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

Fresh killed ducks or turkeys are better than the cold-storage variety, but these may be kept several days longer than chickens before losing their flavor.. The feet of a young turkey are black; of the old birds, grayish. Dry picked fowls keep better than those that have been scalded to remove the feather, but scalding does not otherwise affect their quality. They should be well bled and cooked quickly if feathers are removed by scalding.

Uncooked celery knob, shredded and soaked a few hours in cold water, is a good addition to a mixed salad using mayonnaise dressing.

A maraschino cherry in the center or a sprig of mint will dress up a grapefruit half.

One should preserve woodenware and put off replacement cost. Serving trays can be protected for long life by waxing with furniture wax. Salad bowls, cheese boards, bread boards, stirring spoons, all may be preserved by rubbing well with salad oil before and after use. Be sure to wipe off surplus oil. Washing if any, should be quick, in lukewarm water. Soaking, steel wool and strong soaps wear out woodenware of any kind.

If a double crust is used for pies, slits to allow for the escape of steam should be made in the top and the edges of both crusts pressed together with the tines of a fork or fancy fluter.

Minced chives or parsley sprinkled on the top of poached eggs is a nice garnish and gives additional flavor.

Small amounts of cold meats or chicken will go farther in sandwiches and will spread better when chopped fine and mixed with mayonnaise or with chopped hard-boiled egg and mayonnaise.

For clover-leaf shaped rolls, do not roll dough, but break off very small portions from the dough, roll into balls, moisten inner sides of balls with butter and place in threes in greased muffin tins. Balls should be about the size of a walnut.

Knitted and woolen garments should be traced for shape before washing—using a large piece of paper or muslin. When ready for drying, spread over outline, pulling to correct shape. Use pins if needed to hold shape while drying. Use wooden forms or wire frames for drying woolen hose to correct size. Don't use hot irons or radiator heat on knitwear or woolens.

—V—

Yeast Breads

For success in making yeast breads it is necessary to create and maintain the conditions best suited to the growth of yeast plants. Warmth (a lukewarm temperature) is essential. Dissolve yeast in lukewarm liquid. A good test for lukewarm is to put a drop of the liquid on the wrist. If it feels neither hot nor cod, it is lukewarm. When dough is mixed and thoroughly kneaded, place it in a greased bowl, and brush the surface with melted fat to prevent a crust forming. Cover the bowl and set it in a warm place free from drafts. Cut the dough down when it has risen to double its original bulk, for overrising produces a yeasty taste in the finished bread or rolls.

The use of cake flour in yeast mixtures makes possible a very quick rising period without the addition of extra yeast. Because of its delicate, tender gluten, most cake flour does not resist the action of yeast. Rolls have a remarkably fine, soft texeure.

BUY MORE BONDS!

Potato Buns

(Made in 2½ hours)

½ cup mashed potatoes
½ cup milk, scalded
1 cake compressed yeast
¼ cup lukewarm water
4 cups sifted cake flour (about)
1 egg, well beaten
2 tablespoons sugar
1 teaspoon salt
3 tablespoons melted butter

Combine potatoes and milk. Cool to lukewarm. Soften yeast in water and add to potatoes. Add enough flour to make a batter, beating well. Cover and let rise in warm place until light. Add egg, sugar, salt, butter, and remaining flour to make a soft dough. Knead lightly until smooth. Place in greased bowl, cover, and let rise again until double in bulk. Roll out ½-inch thick. Cut with floured biscuit cutter. Place in greased pan. Let rise until double in bulk. Bake in hot oven (400 F.) about 15 minutes, or until done. Makes 12 to 15 buns.

—V—

Macaroni Pudding And Mushroom Sauce

To date we have certainly always been able to rely on macaroni in one combination or another, for a fine meatless menu. Since we will want to continue using it and not run the risk of tiring the family, serve it in the following combination soon:

MACARONI PUDDING

1 cup macaroni
1 cup cream
1 cup soft bread crumbs
¼ cup butter or substitute
3 eggs, separated
1 chopped canned pimento
1 tablespoon parsley
1 teaspoon onion juice
1 teaspoon salt
1 cup grated cheese

Grease a mold lined with oiled paper. Boil macaroni, and chop fine. Scald cream and pour over soft bread crumbs. Mix butter, finely chopped parsley, seasonings, cheese and well beaten egg yolks. Mix all together well. Add stiffly beaten egg whites. Pour into mold and bake in a pan of water, in hot oven (400 F.) 1 hour. Turn out on hot platter and serve with

MUSHROOM SAUCE

1can mushrooms
1 cup brown sauce
1 teaspoon chopped parsley

Add mushrooms that have been drained, rinsed and quartered, to the hot brown sauce. Serve hot.

BROWN SAUCE

2 tablespoons butter or other fat
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup hot mushroom liquid and beef stock

Brown the butter or fat and, if desired, add a small onion, chopped, and when brown add the flour, let brown well, add 2-3 cup of the hot liquid and gradually the rest of the seasoning. Let cook five minutes. Makes 1 cup sauce.

—V—

Mince With And Without Meat

Since it is claimed that the longer it sits, but better the flavor now seems to be a good time- to "put up" the mince for the winter pies. Now since meat is rationed, some will prepare it with the meat, but others will find it more convenient to have it without-here are both ways:

,5 lbs. boiled round of beef 1½ lbs. suet
4 quarts greenings
1 tablespoon salt
1½ pounds seedless raisins
1½ pounds currants
1½ pounds light brown sugar
2 quarts sweet cider
1 pint brandy
2 teaspoons allspice
2 teaspoons cloves
2 teaspoons cinnamon
1½ nutmegs

Chop separtely beef, suet, and apples; mix well together with salt. Add raisins, currants, sugar dissolved in cider. Heat gradually, stir occasionally, and cook slowly 1½hours, then add brandy and spices Fill into sterilized jars, seal and keep in a cool place.

MINCE WITHOUT MEAT

1 cup currants
½ pound peeled and cored apples
½ pound suet, chopped fine
½ pound brown sugar
½ cup lemon rind, chopped fine
1 cup seedless raisins, cut in pieces
½ cup orange juice
¼ cup lemon juice
1 1-3 cup brandy

Chop apples fine, mix all ingredients well together, put in sterilized jars and seal. Keep in cool place until wanted.

—V—

Sea Food Cocktails

Oyster or Clams on Half-sheel—Serve chilled oysters or clams, freshly opened, on deep halves of shells. Arrange on deep plates of crushed ice, allowing 6 to a serving. Serve with a wedge of lemon and a small glass of cocktail sauce.

Oyster or Clam Cocktail—Allow 6 or 8 chilled small oysters or clams to a serving. Mix with cocktail sauce, lemon juice and salt to season. Arrange in cocktail glasses, place in cracked ice, and garnish with lemon or water cress.

Shrimp, Crab or Lobster Cocktail—Use freshly cooked or canned fish. Chill. Flake crab meat or lobster with fork. Cut out black vein through center back of shrimp. Serve on bit of lettuce or water cress in cocktail glasses, with cocktail sauce mixed with or poured over fish. Garnish with lemon.

COCKTAIL SAUCE

2 tablespoons prepared horseradish
¾ cup ketchup
3 tablespoons chili sauce
2 tablespoons lemon juice
Dash of salt

Combine ingredients and blend. Chill thoroughly. Serve with oyster or clam cocktail, or with cooked fish. Makes 1 cup sauce.

—V—

Fruit Salads For Cold Weather

A fruit salad is every bit as popular with winter meals as with summer ones. Some serve them with the meal, others serve them at the end and have the fruit salad do double duty—salad and dessert.

If you are in the habit of serving green salads most, if not all the time, for a pleasing change try one of these:

PEACH CUP CALAD

12 canned peach halves
½ cup celery
¼ cup chopped nuts
¼ cup seeded raisins
2 to 3 tablespoons apple butter

Arrange twin nests of lettuce on individual salad plates. In each nest place a half of a peach. Combine celery, nuts, raisins, and the apple butter. Fill the centers of the peaches with mounds of this mixture. Place a spoonful of mayonnaise between the peach halves.

BRAZILIAN SALAD

2 cups white grapes
1½ cups orange pulp
½ cup Brazil nuts

Remove the skins from the grapes, cut in halves and take out seeds. Cut orange sections in pieces of uniform size and the nuts in thin strips. Chill the fruit, add the nuts and mix with French dressing. Serve on crisp lettuce or romaine with fruit salad dressing.

—V—

Beef Broth with Tapioca

1 pound beef, diced
7 cups cold water
1 cup carrots, diced
¼ cup celery, diced
1 slice small onion
Small piece bay leaf
1¼ teaspoons salt
2½ tablespoon quick-cooking tapioca

Cover meat with cold water and bring slowly to boiling point. Simmer gently 3 hours. Add vegetables and seasonings and cook 30 minutes. Strain. Chill; remove fat. Bring to a boil; add tapioca gradualy and boil briskly about 1 minute, stirring constantly. Serve hot. Serves 4 to 6.

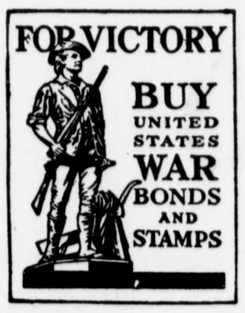
A clearer soup is secured by putting meat into boiling water and reheating until water boils. Drain. Then cover meat with cold water, simmer 3 hours, and continue as above.

—V—

Croquetts are made in the form of balls, rolls, cones, nests or sups, cutlets or flat cakes. Whatever shape is desired, it is usually easier to attain it by making the mixture into a ball first, thus insuring a compact mass from which the chosen form may be readily molded.

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