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

THREE MEALS A DAY

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

Splurging Permissable When Left-overs Are Considered

If the housewife who is on a rather strict budget has the desire to "splurge" once in awhile she really should feel perfectly free to do so. That is, she should feel free if she can arrange it so there are left-overs so the next night's meal will cost practically nothing. If she has "splurged" with a breast of veal as the meat course, her next night's dinner will be a treat. She can serve veal tartlets, mashed potatoes, diced carrots and peas, shredded lettuce and cucumbers, spiced pears, cookies and coffee. The tartlets are made like this: Use 1½ pounds leftover breast of veal. Cut in pieces 1 inch long. Make a cream sauce of 2 tablespoons of butter and 4 tablespoons of flour, adding 1 cup of milk and 1 cup of veal broth, stirring constantly. Season with salt and pepper. Add meat, 2 tablespoons chopper pimento and 1 hard cooked egg chopped. Bake 4 pastry shells and fill with the meat mixture. Sprinkle over sifted bread crumbs and brown under the broiler. Serve at once.

—V—

Apple Cake Is Favorite Morning, Noon or Night

An apple cake is like a waffle—n matter when you serve it— it's al ways popular. Whether for break fast, lunch, dinner or supper—just pick your own time and be certain of its welcome.

APPLE CAKE

2 cups cake flour
4 teaspoons baking powder
2 tablespoons butter or substitute
1 teaspoon cinnamon
6 to 8 juicy apples
1 egg
Milk
½ teaspoon salt
¼ cup molasses

Make a crust by sifting the flour and baking powder together, cutting in the butter and adding salt, beaten egg and enough sweet milk to make a soft dough. Roll the crust one-half inch thick and line a greased baking tin with it. Cover the crust with quartered apples and sprinkle with a little cinnamon and molasses. Bake in a rather quick oven (400 F.) until crust and apples are both a light brown. Sprinkle with sugar, keep in the oven five minutes more and then serve. Makes one large cake.

—V—

To remove cod liver oil stains on washable fabrics ,apply banana oi (from druggist) mixed with equal a mount of thick soap solution; then launder. If stain remains, it may be bleached with peroxide. On non washable fabrics, sponge with carbon tetrachloride. If stain remains, bleach with peroxide.

—V—

Cabbage Au Gratin As A Surprise

When walking through the markets, looking over the vegetables available, it is seldom that one will consider a cabbage as a vegetable to serve just "any time." We are much too apt to keep it for the time when we are having boiled ham, or corned beef or cole slaw. It will indeed then, be a surprise to the whole family if you serve—

CABBAGE AU GRATIN

4 cups cooked cabbage, cut in small pieces
2-3 cup grated American cheese
2 cups hot white sauce
½ cup buttered bread crumbs.

Put cabbage in greased casserole Add cheese to white sauce and stir until melted. Pour over the cabbage Sprinkle with bread crumbs. Bake in moderate oven (350 F.) 25 to 30 minutes, or until browned. Serves 6

—V—

A Tasty Mushroom Sauce Will Add To An Egg Or Vegetable Dish

Should you be planning, either from necessity or desire, an egg or vegetable dish to be the main part of a meatless menu—a great deal will be added to the flavor with something so simple as a mushroom sauce. Men are always partial to sauces and feel certain that you have spent a great deal of extra time in the preparation of the dish.

MUSHROOM SAUCE

½ pound fresh mushrooms
3 cups water
½ teaspoon salt
3 tablespoons butter or substitute
3 tablespoons flour
Dash of pepper

Wash mushrooms well. Slice lengthwise through cap and stem Cook in water for thirty minutes over medium fire. Add salt. Drain liquor and measure 1½ cups. Melt butter, add flour, and blend well Add mushroom liquor (1½ cups) and cook, stirring constantly, until thickened. Add mushrooms and pepper and cook five minutes longer. Makes 2 cups sauce. If desired, chicken broth or cream may be substituted for ½ cup mushroom stock.

Cheese Croquettes

If your family comes home for lunch, or if you prefer to save them for some Sunday night supper—do serve, at least once a month—

CHEESE CROQUETTES

½ cup soft cheese
2 tablespoons fat
2 tablespoons flour
½ cup milk
2 egg yolks
1 egg white
¼ teaspoon salt
¼ teaspoon paprika
Crumbs

Make a white sauce, using the fat flour and milk. Add the slightly beaten egg yolks, the cheese cut in small bits, and the seasonings. Stir until the cheese is melted. Allow the mixture to cool, then shape, roll in crumbs, then in the egg-white, which has been diluted with one tablespoon of water, then in crumbs again and fry in deep fat (375-390 F.)

—V—

Carrot Ring

As tasty as peas and carrots, is this carrot ring served with corn—it will be fine as the center of a vegetable dinner.

CARROT RING

2 cups sliced carrots
Boiling water
1 small onion, minced
2 tablespoons butter
1 teaspoon salt
⅛ teaspoon pepper
2 eggs

Cook carrots in boiling water until soft. Drain and force through puree sieve or strainer. Saute onion in butter until soft. Add to carrots with salt, pepper and slightly beaten eggs Fill greased ring mold with carrot mixture. Set in pan of hot water and bake in moderate oven (350 F.) 40-50 minutes. Unmold and fill center with well-seasoned corn. Serves 6.

—V—

Baked Oysters And Noodles Make A Meatless Menu A Pleasure

There are so many things to be said both for and against meatless menues—but in every case it depends entirely upon the homemaker. The conscientious one always hears words in favor of her meatless menues, while the others—well, there are so few of them that it is probably not worth mentioning.

It is amazing though, when one sits down to some conscientious menu planning, just how many good meals can be planned without meat and without repetition. One can rely to a great part on fish. Oh, yes, there are many times when it is available, and every housewife should take advantage of the times when it is. The rest of the in-between times finds a huge supply of perfectly delicious dishes to take the place of meat. Also we do have meat points, so one shouldn't get the idea that there will be no meat for the table all during the week. Being very technical there are probably only two nights during the entire week when the housewife will have to plan meatless menues so, for one such day next week plan

Baked Oysters and Noodles

1 pint oysters
1½ cups oyster liquid and milk
2 tablespoons flour
1 teaspoon salt
½ teaspoon paprika
Dash of pepper
2 cups broken noodles
5 tablespoons butter or substitute
½ cup buttered crumbs

Drain oysters, reserving liquor To oyster liquor add sufficient rich milk to make 1½ cups. Blend flour smoothly with about 4 tablespoons of this liquid. Heat remainder of liquid in top of double boiler and when hot gradually stir in flour mixture and seasonings. Bring to a boil over direct heat, stirring constantly Let stand over hot water Drop noodles in boiling water to cover and cool rapidly 9 minutes or until tender. Drain, rinse, drain, thoroughly add 1 tablespoon of the butter. Saute oysters in remaining butter or margarine just until edges curl. Place half of noodles in greased baking dish, cover with oysters, top with remaining noodles. Add hot sauce, cover with buttered crumbs. Bake in hot oven (450 F.) 10 minutes Serves 6.

—V—

Souffleed Cheese Sandwich

A tasty snack for two can be prepared in no time and will be a very unusual and pleasing one, if you serve—

SOUFFLEED CHEESE SANDWICH

Remove the crusts from four slices of bread and toast slices under broiler flame, on one side only. Add one-quarter teaspoon salt to the whites of two eggs and beat until stiff. Using the same beater beat yolks of two eggs until thick and lemon colored: add a pinch of pepper and one-half cup grated sharp cheese mixture into egg whites. Heap on untoasted sides of bread. Bake in moderate oven (375 F.) until puffed and brown.

—V—

BUY MORE BONDS!

Egg Timbales For Lunch Or For A Meatless Menu

Since we have come to rely on eggs to such an extent for luncheon or for the main dish of a meatless menu, it is understandable when a housewife admits she "just can't think of another way to serve egg." Our thoughts usually run along the lines of—scrambled eggs, omelets, souffles and around and around we go! But it is nearly always safe to say that there can be found at least one more way to serve the well-known egg—for example, have you tried—

EGG TIMBALES

1 tablespoon fat
1 tablespoon flour
2-3 cup scalded milk
1 tablespoon chopped parsley
3 eggs
Salt and pepper
Cayenne
Celery salt

Make a white sauce of the fat flour, and milk, and add the egg yolks, slightly beaten. Add all the seasonings, then fold in the stiffly beaten eggwhites. Fill greased baking-dishes two-thirds full of the mixture. Set dishes in a pan of hot water and poach in a slow oven (250-350 F.) until firm. Arrange on a platter and serve with

TOMATO CREAM SAUCE

1 cup medium white sauce
1 cup fresh or canned tomatoes
1 stalk celery
1 slice onion
½ teaspoon salt
Cayenne

Cook the tomatoes, celery, onion salt and a few grains of cayenne together for twenty minutes. Rub through a sieve. Add gradually, stirring constantly to the white sauce.

—V—

Manhattan Clam Chowder

1½ dozen clams
¼ pound salt pork
1 onion, chopped
1 quart water
2 cups stewed tomatoes
1 bay leaf
¼ teaspoon thyme
½ teaspoon salt
½ teaspoon celery salt
⅛ teaspoon pepper
4 potatoes, peeled and cubed

Wash and scrub clams carefully in several cold waters. Place in shallow pan in hot oven to open or place in kettle with ½ cup water, cover and steam until shells open. Remove clams from shells. Strain clam liquor through double cheesecloth. Dice pork and fry over low heat until golden. Remove pork, brown onion in fat. Place clam liquor, browned pork and onion in deep kettle with water, tomatoes, spiced seasonings. Simmer gently while preparing potatoes. Add potatoes, cook slowly 45 minutes. Chop the hard part of clams very fine, add to chowder, cook 15 minutes. Chop soft portion and add, cook 3 minutes onion. Serving piping hot Serves 8.

Shellfish Pie

One could certainly not complain of a meatless menu if such a dish as this was served. It's a wonderful treat no matter when served.

SHELLFISH PIE

¼ cup butter or margarine
2 tablespoons flour
1 cup rich milk
Salt and pepper
12 oysters
1½ cups cooked shrimp
1 cup scallops
Baking powder biscuits

Melt butter in saucepan, blend with flour, add milk gradually. Cook and stir until smooth and thickened Remove from heat, add seasonings to taste. Add drained oysters, cooked and cleaned shrimp, washed and drained scallops. Turn into greased baking dish. Top with individual biscuits, or roll out biscuit dough to fit top of dish and slash in several places. Bake in hot oven (425 F.) 20 to 30 minutes or until biscuits are cooked and browned. Serves 6.

—V—

Butterscotch Pie Heaped With Meringue

There is just that certain something about a butterscotch pie that sets the whole family to yearing for that certain moment after the evening meal when it will be brought to the table in all it's splendor and mother plunges in the knife to cut a good husky piece for each. It's what we call an "old-fashioned" dessert and one that never loses its popular ity.

BUTTERSCOTCH PIE

1½ cups milk
1 cup brown sugar
2 tablespoons corn-starch
2 eggs, separated
2 tablespoons butter
2 tablespoons powdered sugar

Heat one cup of milk with the sugar until the sugar is free from lumps. Mix the cornstarch, one-half cup milk and egg yolks and add to the hot mixture slowly. Cook in a double boiler until thick, stirring constantly; then continue to cook for ten minutes longer stirring occasionally. Remove from fire and add butter. When cool, pour into a baked pie shell. Cover with meringue made from the beaten egg whites and the powdered sugar. Brown in a slow oven (300-350 F.)

For variation: Cover the top of the pie with halves of marshmallows instead of meringue, and brown in the oven. In this case, use one whole egg instead of two yolks.

—V—

Age, repeated washings without bluing, insufficient rinsing, or indoor drying may cause clothes to become yellowed. If you use bluing regularly this yellow tinge will be neutralized and the original whiteness will be restored. For bluing is the time-tested and accepted way of keeping clothes white and bright-looking. It makes clothes look whiter because bluewhite is whiter to the eye than white-white But you must blue clothes properly for perfect results. they must not be over-blued or under-blued.

Tasty Sauces Satisfactorily Replace Butter On Vegetables

In the past, we have depended so much on butter as the favorite seasonings to serve on vegetables! However, though butter is rationed and very strenuously so—flavor isn't! And fine flavor for vegetables can be found in various and assorted sauces. Of course, in the case of string beans, so many people are partial to a bit of bacon or a ham bone to cook with it, in which case ,a sauce will be a pleasing novelty to them.

BEANS WITH ONION SAUCE

1 small onion, minced
2 tablespoons bacon fat
1 pound green or wax beans, cooked
2 teaspoons chopped parsley
½ teaspoon salt
Dash of pepper
1 teaspoon lemon juice

Saute onion in fat until delicately browned. Add beans, parsley, salt and pepper. Simmer from 5 to 10 minutes. Add lemon juice and serve

SAVORY BEEFS

1 teaspoon cornstarch
¼ cup sugar
¼ cup water
¼ cup vinegar
6 small beets, cooked and cubed
½ teaspoon salt
Dash of pepper
1 tablespoon butter or margarine

Mix cornstarch and sugar. Add water to vinegar and mix with cornstarch and sugar. Cook over low heat 5 minutes, stirring constantly Add beets and let stand until beets are hot. Season. Add margarine.

—V—

After An Evening's Walk Serve Good Hot Mocha

With the evenings gradually getting a bit longer, and not quite so cold, you are apt to see families out taking a brisk evening walk. Sometimes it's well past dark when they return—possibly having walked to a theatre, and then home again. But whatever the occasion, something hot to drink is always a favorable idea And, if you want to prepare something just a little different, be sure to try

MOCHA

5 tablespoons breakfast cocoa
5 tablespoons sugar
⅛ teaspoon salt
½ cup water
1 cup boiling water
1½ cups evaporated milk
1½ cups strong hot coffee

Combine cocoa, sugar, and salt Add water and stir until smooth Cook slowly over low flame 2 to 3 minutes. Add boiling water, milk and coffee. Reheat. If desired, beat before serving. Serve immediately Serves 6.

—V—

Paint brushes may be reused many times if they are properly cared for after each use. There are several methods. (1) Rinse out thoroughly in turpentire, shake nearly dry and wrap bristle part in heavy waxed paper. (2) Rinse out brush or not, as preferred, and suspend in container filled with water or turpentine to top of bristles and cover water with oil film to prevent evaporation. Such a container may be fashioned from an old can or useful wire brush holders can be bought in variety stores. Save your paint brushes! Don't throw them away nor let them harden. Clean and use again.

—V—

Chicken Pilau

No matter how often served—if served in different and interesting ways, chicken is always good news Here is another good and very tasty way to serve it:

CHICKEN PILAU

4-pound roasting chicken
1 teaspoon curry powder mixed with 1 cup water
2 cups uncooked rice
4 cups chicken drippings and water, combined
4 tablespoons fat

Dress the chicken as for roasting omitting the stuffing. Place in an uncovered roaster, add curry powder mixed with the water and cook in a moderate oven)350 F.) adding more water as needed and basting occasionally. After chicken has cooked about one-half hour, drain, replace drippings with 2 cups of water, and continue cooking chicken. Wash rice add the chicken drippings with enough water to make 4 cups, and cook slowly for about 20 minutes. Set in a warm place (where there is no danger of scorching) for another 20 minutes. When chicken is browned remove from roaster. Combine rice and fat, mix well with gravy and spread over bottom of roaster. Place chicken on top of rice, cover and continue cooking for about ½ hour or until chicken is tender and a crust has formed on the bottom of rice. To serve, place chicken on platter and smother with rice, crust side up Serves 4 to 6.

—V—

200 Languages in India

More than 200 separate languages and many times that number of dialects are spoken in India.

—V—

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