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

One needs different size needles for different threads. Get a suppply now, and be careful of them —for all needles will be scarce. One should never stick the needle into the thread spool when through mending—it may become bent and damaged, or it may hurt your hands later. Put it back into the needle book right away where it will be protected until you want it again. One assorted book of needles, or a single package of each size you need, will last all through the war if you are careful.

Toasters should have the crumbs brushed out, or the crumb tray removed and wiped off in types with this attachment. Keep your toaster clean and it will operate satisfactorily for years. Never clean toaster until it is cool and the cord is disconnected.

Hot plates are excellent dinner service, but oven heat may crack them. Use a low oven flame for warming dishes and rest them on asbestos pads. For oven baking use only pottery or glass that is marked heat-resistant or heat proof.

To remove chewing gum from clothing, rubbing the gum with an ice cube facilitates removal of surface gum wih a dull knife. Moistening gum with kerosene or carbon tetrochloride softens it for further knife removal. Imbedded particles must be thorougoly sponged witn carbon tetrachloride.

Granulated, confectioners', brown and maple sugar corn syrup, molasses, honey and maple syrups are all used in candy making according to the flavor and texture desired. The light-brown sugar should be chosen rather than the darker brown, for a candy of delicate flavor. The same thing is true if corn syrup or molasses is used; the lighter color gives the less strong flavor.

Salad materials should be cut in uniform, well-defined pieces small enough so that they will not lose their shape in the folding process. If part of the celery to be used is tough cut it in fine pieces and cut the tender parts in larger pieces. In this way the toughness will not be detected.

Cut mold mush into slices about one-fourth of an inch thick, and saute until brown and crisp in a very little fat; if preferred, the slices may be sprinkled with flour, or dipped first in salted beaten egg and then in bread or cracker crumbs before sauteing. Hominy and other cereals may be fried in the same way.

Small pastry shells or cases filled with creamed meat or game are called bouchees, and are very populara for entrees. They provide an excellent way of utilizing left-overs of chicken, sweetbreads, fish, etc. Paper cases, bought at the confectioner's, may be used instead of the pastry shells.

Poultry and game unless they are in cold storage, should not be kept long uncooked. They should be drawn as soon as purchased, and should be kept in a cool place.

The bread for flat sandwiches should be a day old because it can be cut more easily than fresh bread. For rolled sandwiches, fresh bread should be used. Bread baked in special tins which provide slices that are perfect squares or circles is economical when the crusts are to be removed, but any loaf of comparatively fine grain may be used.

Bread wrapped while hot molds quickly. Containers used for storing bread should be washed and aired frequently, and immediately if mold is found.

To beat egg yolks separate yolks from white of egg and either stir well with a fork or beat with a rotary beater until they are frothy and their color becomes light yellow.

Compare soap qualities. Price is often no guide to quality. Make your own decision on washing quality of each soap. A checkup on some cheaper soaps may be surprising. Use the kind that best suits your needs.

Squabs are best when four weeks old and when weighing from ½ to ¾ pound.

To clear soups, take the stock from the top of the bowl being careful to avoid any sediment which may have escaped through the sieve and settled on the bottom of the bowl. This sediment is a valuable food and should be saved for gravies or soups which are not necessarily clear. Clarify this stock if a translucent, sparkling soup is desired.

—V—

Lamb Balls With Currant Jelly

We are sometimes inclined to pity the housewife who is required to do "cooking for two"——of course she can't have a huge roast—but now days who can?

Here is a dish just sufficient for two, but the recipes can be enlarged to serve any number:

LAMB BALLS WITH CURRANT JELLY

½ pound breast or shank of lamb, ground
Salt and pepper
1-3 cup bread crumbs
2 tablespoons fat
2-3 cup currant jelly

Season the ground lamb with salt and pepper, add the bread crumbs, well moistened with water. Shape into balls and saute in the fat for 2 minutes on each side then reduce the heat and cook slowly for 20 minutes, turning frequently. Melt current jelly and pour around meat balls before serving.

Eggs For A Family Luncheon

There are occasions when the man of the family will be home for lunch, but if not, there are usually the children and one can never successfully feed them sandwiches day in and day out. So, for a change, and a pleasing one, serve the following egg combination:

POACHED EGG TOMATO RAREBIT

2 cups tomatoes
¼ teaspoon soda
1 teaspoon salt
2 tablespoons flour
1 cup grated cheese
6 eggs
6 slices toast
¼ teaspoon paprika
Parsley

Mix tomatoes, soda and seasonings and stew for about five minutes; then strain and thicken with the flour, mixed to a paste with a little cold water. Add the cheese and stir until smooth. Poach the eggs and place on the toast on a platter. Pour the sauce around the eggs. Sprinkle with the paprika and garnish with parsley.

—V—

Poached Eggs

Heat salted water just to boiling in deep frying pan. Break eggs, one at a time into saucer and slip carefully but quickly into water. Water should cover eggs. Cover, remove from fire, but keep hot until white is set and a thin film is formed over yolk. Remove eggs with skimmer. Place on slices of buttered toast. Sprinkle with salt and a dash of pepper. Serve immediately. Egg poachers or muffin rings may be used. The rings should be buttered, placed in water and each egg slipped into a ring.

Eggs may also be poached in a double boiler in hot water, hot milk, or a thin white sauce.

—V—

Puree Of Celery For A First Course

No matter how simple the soup, the fact that it is served at the beginning of a meal suggests time and care spent—particularly if it be home-made. Too, since we have been saving every bone and scrap of meat for the stock pot—here is where it is put to good use:

PUREE OF CELERY

1 bunch celery
1 tablespoon butter or substitute
2 tablespoons flour
1½ pints soup stock
1 cup cream
Salt

Wash the celery well and cut in pieces and boil until tender in a little salted water. Drain off all the water. Put butter in a saucepan and when it is melted add the flour and mix well; then add soup stock gradually and the celery, and let boil gently for fifteen minutes. Press through a sieve and add cream and salt, and bring to the boiling point again. Serve piping hot.

It's Easy To Build Up A Dinner Menu Too Low In Proteins

It's good wartime thrift tactics to plan desserts as a definite integral part of the menu, chosen carefully from the point of view of nutritional value as well as appetite appeal. Cream cheese topping for pies, for instance, is a popular and highly nutritious way to add protein value to a wartime dinner menu that's on the skimpy side. With the investment of only one red ration point you can obtain a six-ounce wedge shaped cut of cream cheese that will make a thick, toothsome topping for two pies of the custard type or a baked pie shell filled with ripe fruit. And with only two red points you can obtain three of the six-ounce wedge shaped cuts which are packaged to last several weeks in the refrigerator, if unopened. This means only ⅛ of a point per serving. Made from whole milk and cream, plentiful cream cheese is rich in vitamin A, calcium and phosphorus in addition to being an excellent source of muscle-building proteins; so it qualifies as a top nutritional bargain as well as a rationwise investment.

You can use cream cheese to build up the nutritional value of salads, too. If your menu's meatless, try a salad served with mayonnaise with assorted cream cheese balls—the chive or pimento cream cheese wedge is a happy choice with a tomato or tossed green salad. A further builder-up of the salad course is a cream cheese dressing, made by mixing whipped cream cheese with an equal amount of mayonnaise.

CREAM CHEESE PIE

¾ six-ounce wedge cut of cream cheese
½ cup thin cream or top milk
½ cup sugar
1 tablespoon flour
⅛ teaspoon salt
Grated rind of ½ orange
2 eggs
¼ teaspoon vanilla
Pastry

Blend cream cheese with cream or top milk thoroughly. Mix together sugar flour, salt and orange rind. Blend with cheese mixture. Add egg yolks and vanilla. Mix well. Fold in stiffly beaten egg whites. Pour into a pie pan lined with unbaked rich pastry. Bake in a slow oven (350 degrees F.) twenty-five to thirty minutes or until firm. Serve cold.

WHIPPED CREAM CHEESE

½ six-ounce wedge cut of cream cheese
3½ tablespoons (about) of top milk

Add top milk to cream and beat with a rotary egg beater until light and fluffy, like whipped cream. Use as a topping for gingerbread, fruit pies, and moulded fruit and vegetable salads. For a delicious pie, put a layer of cornstarch pudding in a baked shell, then a layer of blueberries and a topping of whipped cream cheese.

—V—

The Sea Floor

The larger part of the sea floor lies between the depths of 1,000 and 3,000 fathoms.

No Meaning

All rules about open or shut windows at night are meaningless in a smoky city.

Off To A Good Start With a Tasty Breakfast

There is simply nothing in the world like a good breakfast to start the day just "so". Everyone feels cheerful— there is no mad rush or undo excitement—and, in spite of the fact that we possibly won't have sausage for breakfast—we can start the day well on its way with such treats as:

BRAN DOUGHNUTS

3 cups sifted flour
4½ teaspoons double acting baking powder
1½ teaspoons salt
¼ teaspoon nutmeg
2 tablespoons butter or other shortening
¾ cup sugar
3 eggs well beaten
¾ cups milk
1½ cups whole bran shreds

Sift flour once, measure, add baking powder salt and nutmeg, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together well. Combine eggs, milk, and bran; add to sugar mixture and mix thoroughly. Add flour in small amounts, beating after each addition until smooth. Chill until firm enough to roll. Turn out on slightly floured board. Roll 1-3 inch thick; cut with floured 1¾ inch doughnut cutter. Dry in deep fat (385 F.) until rich brown turning frequently. Drain on unglazed paper and sprinkle with powdered sugar. Makes 3 dozen doughnuts.

CORN BREAD

1¼ cups sifted flour
2¼ teaspoons double acting baking powder
1 teaspoon salt
2 tablespoons sugar
1 cup corn meal
2 eggs, well beaten
1¼ cups milk
4 tablespoons melted butter or other shortening

Sift flour once, measure ,add baking powder salt, and sugar, and sift again. Add corn meal and mix well. Combine eggs and milk; add to dry ingredients mixing well. Add shortening. Turn into greased 9-inch layer pan or 8x8x2 inch pan; bake in hot oven (425 F.) 40 minutes, or until done. Cut in wedge-shaped or square pieces.

—V—

Onion & Raisin Stuffing

Here is another tasty and different stuffing to serve with poultry or to use as a meat stretcher.

ONION AND RAISIN STUFFING

1 cup hot water or stock
1½ cups bread crumbs
1 egg
1½ teaspoons sage
1 teaspoon poultry seasoning
1 teaspoon salt
¼ teaspoon pepper
2 small onions
½ cup raisins
Chopped parsley
Chopped celery tops
¼ cup melted shortening

Pour hot water or stock over the bread crumbs, add the beaten egg and other ingredients. Mix lightly but thoroughly.

Eggplant Oriental

Here is one more recipe for the preparation of an eggplant. If you haven't tried this one before, it will prove to be a favorite with the entire family—just try

EGGPLANT ORIENTAL

1 small or ½ large eggplant
2 tablespoons butter or fat
1 tablespoon flour
1¼ cups canned tomatoes
1 teaspoon grated onion
1 teaspoon sugar
¼ teaspoon salt
Dash of pepper

Peel eggplant and cut into 1-in. cubes. Boil in salted water for 5 minutes. Melt butter and blend in the flour. Strain can of tomatoes and gradually stir in the juice to form a smooth paste. Add onion, sugar and seasonings. When slightly thickened add the drained eggplant and the tomato pulp. Simmer gently for 5 minutes and serve. This makes 4 servings.

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