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

A tasty casserole can be perpared by using liver with potatoes, onions, bits of bacon, and white sauce made with bacon fat. Or liver with sautéed onion and celery, peas, and mushrooms or tomato sauce.

Mend rips and tears, darn or patch worn places, and sew on loose buttons before washing work clothes. Close zippers. Turn pockets inside out and brush out the grit. Brush off loose dirt or dust. Remove stains or grease spots before washing.

If batter becomes too liquid in mixing, cakes will have coarse uneven grain. This may be caused if shortening or creamed mixture is allowed to become too soft, by too warm ingredients or too slow mixing, or by the use of too little flour or too much liquid in their first additions.

Curtail fuel-wasting drafts through door bottom or mail slots by cutting a strip from an old rubber mat and tacking to the door on the inside. Air leaks around the outside of door frames and window frames can be eliminated by the application of caulking compounds or wood putty. To stop such leaks effectively, the outside wall should be examined also and repaired as necessary.

Keep bulk foods safely in canister sets. To help win the war, many food packers will stop using cans, or pack the lighter boxes or bags only strong enought to get the food to you safely. To protect staples like sugar, flour, beans, rice, raiisins and many others you should use glass jars as a canister set.

Cook foods quickly. The longer they cook the more they lose in vitamin value. In boiling and steaming, use small amounts of water and serve liquid left after cooking to obtain the nutrients dissolved in it. Never add soda to vegetables in cooking. It tends to destroy vitamins. Green vegetables will keep their attractive color if cooked only until just tender.

Upholstery on furniutre and automobiles should be brushed before spot removal is begun. Cleaning fluid should be applied sparingly to avoid soaking the inner stuffing, especially if the padding is sponge rubber which may be destroyed by excess quantities of some cleaning fluids. The cloth with which the cleaning fluid is applied should be lightly tapped over the surface—not rubbed hard. As the cloth picks up the spot, clean cloth should be moistened with the fluid so that the dirt once removed is not put back again. After the spot is removed, brush the surface of the upholstery again.

When removing stains, make a test in case of doubt, on a similar piece of goods or on a hem or other inconspicuous place, to see whether you can remove the spot. You can't afford to be cocksure about spot removal when an error may mean spoiling a garment or fabric.

Wallpapering can be "put off" by removing spots as they occur. On a fresh grease spot, put a clean white blotter and apply a moderate warm iron. On other spots, rub with soft, crustless bread, crumbling off as it absorbs dirt. Light spots can be lightly rubbed out with a white or gum eraser (colored erasers often leave streaks.) Dampening a spot, with water and applying fuller's earth is very helpful. Brush off the powder when dry, and supply a second time if necessary. The putty-like types of wallpaper cleaners—wiped in long up and down strokes, not rubbed, are easy to use and are satisfactory. Left-over wallpaper, if saved, may be used to cover over a bad spot. If you have enough replace complete ceiling to floor strip, other wise cut out a complete design and paste over the soiled spot.

—V—

Vegetable Hash With Fresh Salt Pork

2 cups boiled potatoes, diced
1 cup cooked beets, diced
1 cup cooked carrots, diced
1 onion, finely minced
½ teaspoon salt
¼ teaspoon pepper
½ cup cream
6 slices salt pork

Fry the sliced salt pork until crisp and brown. Drain on unglazed brown paper and keep hot while preparing the hash. Put 4 tablespoons of the fat from the pork in a pan and add the vegetables which have been mixed together and seasoned. Pour over this the cream and mix well. Fry until nicely browned. Serve garnished with the strips of salt pork.

—V—

Radiator covers are not advisable. Home-made shelves which rest on top of radiators usually waste fuel by reducing heat radiation. Better to sacrifice beauty and get more heat for your dollars while the war is on.

All Honey Chocolate Cake

2 Cups sifted cake flour
1½ teaspoons soda
½ teaspoon salt
½ cup shortening
1¼ cups honey
2 eggs, unbeaten
3 squares unsweetened chocolate, melted
2-3 cup water
1 teaspoon vanilla

Sift flour once, measure, add soda and salt, and sift together three times Cream shortening, add honey very gradually, by tablespoons at first, beating very hard after each addition to keep mixture thick. Add ¼ of flour and beat until smooth and well blended.

Add eggs, one at a time, beating well after each. Add chocolate and blend. Add remaining flour in thirds, alternately with the water in halves, beating very well after each addition. Add vanilla. Bake in two greased 9-inch layer pans in moderate oven (350 F.) 30 minutes, or until done. Spread with

FLUFFY FROSTING

2 egg whites
⅛ teaspoon salt
1 cup honey
1 teaspoon vanilla

Beat egg with salt stiff enough to hold up in peaks, but not dry. Pour syrup in fine stream over egg whites, beating constantly about 10 to 15 minutes, or until of right consistency to spread. Add vanilla.

—V—

Instead of greasing the griddle you can rub it with a little bag of salt before baking each batch of cakes. This keeps cakes from sticking and saves grease. For bag, tie ¼ cup salt in cheesecloth.

—V—

Vegetable Ring Mold

Since attractive service can do much to "sell" a meatless dish—every housewife should make a point of being as artistic as possible. A good example of attractive serving is this

VEGETABLE RING MOLD

2 eggs
1 can condensed pepper pot soup
1 cup milk
2 cups bread crumbs
1 tablespoon diced pimento, if desired
Peas and onions

Beat eggs slightly and add the pepper pot soup. Add milk and bread cubes (made from bread at least 1 day old). Turn mixture into greased ring mold (about 7" in diameter); let stand 15 minutes or until firm. Unmold on hot platter; fill center with cooked peas and onion. Garnish with pimento if desired.

Buttered Brussels Sprouts, diced carrots or other in-season vegetables may be used for the center instead of peas and onions.

—V—

Rice A La Creole

It is really a pity that so few people take rice into consideration, and consider its possibilities. It has that happy habit of combining so easily with so many various and assorted dishes, and it is absolutely wonderful to use with bits of left-overs to make very tasty and appealing dishes. Just one of many, for example, is this—

RICE A LA CREOLE

1 onion
1 slice cooked ham
1 tablespoon fat
1 cup boiled rice
2 cups cooked tomatoes
Salt
Paprika
Bread crumbs

Chop the onion and ham very fine. Add fat, boiled rice, and tomatoes seasoned with salt and paprika. Mix thoroughly, put into a greased baking dish, cover with bread crumbs, and bake in a moderate hot oven (400 F.) for fifteen minutes.

—V—

Refrigerator Rolls Can Be Kept On For Days On End

It will always prove a blessing to have a supply of refrigerator roll dough in your ice box, ready to be shaped and baked at the shortest notice. If the dough is stored at a low temperature, it will keep for a week or ten days.

REFRIGERATOR ROLLS

2 cups boiling water
½ cup sugar
1 teaspoon salt
8 cups bread flour, sifted before measuring
2 beaten eggs
2 tablespoons shortening
2 yeast cakes
¼ cup lukewarm water

Mix boiling water, ½ cup sugar, salt, and shortening together, then cool until lukewarm. Soften yeast in lukewarm water, add 1 tablespoon sugar and stir into first mixture. Add beaten eggs and stir in 4 cups of flour then beat very thoroughly. Stir in 4 more cups of flour and mix thoroughly, but it is not necessary to knead. Brush the top of the dough with melted butter, cover tightly and store in refrigerator until ready to use. Shape as desired and put in a warm place until double in bulk. Bake 15 to 20 minutes in hot oven (425 F.)

Kidney Stew Is Stretched With Good Dumplings

One pound of kidneys, when prepared as a stew are good enough in themselves to make a person want to eat on and one and then eat some more—but since we are being conservative of points—we want that pound of kidneys to serve everyone else too—so we serve dumplings with it. Now a good dumpling is something else that can't be resisted, and the combination of the stew with the dumplings, um um — good! And very filling!

KIDNEY STEW

1 pound beef, lamb, or pork kidneys
2 tablespoons fat
4 tablespoons flour
2 cups water
⅓ cup minced onions
1 teaspoon salt
Dash of pepper
¼ teaspoon Worcestershire sauce

Wash kidneys thoroughly. Split in halves lengthwise and remove fat and tubes. Soak in cold salted water ½ to 2 hours; rinse, drain and dry thoroughly. If kidneys are old or large, cover with cold water, bring slowly to a boil, drain and dry thoroughly. Cut kidneys in ¼ inch slices.

Saute kidney slices in fat 3 minutes. Add flour and cook 3 minutes longer, stirring constantly. Add water onions, and seasonings, and bring to simmering point. Add dumplings, cover and simmer 15 minutes. Serve immediately. Serves 5 to 6.

CEREAL DUMPLINGS

½ cup milk
1 tablespoon fat
½ teaspoon salt
Dash of pepper
1 egg, well beaten
2½ cups bran flakes
1 tablespoon minced onion

Scald milk and add fat. Remove from fire. Add salt, pepper and egg, mixing well. Crush and add flakes, then onion; mix thoroughly. Shape into 1-inch balls. Drop into simmering stew, cover and simmer 15 minutes. Makes 15 dumplings.

—V—

Extras That Do So Much To Any Menu

Those little quickly made "extras" that do so much to any menu are always desirable, and no matter how simple, add a party touch to any meal.

RELISH JELLY

6 cloves
1 pint boiling water
1 package lemon flavored gelatin
¼ teaspoon salt
¼ cup vinegar from sweet pickles
12 maraschino cherries, sliced
6 sweet pickles, sliced

Boil cloves in water 3 minutes. Remove cloves. Dissolve gelatin in 1¾ cups of this liquid. Add salt and vinegar. Chill. When slightly thickened, fold in cherries and pickles. Turn into individual molds, filling them half full. Chill until firm. Unmold.

—V—

Scrambled Eggs A "Special" For A Luncheon or Supper

Scrambled eggs "as is" are always popular and in homes and restaurants it is not uncommon to see them on the luncheon table or for a supper snack. But the same scrambled eggs, served with grilled tomatoes, and a cheese sauce, move right up into the "special" class.

SPECIAL EGGS

Pour 1 cup cheese sauce in the bottom of a large serving platter. Arrange 6 grilled, well seasoned tomato halves on the sauce. With a spoon pile fluffy scrambled eggs on top of each tomato. Place 1 broiled mushroom cap on top of each; garnish with parsley. Serves six.

CHEESE SAUCE

2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper
¾ cup grated cheese

Melt butter in top of double boiler over direct heat. Blend in flour and when bubbling add milk slowly. Continue cooking over low, direct heat until smooth and thickened, stirring constantly. Add cheese and seasonings; place over boiling water and cook until cheese melts, stirring occasionally.

FLUFFY SCRAMBLED EGGS

6 eggs
½ teaspoon salt
Dash of pepper
6 tablespoons milk
4 tablespoon fat

Break eggs into bowl, add salt, pepper and milk; mix with a fork until blended. Melt fat in top of double boiler, when hot, add egg mixture and cook over boiling water, stirring cooked portion from bottom and sides of pan. Serve at once.

—V—

Tasty Gargle

Certain medicos have advanced the idea that gargling with fresh fruit juices rather than with standard mouth-wash is healthier and tastes better.

Stuffed Green Pepper Salad

2 large green peppers
2 packages cream cheese
½ teaspoon salt
⅓ cup mayonnaise
¼ cup stuffed olives, chopped

Wash peppers, cut off tops (chop and reserve for use in filling) and remove seeds. Mash cheese to a paste with the mayonnaise. Add the chopped stuffed olives, chopped green pepper and salt. Fill peppers with this mixture and thoroughly chill. Slice thin with a very sharp knife and arrange on bed of crisp lettuce leaves. Serve with

RUSSIAN DRESSING: Made by blending chili sauce into mayonnaise to taste.

—V—

Very Special Cakes To Accompany Special Home Made Ice Cream

Though the family will certainly be pleased with a treat of such ice cream as home made peach, for instance, the addition of one of mothers home made cakes to accompany it will be just that much more and the occasion will definitely take on a party air. The cake might be a luscious Angel food or a golden sponge and it might be planned for Sunday. If so, and the Sunday dinner is the usual large meal—it might be well to save that cake and ice cream for later in the day, when appetites are again beginning to appear.

If your family is particularly fond of Angel Food cake—but like the additional flavor of chocolalte—combine the two and serve a

CHOCOLATE ANGEL FOOD CAKE

¾ cup sifted cake flour
4 tablespoons breakfast cocoa
1¼ cups sifted granulated sugar
1¼ cups egg white
¼ teaspoon salt
1 teaspoon cream of tartar
1 teaspoon vanilla

Sift flour once, measure, add cocoa and ¼ cup sugar, and sift together four times. Beat egg whites and salt with rotary egg beater or flat wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Add remaining sugar, 2 tablespoons at a time, beating with rotary egg beater or whisk after each addition until sugar is just blended. Fold in vanilla. Then sift about ¼ cup flour over mixture and fold in lightly; repeat until all is used. Turn into ungreased 9-inch angel food pan. Cut gently through batter with knife to remove air bubbles. Bake in slow oven (325 F.) 50 minutes, or until done. Remove from oven and invert pan 1 hour, or until cold.

SPONGE CAKE

1 cup sifted cake flour
1 cup sifted sugar
1½ teaspoons grated lemon rind
2 tablespoons water
5 egg yolks
1½ tablespoons lemon juice
5 egg whites
¼ teaspoon salt
½ teaspoon cream tartar

Sift flour once, measure, and sift four times. Add ½ cup sugar, lemon rind, and water to egg yolks and beat with rotary egg beater until very thick and light. Add lemon juice gradually, beating constantly. Add flour all at once, then stir until just blended. Beat egg whites and salt with flat wire whisk or rotary egg beater. When foamy, add cream of tartar and beat until stiff enough to hold up in peaks, but not dry. Add remaining ½ cup sugar, about 2 tablespoons at a time, beating well with whisk or beater. Fold in egg yolk mixture. Turn into ungreased 9-inch tube pan. Cut gently through batter with knife to remove air bubbles. Bake in slow oven (325 F.) 1 hour, or until done. Remove from oven and invert pan 1 hour, or until cake is thoroughly cold.

Then, come the next night—if you still have some of this cake on hand, and some nice ripe peaches—plus some of the ice cream—what another treat you have in store—serve your family that ever special.

PEACHES MELBA

Place a ball of ice cream on a slice of sponge or angel food cake. Cover the ice cream with half of a fresh ripe, or canned peach, rounded side up, and over it pour a sauce made by mixing ½ cup strawberry syrup, ½ cup raspberry syrup and 1 teaspoon corn starch dissolved in a little cold wataer. Let cook slowly 10 minutes and cool.

—V—

Apple Charlotte

(LEFT-OVER BREAD)

Since absolutely nothing in the kitchen is to be wasted, even the stale bread comes in for its share of consideration. Usually we serve a bread pudding, or grind the bits into crumbs to be used as we desire. However, here is another tasty way to use up the stale bread—and it's good too—combined with stewed apples—just try

APPLE CHARLOTTE

Slices of stale bread, ¼ inch thick
Metled butter
Stewed tart apples, mashed and seasoned with sugar and nutmeg
Chopped almonds, if desired

Line a greased mold with the bread slices, dipped into or brushed with the melted butter. The slices should fit close together and may even overlap. Fill the center with the stewed apples and add chopped almonds if you wish. Cover the top with slices of the bread, buttered, and bake in a hot oven (400 F.) for thirty minutes. The bread should have the appearance of being sauted and should be well browned. Turn out on a platter and serve hot.

—V—

Soft Molasses Cookies

½ cup lard or other fat
½ cup sugar, white or brown
½ cup baking molasses
1 egg, beaten
½ cup hot water or sour milk
1 tablespoon vinegar
2½ cups cake flour
½ teaspoon salt
¼ teaspoon soda
1 teaspoon baking powder
½ teaspoon ginger
½ teaspoon cloves
½ cup raisins, if desired

Cream fat and sugar together. Add hot water or sour milk and the vinegar to the molasses. Combine with the creamed fat and sugar. Add beaten egg. Add the dry ingredients which have been sifted together. Chill the dough. Roll out on a floured, cloth covered board and cut. Save the trimmings for the last rolling as repeated rolling of the dough toughens the cookie. If raisins are used, chop very fine or grind them and mix with the dough. It may be desirable to shape the dough into balls and put in flat on the cookie sheet instead of rolling it out and cutting. Bake in moderate oven (350 F.)

—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.

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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.

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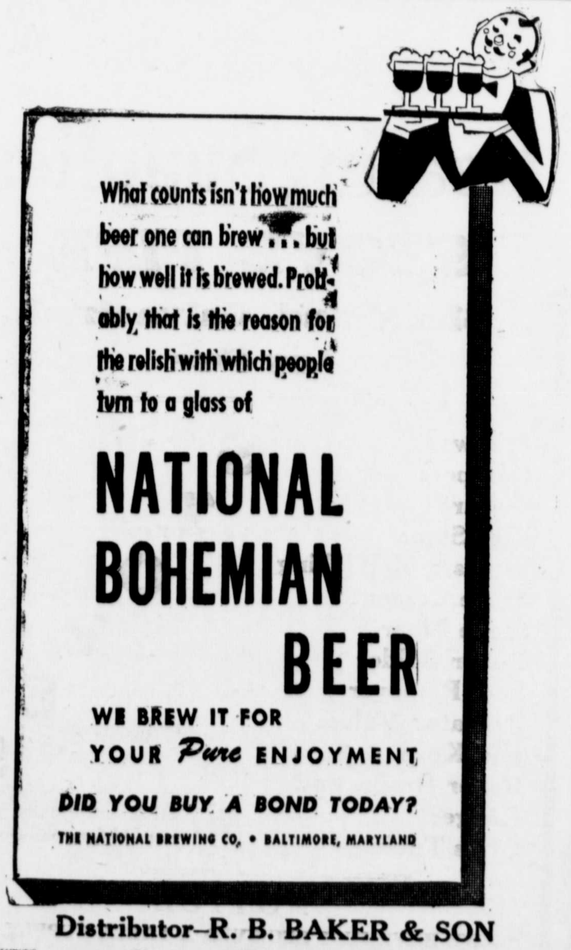

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