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

THE GRIDDLE HOT OFF

Roasters and broilers should have the inset pans carefully cleaned after every use. Generally porcelain, these pans should be allowed to cool before cleaning, should be handled carefully to avoid cracking. Do not use water or moisture in the cleaning of any part of the heating wires.

Vacuum cleaners need regular attention to keep them working at their best. The dirt bag or container should be emptied after every use, but at least once a week under any circumstances; otherwise cleaner won't clean. The dirt bag should be turned inside out and brushed well every three months; generally needs replacement at two-year intervals because pores get clogged. Washing or dry-cleaning of the bag is not advisable. Cleaners with revolving brushes should have hairs and all threads unwound weekly. Brushes should constantly be adjusted to extend slightly below the nozzle, and if no further adjustment is possible, should be replaced. If there is a drive belt, it should be checked for tightness, replaced as soon as it begins to get loose and slip. Loose belt means poor cleaning, wasted power. Don't pick up pins, nails, coins or other metal objects with your vacuum cleaner. They may break the fan or other moving parts, cut or clog the cleaning hose or dirt bag. Proper nozzle, adjustment on roll-around cleaners, according to the manufacturer's instruction book, is very important for effective cleaning. If the switch does not operate properly, let your dealer make the repair.

Let tomatoes ripen at room temperature in a fairly dark place—never in the sun. Do not place in the refrigerator except to chill shortly before serving. Unripe tomatoes will not ripen after chilling.

Salt dissolved in hot water is an excellent gargle and mouth wash.

The temperature of the main food compartment of the refrigerator should preferably be not over 45 degrees, never over 50—but much below 40 is not necessary. Have a small thermometer in the refrigerator and look at it now and then. You may need to speed up the cold control to protect your food (especially in warm weather) or you may be able to save operating cost by setting at a lower speed.

Pot covers are no good without knobs, or percolators without handles. Save by refraining from buying new covers for pot when all you need is a knob or handle. You'll find the size and style you need at your favorite store. Mend old pots that have good bottoms (holes in bottoms are seldom safely repaired) with rivets, pot menders, or metal cents that cost little. Many pots can be used years longer if fixed according to directions supplied with the repair kit.

You can eliminate the extra separate bluing job by using flakes dissolved in the suds along with your regular soap. Remember that bluing regularly helps keep clothes sparkling white.

One should not drive a car in a fur coat as sliding in and out of the seat makes furs shabby sooner. Avoid wearing furs in stormy weather but if your furs get wet hang to dry in a cool room with good air circulation.

Soaking white clothes more than fifteen minutes is needless, colored fabrics not more than ten minutes, and non-fast colors not at all. From five to fifteen minutes of tub or washer time is plenty. Follow washing with light soapy rinse lukewarm; then tw o clear rinses. Two short washings are always better than one long operation.

Stop the loss of small items such as nuts or washers in the home tool chest by keeping each kind separate, on a large safety pin. Make it easy to find nails or screws of different sizes by using a number of small containers (preferably metal for sturdiness) such as typewriter ribbons or some types of camera film come in. Small screw-top glass jars with wide mouths are equally suitable.

Save brooms from extra wear by hanging, or standing on handle end. Letting the broom stand on its bristles wears it out more quickly. Weekly rinsing in hot soap suds will lengthen the broom life too.

—V—

Chinese Oil

With regard to oil, the Chinese geological survey, in 1934, estimated that China proper had a known reserve of over 2 billion barrels. There were also 2 billion barrels of mineral oil in Manchuria. The national total, therefore, was over 4 billion barrels. This estimate, however, is very conservative as the important Kansu and Sinkiang reserves are not included.

Peach Cobbler (Canned Peaches)

3 tablespoons quick-cooking tapioca
⅓ cup sugar
¼ teaspoon salt
¼ teaspoon nutmeg
2 tablespoons melted butter
2½ cups canned sliced peaches, drained
1 cup peach juice
1 tablespoon lemon juice
2 cups sifted cake flour
2 teaspoons double acting baking powder
½ teaspoon salt
6 tablespoons butter or other shortening
2-3 cup milk

Combine quick cooking tapioca, sugar, salt, nutmeg, butter, peaches, and fruit juice; let stand 15 minutes, or while crust is being made. Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on slightly floured board and knead 30 seconds. Roll 2-3 of dough into strip, 2 inches wide and ¼ inch thick; line sides of 8x8x2 inch pan; fitting into corners. Fill with peach mixture. Roll remaining ⅓ of dough into ¼-inch thickness. With sharp knife make slits to permit escape of steam. Fit over peaches pressing edges of dough together with fork dipped in flour. Bake in hot oven (450 F.) 15 minutes, then reduce heat to moderate (350 F.) and bake 25 to 30 minutes longer. Sprinkle powdered sugar over top, if desired. Serves 8.

—V—

Baked Red Beans

No matter how much we joke about baked beans and ridicule them—there are few of us who can't but admit that we do really like them—though not too often. But to make a change, serve baked red beans. Their fine flavor will certainly please you.

BAKED RED BEANS

3 cups cooked red beans
1½ cups canned tomatoes
1 pimento, minced
¼ cup deviled ham
¼ cup onion, minced
6 strips Canadian bacon or corned beef
¾ teaspoon mustard
Dash pepper
¾ teaspoon curry powder
1½ tablespoons molasses
1½ tablespoons sugar
¼ teaspoon salt

Mix all ingredients except the meat; turn into greased casserole—arrange meat on top and bake in a moderate oven (350 F.) for about 30 minutes or until smoked meat is crisp.

—V—

Pork Chop and Potato Casserole

The housewife who was certain that one poor little pork chop per member of her family would insult their appetites can rest assured that when prepared in this fashion will prove satisfactory This means a sizable chop, not one cut wafer thin, but neither going to the other extreme—just a good substantial pork chop, plus these delicious potatoes:

PORK CHOPS AND POTATO CASSEROLE

6 to 8 medium sized potatoes
2 onions
Flour
Salt and pepper
1½ cups milk
4 pork chops

Peel and slice the potatoes and onions. Arrange in layers in a greased baking dish or in 4 individual casseroles. Sprinkle each layer with 1 tablespoon of flour an d a dash of salt and pepper. Pour milk over the potatoes. Place pork chops on top, seasoning well. Cover and bake in a moderately hot oven (375 F.) for 30 to 40 minutes. Uncover during last 10 minutes to brown chops.

—V—

Hunter's Rabbit

1 rabbit
6 slices bacon
¼ pound mushrooms
1 onion
1 tablespoon butter
1 bay leaf
Garlic
1 sprig thyme
Salt and pepper
1 tablespoon browned flour

Rub the bottom of a deep earthenware baking-dish with garlic and line it with 4 strips of bacon. Skin, clean and remove the fine skin from the rabbit; disjoint and cut in medium-sized pieces, rubbing each piece with salt and pepper. Mix the chopped onion, sliced mushrooms, crumbled thyme, and bay leaf with the rabbit and put the mixture into the baking-dish. Sift over all the browned flour and cross 2 pieces of bacon on top; pour 1 cup of water into the dish; put a close-fitting cover on and cook in a moderately hot oven (350-400 F.) for 2½ hours without removing the top. Serve in the baking dish.

Turnips Will Lend Desired 'Variety' To Many A Fall Meal

Bit by bit, the vegetables we consider "fall" are appearing in the markets, and many of the fine tasting dishes that we haven't had for months will start appearing on our tables—what a treat this will be for many too—particularly those who have been having such a difficult time trying to give the family variety.

Right at the moment, one of the reappearing vegetables are turnips—remember them? They are so good just mashed, but for the sake of variety—try them in either of these ways soon.

TURNIPS IN CREAM

1 pound turnips, yellow or white
2 cups milk
4 tablespoons flour
4 tablespoons fat
Salt and pepper

Pare the turnips, cut them in cubes; cook until tender. Make a white sauce of the flour, fat, milk and seasonings. Pour sauce over turnip cubes and serve.

TURNIP SHELLS OR CUPS

Pare the turnips and remove the centers, leaving a shell one-half inch in thickness. Cook shell in boiling water until tender. Just before cooking is completed, add the salt. Cook the center in the same way and use for stuffing cups or serve as mashed turnips. The turnip cups may be used as cases for creamed or butterer peas, carrots, beets or any suitable vegetable or meat.

—V—

Cider Jelly

1 package orange or lemon flavored gelatin
1 pint warm sweet cider
⅛ teaspoon salt

Dissolve gelatin in warm cider. Add salt. Pour into mold. Chill until firm. Unmold. Serve as dessert or relish.

—V—

Mulligatawny Soup Returns As Weather Turns Cooler

As fall gets under way, there will be many times when a main dish soup will be the order of the day—such a one is Mulligatawny—a favorite of years back.

MULLIGATAWNY

3 pounds raw chicken
4 quarts cold water
2 sour apples, sliced
¼ cup onion, sliced
¼ cup celery, cut in cubes
¼ cup carrots, cut in cubes
1 teaspoon curry powder
1 tablespoon flour
Cloves
1 cup tomato, strained
½ green pepper, chopped fine
⅛ teaspoon mace
1 teaspoon chopped parsley
1 teaspoon sugar
Dash of pepper
¼ cup drippings
1 teaspoon salt

Cook vegetables and chicken in the fat until browned; add flour, curry powder, cloves and all the remaining ingredients and cook slowly until the chicken is tender. Remove chicken and cut the meat in small pieces. Strain the soup and rub the vegetables through a sieve. Add the chicken to the strained soup. Season and serve hot with boiled rice.

—V—

A Cool Day Brings To Mind A Meal Of "Ribs And Kraut"

It is perfectly possible that tomorrow might be a warm day—but if today is the slightest bit on the coolish side our mouths start watering for those tasty dishes of last winter—spareribs and sauerkraut for one example, and such a good thought it is that here they are:

SPARERIBS AND SAUERKRAUT

3 pounds spareribs
3 cup sauerkraut
¼ cup brown sugar
Salt and pepper

Choose spareribs with meat on them. Place on rack in roasting pan, in a hot oven (500 F.) and bake for 20 minutes, or until the ribs are nicely browned. Reduce heat to (300 F.) place the sauerkraut on the ribs, sprinkle with brown sugar. Return to oven and bake until tender, 1 hour or

(2)—Brown the pieces of spareribs on each side in a frying pan with a pork fat. Season the meat with a little salt, pepper and poultry seasoning; place half of the kraut in a casserole, add the meat then the balance of kraut and boiling water to cover. Bake in a slow oven about two hours, closely covered and serve with mashed potatoes.

—V—

A small amount of corn syrup will require longer beating before crystallization takes place than will candies made from all granulated sugar. They also soften more quickly on standing. If too much syrup is used, the candy will not crystallize at all and the best thing to do with it is to boil it until it reaches the proper stage for a pulled or brittle candy.

Yam and Grapefruit Casserole

With cooler weather, we naturally think of more substantial meals—such as roast pork, or ham—and with either of these here is a wonderful accompaniment:

YAM AND GRAPEFRUIT CASSEROLE

2 large yams
¼ teaspoon salt
⅛ teaspoon nutmeg
2 tablespoons cream
1 tablespoon butter
1 beaten egg
4 grapefruit sections
Candied grapefruit peel
Granulated sugar

Wash yams, cut off ends and boil until tender in salted water (1 teaspoon to 1 quart water). Peel yams and mash fine with salt, nutmeg, cream and butter. Fold in the well beaten egg and put in a buttered casserole. Over the top arrange the grapefruit sections free from seeds and white skin, in pinwheel design, radiating from center. Between each section lay a strip of candied grapefruit peel. Dot with butter and sprinkle granulated sugar over the top. Bake in a moderate oven (350 F.) just long enough to heat thoroughly and melt the sugar on top. Makes 2 servings.

—V—

Red Cherry Pie

Home canned red cherries will now be appearing on the table either as they are, or in something like this—

RED CHERRY PIE

2½ tablespoons quick cooking tapioca
1 cup sugar
⅓ teaspoon salt
1 tablespoon melted butter
2½ cups canned red cherries, drained
1 cup cherry juice
1 recipe pie crust

Combine quick-cooking tapioca, sugar, salt, butter cherries, and cherry juice; let stand about fifteen minutes, or while pastry is being made. Line a 9-inch pie plate with ½ of the pastry rolled ⅛ inch thick. Fill with cherry mixture. Moisten edges of pastry with cold water. Adjust top crust. Bake in a hot oven (450 F.) 15 minutes; then decrease heat to moderate (350 F.) and bake thirty minutes longer, or until filling is cooked.

—V—

Popovers Add That Certain Something To Any Meal

Though hot bread of any kind will do wonders to improve any meal, there is just something about a popover that is entirely different, and it immediately lifts a "plain" meal into the "special" class, and adds that certain something that no one can describe. Contrary to popular belief, the popover is not an impossible, or for that matter, even difficult thing to prepare and the rule holds true here as with biscuits or many other breads—they simply must be served piping hot—right out of the oven—so just plan your baking time accordingly.

POPOVERS

1 cup sifted flour
¼ teaspoon salt
⅛ cup milk
2 eggs, well beaten
1 teaspoon melted butter

Sift flour once, measure, add salt and sift again. Add milk gradually and stir until a smooth batter is formed. Add eggs and blend. Add butter and beat vigorously with a rotary egg beater for 2 minutes. (Thorough beating of popover batter is necessary.) Turn into greased cusary cups or hot greased iron popover pans. Bake in a hot oven (450 F.) until the popovers puff, then decrease the heat to moderate (350 F.) and bake until brown. Baking time, about 30 minutes. Makes 12.

—V—

Carrot Pudding

1½ cups grated raw carrots
1 scant cup grated raw potato
1 cup flour
½ teaspoon ground leaves
1 teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon salt
2 tablespoons butter
¼ pound thinly sliced citron
Grated rind of 1 orange
2 eggs
1 cup sugar
1 teaspoon soda

Cream the butter and add to it the sugar; beat well and add the well-beaten eggs. When thoroughly mixed, add carrots, spices, sifted flour, orange rind, and salt. Beat well, add the grated potato in which the soda has been dissolved, and the thinly shaved citron. Pour into a buttered mold, in the bottom of which has been placed a round of greased paper. Cover the mold, place the kettle of boiling water to steam for 2 hours. Serve with plain cream.

—V—

Most foods may be canned with little loss of nutritive value. Treat canned foods like cooked foods, and serve or use all the liquid in the can.

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The mosquito that carries malaria is the female of the species—and in her case she certainly is more deadly than the male. Moreover, this mosquito is of a special type known as the anopheles, and not only anopheles but a special kind of anopheles: The female anopheles that carries malaria sucks human blood, and the male does not. The female anopheles that carries malaria stands with her rear elevated, whereas all other mosquitoes in the United States stand parallel to the skin when they do their biting.

When Your Back Hurts
And Your Strength and Energy Is Below Par
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