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

In cake baking, great care should be taken to use the temperatures and baking periods given in recipes since the best of batters may be ruined in the oven. If the stove is not equipped with an oven heat regulator, an oven thermometer is a great help in securing the desired temperatures.

If leafy vegetables are sandy, a considerable amount of time may have to be spent in cleaning them. It is well to keep this fact in mind when buying, and to select as dirt-free plants as possible. Discolored leaves and roots must be removed before the plants are cooked too; so try to avoid them in your purchases. Careful selection will save both time and food. Buying by weight is much more satisfactory than by measure; the amount in measure may vary so widely. Usually a peck of greens weighs from 2 to 3 pounds.

Serve grapefruit and orange sections, free from membrane on crisp water cress with French dressing.

It is a good practice to use stuffings often, not just for turkey or chicken, but between chops which have been split to the bone in the pocket left by removing the bone in a shoulder of veal, lamb, or pork, or spread and roll up inside an inexpensive steak or shoulder cutlet, or in baked fish.

For a shrimp hors d'eurvres spread 3 rounds of toast with 1 teaspoon each mayonnaise. Arrange 2 shrimps on each, with cut edges toward center. Top with 1 teaspoon mayonnaise.

Remove crusts from ½-inch slices of bread. Cut bread in cubes, brown in butter or fry in deep fat. Or brown cubes of buttered bread under broiler. Serve with soup.

There are so many uses in the kitchen for a pair of scissors that every housewife should keep a pair on a handy hook, ready for use.

To test custards, souffles, puddings, etc., to see if they are done, plunge a sharp knife through the middle. If it comes out clean, the dish is thoroughly cooked.

The spices one should have on hand for cakes and cookies are nutmeg, ginger, mace, cinnamon, allspices and cloves.

Modern pewter is usually lacquered and so should not be cleaned with any abrasive. If not lacquered, a good silver polish will take care of it. Never use gritty polishes or polishes containing acid on pewter. Rub on paste with a soft cloth and polish with an other. Wash dry and give a final a very fine whiting powder moistened with linseed oil can be used. Apply with flannel, follow with hot soap suds, dip dry, and polish with chamois or flannel.

To keep metal tops of salt shakers from corroding, cover inside with melted paraffin. Punch holes before paraffin sets.

When buying fish, estimate approximately two pounds of fish for four to six servings. Fillets or steaks like cod, halibut, etc., will serve more portions per pound than fish with bones, head and tail.

—V—

Butterscotch Pie

4 tablespoons sugar
½ cup corn starch
½ teaspoon salt
1 cup syrup
1½ cup milk, scalded
2 egg yolks, slightly beaten
4 tablespoons butter
1 teaspoon vanilla
2 egg whites
4 tablespoons sugar
1 baked, 9-inch pie shell

Mix together sugar, cornstarch, and salt. Add syrup gradually, stirring to a smooth paste. Add to scalded milk in top of double boiler, stirring constantly until mixtures thickens. Then cook 10 minutes, stirring constantly. Pour a small amount over egg yolks, stirring vigorously. Return to remaining mixture in double boiler and cook 3 minutes longer. Remove from fire, add butter and vanilla, and cool.

For meringue, beat egg whites until foamy throughout. Add sugar, 2 tablespoons at a time, beating after each addition until sugar is thoroughly blended. After all sugar is added, continue beating until mixture will stand in peaks. Turn cooled pie filling into pie shell. Pile meringue lightly on top. Bake in moderate oven (350 F.) 15 minutes, or until delicately browned.

—V—

To beat egg yolks, separate yolks from white of egg and either stir well with a fork or beat with a rotary beater until they are frothy and their color becomes light yellow.

—V—

Canned foods should be stored in a moderately cool place; away from stoves, steam pipes, or radiators.

Roast Goose With Baked Apples For A Gala Dinner

Whether you save the goose for a special dinner or not, it will be a gala affair, and will certainly be just the thing to solve the problem if you are having a company dinner, and just don't want another chicken.

ROAST GOOSE WITH BAKED APPLES

8 pound goose
2 quarts bread crumbs
2 onions, chopped
2 tablespoons fat
1 teaspoon sage
2 teaspoons salt
Dash of pepper
6 to 8 apples
¼ cup brown sugar
3 cooked mashed sweet potatoes

Cook the giblets until tender chop and mix with bread crumbs, onions, fat, salt and pepper. Clean and wash goose thoroughly, but do not stuff. Prick through skin into fat layer around legs and wings. Heat in moderate oven (375 F.) for 15 minutes. Cool to room temperature and repeat 2 more times. Drain off fat. Rub inside of goose with salt, stuff and truss. Place in a roaster and roast uncovered in slow oven (325 F.) until tender, about 25 minutes per pound. Wash and core apples; sprinkle and place in pan with goose 1 hour before goose is done. Serve hot with the goose. Serves 8.

—V—

Beef Broth With Tapioca

1 pound beef, diced
7 cups cold water
1 cup carrots, diced
¼ cup celery, diced
1 slice small onion
Small piece bay leaf
1¼ teaspoon salt
2½ teaspoon quick-cooking tapioca

Cover meat with cold water and bring slowly to boiling point. Simmer gently 3 hours. Add vegetables and seasonings and cook 30 minutes. Strain. Chill; remove fat. Bring to a boil; add tapioca gradually and boil briskly about 1 minutes, stirring constantly. Serve hot. Serves 4 to 6.

A clearer soup is secured by putting meat into boiling water and reheating until water boils. Drain. Then cover meat with cold water, simmer 3 hours, and continue as above.

—V—

Stuffing Can Act As "Stretcher"

By taking a small chicken, duck or meats—and adding a tasty stuffing, you have added a "stretcher" that is also a treat. For stuffing pork, chicken duck, green peppers, or tomatoes, try an

ONION STUFFING

1 cup onion, finely chopped
½ cup boiling water
2 teaspoons poultry seasoning
3 cups soft bread crumbs
1 egg, slightly beaten
½ cup melted butter or margarine
¾ teaspoon salt
Dash of pepper

Parboil onions 10 minutes in boiling water, add poultry seasoning, and cock 2 minutes longer. Use day old bread, Combine bread crumbs, egg, butter, salt, and pepper. Add onion. Mix well.

For vegetables, lamb, veal, beef, or poultry use a

CELERY STUFFING

3½ cups soft bread crumbs
½ teaspoon salt
¼ teaspoon sage
⅛ teaspoon thyme
Dash of marjoram
¼ teaspoon pepper
4 tablespoons melted butter or margarine
2-3 cup hot milk
¾ cup celery, finely cut

Combine bread crumbs and seasonings. Add butter, tossing with fork, then add milk and celery. Mixing lightly.

—V—

Meat And Vegetable Pie

1 onion, diced
2 tablespoons fat
2 cups cubed cooked meat
1½ tablespoons flour
1¼ cups milk or gravy
1 tablespoon Worcestershire sauce
1 cup cooked peas
1 cup sliced cooked carrots
1 cup sauteed mushrooms
Salt and pepper
½ recipe pastry

Brown onion in fat and add meat. Brown well. Remove meat and onion from skillet and add flour, milk or gravy and Worcestershire sauce to remaning fat. Blend well. Fill greased baking dish with meat, vegetables and sauce; season and cover with pastry. Make several gashes in pastry to permit steam to escape. Seal around edges by pressing with a fork. Bake in a hot oven (425 F.) until crust is brown, about 30 minutes. Serves 6.

—V—

To avoid overcooking asparagus tips, tie stalks in bundles of serving size. Stand butt-ends in boiling water to cook partially, then lay bundles flat, and cook until tender.

Every sink or washbowl should have a stopper so that the bowl can be used conveniently without the wasting of running water. If you don't have the built-in type, you need either push-in stoppers or the round, flat kind that works on the suction principle. Lost stoppers hurt the war program—save those you have by attaching each one to its basin with a length of bead chain.

—V—

Chicken fat gives a good flavor to round steaks, veal chops, or cutlets. It may be used in place of butter in brownies, and may be used with butter in making plain rolled cookies.

—V—

Uncle Ab says the man who wrongs you always fears and dislikes you.

Our New Year Resolution*

"To do something more every day to speed the hour of victory"

*Nothing else is so important

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...LOTS OF ITEMS TOO NUMEROUS TO MENTION...

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