*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

Think before you buy new furniture. You can save money— and help preserve the nation's stockpile of such durable goods, by refinishing or repainting pieces you are now using, or old pieces lying unused in cellar or attic. And anybody can do a good paint job with a little care and thought.

A metal mold chills more quickly than one of enamel or earthenware. When ready to unmold, dip the mold up to the edge in warm, not hot water. Hold in the water a moment. Remove and dry outside. Cover mold with serving plate. Turn both upside down. Raise one side of mold slightly and give mold a sharp shake.

When baking a cake, place the filled pans near the center of the oven. Do not place one pan directly over another, do not crowd the oven full and do not place pans too near the oven walls. Heat must circulate through the oven freely for even baking. Usually it is most even in the center of the ooven, so that a cake placed near the center of the oven will rise evenly and brown satisfactorily. If the oven heat is uneven, find the position where the cakes will bake best by placing oven racks at different levels and pans in different sections. A few such baking experiments will give the answer.

The texture of ice cream is affected by the manner of freezing. If the mixture is frozen too rapidly, it will be coarse and have a rough texture, while a slower freezing tends to improve its texture. This smoothness is not entirely due to the rate of freezing, however, but to the amount of whipping or beating which takes place before and during the freezing. If frozen without any beating, the product will be course even though made from a rich cream. The air that is beaten into the mixture in freezing produces a light, smooth consistency.

For banana rolls, peel bananas and cut in halves crosswise. Roll puff or flaky paste one-eighth of an inch thick. Cut into pieces. Dip each piece in ice-water and wrap around a half banana. Place on a baking sheet and bake in a quick oven (450 F.) Serve with strawberry sauce.

Put shoe trees into your shoes the minute you take them off, not the next morning. This is the only way in which shoe shape can be maintained properly. Trees that support the entire inside of the shoes are better than wire strip tyep for holding in shape. Change shoes daily to make them last. If shoes air for a day between wearings, accumulated perspiration will not tend to rot linings and leather. It is a proven fact that you can get twice as much actual wear—plus greater comfort—by following this plan.

Avoid waste of electricity, turn out lights and disconnect appliances by pulling out the plug when not in use.

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## Little Surprises Add Joy To Family Dinners

There are many little things the housewife can do to keep her family continually surprised and pleased. She can round out an otherwise plain meal too, with these little surprises that can well appear in the form of:

SEED BISCUITS

Four ounces of sugar and butter, one pound flour, three eggs, half ounce caraway seeds, and lemon flavoring. Mix to a dough, roll out about a quarter inch thick, cut in round shapes, brush the tops with beaten egg, and bake in a moderate oven until done.

BAKED PEARS

Core one dozen pears, but leave the stems on. Put in a pan with half pint of water and a half pound of sugar, and bake in a medium hot oven until soft. Serve either hot or cold, with sauce separate.

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## Clam Chowder

1 doz. large chowder clams
2 ounces bacon
1 tablespoon flour
1 small onion
1 quart milk
1 potato
Pepper

Strain the juice off the clams through a cheesecloth and set aside. Put the clams and the onion through a meat grinder. Cut the bacon in two or three pieces and put in a pan over the fire; when done, remove it, leaving the grease in the pan. Into this grease put the ground clams and onions, and let cook for 6 minutes or so; then sift in the flour, and when thoroughly mixed add strained clam juice and finely diced potato. Simmer very gently for 15 minutes in covered pan.

Bring very fresh milk to a boil. Add a little pepper, and pour into tureen where you have just put the clam mixture. Mix well and serve with crackers.

## Pig's Feet Are A Very Special Treat

There are some things we eat that when one stops to consider it, seem queer. And to me, one of the queerest of all is the wee foot of a pig—but queer or not, it certainly is good eating and the thoughts of a "good mess of pigs feet' is enough to bring friend husband home on the run.

Whether it has become a habit or whether it is done out of consideration of the hard working male, it is a well-known fact that the housewife strives and struggles to serve the things her husband likes best. Of course, occasionally every one of them will sandwich in something of which she is particularly fond, knowing well in advance that friend husband will eat it to fill the gnawing cavity, but how often, when she does plan her own favorite dish does he come bounding home, all thoughts settled on a luscious stew, or a big pot of vegetable soup, only to be greeted with "one of those things he doesn't particularly care for"—he says nothing, sits down like the good martyr and calmly proceeds to eat—of course, you are immediately sorry you gave in to your own whim. But, if you have a favorite of his, such as pigs feet, in the process of being prepared for next night's dinner—everything's under control—he'll even probably wonder why he hadn't particularly liked your favorite dish before and will eat with gusto and thoughts of good things to come.

PIGS' FEET BOILED

6 pig's feet
1½ tablespoons salt

Scrape and wash the feet thoroughly and tie each separately in a piece of cheese-cloth. Put them into a kettle or stew-pan, cover with boiling water and add the salt. Let the water boil up once, then set back on the fire and simmer for six hours. Cool in the water in which they were cooked. When cold, drain, but do not remove the cheese-cloth, and place the feet on a platter. The next day they will be ready for brioioling frying or pickling.

BROILED

6 boiled pig's feet
Salt and pepper
Flour
Butter

Split each foot, dredge with salt, pepper and flour and broil for ten minutes. Serve on a hot platter, seasoning with butter, salt and pepper.

FRIED

6 boiled pigs' feet
Salt and pepper
Lemon juice
1 egg
Bread crumbs

Split the feet and season well with salt, pepper and lemon juice. Dip in beaten egg, then in bread-crumbs and fry five minutes in deep fat (375-390 F.) Drain and serve immediately.

PICKLED

4 good sized boiled pigs' feet with uppers
1 quart strong vinegar
4 bay-leaves
1 tablespoon whole cloves
1 tablespoon broken cinnamon
¼ cup salt
2 teaspoons pepper
½ onion
1 blade mace

Clean the feet carefully, and cover them with hot water. Boil slowly until the meat will separate from the bones, then take them up carefully on a skimmer, and place them in a stone jar, taking out the largest bones. Set the water aside in a cool place to be used later.

Place the vinegar on the fire, adding bay leaves, cloves, cinnamon salt pepper, onion cut in eigths, and mace. Steep slowly in the vinegar for forty-five minutes but do not allow the vinegar to boil rapidly at any time. Remove the fat cake from the top of the water in which the feet were boiled, and save it for cooking purposes. Add about one quart of the water to the vinegar; if the vinegar is not very strong less water must be added, so that the vinegar may not be too diluted. Strain the liquid through a sieve to remove the mace, etc., and pour over the meat in the jar, helping it through the meat with a knife and fork until the two are thoroughly mixed. Set in a cold place for two days before serving.

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## Scalloped Turnips

Any vegetable when served too many times in one way, will lose its appeal in time, so why not try variety in everything, even turnips—try them like this—

2 bunches young white turnips
1 tablespoon butter
1-3 cup cream
Salt
A little pepper
Buttered bread crumbs

Peel and wash 2 bunches white turnips and cut them in quarters.

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Use the right hanger for all garments to help them keep shape and stay young. Have small hangers of the right size for children's clothes, special hangers for skirts and trousers. Garment bags or individual hanger covers protect clothes in closets. Clothing tossed onto or draped over chairs loses shape and neatness requires more pressing—wears out quicter.

## Spice Pudding

1 cup raisins
2 cups milk
1 egg
½ cup sugar
1½ cups fresh bread-crumbs
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
¼ teaspoon nutmeg
1 teaspoon melted butter or other fat
⅛ teaspoon salt

Seed the raisins and cut them in half. Beat the egg light, add the sugar and then the milk and pour the whole over the crumbs. Add the spice, fat, salt and raisins, stir well, pour into a baking dish, set in a pan of water, and bake until firm in a slow oven (250-350 F.) Serve hot or cold, with any desired sauce.

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## Chicken In Maryland Style

When we stop to consider how, when points are low, we rely on chicken to give us a very good full meal—we must make a note to remember her with thanks—all through the years to come. At the same time, we must make a note to serve her in various and assorted ways so that we don't run the risk of tiring the family. How terrible it would be to have the family greet it with "what, chicken again?" "Ugh!" How much nicer to have it greeted with "AAahhh, chicken!" So changing from the casserole, to the roaster, to a fricassee, we finally come to

CHICKEN, MARYLAND STYLE

2 chickens
Flour
Salt and pepper
Bread crumbs
1 cup milk or cream
½ cup mild fat
2 eggs

Clean and disjoint young chickens leaving the breast whole. Put the necks and giblets into cold water and simmer to obtain a cup of stock for the gravy. Sprinkle each piece of chicken with salt and pepper, dip in flour, beaten eggs and sift crumbs and place in a greased pan. Bake in hot oven (480 F.) from 30 to 40 minutes basting frequently with one-fourth cup of fat melted in one-fourth cup of hot water.

When chicken is done, make a gravy from the fat left in the pan, stirring in two tablespoons of flour, one cup of milk or cream and the cup of stock made from the giblets. Add a few button mushrooms if desired. Serve the chicken with the gravy poured around it.

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## Eggs A La Duchesse

1 onion
Fat
1 cup milk
6 hard- cooked eggs
2 uncooked egg yolks
2 teaspoons chopped parsley
4 tablespoons grated cheese
Paprika
Salt and pepper
1½ tablespoons lemon juice

Slice the onion and cook it in a very little fat until brown, then add to it the milk and the eggs cut in halves. Stir over the fire for three or four minutes, then add the slightly beaten egg-yolks the parsley, cheese and seasonings. Stir over hot water for about eight minutes, add the lemon-juice and serve very hot.

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## Apple Fritters For Many A Menu

Apple fritters, done up in a more elaborate way, will be found to be a very flattering accompaniment to many a menu—whether it be simple or elaborate.

FRENCH FRITTER BATTER

1 cup flour
2 eggs, separated
2 tablespoons brandy
½ cup water
1 tablespoon olive oil or melted butter
¼ teaspoon salt

Beat egg yolks until thick, add flour and salt and beat until light; continue beating while gradually adding brandy. When this is well blended, stir in water and fat. Beat the egg whites to a stiff froth and stir into batter. The batter must not be too thick, but just right to cover fruit with 1 immersion.

APPLE FRITTERS

4 medium sized tart apples
1 teaspoon cinnamon
Powdered sugar
4 tablespoons sifted sugar
½ cup brandy or rum
1 teaspoon grated lemon rind

Peel, core and cut a thin slice from top and bottom of apples, then slice each one into equal round slices. Place in dish and sprinkle with sugar and grated lemon rind; pour over brandy or rum, and leave to soak 2 hours. Drain apples, dip in batter, one at a time, lift out with a cooking spoon and drop into deep hot fat (270 F.) Fry to a golden brown, about 2 minutes. Remove with a skimmer drain on unglazed paper in an open oven, sprinkle well with powdederd sugar and cinnamon. Serve hot, with or without sauce. A simple sugar syoven, sprinkle well with powdered rup flavored with the brandy drained from apples makes a fine accompaniment; or maple syrup may be passed with them.

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## Oyster And Mushrooms Creole

2 cups oysters
1 egg yolk
3 tablespoons butter or substitute
2 tablespoons sherry
3 large mushrooms chopped
1 tablespoon flour
Salt and pepper
Lemon juice

Scald oysters in own liquor; drain, and reserve liquor. Melt butter and fry mushrooms 3 minutes, add flour, stir well; add oyster liquor stirring constantly. Put in oysters, season, and when very hot remove from fire; add beaten egg yolk, sherry, and lemon juice. Serve at once on toast.

CELERIED OYSTERS

12 oysters
½ cup sherry
1 tablespoon cooked celery, minced
1 teaspoon butter or substitute
Salt and pepper
Toast

Melt butter in saucepan, add oysters and celery. Season, cook 3 minutes, add sherry, and cook until oysters plump and edges curl. Serve immediately on toast.

Generally a pasture that was once productive may be restored to its original productivity by supplying the deficient plant food elements and by good grazing practice. Pastures that were poorly established, but which are on land potentially high in available fertility may be made more productive by proper treatment.


When Your Back Hurts - And Your Strength and Energy Is Below Par

It may be caused by disorder of kidney function that permits poisonous waste to accumulate. For truly many people feel tired, weak and miserable when the kidneys fail to remove excess acids and other waste matter from the blood.

You may suffer nagging backache, rheumatic pains, headaches, dizziness, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.

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