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

When quilting use a small piece of adhesive tape on the finger to keep the needle from pricking it.

Old felt hats make attractive hot pads for the table and pot holders for the kitchen. Wash and iron and bind edges with bias tape.

Put waxed paper over the bread board before rolling out dough. It prevents sticking and saves time in cleaning up.

When waxing floors, if you also wax the rockers and feet of your chairs they will not mar the floor when moved about.

When in a hurry to iron clothes, sprinkle with boiling water, using a round variety of vegetable brush. Clothes may be ironed in fifteen minutes.

To prevent clothes from freezing to the line in cold weather, wipe the line with a cloth rung out of strong salt water.

Delicious tender dumplings for meat stews and tasty crusts for meat pies can be made by using prepared biscuit flour. This method saves time and effort.

Scald and dry orange peels and grind them to a coarse powder in your meat grinder. They are fine for flavoring cakes, sauces, and puddings.

When the catsup bottle is empty pour in the correct amount of oil, vinegar and seasoning for French dressing, and shake vigorously. The remaining catsup gives it an excellent flavor.

If eggs are small, or a thick, fluffy meringue is desired, add a teaspoonful of cold water to the egg whites before beating. This also makes a very light and fluffy meringue.

It saves time, when preparing bacon for a large family to place it in a pan and bake in the oven for about ten minutes. It will be evenly crisp and delicious.

A tablespoon of vinegar in hot water removes the onion or fish odor from kettles in which these foods have been cooked.

To boil a cracked egg, crack it lightly on the opposite side with a fork, and the inside will not run out in the cooking.

Another substitute for whipped cream: add sliced bananas to white of egg and beat until stiff. The banana will entirely dissolve, and you will have a delicious substitute for whipped cream.

After putting cornstarch dessert in serving dishes, cover with waxed paper to prevent the thick leathery crusts from forming on the top of the dessert.

Grease the tins used in the refrigerator for ice cubes, and pour fudge mixture into them. The candy hardens very quickly, and the pieces are all uniform in size and attractive.

One pound butter cartons make good molds for ice-box cookies. They are paraffin lined and will not stick to the dough.

To freshen biscuits or rolls, sprinkle lightly with cold water and place in a club aluminum chicken fryer, cover with lid, and set over low flame.

Always use the type and size of cake pans specified in the recipe and prepare pans before mixing. Grease, or don't grease, as the recipe tells you.

Toasters, mixers, etc., should be covered when not in use. Dust from the air may affect working parts. Covers can be bought ready made for many household devices. Fans and heaters should be carefully wrapped when stored for the season. Care will make your appliances last longest.

Worn extension cords are unsafe. The wire that connects lamps and appliances to the wall outlets should be examined from time to time. If worn, frayed or broken, you must repair or replace at once to prevent the possibility of short circuit or fire hazard.

Keep leftovers safely in flavor-protective coverings. Make use of mayonnaise jars, cheese jars, and other wide-mouth food containers as refrigerator dishes. Have same snap-on bowl covers to put over your dish when they are placed in the refrigerator. Wrap solids in waxpaper or bread wrappers.

—V—

Add Soybeans

It is important to grow a variety of soybeans with corn for silage that is too late for grain production.

Chicken Giblets For Another Meal

Though most people seem to be very partial to chicken giblet gravy, it would pay every housewife to occasionally reserve those giblets for another meal. To combine them with left-over chicken for example, in a delicious pie. It will make the second meal seem like another special.

GIBLET PIE

Giblets (heart, gizzard and liver)
3 cups water
4 tablespoons chicken fat
4 tablespoons flour
½ teaspoon salt
1 cup diced cooked chicken
2 small onions, peeled
1 cup cubed uncooked potatoes
1 recipe pastry or baking powder biscuits

Cut heart and gizzard into cubes, add the water, cover and simmer until tender, about 45 to 60 minutes. Add liver the last 20 minutes of cooking. Add enough soup stock or milk to make 3 cups liquid. Blend melted chicken fat, flour and salt, add to giblets and cook until thickened, stirring constantly. Add chickens, onions, and potatoes. Pour into a casserole and cover with rice pastry or biscuit dough. Place in hot oven (400 F.) until brown, 15 to 20 minutes. This may be baked in individual casseroles. Serves 4.

—V—

Shrimp Jumble

Something different, but definitely tasty—that's the order for a meatless menu or a Friday, so try—

SHRIMP JUMBLE

1 pound fresh shrimp
1 small eggplant
1 small onion, chopped
1 clove garlic
2 tablespoons fat
1 cup rice
1 teaspoon Worcestershire
Salt and pepper

Cook shrimp in boiling salted water, remove shells and black vein. Pare and chop eggplant, cook in small amount of water until tender; drain well. Simmer onion and garlic in hot fat until onion is soft and yellow. Discard garlic. Add eggplant and shrimp to onion and saute over low heat. Wash rice in cold water, rinse and cook in pan of boiling salted water until fluffy. Drain, add eggplant and shrimp mixture. Worcestershire sauce and seasonings to taste. Stir carefully with a fork to blend. Do not mash rice. Cook over low heat 5 minutes and serve. Serves 6 to 8.

Apple Rice Pudding Recomended For A Change in Desserts

Oh yes, we all serve rice pudding, and apple puddings of one sort or the other, but how many have thought to combine the two? It is so nice a combination that we recommend it for a tasty change in the usual run of desserts.

APPLE-RICE PUDDING

2 cups cold boiled rice
6 large apples
½ cup brown sugar
1 teaspoon cinnamon
2 tablespoons butter or substitute
3 eggs, separated
2 cups milk
6 tablespoons granulated sugar
⅛ teaspoon salt
½ teaspoon lemon extract

Line a greased baking dish with rice. Cover with a layer of apples, which have been peeled, cored and thinly sliced. Sprinkle with half the brown sugar and half the cinnamon. Dot with 1 tablespoon butter. Blend egg yolks with milk and pour over the pudding. Bake in a pan of water in a moderate oven (325 F.) 30 minutes. Cover with meringue, made by beating egg whites stiff and beating in sugar, salt, and extract. Return to oven and bake 30 minutes longer, or until meringue is evenly browned.

—V—

Individual Meat Loaves

Once upon a time there was a time when a meat loaf wasn't such a tremendously popular dish—but nowadays, just put one on the table and you will say "here it is—oh me—there it was." So, if you want to keep track of who eats what, serve

INDIVIDUAL MEAT LOAVES

¾ pound ground meat
¼ cup milk
1 egg
½ cup soft bread crumbs
2 teaspoons minced onion
½ teaspoon salt
Dash of pepper
¼ pound bacon

Combine meat, milk, and egg. Add bread crumbs, onion, and seasonings, and mix well. Line the sides and bottom of muffin pans with short strips of bacon. Fill with meat mixture. Bake in moderate oven (350 F.) 25 minutes. Remove from pans carefully so that bacon remains intact around meat. Serve bottom side up. Serves 4.

Soup Of Left-Over Boston Baked Beans

When it is suggested that enough beans be baked to be used later on—the question often arises just what to do with them. Aside from mashing them for sandwiches or serving them as a salad—here is one for the file—one recipe well worth trying:

BAKED BEAN SOUP

2 cups cold baked beans
1 quart water
¾ cup canned tomatoes
1 onion
1 tablespoon butter
1 stalk celery
1 sprig parsley
1 teaspoon flour
½ bay leaf
Salt and pepper

Put the beans to boil in one quart of cold water, add tomatoes, celery, parsley, bay leaf, salt and pepper. Fry the onion in the butter, add to the soup, and boil all together slowly for forty-five minutes. Mix the flour with a very little cold water until a smooth paste is formed, and add just before the soup has finished cooking. Press all through a sieve and serve.

—V—

Nails and screws are easier to drive—if you're not much of a carpenter—if rubbed over a cake of soap first.

—V—

Boston Baked Beans

Serving beans in the Boston style, and home baked at that, is a good idea for occasional meatless meals, At the same time, the housewife can prepare enough to use later in other ways—bean salads, bean sandwiches, etc.

BOSTON BAKED BEANS

2 cups navy beans
3 to 4 cups cold water
1 teaspoon salt
½ cup molasses
½ teaspoon dry mustard or
2 teaspoons prepared mustard
¼ pound salt pork

Pick over beans and wash through several waters. Soak overnight in lukewarm water to cover. Cover, bring to a boil in same water (to preserve minerals and vitamins), adding more water as needed to cover, about 50 minutes. Drain, reserving cooking water, Turn into bean pot or 2 quart casserole. Scrape pork rind until white. Score top by cutting 1-inch gashes, bury in beans with rind exposed. Mix remaining ingredients with 1 cup of the water in which beans were simmered. Pour mixture over beans, cover, bake in a slow oven (300 F.) 6 to 7 hours. Add extra bean liquid or water, if necessary, during baking. Uncover during the last 30 minutes to brown. Serves 6 to 8.

Simmered beans are tender when the skins burst. To test, lift a few beans with spoon and blow. When skins break, beans are tender enough for baking. Discard tested beans.

—V—

Cheese Waffles Make An Interesting Lunch Or Supper

Though a plain waffle is always popular, one made with cheese is just a bit more intriguing and is particularly suitable for luncheon or supper—a little something extra added. However, the same recipe can be used for an assortment of waffles, or left plain if preferred.

CHEESE WAFFLES

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
3 egg yolks
1 cup milk
4 tablespoons melted shortening
3 egg whites
1 cup grated cheese

Sift flour once, measure, add baking powder and salt, and sift again. Beat egg yolks well and combine with milk. Add to flour, beating until smooth. Add shortening. Beat egg whites until stiff and fold into batter. Fold in cheese. Bake in hot waffle iron. Serve hot with grilled tomatoes or bacon. Makes four 4-section waffles.

CRISPY WAFFLES: Use above recipes, omitting cheese. Serve hot with creamed chicken or mushroom or with syrup.

BACON WAFFLES: Use above recipe, omitting cheese. Sprinkle batter with diced, cooked bacon or ham before closing iron.

—V—

Another wear-point on many men's shirts is where tips of starched collars weaken the fabric on the breast. When a shirt goes through at this point, even a neat mending job is likely to be too conspicuous. Prevent this wear in your family by not over-starching collars. A neat collar appearance can be preserved by the use of a wire tie form under the collar, or with a collar clip. These items can be bought for as little as 10 cents and help to conserve many dollars' worth of shirts every year.

—V—

Safe to Use

Pyrethrum is safe to use on any vegetable at any time. It is effective against many of the common pests but is not as good a general purpose insecticide as rotenone and little is available.

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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OVER A BOTTLE OF National
. . . — V

The "Batting Rally" . . .
There isn't enough to go around . . . but what there is, is very, very good!

Well, the big "batting rally" is on. Every friend and relative of ours who is out there in the fighting front is stepping up now and taking a sock for himself. What's about saving us a swat? We may not be just the type that they want to wear a uniform, but we can buy another bond—several bonds—right now and get into the big rally. When we buy an extra bond these days we are saying, plainer than words: "Push 'em along, Joe, we're right in back of you!"

. . . — V

It's getting to be an old cry—practically a slogan: "There isn't enough National to go around—but what there is, is very, very good!" Come to think of it, that was the cry way back before Pearl Harbor. Back in the summer of 1940—and again in 1941, we had to say "Sorry—there isn't enough to go around!" Even in those pre-war days, folks asked for more National than we could send out. But even then we were saying to ourselves: "It's not how much we can brew, but how well, that counts in the long run."

. . . — V

And that idea seems to appeal to people. Right now you'd be amazed if you could see the orders that have piled up from people all over America who want National Premium and National Bohemian. They know we can't take on any new customers for the duration, but they say to us: "When Victory comes, we want to look forward to our share of National Beer—"

"Nothing for Nothing" . . .
Ham & Eggs and National Bohemian!

"Nothing for Nothing" is an ancient business motto which means as much today as it ever did. We get just about what we pay for. And your friendly dealer, who handles National Bohemian Beer, and who pays more for it than for any other popular-priced bottled beer on this market knows exactly what he is doing. He isn't charging you any overage for your share of National Bohemian bottled beer—he absorbs the difference himself—knows he is building friends for his place. You can depend on the dealer who hands you out National Bohemian (as long as his stock permits). He's your friend.

. . . — V

With the extra money we get for National Bohemian, we can brew in goodness and value. That's why so many sound judges of beer say "There may not be enough National Bohemian to go around—but what there is, is very, very good!"

. . . — V

A great food combination which we hope you'll try is:

A Plate of Ham & Eggs
Some Crisp Fried Potatoes Sliced Tomatoes
National Bohemian Beer

Try it for lunch or dinner some time—and as an evening snack after the ball game or the fights or what not—well, you'll be surprised.

. . . — V

By the way, we have a very nice booklet of old time Maryland recipes which you might like to have us mail to a friend. Send name and address and ten cents in stamps or coin to help pay the charges.

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