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

Cheese dries out quickly when exposed to air. Wrap carefully in waxed paper, with waxed side next to the cheese. Or wrap in cloth dampened with a weak solution of salt and water. Keep in very cool place in refrigerator if there is no other really cool spot. Keeps weeks in iceboxes but mechanical refrigerators dries it unless well covered. Cheese sweats in warm air.

Scorched over spillovers, hard to remove, may often be loosened for taking out easily by soaking a folded cloth in household ammonia, placing it over the spot in the cold oven, and letting it remain for several hours to soften.

Aluminum and iron utensils may be scourged with steel wool or metal sponge or suitable substitutes. The inside darkening of aluminum in which water has been boiled is not harmful but may be removed if desired by boiling water to which vinegar has been added in the pot.

Don't overload your washing machine. Follow the manufacturer's instruction book on maximum weight of load, maximum amount of water. Stuffing in extra clothes requires more power, may cause improper washing or even mechanical trouble. Half of tubful of clothes is enough for hand tubs, too.

If you live in a hard-water district, where water gets scummy, bathtubs get rings and you have to rub hard to get any suds—the use of a water softener will save much soap for you. Washing soda, borax, trisodium phosphae or branded water softeners will do the job. Fill the tub, sink or washing machine with hot water. Add about a teaspoon of the softening agent for each two gallons of water. Let it stand for five to ten minutes until the softener has reacted. The skim off the lime "curds" that have been formed and go ahead with washing or bathing in soft water To test whether you are using too much or too little softener, dip out a pint or so of water and try sudsing with it. Experimenting will show whether you need more softener, you can get along with less—and you will know exactly how much to use for a given quantity of water on future occasions. Softened water avoids rings on the tub and scum on the clothes; saves soap, makes washing easier and is easier on the hands.

Caring for awnings requires only inspection when taking down or putting up and prompt repair of any damage. Rips and tears can be sewed with heavy thread, preferably with a backing piece of awning material. This should be done immediately to prevent further damage. Joints should be greased when awnings are put up; rollers and moving parts oiled at intervals. Awnings should be raised during heavy rains to avoid damage; and after the rain the fold-up type should be let down to dislodge water which has settled in the fabric.

Before storing for the winter, awnings should be dusted and thoroughly dried to prevent mildew Keep in a dry place between seasons.

Sleeves of dresses and blouses get much wear, absorb much dirt, if you're employed in office or factory. An attractive pair of sleeve protectors to match your costume saves cleaning bills, makes clothes last longer! Less attractive but just as serviceable for short periods is a cuff made from a piece of paper and fastened with pin or paper clip. Novelty buttons are attractive. You'll be surprised how a new set of buttons often creates the effect of a new costume, thus saving may dollars.

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Cream of Cabbage Soup

1 small cabbage
1 quart milk
1 potato
1 tablespoon butter
Salt and pepper
Parmesan cheese

Shred the cabbage finely and boil in salted water for 1 hour, adding the peeled potato the last half hour of cooking. Drain off the water; mash the potato and mash cabbage slightly with a fork. Put back on the fire with milk, butter, salt and pepper and cook over very low fire for 10 minutes, being careful to stir from the bottom to prevent burning. Serve with grated Parmesan cheese, or put a spoonful of the cheese in each soup plate before serving.

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Home dry cleaning, use one of the good fluids on the market, according to instructions; is very economical—but results are not invariably satisfactory. Home dry cleaning is usually better than low-priced finished work sent out; however, patronizing a good dry cleaner is recommended for best results and prolonged garment life.

Whole Wheat Griddle Cakes

For some reason, Sunday morning breakfast just seems to be different from any other breakfast in the week. Most housewives serve a larger breakfast, and one definitely "better"—that is, things that appeal to the family more—Such a breakfast combination is this of whole wheat griddle cakes with sausages.

WHOLE FHEAT GRIDDLE CAKES

¾ cup sifted all-purpose flour
1 teaspoon salt
3 teaspoons baking powder
2 tablespoons sugar
2 cups whole wheat flour
⅓ cup shortening
2 cups milk
2 eggs, well beaten

Sift together white flour, salt, baking powder, and sugar, and sift again. Add whole wheat flour. Cut in shortening until mixture is as fine as meal. Combine milk and eggs and pour over dry ingredients. Drop from a tablespoon on lightly pressed griddle turning when top becomes bubbly. Makes 18 griddle cakes. Divide recipe in half for 2 persons.

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Spinach Souffle

There will be no mean looks in the direction of a dish of spinach if it is brought to the table all done up in a fancy dress and served as a—

SPINACH SOUFFLE

1 pound spinach
2 tablespoons chopped onion
2 tablespoons butter or margarine
2 tablespoons flour
¾ cup milk
½ teaspoon aslt
⅛ teaspoon pepper
2 egg yolks, beaten until thick
2 egg whites, stiffly beaten

Clean spinach and wash in several waters. Place in kettle, add dash of salt, cook and cover over medium heat 8 to 12 minutes or until tender. Drain and chop fine. Saute onion in butter or margarine until smooth. Add milk and seasonings and cook until thickened, stirring constantly. Add spinach, cool slightly and add egg yolks; mix well. Beat egg whites until stiff. Fold spinach mixture into egg whites. Turn into greased baking dish. Place in a pan of hot water and bake in a moderate oven (350 F.) 40 to 50 minutes or until firm. Serve plain or with white sauce. Serves 2 to 4.

This souffle mixture may also be baked in greased custard cups in a moderate oven (350 F.) 30 to 40 minutes or until firm.

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Tomato Rose Salad Is Particularly Attractive

It may be "the same old thing" as the children are inclined to remark on occasion, but when served in a very attractive if not to say "fanciful" way—the "same old thing" is something absolutely new.

TOMATO ROSE SALAD

Firm tomatoes
Cream cheese
Milk
Hard cooked egg yolk
Watercress or lettuce
French dressing

Peel tomatoes and chill them. Slightly soften cream cheese with milk. Form two rows of petals on each tomato by pressing level teaspoons of the softened cheese against the side of the tomato, then drawing the teaspoon down with a curving motion. Sprinkle center of each tomato with hard-cooked egg yolk pressed through a strainer. Serve on crisp watercress or lettuce with French dressing.

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Chocolate Mollasses Taffy

1 cup brown sugar, firmly packed
⅓ cup corn syrup
2-3 cup water
1 cup molasses
2 tablespoons butter
4 squares unsweetened chocolate, melted
1 tablespoon vanilla

Combine sugar, corn syrup, molasses, salt, and butter. Place over low flame and stir constantly until mixture boils. Continue boiling until a small amount of syrup becomes brittle in cold water (290 F.) stirring frequently to prevent scorching. Pour on greased platter or marble slab. Pour chocolate over candy. As candy cools on edges, fold edges toward cutter with spatula; add vanilla and continue folding until candy is cool enough to handle. Pull until cold. Stretch out in long rope and cut with scissors in pieces of desired size. Makes 5 dozen 1-inch pieces.

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Candle drippings can be removed wtih lard and benzol.

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Engineers' Preferences

American engineers prefer "tuhrbain" for the word "turbine," and it is wise to follow their example. The word "helicopter" is given two accepted pronunciations, but "hee-likop-tuhr," with the third syllable stressed, is favored by aeronautical engineers.

Salads Retain Popularity For Bridge Luncheons

Though there aren't many housewives who aren't doing some kind of war work, each in her turn can always find time for entertaining her particular group of friends—it might be a luncheon or the ever popular bridge party.

Now, as in the past, a salad is still the popular thing to serve. In fact, at the present they are probably more popular than ever, because salads are things that can be done up in quite elaborate style and still stay well within our ration budget. For instance, if we are planning a luncheon salad, an unrationed chicken can be served the night before, for the family dinner, leaving sufficient pieces for the next day. And no hostess need ever worry that some guest might suspect left-overs—these days it's considered very smart to serve the last crumb of anything. But whether you will use leftovers or not, here are a few salads that will be well liked:

TOMATO ASPIC RINGS

4 teaspoons unflavored gelatin
2½ cups tomato juice
¾ teaspoon salt
1 teaspoon chopped onion
¼ teaspoon celery seed
1 tablespoon lemon juice

Soften gelatin in ½ cup of the tomato juice. Add salt, onion and celery seed to remaining tomato juice. Bring slowly to boiling point and strain through fine sieve into softened gelatin; stir until dissolved. Add lemon juice. Pour into individual ring molds and chill until firm. Unmold. Fill rings either with chicken salad or with minced vegetables marinated in French dressing. Garnish with a spoonful of mayonnaise, sprinkle with parika, surround with crisp salad greens.

CHICKEN MOUSSE

2 tablespoons unflavored gelatin
1¼ cups chicken broth
1 cup minced cooked chicken
½ cup finely chopped celery
2 tablespoons chopped sweet pickle
¼ cup fined diced green pepper
¼ teaspoon salt
Dash of pepper
2 tablespoons lemon juice
½ cup mayonnaise
½ cup evaporated milk, whipped
Deviled eggs
Salad greens

Soften gelatin in ½ cup of the cold broth; dissolve in remaining ¾ cup broth, heated to the boiling point. Chill until syrupy. Add the chicken, celery, sweet pickle, green pepper, salt, pepper and lemon juice to the mayonnaise. Combine with the gelatin mixture, fold in whipped evaporated milk. Add more seasonings, if necessary. Turn into mold which has been rinsed with cold water. Chill, unmold on platter and garnish with deviled eggs, crisp salad greens. Serve in slices.

TOMATO AND EGG SALAD

6 lettuce cups
6 tomatoes
6 hard cooked eggs
Mayonnaise

Arrange lettuce cups on platter or individual plates. Skin tomatoes, cut into sixths or eights, leaving sections joined at the bottom. Cut hard cooked eggs lengthwise in the same way. way. Holding each egg together, place on end in an open tomato. When released, the egg will fall open into a flower-like petal arrangement. Serve with Mayonnaise.

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Lima Bean Loaf

Until meat was rationed, most housewives were only acquainted with dried beans through the bean pot, but times are changing and every day, more and more women are coming to depend on dried beans to fill out menues or replace meat. Here is one bean dish that will be suitable for the main dish of a meatless menu:

LIMA BEAN LOAF

1 cup dried lima beans
3 cups water (about)
1 teaspoon salt
1 cup bread crumbs
1 egg
1 onion, grated
½ can condensed tomato soup
1 tablespoon drippings
¼ teaspoon sweet basil
1 tablespoon melted fat

Wash beans, soak overnight in water to cover. Place on stove, not draining, add water needed to cover, and salt. Simmer until tender, about 50 minutes. Rub through coarse sieve or mash well. Add crumbs, egg, onion, soup, drippings and basil, mixing thoroughly. Place in well greased loaf pan, bake in moderate oven (350 F.) 45 minutes or until firm in center. Brush with fat after baking 30 minutes. Serves 4.

*Use remaining ½ can tomato soup to make a sauce for the loaf, Soup may be blended with ½ cup top milk, or cream.

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Corn and Chees Ring

For luncheon or dinner — for company or just the family—this tasty ring of corn and cheese, filled with ever-popular chicken a la king or creamed mushrooms, will bring exclamations of delight from all the diners, and plates will be licked clean.

CORN AND CHEESE RING

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
¾ cup milk
2) can cream-style corn*
2 spoons minced onion
½ nd American cheese, grated
1 pimento, minced
4 eggs, beaten

Melt butter, blend in flour and salt. Add milk gradually, cook until smooth and thickened, stirring constantly. Add corn, onion, cheese and pimento. Stir until cheese melts. Remove from heat, add eggs. Sprinkle greased ring mold with fine dry crumbs. Pour in corn mixture; bake in moderate oven (350 F.) 1 hour or until firm. Unmold, fill center with chicken a la King or creamed mushrooms.

*Or use 2½ cups fresh corn and ¼ cup more milk.

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BUY MORE BONDS!

Hurry-Up Ice Cream Shortcake Is Answer To Busy-Day Problem

There always comes a day when war-time activities have kept the housewife away from home for a longer period of time than she had anticipated—the marketing must be done in a hurry, and the order of the evening is something that can be quickly prepared.

Well, there is the solution for such occasions and honestly—the whole family will be glad you were pressed for time—just dash to the bakery for some shortcake cups—then to the ice cream store for a pint of ice cream, then as you do your marketing buy a bottle of maraschino cherries and the greatest part of the work is over and you will serve—

ICE CREAM SHORTCAKE

4 bakery shortcake cups
1 pint vanilla ice cream
Maraschino sauce

Place shortcake cups on serving plates. Fill each with a scoop of vanilla ice cream. Garnish with maraschino cherries and pass maraschino sauce.

MARASCHINO SAUCE

Combine ¼ cup of maraschino juice, drained from maraschino cherries, with 2 tablespoons sugar and add 1 teaspoon cornstarch, moistened with ¼ cup cold water. Cook until clear and thickened, stirring constantly. Remove from heat, add 1 tablespoon lemon juice. Cool. Makes ½ cup.

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Blackberry Pudding Is Excellent For Sampling Home Canned Foods

Homemakers who have been canning for years and years still claim that the rows and rows of filled jars, so jauntily sitting on the shelves are the pride and joy of their lives.

If this be so (and it's bound to be), just think of the housewives who have canned this summer for the first time in their lives. They seem to be simply bursting inside and spend a greater part of the spare moments of the day inspecting their works of art. So many of these first time canners have told us that the temptation to open and start using their canned fruits and vegetables has been almost too much to bear and they live in constant horror lest the fruits of their labor be lost and the foods be spoiled.

But at long last the time of the year is at hand when one can sparingly open a jar or two or three and satisfy that urge and calm those fears, as hot puddings for example, are again coming into style. And in spite of the fact that this was not a good strawberry year, the blackberry crop seemed fairly good and so many women absolutely outdid themselves to put up a large supply. So saying, what would be nicer than a—

BLACKBERRY PUDDING

1 quart blackberries, drained
1 cup sugar
1 egg, well beaten
2 tablespoons butter or substitute
¾ cup sugar
5 tablespoons milk
2 cups sifted flour
½ teaspoon salt
2 teaspoons baking powder

Drain the berries and pour over them 1 cup of sugar. Set in the oven to heat while mixing the rest of the pudding. Beat 1 egg thoroughly, add 2 tablespoons butter and ¾ cup of sugar and cream well. Add 8 tablespoons milk. Sift flour, measure, add salt and baking powder and sift again. Combine as quickly as possible. Pour over the heated berries and bake until done in a hot oven (425-450 F.) Serve hot with cream.

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Oil Reserves

The United States has the world's largest oil resources, with proved reserves of 17 billion barrels.

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Reclaiming Paint

A new technique originated by the Chrysler corporation for recovering waste paint from the air is being adopted by dozens of other war plants on arrangement with the motor company, says "Industrial Finishing." More than six gallons of paint are recovered from every ten gallons of waste by salvaging the paint-filled mists which normally would be exhausted from the factory stacks. So important is this salvage, that Chrysler engineers are operating a $100,000 reclaiming plant.

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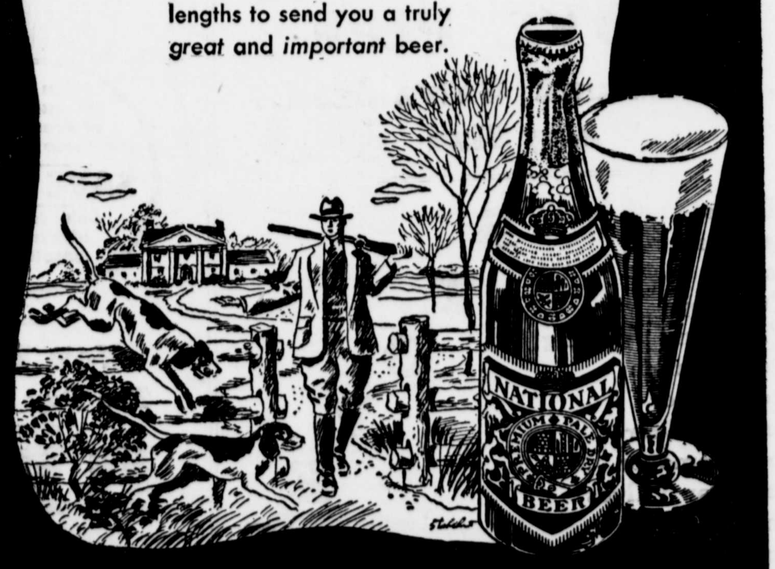

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