*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

According to the statistics of the shoe repair business, the majority of Americans never bother to repair shoes. Have you been guilty of such waste—of discarding shoes when they're apparently worn out, never bothering to have them repaired? You can save plenty of leather and plenty of money by taking care of your shoes.

Beautiful guest towels may be preserved by providing fancy printed paper guest towels in your bathroom as well. Few thought less guests will use your good linen under those circumstances. And a box of facial tissues in the bathroom may avoid lipstick smudges on towels.

The sugar for meringues may be powdered, fine granulated or brown. It should be sifted to free it from lumps and to keep it from being compact.

One-half cup of finely chopped nutmeats makes a delicious addition to pumpkin pie.

Big laundry savings can be effected when anyone in the family has a cold, by using tissue handkerchiefs instead of cloth. This not only avoids heavy wear and tear on handkerchiefs, but is more healthful and sanitary, side-stepping self-reinfection.

Sweet-smelling icebox is anybody's privilege—and weekly cleaning does it, without the need of buying "deodorizers." Empty the box completely whether ice or mechanical. Lukewarm water with baking soda, washing soda, or borax, will clean and sanitize shelves, ice trays, and lining of refrigerators. Be sure to dry everything thoroughly, else you'll have icy walls and shelves. Pour scalding washing soda solution down drain pipes weekly.

Preserve cider by keeping it corked, out of the sun and in a cool place.

Perfect baking results are more surely obtained if you measure all quantities exactly, according to the recipe. Use standard measuring cup and spoons—and remember, all quantities are level. A little too much of one ingredient can spoil the entire recipe.

Avoid strains on porcelain surfaces and kitchen work tables with a supply of paper towels or napkins to wipe up spills instantly. If you're using a stirring spoon, spatula or other utensil, lay it on a paper towel between usings. Save the surface and you save clean-up time. Still better, protect porcelain surfaces with the attractive pads sold in many stores. There are protective asbestos pads with metal-finished tops as well as oil-cloth covered types.

The biggest danger in home spot removal is the leaving of an unsightly "ring" around the spot area—after the spot is gone. This is caused by the soil which caused the spot spreading outward due to wrong application of the cleaning fluid. The fluid should be applied from beyond the spot area on all sides, working inward to the center. Placing a piece of clean white blotter under the area to be cleaned is always helpful, as is use of another blotter to take up the stain from the center of the spot area on top of the fabric.

To remove indelible pencil marks from clothing, wash in warm soapy water if washable material, or sponge with wood alcohol or carbon tetrachloride.

A maraschino cherry in the center or a sprig of mint will dress up a grapefruit half.

—V—

### Peach Pudding

2-3 cup sugar
1 cup grape-juice
¼ cup orange-juice
1½ cups water
2 tablespoons lemon-juice

Boil the sugar and water together for five minutes. Mix all the ingredients together, strain and freeze.

—V—

### Potato Soup

2 tablespoons tapioca
1 teaspoon salt
Dash of cayenne
Dash of pepper
2 cups hot mashed potatoes
½ small onion
3½ cups milk
1 tablespoon parsley, chopped
4 tablespoons butter

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, stirring frequently. Add parsley and butter; remove onion. Serves 4 to 6.

### Can Tomatoes In Different Ways

There are many housewives who have been promising themselves and their families, that they would "put up" tomatoes. Well, now is the time to start planning if it is to be at all. They will be plentiful soon. Many have their tomato plants in their victory gardens already weighed down with them, others will have to rely on the roadside stands and markets, but no matter where they come from, so many good things can be done with them, that it would be a pity not to have some for yourself.

Of course, if you just "put up" tomatoes, you will have the start of many a fine dish, plus tomato juice, of course, but they can be combined into such tasty things as these:

CHILI SAUCE

1 gallon tomatoes
2 cups onions
2 cups sweet rep pepper
1 pod hot red pepper
1 cup sugar
3 tablespoons salt
1 tablespoon mustard seed
1 tablespoon celery seed
3 tablespoons mixed spices
2½ cups vinegar

Skin tomatoes before chopping. Chop all vegetables before measuring. Tie mixed spices in bag. Mix all ingredients except spice bag and vinegar. Add spice bag after mixture has boiled 30 minutes. Cook until very thick, then add vinegar and boil until there seems to be no more "free" liquid. Taste and add more seasoning if necessary. Pour, while boiling hot, into hot jars and seal at once.

TOMATO CHUTNEY

12 ripe tomatoes
3 onions
3 sweet red peppers
6 tart apples
1 pod hot red pepper
1 clove garlic
1 cup seeded raisins
3 cups brown sugar
1 tablespoon ginger
1 teaspoon ground cinnamon
1 teaspoon salt
3 cups vinegar

Skin tomatoes and onions, seed peppers, pare and core apples, wash raisins, then run through food chopper. Combine all ingredients and cook until thick. Pour into hot jars and seal at once.

PICCALILLI

1 gallon green tomatoes
1 head cabbage
3 sweet peppers
2 large onions
½ cup salt
1 cup brown sugar
2 tablespoons mustard seed
1 tablespoon horseradish
1 quart vinegar

Chop and mix vegetables with salt. Let stand overnight. Drain. Mix sugar, seasonings and vinegar. Boil 1 minute. Add vegetables. Heat to boiling. Pack into hot jars and seal at once.

TOMATO CATSUP

1 peck tomatoes
3 red sweet peppers
1 pod hot red pepper
4 tablespoons salt
2 cups sugar
1 tablespoon celery seed
2 teaspoons mustard seed
1 tablespoon whole allspice
2 sticks cinamon
3 cups vinegar

Wash and chop tomatoes and pepper. Simmer until soft. Press through a fine sieve. Cook rapidly until reduced. to about one-half. Add salt, sugar and spice (tied in a bag) and boil until thick. Add vinegar about 5 minutes before removing from heat. Pour into hot jars and seal at once.

—V—

### Cheese Rice Balls

2 cups cold boiled rice
½ cup grated cheese
¼ cup flour
1 egg
1 cup milk
Sifted bread crumbs
Salt

Mix the rice with the cheese and sift in the flour. When well mixed, add stiffly beaten white of eggs and form into small balls. Roll in sifted bread crumbs. Fry in deep hot fat and drain on unglazed paper. If the rice has not been boiled with sufficient salt, add a little before forming into balls.

—V—

### Boiled Coffee

(Cleared with egg)

Use 1 heaping tablespoon ground coffee and ¼ tablespoon beaten egg for each cup (½ pint) cold water. Combine coffee and egg in pot and mix thoroughly. Pour in water and bring slowly to a boil, stirring coffee down occasionally. Remove from fire immediately and let stand in warm place 3 to 5 minutes. Pour ¼ cup cold water into pot to settle. Strain from grounds through a fine wire strainer, muslin, or cheesecloth. (Boiled coffee may also be prepared without egg but it is less clear.)

—V—

**Alaskan Potentialities**

It has been estimated that about 65,000 square miles of Alaskan territory could be developed for farming

### Butter–Saver Spread

There are numerous recipes that hundreds of housewives have clipped from newspapers, magazines, etc., with all good intentions of trying "one of these days"—but here is one that every homemaker will be only too glad to have, and too anxious to try—just imagine—stretching butter and having it still in a delicious condition for rolls, bread, creackers and sandwiches. It is not recommended for cooking uses though.

BUTTER-SAVING SPREAD

½ pound butter or margarine
1 cup milk
½ teaspoon salt
1½ teaspoons gelatin

Let butter stand in warm place. Work with spoon until very soft, but not melted or oily.

Add ¼ cup milk gradually to salt and gelatin in small bowl or top of double boiler. Heat over boiling water until gelatin is completely dissolved, stirring constantly. Add remaining milk and heat until just lukewarm. (If hot, cool to lukewarm.) Add to softened butter, a small amount at a time, beating with rotary egg beater after each addition until blended. Store in covered dish in refrigerator. Makes 2 to 2½ cups.

One-fourth cup of water and ¾ cup evaporated milk may be substituted for fresh milk, using water to dissolve gelatin.

This spread is not recommended for cooking uses.

—V—

### Veal Cutlets With Cream Gravy

One can do all sorts of things with veal cutlets, but the more popular way seems to be breaded and fried, then served either plain or with a tomato sauce. For a change, however, since so many men are so very fond of gravy. serve them with a cream gravy. Too—try cutting into small pieces and pounding them with a rolling pin until just over a quarter of an inch thick, then dipping in egg, etc.

VEAL CUTLETS WITH CREAM GRAVY

2 pounds veal cutlets
Salt
Pepper
Egg
Bread or cracker-crumbs
Drippings
1 cup milk or cream
1 tablespoon flour

Wipe the cutlets, sprinkle with salt and pepper, dip them first in beaten egg and then in fine bread or cracker-crumbs, and saute in drippings until brown. The cutlets should be thoroughly browned on both sides. Place them on a platter, add cream to the gravy in the pan, and thicken slightly with flour rubbed to a smooth paste with a little cold water.

—V—

### Uses For Left-Over Corn On The Cob

Since corn on the cob is the order of the day, everyone will want to know a thing or two to do with any that is left over—here are two pleasing ways to use up every scrap:

WAFFLE CORN FRITTERS

½ cup milk
1⅛ cups flour
2 teaspoons baking powder
2 eggs, beaten
2 cups cooked corn
1 teaspoon salt
1 tablespoon melted fat

Put the milk and corn together. Add the flour, sifted with the baking powder and salt. Add the fat and the beaten eggs. Bake like other waffles.

CORN CHOWDER

1 slice salt pork
2 cups corn
1 potato, diced
1 onion
1 pint water
1 pint milk
Salt
Pepper

Cut the pork into small dice and cook until brown, remove from fat and cook the onion, cut in slices. Put with the corn, milk and water and the diced raw potato and cook slowly until potato is tender.

—V—

### Vegetable Croquettes Are Excellent For Meatless Menu

Since croquettes are so popular with both young and old, and male and female, vegetable croquettes would be a perfectly grand addition to a vegetable dinner. Serve them with a thick white sauce, and it will be as tasty as a good old meat croquette.

VEGETABLE CROQUETTES

2 cups mashed, cooked vegetables
2¾ cups cracker meal or bread crumbs
Salt
Pepper
Nutmeg
Chopped parsley
1 egg, beaten
2 tablespoons melted butter, or substitute

Mix vegetables with 2 cups crumbs season with salt, pepper, nutmeg, and chopped parsley. Add egg and butter (and milk if mixture seems dry). Form into cone-shaped croquettes. Roll in remaining crumbs and fry in hot deep fat (375 F.) until browned. Serve hot with thick white sauce, garnished with chopped parsley.

—V—

**Yunnan Largest Province**

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—V—

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