cool. Turn into pastry shell. Beat egg whites until stiff, add sugar slowly and stir in grapefruit juice. Cover top of pie with meringue and bake in slow oven (300 F.) 10 to 15 minutes or until meringue is browned lightly. Makes one 9- inch pie.

Creole Tripe

2 pounds tripe
1 calf's foot
3 bay leaves
2 cloves garlic
8 whole cloves
4 sprigs parsley
2 sprigs thyme
1 stalk celery
½ pound bacon
2 onions, sliced
1 large carrot, sliced
Salt
Peppercorns
Cayenne
Wine or cider

Wash the fresh tripe thoroughly, plunge it into boiling water for an instant, and cut into pieces about 1½ inches square. Take a large earthenware casserole with a top, that can go into the oven, and line it with half of the bacon, cut in squares. Put in a layer of all the vegetables and seasoning then a layer of tripe, another of bacon, more vegetables and another layer of tripe, topping with another layer of bacon. Place a well-washed calf's foot, which has been split in two, on top of the other ingredients, and pour either a glass of white wine or 2 cups of cider over all. Put the top of the casserole and seal with any kind of dough. Bake in a very slow oven 5½ or 6 hours.

With this, serve only a green salad and follow with a dish of fruit.

—V—

Sweet Potato Puff

2 cups mashed sweet potatoes
2 tablespoons fat
1 egg
Salt and pepper
¼ cup milk or cream

To the mashed sweet potatoes add the melted fat, seasonings and milk. Beat the egg-yolk and white separately, add the yolk to the potato mixture, and then fold in the white. Put into a baking-dish or individual molds set in a pan containing hot water and bake (375 F.) until puffy and brown.

Date Muffins For A Breakfast Treat

It seems that most women are satisfied with a breakfast of fruit, toast and coffee. Why? The answers are various and assorted, but nearly all women will admit that this particular breakfast just 'doesn't do" for the rest of the family—no indeed, they want cereals, and hot breads and good fat eggs and bacon or sausage when possible. In fact, it seems that many a family likes to be treated to surprises at the breakfast table just as much as at dinner. Here is one such treat:

DATE MUFFINS

2 cups sifted flour
2 teaspoons double acting baking powder
½ teaspoon salt
2 tablespoons sugar
2-3 cup finely cut dates
1 egg, well beaten
1 cup milk
4 tablespoons melted shortening

Sift flour once, measure, add baking powder salt and sugar, and sift again. Add dates. Combine egg, milk and shortening, add to flour, beating only enough to dampen all flour. Bake in greased muffin pans in hot oven (425 F.) 25 minutes, or until done. Makes 12 muffins.

To remove paint from clothing soak in or sponge with turpentine, kerosene or carbon tetrachloride.

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