Food, of course, must be well seasoned to be worthy of its piquancy

THREE MEALS A DAY

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

For individual Baked Alaskas, cut sponge cake into thick slices and cut out the center of each slice, leaving about half an inch on each of the four sides and on the bottom. Set these cake boxes on a board, put slices of well frozen ice cream inside, and cover with meringue, piling it up at the sides. Set in a hot oven (400 - 450 F.) for a moment t obrown the meringue. Remove to a serving-dish and fill the hollows on top with any preserved fruit or nut mixture.

Pull cords on ceiling light switches should be long enough to be reached easily, are most convenient when a loop or ball that may be grasped is at the lower end. Ordinary pieces of string curl up and wear out. It pays to use special, tightly-twisted, non-curling cords — or metal bead chain.

Chops and nicks in furniture should be fixed at once, and before shabbiness makes you want to replace the piece. If a chip, splinter or corner is knocked off, glue firmly back in place. Apply cellophane tape tightly, extending well beyond glued portion, to hold repaired piece until glue sets. Leave the tape on over night.

Shaky drawers should be made sturdy before they come apart beyond repair. Triangular wood blocks glued and nailed into corners are a good reinforcement; also metal angle brackets.

Crusts baked before filling are done over the bottom of an inverted pan, between pans, or filled to ¼ their depth with dry beans or rice. When inverted the dough should be pricked to allow air bubbles to escape.

Cut boiled potatoes into slices one-fourth of an inch thick. Heat a very little fat in a frying-pan and saute the slices, browning on both sides. Season with salt and pepper.

Gloves that fit loosely will not stain material or split at seams so easily, keep hands warmer in winter, allow evaporation of perspiration. Getting your next gloves a size or half size larger than usual may double the wear.

If you do not use the proper methods for removing a spot, you may cause a reaction which will permanently "set" the spot—perhaps in a more disagreeable color than it is now—so that it can never be removed. If you are not positive of success it will be better not to try to remove the spot yourself.

Another good way to stop waste of odds and ends of soap is to collect the small end pieces in a jar or other container. When a supply has been accumulated, boil up with a little water and let cool into a soap jelly that may be used for laundry, dishes, and other household purposes. If you keep toilet soap ends separately, the jelly made from them is good for shampoo uses.

Slippery rugs may cause bad accidents. A non-skid underlay will stop slipping, or you can brush a friction-resisting liquid onto the bottom of the rug. These preparations are sold under such names as "rug anti-slip."

BUY MORE BONDS!

Baked Veal Loaf Serves Many Or Few

If one is planning a dinner for a large number of people, or for just a few but wants a good bit left over—here is just the thing—a veal loaf that will serve 10.

BAKED VEAL LOAF

4 cups corn flakes
2 pounds veal, ground
¼ pound salt pork, ground
1 egg
2 teaspoons salt
½ medium onion, finely chopped
½ teaspoon sage
1 tablespoon celery leaves, finely chopped
1 cup celery, finely diced
1 tablespoon parsley, finely chopped
¼ teaspoon pepper
¼ cut catsup, if desired.

Crumble corn flakes. Add remaining ingredients and mix well. Pack firmly into loaf pan. Bake in hot oven (500 F.) 15 minutes, then decrease heat to moderate (350 F.) and bake 30 minutes longer. Baste frequently with a mixture of ¾ cup hot water and 4 tablespoons fat.

—V—

Cocoa Rice Pudding

Rice pudding? Did someone say rice pudidng? What grand idea for today's or tomorrow's desert—but while you're at it, make it a bit different—add some cocoa, and just see how the family likes that one! They'll love it!

COCOA RICE PUDDING

4 tablespoons rice
4 cups milk
½ tsp. salt
½ cup sugar
½ teaspoon cinnamon.
4 tablespoons breakfast cocoa

Wash rice thoroughly and combine with milk and salt in greased baking-dish. Bake in a slow oven (300 F.) 2 to 2½ hours, or until creamy, stirring occasionally. Combine sugar, cinnamon and cocoa, and stir into rice. Bake 15 minutes longer. Chill. Serve plain or with cream. Serves 6.

—V—

For clover-leaf shaped rolls, do not roll dough, but break off every small portions from the dough, roll into balls, moisten inner sides of balls with butter and place in threes in greased muffin tins. Ball should be about the size of a walnut.

—V—

Fried Spinach Balls

If you have been wondering about another good way to serve spinach—here it is—fried! At the same time if you have a little wee, lone scrap of dried up, unhappy looking cheese in your refrigerator that has been begging to be used—well, take it out produce your grater, grate it lovingly and enclose it with the spinach in a ball and serve the two together as—

FRIED SPINACH BALLS

2 cups cooked spinach, chopped
2 tablespoons butter or substitute, melted
2 eggs
1 cup bread crumbs
2 tablespoons grated onion
2 tablespoons grated cheese
⅛ teaspoon allspice
¼ cup water
Bread crumbs

Combine spinach with butter, 1 beaten egg, crumbs, onion, cheese and allspice and mix thoroughly. Let stand for 10 minutes; shape into balls. Combine remaining egg and the water and beat together until well blended. Roll spinach balls in crumbs, dip into egg and again into crumbs. Dip in hot deep fat (375 F.) until brown. Drain on unglazed paper before serving. Serves 6.

Chicken And Vegetable Salad For Sunday Supper

If given her choice, a woman will usually select a dainty, attractively prepared fruit salad. But leave it to a man, and he will invariably choose one of meat or fish. So, taking this man sided view, the homemaker should plan a supper salad to suit him, not that she won't eat and thoroughly enjoy it herself. Such a salad, when accompanied by some kind of hot bread and a beverage will make a complete and entirely satisfactory Sunday night supper.

Since we have been serving such an abundance of the unrationed chicken, the left-overs, served in a salad combined with vegetables will be a pleasing change too.

CHICKEN AND VEGETABLE SALAD

2 cups cold chicken, diced
½ cup cooked carrots, diced
½ cup cooked peas
1 teaspoon salt
1 teaspoon paprika
½ cup cooked beets, diced
1 tablespoons chopped parsley
½ cup string beans, cut in pieces

and add salt, paprika and parsley. Marinate in French dressing. Let stand in refrigerator until thoroughly chilled. Arrange in nests of lettuce leaves and top with mayonnaise. Garnish with beets cut in fancy shapes and asparagus tips, if desired.

—V—

Bran Griddle Cakes Mean A Day Well Started

Since it has been proclaimed that breakfast is a vital and most necessary meal for the health of the nation it should certainly not be overlooked by any housewife. If not before, let her now start serving in addition to fruits, such hearty foods as—

BRAN GRIDDLE CAKES

1¾ to 2 cups milk
1 cup whole bran shreds
1½ cups sifted flour
3 teaspoons double acting baking powder
1 teaspoon salt
2 teaspoons sugar
2 eggs, well beaten
1 tablespoon melted shortening

Pour milk over bran. Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Add eggs to bran mixture. Add flour and blend. Add shortening. Bake on hot greased griddle. Serve with maple flavored syrup. Makes 2 dozen griddle cakes.

Fried Ham With Cream Gravy

1 pound ham in slices about ½ inch thick
1 tablespoon flour
1 cup milk
Pepper

If the ham is too salty, place it in a frying pan, cover with cold water and set the pan on the stove over low flame. When the steam commences to rise, pour off the water and add more cold water. As soon as this water steams, lift out the slices of meat and drain well before drying. Place the meat in a hot pan, and cook without additional fat, unless the ham is exceptionally lean; in which case, a spoonful of drippings should be used. When the ham is nicely browned, place it on a platter, and add a cup of milk to the fat in the pan. When this boils, thicken it to a cream with one or two tablespoons of flour mixed to a smooth paste with a little cold milk, season with pepper then turn the gravy over the ham.

—V—

Roasting Meat

Beef Rib or Loin Roasts
Lamb Leg Shoulder, or Rib Roasts
Veal Loin or Shoulder Roasts
Pork Loin or Shoulder Roasts
Spareribs.

Roasting is really the exposing of large pieces of meat to dry heat, just as is broiling for small cuts. Today "roasting" has come to mean cooking or baking in the oven. In olden days, roasting meant cooking on a spit before the open fire.

To prepare meat for roasting, trim and skewer into shape. If meat is lean, rub lean parts with drippings or place a few trimmings of fat on top. Rub the surface of meat with salt (allowing ½ teaspoon to the pound) and pepper. Some roasts, as pork and leg of lamb, are occasionally dredged with flour. Some cuts of veal require boning, rolling, and stuffing. In the case of roast fresh ham, score the fat and put about ½ inch of water in pan.

To roast in an open pan, set roast, fat side up, on a trivet or rack. If a closed roaster is used, cover tightly after searing. Place roast in a very hot oven and sear until lightly browned. Reduce heat and continue roasting. Baste every 20 minutes, using at first a little hot water and, later, the liquid in the pan. When half done, turn roast over so that the cooking will be even. If a closed roaster is used, uncover for the last 20 or 30 minutes of cooking.

—V—

Cocktail Sauce

2 tablespoons prepared horse radish
¾ cup ketchup
3 tablespoons chili sauce
2 tablespoons lemon juice
Dash of salt

Combine ingredients and blend. Chill thoroughly. Serve with oyster or clam cocktail, or with cooked fish. Makes 1 cup sauce.

When Your Back Hurts -

And Your Strength and Energy Is Below Par

It may be caused by disorder of kidney function that permits poisonous waste to accumulate. For truly many people feel tired, weak and miserable when the kidneys fail to remove excess acids and other waste matter from the blood.

You may suffer nagging backache, rheumatic pains, headaches, dizziness, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.

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