THREE MEALS A DAY

Food, of course, must be well seasoned to be worthy of its piquancy

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SIDNEY SNOW will be glad to answer any questions on food

THE GRIDDLE HOT OFF

The platter on which a roast is served should be large enough to give room not only for the meat that's to be carved, but also for the carved portions.

Soft doughs should be handled as little as possible and kneaded only enough to make a smooth surface, free from dry flour. Much kneading develops a stretchiness in the dough which detracts from flakiness. The dough should be rolled or patted out to one-half inch or more in thickness, if thick, soft biscuits are desired, or rolled out to one-quarter inch in thickness if thin, crusty biscuits are desired. The biscuits should be baked at once.

When soup stock must be used before cooling, skim off all the fat possible. Most of the remainder of the fat may be removed in one of two ways. The first way is to pass over the top small sheets of absorbent paper or blotting paper. The second way is to cool the soup as much as possible beforehand, then to wrap a piece of ice in a cloth and let it down into the stock. Move the ice around just below the surface so that the fat on the surface is suddenly chilled, and it will gather on the cloth around the ice. This must be done quickly to prevent unnecessary dilution of the stock.

To boil and dress a lobster, plunge the live lobster into boiling water, head downward. Add one tablespoon of salt, cover the kettle and keep it boiling. A medium-sized lobster will cook in about twenty minutes. Plunge it into cold water when done and when cool enough to handle, take the meat from the shell in the following order; chop off the claws. Split the body lengthwise, remove and throw away the stomach, a small sac just back of the head. Running from the stomach to the base of the tail is the intestinal canal. If this does not pull out with the stomach, it must be lifted out with a fork, in pieces, if necessary, and entirely removed.

Crack the claws and remove the meat. If the lobster is not to be served whole, take out the meat from the body, the creamy green fat which consistutes the liver, and the coral or spawn found in female lobsters. The sponge paricles between the meat and shell are not used.

In cutting up the meat of cooked lobster, always use a silver knife or one of stainless steel, if possible, as an ordinary steel knife discolors or darkens the meat.

True sponge and angel food cakes in which eggs are the only leavening are baked in a moderate oven (325-350 F.) to insure the best volume and texture. If baked too slow the results will be a coarse uneven cake; if the oven is too hot the cake will be small in volume, fine grained and tough. It is only too true that half the making is the baking. When baking powder is used, a slightly higher temperature is desirable. The division of baking time is the same as for butter cakes. When the cake is a light brown, and springs back when pressed with the finger, it is done.

Fruits which are to be eaten raw are at their best flavor and sweetness when just ripe, neither under-ripe nor over-ripe. Unfortunately, they are seldom permitted to ripen on the vine or tree when picked for shipment to market, and must ripen either in the store or at home. Peaches should never be too hard and should have no black spots.

For a delicious muffin, use your recipe for corn-meal muffins, fill greased muffin tins one-fourth full, put a teaspoon of jelly on the top of the batter in each cup, cover the jelly with more batter and bake in a hot oven (400-425 F.).

Cooked meats and cheese are preserved in the refrigerator if wrapped closely in wax-paper. Dont skimp on the paper and take a chance on the food drying out. Use a big enough piece to go around almost twice, with a generous flap-over flap. Heavier weight wax paper is preferable.

Keep a jar of cocoa syrup in refrigerator, ready to use hot or cold as fudge sauce on cakes and pudding or in making chocolate milk shades for family treats or refreshments. For cold drinks, use 2 tablespoons cocoa syrup to 1 cup milk. Malted milk powder, a well-beaten egg, or dash of peppermint extract may be added. Shake well in shaker or beat with rotary egg beater to mix.

For tall, soft biscuits, place close together on the baking sheet; for bissuits with crusted sides, place slightly apart.

Turkish Delight

3 tablespoons gelatin
2 cups water
½ cup cold water
Grated rind and juice of 1 lemon
Red or green coloring

Cook the gelatin in the cold water. Put the sugar and hot water in a saucepan. When it reaches the boiling point, add the gelatin and simmer twenty minutes. Add coloring and the flavorings strain into a breadpan which has been rinsed with cold water. The mixture should be from one-half to one inch in depth.

When it is cold, turn it on to a board. Cut into cubes or other shapes and roll in confectioners' sugar.

If you prefer other flavors, such as peppermint, wintergreen and clove omit the fruit juice and rind, add one-half cup of water, and flavor with a few drops of peppermint, oil of wintergreen, oil of cloves, etc.

Eggs A La Duchesse

1 onion
Fat
6 hard-cooked eggs
2 uncooked egg yolks
2 teaspoons chopped parsley
4 tablespoons grated cheese
Paprika
Salt and pepper
1½ tablespoons lemon juice

Slice the onion and cook it in a very little fat until brown, then add to it the milk and the eggs cut in halves. Stir over the fire for three or four minutes, then add the slightly beaten egg-yolks, the parsley, cheese and seasonings. Stir over hot water for about eight minutes, add the lemon-juice and serve very hot.

Stuffed Cabbage Is Most Satisfactory For Meatless Menu

Planning a meatless menu isn't always as simple as it sounds. We all know one or two such menues that the whole family likes, but when it comes to serving many of them, it's just no wonder mothers get gray! We are so accustomed to planning the meal around the meat dish that it's quite difficult to change our tactics, but change we must—every last one of us—so, for another meatless meal, try this cabbage dish—if your family likes cabbage it's sure to be a success.

STUFFED CABBAGE

1 large head cabbaage
2 tablespoons fat
1 teaspoon minced parsley
1 clove garlic, crushed
⅛ teaspoon thyme
½ bay leaf, crushed fine
1 cup bread crumbs
3 eggs, well beaten
1 onion, chopped
Buttered bread crumbs

Place a piece of cheesecloth in the bottom of a bowl and arrange cabbage leaves in it. Chop center of cabbage fine and saute in fat until yellow. Remove from heat, add chopped parsley, garlic, thyme, bayleaf, bread crumbs, eggs and onion. Place mixture inside cabbage leaves, and tie the 4 corners of the cloth together. Immerse in pan of boiling salted water and boil until cabbage leaves are tender, 35 minutes. Remove cloth and sprinkle cabbage with buttered crumbs. Bake 5 minutes longer. Serve with tomato sauce. Serves 6.

Tomato Surprise

5 medium sized firm tomatoes
¼ cup choped white cabbage
½ cup chopped celery
2 tablespoons chopped green pepper
Mayonnaise
Salt and pepper

Peel the tomatoes. Remove a slice from the stem end and scoop out seeds and pulp. Dredge the insides with salt and pepper; turn the tomatoes upside down and let drain ½ hour in the refrigerator. Mix the celery, cabbage and green pepper with a generous quantity of mayonnaise; fill the tomato cavities with the mixture; put back the top slice on each tomato and serve garnished with small inside leaves of lettuce which have been sprinkled with French dressing.

Parsnip Fritters

One won't find a vegetable in the markets that won't be used by one and all this year. And that includes parsnips! Of course, we parsnip lovers find it difficult to understand the non-lovers but next to French fried parsnips one of the best seems to be

PARSNIP FRITTERS

3 parsnips
2 eggs
1 tablespoon fat
1 cup milk
1 teaspoon salt
3 tablespoons flour

Boil the parsnips tender, grate fine or mash and pick out all the fibrous parts. Beat the egg light and stir into the pahsnips, beating hard. Add the fat, milk, salt and flour. Drop by spoonfuls into deep fat (360-370 F.) and fry two or three minutes.

A Tasty Tid Bit To Enhance The Menu

A cheese muffin ring will be just the thing to add interest and flavor to a meal of creamed eggs, vegetables or fish or meat.

CHEESE MUFFIN RING

1½ cup sifted cake flour
2 teaspoons double acting baking powder
½ teaspoon salt
¾ cup grated American cheese
1 egg, well beaten
½ cup milk
1 tablespoon melted shortening

Sift flour once, measure, add baking powder and salt, and sift again. Add cheese and mix well. Add egg, milk, and shortening. Then stir only enough to dampen all flour. Bake in greased 8x2x2 inch pan or greased ring mold in hot oven (425 F.) 25 minutes, or until done. Makes 4 to 6 servings.

Casserole Of Rice And Liver

1 cup rice
1 quart water
2 tablespoons butter or other fat
1 pound lamb's liver
2 cups stock
1 teaspoon caramel
2 tablespoons flour
2 tablespoon fat
Crumbs
Salt and pepper

Boil the rice in the water and mash smooth with the fat. Season with salt and pepper to taste. Line a well-greased casserole with the mixture, pressing the paste firmly against bottom and sides drain, chop fine and season with salt. Heat the soup stock, seasoned with caramel. Make a brown sauce with the fat, browned flour and soup stock, and add the minced liver. Fill the hollow in the center of the rice with the liver mixture, sprinkle with crumbs and brown in the oven.

Cheese Souffle Served With Mock Sausage

A tasty combination, suitable for the dinner table, yet low in those ever needed "points" is the following:

MOCK SAUSAGE

1 cup dried lima beans or
3 cups cooked beans of any kind
2-3 cup bread crumbs
3 eggs
2 tablespoons fat
½ teaspoon sage
Salt and pepper

Pick over and wash beans, cover with water and let soak overnight. Drain, cook in boiling salted water until tender, then force through a strainer. Add remaining ingredients, shape into the form of sausages, roll in crumbs, egg, and again in crumbs. Saute until brown. Serve with tomato sauce. Makes 6 to 8 sausages, three inches long and ¾ inch thick.

CHEESE SOUFFLE

1 cup cheese
3 eggs
1 cup milk
3 tablespoons flour
3 tablespoons fat
½ teaspoon salt
Pepper

Make a white sauce of milk, flour, fat and seasonings. Add the cheese and beaten egg yolks and stir until cheese has melted and the yolks are set. Fold in stiffly beaten egg-whites. Pour into a greased dish, or individual molds, and, set in a pan of hot water. Bake in a moderate oven (350 F.) 45 to 50 minutes, or until egg white is set. Serve at once. It begins to fall as soon as removed from the oven.

Pot Roast In Jelly

5 slices cold pot roast
3 cups clear soup
1 hard boiled egg
2 small carrots, boiled
1 tablespoon lemon-juice (scant)
Salt and tabasco

Lay rather generous slices of cold pot roast in a shallow baking-dish, or shallow platter with a rim. Form a border of sliced hard boiled egg and quartered carrots around the meat. Put 3 cups of clear soup to simmer with the chopped parsley until it is reduced to 2 cups; add lemon juice, tabasco, and salt if necessary. When perfectly cold, pour over the slices of pot roast and set in refreigerator for 12 hours.

A more convenient way of making the meat jelly is by using 2 cups of ordinary soup stock, and adding to it, while hot, 1 teaspoon of geltin, dissolved in 1 tablespoon cold water.

As a rule, toast or puff paste for a garnish should not be used on the same plate with potatoes.

Rhubarb Sauce

When serving rhubarb that has been frozen after being blanched, or frozen without any preliminary treatment and packed plain, make a sauce by adding the frozen fruit to ½ cup of sugar and ⅛ cup water which has been brought to the boiling point. Cook for two minutes after the sirup comes back to boiling. When serving rhubarb prepared with sugar sirup, add the rhubarb to ⅛ cup of boiling water, bring to boil and cook two minutes.

Pumpkin Pies, Etc., In Modern Matter

We (the members of our family) are the proud possessors of an eighty year old aunt. One of those individuasl who lov es to cook and who can cook like the famous chefs (except on Bingo night, when interest leaps, from food to "what will I wear?" and "do you suppose I'll win anything tonight?") Bingo Mary she's known as on those nights.

But for the rest of the time the interest of this loveable Aunt is completely wrapped up in food, good food and plenty of it.

And so one day, in my innocence I drew her aside to extract such recipes as her luscious pumpkin pie, or that most glorious of plum puddings with the supurb hard sauce, or that stuffing for the turkey. To my complete surprise and joy, she was only too willing to cooperate.

We started with the pumpkin pie, and ended with the pumpkin pie and all I could do was to add an amen!

For the pumpkin pie it seems you take a couple of cups of pumpkin—depending on how large a pie you want—then you add a couple or more eggs, then you just keep putting in spices it seems, indefinitely, until it suits you—some ginger, some nutmeg, some mace, a smitch of this, a sprinkling of that, or a handful of something else. When you have it all together—it's supposed to taste like Aunt Mary's pumpkin pie!! And oh yes, don't forget that the oven is supposed to be slow.

Well, everyone to her own way! Personally, I'm the sort who has to know to the grain just how much of something must go in that pie to make it "just so.' And so, I do it thusly:

PUMPKIN PIE

1½ cups boiled fresh or canned pumpkin
1 cup sugar
1 cup milk
4 eggs, beaten
1 teaspoon ground ginger
½ teaspoon mace
1½ teaspoon nutmeg
½ teaspoon salt
1½ teaspoon ground cinnamon

Put pumpkin in a mixing bowl, add sugar, ginger, mace, cinnamon, nutmeg, and salt. Mix in the milk. Whip in the beaten eggs. Bake in pie crust in moderate oven one hour. Makes one deep pie.

Then—oh yes, we can go on and on from there—you know—that pumpkin that's left—possibly some put up last year — we wouldn't consider wasting a smitch of it for "nuthin.' So try one of these:

CREOLE PUMPKIN

2 cups cooked pumpkin
2 tablespoons butter or substitute
Salt
Small pinch clove
½ teaspoon cinnamon
¼ teaspoon nutmeg
1 tablespoon sugar
½ cup brandy

Mix all ingredients together and heat slowly over low flame to dry out, stirring frequently to prevent burning. Serve with pork.

PUMPKIN CUSTARD

1½ cups cooked and strained pumpkin
¾ cup brown sugar
1 teaspoon cinnamon
1 teaspoon nutmeg
½ teaspoon ginger
½ teaspoon salt
2 eggs, beaten
2 cups milk

Mix all ingredients together in order given and bake until firm in buttered custard cups se t in a pan of hot water. Bake in a moderately slow oven.

Fruit Salads For Fall Menues

In spite of the fact that we usually associate fruit salads with the summer, we eat them all the year around. Of course, they aren't quite the same as we don't have the large variety of fresh fruits in winter as in summer, but nevertheless, a fruit salad in the fall is as refreshing and tempting as one in the summer and no homemaker should overlook such a large variety of menues. Here are two however, that are typically "winter."

MOLDED RAW CRANBERRY SALAD

2 cups raw cranberries (ground)
1 package orange flavored gelatin
1 cup chopped celery
½ cup granulated sugar
2 cups hot water
Juice of 1 lemon

Dissolve gelatin in hot water. Add lemon juice and sugar and allow to cool. Chop raw cranberries, nuts and celery finely. Mix this in gelatin and put in molds. Set in refrigerator to chill.

AVOCADO - FRUIT SALAD

3 avocados
1 grapefruit
2 oranges
Lemon juice
French dressing

Prepare the avocados by cutting in half, remove large seed and peel. Slice and place on lettuce leaves. Pare and separate grapefruit into sections. Do the same with oranges. Arrange strips of grapefruit and oranges between slices of avocado. Serve with French dressing and a dash of lemon juice.

Scalloped Celery And Tomatoes

We can't go into a vegetable market, or the vegetable section of any market, for that matter, without encountering heaps of cauliflower, broccoli and Brussels sprouts—and they have been so attractive that we have been over-doing them lately so, a change is in order—but what to serve what to serve—particularly since we don't want to delve too deeply into our supply of home canned vegetables stored in the basement. Well, at that we can usually produce one jar of tomatoes and serve them with celery like this:

SCALLOPED CELERY AND TOMATOES

2 tablespoons minced onion
2 tablespoons butter or substitute
2 cups canned tomatoes
3 tablespoons quick cooking tapioca
1 tablespoon sugar
¾ teaspoon salt
⅛ teaspoon pepper
1 cup sliced celery
½ cup fine bread crumbs, buttered

Brown onion in butter. Place tomatoes in top of double boiler and bring to a boil over direct heat. Combine dry ingredients; add gradually to tomatoes and bring to a brisk boil, stirring constantly. Place immediately over rapidly boiling water and cook 5 minutes, stirring occasionally. Add onion. Place ½ of tapioca mixture in greased baking dish and cover with layer of celery, repeat, using remaining tapioca mixture and celery. Cover with crumbs. Bake covered, in moderate oven (350 F.) 30 minutes, or until celery is tender. Uncover, and bake 5 minutes longer, or until crumbs are brown. Serves 6.

Alaskan Potentialities

It has been estimated that about 65,000 square miles of Alaskan territory could be developed for farming

Hot Pack

A hot pack is now generally recommended for nonacid vegetables, for meats, and for most fruits. The food is first partially precooked, then packed hot in hot containers, and the jars filled with boiling liquid. This method allows more food to be packed into the container since the precooking shrinks food such as greens. Less time is required for heat to reach the center of the jars because the food is already hot.

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.

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