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

THREE MEALS A DAY

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SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

There is a sense of satisfaction in seeing things grow. There is pride in harvesting a crop but, most of all, garden products contribute to good health. The foods that will be grown in most Victory gardens are important sources of minerals and vitamins. Without sufficient minerals and vitamins we no longer remain a healthy nation. Winning the war begins at home. Plant a Victory garden.

Your radio set may have been operating for years without even replacing a tube; nevertheless it is a good idea to have the set inspected by a service man every six months or so. He can make small technical adjustments which will improve tone quality. Weak tubes steal electricity, make you use much more to get equal reception. Aerial and ground connections are desirable, even though your set operates without them now. An inside aerial, concealed around a picture molding, or a ground connection to radiator or water pipe, will improve signal strength, permit you to use less electricity for equal volume. Tubes last longer, too, when less current is used. If you have an outside aerial, be sure it is insulated and protected with a lightning arrester.

Spring cleaning for boiler or furnace is a sure way to avoid trouble or expense in the fall. Details of the job will vary according to the make or type of your heating plant. Clean flues or air-heating surfaces. depending on the system. Remove all coal or ashes. Cement fire pot joints repair insulation cracks with asbestos cement. Even a bad outside crack can be repaired with an all-round iron band tightly clamped on after applying iron cement to the break. After thoroughly cleaning all surfaces spray entire inside with oil, lubricate all the door hinges and other moving parts, wipe outside with a rag dipped in light automobile grease or petroleum jelly, make sure the boiler is filled. After such treatment your heating plant will be protected against rust and summer deterioration. If you have an oil burner. let a competen t service man do the cleaning and make the necessary adjustments—it's much safer.

It's the suds that do the washing Not enough won't do. Too much may be hard to remove from fabrics. Undissolved soap is both wasteful, harmful to fabrics. Experiment to learn the proper measured amount of soap for your tubs or your washing machine. Home economists say "just enough" soap is what it takes to make two inches of suds on op of water (measure them) for most washing; four inches of soap for woolens.

Still more economy of table linen can be had by not using cloths for family meals at all. The place mats suggested can be put right on the table, or on a durable and protective oilcloth covering or table pad. Not only will you save laundry cost, soap and powder, but the linens you have will last much longer.

Care of such leather articles as suitcases, luggage, brief cases, trim on fold bags and so on, which dry out, crack and deteriorate over a period of time—whether used or not—need only occasional attention. Do not use cleansing fluids of any kind or water. A simple method is to wipe off the dust and apply a suitable shoe polish or dressing. Saddle soap is a good con ditioner, and there are also other products sold as "leather toners" which help to replenish the natural oils and maintain flexibility. Though leather goods normally last for years even if not cared for, giving the care mentioned above every six months can make your leather goods literally last a lifetime.

Frayed carpet edges can be prevented from fraying further by applying binding tape. There's a new stick-on kind that is appled with a hot iron as well as the conventional sort that needs to be sewed on.

Lengthen linoleum life by waxing frequently. You can't wax too often —the thicker the coat of wax you build up by repeated waxing. the more protection the linoleum surface has. Liquid waxes that may be applied with a mop are the easiest to use. Be sure the floor is clean and free from grease before waxing.

Oilcloth saves walls in children's rooms and playrooms. A 3-foot high border around the bottom gets all the play dirt and permits washing. The oilcloth may be tacked or cemented on but it will be most desirable to attach top and bottom snap-on moldings to the wall. These will clamp the oilcloth tightly and facilitate changing it when necessary and protect the wall.

Worn shirt collars can be replaced with new ones, or with collar bands which require a separate detached collar.

New Dishes From Left-Over Potatoes

It is a wise woman who boils five or six extra potatoes when in the process of doing so far a night's dinner. This will mean that much done toward the potato dish for another night. Also, many of the choicest dishes have boiled potatoes as the foundation.

HASHED BROWN POTATOES

2 tablespoons oil or drippings
6 boiled potatoes
Salt and pepper

Chop the potatoes adding salt, and a dash of pepper. Heat the fat in a frying-pan and add the chopped potatoes to a depth of one inch. Press the potatoes down in the pan, packing them firmly. Cook slowly, without stirring, until the potato is brown. Then begin at one side of the pan and fold the potatoes over on the other like an omelet packing closely together. Turn out on a hot serving platter and serve at once.

POTATOES AU GRATIN

2 cups cold boiled potatoes
1½ cups medium white sauce
Salt and pepper
1 teaspoon minced parsley
1 cup buttered crumbs
2 to 4 tablespoons grated cheese

Cut potatoes into small dice and mix with white sauce. Add parsley and cook together gently until potatoes are heated through. Season to taste. Turn into greased baking-dish sprinkle with cheese, cover with buttered crumbs and bake in a hot oven (400 F.) until crumbs are brown.

Hash and Hamburgers Reach A New Level

There was a once upon a time when we would sort of frantically signal friend husband not to ask the boss home for dinner on that particular night—we were having hash or hamburger.

My, my, how times have changed—come a night when hash or hamburger is available— bring on the boss, bring on the president for that matter, as the hash and the hamburger is now prepared with the greatest of care and is given a very loving touch. It is no longer considered a "quickie" —like all meat it's worth it's weight in gold.

COMPANY HAMBURGER

2 pounds chopped meat
1 large onion, chopped
2 tablespoons butter or substitute
1½ tablespoons flour
3 chopped mushrooms
½ cup white wine
Salt and pepper

Mix meat, salt pepper, and onion together; mold the hamburgers and dredge with 1 tablespoon flour. Fry in butter until nicely browned. Take them from the pan and keep warm.

Drop chopped mushrooms into the pan and fry for a few minutes. Then pour over them ½ cup boiling water. Thicken with ½ tablespoon flour. Add the wine, heat but do not boil.

Add salt to taste and pour over the hamburgers.

ROYAL HASH

2 cups cooked meat chopped
1 large onion, minced
1 clove garlic minced
1 large tomato, chopped
1 green pepper chopped
Broth
2 tablespoons butter
1 tablespoon flour
1 cup white wine
1 teaspoon minced parsley
Salt and pepper

Brown flour in butter add onion, and fry slowly; add garlic, green pepper and tomato then the wine, and a little broth to thin the sauce. Last of all add the meat, either chopped or cut up. Simmer for half an hour or until well blended. Add pepper generously and salt sparingly.

Serve in a rind of mashed potatoes and sprinkle with parsley.

Chocolate Custard Bread Pudding

One should never conscientiously save all stale bread for the purpose of making bread crumbs when such a fine thing as a bread pudding can be made. One can go farther toward making a very popular dessert by the simple addition of chocolate.

CHOCOLATE CUSTARD BREAD PUDDING

1½ squares unsweetened chocolate
2½ cups milk
2 eggs
½ cup sugar
¼ teaspoon vanilla
2 cups cubed stale bread.

Add chocolate to milk and heat in double boiler. When chocolate is melted, stir until blended. Beat eggs until foamy; add sugar and salt. Then add chocolate mixture gradually, stirring vigorously. Add vanilla. Place bread in greased baking dish; pour mixture over it and let stand 10 minutes. Mix well before baking. Place dish in moderate oven (305 F.) 50 minutes, or until pudding is firm. Serve warm or cold with cream. Serves 6.

Corn Souffle

3 cups corn pulp (about 8 large ears
2 egg yolks
1 tablespoon melted butter
Pinch of salt
1-3 cup milk
¾ tablespoon sugar
3 egg whites, beaten

Scrape corn off ears with a corn creamer, or cut with knife and press milk from cob with back of knife. Mix corn pulp with egg yolks, flour, melted butter, salt, milk and sugar. Fold in the beat egg whites. Bake in a greased pudding dish set in a pan of hot water from 50 to 60 minutes in a moderate oven. Serves 6.

CORN PANCAKE

Cut and scrape uncooked or boiled corn from cob (left-over boiled corn may be used). Add 1 egg per cup of corn. Sugar, salt, and pepper to taste. Add 1 tablespoon flour and milk to each cup corn to make a batter (no milk is required with juicy fresh corn. Fry in greased hot frying pan like pancakes.

Ice Cream Still Popular As Dessert

Regardless of weather, ice cream desserts are always tops on our list of favorite desserts but when we combine the ice cream with chocolate, the treat is doubled, and when cake and ice cream are topped with a sauce—the treat is five times as great.

CHOCOLATE CHEW ICE CREAM SANDWICH

½ cup sifted flour
½ teaspoon double acting baking powder
¼ teaspoon salt
4 tablespoons butter or other shortening
1 cup sugar
2 egg yolks well beaten
2 squares unsweetened chocolate, melted
1 teaspoon vanilla
2 egg whites

Sift flour once, measure add baking powder and salt and sift together three times. Cream shortening, add sugar gradually, and cream together well. Add egg yolks and mix well. Add chocolate and vanilla and blend. Add flour and mix well. Beat egg whites until stiff enough to hold up to moist peaks, but not dry. Fold into chocolate mixture. Turn into greased 9x9 inch pan. Bake in slow oven (325 F.) 30 to 35 minutes. Cool. Cut in 2¼ inch squares.

To serve place vanilla ice cream between two squares and pour Chocolate Fudge sauce or Chocolate mint sauce over top. Use other flavors of ice cream if desired.

CHOCOLATE MINT SAUCE

2 squares unsweetened chocolate
6 tablespoons water
½ sup sugar
Dash of salt
3 tablespoons butter
½ teaspoon mint extract
¼ teaspoon vanilla

Add chocolate to water and place over low flame, stirring until blended. Add sugar and salt and cook until sugar is dissolved and mixture very slightly thickened, stirring constantly. Add butter, vanilla and mint extract. Makes about 1 cup sauce.

Harvard Beets

12 small beets, diced
1 tablespoon cornstarch
¼ cup vinegar
½ cup water
1-3 cup water
2 tablespoons butter

For oven meal, pare raw beets and dice. Pour vinegar over beets and let stand until ready to make sauce. Mix sugar aand cornstarch. Add drained vinegar and water. stir well and boil 5 minutes. Add butter, mix with diced beets and bake in covered dish. Serves about four.

Do you discard many pretty dresses because they discolor under the arm when you perspire freely? Those who are troubled with excessive perspiration should use the pin-in type of shields, which may be removed and laundered daily. Women who perspire only infrequently will find the permanent type of shield that is sewed into the garment helpful in lengthening dress life. Even these should be changed at intervals for laundering, preferably between dress cleanings or washings.

Julienne Salad

We have long since passed the point where we consider salads as things to be eaten because they're good for us. Far from it—they are now so attractively served and deliciously combined that we eat them because we thoroughly enjoy them—they are a "must" with nearly every dinner.

JULIENNE SALAD

1 green pepper
2 cups shredded cabbage
1 cup cooked carrots
¼ teaspoon salt

Remove outside leaves from a small, firm head of cabbage. Cut in halves or quarters and slice very thin. Put in ice water until crisp.. Drain and dry in towel. Remove seeds and partitions from pepper and in fine shreds. Cut cooked carrots into strips and marinate in French dressing. Mix one shredded pepper and one cup carrot strips with each two cups of shredded cabbage. Serve on leaves of cabbage or romaine or on one of the other cabbage leaves with the following dressing:

To ¾ cup French dressing, add ½ teaspoon mustard, ⅛ teaspoon Worcestershire sauce ½ teaspoon onion juice and 2 drops tabasco sauce. Mix well. This sauce is also fine with onion salad, or any fish salad.

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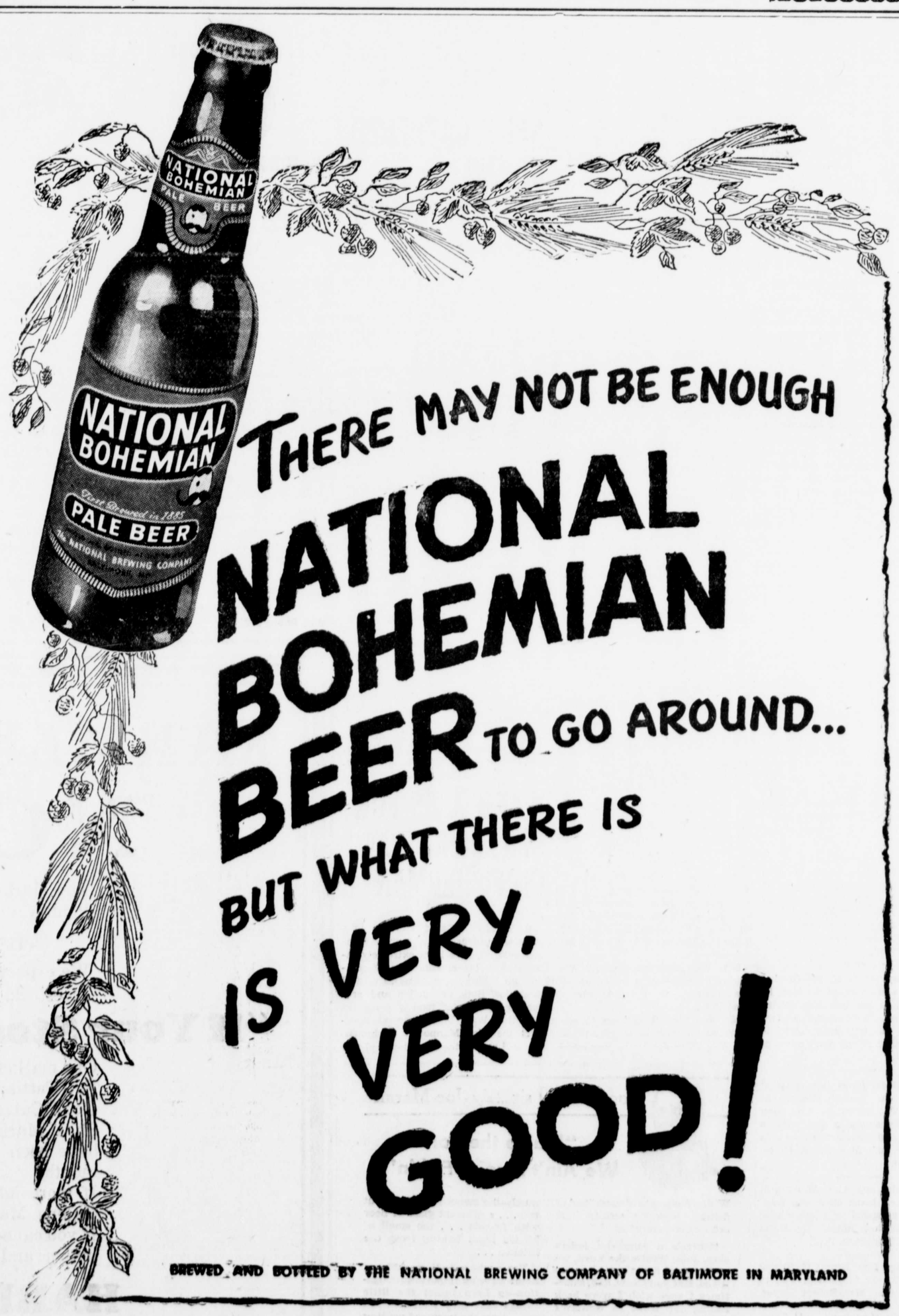

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