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

THREE MEALS A DAY

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

Stone dates or prunes and stuff them with fondant which has been colored pink and flavored with rose water. A whole nut-meat should be inserted with the fondant.

All glandular organs (meat) require careful cooking at low temperature. Overcooking toughens them and destroys their delicate flavor, making them almost tasteless.

Use cookie cutters in any small design to cut sliced bread for toasting on a cookie sheet or large pan. **Or use the cutters on biscuit dough** and bake or fry in deep fat. These make very nice soup accessories

Fish stews are made of milk and the juice of the fish which gives flavor to the soup. They differ from the cream soups in that they need not be thickened, though they often are, and from the chowders in being less complex in composition.

Mix peanut butter with chilli sauce to form a paste. Spread slices of hot brown bread or toasted graham bread with butter, add the mixture and put the slices together with crisp lettuce leaves between. Garnish with slices of dill pickle.

A slow drip, from one faucet can waste ten gallons of water a day. That water may cost you money on your water bill. If it's hot water, you're wasting the fuel needed to heat it.

Warm air heating systems will give more satisfaction if grills are removed from the registers from time to time, and accumulated dirt thoroughly wiped off the inside. These should be replaced tightly to prevent streaks on the walls. If your warm air system does not have a return duct in each room, you must leave room doors open in order to get proper air circulation and warmth. And don't block duct outlets with prieces of furniture.

The hose you now have will give you good service "for the duration" if cared for and repaired. Get extra life from garden hose by these seven simple "stunts." 1. Drain thoroughly after using. 2. Roll into large loose coil, avoiding sharp bends. 3. Store coil flat in a cool dry place, perferably the cellar. If hose is hung, put over gasket or rounded object to prevent sharp bends. 4. Don't let the hose trail through oil drippings when using. Oil eats rubber. 5. Don't pinch, bend or double up hose to stop water flow, even for a minute. This strains and wears out the hose. Walk over to the valve instead. 6. Don't step on, drive over, or roll things across your hose, whether or not in use. 7. Don't leave hose exposed in sun; the rubber dries out.

When pan broiling, the meat is placed in a sizzling hot skillet and browned on both sides. Reduce temperature and cook until as well done as desired, turning from time to time.

One should always read paint labels for special instruction before using. Many modern paints have been developed for certain purposes only or are compounded so that special instructions must be followed for highly satisfactory results. Take advantage of the manufacturer's research to make your painting jobs easier.

Protect the finish on tables, etc., by occasional waxing, following directions on cans or bottles labeled for furniture or automobile use. Keep good furniture away from open windows or hot radiators as heat and moisture hurt wood.

To clear soups, take the stock from the top of the bowl, being careful to avoid any sediment which may have escaped through the sieve and settled on the bottom of the bowl. This sediment is a valuable food and should be saved for gravies or soups which are not necessarily clear. Clarify this stock if a translucent, sparkling soup is desired.

—V—

Poached Eggs

Heat salted water just to boiling in deep frying pan. Break eggs, one at a time, into saucer and slip carefully but quickly into water. Water should cover eggs. Cover, remove from fire, but keep hot until white is set and a thin film is formed over yolks. Remove eggs with skimmer. Place on slices of buttered toast. Sprinkle with salt and a dash of pepper. Serve immediately. Egg poachers or muffin rings may be used. The rings should be butered, placed in water and each egg slipped into a ring.

Eggs may also be poached in a double boiler in hot water, hot milk, or a thin white sauce.

—V—

Pulpwood Substitutes for Cork

Pressed pulpwood is being used to a considerable extent as a substitute for cork, procelain and iron —thus releasing more of these basic materials for our war effort.

Temperatures For Deep Fat Frying

Doughnuts — Fritters — (Uncooked Mixtures) — 370 degrees, 3-5 minutes.

Croquettes — Oysters — (Cooked Mixtures) — 380 - 390 degrees F.— 1 minute.

Potatoes, Raw — 350 - 395 degrees F. 2-8 minutes.

A deep fat thermometer takes away the guesswork, but the Bread Test can be used.

Bread Test—When an inch cube of bread fries to a golden brown in 40 seconds the fat is hot enough for cooking mixtures. When it fries to a golden brown in 60 second, the fat is hot enough for uncooked mixtures.

—V—

Eggplant Oriental

Here is one more recipe for the preparation of an eggplant. If you haven't tried this one before, it will prove to be a favorite with the entire family—just try

EGGPLANT ORIENTAL

- 1 small or ½ large eggplant
- 2 tablespoons butter or fat
- 1 tablespoon flour
- 1¼ cups canned tomatoes
- 1 teaspoon grated onion
- 1 teaspoon sugar
- ¼ teaspoon salt
- Dash of pepper

Peel eggplant and cut into 1-in. cubes. Boil in salted water for 5 minutes. Melt butter and blend in the flour. Strain can of tomatoes and gradually stir in the juice to form a smooth paste. Add onion, sugar and seasonings. When slightly thickened, add the drianed eggplant and the tomato pulp. Simmer gently for 5 minutes and serve. This makes 4 servings.

—V—

Stretching Of Recipes To Make Ration Quota Meet

It's unquestionably a major problem in mobile strategy for the chief menu planner to fit the family's quota of ration stamps into a menu-planning scheme that allows for the quickly expandable hospitality that's likely to be the most important kind these wartime days. One effective way to make provision for unexpected opportunities to entertain is to develop a file of stretcher recipes that can be prepared in jig time. Quick-frozen vegetables are a good place to start building your wartime stretcher recipe file. You can count on their garden-fresh flavor to give distinction to your menu, and they provide first aid to hurry-up cooks, being literally work-free because all the jobs of cleaning and sorting are disposed of before quick-freezing seals in their full quota of flavor and vitamins. By utilizing stretcher technique, you can easily expand your ration point investment in quick-frozen delicacies to provide a festive treat for extra mouths at short notice.

SCALLOPED PEAS AND EGGS

- 1 (12 oz.) package quick frozen peas
- 4 hard-cooked eggs
- 3 tablespoons butter or margarine
- 2 teaspoons minced onion
- 2½ tablespoons milk
- 1¼ cups milk
- 6 tablespoons vegetable liquor or vegetable liquor and milk
- Salt and pepper to taste

Cook quick-frozen peas according to directions on box. While cooking, melt butter in saucepan. Add onion and flour and stir to a paste. Add milk gradually, stirring constantly. Cook 2 minutes or until thickened, stirring constantly. Measure liquor, drained from cooked vegetable, adding milk if necessary to make up the amount. Add to white sauce and blend. Season with salt and pepper. Arrange seasoned drained peas, white sauce and sliced egg in alternate layers in greased casserole. Sprinkle generously with buttered crumbs. Place in pan of hot water and bake in hot oven (450 F.) about 20 minutes, or until browned. Serves 4 to 6.

One thing to remember is that if you add milk and eggs to a vegetable dish, you have a satisfactory meat substitute and so can pile up your red coupons for another day.

CORN PUDDING

- 1 tablespoon melted butter
- 1 tablespoon flour
- 1½ teaspoon salt
- ½ teaspoon sugar
- ⅛ teaspoon pepper
- 1½ cups rich millk
- 1 teaspoon scraped onion
- 1 tablespoon chopped pimento
- 2 eggs, slightly beaten
- 1 box (10 oz.) golden sweet corn, thawed

Combine melted butter, flour, salt, sugar, and pepper. Add milk slowly, stirring until smooth. Cook until thickened, stirring constantly. Remove from fire, add onion, pimento, eggs and corn, and mix well. Turn into baking dish. Set dish in pan of hot water and bake in moderate oven (350 F.) 1 hour, or until set. Serves 4 to 6.

—V—

In making soup stock, cut the meat in small pieces and saw or crack the bone. This is done to increase the surface exposed to the action of hot water.

Four-Fruit Sherbet

After a heavy meal, between meals or at bed time there is always something particularly cooling and pleasing about a sherbet. And much to everyone's surprise, a sherbet is a simple thing to make, even one as fancy as this—

FOUR-FRUIT SHERBET

- 4 cups sugar
- 4 cups water
- 1½ cups orange juice
- 1 cup lemon juice
- ½ teaspoon salt
- 4 bananas, mashed
- 6 maraschino cherries, finely cut
- 1 egg white, slightly beaten

Cook sugar and water together 5 minutes. Cool. Add fruit juices and salt, then bananas, mashed with silver fork. Let stand 1 hour. Rub through coarse sieve. Add cherries and egg white. Freeze, using 8 parts ice to 1 part salt. When hard to turn, clear away ice from top of freezer. Remove dasher. Pack ice solidly into can, cover with waxed paper, adjust lid, and fit cork into hole at top to keep out brine. Repack freezer, using 4 parts ice to 1 part salt. Let stand until ready to serve, draining and repacking if necessary. Makes 3 quarts sherbet.

—V—

Cookies

- ¾ cup butter or substitute
- ¾ cup shortening
- 2 cups medium brown sugar
- 4 eggs
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- 5 cups flour

Cream the shortening together and with the sugar. Add the well-beaten eggs and beat well. Sift all the dry ingredients together and add to the first mixture. Pack the dough into a butter carton, or form into roll. Wrap in wax paper and put in the coldest part of the refrigerator for several hours. Slice as thin as possible with a very sharp knife, place on a greased baking-sheet, and bake for ten minutes in a modearte oven (375 F.) A part of the mixture may be baked and the remainder kept in the refrigerator for later use.

PEANUT COOKIES

- ¼ cup shortening
- 1 cup brown sugar
- 2 eggs
- ¼ cup milk
- ½ teaspoon salt
- 2 cups flour
- 2 teaspoons baking powder
- 1 cup chopped peanuts

Melt shortening; add brown sugar, eggs and milk. Add sifted salt, flour and baking powder, and chopped peanuts. Drop by teaspoonsful on greased pans, an inch or two apart. Place a half peanut on each and bake in a quick oven (400 F.)

—V—

New Dishes From Left-over Chicken

With chicken unrationed, most families buy one whenever possible —not merely to stretch those meat points, but because a chicken is so good in itself. Then comes the question of left-overs, and since everyone wants to make a new dish of a left-over we suggest—

CHICKEN SOUFFLE

- 1 cup milk
- 1 heaping tablespoon butter
- 1 heaping tablespoon flour
- Salt, pepper
- ¼ cup soft bread crumbs
- 1 cup chicken
- 2 eggs, separated

Melt the butter, add the flour and the hot milk gradually, then the seasonings. Stir in bread crumbs and cook a few minutes. Then remove from fire and stir in beaten yolks. Add the chicken cut into small pieces Lastly, fold in the whites of eggs, beaten. Put in buttered baking dish and bake from 20 to 30 minutes in an oven (350 F.)

JELLIED CHICKEN SALAD

- 2 cups chicken cut into cubes
- 1 cup celery, cut fine
- 1 pimento, cut fine
- 1 tablespoon gelatin
- ¼ cup cold water
- 1½ cups clear chicken soup
- ½ cup mayonnaise

Soak the gelatin in the cold water, then dissolve in the hot soup. Set on ice until it begins to naise, and then fold in the mayonnaise, and then the chicken, celery, and pimento. Put in individual molds. Serve on crisp lettuce with additional mayonnaise. Garnish with stuffed olives.

—V—

Death Payments

A new high was established in 1943 in life insurance death payments, totaling $1,247,980,578, an increase of $112,213,761. Payments to policyholders, the lowest since 1929 as a result of wartime prosperity, totaled $1,515,309,891.

—V—

Speed Changes

Enzymes, naturally present in fresh fruits, vegetables and meats, accelerate changes in these products. They cause fruits and vegetables to ripen normally, but later hasten decay. Cooking and canning readily destroy enzymes. Therefore, the quicker the products can be canned the more effectively the texture and fresh flavor is retained. In products such as fresh peas and sweet corn these enzymes work very rapidly and sweetness is lost with each succeeding hour.

A Well Seasoned Dish For A Meatless Menu

Here is a very well-seasoned dish of tomatoes and peppers that will be excellent to serve for a meatless menu:

TOMATOES AND GREEN PEPPERS WITH RICE

- 6 large ripe tomatoes
- 2 medium-sized onions
- 2 green peppers
- ½ pod red pepper
- 1½ tablespoons butter
- Salt and pepper
- Rice ring

Chop the onions and fry them in the butter. When beginning to brown add the chopped green peppers and cook until tender. Peel and chop the tomatoes; add them to the fried vegetables; add red pepper, with most of the seeds removed, and simmer very gently for 40 minutes. Season with salt and extra pepper, if the red pepper has not made the dish hot enough Serve on a hot platter in the center of a rice ring.

—V—

Biscuits

- 2 cups sifted flour
- 4 teaspoons baking powder
- 4 tablespoons fat
- ½ teaspoon salt
- ¾ to 1 cup milk or water

Sift dry ingredients; cut or rub in fat until mealy. Add milk gradually to make a soft dough. Knead lightly for a minute. Roll or pat to ½-inch thickness. Cut and bake on shallow pan in hot oven, 450 degrees, for 12-15 minutes.

CHEESE BISCUITS—Add ¼ cup grated cheese to dry ingredients.

CORN MEAL ROLLS—Substitute ½ cup corn meal for 1 cup of the flour; omit 1 teaspoon baking powder add 1 egg. Brush with butter, crease, and fold like Parker House Rolls.

CINNAMON BISCUITS — Roll dough out in a sheet, brush with butter; sprinkle thickly with sugar and cinnamon. Roll up and cut crosswise in inch slices. Bake on a greased sheet.

SHORT CAKE—Add 2 tablespoon fat, 3 tablespoons sugar and 1 beaten egg to biscuit recipe.

ORANGE BISCUITS — Place a lump of sugar soaked in orange juice on top of each biscuit. Makes 16-20 biscuits.

—V—

Fruit Pudding

- 1 cup mixed dried fruit
- ¾ cup sugar
- 1 tablespoon melted butter
- ½ cup fruit juice
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 3 tablespoons lemon juice
- ½ cup chopped nuts
- 1½ cups soft bread crumbs

Soak dried fruit, place in saucepan, cover with water and cook until tender. Drain; then cut the pulp in small pieces and measure. Place fruit in a mixing bowl. Add the sugar, melted butter, lemon and ½ cup fruit juice to the pulp and mix well. Stir in the bread crumbs, baking powder and chopped nuts. Pour into a greased baking dish, cover and cook with rest of the meal. Serve with creamy or hard sauce. Servings: Approximately 6.

—V—

Icebox Cookies

- 1 cup butter (see note)
- 2 cups brown sugar, slightly packed
- 2 eggs, beaten
- 2 teaspoons vanilla
- 3 cups sifted flour
- ½ teaspoon salt
- 2-3 teaspoon soda
- 1 cup walnuts

Cream butter; gradually add sugar, which has been rubbed through a sieve. Add eggs, and blend well. Stir in flour, salt and soda, which have been sifted together. Add nuts and vanilla. Chill in refrigerator; then shape into rolls, about 2 inches in diameter. Wrap in wax paper; place in Refrigerator until very firm. Cut ¼-inch slices and bake on cookie sheet at 375-400 degrees for 9-12 minutes, or until a delicate brown. Remove from sheet while hot. The dough may be kept several days in refrigerator.

NOTE: ¼ tsp. baking powder may be substituted for soda. Other solid fat may be substituted for 2-3 of the butter.

VARIATIONS: Add 1 square melted chocolate to half of the dough. Roll out vanilla-flavored dough, spread chocolate dough on top of it. Roll the two together like a jelly roll, wrap, chill, and cut in thin slices. Makes about 5 dozen cookies.

—V—

Squabs are best when four weeks old and when weighing from ½ to ¾ pound.

—V—

Future Building

The economical way of building the bathroom and kitchen of the near future may be to fabricate these rooms in the factory and ship them complete to the building site, some say. As built by presentday methods, these two rooms require more skilled manipulation, more experienced men to assemble on the job than any other rooms of the house. Now plastics cements may even make it possible to build without nails

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