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

Leaks in water tanks of boilers can be sealed (1) by slipping the head of a toggle bolt through the hole, adding rubber gasket and brass washer on the outside and thoroughly tightening nut; or (2) with a screw tap plug of the proper size.

Butter slices of toasted bread. Cover with a thin slice of boiled ham or bacon, spread with mustard, and cover with a layer of thinly sliced or grated cheese. Place the slices in the oven until the cheese is melted. Garnish with minced parsley and serve at once.

For a breakfast suggestion, cut old fashioned country sausage in thin rounds, fry to a delicate brown and serve between hot pancakes of the same size as the sausage slices.

Clam broth may be served hot or cold, in cups with a heaping teaspoon of whipped cream, into which has been beaten a little salt and pepper, placed upon the top of each cup. The cream adds richness to the flavor of the soup and increases its nourishing properties.

Venetian blinds can be made to last indefinitely if properly cared for. Brush off each slat individually, every week, with a soft Venetian blind brush, or use your vacum cleaner attachment. Wipe with a moist (not wet) cloth if desired, and dry promptly. Do not wet the slats or other parts. Look at the cords when you clean. If you notice the beginning of wear or fray, don't wait until the blind collapses. Call the dealer you bought from, who knows the right way to repair his blinds.

For kidneys en Brochette split the kidneys, put over the fire in cold water and bring to the boiling point rapidly. Drain, wipe and slice each half. Arrange these slices on small metal skewers, alternating with slices of fat bacon the same size. Boil quickly and serve on toast, leaving skewer in.

Frozen pudding consists of plain ice-cream to which a combination of fruit and nuts with crumbs, cake-crumbs or powdered macaroons is added.

Rips in upholstery can be mended almost invisibly by applying a piece of adhesive tape a little longer than the tear or rip, underneath the fabric, sticky side up. Press the torn edges together closely and firmly, with the raveled threads underneath.

Pare an core the required number of apples and bake, steam or boil in sirup until tender. Cool. Cover the bottoms of individual molds with lemon jelly, put in apples and cover with jelly. Unmold and serve with meringue or whipped cream.

Chopped vegetables, celery, cabbage, carrots, etc., for sandwiches will stick to the bread better if made into a paste with chopped hard-boiled egg and mayonnaise.

After baking or broiling, leave the oven door open to allow cooling and escape of moisture. Don't store food in the oven—it won't preserve the food and may cause rust in the oven.

To blanch almonds, shell the nuts and pour boiling water over them. Let them stand from two to five minutes, until the brown skin can be slipped off with the fingers. Pour off the water and remove the skins.

Stop the loss of small items such as nuts or washers in the home tool chest by keeping each kind separate, on a large safety pin. Make it easy to find nails or screws of different sizes by using a number of small containers (preferably metal for sturdiness) such as typewriter ribbons or some types of camera film come in. Small screw-top glass jars with wide mouths are equally suitable.

Use more flavoring all mixtures that are to be frozen than in mixtures that are to be served unfrozen, because the flavor freezes out to some extent. Stir well and thoroughly dissolve sugar before freezing.

—V—

Three-Minute Meringue

(Unbaked meringue. Substitute for whipped cream or jellie dfruit pies.)

2 egg whites, unbeaten.
2 tablespoons water
½ cup sugar
Few drops vanilla or almond cream
Dash of salt

Put egg whites, sugar, salt, and water in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapid ly boiling water, and beat 1 minute; then remove from fire, and continue beating 2 minutes longer, or until mixture will stand in peaks. Add flavoring. Beat well. Spread over top of jellied fruit pies or tarts. Sprinkle with coconut.

Cheese Souffle

3 tablespoons tapioca
1 teaspoon salt
1 cup milk
1 cup grated cheese
3 egg yolks, beaten until thick and lemon-colored
3 egg whites, stiffly beaten

Combine tapioca, salt, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes), and cook 5 minutes, stirring frequently. Add cheese and stir until melted. Remove from boiling water; cool slightly. Add egg yolks and mix well. Fold in egg whites. Turn into greased baking dish. Place in pan of hot water; bake in moderate oven (350 F.) 50 minutes, or until firm. Serves 6.

When made with tapioca and properly baked, souffles do not fall, but stay tender. moist, and light while being served.

—V—

Apricot Tapioca

Something quick and something good—every housewife has a time when such a dessert is what she needs—so try this—

APRICOT TAPIOCA

1-3 cup quick cooking tapioca
½ cup sugar
¼ teaspoon salt
2 cups boiling water
2 cups cooked apricot pulp
2 tablespoons lemon juice

Combine dry ingredients; add to water in top of double boiler, bring to brisk boil; stirring constantly. Place over rapidly boiling water, cook 5 minutes, stirring occasionally. Cool slightly—mixture clears and thickens as it cools. Add sweetened apricot pulp and lemon-juice. Chill. Serves 6.

—V—

Low On Sugar–Low On Shortening And It's Apple Pandowdy

Try as we will, so many of the things we decide to serve seem to just take huge chunks out of our rationed items. Of course, we more often than not, change our plans a bit, but how we hate to scrimp on desserts and how thankful we are for those packaged ones that take none of our points. When a really home-made dessert is in order though, a good one, low in sugar and shortening is the answer to the problem. Here is one that is almost as popular as pie, and oh so good.

APPLE PANDOWDY

4 to 6 apples thin sliced (5 cups)
½ cup sugar
⅛ teaspoon salt
¼ teaspoon cinnamon
⅛ teaspoon nutmeg
1½ tablespoons lemon juice
2 tablespoons water
¼ teaspoon grated lemon rind
½ recipe low-shortening biscuits
1 tablespoon sugar

Combine apple, sugar, salt, spices, lemon juice, water, and rind. Turn into 8x8x2 inch pan. Cover and bake in hot oven (450 F.) 20 minutes.

Mix low-shortening biscuit dough as directed, adding 1 tablespoon sugar to flour mixture. Turn out on lightly floured board and knead gently 8 times. Shape and roll into 8x8 inch square.

Carefully fit dough over apples in pan. Cut slits to permit escape of steam. Return to hot oven (450 F.) and bake 25 minutes, or until crust is browned and apples are done. Serve warm. plain or with cream. Makes 8 servings.

LOW-SHORTENING BISCUITS

2 cups sifted cake flour
2½ teaspoons double acting baking powder
¾ teaspoon salt
2 tablespoons cold shortening
½ cup cream plus 1 tablespoon milk

Sift flour once, measure, add baking powder and salt, and sift again. Cut shortening in small pieces and add to flour. Cut in shortening, using pastry blender, or finger tips, until mixture is as fine as meal.

Add milk all at once and stir carefully until all flour is dampened. Then stir quickly and lightly until mixture forms a soft dough and follows spoon around bowl.

—V—

Southern Waffles

Serving waffles with syrup is a grand custom, whether for comany or for just the family—and they are liked by one and all. Of course, we like variety in waffles. too, for sometime soon, plan to serve—

SOUTHERN WAFFLES

1 cup boiling water
1 cup corn meal
2 cups sifted flour
3 teaspoons double acting baking powder
1¼ teaspoons salt
1 tablespoon sugar
2 cups milk
2 egg yolks, beaten
3 tablespoons melted butter
2 egg whites, stiffly beaten

Pour boiling water over corn meal. Sift flour once, measure. Add baking powder, salt, and sugar, and sift again. Add milk to corn meal, then egg yolks and flour, mixing well. Add butter. Fold in egg whites. Bake in hot waffle iron. Serve with maple flavored syrup. Makes 7 four-section waffles.

Dress Up Sausage and Eggs For Occasional Dinner Menu

Every now and then the homemaker is faced with the problem of what to have for dinner!! This usually becomes a problem when nothing suggested sounds just right. All the "old reliables" pass through the mind, but just don't seem satisfactory—so we think—"I can always have bacon and eggs, or sausage and eggs"! No need to feel queer about it either, because most people really do like an occasional dinner of just such things—sausage and eggs. But this time we can do them up a bit—serve fried apples with them—then possibly make up a batch of biscuits—oh, it will really be a grand dinner.

SAUSAGE WITH APPLES

4 greening apples
4 tablespoons sugar
¼ teaspoon cinnamon
½ cup dried currants
1 pound sausages
2 tablespoons butter

Peel apples, quarter, and core them lay in a bowl, sprinkling evenly with sugar and cinnamon; cover lightly and leave to season for three hours. Wash currants and plump in hot water. Prick sausages; heat butter in pan and fry them a little. Begin laying in the apples besides the sausages, scatter the currants over them, cover and continue frying over a slow fire. Turn apples and sausages. Take out apple quarters as they are done, keep hot, and replace with raw ones until all are done. Arrange apples and sausages on a hot platter. Serve with fried or scrambled eggs.

—V—

It's An Old Favorite, But Is Always Good News

We all like to try new things, particularly in foods—but there always comes a day when we return to the old favorites—ones that have had years of trials and tribulations, but with improved recipes we can put these favorites on the tables without a flaw.

Few of us can remember not having had devil's food cake from the time we were old enough to eat cake, but to this day. when it appears on the table—we just sit and cheer.

FAVORITE DEVIL'S FOOD CAKE
(2 eggs or 3 yolks)

2 cups sifted cake flour
1 teaspoon soda
½ cup butter or other shortening
1¼ cups brown sugar, firmly packed
2 eggs or 3 egg yolks, unbeaten
3 squares unsweetened chocolate melted
1 cup milk
1 teaspoon vanilla

Sift flour once, measure, add soda, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each; then add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in two greased deep 9-inch layer pans or three greased 8-inch layer pans in moderate oven (350 F.) 25 to 30 minutes. Spread Boiled Frosting between layers and on top and sides of cake. Double recipe for three 10-inch layers.

—V—

Fricadellons With Noodles

The next thing to a dinner in a dish is a dinner the housewife can serve on one dish, regardless of whether it's cooked together or not. Such a dish is this of fricadellons with noodles. Too, this is an excellent way to use left-over meat.

FRICADELLONS WITH NOODLES

1 large onion, chopped
2 tablespoons fat
1 cup dry bread softened in
1 cup water
2 cups left-over ground meat
1 egg
2 tablespoons chopped parsley
⅛ teaspoon allspice
¼ teaspoon salt
Dash of pepper
3 cups cooked noodles
½ cup farm milk

Brown onion lightly in 1 tablespoon fat. Press water from bread; add onion, meat, egg, and seasonings. Mix well. Shape into small balls or flat cakes and saute until crisp in remaining fat. Moisten noodles with warm milk and reheat. Make a ring of noodles, fill center with succotash and border with the fricadellons. Serves 4.

—V—

Potato Soup

There are many homemakers who, if the evening meal seems smaller than usual, serve a good big salad as the first course, along with crackers or rolls—this successfully takes the edge off the family appetite—there are others who will start the meal with something as filling and good as a bowl of—

POTATO SOUP

3 potatoes (cut small)
2 teaspoons chopped onions
½ teaspoon salt
1 quart boiling water
⅛ teaspoon white pepper
2 teaspoons chopped celery
2 teaspoons parsley, chopped fine
2 tablespoons butter
1 tablespoon flour

Heat 1 tablespoon of butter, add the onions and celery, and let simmer for 10 minutes. Add potato cover and cook 2 minutes. Add the water and boil gently for 1 hour. Add more boiling water as it evaporates. Mix flour with remaining butter, add some potato liquid and cook over low heat for several minutes. Combine the mixtures and serve hot with croutons. Any cooked left-over vegetable may be added to this soup before serving.

—V—

Oxen Still Used in Quebec

Oxen are still used to pull plows and haul carts on the Ile d'Orleans in the St. Lawrence river, near Quebec.

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