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

The platter on which a roast is served should be large enough to give room not only for the meat that's to be carved, but also for the carved portions.

Soft doughs should be handled as little as possible and kneaded only enough to make a smooth surface, free from dry flour. Much kneading develops a stretchiness in the dough which detracts from flakiness. The dough should be rolled or patted out to one-half inch or more in thickness if thick, soft biscuits are desired, or rolled out to one-quarter inch in thickness if thin, crusty biscuits are desired. The biscuits should be baked at once.

To boil and dress a lobster, plunge the live lobster into boiling water, head downward. Add one tablespoon of salt, cover the kettle and keep it boiling. A medium sized lobster will cook in about twenty minutes. Plunge it into cold water when done and when cool enough to handle, take the meat from the shell in the following order; chop off the claws. Split the body lengthwise, remove and throw away the stomach, a small sac just back of the head. Running from the stomach to the base of the tail is the intestinal canal. If this does not pull out with the stomach, it must be lifted out with a fork, in pieces, if necessary, and entirely removed.

Crack the claws, and remove the meat. If the lobster is not to be served whole, take out the meat from the body, the creamy green fat which constitutes the liver, and the coral or spawn found in female lobsters. The spongy particles between the meaat and shell are not used.

In cutting up the meat of cooked lobster, always use a silver knife or one of stainless steel, if possible, as an ordinary steel knife discolors or darkens the meat.

True sponge and angel food cakes in which eggs are the only leavening are baked in a moderate oven (325-350 F.) to insure the best volume and texture. If baked too slow the results will be a coarse uneven cake; if the oven is too hot the cake will be small in volume, fine grained and tough. It is only too true that half the making is the baking. When baking powder is used, a slightly higher temperature is desirable. The division of baking time is the same as for butter cakes. When the cake is a light brown, and springs back when pressed with the finger, it is done.

Fruits which are to be eaten raw are at their best flavor and sweetness when just ripe, neither underripe nor overripe. Unfortunately, they are seldom permitted to ripen on the vine or tree when picked for shipment to market, and must ripen either in the store or at home. Peaches should never be too hard and should have no black spots.

For a delicious muffin, use your recipe for corn-meal muffins, fill greased muffin tins one-fourth full, put a teaspoon of jelly on the top of the batter in each cup, cover the jelly with more batter and bake in a hot oven (400-425 F.)

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Parsnip Fritters

One won't find a vegetable in the markets that won't be used by one and all this year. And that includes parsnips! Of course, we parsnip lovers find it difficult to understand the non-lovers but next to French fried parsnips one of the best seems to be

PARSNIP FRITTERS

3 parsnips
2 eggs
1 tablespoon fat
1 cup milk
1 teaspoon salt
3 tablespoons flour

Boil the parsnips tender, grate fine or mash and pick out al lthe fibrous parts. Beat the eggs light and stir into the parsnips, beating hard. Add the fat milk, salt and flour. Drop by spoonsfuls into deep fat (360-370 F.) and fry two or three minutes.

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A Salad For A Company Luncheon

It's just lots of fun to have someone in for lunch, and such a treat for the housewife who is home all day. Here is a salad that will be just right:

LUNCH SALAD

½ can concentrated cream of tomato soup
½ can water
½ cup mayonnaise
1 cake cream cheese
1 tablespoon plain gelatin
½ cup celery, chopped
1 green pepper, chopped
¼ cup stuffed Spanish olives, sliced

Soak gelatin in ¼ cup cold water. Heat soup and water to boiling and let boil for two minutes. Add gelatin and cream cheese. When slightly thickened, add celery, olives that have been sliced. Serve with wholewheat bread and butter sandwiches and small cakes and tea.

Griddle Cakes For A Filling Satisfying Breakfast

When one gets up in the morning and prepares for breakfast there is an air of anticipation and a hint of hurry about the family when griddle cakes are being baked. They are truly the answer for a filling, satisfying breakfast—and, like everything else, when served in variation are always interesting.

CORNMEAL GRIDDLECAKES

1 cup cornmeal
1 cup boiling water
½ cup flour
3 teaspoons baking powder
½ teaspoon salt
½ cup milk
1 egg yolk
1 egg white, well beaten
1 tablespoon melted butter or other
Mix together the cornmeal and shortening

boiling water and set aside to cool Sift flour once, measure add baking powder, salt and sugar and sift again. Mix with the cornmeal, alternately with the milk, and egg yolk and melted shortening. Fold in stiffly beaten egg white. Drop by spoonful on slightly greased pan and fry as for ordinary pancakes.

CEREAL GRIDDLECAKES

1 cup cooked cereal (farina, hominy or rice)
2 egg yolks
1 cup milk
2 tablespoons melted shortening
½ teaspoon salt
1 cup flour
2 teaspoons baking powder
2 egg whites, stiffly beaten

Mix together the cereal, egg yolks milk, melted shortening and salt. Sift flour with baking powder and add to first mixture. Fold in stiffly beaten egg whites. Drop by spoonsful onto lightly greased griddle and cook as for ordinary pancakes.

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When soup stock must be used before cooling, skim off all the fat possible. Most of the remainder of the fat may be removed in one of two ways. The first way is to pass over the top small sheets of absorbent paper or blotting paper. The second way is to cool the soup as much as possible beforehand, then to wrap a piece of ice in a cloth and let it down into the stock. Move the ice around just below the surface so that the fat on the surface is suddenly chilled, and it will gather on the cloth around the ice. This must be done quickly to prevent unnecessary dilution of the stock.

Egg Timbales

4 hard boiled eggs
1 cup milk
1½ tablespoons flour
Yolk of 1 egg
2½ tablespoons butter or substitute
1 pimento
Salt
Cayenne
Tomato sauce
2 tablespoons grated Parmesan cheese

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Make A Little Meat Go A Long, Long Way Via The "Pasties"

When speaking of pasties recently someone remarked that she hadn't seen or made any for simply years and years—which caused a very general discussion pro and con—All agreed in the end that they were one sure way to satisfactorily make a little meat go a long way.

PASTIES

Plain pie dough
½ pound raw beef, diced
1 cup chopped onion
1 cup raw diced potatoes
Salt and pepper
2 teaspoons butter

Make a plain pie dough. For 1 pastie take ½ the dough. Roll thin, shape the size of a pie plate. About 1 inch from edge, pile half of the potato, onion and meat, and if desired 1 cup sifted celery. Sprinkle with salt and pepper. Lay other half of dough over this filling. Press edges together well and trim. Place 2 pasties in pie plate. Cut slit in top of each. into which drop 1 teaspoon butter. Bake ¾ hour in hot oven (400 F.) or until well browned, then reduce heat to 350 F. for 15 minutes, pouring a teaspoon of hot water into openings occasionally to keep from drying out.

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Melt one tablespoon of butter in a saucepan and add to it the flour. When well mixed, pour in the milk add salt and cayenne, and cook until quite thick. Take from the fire; add the beaten egg yolk, chopped hard-boiled eggs and cheese, and mix thoroughly. Have readv timbale molds or teacups, the insides of which have been greased, and in the bottom of which put 1 teaspoon of melted butter or pimento; pour in the egg mixture, and put molds into pan half full of hot water. Bake in a moderate oven 20 minutes; unmold onto a hot platter by running a sharp knife around the edges of the mold. Serve with tomato sauce.

And Dinner Is Off To A Good Start With A Chowder

Any dinner, no matter how big or small is sure to get off to a very good start if the homemaker serves a chowder. A small cup or bowl is suitable for a large dinner, and a whopping big bowl is quite in order for a light meatless one.

MANHATTAN CLAM CHOWDER

2 dozen fresh clams
Boiling water
4 potatoes, diced
3 medium onions, sliced
1-3 cup celery, finely diced
2 slices salt pork, diced
1 teaspoon salt
¼ teaspoon pepper
2 cups canned tomatoes, pulp and juice

Wash clams thoroughly. Place in kettle with ½ cup boiling water and cover closely. Steam only until clams are well opened. Remove from fire. Drain, reserve liquor, and cut clams in small pieces. Add potatoes onions, and celery to 2 quarts boiling water, and cook together 15 minutes. Fry out salt pork until golden brown. Add pork and drippings, clams and clam liquor, seasonings and tomatoes to potato mixture and cook all slowly 1 hour. Serves 8.

SHRIMP AND CELERY CHOWDER

1 cup stock (or 1 cup water and 2 bouillon cubes, chicken flavor)
1 cup celery, diced
2 tablespoons quick cooking tapioca
¾ teaspoon salt
Dash of cayenne
¾ cup cooked potatoes, diced
3 cups milk
1 cup shrimp, diced
3 tablespoons butter or substitute
6 pilot biscuits or hard crackers

Cook celery in stock 5 minutes; add dry ingredients potatoes, and milk. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes) cook 5 minutes, stirring frequently. Add shrimp and butter; reheat. Before serving place pilot biscuit on top of each portion. Serves 6.

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Cooked meats and cheese are preserved in the refrigerator if wrapped closely in wax-paper. Don't skimp on the paper and take a chance on the food drying out. Use a big enough piece to go around almost twice, with a generous flap-over flap. Heavier weight wax paper is preferable.

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For tall, soft biscuits, place close together on the baking sheet; for biscuits with crusted sides, place slightly apart.

Tomato Surprise

5 medium sized firm tomatoes
¼ cup chopped white cabbage
½ cup chopped celery
2 tablespoons chopped green pepper
Mayonnaise
Salt and pepper

Peel the tomatoes. Remove a slice from the stem end and scoop out seeds and pulp. Dredge the insides with salt and pepper; turn the tomatoes upside down and let drain ½ hour in the refrigerator. Mix the celery, cabbage and green pepper with a generous quantity of mayonnaise. fill the tomato cavities with the mixture; put back the top slice on each tomato and serve garnished with small inside leaves of lettuce which have been sprinkled with French dressing.

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Tomato And Mushroom Sauce

Many is the dish whose success has been credited to the sauce. If the dish is but fair, a good sauce will certainly help it over the hurdle, and if it is a particularly good dish, it is derserving of such a flattering accompaniment. Here is one to serve with numerous dishes, but will be particularly good with many of the vegetarian dishes.

TOMATO AND MUSHROOM SAUCE

2 slices bacon or small quantity uncooked ham
1 slice onion
6 slices carrot
Bay leaf
2 sprigs thyme
Sprig parsley
Small can mushrooms
2 cloves
½ teaspoon peppercorns
Few grating nutmeg
½ No. 2 can tomatoes
5 tablespoons flour
1½ cups brown stock
Salt and pepper

Chop the bacon or ham and cook with onion and carrot for five minutes. Add bay-leaf thyme parsley, cloves, peppercorns, nutmeg, and tomatoes and cook five minutes. Mix the flour with five tablespoons of cold water and rub out all the lumps, then add enough water so that the batter can be poured in a thin stream. Add to the sauce, stirring constantly. As the sauce thickens, dilute it with the stock. Cover, set in the oven (300 F.) and cook one hour. Strain, add salt and pepper to taste and the mushrooms, drained and cut in quarters. Then cook two minutes over direct heat.

Casserole Of Rice And Liver

1 cup rice
1 quart water
2 tablespoons butter or other fat
1 pound lamb's or calf's liver
2 cups stock
1 teaspoon caramel
2 tablespoons browned flour
2 tablespoons fat
Crumbs
Salt and pepper

Boil the rice in the water and mash smooth with the fat. Season with salt and pepper to taste. Line a well-greased casserole with the mixture, pressing the paste firmly against bottom and sides and leaving a large hollow in the center. Set in a cold place until firm. Meanwhile boil the liver, drain, chop fine and season with salt. Heat the soup stock, seasoned with caramel. Make a brown sauce with the fat, browned flour and soup stock, and add the minced liver. Fill the hollow in the center of the rice with the liver mixture, sprinkle with crumbs and brown in the oven.

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