# 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

To save your sugar and make a delicious dessert, wash and core large apples. Cut a strip through skin around the apple midway between the ends. Place in baking dish and fill the cavity of each apple with chopped dates and figs. Pour a little water into the pan and bake in a moderate oven (375 F. until apples are soft.

Iron tablecloths first on the wrong side, then on the right. Do not press all the folds with the iron. The lengthwise creases down the center of the tablecloth may be ironed, but the other folds should be made by hand. Ironed creases do not lie as flat on the table as unironed folds.

Days of special cleaning of bedrooms are the time to clean the parts of a bed. The bed frames should be thoroughly dusted. Enamel beds are washedl ike enamel amel beds are washed like enamel lemon oil on a cloth. Varnished beds may be washed with furniture wash solution. Box springs may be vacuum-cleaned; wire springs may be wiped with cloth with a few drops of lemon oil. Mattresses should be brushed and beaten with flat rattan beater, or vacuum-cleaned. The mattress that is turned and aired frequently will last longer.

Chromium of modern plumbing fixtures needs only soap and hot water for cleaning. Wipe dray. Nickel fixtures, if new, need only whiting and water mixed to a creamy paste. Old fixtures may be brightened by metal putz. Green corrosion, from lack of cleaning may need lemon juice or vinegar, Then use metal polish. Pipes may look better with paint, like radiators.

Wash gloves often—but only if they are marked "washable". Frequent washing enables gentle removal of light soil. Except for chamois and doeskin it is more convenient to wash gloves on the hands Use milk, soap and tepid water, Wash inside first, then roll off, do not pull fingers—and wash outside. Use soft brush on bad soiling. Colored gloves may be prevented from "bleeding" by adding vinegar or lemon juice to rinse water. Knead out moisture in a bath towel. Dry on glove forms or by laying flat on towel, smoothed to shape. Puff into leather gloves before drying. Let dry slowly, away from sun, heat or wind.

Chamois and doeskin gloves are best washed off the hands; else they may stretch or cut along stitching. To help these gloves, dry soft; a little soap should be in the last rinse.

Tin is on an iron foundation, with a thin tin coating. Wash with soap and water. Rinse with hot water and wipe dry. Tin must be kept dry, like iron or steel. To brighten heat in mild soap-water for five minutes. Use an agate pan. Scour with a fine abrasive. Wash and wipe thoroughly dry. Tin melts if placed on the fire without some moisture in the pan.

Lengthen shirt life. On cuffs that become frayed and worn, the double fold-over type can be turned and worn on the other side. New cuffs may be attached to replace single-thickness cuffs. Or the sleeves may be cut off into a half-sleeve. Just above the elbow, with a hemmed edge. In summer time, this method makes a cooler, more comfortable shirt; in winter, the cut sleeves are concealed under the coat

—V—

## Spinach Souffle

There will be no mean looks in the direction of a dish of spinach if it is brought to the table all done up in a fancy dress and served as a

SPINACH SOUFFLE

1 pound spinach
2 tablespoons chopped onion
2 tablespoons butter or margarine
2 tablespoons flour
¾ cup milk
½ teaspoon salt
⅛ teaspoon pepper
2 egg yolks, beaten until thick
2 egg whites, stiffly beaten

Clean spinach and wash in several waters. Place in kettle, add dash of salt, cook and cover over medium heat 8 to 12 minutes or until tender. Drain and chop fine. Saute onion in butter or margarine until smooth. Add milk and seasonings and cook until thickened, stirring constantly. Add spinach, cool slightly and add egg yolks; mix well. Beat egg whites until stiff. Fold spinach mixture into egg whites. Turn into greased baking dish. Place in a pan of hot water and bake in a moderate oven (375 F.) 40 to 50 minutes or until firm. Serve plain or with white sauce. Serves 2 to 4.

This souffle mixture may also be baked in greased custard cups in a moderate oven (350 F.) 30 to 40 minutes or until firm.

## Pork Buyers To Get Bonus

The headlines in the newspapers stating that "Pork buyers to get bonus" was indeed a pleasure to see—but the bonus also means that there will be a lot more pork buyers—or rather, there have been a lot more during the past week. There will be bacon and sausage for breakfast for days to come, and as a special treat, try a

PORK PIE

2 or 3 pounds thick end of loin of pork
1 cup stock or water
Plain pie paste
Salt and pepper
1 or 2 tablespoons catsup
Parsley
Onion

Cut pork into thick slices three inches long by two wide. Put a layer on the bottom of a pie-plate and sprinkle chopped parsley and onion, salt and pepper over it. Repeat until the dish is full and then pour in stock or water or catsup. Put a strip of good plain paste around the edge of the dish, cover with the paste, cut an opening in the center, and set the pie in a hot oven (450 F.) When the crust rises and begins to color place the pie in the bottom of the oven, put a piece of paper over it and bake at a lower temperature (350 F.) for two hours. The meat can be partially cooked before the crust is put on, if preferred.

—V—

## Boston Baked Beans

Serving beans in the Boston style, and home baked at that is a good idea for occasional meatless meals. At the same time, the housewife can prepare enough to use later in other ways—bean salads, bean sandwiches etc.

BOSTON BAKED BEANS

2 cups navy beans
3to 4 cups cold water
1 teaspoon salt
½ cup molasses
½ teaspoon dry mustard or
2 teaspoons prepared mustard
¼ pound salt pork

Pick over beans and wash through several waters. Soak over night in lukewarm water to cover. Cover, bring to a boil in same water (to preserve minerals and vitamins) adding more water as needed to cover about 50 minutes. Drain, reserving cooking water. Turn into bean pot or 2 quart casserole. Scrape pork rind until white. Score top by cutting 1-inch gashes bury in beans with rind exposed. Mix remaining ingredients with 1 cup of the water in which beans were simmered. Pour mixture over beans cover, bake, in a slow oven (300 F.) 6 to 7 hours. Add extra bean liquid or water, if necessary, during baking. Uncover during the last 30 minutes to brown. Serves 6 to 8.

Simmered beans are tender when the skins burst. To test, lift a few beans with spoon and blow. When skins break, beans are tender enough for baking. Discard tested beans.

—V—

## Rice Croquettes

2½ cups cooked rice
1 cup grated American Cheese
½ cup butter or other shortening
½ cup chopped pimento
1 tablespoon chopped onion
⅛ teaspoon salt and paprika
1 teaspoon baking powder
1 egg, well beaten
½ cup buttered bread crumbs

Mix all well and shape into balls and fry in hot fat until brown.

—V—

## Apple Puffs

Some people like apple puffs with their dinner—others prefer to serve them with a rice sauce as a dessert—but one way or the other they are well worth making.

APPLE PUFFS

1 cup sifted cake flour
1 egg
¾ cup milk
⅛ teaspoon salt
3 finely chopped apples
1 teaspoon baking powder
Powdered sugar
Cinnamon

Sift flour once, measure, add baking powder and salt and sift again. Add half of the milk; add egg and beat well. Add the remainder of the milk and finely chopped apples, and, when well mixed, drop by spoonfuls into deep hot fat. Fry a golden brown take out with a skimmer, and drain on warm, unglazed paper. Dredge generously with powdered sugar and dust lightly with cinnamon. Serve plain or with

ROYAL CREAM SAUCE

1 cup powdered sugar
1 egg
¼ pound butter
¼ cup cream
2 tablespoons sherry wine

Cream butter well, add sugar and cream together until smooth Add the whole egg and beat hard. Pour in cream and sherry, gradually. Beat until completely blended.

—V—

Save vegetable vitamins by "waterless" cooking—just one inch of water in heavy metal pot with tight-fitting cover. Cook several vegetables in one pot by placing each in a bag formed from a piece of parchment paper. Such paper can be washed and re-used many times.

## Omelets For Unexpected Company

In these days of uncertain working hours, the housewife is just as apt to have her husband as an unexpected dinner companion as a friend from another part of the town. So many women have had the experience of not expecting friend husband for dinner — so what does she do — spends the afternoon doing up some curtains —she and the children can have a cereal snack, or something! Something quick and easy anyway —when out of a clear sky comes those very familiar foot steps—father is arriving ahead of schedule—which means he hasn't eaten down town after all. For some housewives this would mean confusion, but the ones wh o are always fortified with the knowledge of omelet making are perfectly at eace—completely unruffled! There is such a large assortment of things to be combined with an omelet that it's a rare thing indeed, when something can't be found in the kitchen or on the pantry shelf. Then, while the omelet is baking, a green salad can be tossed together—and a dessert of canned fruit, with just a few cookies or any left-over cake will serve the purpose, and the dinner is a success

PLAIN OMELET

4 eggs
4 tablespoons hot water
Salt and pepper
Butter or other fat

Beat the egg whites until stiff. Beat the yolks until thick and lemon colored, beat into them the hot water and add salt and pepper. Cut and fold together the yolks and stiffly beaten whites. Melt enough fat in an omelet pan to grease the bottom and sides of the pan. Turn the egg mixture into the pan and cook over a slow fire until it is puffy and a light brown underneath, then place in the oven until the top is dry. Touch the top of the omelet lightly with the finger and if the egg does not stick to the finger the omelet is done. Do not overcook it or it will shrink and be tough.

Loosen the edges of the omelet, cut through the center,, slip a spatula or flexible knife under the side next to the handle of the pan, fold one-half over the other and press slightly to make it stay in place, slip on a hot plate and serve at once.

MUSHROOM OMELET

1 cup mushrooms
1 tablespoon fat
½ cup milk or cream
1 teaspoon salt
½ teaspoon pepper
1 tablespoon flour

Use fresh or canned mushrooms cut into bits. Melt the fat in a saucepan, add the mushrooms, the milk or cream salt, pepper and flour whch has been mixed to a paste with a little cold milk. Cook for five minutes, then set aside until the omelet is made . Spread the mushroom mixture over the omelet just before folding.

TOMATO OMELET

3 tomatoes
2 tablespoons fat

Peel tomatoes, remove the seeds and cut into dice. Saute in the fat until tender. Make the omelet in the usual way, first stirring the tomato into the beaten eggs.

OYSTER OMELET

12 oysters
½ tablespoons flour
2 tablespoons fat
1 cup cream
6 eggs
Salt and pepper

Chop the oysters. Make a sauce of the flour fat and cream. Add the well beaten eggs, season with salt and pepper stir in the oysters and cook as a plain omelet.

—V—

## Soup Of Left-Over Boston Baked Beans

When it is suggested that enough beans be baked to be used later on—the question often arises just what to do with them. Aside from mashing them for sandwiches or serving them as a salad—here is one for the file—one recipe well worth trying:

BAKED BEAN SOUP

2 cups cold baked beans
1 quart water
¾ cup canned tomatoes
1 onion
1 tablespoon butter
1 stalk celery
1 sprig parsley
1 teaspoon flour
½ bay leaf
Salt and pepper

Put the beans to boil in one quart of cold water, add tomatoes, celery parsley, bay leaf, salt and pepper. Fry the onion in the butter, add to the soup, and boil all together slowly for forty-five minutes. Mix the flour with a very litlle cold water until a smooth paste is formed, and add just before the soup has finished cooking. Press all through a sieve and serve.

## Brown Baked Potatoes

Here is a nice way to prepare potatoes for an accompaniment with a roast.

6 small potatoes
1 tablespoon pork drippings

Choose rather small potatoes, peel and allow to stand in cold water until baking time. Dry the potatoes before using, turn them over in the fat until well coated and baked in a shallow pan in a moderate oven (375 F) for about 45 minutes. Turn each potato several times to be brown on all sides.

—V—

Spices and sauces add tempting new flavors to leftovers, make foods seem "brand new." A supply of curry, chili powder thyme and many other varieties will help you make tastier dishes, encourage the use of leftovers.


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