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

Avocados should be ripened at room temperature (55 to 70 degrees) but should be kept out of the sun. They may be kept in the refrigerator but keep away from freezing coils. If fruit is cut, cover exposed flesh with waxed paper.

Enamelware is porcelain, but pots have much thinner coating than on major appliances. When aluminum was available, many women discarded enamel cooking utensils because enamelware had to be handled gently. Now when you must buy enamelware, handle like glass. It is more economical to purchase the higher-priced kinds, with heavier and more durable enamel coats.

Do not use hot water on egg stains. Soak the fabrics in cold water, then wash. On fixed surfaces, let dry, scrape off with a blunt knife, sponge with carbon tetrachloride if greasy, sponge with cold water.

Match colors when you darn and mend. Fit your sewing basket with all the colors of thread needed for your family's clothes; pink silk for lingerie, white cotton for shirt buttons, black linen for overcoat buttons —a matching color for everything. You will find this will pay you in the long run.

Do not put oils and grease on rubber, they eat it! If contact is unavoidable, remove all traces as quickly as possible, using warm water and soap. The fat content of milk, for instances swells, softens and destroys baby nipples. But they last much longer if washed immediately after use. Store rubber goods in a cool, dark place when not in use. Never dry-clean rubber or rubberized cloth. When washing rubberized fabrics, elastics, etc., treat gently, using a mild soap.

Stick-on soles provide a quick method of repairing worn shoe soles. They are available at all variety stores and may be attached in a few minutes.

Lengthen furinture life—as with other household possessions by keeping it clean. Dust wood surfaces daily. Soft fabrics like old silk, cheesecloth or treated polishing mittens, bring up the luster as they dust.

Washing painted walls should be done only if absolutely necessary, because even the most careful washing removes some paint along with the soilage. Dust thoroughly before washing to avoid streaks. Next, starting at the bottom of the wall and working up—apply with a cloth or cellulose sponge—using a circular motion—a mild cleaning solution. This may be a prepared paint cleaner, a weak solution of general-purpose detergent of the tri-sodium phosphate type, or a home-made jelly made of 1 tablespoons of white soap flakes dissolved in 10 tablespoons lukewarm water, with 1¼ cups of whiting stirred in. Clean a small area at a time, rinse with clean soft water, and wipe up-and-down with wrung Turkish toweling. Great care is necessary to avoid streaking. Overlap the washing—that is, always include an edge of the area previously cleaned as you start on a new section. That helps avoid streaking. And most important, before you start, "test" on inconspicuous part of the wall with your cleaner to find out whether the paint is washable at all. Some paints many wash right off, or fade excessively.

Slide-up type garage doors can be kept working smoothly by frequent lubrication of tracks and rollers. Smearing with automobile grease or household petroleum jelly will do the job.

Hot water system radiators are equipped with an air vent valve which should be opened periodically to release trapped air and premit the radiator to fill with water. Neglecting this attention will mean using more fuel to get the same heat.

—V—

Correct thread is important, the same type as the fabric to be mended. A thread weaker or stronger than the fabric on which it is used will not give satisfaction. On mens socks, for instance, a darning thread makes a strong durable repair; while a hard cotton thread makes the mended portion stronger than the sock itself and will soon pull out. Use silk on silk, wool on wool, for best results.

Carefully remove the sections from grapefruit halves. Combine these sections with any desired combination of fruit, oranges, melon balls, banana slices—sweetened to taste—pile in grapefruit shells. Serve as appetizers, salad or dessert.

—V—

Although the production of turkeys is expected to be eight per cent larger this year than last, increased military requirements will take most of the increase. Therefore, civilians probably will have about the same quantity of turkeys as last year.

French Onion Soup Is The Height Of Good Cold Weather Eating

The height of good cold weather eating is French onion soup! There are so many, many occasions at which this soup can be the most appealing thing in the world. Later on, just imagine it after ice skating, or right now after a night walk, or just as an extra something if the man of the family has been working late and ate an early dinner dow n town. And to add another good point—it isn't difficult to prepare!

FRENCH ONION SOUP

1 medium sized onion, sliced
2 tablespoons margarine
2 cups stock
½ teaspoon salt
1 teaspoon bottled condiment sauce
½ teaspoon celery salt
Dash of pepper
6 to 8 rounds white bread
¾ cup grated Parmesan cheese

Peel and slice the onion. Saute in margarine until light brown. Add the stock and seasonings. Pour into a 1½ quart casserole, or 6 to 8 individual casseroles. Place 6 to 8 rounds of bread on top and sprinkle with grated Parmesan cheese. Bake uncovered in a moderate oven (350 F.) until the cheese is melted and well browned or brown under a low broiler heat. Serves 6 to 8.

—V—

Cauliflower Au Gratin

It isn't possible to walk through a market these days without seeing stacks of lovely white cauliflower and the more we see it the more we seem to want it—but not always in the same way—serve it plain once, and the next time serve

CAULIFLOWER AU GRATIN

1 small cauliflower, separated from flowerets
2 tablespoons quick cooking tapioca
¾ teaspoon salt
⅛ teaspoon paprika
2 cups milk
1 cup grated American cheese
1 cup buttered bread crumbs

Cook cauliflower in boiling, salted water 12 minutes, or until tender; drain and place in greased baking dish. Combine quick-cooking tapioca, salt, paprika, 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. Remove from boiling water; add cheese and stir until melted. Pour over hot cauliflower; cover with crumbs and bake in moderate oven (350 F.) 20 minutes, or until crumbs are browned. Makes 6 servings.

Fruit Bread

Very suitable for this time of the year, for sandwiches, or afternoon tea, is

FRUIT BREAD

2 cups sifted flour
4 teaspoons double acting baking powder
¾ cup sugar
1½ teaspoons salt
¾ cup nut meats, broken
¾ cup candied orange peel, thinly sliced
2 cups graham flour
2 eggs, well beaten
1 2-3 cups milk
4 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder, sugar, and salt, sift again. Combine nuts, orange peel, and graham flour, and add to first mixture. Combine eggs, milk, and shortening; add to flour mixture. Blend. Bake in two small greased loaf pans in moderate oven (350 F.) 1 hour

—V—

Broccoli With Cheese

If you haven't already been serving broccoli occasionally you will soon, as the markets are showing quite a bit of it, and very beautiful broccoli it is (we'll skip the price) but one time soon serve—

BROCCOLI WITH CHEESE

1 bunch broccoli
1 cup white sauce
1 teaspoon chopped parsley
1 teaspoon lemon juice
1 slice onion
Grated Parmesan cheese
Salt and pepper
Bread crumbs

Wash the broccoli and cut off the coarse part of the stalks. Let stand in cold salted water 1 hour; drain and put in enough boiling salted water to cover. Cook until tender. To the white sauce, add the lemon juice, parsley, and onion slice. Let simmer 2 or 3 minutes; season to taste with salt and pepper; beat in ½ cup grated Parmesan cheese and the yolk of egg. Butter a baking dish; lay in the well-drained broccoli; cover with the sauce; sprinkle with sifter bread crumbs and a little more grated cheese, and brown in a hot oven.

—V—

Plan more efficient closet space to save garments and clothing. Crowded closets where clothing rubs cause unnecessary wear. Closets shared by two or more people cause friction, too, and not only between garments. Actually, the cost of an extra wardrobe can be saved many times, in the increased life of clothes less frequently handled.

—V—

A small curtain rod attached to the under side of the sewing machine or table is very convenient for holding spools of thread within easy reach and prevents tangling.

Chestnut Croquettes Give Necessary Protein Plus Plenty Goodness

Though many homemakers aren't conscious of it, they do, in menu planning take into consideration certain dishes that contain protein, or iron, to say nothing of the precious vitamins. We are told that certain things, so, appreciating the brains of the individuals who determine such things, we take it for granted and serve such dishes. Included among these we find a very valuable, tasty and most interesting one, in the form of

CHESTNUT CROQUETES

2 cups hot mashed chestnuts
4 tablespoons fat
2 eggs
Salt and pepper
Few drops onion juice or
2 tablespoons minced onion
Egg and crumbs

Mix the chestnuts, fat, slightly beaten eggs and seasonings. Shape into croquettes. Roll in crumbs, then in beaten egg and again in crumbs. Fry in deep hot fat (375-390 F.) until crumbs are brown (2 to 5 minutes.)

The croquettes may be served with brown sauce or tomato sauce.

—V—

Pudding

Here is one pudding that every housewife will want to serve just the first day that she finds cranberries in her particular market:

STEAMED CRANBERRY PUDDING

1 cup flour
1½ teaspoons baking powder
½ teaspoon salt
½ cup bread crumbs
⅓ cup brown sugar
2-3 cup finely chopped suet
1 cup chopped cranberries
1 egg
⅓ cup milk or water

Mix the ingredients in the order given; turn into a well greased mold; cover with wax paper and steam two hours, never allowing the water to come more than two-thirds of the way up the sides of the mold. Turn out and serve with hard or Foamy sauce.

—V—

To prevent that shiny mark or imprint that shows on wool or rayon pleated skirts after pressing, take a tip from the tailor and use a strip of light-weight cardboard or heavy paper to insert into the fold of the pleat while you are pressing it. A strip the length of the longest pleat and three or four inches wide slipped into the inside fold of the pleat and moved just before finishing the press job will do the trick. Seam edges or facings that are likely to show through can be handled in the same fashion.

Jellied Celery Bouillon

For a pleasing and fine flavored first course—serve an ever popular and too seldom seen—jellied bouillon Make this one a bit different in flavor though—serve

3 cups chopped celery
5 cups cold water
1 teaspoon pickle spice
1 sprig parsley
½ medium sized onion, sliced
Salt and pepper
2 tablespoons gelatin
1 tablespoon lemon juice

Mix celery, water, parsley, onion and pickle slices and simmer for one hour. Season the stock to taste. Remove from the heat, strain, and stir in the gelatin, which has been dissolved in a small amount of cold water. When slightly cool, add lemon juice. Chill. Serve in bouillon cups with or without whipped cream. Serves 6.

—V—

Soft Molasses Cookies

3 cups sifted cake flour
1½ teaspoons soda
½ teaspoon salt
1 teaspoon ginger
1½ teaspoon cinnamon
½ cup shortening
1 cup sugar
1 egg, unbeaten
½ cup molasses
1 cup sour milk or buttermilk
½ teaspoon vanilla

Sift flour once, measure, add soda, salt, and spices, and sift together three times. Cream shortening, add sugar gradually, creaming until light and fluffy. Add egg and beat well; then all molasses. Add flour, alternately with milk, mixing well after each addition. Add vanilla. Chill 1 to 2 hours, or until firm enough to hold shape. Drop from teaspoon on lightly greased baking sheet, placing about 2 inches apart. Bake in hot oven (400 F.) 13 to 15 minutes, or until done. Makes 6 dozen cookies.

—V—

Casserole Potatoes

8 small potatoes
1 onion or 2 teaspoons onion salt
2 tablespoons chopped parsley
½ green pepper, chopped paprika.
4 tablespoons butter or savory fat
1 teaspoon salt
Dash of pepper
¾ cup water
¼ cup buttered bread crumbs

Pare and slice the potatoes very thin. Place a layer of potaotes in a butter casserole. Sprinkle with the chopped vegetables and onion salt. Fill the pan with alternate layers; then dot with butter. Add the salt and pepper to the water and pour it over the potaoes. Bake in oven meal. Remove cover for the last few minutes, sprinkle with bread crumbs and paprika, and brown. Servings: Approximately six.

Malarial Mosquito

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

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.

You may suffer nagging backache, rheumatic pains, headaches, dizziness, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.

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