THREE MEALS A DAY

Food, of course, must be well seasoned to be worthy of its piquancy

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SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

If possible, chill salad plates in the refrigerator for an hour or so before you want them. This will help keep the salad cold and crisp until the last leaf is eaten.

It's the heat that does the ironing not your hand pressure—so save ironing energy. Save fuel on electric irons by switching off or removing plug when iron is hot enough, reconnecting when it cools. Keep bottom of iron clean, using mild scouring powder or very fine steel wool if necessary (when iron is cool). Never let the iron drop.

Leather book bindings may be preserved permanently if wiped with a conditioning preparation (providing fresh oils for the leather) twice yearly. The time to give such treatment is while bindings still appear in good condition; once died and cracked, it will be difficult to save the leather.

Over-cooking not only toughens oysters but destroys flavor and valuable food elements. Curdling, a common problem in oyster stew, is prevented by joining cooked oysters and hot milk with seasonings and butter added at the last.

Prevent scaring of table tops by using table pads, mats or doilies when ever possible. Putting coasters under beverage glasses is cheaper than refinishing a stain later. Hot plate mats are a good precaution even for 'heat-resistant' wood finishes.

One pound shrimp in the shell yields about 2 cups, shelled, or 4 portions. Two 7-oz. cans shrimp will yield about 2½ cups.

Almost every housewife has a couple of chairs tucked away in a closet or half-concealed in a corner that are seldom used because they're wobbly. Rungs or joints are loose. If such chairs are used, they may cause serious accidents—why not fix them now? (1) Remove loose rungs, scrape old glue off push-in dowel, scrape old glue from inside of hole, apply strong new glue, push in rung tightly, bind chair firmly with twine until glue has set and hardened. (2) If rung fits too loosely for gluing, get small metal 'rung fasteners' at the hardware store counter, slip over end of dowel and put it into place. (3) If several legs are unsteady, use either method 1 or 2 plus the attachment of X-shaped wire braces between legs. These are sold at low prices as "chair-bracing sets."

Breaks in plaster walls, if not too large, may be patched. Break out all loose plaster, undercutting the edges of the area to give the new plaster a firm hold. Make a stiff mix with two parts of patching plaster and one part of sand, apply with trowel or putty knife, working well into spaces between laths and filling to ⅛ inch from wall surface.When hard, rough en the surface by scratching with nail or screwdriver and fill up with plaster, smooth off with trowel and dusting with sifted dry plaster. Large areas require replastering had better be entrusted to skilled workmen. White lead in oil, stiffened to putty-like consistency with whiting may be used to fill small blemishes.

When pot roasting the meat is seasoned and dredged with flour, placed in a heavy skillet or dutch oven and searing for 15 minutes or until meat is nicely browned. A small amount of water or stock is then added, and heat lowered, the pan covered tightly and the meat allowed to simmer until tender.

Curried Rice and Beans

Something substantial, something tasty——that's the order for the meatess day, and the housewife can combine all kinds of real flavor with good wholesome food when she prepares this dish of

1 cup rice
2 quarts boiling water
1 tablespoon salt
¼ cup minced onion
2 tablespoons butter or substitute
2 teaspoons curry powder
2 cups cooked kidney beans
¼ pound processed cheese
1 cup evaporated milk

Wash rice several times in cold water; drain. Cook in boiling salted water about 20 minutes or until tender. Drain, rinse under hot running water drain well. Cook onion slowly in butter for 5 minutes, and curry powder, beans and rice. Heat thoroughly, stirring with a fork. Pack into greased rind mold place in hot oven 5 minutes. Turn out, fill center with cheese sauce made by melting the cheese—cut in small pieces—in the evaporated milk over hot water Serves 8.

4th WAR LOAN
Let's All Back The Attack

Turkish Delight

3 tablespoons gelatin
2 cups water
½ cup cold water
Grated rind and juice of 1 orange
½ cup hot water
Grated rind and juice of 1 lemon
Red or green coloring

Soak the gelatin in the cold water Put the sugar and hot water in a saucepan. When it reaches the boiling point, add the gelatin and simmer twenty minutes. Add coloring and the flavorings; strain into a bread-pan which has been rinsed with cold water. The mixture should be from one-half to one inch in depth.

When it is cold turn it on to a board. Cut into cubes or other shapes and roll in confectioners' sugar.

If you prefer other flavors, such as peppermint wintergreen and clove omit the fruit juice and rind add one-half cup of water, and flavor with a few drops of peppermint oil of wintergreen, oil of cloves, etc.

The Old Favorite—Jelly Cake Makes A New War-Time Appearance

Many of the real old favorites—some that we haven't prepared in years, or haven't since mother did our cooking —are coming back in style again. It isn't that these dishes were less tasty but with so many recipes for cakes, etc., going around it is almost impossible for the housewife to keep up with the old, while trying so many of the new. Such is the cse with jelly cake—my goodness there even used to be a rhyme about it—

The jelly cake is very much in style these days as a sugar saver, and it'sacompany cake as well as a family favorite.

JELLY CAKE

1¼ cups sifted cake flour
2¼ teaspoons double acting baking powder
¼ teaspoon salt
½ cup shortening
2 teaspoons grated orange rind
1 cup light corn syrup
2 eggs
½ cup orange juice
1 cup red jelly

Sift flour once measure, add baking powder and salt ,and sift together three times. Cream shortening, add grated orange rind. Add corn syrup gradually beating well after each addition. Add ¼ of the flour, beat until smooth and well blended. Add eggs one at a time, beating very well after each addition. Add remaining flour alternately with orange juice Bake in two greased 8-inch layer pans in a moderate oven (350 F.) 30 minutes. Cool. Blend jelly with fork. Spread between layers. Sift powdered sugar over tops.

Surprise Casserole Calls For Chicken Spinach & Mushrooms

This particular dish will indeed be a surprise to one and all, and a most pleasing surprise at that. The combination of chicken, spinach and mushrooms is so good that the family will askfor it again and again and all plates will be licked clean.

SURPRISE CASSEROLE

1 pound spinach
Salt
1 cup white sauce
Slices of left-over chicken
½cup mushroom caps
1 teaspoon finely minced onion
1 tablespoon butter or margarine

Wash spinach well through several waters. Place in pan and cook over medium heat 10 to 12 minutes, or until done Season with salt. Drain and chop very fine. Blend with ½ cup white sauce. Place ¼ cup white sauce in the bottom of a shallow baking dish. Heat chicken slices in remaiinng sauce. Saute mushrooms and onion in butter. Reserve a few mushrooms for garnish, spreading the remainder over sauce in baking dish Add spinach and top with chicken Garnish with mushrooms. Bake in a moderate oven (350F.) 10 minutes Serves 3.

Chicken Giblets Reserved For Another Meal

Though most people seem to be very partial to chicken giblet gravy it would pay every housewife to occasionally reserve those giblets for another meal. To combine them with left-over chicken for example in a delicious pie. It will make the second meal seem like something special.

GIBLE PIE

Giblets heart, gizzard and liver)
3 cups water
4 tablespoons chicken fat
4 tablespoons flour
½ teaspoon salt
1 cup diced cooked chicken
2 small onions peeled
1 cup cubed uncooked potatoes
1 recipe pastry or baking powder biscuits

Cut heart and gizzard into cubes add the water, cover and simmer until tender about 45 to 60 minutes Add liver the last 20 minutes of cooking. Add enough soup stock or milk to make 3 cups liquid. Blend melted chicken fat, flour and salt, add to giblets and cook until thickened stirring constantly. Add chicken, onions, and potatoes. Pour into a casserole and cover with rice pastry or biscuit dough. Place in hot oven (400 F.) until brown, 15 to 20 minutes. This may be baked in individual casseroles. Serves 4.

Spiced Crumb Pudding

It is rare indeed to find a family who does not get an accumulation of stale bread over the period of a week. In many cases the housewife is somewhat at a loss what to do with it all—particularly if her family is not fond of bread pudding or doesn't like bread stewed with tomatoes——well never give up trying——it usually turns out that one way every member of the family will like stale bread is a

SPICED CRUMB PUDDING

1 cup dry bread crumbs
1 cup sour milk
¼ cup shortening
1 cup brown sugar
2 tablespoons molasses
½ cup sifted flour
½ teaspoon cloves
½ teaspoon cinnamon
1 teaspoon baking soda
¾ cup raisins

Soak crumbs in sour milk for ½ hour. Cream shortening and sugar together until light and fluffy, add molasses and beat well. Sift flour mixture. Add raisins and crumbs and beat thoroughly. Bake in a buttered baking rind in slow oven (300 F.) 45 minutes. Serve hot or cold with any desired pudding sauce Serves 8.

If uncooked meat is to be kept in your refrigerator for more than a few hours, it should generally have the paper removed unless your butcher is using a special type of moisture-resistant paper that will not "draw" the moisture out of the meat. Ask him. For several-day storage (if you have not extra cold compartment) wrap completely but not tightly with waxpaper or special "freezer paper" that many stores carry.

Don't throw away the food value in stale bread. If your family does not care for bread pudding nor for bread stewed with tomatoes, put it aside in a dry place to get hard. Once a week take the accumuation of left-over slices and ends, run them over a grater or through your meat grinder or the grinding attachment of your mixer. The breadcrumbs you make in this way will keep indefinitely in a covered jar—are useful for frying breading, "stretching" hamburgers and scrambled eggs.

Savory Salmon Salad Knows No Special Season

A salad as tasty as this one knows no season—it's as popular for winter luncheons and suppers as it is during the summer months—so, if you have never tried it—do as soon, and just see what a treat you have been missing:

SAVORY SALMON SALAD

1 cup salmon boned and cleaned
1 cup cooked elbow macaroni
½ cupchopped sweet pickle
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons lemon juice
1 tablespoon sugar
3 teaspoons prepared mustard
½ cupmayonnaise
Lettuce
1 teaspoon paprika

Pick over the salmon removing bones and skin Add macaroni and sweet pickle, season with salt and pepper. Add lemon juice sugar and mustard to the mayonnaise, combine with salmon mixture and toss together lightly until blended. Serve in lettuce cups and sprinkle with paprika.

Other flaked fish or shellfish may be used if preferred.

Pork Chops Appear In An Interesting Portuguese Style

It is something quite difficult to imagine that something we consider so "American" as a pork chop— is just as important in such a far away country as Portugal, but it's true that we can't claim the chop as our very own. In fact, the Portuguese are probably a great deal wiser in the ways of pork than we are ,as they have an ancient proverb that translated means "Beef is eaten cooked but pork twice cooked."

PORK CHOPS PORTUUESE

6 pork chops 1 inch thick
Salt
Pepper
2 tablespoons butter or substitute
1 small onion, minced
1 teaspoon brown sugar
1 small carrot, grated
2 cloves
3 peppercorns
1 sprig parsley
1 sprig thyme
1 tablespoon flour
½ cup white wine

Salt and pepper the chops, and fry in 1 tablespoon of butter for at least 20 minutes until brown on both sides

Meanwhile start the gravy by melting the second tablespoon of butter in a sauce pan. Add the sugar and sliced onion and fry slowly until brown. Add ½ cup boiling water the minced carrot, and the seasonings, and let simmer. When the chops are done, take them out of the frying pan and keep warm until needed. Pour all the pork fat out of the frying pan except 1 tablespoon Blend in the flour. Pour 1½ cups of boiling water over the onion in saucepan, and then blend into fat and flour, stirirng until it thickens. Put the chops into the saucepan, strain the gravy and pour it over them. Add the wine and cook under the boiling point for 10 minutes before serving.

Soft Custard

4 egg yolks
¼ cup sugar
Dash of salt
2 cups milk, scalded
1 teaspoon vanilla

Beat egg yolks slightly with a fork, combine with sugar and salt. Add hot milk gradually, stirring constantly. Cook over hot water until mixture forms a coating on a silver spoon, stirirng constantly. Remove immediately from hot water. Cool Add vanilla. Makes about 3 cups custard.

MERINGUE TOPPING

For each egg white used, allow 1 tablespoon powdered sugar and a few drops of desired flavoring. Beat adding sugar gradually. Beat until egg whites until foamy throughout stiff, flavor and arrange on custard just at serving time. Dot with jelly if desired.

HAVE YOU BOUGHT YOUR Extra BONDS
WE BOUGHT EXTRA WAR BONDS 4TH WAR LOAN

Cheese Waffles Make An Interesting Lunch Or Supper

Though a plain waffle is always popular, one made with cheese is just a bit more intriguing and is particularly suitable for luncheon or supper—a little something extra added. However, the same recipe can be used for an assortment of waffles, or left plain if preferred.

CHEESE WAFFLES

2 cups siftedcake flour
2 teaspoons baking powder
½ teaspoon salt
3 egg yolks
1 cup milk
4 tablespoons melted shortening
3 egg whites
1 cup grated cheese

Sift flour once, measure add baking powder and salt, and sift again Beat egg yolks well and combine with milk. Add to flour beating until smooth. Add shortening. Beat egg whites until stiff and fold into batter. Fold incheese. Bake in hot waffle iron. Serve hotwith grilled tomatoes orbacon. Makesfour 4-section waffles.

CRISPY WAFFLES: Use above recipe, omitting cheese. Servehot with creamedchicken or mushrooms or with syrup.

BACON WAFLES: Use above recipe, omitting cheese. Sprinkle batter with diced cooked bacon or ham before closing iron.

Cut Off, Save Coal

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

Yunnan Largest Province

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