*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

Always use the type and size of cake pans specified in the recipes and prepare pans before mixing. Grease, or don't grease, as the recipe tells you.

Toasters, mixers, etc., should be covered when not in use. Dust from the air may affect working parts. Covers can be bought ready made for many household devices. Fans and heaters should be carefully wrapped when stored for the season. Care will make your appliances last longer.

Don't heat the attic or spare room if it isn't used often. Shut off the radiator—close the door tightly. Heating an unused room in a six-room house may raise your fuel bill from ten to twenty percent.

For good flavor combinations in casseroles use ham with cauliflower or cabbage and cheese sauce. Or ham with string beans, noodles and mushroom sauce. Or ham with corn and green pea sauce.

Another wear-point on many mens' shirts is where tips of starched collars weaken the fabric on the breast. When a shirt goes through at this point, even a neat mending job is likely to be too conspicuous. Prevent this wear in your family by not over-starching collars. A neat collar appearance can be preserved by the use of a wire tie form under the collar, or with a collar clip. These items can be bought for as little as 10 cents and help to conserve many dollars' worth of shirts every year.

Protect lettuce and leafy vegetables by placing them in a mesh bag—you can rescue the bags oranges come in, or buy new ones. If you don't have a hydrator in your refrigerator, invest in a big covered enamel pan to keep vegetables cold, yet prevent them from drying out too quickly.

Keep leftovers safely in flavor-protective coverings. Make use of mayonnaise jars, cheese jars and other wide-mouth containers as refrigerator covers to put over your dishes, when they are placed in the refrigerator. Wrap solids in waxpaper or bread wrappers.

Worn extension cords are unsafe. The wire that connects lamps and appliances to the wall outlets should be examined from time to time. If worn, frayed or broken, you must repair or replace at once to prevent the possibility of short circuit or fire hazard.

Nails and screws are easier to drive—if you're not much of a carpenter—if rubbed over a cake of soap first.

—V—

### Egg and Tomato Sandwiches

2 hard cooked eggs
4 sliced tomatoes
2 tablespoons chopped onions
½ cup salad dressing
2 tablespoons chopped green pepper
1-3 teaspoon salt
¼ teaspoon celery salt
¼ teaspoon paprika

Place slices of tomatoes on bread and lay on a layer of the other ingredients, mashing eggs and mixing with vegtables and seasonings. Covre with another slice of bread.

—V—

### Reception Chocolate

2-3 cup sugar
4 tablespoons flour
1-8 teaspoon salt
2½ squares unsweetened chocolate cut in pieces
1 quart water
1 quart milk
½ teaspoon vanilla

Combine sugar, flour, salt, chocolate and water in upper part of double boiler. Place over direct heat and boil 15 minutes, stirring constantly. Add milk, place over hot water, and heat. Add vanilla and beat with rotary egg beater until light and frothy. Serve immediately. Serves 12.

—V—

### Boiled Coffee

(Cleared with egg)

Use 1 heaping tablespoon ground coffee and 1-4 tablespoon beaten egg for each cup (½ pint) cold water. Combine coffee and egg in pot and mix thoroughly. Pour in water and bring slowly to a boil, stirring coffee down occasionally. Remove from fire immediately and let stand in warm place 3 to 5 minutes. Pour ¼ cup cold water into pot to settle. Strain from grounds through a fine wire strainer, muslin, or cheesecloth. (Boiled coffee may also be prepared without egg but it is less clear).

—V—

### Tomato Surprise

5 medium sized firm tomatoes
¼ sup chopped white cabbage
½ cup chopped celery
2 tablespoons chopped green pepper
Mayonnaise
Salt and pepper

Peel the tomatoes. Remove a slice from the stem end and scoop out seeds and pulp. Dredge the insides with salt and pepper; turn the tomatoes upside down and let drain ½ hour in the refrigerator. Mix the celery, cabbage, and green pepper with a generous quantity of mayonnaise; fill the tomato cavities with the mixture; put back the top slice on each tomato and serve garnished with small inside leaves of lettuce which have been sprinkled with French dressing.

—V—

Serve foods as soon as possible after they are cooked to avoid further loss of vitamins.

—V—

### Any Dinner Is Off To A Good Start With A Cowder

Any dinner, no matter how big or small is sure to get off to a very good start if the homemaker serves a chowder. A small cup or bowl is suitable for a large dinner, and a whopping big bowl is quite in order for a light or meatless one.

**MANHATTAN CLAM CHOWDER**

2 dozen fresh clams
Boiling water
4 potatoes, diced
3 medium onions, sliced
1-3 cup celery, finely diced
2 slices salt pork, diced
1 teaspoon salt
¼ teaspoon pepper
2 cups canned tomatoes, pulp and juice

Wash clams thoroughly. Place in kettle with ½ cup boiling water and cover closely. Steam only until clams are well opened. Remove from fire. Drain reserve liquor. Add potatoes, onions, and celery to 2 quarts boiling water, and cook together 15 minutes. Fry out salt pork until golden brown. Add pork and drippings, clams and clam liquor, seasonings, and tomatoes to potato mixture and cook all slowly 1 hour. Serves 8

**SHRIMP AND CELERY CHOWDER**

1 cup stock (or 1 cup water and 2 bouillion cubes, chicken flavor)
1 cup celery diced
2 tablespoons quick cooking tapicoa
¾ teaspoon salt
Dash cayenne
¾ cup cooked potatoes, diced
3 cups milk
1 cup shrimp, diced
3 tablespoons butter, or substitute
6 pilot biscuits or hard crackers

Cook celery in stock 5 minutes; add dry ingredients, potatoes, and milk. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes) cook 5 minutes, stirring frequently. Add shrimp and butter; reheat. Before serving place pilot buscuits on top of each portion. Serves 6 .

—V—

### Griddle Cakes For A Filling Satisfying Breakfast

When one gets up in the morning and prepares for breakfast there is an air of anticipation and a hint of hurry about the family when griddle cakes are being baked. They are truly the answer for a filling, satisfying breakfast—and like everything else, when served in variation are always interesting.

**CORNMEAL GRIDDLECAKES**

1 cup cornmeal
1 cup boiling water
½ cup flour
3 teaspoons baking powder
½ teaspoon salt
½ cup milk
1 egg yolk
1 egg white, well beaten
1 teaspoon melted butter of other shortening

Mix together the cornmeal and boiling water and set aside to cool. Sift flour once, measure add baking powder, salt and sugar and sift again. Mix with the cornmeal alternately with the milk and egg yolk and melted shortening. Fold in stiffly beaten egg white. Drop by spoonfuls on slightly greased pan and fry as for cook as ordinary pancakes.

**CEREAL GRIDDLECAKES**

1 cup cooked (farina hominy or rice)
2 egg yolks
1 cup milk
½ teaspoons melted shortening
1 cup flour
2 teaspoons baking powder
2 egg whites stiffly beaten

Mix together the cereal, egg yolks milk melted shortening and salt. Sift flour with baking powder and add to first mixture. Fold in stiffly beaten egg whites. Drop by spoonfuls onto lightly greased griddle and cook as ordinarly pancakes.

—V—

### A Salad For A Company Luncheon

It's just lots of fun to have someone in for lunch, and such a treat for the housewife who is home all day. Here is a salad that will be just right:

**LUNCH SALAD**

½ can concereated cream of tomato soup
½ can water.
½ cup mayonnaise
1 cake cream cheese
1 tablespoon plain gelatin
½ cup celery chopped
1 green pepper, chopped
¼ cup stuffed olives, sliced

Soak gelatin in ¼ cup cold water. Heat soup and water to boiling and let boil for two minutes. Add gelatin and cream cheese. When slightly thickened, add celery, olives that have been sliced. Serve with wholewheat bread and butter sandwiches and small cakes and tea.

—V—

### Left-over Tongue That Is Better Than Ever

When one can take left-overs and prepare them in such a way as to have the dish more desirable than when originally served—well isn't that what every homemaker wants? Such is the case with this dish of left-over tongue.

**BEEF TONGUE WITH PARMESAN CHEESE**

10 slices cooked fresh beef tongue
½ cup white wine
2 cups tongue broth
Parmesan cheese

Cut highly seasoned cooked tongue in thin slices,, lay in sauce pan, pour over the broth and wine, and simmer until reduced one half.

Butter a baking dish, cover the bottom with some of the sauce, lay in several tongue slices, moisten with sauce, and cover with grated Parmesan cheese; repeat until all the slices are used. Put in the oven until the top is a light brown.

—V—

### Parsnip Fritters

One won't find a vegetable in the markets that won't be used by one and all this year. And that includes parsnips! Of course, we parsnip lovers find it difficult to understand the non-lovers but next to French fried parsnips one of the best seems to be

**PARSNIP FRITTERS**

2 parsnips
2 eggs
1 tablespoon fat
1 cup milk
1 teaspoon salt
3 tablespoon flour.

Boil the parsnips tender, grate fine or mash and pick out all the fibrous parts. Beat the eggs light, and stir into the Parsnips, beating hard. Add the fat, mik salt and flour. Drop by spoonfuls into deep fat (360-370F.) and fry two or three minutes.

—V—

### Potato Soup

2 tablespoons tapicoa
1 teaspoon salt
Dash of Cayenne
Dash of pepper
2 cups hot mashed potatoes
½ small onion
3½ cups milk
1 tablespoon parsley, chopped
4 tablespoons butter

Combine dry ingreients, potatoes, onion, and milk. Place over rapidly boiling water bring to scalding point (allow 5 to 7 minutes), and cook 5 minutes stirring frequently. Add parsley and butter; remove onion. Serves 4 to 6.

—V—

### Chesnut Croquettees Give Necessary Protein Plus Plenty Of Goodness

Though many homemakers aren't conscious of it, they do, in menu planning take into consideration certain dishes that contain protein, of iron, to say nthing of the precious vitamins. We are told that certain foods contain certain necessary things so appreciating the brains of the individuals who determine such things we take it for granted and serve such dishes. Included among these we find a very valuable, tasty and most interesting one, in the form of

CHESTNUT CROQUETTES

2 cups hot mashed chetnuts
4 tablespoons fat
2 eggs
Salt and pepper
Few drops onion juice or
2 tablespoons minced onion
Egg and crumbs

Mix the chestnuts, fat, slightly beaten eggs and seasonings. Shape into croquettes. Roll in crumbs, then in beaten egg and again in crumbs. Dry in deep hot fat (375-390 F.) until crumbs are brown (2 to 5 minutes).

The croquettes may be served with brown sauce or tomato sauce.

—V—

Don't throw away your old handbag or purse, just because it looks dilapidated. There are two things you can do to save the price of a new bag, and to help make store stocks last longer. If the bag body is worn, you can replace it with a new material—a piece of tapestry, perhaps, that may be in one of your trunks. If the frame is damaged, broken, won't close properly — you can buy new frames at notion counters for very little.

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