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 base of enamelware is steel which is dipped into melted porcelain. Be sure when purchasing that there are no uncovered spots left by air bubbles in the dipping process, for wherever the steel is exposed it will rust.

To remove blood stains, soak in cold water. If persistent, use a mild guarded solution of peroxide and water. Start with one part peroxide to four of water and increase to equal parts if necessary. Boiling with soap and water to which washing soda has been added, may be sufficient for washable fabrics.

When cups of coffee tea or cocoa are served, care must be taken not to have them filled so full that the liquid spills into the saucer. If any one of them is to be drunk with the meal the spoon is put on the table with the other service silver, but with after-dinner coffee, the spoon comes in on the individual saucer. After-dinner coffee may be served in its small cups either at the table or in the living room.

Every sink or washbowl should have a stopper so that the bowl can be use conveniently without the wasting of running water. If you don't have the built-in type, you need either push-in stoppers or the round, flat kind that works on the suction principle. Lost stoppers hurt the war program—save those you have by attaching each one in its basin with a length of bead chain.

Whole black pepper Cayenne, tabasco and fresh green peppers are excellent to improve the flavor of certain meat dishes and chowders or casseroles, but these must be used sparingly.

When slicing a whole fresh ham, begin near the round end and cut slantwise in thin slices.

The paper in which bread is wrapped may be saved for wrapping sandwiches cake and other things for lunch boxes.

Small electric appliances, which are priceless these days, should be kep clean and(if washed, should be thoroughly dried. No water should come in contact with the heating unit. The cords should be kept in order and the current turned off when the cooking etc., is done. The waffle iron is greased when new and will not need further greasing if the current is shut off before the last waffle has finished baking. Then the iron will film off the grids. Also after use leave the iron open until thoroughly not overheat and burn the grease cool.

It is better to soak a very dirty pot overnight rather than give it a quick and not thorough cleaning.

There are good commercial polishes on the market for silver, brass and copper, and oorptrwefeooorebxxmH copper, and for pewter. Keep these together in a handy basket or box in the cleaning closet, with one set of soft rags for applying the polishes and another set of clean ones for rubbing bright.

When ironing printed silk garments use a cool iron and no cloth press on the wrong side preferably.

The use of salt is probably the simplest method of setting colors Dissolve a handful in a gallon of water and let the garment remain in the solution overnight. Wash each piece separaely. The color clothes may be rinsed together in the machine in clean, cool water provided the garments have been proved to be entirely color-fast.

Milk (covered) and meats should be placed near the cooling coils in the refrigerator.

Flavoring belongs in the category of seasoning. Too often vanilla is the only flavor used in baking or pudding orange juice or rind may also be used, making. Almost any favor, lemon or except with milk or egg mixtures, where vanilla is better.

If crusts are to be removed from sandwiches, it should be done before the bread is sliced. They should be removed from dainty sandwiches but always left on for picnic or school use. Cutting off the crusts before slicing ensures uniformity in size and shape of slices and does away with wasting butter on crusts. The crusts may be used in various ways.

An easy and accurate way to measure solid fat is by means of water. For instance, to measure one-third cup of solid shortening, fill a standard measuring cup twothirds full of cold water then drop in pieces of the shortening, pushing them under the water until the water level reach the one-cupful mark. If a half cup of shortening is called for, fill the cup one-half full of water and so on for any quantity desired.

Cheese Souffle Served With Mock Sausage

A tasty combination, suitable for the dinner table, yet low in those ever needed "points" is the following:

MOCK SAUSAGE

3 cups cooked beans of any kind
1 cup dried lima beans or
23 cup bread-crumbs
3 eggs
2 tablespoons fat
½ teaspoon sage
Salt and pepper

Pick over and wash beans cover with water and let soak overnight. Drain, cook in boiling salted water until tender, then force through a strainer. Add remaining ingredients, shape into the form of sausages, roll in crumbs egg, and again in crumbs. Saute until brown. Serve with tomato sauce. Makes 6 to 8 sausages, three inches long and ¾ inch thick.

CHEESE SOUFFLE

1 cup cheese
3 eggs
1 cup milk
3 tablespoons flour
3 tablespoons fat
½ teaspoon salt
Pepper

Make a white sauce of milk, flour fat and seasonings. Add the cheese and beaten egg yolks and stir until are set. Fold in stiffly baten egg-the cheese has melted and the yolks whites. Pour into a greased dish, or individual molds, and set in a pan of hot water. Bake in a moderate oven (350 F.) 45 to 10 minutes, or until egg white is set. Serve at once. It begins to fall as soon as removed from the oven.

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Delicious Cottage Pudding

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
3 tablespoons butter or other shortening
1 cup sugar
1 cup milk
½ teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter, add sugar gradually, and cream together well. Add flour alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased pan, 8x8x2 inches, in moderate oven (310 F.) 45 minutes. Serve hot with sauce. Serves 8.

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Eggplant Fritters

1 eggplant
1 egg
Salt and pepper
Flour

Cut the eggplant in half and boil in salted water until tender (about ¾ hour), depending on size of eggplant. Drain and scoop out pulp from skin. Mash fine. Mix with egg, make a batter; begin with 1 heaping salt, pepper, and flour enough to tablespoon and add more if necessary. Fry in hot, greased skillet, dropping in by spoonsful like pancakes.

BAKED EGGPLANT

1 eggplant
1 onion, minced
½ tablespoon flour
1 tablespoon butter
Breadcrumbs

Cut eggplant in half and put into mold, salted water to boil until tender (about 30 to 45 minutes). Brown onion wih flour in the tablespoon of butter. Scoop out eggplant pulp and mix with onion and season with salt and pepper. Put mixture in buttered baking dish, sprinkle top with breadcrumbs, and dot with butter. Bake until brown on top in hot oven, 10 to 15 minutes.

This may be varied by the addition of a little cooked chopped meat or 1 cup of tomato pulp.

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Oyster Pie

2 dozen oysters
1½ cups oyster liquor
1 tablespoon finely chopped parsley
1 tablespoon finely chopped celery
2 tablespoons rolled bread crumbs
1 teaspoon onion juice
1 hard-boiled egg
1 tablespoon butter
Salt and white pepper
Pie dough

Strain the oyster liquor through a cheescloth and bring it to a boil with the butter, parsley ,and celery. Mash the egg with the bread crumbs, and mix to a paste with a little of the oyster liquor; add to the rest of the liquor; season with salt and white pepper, and let thicken for 2 minutes. Clean the oysters and wipe them dry; put them in a baking dish and pour the sauce over them. Cover with plain pastry rolled to ¼ inch thickness. Make several incisions in the crust; press down the edges with a fork;brush over with milk and cook in a moderate oven (350 F.) ½ hour.

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Wooden silver trays with three separate compartments for knives, forks and spoons are ideal things for utensil drawers. Just be sure to return knives, etc., to their individual compartments as they are dried; then each article can be picked up quickly when required.

Pot Roast In Jelly

5 slices cold pot roast
3 cups clear soup
1 hard boiled egg
2 small carrots, boiled
1 tablespoon lemon-juice (scant)
Salt and tabasco

Lay rather generous slices of cold pot roast in a shallow baking dish, or shallow platter with a rim. Form a border of sliced hard boiled egg and quartered carrots around the meat. Put 8 cups or clear soup to simmer with the chopped parsley until it is reduced to 2 cups; add lemon juice, tabasco, an d salt if necessary. When perfectly cold, pour over the slices of pot roast and set in refrigerator for 12 hours.

A more convenient way of making the meat jelly is by using 2 cups of ordinary soup stock, and adding to it, while hot, 1 teaspoon of gelatin, dissolved in 1 tablespoon cold water.

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Bernaise Sauce

2 tablespoons butter
3 egg yolks
3 chopped shallots
1 tablespoon chopped parsley
5 tablespoons chicken broth
1 teaspoon chopped onion
2 tablespoons vinegar
½ teaspoon chopped tarragon
Salt and white pepper

Add the shallots, onion, and tarragon to the vinegar; put over a slow fire and simmer 2 minutes. Add chicken, or veal broth, butter and a very little salt and pepper; strain into the well-beaten egg yolks; put back on fire, add chopped parsley, and stir without stopping until nearly as thick as mayonnaise. Serve hot with steak, fish or lamb chops.. If tarragon is not available use tarragon vinegar instead of ordinary vinegar.

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Date Nut Sandwich Loaf

If a man of the family takes his lunch, or if the children take theirs to school, they, including mother who eats home, will thoroughly enjoy sandwiches made from this tasty bread.

DATE NUT SANDWICH LOAF

2 cups sifted cake flour
2½ teaspoons double acting baking powder
¾ teaspoon salt
4 tablespoons sugar
½ cup chopped dates
½ cup chopped nut meats
2 teaspoons grated orange rind
1 egg beaten until thick and fluffy
1 cup milk

Sift flour once, measure add baking powder, salt and sugar and sift again. Add dates nuts, and orange rind and mix carefully. Add egg and milk, then stir until blended. Turn into greased loaf pan, 8x4x3 inches. Bake in moderate oven (310 F.) 1 hour and 20 minutes, or until done. Store overnight before slicing.

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As a rule, toast or puff paste for a garnish should not be used on the same plate with potatoes.

Cold Vegetable Ring With Salad Filling

This particular salad, or to be exact—two salads, will make a meal in itself.

COLD VEGETABLE RING

2 cups cooked vegetables (celery, peas, carrots, beets, etc.)
2¾ tablespoon gelatin
1-3 cup cold water
2½ cups water

Rinse out a ring mold in cold water. Arrange vegetables in it and pour over them an aspic made by dissolving gelatin in 1-3 cup cold water. Blend with 2½ cups water (use water vegetables were cooked in or the water fish was cooked in if vegetable ring is to surround a fish or shrimp salad.) Let gelatin and water come to boil to dissolve thoroughly. Season to taste and pour over vegetables in mold. When cool, set in refrigerator. When firmly set, unmold on a bed of lettuce and fill center with fish, shrimp chicken or potato salad. This takes from 2 to 3 hours to set in a mechanical refrigerator. Serves 6 to 8.

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Carrot And Cabbage Slaw For Variation From The Usual

Cole slaw is really one of the most popular salads for the summer—it just seems to fit so well with so many summer months. So we plan to serve slaw with this and that, but since it is never well to serve one thing in the exact way time after time, it can so successfully be varied by simple additions of one thing or the other such as.

Carrot and Cabbage Slaw

2 cups carrots, cut in fine long strips.
2 cups cabbage, finely shredded
1-3 cup vinegar
½ cup cooked salad dressing
1-3 cup sour cream

Crisp carrots and cabbage by allowing them to stand in ice water. Drain cabbage, add vinegar, and chill 11 minutes. Drain and dry vegetables thoroughly. Combine carrots and cabbage and toss together lightly with dressing made by combining salad dressing with sour cream.

Cooked Salad Dressing

4 tablespoons flour
2 teaspoons mustard
2 teaspoons salt
¼ teaspoon paprika
2 teaspoons sugar
2 eggs or 4 egg yolks, well beaten
1¼ cups mile (sweet or sour)
½ cup vinegar

Combine flour seasonings, and sugar in top of double boiler. Add eggs and mix until smooth. Add milk; then add vinegar slowly, mixing well, place over hot water and cook until thickened, stirring constantly, remove from fire; add butter. Cool. Makes 2 cups dressing.

Meat sandwiches are greatly improved by the addition of such spice seasonings as mustard, catsup, pickles, etc.

Creamed Eggs

6 hard cooked eggs
2 tablespoons fat
½ onion
6 slices hot buttered toast
2 tablespoons flour
2 cups milk
1 teaspoon salt
¼ teaspoon pepper

Remove the shells from the eggs and cut each egg into six pieces. Heat the fat in a frying-pan and cook the chopped onion with it for a few minutes until yellow, but not brown. Remove the onion make a sauce of the fat, flour, liquid and seasoninngs. When it thickens and the eggs and when they are well heated, turn the mixture out on the buttered toast and serve a once.

FLUFFY EGGS

12 or 18 strips becon
6 eggs
6 slices toast, square or round
Butter
½ teaspoon salt
⅛ teaspoon pepper
1 cup grated cheese
Paprika

Spread toast with butter and part of grated cheese. Separate eggs, place whites in mixing bowl and leave each separate yolk in shell until needed. Season whites and beat until stiff and fluffy. Heap onto toast and make a dent in center of each. Slip yolk into center of white, season and sprinkle liberally with cheese. Bake at 350 F. until cheese is browned and eggs are set. Garnish with paprika; serve with bacon.

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Celery - Nut - Potato Loaf For A Meatless Menu

Various vegetarian dishes suitable for a meatless menu really aren't so difficult for the housewife to prepare as she would imagine. Too, these dishes are numerous and offer quite a large variety of flavors. Such a one is—

Celery - Nut - Potato Loaf

2 large stalks celery
¾ cup chopped nuts
3 cups mashed potatoes
4 tablespoons fat
1 egg
1 teaspoon salt
⅛ teaspoon paprika
2 teaspoons grated onion

Wash, cut in small pieces and cook the celery until tender in a small amount of boiling, salted water Drain off liquid. (This may be used for soup stock later.) Then add the other ingredients to the celerry in the order in which they are given. Combine them carfully, pack in a loaf in a greased breadpan, and bake in a moderate oven (350-400 F.) thirtyfive minutes. Serve with tomato sauce.

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Scrambled Eggs That Are Excellent For Lunch

Though just plain every-day scrambled eggs are good, we usually confine them to the breakfast table—but just add a little something and you have an excellent luncheon dish.

EGGS WITH DRIED BEEF

Break the dried beef into small pieces. If very salty pour boiling water over it and press dry. Heat frying pan, adding a tablespoon of butter. Add slightly beaten eggs to beef and stir in pan until eggs are scrambled and set.

EGGS WITH TOMATO

In a frying pan, melt 2 tablespoons of butter. Add 1 tablespoon chopped green pepper and onion, 3 tablespoons tomato catsup. 1 tablespoon of water and half a teaspoon of salt. When hot, add 4 slightly beaten eggs, and scramble.

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The WFA reminds growers and shippers of fruits and vegtables of the necessity to order used containers and to be prepared to use substitutes for their customary sizes and types of containers.

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