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

Pans for baking cookies are usually made of tin, aluminum or Russian iron, The iron sheets absorb the heat and are usually considered one of the best types. Tin and aluminum reflect rather than absorb the heat giving a paler color to the cookie This sometimes has its advantages when a browned cookie is not desired

A chicken fryer is very useful for heating rolls, warming and freshening dry bread or cake.

Select a mild, clear day for washing blankets, not a hot, cold or windy day Extreme temperatures and friction damage wool bankets.

In measuring leavening, always use level measurements. It is importan to use enough baking powder, but just as important not to use too much Dip standard measuring spoon into leavening fill heaping full, then level off lightly with spatula or other straight edge.

Custards, scalloped or creamed dishes should be covered before being placed in the refrigerator to prevent them from drying out anad absorbing odors.

Fish is easy to digest and that' another reason for being a healthy food. Fish have thin skins and practically no tough gristles or sinews A little cooking makes the flesh very tender and the cooked fish since it is not coarsely grained, mixes easily with the digestive juices. Therefore it digest easily and imposes less of a strain on the digestive system than meats. For this reason it is to be recommended as a food for people of delicate digestion. Many kinds of fish contain a good deal of fat which gives them high energy value. This fat is just as easily digested as the fat from other foods.

—V—

Remove rings and file rough nails before you wash silk or rayon hosiery. Wash new hosiery before wearing. Then wash it as soon as possible after each wearing to prevent perspiration damage.

—V—

You get more juice from lemons, oranges—sometimes twice as much—when the fruit is warm. Rest the fruit for a few minutes over a range burner that is warm from use, but turned off.

—V—

A Doubly Good Breakfast Usually Insures A Successful Day

Anyone can say that the morning's breakfast was "good" which usuaally means that it was pleasing to his or her taste—but when you can say that your breakfast was "doubly good" it means two things—it was good to taste, and it was good for you. We all agree that a doughnut or a piece of coffee cake and a cup of coffee is good—but at the same time—we all agree that it isn't enough of a breakfast to be "good for you." There is fruit to be considered and cereal, and meat and eggs—all of these combine into that "good breakfast."

Cereal, for example does not always have to be a bowl full sitting in front of you—and it's a wise house wife who occasionally serves her family a real cereal treat in the form of

BRAN MOLASSES MUFFINS

1 cup sifted flour
3 teaspoons double acting baking powder
¼ teaspoon salt
1 egg, well beaten
2-3 cup milk
¼ cup molasses
3 tablespoons melted shortening
1 cup bran flakes

Sift flour once, measure, add baking powder and salt, and sift again Combine egg, milk, molasses, and shortening; add to flour mixture beating only enough to dampen all flour. Add flakes. Bake in greased muffin pans in hot oven (425 F.) 25 to 30 minutes. Makes 10 muffins.

A Jellied Salad That Is The Kind The Men Will Like

Ever so many men, upon entering the dining room, and seeing a very fancy molded salad, can often be heard to remark "woman stuff." Meaning it is assumed, that they consider a molded salad always to be a sweet affair suitable only for bridge luncheons or 'deer parties." My, but can't they be fooled?? There are unlimited jellied salads that really have a good tangy flavor—and are just what men like. Such as

TART TOMATO SALAD

1¼ tablespoons plain gelatin
2 cups tomato juice
2 teaspoons lemon juice
1 teaspoon sugar
½ teaspoon salt
1 teaspoon Worcestershire sauce
½ cup fresh cucumber pickle, chopped
Mayonnaise
½ cup celery, chopped

Soak gelatin in ¼ cup of cold tomato juice. Over this pour 1 cup boiling tomato juice. Stir until dissolved Add remaining juice and seasonings. When slightly thickened, add celery and pickle. Pour into molds and chill. Turn out on crisp lettuce. Garnis' with mayonnaise.

—V—

Electric heaters give much hea quickly; are helpful in the bathroom, when dressing on chill mornings when bathing the baby, and at other times when more temporary heat is desirable. It costs from 1 to 4 cents a day to operate an electric heater for one hour—much less than to raise the temperature of the whole house even one degree.

—V—

Carrot Croquettes

Since carrots are always available and normally about the cheapest vegetable in the markets, we are all inclined to take advantage of them But they too, can appear in a completely different manner—just try

CARROT CROQUETTES

2 cups pureed cooked carrots
1 tablespoon fat, melted
1 egg yolk, beaten
½ teaspoon salt
Dash of nutmeg
Fine bread crumbs
1 bunch parsley

Combine carrot puree with fat, egg yolk, salt and nutmeg. Shape into carrot-shaped pyramids; roll in crumbs and chill for 2 hours. Fry in hot deep fat (375-380 F.) for 3 to 6 minutes or until brown. Drain on unglazed paper. Arrange croquettes radiating from the center of a round platter, with parsley sprigs at the wide end to resemble carrot tops. Any leftover meat, fish, chicken or vegetables may be made into croquettes and decorated in the same manner. Serves 6.

—V—

Shirred Eggs For Supper Is Always Pleasing

For an impromptu or planned supper, eggs are always popular. You might choose scrambled eggs, or possibly an omelet, but always tasty are

SHIRRED SUPPER EGGS

8 eggs
Salt and pepper
1 can condensed tomato soup
1 tablespoon butter or margarine
½ teaspoon Worcestershire sauce

Grease 4 shirred egg dishes or individual baking dishes. Place 2 eggs in each dish; season with salt and pepper. Place cups in baking dish containing 1 inch of hot water; bake in moderate oven (350 F.) 15 to 20 minutes or until eggs are set. Meanwhile, heat cup even low heat. Add butter and Worcestershire, stir until blended. When eggs have set, pour ¼ cup of the tomato sauce into each dish; serve at once. Serves 4.

—V—

A very useful formula is the one for making transparent glue for glass. Use 5 ounces of white gelatine, 5 ounces of acetic acid, and 6 ounces of water. Soak the gelatine in the water for twelve hours or so then heat the softened gelatine and water until the gelatine is dissolved and then add the acetic acid. Water is then added until about a pint of glue is obtained.

Sweet Potato Pie

4 tablespoons butter or margarine
½ cup sugar
3 tablespoons lemon juice
1 tablespoon grated lemon rind
3 eggs, separated
¼ teaspoon cinnamon
2 cups mashed sweet potatoes
1 cup top milk
1 unbaked pastry shell

Cream butter until soft, add sugar gradually and continue to cream until sugar is well blended. Add lemon juice and rind. Add beaten egg yolks, cinnamon, potatoes and milk Mix thoroughly and fold in stiffly beaten egg whites. Pour into pastry lined pie plate. Bake in hot oven (425 F.) 10 minutes, then lower temperature to moderate (350 F.) and continue baking for about 40 minutes longer or until a knife inserted in the center comes out clean. Makes 1 (9-inch) pie.

—V—

Make Those Meat Stamps Go Farther

Many are the housewives who can spend hours on end frantically trying to think of something to "round out" the dinner menu. It may be that there is a bit of meat left-over from the night before—but not sufficient to make it anything but a side dish. Out come the ration books and we flip through the pages just hoping that a few extra meat stamps became dislodged and buried themselves in another part of the book. No such luck! But we certainly don't want to spend points for tonight's dinner because the week-end is coming and we do like to "splurge" then——so we hoard for Saturday!

Now some women are just naturally lucky—they can plan little extenders without a great deal of thought and the rest who are not so fortunate can usually find that a stroll through the market will accomplish this—it usually does happen that you will just chance upon some certain thing that is "just it", and thus, the menu is completed.

Such an "extender" was very forcefully brought to my mind the other day, when I spotted a basket of those gorgeous, huge mushrooms I mentally had them all stuffed and baked and on the table long before I owned them Too—there was lunch for the following day—the stems served creamed on toast. They're good too!

One can do a bit of substituting for the mushrooms though and use ripe tomatoes in place. Either will be found very, very satisfactory.

STUFFED MUSHROOM CAPS

3 tablespoons chopped onion
2 tablespoons butter or margarine
3 cups soft bread crumbs
3 tablespoons chopped crisp bacon
1 teaspoon salt
Dash of pepper
1 egg, slightly beaten
12 large mushrooms caps

Sauce onion in margarine or butter until delicately browned. Add crumbs, chopped bacon, seasoning and egg; mix well. Remove stems from mushrooms and save for future use. Peel, wash and drain well Place a spoonful of dressing on each mushroom cap. Place in a greased baking dish; bake in a moderate oven (350 F.) 20-25 minutes. Serve with

CREAMY CHICKEN SAUCE

1 tabespoon butter
2 tablespoons four
1 can condensed chicken soup
½ cup milk

Melt butter in saucepan. Add flour and cook until frothy. Add soup and milk and cook until thickened, stirring constantly. Makes about 1¼ cups sauce.

—V—

Sour Beef

In the past, many families had at least one good "sour beef feed" per year——now, more than ever before this "feed" is a treat spelled with a "T".

SOUR BEEF

4 pounds beef, chuck or rump
Salt and pepper
1 onion, sliced
3 bay leaves
1 teaspoon peppercorns
Vinegar and water
½ cup sugar
¼ cup raisins
4 to 6 gingersnaps
1 cup thick sour cream

Rub meat with salt and pepper. Place in deep earthen dish with onion bay leaves and peppercorns Heat enough water and vinegar to cover (equal parts if vinegar is strong); add ¼ cup sugar. Pour while hot over meat. Cover and keep in a cool place for 3 to 4 days Remove meat from liquid and brown in hot oven (450 F.) 20 minutes. Add 1 cup spiced liquid, cover and cook in a sow oven (300 F.) 3 hours or until tender. Add more of the vinegar during the cooking if necessary. Remove the meat, slice for serving and keep hot. Strain the liquid; skim off fat. Melt remaining sugar (¼) cup in skillet, add strained liquid gradually, then raisins and gingersnaps Cook until thickened and smooth add sour cream and when hot pour over meat. Serves 10.

—V—

GRAHAM CRACKER MARGUERITES

One just doesn't or can't realize that a good cookie can be made without shortening. Well, it's right and it's wrong, because really, in the case of these graham cracker Marguerites you would only be putting some very nice finishing touches to some graham crackers—but the results will be most pleasing, and will prove popular for luncheon dessert or for after school snacks.

1½ cups sugar
½ cup water
5 marshmallows
2 egg whites. well beaten
2 tablespoons shredded coconut
¼ teaspoon vanilla
1 cup pecans, chopped
⅛ teaspoon salt
16 graham crackers

Boil sugar and water together to the soft ball stage (233 F.) Add the marshmallows which have been cut in pieces and stir until dissolved Pour over the well beaten egg whites and beat until stiff enough to hold its shape. Add the vanilla coconut, salt and pecans. Spread in graham crackers and bake in a moderate oven (350 F.) for about fifteen minutes or until light brown.

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Not so long ago every farm . . . . HAD ITS OWN BAKERY
HAD ITS OWN BUTTERY
HAD ITS OWN BREWERY

Back only a few years ago, as time is counted, every farmer ate bread baked from his own grain—ground at the nearby mill. That bread was mixed in his own kitchen, set to rise behind the warm kitchen stove, and baked fresh and brown and crisp.

On it he spread generously the butter from his own cream, made in his own buttery. The slice of good, home-cured ham was sliced from a porker born and raised in his own pens. And to wash it all down, there was a mug of sturdy beer, brewed in his own brew-house, alongside the roomy kitchen.

This was quite natural, too—because both the cattle and the hogs were fed on grain the farmer grew. The bread was baked from the flour, milled from the grain he raised. And the beer was brewed from his own home-grown barley, flavored with hops grown in his herb patch. And the same yeast that he used in brewing his beer, he used, too, in baking his bread.

In time, the farmer became a specialist—raising only certain crops and buying in the market what he did not raise. Today more and more farmers buy bread from a nearby town bakery, buy butter from the store in town (five or ten minutes drive away)—his ham and bacon come from folks who specialize in pork products, and his beer, he buys by the case from a dealer in town.

WE ARE IN AN AGE OF SPECIALIZATION

Maybe it is best for all of us. In any event, it's a lot easier on the women folk on the farm. The modern bakery, the modern creamery, the modern packing plant, the modern brewery, lift great loads from the shoulders of the farmers' wives and daughters. Life on the farm is an easier life—the good fresh air, the active day-to-day exercise, and then the mere sight of the dinner and supper table—they all combine to make the country ham and the well brown bread and the fresh butter taste as of old—and the tall, slim glass of NATIONAL BOHEMIAN is as much a part of the home life at mealtime as when each farmer brewed his own beer.

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