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

For a fine fish canape, flake dish and mix a little lemon juice. Season with salt and paprika and moisten with mayonnaise. Spread rounds of bread with butter, cover with the fish mixture, then sprinkle with grated cheese. Put under broiler until cheese melts and is slightly browned.

Put all trimmings from lamb (left-overs bones from roast or chops) into a kettle with left-over gravy, an onion, 1 bay leaf a few peppercorns, celery seed or the dried celery leaves. Add any leftover vegetables and enough vegetable water or plain water to cover. Boil slowly several hours and strain. Add necessary seasonings, such as salt. pepper or kitchen bouquet. A little boiled rice may be added to the broth.

If crusts are to be removed from sandwiches it should be done before the bread is sliced. They should be removed for danty 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.

In so far as possible, one should buy fruits and vegetables by weight rather than measure or count. A pound of string beans is a definite quantity but a quart will vary, depending upon whether the dealer packs the measure or fills it loosely.

Fresh fish should be free from strong odors, the flesh firm not flabby; the gills red, the eye fresh firm, clear and moist. If scales are dull and come off easily, reject the fish. Other characteristics apply to special varieties and should be learnedfrom a reliable dealer. Since fresh fish is very perishable, it is best to buy for not more than one day ahead. Keep in the coldest part of the refrigerator. Allow ½ pound fish, as bought, per person. One pound of fish without waste should produce about two cups of cooked flaked fish.

The nut and oleo margarines are less expensive than butter but are nicely flavored and salted for table use. They should really not be considered a substitute but rather another product suitable for the same use as butter. In the manufacture of these products, liquid fat, either of animal or vegetable source, is churned with milk. The oil may be principally olein from meat source, giving the name oleo margarine; or it may be derived from peanuts, coconut or other nuts making a true vegetable margarine. They are purchased uncolored to distinguish them from butter, but they may be easily colored at home for table use.

In the maidless household, the hostess will find great convenience in a tea wagon or any other kind of serving table that may stand at her right, ready to help.

For the average family two carving knives are desirable; one with a long, keen blade for large roasts, and a smaller, lighter one for steaks, cutlets and poultry. One two-pronged fork can be used with both knives.

An appetizer should always be served in small portions because the purpose of this course is to whet but not to satisfy the appetite. Each portion must be arranged so that it may be lifted from the tray by the guest and transferred to his plate without trouble. Suitable silver service—usually a tablespoon and large fork—must be laid on each tray.

—V—

Peanut Butter Cutlets

With the children home from school and so busy playing, they do either of two things—they might come home starving at noon time or they might be so engrossed in the playing that they don't want to stop for lunch unless something very appealing is offered. Well, one way or the other, here is a luncheon dish that will please the children and really bring them on the run:

PEANUT BUTTER CUTLETS

1½ cups peanut butter
1½ cups hot milk
1 teaspoon salt
Pepper
6-half-inch slices of bread

Mix peanut butter with hot milk and seasoning, mixing together thoroughly. Dip slices of bread into the peanut-butter mixture. Garnish with pickles and olives.

—V—

French Toast

1 egg, slightly beaten
½ cup milk
¼ teaspoon salt
3 slices berad (¾ inch thick), cut in triangles

Combine egg, milk, and salt. Dip slices of bread in mixture and fry in deep fat (300 degrees F.) 2 minutes, or until golden brown. Drain on unglazed paper. (Slices may also be sauteed in hot fat on griddle). Serve with syrup. Makes 6 triangles.

Chicken Aspic Is That Special Dish For That Very Special Occasion

There always comes that very special occasion when we are inspired to serve something very extra-special. Something that will take hours of preparation but will be so tasty and attractive that everyone will know and appreciate our efforts.

The occasion can be any of a number of things—possibly a shower for a very special friend about to be married. Possibly for our pet soldier home on leave—but no matter what the occasion, this is one of those dish or dishes that will keep people talking for ages to come.

It is well when planning such a dish as chicken aspic to start the preparations the day before, but the results are so satisfactory that it is worth all the care bestowed upon it

CHICKEN ASPIC

1 chicken (3½ pounds)
1 tablespoon salt
6 peppercorns
1 minced shallot
1 sprig parsley
1 sprig celery (leaves only)
1 cup white wine
juice of ½ lemon
6 anchovies
6 stuffed olives
1 hard-boiled egg
1 egg shell, crushed
1 cooked carrot

GARNISHINGS

1 head celery
12 red radishes
3 small tomatoes, sliced
12 lettuce leaves
12 asparagus tips
1 green pepper, sliced
3 tablespoons French dressing
3 cups potato salad

Place the chicken in a saucepan, cover with boiling water, not more than three quarts. Add seasoning, cover closely and cook until very tender. During the last stage of cooking add the wine and lemon juice. Let the chicken cool in the liquor until lukewarm, then take out, and when cold, put in the refrigerator until needed.

Strain the liquor through a cloth, bring to the boiling point again, and clear with crushed egg shell. When the liquor settles, skim carefully into a bowl, leaving the sediment behind. Cool and put in the refrigerator. When thoroughly chilled, take off all fat, turn out and scrape off any remaining sediment. (It should have jellied sufficiently, but if not it will be necessary to heat it to boiling again and add 1 teaspoon of gelatin which has been soaked five minutes in 1 tablespoon of cold water.)

Select a flat-bottomed mold and set it in ice. Have the chicken liquor just under jellying temperature. Pour a thin film of it over the bottom of the mold and let it set. Slice egg and carrot. Place an egg slice in center of mold, with carrot slices and anchovies curled around olives, in any pattern desired.

With a spoon put in another layer of the liquid, being careful not to disturb the pattern. Let this set.

Cut the chicken meat dark and light seperately, into inch-long pieces and arrange a decorative layer of the contrasting colors in the mold. Cover with liquor and allow to set. Repeat this process until all the chicken and liquor is used up. Place mold in refrigerator.

Have garnishings well chilled; the tomatoes and asparagus marinated in French dressing and drained.

Turn the aspic out into the center of a large platter and arrange garnishings attractively around it.

This may be made in individual molds if preferred.

Simple Sauces That Will Enhance "Plain Jane" Dishes

As we plan the day's menu, and take stock of what we have on hand and what is available in the stores we sometimes decide that the evening meal looks rather plain and slightly bland. Of course, a sauce is the answer! It dresses up almost any dish. On the other hand, the schedule for the day might be heavy, leaving not much time to prepare an elaborate one, but fortunately it can be a simple one and still do the trick. Just take that old reliable white sauce and add this or that to make the sauce suitable for that particular meal.

WHITE SAUCE

2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk
¼ teaspoon salt
Dash of white pepper

Melt butter in sauce pan. Add flour and stir to a smooth paste. Add milk gradually stirirng constantly, and continue cooking and stirring until thickened. Season with salt and pepper. Makes 1 cup sauce. (This makes a sauce of medium thickness; for a thinner sauce use 1½ tablespoons flour).

CHEESE SAUCE: Add ¾ cup grated American cheese and a few drops of Worcestershire sauce. Stir until cheese is melted. Serve with egg or vegetable dishes. Makes about 1½ cups sauce.

PIMENTO SAUCE: Add ½ cup pimento, forced through sieve. Serve with egg, cheese, or fish dishes. Makes about 1¼ cups sauce.

CAPER SAUCE: Add 1-3 cup capers. Season to taste. Serve with fish. Makes about 1¼ cups sauce.

PEA OR ASPARAGUS SAUCE: Add 2-3 cooked peas or asparagus cut in small pieces. Season to taste. Serve with omelet. Makes about 1½ cups sauce.

PARSLEY SAUCE: Add 1 tablespoon finely chopped parsley and season to taste. Serve with potatoes or other vegetables, or with fish. Makes 1 cup sauce.

—V—

Potato Soup

Here is a quick and easy soup that will make a very tasty and filling first course:

POTATO SOUP

2 tablespoons quick-cooking tapioca
1 teaspoon salt
Dash of Cayenne
Dash of pepper
2 cups hot mashed potatoes
½ small onion
3½ cups milk
1 tablespoons parsley, chopped
4 tablespoons butter or margarine

Combine dry ingredients, potatoes, onion and milk. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes), and cook 5 minutes, stirirng frequently. Add parsley and butter, remove onion. Serves 4 to 6.

Club and Layer Sandwiches Make Fine Garden-Day Suppers

Since everyone likes a sandwich, no one is very disappointed to see them appear for that Sunday supper. Also, there is such a larg e variety from which to choose that no one need ever bore the family with repetitions.

CHEESE CLUB SANDWICH

Grated cheese
Tomato jelly
Mayonnaise
Bacon curls
Lettuce

Mold plain tomato jelly in a shallow dish. On bottom slice of buttered bread place a lettuce, then a slice of tomato jelly cut to fit and sprinkle generously with grated cheese. Cover with mayonnaise and add a second slice of bread. Or toast may be used. Garnish with bacon curls.

LAYER SANDWICH

1 loaf sandwich bread
1 large can deviled ham
24 large olives, chopped
½ teaspoon paprika
1 cup fine-chopped nut meats
3 teaspoons mustard
½ teaspoon salt
9 tablespoons salad dressing

Trim crust from loaf and cut in three lengthwise slices. Mix all ingredients for filling. Butter bread and spread filling on lower slice. Cover with second slice and spread with filling. Lay on top buttered slice. Press layers together, wrap in a damp cloth and cut in vertical slices. Makes about twenty sandwiches.

—V—

Meat & Vegetable Pie

1 onion, diced
2 tablespoons fat
2 cups cubed cooked meat
1½ tablespoons flour
1¼ cups milk or gravy
1 tablespoon Worcestershire sauce
1 cup cooked peas
1 cup sliced cooked carrots
1 cup sauteed mushrooms
Salt and pepper
½ recipe pastry

Brown onion in fat and add meat. Brown well. Remove meat and onion from skillet and add flour, milk or gravy and Worcestershire sauce to remaining fat. Blend well. Fill greased baking dish with meat, vegetables and sauce; season and cover with pastry. Make several gashes in pastry to permit steam to escape. Seal around edges by pressing with a fork. Bake in a hot oven (425 degrees F.) until crust is brown, about 30 minutes. Serves 6.

—V—

Peter Pan Ears of Corn

1 cup yellow corn meal
1 tablespoon salt
2 tablespoons sugar
1 cup boiling water
½ cup sifted flour
2½ tablespoons baking powder
1-3 cup milk
1 egg, well beaten
¼ cup melted butter or other shortening

Combine corn meal, salt and sugar Stir in boiling water and set aside to cool slightly. Sift flour once, measure add baking powder and sift again. Add milk, egg and shortening to hot meal, then add flour beating only enough to dampen all flour. Bake in greased corn-ear or muffin pans in hot oven (425 degrees F) 20 minutes. Makes 12 ears of corn.

—V—

Vegetable Salad Aspic

Using this recipe as a base for vegetable salads, one can choose any of the listed combinations and have a large, but simple assortment.

1 package lemon flavored gelatin
1 cup warm water
3 to 4 tablespoons vinegar and cold water to make 1 cup
½ teaspoon salt

Dissolve gelatin in warm water. Add vinegar and cold water and salt. Chill. When slightly thickened, fold in desired vegetables. Turn into mold. Chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. Serves 6.

Use 1 or 2 cups combination of vegetables, such as:

Grated raw carrots, cabbage and green pepper
Cabbage, celery pimento and green pepper
Cabbage, celery, pimento and pickles
Cabbage and olives
Pickled beets, celery, and onion or prepared horse-radish (Substitute beet juice for cold water in recipe.)
Peas celery and cabbage.

—V—

Take slices of cold tongue, not too thin, dip in beaten egg, then roll in bread crumbs and brown in butter. Garnish with creamed spinach or cream any vegetable you have on hand.

—V—

A Well Seasoned Dish For A Meatless Menu

Here is a very well-seasoned dish of tomatoes and peppers that will be excellent to serve for a meatless menu:

TOMATOES AND GREEN PEPPERS WITH RICE

6 large ripe tomatoes
2 medium-sized onions
2 green peppers
½ pod red pepper
1½ tablespoons butter
Salt and pepper
Rice ring

Chop the onions and fry them in the butter. When beginning to brown add the chopped green peppers and cook until tender. Peel and chop the tomatoes; add them to the fried vegetables; add red pepper, with most of the seeds removed, and simmer very gently for 40 minutes. Season with salt and extra pepper, if the red pepper has not made the dish hot enough. Serve on a hot platter in the center of a rice ring.

—V—

Clam Chowder

1 quart chowder clams with their juice
¼ pound fat salt pork
4 medium-sized onions
3 medium sized potatoes
2 new carrots
1 sprig parsley
3 tomatoes
1 quart water
1 stalk celery
1 bay leaf
Pinch of thyme
Pepper
Pinch of salt

Chop onions fine and put them in the saucepan with the salt porrk, which has been cut into small dice. Cook over a low fire until the onions are just beginning to color. Add tomatoes which have been peeled and chopped, carrot cut in dice,sprig of parsley, stalk of celery bay leaf, thyme water and a little pepper. Cook slowly in a covered saucepan 1¾ hours, adding potatoes, cut in dice, at end of first hour.

Strain the juice from the clams through a cheesecloth, and put clams through a meat-grinder. Add clams and juice to the chowder, and cook all together 20 minutes longer. Remove bay leaf, celery and parsley, and add salt, if necessary.

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