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

According to the statistics of the shoe repair business, the majority of Americans never bother to repair shoes. Have you been guilty of such waste—of discarding shoes when they're apparently worn out, never bothering to have them repaired? You can save plenty of leather and plenty of money by taking care of your shoes.

Beautiful guest towels may be preserved by providing fancy-printed paper guest towels in your bathroom as well. Few thoughtless guests will use your good linen under those circumstances. And a box of facial tissues in the bathroom may avoid lipstick smudges on towels.

The sugar for meringues may be powdered, fine granulated or brown. It should be sifted to free it from lumps and to keep it from being compact.

One-half cup of finely chopped nutmeats makes a delicious addition to pumpkin pie.

Big laundry savings can be effected when anyone in the family has a cold, by using tissue handkerchiefs instead of cloth. This not only avoids heavy wear and tear on handkerchiefs, but is more healthful and sanitary, side-stepping self-infection.

Sweet-smelling icebox is anybody's privilege—and weekly cleaning does it, without the need of buying deodorizers. Empty the box completely whether ice or mechanical. Lukewarm water with baking soda, washing soda, or borax, will clean and sanitize shelves, ice trays, and lining of refrigerators. Be sure to dry everything thoroughly, else you'll have icy walls and shelves. Pour scalding washing soda solution down drain pipes weekly.

Preserve cider by keeping it corked, out of the sun and in a cool place.

Perfect baking results are more surely obtained if you measure all quantities exactly, according to the recipe. Use standard measuring cups and spoons—and remember, all quantities are level. A little too much of one ingredient can spoil the entire recipe.

Avoid stains on porcelain surfaces and kitchen work tables with a supply of paper towels or napkins to wipe up spills instantly. If you're using a stirring spoon, spatula or other ustensil, lay it on a paper towel between usings. Save the surface and you save clean-up time. Still better, protect porcelain surfaces with the attractive pads sold in many stores. There are protective asbestos pads with metal-finished tops as well as oil-cloth covered types.

The biggest danger in home spot removal is the leaving of an unsightly "ring" around the spot area—after the spot is gone. This is caused by the soil which caused the spot spreading outward due to wrong application of the cleaning fluid. The fluid should be applied from beyond the spot area on all sides, working inward to the center. Placing a piece of clean white blotter under the area to be cleaned is always helpful, as is use of another blotter to take up the stain from the center of the spot area on top of the fabric.

To remove indelible pencil marks from clothing, wash in warm soapy water if washable material, or sponge with wood alcohol or carbon tetrachloride.

—V—

Shortcake

3 cups cake flour
3 teaspoons baking powder
1 teaspoon salt
½ cup butter or other shortening
¾ cup milk (about)
2 quarts fruit

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually until soft dough is formed. Roll ¼ inch thick on slightly floured board. Cut with 3-inch floured biscuit cutter. Place half of circles on baking sheet; brush with melted butter. Place remaining circles on top and butter tops well. Bake in hot oven (450 F.) 15 to 20 minutes. Cut fruit in small pieces or slices and sweeten slightly. Separate halves of hot biscuits, spread bottom half with soft butter and sweetened fruit. Place other half on top, crust-side down. Spread with butter and remaining fruit. Garnish with whipped cream and additional fruit. Serves 2. Strawberries, blackberries, raspberries, peaches or apricots may be used.

—V—

DELICIOUS COTTAGE PUDDING

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
3 tablespoons butter or other shortening
1 cup sugar
1 cup milk
½ teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter, add sugar gradually, and cream together well. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased pan, 8x8x2 inches, in moderate oven (350 F.) 45 minutes. Serve hot with Sauce. Serves 8.

—V—

Variety Of Recipes For Sweet Potatoes

One of the nicest things to accompany many a winter meal is our old friend the sweet potato. Until this year though, we usually bought them only in the fall of the year, and through the winter, but now have been using them right in through the summer as well. This means that they won't be quite such a tasty novelty as before but still very good and, if served in various and assorted ways will be just as welcomed by every member of the family as in years previous.

The sweet potato isn't so different from the white potato in that it can be served in numerous ways—baked and served in the skins, or scalloped or glazed or in croquettes—one way being every bit as interesting as the other. It really could keep a housewife working over time, to prepare sweet potatoes in all their various ways. Try just a few, if not all these ways:

SWEET POTATOES IN APPLES, GLAZED

2 cups mashed sweet potatoes
8 baking apples
¼ cup melted butter or substitute
½ cup sugar

Peel apples and scoop out core, leaving rather large cavity. Roll apples in butter and then in sugar. Stuff with mashed sweet potatoes, roll again in butter and then in sugar. Bake slowly (300 F.) 1½ to 2 hours, basting until well glazed.

SWEET POTATOES AND MARSHMALLOWS

12 sweet potatoes
¼ cup sugar or syrup
¼ cup fat
½ teaspoon salt
Marshmallows

Boil potatoes until tender, peel, and mash. Add sugar or syrup, fat and salt and mix well. Turn into greased baking dish, dot top with marshmallows or sliced bananas, place in moderate oven until marshmallows brown. Serve hot.

SWEET POTATOES ON HALF SHELL

6 baked sweet potatoes
¼ cup hot milk
2 tablespoons butter
Grated rind and juice of 1 orange
Marshmallows

Take even sized potatoes and bake until soft. Cut in half lengthwise, scoop out the inside. Mash, mix with butter, a little salt, milk and orange juice. Return to the shells, reheat and cover with marshmallows. Place in a moderate oven and bake until marshmallows are melted. Use as garnish for roasts.

SWEET POTATO PUFF

2 cups mashed sweet potato
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-yolks 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.

STUFFED POTATOES WITH HAM AND CELERY

Chop left-over ham coarsely and add small pieces of cooked celery. Scoop the center from hot baked sweet potatoes. Mash and season well with salt, pepper, persley, and cream. Fold in the ham mixture and pile it high in the shells. Sprinkle crumbs over the top and brown quickly in a very hot oven.

—V—

Crepes Suzette For 'Finis' To Dinner

Is there any housewife, or her husband, who doesn't like to do something spectacular? We are speaking of food, of course! In the case of the husband, his trick is usually some clever concoction prepared in the chafing dish—with the housewife it can be anything—particularly well done and a bit on the unusual side.

Now, who hasn't been to a French restaurant and stared in absolute fascination at the flaming Crepe Suzette? But how few have considered preparing them at home—well, it can be done and will be a very thrilling finis for your next company dinner.

CREPES SUZETTE

½ cup flour
1 egg
½ cup milk
¼ teaspoon salt
1 tablespoon sugar
Juice of ½ lemon
½ cup of brandy
1 teaspoon sugar to each pancake

Mix flour, sugar, and salt; stir in milk, add egg and beat until smooth. Make very thin pancakes 3 to 4 inches in diameter. Spread 1 teaspoon granulated sugar in each as baked, laying the cakes on a roomy platter, letting them overlap each other. Keep hot until all are done. Pour brandy over them, light it, and with fork and tablespoon quickly lift and tumble the cakes about in the burning liquid. As the flame dies down tip the platter and baste the cakes with the last spoonsful of the brandy. Quickly roll the cakes and dash the lemon juice over them. Serve on hot plates. The secret of perfect Cuzettes lies in keeping all hot, and in working very rapidly after the brandy is lighted.

—V—

Southern Pilau

2 cups raw rice
¼ pound bacon
3 cups peeled chopped tomatoes
½ green peper
1 cup okra, sliced
3 cups chicken broth
1 onion
Salt and pepper

Dice the bacon and fry in a deep iron frying pan. Just before bacon browns add chopped onion and chopped green pepper, and fry slowly until the onions begin to color. Then add the tomatoes sliced okra, and salt and pepper, and cook until the tomatoes have reduced to half the original quantity.

Meanwhile let the washed rice be boiling in the chicken broth 10 minutes. Drain, and add to the tomato mixture. Keep the frying pan closely covered, and cook until the rice is tender but not gummy. This can be made a more elaborate, as well as a more substantial dish by frying a small chicken, cut up, in the bacon fat, or by adding a little left-over cold chicken after the other ingredients have been put in.

—V—

Southern Waffles

Serving waffles with syrup is a grand custom, whether for company or for just the family—and they are liked by one and all. Of course, we like variety in waffles, too, for sometime soon, plan to serve—

SOUTHERN WAFFLES

1 cup boiling water
1 cup corn meal
2 cups sifted flour
3 teaspoons double acting baking powder
1¼ teaspoons salt
1 tablespoon sugar
2 cups milk
2 egg yolks, well beaten
3 tablespoons melter butter
2 egg whites, stiffly beaten

Pour boiling water over corn meal. Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Add milk to corn meal, then egg yolks and flour, mixing well. Add butter. Fold in egg whites. Bake on hot waffle iron. Serve with maple flavored syrup. Makes 7 four-section waffles.

—V—

Turnips For Variety In Any Fall Meal

Bit by bit, the vegetables we consider "fall" are appearing in the markets, and many of the fine tasting dishes that we haven't had for months will start appearing on our tables—what a treat this will be for many too—particularly those who have been having such a difficult time trying to give the family a variety.

Right at the moment, one of the reappearing vegetables are turnips—remember them? They are so good just mashed, but for the sake of variety—try them in either of these ways soon.

TURNIPS IN CREAM

1 pound turnips, yellow or white
2 cups milk
4 tablespoons flour
4 tablespoons fat
Salt and pepper

Pare the turnips, cut them in cubes and cook until tender. Make a white sauce of the flour, fat, milk and seasonings. Pour sauce over turnip cubes and serve.

TURNIP SHELLS OR CUPS

Pare the turnips and remove the centers, leaving a shell one-half inch in thickness. Cook shell in boiling water until tender. Just before cooking is completed, add the calt. Cook the center in the same way and use for stuffing cups or serve as mashed turnips. The turnip cups may be used as cases for creamed or buttered peas, carrots, beets or any suitable vegetable or meat.

—V—

Egg Timbales

4 hard boiled eggs
1 cup milk
1½ tablespoons flour
Yolk of 1 egg
2½ tablespoons butter or substitute
1 pimento
Salt
Cayenne
Tomato sauce
2 tablespoons grated Parmesan cheese

Melt one tablespoon of butter in a saucepan and add to it the flour. When well mixed, pour in the milk, add salt and cayenne, and cook until quite thick. Take from the fire; add the beaten egg yolk, chopped hard-boiled eggs and cheese, and mix thoroughly. Have ready timbale molds or teacups, the insides of which have been greased, and in the bottom of which put 1 teaspoon of melted butter or other fat and crossed strips of pimento; pour in the egg mixture, and put molds into pan half full of hot water. Bake in a moderate oven 20 minutes; unmold onto a hot platter by running a sharp knife around the edges of the mold. Serve with tomato sauce.

—V—

Cooked meats and cheese are preserved in the refrigerator if wrapped closely in wax-paper. Don't skimp on the paper and take a chance on the food drying out. Use a big enough piece to go around almost twice, with a generous flap-over flap. Heavier weight wax paper is preferable.

—V—

Cream Of Cabbage Soup

1 small cabbage
1 quart milk
1 potato
1 tablespoon butter
Salt and pepper
Parmesan cheese

Shred the cabbage finely and boil in salted water for 1 hour, adding the peeled potato the last half hour of cooking. Drain off the water; mash the potato and mash cabbage slightly with a fork. Put back on the fire with milk, butter, salt and pepper and cook over very low fire for 10 minutes, being careful to stir from the bottom to prevent burning. Serve with grated Parmesan cheese, or put a spoonful of the cheese in each soup plate before serving.

—V—

CREOLE BRAINS

5 calves' brains
2 hard boiled eggs
½ pound mushrooms
1 cup chopped celery
1 cup white sauce
2 tablespoons butter or substitute
Bread crumbs
Salt and pepper

Soak the brains in cold water 1 hour, changing the water twice. Remove the fine skin and membrane, and put them into boiling water to stand 5 minutes. Drain, and dry well and cut in slices. Peel, wash, and slice the mushrooms, and cook until tender in butter, without browning. In a well-buttered baking-dish put a layer of the sliced brains, mushrooms, sliced hard-boiled eggs and finely chopped celery. Pour a cup of white sauce, made a little thinner than for ordinary sauce, over all; sprinkle with sifted bread crumbs; dot with butter and bake in a moderately hot oven until a golden brown.

—V—

Gingerbread For Winter Snacks

....When.. the.. days.. are.. cold.. and the.. nights.. are long,.. it's so much fun to sit around the fire with just the family,.. or.. a.. congenial group of.. friends—spending ..a ..quiet evening.. at.. home..... Possibly playing cards or another game,.. or just in conversation,.. but.. sometime during the.. course.. of.. the vening,.. everyone would appreciate.. a.. snack accompanied by that friendly cup of coffee..... Maybe ..you.. have a fruit cake.. left-over from last.. year that you.. feel.. should.. be.. sampled—if not, what could be more suitable to the season than some gingerbread..... ....There.. was.. a.. time.. when.. we wouldn't.. often.. consider ..serving gingerbread.. unless.. we could also serve big.. gobs.. of.. whiped cream or large.. pats ..of.. butter with it—but times have changed as you all know, and the amazing.. part is—gingerbread all by itself is as good as can be—it.. really ..needs nothing—just cut.. in.. squares,.. or bake it.. in.. muffin tins and.. there it is, all ready.. to.. serve.. either hot.. or cold. If you want it cold, bake it early, if you want it hot—give your friends a real trea—let them smell it while it's cooking—have it all ready to bake, and just slip it into the oven at the proper time—you can be sure, that by the time, everyone has smelled it in the baking pan for half an hour, they'll absolutely pounce on it when it's ready to serve.

GINGERBREAD
(Sugar and Molasses)

½ cup molasses
1-3 cup sugar
½ cup melted shortening
½ cup sour milk
1 egg
½ teaspoon soda
1 cup flour
1 teaspoon ginger
2 teaspoons cinnamon
Nutmeg

Mix ingredients in order given, sifting the soda with the flour before adding it. Bake in a moderate oven (350 - 375 F.) in a greased shallow pan or in muffin tins. Care must be taken to prevent burning.

SOFT MOLASSES

¼ cup shortening
1 cup molasses
1 tablespoon vinegar
1 egg
1 teaspoon soda
½ teaspoon salt
1 tablespoon ginger
1 cup sour milk
2 cups flour

Melt the shortening; add the molasses, vinegar, and beaten egg. Mix and sift the dry ingredients and add alternately with the milk. Pour into a greased pan and bake thirty to forty minutes in a moderate oven (350 - 375 F.). The batter should be just thin enough so that the track left by the spoon in stirring disappears at once.

HOT WATER

½ cup shortening
½ cup boiling water
1 cup molasses
2½ cups flour
1½ teaspoons ginger
1 teaspoon soda
½ teaspoon salt

Melt the shortening in the boiling water. Add molasses. Sift the dry ingredients together and add them to the mixture. Beat vigorously. Put in a greased pan and bake in a moderate oven (350 - 375 F.) thirty to forty minutes.

Of course, when all is said and done—one can buy excellent gingerbread that is ready mixed—which is an excellent idea if one is low on shortening.

—V—

BETTERTON

Mr. and Mrs. Earl Stone of Dundalk, Md., visited his mother, Mrs. Walter Stone and Sister, Miss Iona Stone on Bayside.

Mrs. James E. Dedman was operated on for appendicitis last Wednesday night at Kent and Queen Anne's Hospital and is doing nicely at this writing.

Mrs. Hallye Crew returned home after spending two weeks with relatives in Pheonixville, Mr. and Mrs. Paul Crew accompanied her home and spent the week-end with her.

The Ruth Circle met with Mrs. Harry Crew last Tuesday evening.

Mr. and Mrs. Nettie Ellis are receiving congratulations on the arrival of a baby girl at the Kent and Queen Anne's Hospital last week.

Mr. and Mrs. Leroy Owens entertained on Sunday, Mr. and Mrs. Herbert Phillips of Middletown, Mr. and Mrs. Reuben Quillen and Mrs. Ella Williams of Laurel, Mr. Chas. Brauner of Baltimore, enjoyed this weekend ducking.

Mrs. Bessie Brice has been spending sometime at her home here.

Mr. and Mrs. Walter Wadosky of Elkton spent the week-end with her father, Mr. John Luike. Mr. Wadosky has joined the U. S. Army and expects to leave very soon and his wife expects to spend sometime with his relatives in Conn.

Mr. and Mrs Elwood Bramble spent Sunday with friends in Caroline Co.

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