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

To iron ruffled curtains, iron ruffles, a few inches at a time, finishing edges first then nosing iron into gathers. Iron selvage edges, ironing with the thread of the material. Avoid stretching. Then iron the rest of the curtain, starting at the top hem.

Different stains produce different colored woods. Added applications of stain darken wood. Test on newspaper to determine the approximate shade. Apply with paint-brush or folded cloth. Let remain a moment, then wipe off, unless dark color is desired. Two short applications give best color-tone. Oil and wax after stain will darken finish. Polishing may finally be done with wax or varnish. A dark stain is difficult to lighten.

A pre-cooked bean, new on the market, requires no preliminary soaking. Even confirmed "baked beaners" accept this short cut. And many find the recently introduced frozen baked beans just about as easy to prepare as were the canned varieties.

Weatherstrip may be had in various types. The lowest priced felt is the least efficient, but the superior rubber-covered and metal-covered grades may become difficult to obtain. Weatherstriping is easily attached with small tacks at close intervals. If it is desired to avoid the expense of buying weatherstrip, window frames may be sealed against drafts by working small strips of folded newspaper between the window and frame on all four sides, and refraining from opening the windows so treated during cold weather.

If you have a spotted dress or suit, don't take it to a "cut price" cleaner who may know less about spot removal than you do. The best cleaning establishments in your city employ skilled technicians who have laboratory facilities and much reference data to aid them in spot removal. It is always safest to write on a piece of paper what caused the spot, pinning it to the garment at the spot. Spots on silk should always be taken to a professional cleaner. Spots on rayon and other synthetic fibers may be exceedingly difficult to remove, and these should also be entrusted to professionals. However, most common spots can be removed safely in the home by following directions for spot removal.

Dentists claim there is no better dentifrice than pure, fine salt. It stimulates gums. It help check bleeding.

White clothes should be hung in the sun for bleaching benefit; colored fabrics in the shade. Clotheslines should be wiped with soapy cloth following by damp cloth, to avoid dirtying the laundry. Wire lines may be wiped with kerosene or a cloth, rewiped with a dry cloth before clothes are hung. If wire lines are used be sure they are of good quality and non-rustable. Preserve pillowslips, towels and similar items by not clothespinning at corners—fold them over the line so they won't sag out of shape. Clothes well hung are half ironed.

Electric range top units should be kept wiped clean. Don't let any moisture touch exposed heating parts. If you have lost the booklet giving special instructions for care of your electric range, ask the dealer for another one.

Broken pottery, chinaware and glassware — including decorative pieces, vases, lamp bases, dishes and the like—can be repaired almost invisibly and stronger than new with the help of any one of the special cements sold in the stores. Surfaces to be joined should be clean and dry. Both should be liberally coated with the cement, the pieces pressed firmly together and allowed to stand overnight for thorough drying, after which excess cement may be scraped off the surfaces with a dull knife. In repairing some fragile pieces, it may be necessary to hold the parts in place with them for some minutes while the preliminary setting takes place.

Cup handles can be protected against breakage by hanging cups on hooks instead of stacking them. The hooks should be screwed into the underside of shelves, well spaced to avoid jostling, and shelf piles of other dishes underneath should be low enough to allow ample hand space for cup removal. There is also a springclip type of cup hook which grips the cup firmly, preventing accidental falling off the hook.

—V—

Grain Corn

To increase grain corn production, either plant part of the corn acreage with a variety early enough to mature grain, if not all of the acreage is needed for the silo, or plant a variety for silage that will mature grain for corn in a good corn-growing season.

Griddle Cakes Do Their Share Towards Starting The Day Right

There is so very much to be said in favor of hearty, wholesome breakfasts that one can hardly know where to begin. It is said, however, that from one quarter to a third of the days food should be taken at the morning meal, particularly in these days when the best is required of each and every one of us.

Everyone who has at some time or the other downed a skimpy breakfast, can remember that terrific "let-down" that comes about eleven in the morning—we just don't have what it takes to go full speed until lunch time. On the other hand—a substantial morning meal will carry us through the morning hours with flying colors. The housework won't be half as tiring, and hours at the office will sail along very smoothly—plus the fact that the children will get so much more out of their hours at school, it all adds up to breakfast.

When it comes to planning this first meal of the day, we of course, always start with fruit or fruit juice, then a ready prepared or hot wheat cereal, meal if possible, and then any of numerous accompaniments — eggs in various ways, griddle cakes in variety, waffles, French toast, muffins, buns, rolls, potatoes, etc. and etc.

So let us consider the griddle cake only—if the housewife is low on shortening—she can buy quite an assortment of the ready mixed brands—adding merely the liquid and, if shortening is available she can quickly and easily mix her own and there is no known reason why she should confine herself and her family to just one kind. Serve an assortment of griddle cakes just as you would the vegetables or potatoes. Here are several from which to choose for the near future:

BRAN GRIDDLE CAKES

1¾ to 2 cups milk
1 cup whole bran shreds
1½ cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
2 teaspoons sugar
2 eggs, well beaten
1 tablespoon melted shortening

Pour milk over bran. Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Add eggs to bran mixture. Add flour and blend. Add shortening. Bake on hot greased griddle. Makes 2 dozen griddle cakes.

BUCKWHEAT CAKES

1 cup buckwheat flour
1 teaspoon baking powder
¼ teaspoon soda
¾ teaspoon salt
1 tablespoon sugar
1 egg, well beaten
2 cups sour milk or buttermilk
2 tablespoons melted shortening.

Sift flour once, measure, add baking powder, soda, salt and sift again. Combine egg and milk; add gradually to flour, beating only until smooth. Add shortening. Bake on hot, greased griddle. Makes 12 griddle cakes.

BLUEBERRY FLAKES GRIDDLE CAKES

1¼ cups sifted flour
3 teaspoons baking powder
¾ teaspoon salt
2 teaspoons sugar
2 eggs, well beaten
1¾ cups milk
1 cup bran flakes
1 tablespoon melted shortening
1 cup blueberries or ½ box quick-frozen blueberries, thawed

Sift flour, once, measure, add baking powder, salt and sugar, and sift again. Combine eggs and milk; add gradually to flour, beating only until smooth. Add flakes and seasoning. Fold in blueberries. Bake on hot greased griddle. Makes 2 dozen griddle cakes.

—V—

Low-Shortening Muffins

When making muffins—wait until all ingredients are in, and then stir, but only enough to dampen all flour—about 20 stirs is all. Too much stirring makes peaks and tunnels.

LOW-SHORTENING MUFFINS

1½ cups sifted cake flour
2 teaspoons double acting baking powder
½ teaspoon salt
2 tablespoons sugar
1 egg, beaten until thick and fluffy
½ cup milk
1 tablespoon melted shortening or oil

Sift flour once, measure, add baking powder, salt and sugar, and sift again. Add egg, milk, and shortening. Then stir only enough to dampen all flour. Bake in greased muffin pans in hot oven (425 F.) about 22 minutes for large muffins, 15 minutes for medium muffins. Makes 8 to 12.

SPICE APPLE MUFFINS

Mix muffins as directed above, adding ½ cup chopped sliced apples with the egg, milk, and shortening. Mix and turn into greased muffin pans. Sprinkle tops with mixture of 2 tablespoons sugar, ⅛ teaspoon cinnamon, and dash of nutmeg. Bake as above, allowing 20 to 25 minutes.

—V—

Biscuits Easily Become Cheese Roulettes Or Quick Coffee Cake

Everyone agrees that cooking is much quicker and simpler when a familiar recipe is being used. The recipe need not be memorized—just one that we have used many times and are so familiar with it that we don't have to study it as we go along.

For this reason, one recipe that can do double or triple duty by the mere addition of one or two various ingredients is always pleasing and suitable, and such is the case with hot biscuits—add some cheese and change the shape and you have cheese roulettes or else, add a bit of sugar and some spice for a quick coffee cake. This will prove a boon to many a hurried housewife and give her three different hot breads that can be mixed up in a hurry—each with an entirely different flavor.

HOT BISCUITS

2 cups sifted flour
3 teaspoons baking powder
½ teaspoon salt
5 tablespoons shortening
¾ cup milk (about)

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually, stirring until soft dough is formed. Turn out on lightly floured board and knead gently for about 30 seconds. Roll out to ½ inch thickness and cut with floured 2-inch biscuit cutter. Bake on ungreased baking sheet in hot oven (450 F.) 12 to 15 minutes. Makes 12 biscuits.

CHEESE ROULETTES

Use above recipe. After kneading dough, roll it into an oblong sheet, ⅛-inch in thickness. Brush with melted shortening. Sprinkle with 1 cup grated American cheese. Sprinkle with paprika. Roll as for jelly roll, cut in ¾ inch slices and place on greased baking sheet. Bake in hot oven (425 F.) 15 to 20 minutes.

QUICK COFFEE CAKE

Use above recipe, adding 4 tablespoons sugar with the flour and 2 well beaten eggs with the milk. Beat until smooth. Turn into greased pan 8x8 inches. Spread top with melted butter or margarine. Sprinkle with mixture of 1 tablespoon flour, 4 tablespoons sugar and ½ teaspoon cinnamon. Cut into squares and serve warm.

Oven-Steamed Pudding

Some like them hot, some like them cold, but with fall just around the corner, this is the time to start steamed puddings and serve them while the serving is good. Here is one that is low on sugar and shortening both:

OVEN-STEAMED PUDDING

1½ cups sifted cake flour
2 teaspoons double acting baking powder.
½ teaspoon salt
⅓ cup sugar
2 tablespoons shortening
1 egg, beaten until thick and fluffy
2-3 cup milk
1 teaspoon vanilla

Sift flour once, measure, add baking powder, salt and sugar, and sift together three times. Cream shortening. Add sifted dry ingredients, egg, ⅓ cup milk, and vanilla; beat until smooth. Add remaining milk and beat ½ minute longer. Turn into greased individual molds, filling ½ full. Cover tops with brown paper and tie securly. Place in pan in 1 inch of hot water. Bake in moderate oven (375 F.) about 55 minutes, or until done. Serve hot with fruit sauce. Makes 6 servings.

Or turn into greased 1½ quart casserole, cover with paper, and tie securely. Bake in pan with water as directed above about 1 hour.

Or turn batter into greased top of double boiler, covered with lid, and place over boiling water. Cook 1 hour or until done.

—V—

Fluffy Omelet

2 tablespoons tapioca
¾ teaspoon salt
⅛ teaspoon pepper
¾ cup milk
1 tablespoon butter
4 egg yolks, beaten until thick and lemon-colored
4 egg whites, stiffly beaten

Combine dry ingredients and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes), and cook 5 minutes, stirring frequently. Add egg yolks. Fold in egg whites. Pour into hot, buttered 10-inch frying pan. Cook over low flame 3 minutes. Then bake in moderate oven (350 F.) 15 minutes. Omelet is sufficiently cooked when a knife inserted comes out clean. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on hot platter. Serves 6.

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