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

Mechanical care is needed on some refrigerators such as occasional oiling or dusting of condensers. Consult instruction book on your own model, or ask the dealer to show you what to do. Having a service man look things over once a year, even if there is no trouble, is a wise and worthwhile precaution.

Kitchen metals such as nickel-plated or copper utensils, stainless steel tabletops, chromium-plated moldings and so on, are best cleaned and polished with a good metal polish described on the label as being suitable for the desired metal. Use of steel wool on these metals may permanently scratch the surface. Copper cleans easiest with a mixture of salt and vinegar or lemon peel.

You need small saucepans and tiny skillets for cooking small quantities. They heat quicker, save time and fuel—but don't turn the flame so high that it curls up the sides of the utensil, for then you'll be wasting cooking fuel you can ill afford to waste.

You need big pots, too, for "company" dinners—so you can save fuel by getting all of one food into one vessel. Double and triple pots that fit over one burner are excellent fuel savers—if you use both or all three at a time. Using just one wastes fuel if the range burners extend beyond the pot at any point. If your pot sizes are not well selected, you would be wise to get those you need now, while you can still buy them.

Wash quickly to make things last longer—don't wear them out in the wash. If your water is hard, be sure to soften it—and use soft water for all soaking, washing and rinsing. Remember, too, in the laundry, too much softener is wasteful of material yellows clothes and may wear holes in fabrics. Just enough is just right.

One little hole in a sock toe today can be darned in half a minute—but if you put it off until tomorrow, it takes more time and material to repair the bigger damage, and it may be too large to fix at all.

Sewing and mending is easily learned of you are not adept at it already. In nearly every city and town the schools, the Red Cross, the Y.M.C.A. and other agencies offer free classes where anyone can learn quickly.

When table oilcloth is "worn out" and needs to be replaced, don't throw away the old pieces. Most of the wear is probably at the edges—so there are three chances to get more use out of it: (1) Trim off worn parts with a pinking scissors to make a smaller cloth for another table; (2) use a pinking scissors to make a number of place mats; (3) cut bibs for the children out of the good parts, or make potholder pockets to hang on the kitchen wall. Edging with bias tape is necessary.

Save floor finish by waxing thoroughly twice or three times a year. On rug-covered floors, time, effort and material may be saved by folding back the rug on each side and washing only the "border" of the floor, plus an inch or so under the rug. Use any type of floor wax according to label directions. Between waxings, regular dry mopping—using a mop faintly dampened with a mixture of three parts kerosene and one part of parafin oil—will preserve and protect the finish. The mop always should be clean. Be sure to wash when dirty. Dry thoroughly and then re-dampen with the kerosene and parafin oil mixture.

—V—

Attractive And Delicious Salads

SALAD ROLLS

¾ cup ground ham
2 packages cream cheese
4 tablespoons India relish
Mayonnaise
Large lettuce leaves

Add ham and relish to the cream cheese and beat to a smooth paste. If too stiff to spread, a bit of mayonnaise may be added. Spread the mixture on large flattened lettuce leaves, then roll the leaves. To serve, cut in one inch lengths, placing several in lettuce cups. Ripe olives and gored tomato may be added to each portion. Serve with either mayonnaise or French dressing.

PRUNE - ORANGE SALAD

12 large cooked prunes
4 stalks celery, finely chopped
3 large oranges
Mayonnaise

Remove stones from cooked prunes Mix mayonnaise with finely chopped celery and stuff the prunes. Pare the oranges, then slice. Arrange three slices of orange in center of lettuce leaf, place large stuffed prune on either side of the orange slices. Chill in refrigerator until ready to serve. Serve with French dressing. Serves 6.

Fruit And Coconut For Good Desserts

COCONUT TUMBLE

3 bananas, diced
Juice of 1 orange
Juice of 1 lemon
½ cup coconut
4 tablespoons sugar

Combine ingredients. Pile in sherbet glasses. Chill. Serves 4.

COCONUT FRUIT COMPOTE

½ cup coconut
2 organes, free from membrane and cut in small pieces
2tart apples, pared, cored and diced
2 bananas, sliced
½ cup dates, chopped
8 marshmallows, quartered

Mix coconut, fruits, and marshmallows together lightly. Chill. Serves 6.

—V—

Polish silverware with special silver polishes, being sure to rinse off the polishing cream and dry each piece thoroughly before storing. Quick electrolytic cleaning may be accomplished by adding a teaspoon of tri-sodium phospate to two quarts of hot water in an aluminum pan, and letting the silverware stay in the solution not more than two minutes, after which it should be rinsed thoroughly and wiped dry. This latter method removes all dirt as if by magic, but may also remove some of the silver if pieces are left in the solution for too long a time.

—V—

Meat Chowder Is Fine Basic Recipe To Be Varied As Desired

One good basic recipe for such a dish as this meat chowder that can be varied to suit the occasion is a fine thing for every housewife to have. By merely changing her combination of vegetables she can make the dish seem entirely different.

Instead of the combination given in this recipe, try such ones as grated carrots and corn, canned or fresh. Cooked rice may substitute for potatoes. Or omit the milk, covering vegetables with three cups of canned tomatoes or stewed fresh tomatoes, or use your own pet combination of vegetables and seasonings.

ONE-DISH MEAT CHOWDER

3 tablespoons margarine or ¼ pound bacon
1 large potato, chopped or grated
1 onion, chopped
½ pound hamburger
2 cups hot water
1 pint milk
Salt and pepper

Melt margarine in frying pan or fry out diced bacon. Add vegetables to hot fat and saute lightly. (Crisp bacon bits may be reserved to sprinkle over the chowder). Add hamburger to the browned vegetables, add hot water, simmer slowly until vegetables are tender, 15 to 20 minutes. Add milk, heat thoroughly, season to taste. Thicken slightly, if desired. Serves 4.

—V—

Chicken Corn Cake

Another tasty way to use leftover chicken is to serve it creamed on corn bread. Possibly you served corn bread with the original chicken dinner, but if you didn't, it would pay to make some just to have to serve this way:

CHICKEN CORN CAKE

¼ pound mushrooms
1 tablespoon butter, melted
1 tablespoon flour
1 cup chicken stock
Salt and pepper
2 cups diced cooked chicken
Left-over corn bread

Saute mushrooms in butter. Remove mushrooms, add flour to remaining butter and mix well, add stock and cook until thickened, stirring constantly. Season. Add chicken and mushrooms to sauce. Cut corn bread into 5-inch squares and split. Cover lower halves with some of the chicken mixture. Place on these the top crusts and cover with more of the chicken mixture Serves 4.

—V—

To remove grease, oil or tar from clothing, rub washable materials with lard or kerosene, then launder in hot, soap water. Fixed fabrics should be sponged with carbon tetrachloride. If fabric is heavily saturated with grease or oil, first pour on cleaning fluid and soak up with blotter, then sponge.

—V—

Mending all clothing the instant a little tear or rip shows is the duty of every housewife. Remember the old proverb, "A stitch in time saves nine."

—V—

Mashed Potatoes

6 medium-sized potatoes
1 teaspoon salt

Wash and pare potatoes. Cover with boiling water and add the salt. Cover dish, place in oven and cook with meal. Drain and mash until light Add ½ cup hot milk, 2 tablespoons butter and seasoning.

It is also possible to steam potatoes in a small amount of water. Potatoes may be served whole with parsley, butter or cream sauce.

Apple Puffs

Some people like apple puffs with their dinner—others prefer to serve them with a rice sauce as a dessert—but one way or the other, they are well worth making.

APPLE PUFFS

1 cup sifted cake flour
1 egg
¾ cup milk
⅛ teaspoon salt
3 finely chopped apples
1 teaspoon baking powder
Powdered sugar
Cinnamon

Sift flour once, measure, add baking powder and salt and sift again. Add half of the milk; add egg and beat well. Add the remainder of the milk and finely chopped apples, and, when well mixed, drop by spoonfuls into deep hot fat. Fry a golden brown take out with a skimmer, and drain on warm, unglazed paper. Dredge generously with powdered sugar and dust lightly with cinnamon. Serve plain or with

ROYAL CREAM SAUCE

1 cup powdered sugar
1 egg
¼ pound butter
¼ cup cream
2 teaspoons sherry wine

Cream butter well, add sugar and cream together until smooth. Add the whole egg and beat hard. Pour in cream and sherry, gradually. Beat until completely blended.

—V—

Oyster And Shrimp Stew

Either oysters or shrimp by themselves are very, very fine eating, but when combined into a stew that is good eating with a "plus", and will prove very popular for a meatless menu.

OYSTER AND SHRIMP STEW

1 pint oysters
1½ cups cooked shrimp
4 cups rich milk
Salt and pepper
2 tablespoons butter
Dash of paprika

Remove any bits of shell from oysters. Cook shrimp and remove vein. Heat oysters in their own liquor until edges start to curl. Heat milk to boiling point, add oysters with their liquor, shrimp, salt and pepper to taste. Reheat about 2 minutes, add butter. Serve in heated bowls, sprinkled with paprika. Serves 6.

—V—

Quick And Easy To Eat Are These Tapioca Desserts

Though every day isn't a "rush" day, there can hardly be found a housewife who doesn't have at least one or two such days during the week—days in which she has her own bit of war work or just an accumulation of household duties—but such days do come and then how we appreciate quick desserts—and ones that are easy to eat, such as these of tapioca:

BANANA TAPIOCA CREAM

⅓ cup quick cooking tapioca
½ cup sugar
¼ teaspoon salt
1 egg yolk
4 cups milk
1 egg white, stiffly beaten
1 teaspoon vanilla
2 bananas

Combine quick-cooking tapioca, sugar, salt, egg yolk, and milk in top of double boiler and stir enough to break egg yolk. Place over rapidly boiling water, bring to scalding about (allow 5 to 7 minutes), and cook 5 minutes, stirring frequently. Remove from boiling water. Fold a small amount into egg white; add to remaining tapioca mixture and blend. Add vanilla and chill—mixture thickens as it cools. Just before serving, crush 1 banana with silver fork and dice the other; then fold into tapioca cream. Serves 8.

BUTTERSCOTCH CREAM

4 tablespoons quick-cooking tapioca
¼ teaspoon salt
2 egg yolks
4 cups milk
4 tablespoons butter
2-3 cup brown sugar, firmly packed
2 egg whites, stiffly beaten

Combine quick-cooking tapioca, salt egg yolks, and milk in top of double boiler and stir enough to break egg yolks. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes), and cook 5 minutes, stirring frequently. Remove from boiling water. Melt butter in saucepan; add sugar and cook until sugar is completely dissolved and mixture bubbles. Add to tapioca mixture and mix well. Fold a small amount into egg whites, add to remaining tapioca mixture and blend. Chill—mixture thickens as it cools. Serve plain or with cream. Serves 8.

—V—

Lima Beans

2½ cups parboiled lima beans
½ onion, sliced
1 cup water
4 tablespoons catsup
2 tablespoons pimento, minced

Put a layer of beans in a casserole. Add some of the onion and pimento; then add remaining beans. Put rest of onion and pimento on top. Mix catsup and water; pour over all. Place in oven with rest of meal.

Rolled Oats Drop Cookies

⅓ cup fat
1 cup sugar
1 egg
5 tablespoons milk
1 teaspoon vanilla
1½ cups cake flour
⅛ teaspoon salt
1 teaspoon baking powder
½ teaspoon allspice
¾ teaspoon cinnamon
½ cup dried fruit
½ cup nuts
1¾ cups rolled oats

Cream fat and sugar together. Beat egg well and add the vanilla and milk. Sift the flour once, measure, add spices, salt and baking powder and sift again. Chop the nuts and the fruit. Add the wet and dry ingredients, alternately to the fat and sugar mixture. Add the nuts, fruit and rolled oats. Drop by spoonsful on slightly greased cookie sheets and bake in a moderately hot oven (375 F.) for ten to twelve minutes or until firm in texture and slightly brown.

—V—

Replace damaged knobs, door pulls and drawer pulls on furniture. If one or two on a drawer is missing, operating only one will in time pull the drawer out of shape, possibly break it.

—V—

Ham and Sweet Potatoes

One of the brightest combinations of all times is ham with sweet potatoes. But, of course, that brings to mind the days when we bought a whole or half a ham and thought nothing of it. Since such buying has been curtailed, many women have been known to weep and wail over the loss of such good meals—but why say we? The same effect can be accomplished, but on a smaller scale—too—we can have sweet potatoes without those gobs of butter—and here is how it goes:

HAM AND SWEET POTATOES

1 slice raw ham, 1 inch thick
6 medium sweet potatoes
¼ cup brown sugar
Nutmeg

Place ham in hot frying pan, brown on both sides turning often. Change to a baking dish with a cover and bake covered in a slow oven 1½ hours, or until tender.

Boil the sweet potatoes until tender. Peel, quarter and place in frying pan with the ham drippings. Sprinkle with brown sugar and nutmeg. Cook slowly, turning often until well browned. Serve meat on a hot platter, surrounded with the sweet potatoes.

—V—

Half The Success Of Chicken Rests With The Leftovers

Everyone is eating chicken these days and after a year of it—there are few who can't say they've enjoyed it. It's the housewife who is to be congratulated for this because she has served it in an assortment of ways, and has been exceptionally conscious about the use of the left-overs.

We will all continue to eat chicken when possible and use the leftovers in such splendid ways as these:

CHICKEN AND SPAGHETTI

1 (8 ounce) package spaghetti
1 onion, cut fine
1 small clove garlic
2 tablespoons fat
2½ cups cooked tomatoes
Salt and pepper
1 tablespoon sugar
Dash cayenne
½ cup diced cooked chicken
1 cup mushrooms, sauteed
Grated cheese

Cook spaghetti in boiling and salted water until tender. Drain and place in greased casserole. Saute onion and garlic in fat until tender but not brown. Add tomatoes, salt, pepper, sugar and cayenne. Heat to boiling, then add chicken and mushrooms and pour over spaghetti. Toss with a fork. Sprinkle with grated cheese and bake in moderate oven (350 F.) until mixture is heated through and cheese is melted. Serves 6 to 8.

CHICKEN TURNOVERS

1½ cups minced cooked chicken
¾ cup thick white sauce
1 tablespoon minced parsley
1 recipe pastry
1 egg white

Combine chicken, white sauce and parsley. Roll pastry to ⅛-inch thickness, cut into squares and brush with egg white. Place 2 tablespoons of chicken mixture on each equare, fold over and press edges together with a fork. Place on baking sheet. Prick upper crust to allow for esacpe of steam. Bake in very hot oven (450 F.) until browned. Serve with gravy or seasoned white sauce. Serves 4.

—V—

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