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

By Susan Snow

It is an established fact that the dirtier clothes are, the harder they must be washed. Long machine time or extensive rubbing and scrubbing weakens all fabrics, besides wasting power. So even if Dad's shirt doesn't "look dirty", even if undies seem fresh—toss them into the hamper every night. If you do—all garments will last longer.

The blades of your kitchen knives should be used only for food purposes. If you insist on cutting paper and string, metal or bone with them, you dull them quickly. Never put a good knife blade into a flame, else the steel will lose its temper and cannot be kept sharp thereafter. To make knives last, buy one of the grooved hangers which permits each knife to hang all alone in its own partition. Banging against other metals in a drawer dulls a knife.

Sharp blades are time savers. Keep blades sharp for most service. The little multi-wheel devices are good enough for low-priced knives, but if you have really good steel you should (1) use a tapered steel sharpening rod or (2) an oil stone sharpener. Directions for use are packed with these helpers, and in a few minutes a week you can keep good steel in prime condition. Never let a street-walking scissors grinder sharpen your good knives—he'll only eat away the steel and ruin them. When good knives become dull, take them to a reliable cutlery or hardware store for sharpening. Stainless steel knives can seldom be made very sharp.

To best keep peanut butter, keep it out of the sun and away from heat.

In cutting up the meat or cooked lobster, always use a silver knife or one of stainless steel, if possible, as an ordinary steel knife discolors or darkens the meat.

Electric mixer beaters should be removed washed and dried thoroughly after each use.

If your doorbells are operated by dry batteries, you may find it difficult to get replacement batteries later on. A small "doorbell transformer" connecting the door bells to your electric system, uses almost no current and saves battery replacement as well. Mount is securely in the position where the batteries formerly were, connecting two of the wires to the house current and the others to bell circuit. If no electric outlet is close by, it will be safer to have an electrician make the installation.

A nice touch is added to a roast leg of lamb by covering the meat with pineapple slices 1 hour before the meat is done. Brush with melted fat so that the pineapple will brown.

Small bulbs should be used in decorative wall candelabra fixtures. Do not use 40-60 watt bulbs in these fixtures, with or without shades, for room lighting. It is wasteful. Rely on floor or table lamps, or ceiling fixtures, for reading or working light. Put 25-watt or smaller, fancy shape or colored bulbs, in your wall fixtures. Use them only for a soft light while listening to the radio, or for til it is thoroughly hot, because stir-conversational evenings when no reading is done.

Milk should never be omitted from the school lunch. It may be carried in a special container procided for the purpose or it may be included in a hot dish.

Correct thread is important, the same type as the fabric to be mended. A thread weaker or stronger than the fabric on which it is used will not give satisfaction. On men's socks, for instance, a darning thread makes a strong durable repair; while a hard cotton thread makes the mended portion stronger than the sock itself and will soon pull out. Use silk on silk, wool on wool, for best results.

—V—

Chocolate Pudding

3 squares unsweetened chocolate cut in pieces.
3 cups milk (or 1½ cups evaporated milk and 1½ cups water)
¾ cup sugar
4 tablespoons cornstarch
¼ teaspoon salt
1 teaspoon vanilla

Add cholocate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Combine sugar, cornstarch and sat. Add a small amount of chocolate mixture, stirring vigorously. Return to double boiler and cook until thickened, stirring constantly. Then cook 20 to 25 minutes longer, stirring occasionally. Add vanilla. Chill and serve with cream. Serves 6.

"Extras" That Do So Much To Any Menu

Those little quickly made "extras" that do so much tol any menu are always desirable, and no matter how simple, add a party touch to any meal.

HOLIDAY RELISH

6 cloves
1 pint boiling water
1 package lemon flavored gelatin
¼ teaspoon salt
¼ cup vinegar from sweet pickles
12 marschino cherries, sliced
6 sweet pickles, sliced

Boil cloves in water 3 minutes. Remove cloves. Dissolve gelatin in 1¾ cups of this liquid. Add salt and vinegar. Chill. When slightly thickened, fold in cherries and pickles. Turn into individual molds, filling them half full. Chill until firm. Unmold.

CIDER JELLY

1 package orange or lemon flavored gelatin
1 pint warm sweet cider
⅛ teaspoon salt

Dissolve gelatin in warm cider. Add salt. Pour into mold. Chill until firm. Unmold Serve as dessert or relish.

—V—

Fruit Bread

Very suitable for this time of the year, for sandwiches, or afternoon tea, is

FRUIT BREAD

2 cups sifted flour
4 teaspoons double acting baking powder
¾ cup sugar
1½ teaspoons salt
¾ cup nut meats, broken
¾ cup candied orange peel, thinly sliced
2 cups graham flour
2 eggs, well beaten
1 2-3 cups milk
4 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder, sugar, and salt, sift again. Combine nuts, orange peel, and graham flour, and add to first mixture. Combine eggs, milk, and shortening; add to flour mixture. Blend. Bake in two small greased loaf pans in moderate oven (350 F.) 1 hour.

—V—

If cereal is cooked in the evening for the following breakfast, it may stand in the double boiler all night and be heated in the morning. It is well not to stir it in the morning unit is thoroughly hot, because stirring ring when cold is apt to cause lumps which resist being made smooth.

A Plum Pudding Too Can Appear For Thanksgiving

Though it seems most people rely on the pumpkin pie for Thanksgiving, ever so many people hold that, if Turkey is going to be served—so is plum pudding. In past years it might have been both, and it still might be. However, if you do not plan one for the dinner, one can be made, and since they keep so well, can be saved until Christmas time, or best yet, sent to that favorite soldier.

PLUM PUDDING

1 pound flour
1 pound suet, chopped fine
1 pound apples chopped fine
1 pound potatoes, grated
1 pound carrots, grated
1 pound sugar
1 pound seeded raisins, cut in pieces
1 pound currants
1 pound citron, chopped fine
1 grated nutmeg
½ cup sherry

Mix and stir ingredients thoroughly, put in buttered molds, tie a cloth over the top, and steam 4 hours. The pudding will keep at least 3 months and is better after the second heating.

LITTLE PLUM PUDDING

1 cup seeded raisins, chopped fine
1 cup currants
1 rounded cup bread crumbs
1 cup suet
½ grated nutmeg
½ grated lemon rind
2 tablespoons brandy

Mix well and put into pudding mold or floured cloth. Boil 3 hours.

—V—

Sour Milk Waffles

2 cups sifted flour
¼ teaspoon soda
2 teaspoons double acting baking powder
½ teaspoon salt
1 tablespoon sugar
2 egg yolks, well beaten
1¾ cups sour milk or buttermilk
1-3 cup melted shortening
2 egg whites, stiffly beaten

Sift flour once, measure, add soda, baking powder, salt and sugar, and sift again. Combine egg yolks, milk, and shortening. Add to flour, beating until smooth. Fold in egg whites. Bake in hot iron. Serve with syrup or honey. Makes 4 four-section waffles.

BUY MORE BONDS!

Turkey Club Sandwiches

The whole family, plus half the neighbors will want to have Sunday night supper with you, if you are fortunate enough to have turkey leftover for club sandwiches. One sandwich is a meal in itself, so needs no accompaniment but coffee

TURKEY CLUB SANDWICH

Cold turkey, sliced thin
2 tomatoes
12 slices crisp bacon
1 tablespoon chili sacue
¼ cup mayonnaise
Lettuce
Buttered toast
12 stuffed olives
6 sweet pickles
Pickle garnish

Cut toast in half diagonally and place four slices on a plate. Put a lettuce leaf on each. Lay turkey on two slices and sliced tomato on other two. Mix mayonnaise and chili sauce and put a tablespoonful in lettuce cup in center of plate. Arrange two slices of bacon around center and garnish with olives and pickle, the latter cut fan-shape. Lying flat, this is easier to negotiate than the piled-up type, but a three-decker can as easily be served.

—V—

Codfish Souffle

For a Friday fare, or any day during the week, serve

CODFISH SOUFFLE

½ cup uncooked rice
2 cups milk
½ cup salt codfish
2 egg yolks, beaten until thick and lemon colored
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2 tablespoons melted butter
Dash of pepper
Dash of salt
2 egg whites, stiffly beaten

Wash rice thoroughly by placing in sieve under faucet. Add to milk and cook in double boiler until rice is tender and has absorbed milk (about 1 hour). Flake codfish and cook 10 minutes. Cool. Add codfish, egg yoks, butter, and seasonings. Blend. Fold in egg whites, gently but thoroughly. Turn into greased baking dish, place in pan of hot water, and bake in a moderate oven (350 F. 45 minutes, or until brown. Serve with egg sauce, or tomato sauce. Serves 4.

—V—

Cardinal Pear Mold

1 package cherry flavored gelatin
1½ cups warm water
½ cup juice from canned or cooked pears
1-3 teaspoon vinegar
⅛ teaspoon ginger
⅛ teaspoon salt

Dissolve gelatin in warm water. Add pear juice, vinegar, ginger, and salt. Turn into individual molds. Chill until firm. Unmold. Garnish with sections of pears. Serves 4.

—V—

Eggplant Stuffed With Ham

Those last bits of boiled ham, that cling to stubbornly to the bone can be cut away and served with eggplant. It certainly is a good example of a little ham going a long, long way.

EGGPLANT STUFFED WITH HAM

1 large eggplant
Salted water
1onion, minced
1 green pepper, chopped fine
2 tomatoes, quartered
2 tablespoons butter or other fat
½ teaspoon salt
⅛ teaspoon pepper
1 cup diced boiled ham
Bread crumbs

Wash and dry eggplant and cut off a slice from top. Scoop out inside to within ½ inch of skin. Cover shell with salted water and set asde. Cnop eggplant pulp and combine with onion, pepper and tomatoes. Cook in a small amount of boiling salted water until tender. Drain and mash. Add butter, salt, pepper and ham. Drain shell well and fill with mixture. Sprinkle top with bread crumbs and bake in a moderate oven (350 F.) about 25 minutes. Serves 4 to 6.

—V—

Coffee Nut Muffins

Special meal-time treats are always a sure way to keep the family happy—they love little surprises like these:

COFFEE NUT MUFFINS

3 cups sifted cake flour
4 teaspoons baking powder
¾ cup brown sugar
½ teaspoon salt
1 cup pecan meats, broken
1 egg
1¼ cups cold strong coffee
2 tablespoons shortening, melted

Sft dry ingredients together and add meats; beat egg, and coffee and shortening and add to dry ingredients. Mix only enough to dampen all flour Bake in greased muffin pans in hot oven (400 F) 20 to 25 minutes. Makes 16 large or 30 small muffins.

—V—

Johnny Cake

1¼ cups sifted flour
2 teaspoons double acting baking powder
1 teaspoon salt
¾ teaspoon soda
2 tablespoons sugar
1 cup yellow corn meal
1¼ cups sour milk or buttermilk
2 eggs, well beaten
3 tablespoons melted shortening

Sift flour once, measure, add baking powder, salt, soda and sugar, and sift again. Add corn meal. Combine milk and eggs. Add to dry ingredients, mixing well. Add shortening. Bake in greased pan, 8x8x2 inches, in hot oven (425 F.) 4 0minutes, or until done.

—V—

Let The Left-Over Turkey Appear In A Ring And Fill It With Sauteed Mushrooms

One could go on and on suggesting things to do with the left-over turkey, but thank goodness, there is usually enough left to serve it a third and sometimes a fourth time. And not to forget those wonderful turkey club or plain sandwiches. It does sometimes seem too bad that the bird isn't larger than he or she is, but cheer up—after Thanksgiving comes Christmas, and we can probably look forward to another one.

This time though, serve the left-overs in a ring and fill it with sauteed mushrooms—it's as good in its own way as the original animal.

TURKEY RING

2 cups diced cooked turkey
1 cup soft bread crumbs
1 tablespoon fat, melted
½ teaspoon salt
⅛ teaspoon pepper
1 cup hot milk
2 eggs, beaten
¼ cup chopped celery
2 tablespoons minced green pepper
2 tablespoons minced pimento

Combine ingredients in the order given and mix thoroughly. Pour into greased ring mold. Bake in moderate oven (350 F,) about 35 to 40 minutes. Let stand 5 minutes before unmolding. Fill center with sauteed or creamed mushrooms, if preferred. Serves 6.

—V—

The tight spot in farm equipment in 1944, according to an analysis by the WFA, will be hauling vehicles, including trucks, and replacement tires for trucks now in operation.

NAGGING BACKACHE

May Warn of Disordered Kidney Action. Don't Neglect It!

Modern life with its ceaseless hurry and worry, irregular habits, improper eating and drinking, exposure, contagion *whatnot*, keeps doctors busy, hospitals crowded. The after effects are disturbing to the kidneys and oftentimes people suffer without knowing that disordered kidney action may cause the trouble.

After colds, fever and similar ills there is an increase of body impurities the kidneys must filter from the blood. If the kidneys are overtaxed and fail to remove excess acid and other harmful waste, there is poisoning of the whole system.

Symptoms of disturbed kidney function may be nagging backache, persistent headache, dizziness, getting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of strength and energy. Other signs of kidney or bladder disturbance sometimes are burning, scanty or too frequent urination.

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