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

Dissolve soap completely in the wash water before you add the clothes. Undissolved particles of soap may cling to the clothing and cause yellowing. The best method is to dissolve soap flakes, chips or granules in hot water in tub; then cool it to the proper temperature by adding warm or cool water. If you use bar soap, cut it into chips, add a small amount of hot water and heat until soap is dissolved. Then add to wash water.

Save on beverages by buying big sizes. You can get bottle-capping gadgets that seal all the "zips" in once-opened carbonated drinks until used. Fruit and vegetable juices may be kept in their cans or poured into milk bottles if preferred. If milk bottles are to be used, keep the caps handy.

For convenience in scrubbing or washing woodwork, purchase a 10-cent soap dish and bend it back over the edge of the scrub bucket. Your soap is always easy to get and does not wash away.

Keep dried fruits at normal humdity. Dampness causes moldiness. If kept in too dry a place, these fruits lose the little moisture left in them. Keep away from strong-smelling items, as they obsorb odors.

With any box you can save refrigerating cost by opening the doors as little as possible, as infrequently as possible and closing them as quickly as possible. Every time you open the door you let warm air in to melt the ice or start the freezer again. So—when you prepare a meal, take everything you need out of the refrigerator at one stop, and, after the meal put everything in at once. Use a tray, both ways, and save many valuable steps.

Stick-on soles provide a quick and economical method of repairing worn shoe soles. They are available at all variety stores and may be attached in a few minutes. The important job of resoling, however, and the replacement of torn linings in the forward part of the shoe, should always be left to the competent shoe repair shop. Shoes which are light or otherwise uncomfortable—but which are in good condtion—can always be adjusted for proper fit by good shoe repair shops with rebuilding facilities. Worn-down heels, whether leather or rubber, are very tiring. When heels are noticeably run down (⅛inch or more) at side or back, the way to save your health is to have them replaced.

Washable wallpaper may be cleaned by several methods, but frequent dusting and avoidance of washing is preferable. Generally a mild, sudsy soap in cool or lukewarm water does the job, but because of the varying types of washable papers, it is safest to ask the dealer who supplied it to recommend cleaning instructions. Be doubly sure by testing washability on a small corner first. Use water sparingly and dry immediately, so that the paper may not soak off the wall. Certain types of lacquer can be used on wallpaper to give it a soil-resistant finish, and to make it last longer. Use special lacquers for this purpose and follow directions.

Alternate suits for longer life. A man's suit worn to business every day will last only half as long as it would if changed daily. Hanging a suit a day between wearings gives the cloth a chance to breathe, rest, spring back into shape. Pressing won't be needed as often—and that prolongs garment life, too, for frequent sharp creases weaken the fabric. Reduce the "shine" of worn serge fabrics by sponging lightly with vinegar before pressing.

—V—

Scrambled Eggs With Tomatoes

Again we suggest scrambled eggs for lunch or supper, this time as a

TOMATO SCRAMBLE

2 tablespoons fat
2 tablespoons minced onion
1 cup fresh tomatoes
¼ teaspoon salt
Few grains pepper
Bit of bay leaf
4 eggs

Melt fat in skillet. Add onion, cover and simmer 2 minutes. Add tomatoes which have been peeled and cut into very small pieces (or add the thoroughly drained pulp of canned tomatoes). Add salt, pepper, bay leaf. Cook gently until tomatoes and onions are soft. Beat eggs, pour into skillet and stir to blend. Cook over low heat while stirring gently, until eggs are set. Serve at once. Serves 4.

—V—

To remove stains from porcelain, use a strong solution of oxalic acid, scrubbing with a brush or small mop. Oxalic acid solution will not burn the hands, but is poisonous.

Rice Croquettes With Tasty Cheese Sauce

It's the little things that are "different" that make eating a pleasure. And it's being able to prepare these things that makes cooking a pleasure! Such a "thing" that isn't often served is rice and croquettes, and when served with a cheese sauce is just what the family will like:

RICE CROQUETTES

½ cup rice
1 teaspoon salt
1 cup boiling water
1 cup scalded milk
2 egg yolks
2 tablespoons butter or margarine
2 tablespoons chopped pimento
2 whole eggs, beaten
Fine bread crumbs

Wash rice, add with salt to water in top of double boiler. Cover, steam until water is absorbed. Add milk, stir lightly, cover and steam until rice is soft. Remove from heat, add egg yolks and butter and mix well. Add pimento. Spread on plate to cool. Shape into cones. Dip in beaten egg, then in crumbs and fry in deep fat (385 F.) until delicately browned. Drain on unglazed paper. Serve hot with—

CHEESE SAUCE

2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk
Salt and pepper
1 teaspoon prepared mustard
½ cup grated American cheese

Melt butter in pan, add flour and stir until smooth paste is formed. Add milk gradually, stirring constantly, and cook and stir until thickened. Season with salt, pepper, Worcestershire, and mustard. Add cheese and stir until melted. Makes about 1½ cups sauce.

—V—

Sandwiches For The Lunch Box or For Snacks At Home

One can go on and on listing sandwiches as there seems to be an unlimited variety—big ones and little ones, sweet ones and sour ones, hot ones and cold ones—but, since in this particular instance, we are discussing sandwiches to accompany salads for a luncheon or supper, let us say only that the bread for these should be cut very thin and spread lightly with softened butter, or substitute or mayonnaise, as the case may be. If the crusts are removed the sandwiches will be more dainty.

The filling may be prepared beforehand and the sandwiches made up at the last moment, or they may be made up two or three hours before serving and covered with a clean, damp napkin.

Sandwiches cut in fancy shapes are especially attractive—being cut in all shapes possible with a knife, and then some cut with cookie cutters—but in these days of thrift, we are not so inclined to use the cookie cutter as this does tend to create some waste—unless, of course, some member of the family is willing to sit in the kitchen and eat the "trimmings" as his or her feast. If so, then fine! If not—well, who cares about the circles and diamonds, anyway!!??

BAKED BEAN SANDWICH

1 cup baked beans, with pork and tomato sauce
Mayonnaise
4 stuffed Spanish olives, chopped
¼ teaspoon salt

Put beans through sieve or mash out lumps. Add salt, gherkins, olives, and enough mayonnaise to make a smooth filling. Spread between slices of Boston brown, or whole wheat bread.

CHEESE AND TOMATO SANDWICH

1 package cream cheese
2 or 3 ripe tomatoes
8 stuffed olives
1 raw carrott
Mayonnaise
Salt

Put carrot and olives through food chopper and mix with cheese. Spread on slice of buttered white bread. Lay on a very thin slice of tomato and cover with another slice of bread.

EGG AND ONION SANDWICH

Hard cooked eggs
Prepared mustard
Grated nolon
Mayonnaise

Mash eggs and mix with other ingredients, using very little onion and mustard. Use cream instead of mayonnaise if preferred. Spread on white bread.

SHRIMP AND CELERY SANDWICH

1 cup shrimp, fresh or canned
½ cup celery, chopped
Mayonnaise

Mince fresh or canned shrimps fine. Moisten with mayonnaise and add finely chopped celery. Use thin sliced, bread, spread with mayonnaise if desired.

—V—

To keep a mangle or electric ironer in good condition, follow the manufacturer's specific directions. In general, see that the grease cups do not become dry and that any oil cups are kept lubricated. The pad of the roller will last several years if burning is prevented by replacing the cover as soon as it is scorched. With average use, the top cover should last about six months.

Turn The Sunday Chicken Into A Holiday Special

Possibly you too, have been working the poor chicken overtime, making him a Sunday habit! That's all well and good from the standpoint of the rationing, but one must never fail to consider the views of the family. Certainly there is on one who will object to the weekly bird if he s slightly altered on these frequent visits. A change of spices, and the addition to a bit of wine are two sure ways to turn him from the Sunday chicken into a holiday special. And speaking of spices, fi you are not acquainted with tarragon, this is a good opportunity, and it is one spice that will be so popular that you wont forget it in next year's herb garden.

CHICKEN MARENGO

1 large frying chicken
12 mushrooms
2 egg yolks
8 small white onions
1 clove garlic
⅓ teaspoon thyme (scant)
½ cup cooking sherry
2 branches parsley
1 tablespoon flour
8 large olives
Salt and pepper
2 tablespoons olive oil

Clean and wash the chicken; disjoint, cutting the breast in four pieces. Heat the oil in a saucepan, and and fry the chicken in it until a golden brown on both sides. Parboil the onions for fifteen minutes, drain off water, and put them to cook again with 1¼ cups boiling water, parsley, thyme, peeled and sliced mushrooms, salt, pepper, and the clove of garlic, the outer skin of which must not be broken. Add the pieces of chicken and the wine, and cook gently in covered saucepan for ½ hour. Remove the garlic and parsley and add pitted olives. Mix the egg yolks well with the flour and a little cold water or cold soup stock; add to the chicken sauce and cook for a minute or two longer, stirring constantly.

—V—

Clams Or Oysters With Mushrooms

1 dozen clams or oysters
1½ cups milk
3 tablespoons flour
1 dozen large mushrooms
3 tablespoons butter or substitute
¼ teaspoon grated onion
Paprika
Salt and lemon-juice

Cut rounds of toast in two or two and one-half inch circular and arrange in a shallow baking-dish; place large peeled mushroom caps on the toast. Dip clams or oysters in melted butter seasoned with salt, lemon-juice and paprika and lay on mushrooms, using enough butter to season mushrooms also. Bake in moderate oven (375 F.) until mushrooms are tender and clams are cooked. Make a thin white sauce of milk, butter and flour, season with onion and color with vegetable bouquet. Pour around the toast and serve.

—V—

Stuffed Spiced Prunes

½ pound prunes
½ cup sugar
⅛ cup corn syrup
⅛ cup water
3 to 6 cloves
⅛ teaspoon grated nutmeg
½ teaspoon cinnamon
5 allspice berries
⅛ teaspoon maple flavoring
Chopped nut-meats

Soak the prunes over night, after washing them thoroughly. Drain off the water add the sugar, syrup, water and spices and simmer slowly until the syrup is all absorbed by the prunes. Cut a slit along one side of each prune, slip out the stone and fill the cavities with chopped nut meats moistened with a little syrup or with cream. Roll in confectioner's sugar.

—A—

Soft Custard

4 egg yolks
¼ cup sugar
Dash of salt
2 cups milk, scalded
1 teaspoon vanilla

Beat egg yolks slightly with a fork, combine with sugar and salt. Add hot milk gradually, stirring constantly. Cook over hot water untll mixture forms a coating on a silver spoon, stirring constantly. Remove immediately from hot water. Cool. Add vanilla. Makes about 3 cups custard.

—V—

One Pound Of Lamb Stretches Into Six Healthy Portions

Doesn't it sound just too wonderful to be true when someone says she can take one single pound of lamb and stretch it into six healthy portions? Well, it's being done every day, and honestly it's no secret—just serve—

LAMB EN CASSEROLE

1 pound breast of lamb, cut in small pieces
½ cup sliced bacon
1 tablespoon fat
1 cup boiling water
1 cup diced carrot
1 cup diced potatoes
2 cups tomatoes
1½ teaspoons salt
¼ teaspoon pepper
3 tablespoons quick cooking tapioca

Brown lamb and onion in fat; add water; then slice in casserole. Cover and bake in moderate oven (350 F.) 1 hour, or until meat is tender. Add remaining vegetables and seasonings; cover and continue baking 30 minutes or until vegetables are tender. Sprinkle quick-cooking tapioca over top and mix carefully; bake 5 minutes longer.

—V—

Meat Rolls Are Real "Stretchers"

A little ground meat not only goes a long, long way, but is very dressed up when served in rolls, on pinwheels if you prefer: Just a half pound will serve from two to four people!

MEAT ROLLS

1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
3 tablespoons fat
6 tablespoons milk
½ pound ground meat
1 small onion, minced
½ teaspoon salt
Dash of pepper

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually, stirring until a soft dough is formed. Turn out on lightly floured board and knead 30 seconds. Roll in rectangular shape. Mix meat, onion, and seasonings and spread on dough. Roll as for jelly roll. Cut into 4 slices and place cut side down on greased baking sheet.

Bake in hot oven (450 F.) 12 to 15 minutes. Serve with green peas and tomato sauce.

TOMATO SAUCE

1 small onion, minced
1½ tablespoons fat
1 tablespoon flour
1½ cups of canned tomatoes
1 teaspoon sugar
Salt and pepper

Saute onion in fat until delicately browned. Sprinkle with flour and blend. Add tomatoes gradually, stirring well. Add sugar. Season to taste. Bring to a boil and simmer a few minutes. Makes about 1 cup sauce.

—V—

Dinner In A Dish—Macaroni Casserole

A dinner in a dish is something every housewife likes—they're simple to prepare and no batch of pots and pans to wash up later. Father likes them too because they're so tasty, such as this—

MACARONI CASSEROLE

½ pound macaroni
1 medium onion, chopped
2 tablespoons chopped green pepper
½ cup diced celery
3 tablespoons melted fat
Salt and pepper, to taste
¼ pound grated cheese
2 cups stewed tomatoes
2 cups medium white sauce

Cook macaroni in boiling salted water until tender. Drain. Meanwhile cook onion, green pepper and celery in melted fat until tender but not browned. Add cooked mixture to macaroni, season with salt and pepper, arrange in layers in baknig dish, alternately with cheese and tomatoes. Pour white sauce over all. Cover and bake in moderate oven (350 F.) 30 minutes.

Whole Broiled Meal

1½ pounds ground raw beef or lamb
1 cup soft bread crumbs
¼ cup water
1 teaspoon salt
⅛ teaspoon pepper
Dash garlic or onion salt
8 slices bacon

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¾ firm, ripe tomatoes
Mushroom caps
Cold potatoes, sliced thick
Pineapple, bananas, or peaches

Mix seasonings with meat; then add crumbs. Stir in water last of all. Shape into round cakes. (Makes 2 cakes). Wrap strip of bacon around each cake; skewer with a toothpick. Place on preheated broiler and cook (Takes about 15 minutes). Crumbs may be omitted or meat grilled as one cake. Arrange vegetables and fruits around the meat. Brush with butter, season, and broil entire meal at one time. Servings: 4-6.

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.

There should be no doubt that prompt treatment is wiser than neglect. Use *Doan's Pills*. It is better to rely on a medicine that has won countrywide approval than on something less favorably known. *Doan's* have been tried and tested many years. Are at all drug stores. Get *Doan's* today.

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