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

Polish silverware with special silver polishes, being sure to rinse off the polishing cream and dry each piece thoroughly before storing. Quick electrolytic cleaning may be accomplished by adding a teaspoon of trisodium phosphate to two quarts of hot water in an aluminum pan, and letting the sliverware stay in the solution not more than two minutes, after which it should be rinsed thoroughly and wiped dry. This latter method removes all dirt as if by magic, but may also remove some of the silver if pieces are left in the solution for too long a time.

Leather upholstery is cleaned with a damp cloth and mild soap. Brisk rubbing with "saddle soap" cleans and conditions leather. After cleaning wipe with damp cloth, then rub dry with a soft cloth until the surface glistens. Never use benzine, alcohol, turpentine, or naphtha on leather upholstery. These cleaning fluids dry out the leather. Houseware stores carry dependable types of cleaners. For best results, follow directions carefully.

Stair carpets last twice as long, if, when wear begins to show, the entire carpet is moved up or down so that the unworn riser portions may rest on the treads and worn tread portions don't show on the risers. If there is no additional length at top or bottom to cover the last step, cut off one end and stitch it onto the other—or, buy a small piece, to cover the last step.

Avoid leg trouble on chairs and tables by checking the legs occasionally. If the leg bottoms are merely squared-off wood, you can forestall possible cracking—and make furniture easier to handle—by attaching the small metal "glides" sold at all hardware counters. If your furniture now has casters, check them for tightness. A loose-fitting caster will sooner or later split the leg. Fill in holes with wood putty to eliminate "play" or replace casters with glides.

Alternate suits for longer life. A man's suit worn to business every day will last only half as long as it would if changed daily. Hanging a suit a day between wearing gives the cloth a chance to breathe, rest, spring back into shape. Pressing won't be needed as often—and that prolongs garment life, too, for frequent sharp creases weaken the fabric. Reduce the "shine" of worn serge fabrics by sponging lightly with vinegar before pressing.

Around the kitchen and bathroom are many porcelain and porcelain enamel surfaces—the sinks and bowls, perhaps the range top and outside of the refrigerator lining. Remember that porcelain is like glass, and treat accordingly. Don't hammer, or drop heavy objects on it. Don't chance cracking by sudden temperature change like putting a refrigerator dish on the stove top or running cold water into a hot pan. Most stains and spots may be wiped off with a damp cloth when surface is at normal room temperature. For thorough cleaning use a non-gritty powder that feels soft between your fingers, to avoid scratching. Don't ever use steel wool on porcelain surfaces.

—V—

Vegetable Loaf

One of the greatest mistakes a housewife can make is to carlessly toss together a meatless meal. If anything, such a meal requires very gentle and loving care—such care that the family will be attracted by the appearance and flavor —not sit there feeling sorry for themselves because no meat was available and they are therefore forced to eat this dish of "what is it?" Be conscientious and artistic with a meatless meal and on occasion serve a—

VEGETABLE LOAF

6 tablespoons margarine
½ cup dry bread crumbs
1 cup cooked peas
1 cup mashed potatoes
¼ teaspoon salt
⅛ teaspoon pepper
2 tablespoons flour
½ cup mik
2 hard cooked eggs
⅛ teaspoon nutmeg
1 can condensed tomato soup
Dash of Worcestershire sauce

Melt 2 tablespoons of the margarine, add crumbs and brown slightly Sprinkle ½ crumbs on bottom and sides of greased loaf pan. Mash peas add potato, remaining crumbs, salt pepper and nutmeg. Melt 2 tablespoons margarine, add flour and blend. Add milk gradually, cook and stir until thickened. Blend with potato mixture. Place ½ mixture in loaf pan; top with egg slices. Add remaining mixture. Bake in moderate oven (350 F.) 25 minutes. Unmold, garnish with additional egg slices. Serve with

TOMATO SOUP SAUCE

Heat together the soup, remaining margarine and Worcestershire sauce

—V—

BUY MORE BONDS!

Dinner In A Dish—Macaroni Casserole

A dinner in a dish is something every housewife likes—they're simple to prepare and no batch of pots and pans to wash up later. Father likes them too because they're so tasty, such as this—

MACARONI CASSEROLE

½ pound macaroni
1 medium onion, chopped
2 tablespoons chopped green pepper
½ cup diced celery
3 tablespoons melted fat
Salt and pepper to taste
¼ pound grated cheese
2 cups stewed tomatoes
2 cups medium white sauce

Cook macaroni in boiling salted water until tender. Drain. Meanwhile cook onion, green pepper and celery in melted fat until tender but not browned. Add cooked mixture to macaroni, season with salt and pepper, arrange in layers in baking dish, alternately with cheese and tomatoes. Pour white sauce over all Cover and bake in moderate oven (350 F.) 30 minutes.

—V—

Pimento Scrambled Eggs

It isn't always that housewives confine themselves to serving eggs only for breakfast—the one who does certainly has overlooked a tasty dish for lunch or supper. Eggs in any form are pleasing but aside from an omelet scrambled eggs for lunch or supper are probably the most popular—so try

PIMENTO SCRAMBLED EGGS

3 tablespoons fat
3 oz. processed pimento cheese
1 teaspoon cornstarch
½ cup milk
Salt and pepper
1 teaspoon onion salt
6 eggs, slightly beaten
6 slices hot, buttered toast

Melt fat in top of double boiler, add cheese cut in small pieces. Cook over boiling water until cheese melts Blend cornstarch with a little milk to smooth paste; gradually add remaining milk, season with salt, pepper and onion salt. Pour over beaten eggs and mix lightly. Add to cheese and cook over boiling water, stirring frequently until set. Serve on hot buttered toast.

—V—

Cake Crumb Cookies

4 cups dry cake or cookie crumbs
1 cup milk
2 eggs
2-3 cup molasses
½ cup fat, melted
3 cups cake flour (about)
½ teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon cinnamon
1 cup steamed raisins

Beat the eggs, add the milk and crumbs and let stand 15 minutes. Add molasses, melted fat and dry ingredients which have been sifted together. Add raisins and drop by teaspoons on greased cookie sheet about two inches apart. Bake in moderate oven (350 F.)

The amount of flour will vary with the degree of dryness of the cake or cookie crumbs. The batter should be a stiff drop batter which will hold its shape on the cookie sheet but will spread in the oven.

In case the cookie or cake crumbs are not very rich in fat, it may be found desirable to add ¼ cup fat to the above recipe or 1 cup finely chopped nuts.

Makes about 4 dozen cookies 2½ inchese in diameter.

—V—

Chocolate Fruit Pudding

2 cups sifted cake flour
2 teaspoons double acting baking powder
½ teaspoon soda
¼ teaspoon salt
1-3 cup butter or other shortening
½ cup sugar
1 egg, well beaten
3 squares unsweetened chocolate, melted
1 cup milk
1 cup chopped raisins
1 teaspoon grated orange rind

Sift flour once, measure add baking powder soda, and salt. and sift together three times. Cream shortening, add sugar gradually, and cream together thoroughly. Add egg and chocolate, beating until smooth. Add flour, alternately with milk, a small amount at a time, beating well after each addition. Fold in raisins and orange rind.

Turn into one greased 2-quart mold or two 1-quart molds. Cover tightly and steam 2 to 3½ hours, depending on size of mold. Or turn into greased 2-quart casserole or 9-inch tube pan. Cover with greased brown or heavy waxed paper and tie securely. Place in pan of hot water and bake in moderate oven (375 F.) 2 hours, or until done. Serve hot with foamy sauce or with a simple orange sauce or raisin sauce, or with cream. Serves 10.

—V—

Cut Off, Save Coal

This winter unessential rooms like sun porches and guest rooms should be cut off to save coal.

Individual Meat Loaves

Once upon a time there was a time when a meat loaf wasn't such a tremendously popular dish—but nowdays, just put one on the table and you will say "here it is—oh me—there it was." So, if you want to keep track of who eats what, serve—

INDIVIDUAL MEAT LOAVES

¾ pound ground meat
¼ cup milk
1 egg
½ cup soft bread crumbs
2 teaspoons minced onion
½ teaspoon salt
Dash of pepper
¼ pound bacon

Combine meat, milk, and egg. Add bread crumbs, onion and seasonings and mix well. Line the sides and bottom of muffin pans with short strips of bacon. Fill with meat mixture bake in moderate oven (350 F.) 25 minutes. Remove from pans carefully so that bacon remains intact around meat. Serve bottom side up. Serves 4

—V—

Baked Fish With Stuffing

Many a fine meal is missed because so many housewives just won't cook a fish, or else don't think about it, but many a meatless dinner could be made intriguing and satisfying by just such an addition. Plus the fine flavor of fish, one can make stuffing for it, bake it and present a real treat:

BAKED FISH

1 (3 pound) fish, cleaned and trimmed
2 teaspoons salt
¼ cup minced onion
½ cup diced celery
1-3 cup fat
3 cups bread crumbs
½ teaspoon salt
⅛ teaspoon pepper
3 tablespoons chopped parsley
2 tablespoons butter

Clean fish, wash and dry well. Rub inside with the 2 teaspoons salt Saute onion and celery in fat add crumbs from day-old bread, seasonings and parsley. Mix thoroughly Stuff fish. Close opening in fish with toothpicks and lace with string or sew with needle and stout thread Place in greased baking pan or dish brush with softened butter. Bake in moderate oven (375 F.) 40-45 minutes or until golden brown. Remove to hot platter, garnish with watercress. Serves 4 to 6.

—V—

If lemon juice is sprinkled over bananas after they are sliced, they will not darken.

Sausage Links And Lima Beans

When planning her menues for the week, every housewife tries and really strives to include as much meat as possible, since pork is plentiful and we have been able to buy extra we are taking advantage of it. However no one meal unless it includes dessert—that too must be considered.

No one would want a roast loin of fresh ham night after night, so, instead we try such a dish as a casserole of sausage links and lima beans This is a tasty combination that is high in food value and conveniently low in the required points.

SAUSAGE - LIMA BEAN CASSEROLE

2 cups dried lima beans
1 teaspoon salt
1 pound link sausage

Soak lima beans in cold water overnight. Drain. Cover with boiling water, add salt. Cover and cook about 1 hour, or until tender. Drain, reserving liquid. Put beans in casserole and pour the water in which the beans were cooked over them to about ¼ inch depth. Lay sausage links over the top. Bake in a moderate oven (350 F.) about 45 minutes, or until sausages are cooked through and nicely browned. Serves 4.

Tomato juice may be used in place of the water in which the beans were cooked, if preferred.

—V—

Banana Bran Muffins

It is usually found that a day well begun is a satisfactory day throughout—this means starting the day with a satisfying and unrushed breakfast.

Anyone who makes that good practice of eating a hearty breakfast knows how necessary variety is in that meal too—So, instead of always serving toast, change occasionally to such a tasty treat as—

BANANA BRAN MUFFINS

1 cup sifted flour
¾ teaspoon soda
½ teaspoon salt
¼ cup sugar
1 cup bran cereal
1 egg, well beaten
2 tablespoons sour milk or buttermilk
2 tablespoons melted shortening
2 cups thinly sliced bananas

Sift flour once, measure, add soda, salt and sugar and sift again. Add bran and mix well. Combine egg milk, shortening, and bananas. Add to dry ingredients, mixing only enough to dampen all flour. Turn into well greased muffin pans. Bake in moderately hot oven (375 F.) 35 minutes. Makes 6 large muffins.

Sugar Crisps

½ cup fat
¾ cup sugar
1 egg, beaten
2-3 cup molasses
½ teaspoon vanila
2½ cups flour
1 teaspoon baking powder
2 teaspoons cinnamon
½ teaspoon soda
½ teaspoon salt

Cream fat and sugar together. Add beaten egg, molasses and vanilla. Sift dry ingredients and bake in a moderate oven (350 F.) These cookies are especially good when made with sorghum molasses. The tops may be moistened with water and sprinkled with sugar before baking.

This recipe makes about 4 dozen cookies 2 inches in diameter.

—V—

A Hurry Up Ice Cream Shortcake

There always comes a day when war-time activities have kept the housewife away from home for a longer period of time than she had anticipated—the marketing must be done in a hurry, and the order of the evening is something that can be quickly prepared. And since there are so many husbands and children who just don't consider a dinner a good meal unless it includes dessert—that too must be considered. Well, here is the solution for such occasions and honestly—the whole family will be glad you were pressed for time—just dash to the bakery for some shortcake cups—then to the ice cream store for a pint of ice cream, then as you do your marketing buy a bottle of maraschino cherries and the greatest part of the work is over and you will serve—

ICE CREAM SHORTCAKE

4 bakery shortcake cups
1 pint vanilla ice cream
Maraschino sauce

Place shortcake cups on serving plates. Fill each with a scoop of vanilla ice cream. Garnish with maraschino cherries and pass maraschino sauce.

MARASCHINO SAUCE

Combine ¼ cup of marschino juice drained from maraschino cherries with 2 tablespoons sugar and add 1 teaspoon cornstarch, moistened with ¼ cup cold water. Cook until clear and thickened, stirring constantly Remove from heat, add 1 tablespoon lemon juice. Cool. Makes ½ cup.

—V—

Small peanut butter and mayonnaise jars make ideal ice box containers; they take up little space and the covers prevent blending of odors.

Fresh Fruits And Vegeables

SALAD CHIFFONADE

Salad greens
1 green pepper, finely chopped
1 tomato
1 cup grapefruit segments
French dressing

Arrange in a salad bowl any desired combination of salad greens lettuce, chicory, romaine, or watercress. Sprinkle salad green with chopped green pepper. Cut tomato in cubes and scatter over the greens Arrange grapefruit segments on top Serve with French dressing.

SALAD-SANDWICH PLATE

Slice of white and rye bread
Cold meat and cheese
Ripe tomatoes
French dressing
Hard cooked eggs
Lettuce and watercress

Make two-tier sandwiches of white and rye bread with any desired cold meats and Swiss or American cheese Cut off crusts and cut sandwiches diagonally. Arrange on one side of plate. Peel tomatoes, cut in slices place on plate. Slice hard-cooked eggs Arrange on crisp lettuce, adding only a little French dressing. Garnish with watercress, radish roses, pickles and olives if desired.

—V—

Silks, rayons and similar fabrics should not be pre-soaked. Wash quickly with thick suds of mild soap in lukewarm water only. Hand washing is preferable—or not over 4 minutes in the washing machine. After two lukewarm water rinzings squeeze out water—don't wring or twist—and roll up in a bath towel, crushing towel gently to remove more water. Iron at low heat while damp.

Toasted Rolled Sandwiches

These toasted dainties are very intriguing for every and all occasions but are especially nice served with crisp salads or a cup of hot tea.

TOASTED ROLLED SANDWICHES

16 slices graham bread
½ cup butter
½ cup pimento cheese
⅛ teaspoon paprika
½ teaspoon salt
⅛ cup chopped swet pickle or pickle relish

Cream the butter and cheese add the paprika, salt and sweet pickles. Spread on the slices of bread which have had the crusts removed. Roll up, place in a pan and toast directly under the broiler or place in a moderate oven until delicately browned. Serve immediately.

—V—

To keep your windows bright and clean on the inside during the winter merely wipe them off with paper napkin each week. This will remove the moist dirt and polish at the same time.

—V—

Don't beat rugs!! Heavy beating of rugs loosens the structure and weakens the rug at the same time as it removes dirt. Prevent dirt accumulations by daily use of carpet sweeper or vacuum cleaner. Remove spots immediately.

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