THREE MEALS A DAY

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

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

A tasty casserole can be prepared by using liver with potatoes onions, bits of bacon, and white sauce made with bacon fat. Or liver with sauteed onion and celery, peas, and mushroom or tomato sauce.

Mend rips and tears, warn or patch worn places, and sew on loose buttons before washing work clothes. Close zippers. Turn pockets inside out and brush out the grit. Brush off loose dirt or dust. Remove stains or grease spots before washing.

If batter becomes too liiquid in mixing, cakes will have coarse uneven grain. This may be caused if shortening or creamed mixture is allowed to become too soft, by too warm ingredients or too slow mixing, or by the use of too little flour or too much liquid in their first additions.

Curtail fuel-wasting drafts through door bottoms or mail slots by cutting a strip from an old rubber mat and tacking to the door on the inside. Air leaks around the outside of door frames and window frames can be eliminated by the application of caulking compounds or wood putty. To stop such leaks effectively, the outside wall should be examined also and repaired as necessary.

Keep bulk food safely in canister sets. To help win the war, many food packers will stop using cans, or pack the lighter boxes or bags only strong enough to get the food to you safely. To protect staples like sugar, flour, beans, rice, raisins and many others you should use glass jars as a canister set.

Cook foods quickly. The longer they cook the more they lose in vitamin value. In boiling and steaming use small amounts of water an dserve liquid left after cooking to obtain the nutrients dissolved in it. Never add soda to vegetables in cooking. It tends to destroy vitamins. Green vegetables will keep their attractive color if cooked only untiil just tender.

Upholstery on furniture and automobiles should be brushed before spot removal is begun. Cleaning fluid should be applied sparingly, to avoid soaking the inner stuffing, especially if the padding is sponge rubber which may be destroyed by excess quantities of some cleaning fluids. The cloth with which the cleaning fluid is applied should be lightly tapped over the surface—not rubbed hard. As the cloth picks up the spot, clean cloth should be moistened with the fluid so that the dirt once removed is not put back again. After the spot is removed, brush the surface of the upholstery again.

Radiator covers are not advisable. Home-made shelves which rest on top of radiators usually waste fuel by reducing heat radiation. Better to sacrifice beauty and get more heat for your dollars while the war is on.

Wallpapering can be "put off" by removing spots as they occur. On a fresh grease spot put a clean white blotter and apply a moderately warm iron. On other spots, rub with soft, crustless bread, crumbling off as it absorbs dirt. Light spots can be lightly rubbed out with a white or gum eraser (colored erasers often leave streaks. Dampening a spot with water and applying fuller's earth is very helpful. Brush off the powder when dry, and supply a second tiime if necessary. The putty-like types of wallpaper cleaners—wiped in long up and down strokes, not rubber, are easy to use and are satisfactory. Leftover wallpaper, if saved, may be used to cover over a bad spot. If you have enough, replace a complete ceiling to floor strip, otherwise cut out a complete design and paste over the soiled spot.

—V—

Beef Liver Served In A Savory Manner

Since beef liver is more plentiful on the market than calf's liver, many homemakers who in the past chose only the calf's liver, are now perfectly contented to settle for that of the beef, and, when served in such a savory manner is really as much as a person could ask.

SAVORY LIVER

1½ pounds beef liver sliced thin
¼ cup chopped onion
2 teaspoons chopped parsley
2 tablespoons bacon fat
2 tablespoons flour
¾ teaspoon salt
Dash of pepper
3 tablespoons vinegar
2½ cups bouillon

Saute onion and parsley in bacon fat in frying pan until slightly browned, stir in flour, seasonings and vinegar, and add bouillon gradually, stirring and cooking until well mixed. Place liver in gravy and cook, covered 15 minutes, turning once.

—V—

Naptha and benzine, likewise good cleaning agents, are also combustible and explosive, and should be avoided. Merely storing these in the home is a hazard at any time. If used, stay in the open air and shun fire.

Kidney Stew With Good Dumplings

One pound of kidneys, when prepared as a stew are good enough in themselves to make a person want to eat on and on and then eat some more—but since we are being conservative of points—we want that pound of kidneys to serve everyone else too—so we serve dumplings with it Now a good dumpling is something else that can't be resisted, and the combination of the stew with th dumplings, um um—good! And very filling!

KIDNEY STEW

1 pound beef, veal, lamb, or pork kidneys
2 tablespoons fat
4 tablespoons flour
2 cups water
1-3 cup minced onions
1 teaspoon salt
Dash of pepper
¼ teaspoon Worcestershire sauce

Wash kidneys thoroughly. Split in halves lengthwise and remove fat and tubes. Soak in cold salted water ½ to 2 hours; rinse, drain and dry thoroughly. If kidneys are old or large, cover with cold water, bring slowly to a boil, drain and dry thoroughly Cut kidneys in ¼ inch slices.

Saute kidney slices in fat 3 minutes. Add flour and cook 3 minute longer, stirring constantly. Add water onions, and seasonings and bring to simmering point. Add dumplings, cover and simmer 15 minutes. Serv immediately. Serves 5 to 6.

CEREAL DUMPLINGS

½ cup milk
1 tablespoon fat
½ teaspoon salt
Dash of pepper
1 egg, well beaten
2½ cups bran flakes
1 tablespoon minced onion

Scald milk and add fat. Remove from fire. Add salt, pepper and egg mixing well. Crush and add flakes then onion; mix thoroughly. Shape in to 1-inch balls. Drop into simmering stew, cover and simmer 15 minutes Makes 15 dumplings.

—V—

Too much leavening gives each cake a coarse uneven grain, a crumbly, dry texeure, and a heavy crust. Too much leavening may also over-expand the mixture and break the cell walls causing the cake to fall. Not enough leavening causes poor volume and pale color and tends to give cake undesirable heaviness, close grain, heavy crust, and gummy texture. Even slight mismeasurements of the leavening will affect cake texture considerably.

Beef Stretched Use Of Rice

Since there has been so much talk of "stretching" or "extending" meats, everyone has become conscious of it and all housewives have been attempting to stretch every bit of meat to it's fullest extent.. We use cereals and bread crumbs for some dishes, various suffing for others. The men have to admit that the 'stuffing" part pleases them no end and they are perfectly contented with half the usual quantity of meat.

Another good and tasty stuffing can be made of rice. It will be a novel change—particularly when served all rolled up in a piece of round steak.

STUFFED BEEF ROLL

1½ pounds round steak, cut thin
1½ cups cooked rice
½ lemon rind, grated
1 minced onion
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon minced parsley
1 teaspoon poultry seasoning
2 tablespoons fat
2 cups cooked tomatoes

Combine all ingredients except the meat, fat and tomatoes. Spread meat with the mixture, roll up with the filling like a jelly roll and hold together with skewers or tie with a cord. Sprinkle with flour and brown on all sides in a skillet with the 2 tablespoons of fat. Place in a casserole. Add 2 cups cooked tomatoes. Cook covered for 1½ to 2 hours in a slow oven (325 F.) Remove skewers or cord and slice. Serve in the casserole. Serves 4 to 5.

—V—

Potatoes And Cheese

Many homemakers serve mashed potatoes only when there will be a quantity of good gravy to accompany them. We all agree that mashed potatoes with gravy are wonderful, but still and all there are numerouse occasions when gravy or not, these potatoes are just what are needed for some certain meal. For instance, if you have a broiled mackerel—what could be nicer than creamy mashed potatoes? However, if you really can't imagine them just "as is"—prepare them with cheese:

POTATOES AND CHEESE

6 medium sized potatoes
2 tablespoons butter or substitute
1-3 cup hot milk
½ cup grated American cheese

Peel and cube potatoes. Boil in salted water until soft (about 15 minutes. Drain. Mash well with potato masher or ricer. Add butter and hot milk to make creamy, and whip smooth with a fork. Blend cheese with potatoes and season with salt and pepper. Put into greased baking dish and, when ready to reheat for serving, sprinkle a little cheese on top, dot with butter and heat until hot and until top is browned. Individual servings of this may be made by greasing muffin tins and filling them with potato mixture or by using baked potatoes to mash and filliing the shells. Bake in oven (350 F.) for 20 minutes.

—V—

French Pancake For Sunday Night Supper

On those Sundays when father does not have to work, supper is the choice meal of the day. It doesn't matter whether it is served before the fire, or at the kitchen table,, it's a "cosy" meal and enjoyed by one and all. Everyone is relaxed and well rested and contentment reigns. The food usually consists of some special tid-bit, possibly something new to tempt appetities, something as interesting as

FILLED FRENCH PANCAKES

6 tablespoons sifted flour
½ teaspoon salt
2 eggs
½ teaspoon oil
1 cup milk, approximately
1 cup filliing*
½ cup grated cheddar cheese

Sift together the flour and salt. Add to beaten eggs beating with rotary beater until smooth. Stir in the vegetable oil, then add milk gradually to make a thin batter—of the consistency of thick olive oil—that will pour smoothly. (The success of these pancakes depends upon the thinness of the batter). Heat butter or margarine in a skillet—preferably one with a rounded bottom. When butter bubbles pour in enough batter to cover the bottom of the pan. Move pan so as to spread batter thinly. After 1 minute turn the pancake. Cook on both sides to a golden brown. After each pancake has finished cooking, top with 2 tablespoons of filling roll and place in a shallow baking dish. Continue cooking pancakes in this manner; then when all batter has been used, sprinkle the pancakes generously with grated cheese and place under the broiler for a few minutes to brown. Serves 2 or 3.

*For filling use finely ground cooked pork, veal, ham or chicken, moistened with a little cream.

—V—

Banana Fritters

1¼ cups sifted flour
2 teaspoons baking powder
1 teaspoon salt
¼ cup sugar
1 egg, well beaten
6 tablespoons milk
2 teaspoons melted shortening
2 ripe bananas

Sift flour once, measure 1 cup, add baking powder, salt and sugar, and sift again. Combine eggs milk and shortening. Add to flour and beat until smooth. Peel bananas and cut each into 3 or 4 pieces. Roll in remaining ¼ cup flour. Dip into batter, coating the banana with batter. Fry in hot fat (375 F.) 4 to 6 minutes turning to brown on all sides. Drain on rack Serve very hot with a hot fruit sauce, as an entree. Serves 4.

—V—

Shrimp Jumble

Something different, but definitely tasty—that's the order for a meatless menu or a Friday, so try—

SHRIMP JUMBLE

1 pound fresh shrimp
1 small eggplant
1 small onion, chopped
1 clove garlic
2 tablespoons fat
1 cup rice
1 teaspoon Worcestershire
Salt and pepper

Cook shrimp in boiling salted water, remove shells and black vein Pare and chop eggplant, cook in small amount of water until tender drain well. Simmer onion and garlic in hot fat until onion is soft and yellow, Diiscard garlic. Add eggplant and shrimp to onion and saute over low heat. Wash rice in cold water rinse and cook in pantry of boiling salted water 15 to 20 minutes or until soft and fluffy. Drain, add eggplant and shrimp mixture. Worcestershire sauce and seasonings to taste. Stir carefully with a fork to blend Do not mash rice. Cook over low heat 5 minutes and serve. Serves 6 to 8.

—V—

Vegetable Hash With Fresh Salt Pork

2 cups boiled potatoes, diced
1 cup cooked beets diced
1 cup cooked carrots, diced
1 onion finely minced
½ teaspoon salt
¼ teaspoon pepper
½ cup cream
6 slices salt pork

Fry the sliced salt pork until crisp and brown. Drain on unglaazed brown paper and keep hot while preparing the hash. Put 4 tablespoons of the fat from the pork in a pan and add the vegetables which have been mixed together and seasoned. Pour over this the cream and mix well. Fry until nicely browned. Serve garnished with the strips of salt pork.

—V—

Scrambled Eggs With Tomatoes

Again we suggest scrambled eggs for lunch or supper, this time as a

TOMATO SCRAMBLE

2 tablespoons fat
2 tablespoons minced onion
1 cup fresh tomatoes
¼ teaspoon salt
Few grains pepper
Bit of bay leaf
4 eggs

Melt fat in skillet. Add onion, cover and simmer 2 minutes. Add tomatoes which have been peeled and cut into very small pieces (or add the thoroughly drained pulp of canned tomatoes.) Add salt, pepper bay leaf Cook gently until tomatoes and onions are soft. Beat eggs, pour into skillet and stir to blend. Cook over low heat while stirring gently, until eggs are set. Serve at once. Serves 4.

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