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

Leaks in water tanks or boilers can be sealed (1) by slipping the head of a toggle bolt through the hole, adding rubber gasket and brass washer on the outside and thoroughly tightening nut; or (2) with a screw tap plug of the proper size.

Butter slices of toasted bread. Cover with thin slice of boiled ham or bacon, spread with mustard, and cover with a layer of thinly sliced or grated cheese. Place the slices in the oven until the cheese is melted. Garnish with minced parsley and serve at once.

For a breakfast suggestion, cut old fashioned country sausage in thin rounds, fry to a delicate brown and serve between hot pancakes of the same size as the sausage slices.

Clam broth may be served hot or cold, in cups with a heaping teaspoon of whipped cream, into which has been beaten a little salt and pepper, placed upon the top of each cup. The cream adds richness to the flavor of the soup and increases its nourishing properties.

Venetian blinds can be made to last indefinitely if properly cared for. Brush off each slat individually, every week, with a soft Venetian blind brush, or use your vacuum cleaner attachment. Wipe with a moist (not wet) cloth if desired, and dry promptly. Do not wet the slats or other parts. Look at the cords when you clean. If you notice the beginning of wear or fray, don't wait until the blind collapses. Call the dealer you bought from, who knows the right way to repair his blinds.

For kindeys en Brochette split the kidneys, put over the fire in cold water and bring to the boiling point rapidly. Drain. wipe and slice each half. Arrange these slices on small metal skewers, alternating with slices of fat bacon the same size. Boil quickly and serve on toast, leaving the skewer in.

Frozen pudding consists of plain ice-cream to which a combination of fruit and nuts with crumbs, cake-crumbs or powdered macaroons is added.

Rips in upholstery can be mended almost invisibly by applying a piece of adhesive tape a little longer than the tear or rip, underneath the fabric, sticky side up. Press the torn edges together closely and firmly, with the ravelled threads underneath.

Pare and core the required number of apples and bake, steam or boil in sirup until tender. Cool. Cover the bottoms of individual molds with lemon jelly, put in apples and cover with jelly. Unmold and serve with meringue or whipped cream.

To blanch almonds, shell the nuts and pour boiling water over them. Let them stand from two to five minutes, until the brown skin can be slipped off with the fingers. Pour off the water and remove the skins.

Chopped vegetables, celery, cabbage, carrots, etc., for sandwiches, will stick to the bread better if made into a paste with chopped hard-boiled egg and mayonnaise.

After baking or boiling, leave the oven door open to allow cooling and escape of moisture. Don't store food in the oven—it won't preserve the food and may cause rust in the oven.

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 smal containers (preferably metal for sturdiness) such as typewriter ribbons or some types of camera film cove in. Small screw-top glass jars with wide mouth are equally suitable.

Cheese Souffle

3 tablespoons tapioca
1 teaspoon salt
1 cup milk
1 cup grated cheese
3 egg yolks, beaten until thick and lemon-colored
3 egg whites, stiffly beaten

Combine tapioca, salt, and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (alow 3 to 5 minutes), and cook 5 minutes, stirring frequently. Add cheese and stir until melted. Remove from boiling water; cool slightly. Add egg yolks and mix well. Fold in egg whites. Turn into greased baking dish. Place in pan of hot water; bake in moderate oven (350 F.) 50 minutes, or until firm. Serves 6.

When made with tapioca and properly baked, souffles do not fall, but stay tender, moist, and light while being served.

If You Have Just A Little Sugar Treat Your Family To Cake

Have you ever seen it to fail—when the sugar can is so low in contents that you can actually see the bottom—that is the one sure time that friend husband is going to put in a special request for his favorite chocolate cake! The saying that "they'll do it everytime" is only too, too true!

There are two things the housewife can do under the circumstances—(1) she can wring her hands and spend the remainder of the day trying to figure out where all that sugar went so that she can prove to her husband that she hasn't been extravagent, but that the sugar is just gone, so no cake, or (2) she can just calmly go about baking him a low sugar chocolate cake. Some men just can't seem to understand how it is with rationed articles, so sometimes it's just no use trying to explain, but, since explanations and excuses aren't understood, it's the wise wife who has a second iron in the fire.

LOW SUGAR CHOCOLATE CAKE

1¾ cups sifted cake flour
1½ teaspoons soda
½ teaspoon salt
¾ cup butter or shortening
4 tablespoons sugar
1 cup corn syrup
2 egg yolks, unbeaten
2 squares, unsweetened chocolate, melted
2-3 cup milk
1 teaspoon vanilla
2 egg whites

Sift flour once, measure, add soda and salt, and sift together three times. Cream shortening, add sugar and cream well. Add syrup gradually, by tablespoon at first. beating very hard after each addition to keep mixture thick. Then add ¼ of the flour and beat until smooth and well blended. Add egg yolks, one at a time, beating well after each. Add chocolate and blend. Add remaining flour in thirds, alternately with milk in halves, beating very well after each addition. Add vanilla and beat the mixture well again. Beat egg whites until they will hold up in moist peaks. Stir quickly but thoroughly into batter. Batter in two greased 9-inch layer pans in moderate oven (350 F.) 25 minutes, or until done. Spread fluffy Seven Minute Frosting between layers and on top and sides of cake.

FLUFFY SEVEN MINUTE FROSTING

2 egg whites, unbeaten
1½ cups light corn syrup*
Dash of salt
1 teaspoon vanilla

Combine egg whites, salt and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with roatory egg beater, and cook 7 minutes; or until frosting will stand in peaks. Remove from boiling water, add vanilla and beat until thick enough to spread.

*You may substitute 1 cup light corn syrup, ½ cup sugar, and 5 tablespoons water; or ¾ cup light corn syhup, ¾ cup sugar and 5 tablespoons water.

Vegetable Soup

½ cup carrots, diced
½ cups celery, diced
½ small onion, minced
4 tablespoons butter
1½ quarts water
2 teaspoons salt

Place carrots, onion, celery and butter in pan and stir and cook on top of stove until browned. Add remaining ingredients, pepper is optional, cover and cook in oven with rest of meal. Approximately servings 6.

VEGETABLE SOUP

1. Cut soup meat in small cubes, dredge with flour and brown in fat soup kettle. Add water and vegetables. Cover and cook.
2. Substitute sliced okra, peas, or beans.
3. Substitute tomato for part of water.
4. Add chopped cabbage and beets.
5. Substitute 1½ cups thinly sliced onions for all other vegetables.

Apricot Tapioca

Something quick and something good—every housewife has a time when such a dessert is what she needs—so try this—

APRICOT TAPIOCA

⅓ cup quick cooking tapioca
½ cup sugar
¼ teaspoon salt
2 cups boiling water
2 cups cooked apricot pulp
2 tablespoons lemon juice

Combine dry ingredients; add to water in top of double boiler, bring to brisk boil; stirring constantly. Place over rapidly boiling water, cook 5 minutes, stirring occasionally Cool slightly — mixture clears and thickens as it cools. Add sweetened apricot pulp and lemon juice. Chill. Serves 6.

Black Bean Soup

2 cups black beans
1 small onion, sliced
3 tablespoons butter
2 quarts cold water
2 stalks celery, diced
1½ tablespoons flour
¾ teaspoons salt
⅛ teaspoon pepper
¼ teaspoon mustard
Dash of cayenne
1 tablespoon lemon juice
2 hard-boiled eggs, finely diced
1 lemon, thinly sliced

Wash beans and soak overnight. Saute onion in 1½ tablespoons butter 5 minutes. Drain beans. Add cold water, onion, and celery. Simmer 3 to 4 hours, or until beans are tender, adding water as needed. Remove from fire and force through fine sieve Melt remaining 1½ tablespoons butter, add flour, and stir until smooth. Add a small amount soup mixture, stiring well. Combine with remaining soup mixture. Reheat to boiing, stirring frequently, and add seasonings. Add lemon juice to eggs and let stand a few minutes to season. Serv soup, garnishing each portion with a small amount of egg and a slice of lemon.

Boiled Fish

1 pound whole fish or
2 pounds fish steaks
2 quarts water
½ lemon
½ pod red pepper
1 large carrot
1 large onion
1 bay leaf
4 sprigs parsley
Celery tops
1 tablespoon tarragon vinegar
10 grains whole black pepper
1 teaspoon salt

Put the cold water in a saucepan with vegetables and lemon (all sliced), bay leaf, vinegar, salt and boil gently for 15 minutes. Have the fish cleaned and washed, but not split, and with head and tail on; place fish on pyrex dish and tie both plate and fish in cheese cloth hung into the water just below boiling point five to ten minutes to the pound for small thin pieces and ten to fifteen minutes to the pound for large pieces.

Bass, trout, halibut, cod, haddock and salmon are among the fish suitable for boiling.

More Chicken In Still Another Grand Way —Maryland Style

When we stop to consider how, when points are low, we rely on the chicken to give us a very good, full meal—we must make a note to remember her with thanks—all through the years to come. At the same time. we must make a note to serve her in various and assorted ways so that we don't run the risk of tiring the family. How terrible it would be to plan chicken for Sunday only to have the family greet it with "what, chicken again?" "Ugh!" How much nicer to have it greeted with "AAahh chicken!" So changing from the casserole, to the roaster, to a fricassee, we finally come to

CHICKEN, MARYLAND STYLE

2 chickens
Flour
Salt and pepper
Bread crumbs
1 cup milk or cream
½ cup mild fat
2 eggs

Clean and disjoint young chickens leaving the breast whole. Put the necks and giblets into cold water and simmer to obtain a cup of stock for the gravy. Sprinkle each piece of chicken with salt and pepper, dip in flour, beaten eggs and soft crumbs and place in a greased pan. Bake in hot oven (480 F.) from 30 to 40 minutes, basting frequently with one-fourth cup of fat melted in one-fourth cup of hot water.

When chicken is done, make a gravy from the fat left in the pan, stirring in two tablespoons of flour, one cup of milk or cream and the cup of stock made from the giblets. Add a few button mushrooms if desired. Serve the chicken with the gravy poured around it.

Three-Minute Meringue

(Unbaked meringue. Substitute for whipped cream on jelled fruit pies)

2 egg whites, unbeaten
2 tablespoons water
½ cup sugar
Few drops vanilla or almond cream
Dash of salt

Put egg whites, sugar, salt, and water in upper part of double boiler. Beat with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, and beat 1 minute; then remove from fire, and continue beating 2 minutes longer, or until mixture will stand in peaks. Add flavoring. Beat well Spread over top of jellied fruit pies or tarts. Sprinkle with coconut.

The Youngsters Are Always Ready For A Good Chocolate Drink

On cold days you'll find the youngsters full of play. You'll find too, that they're always ready to raid the refrigerator for milk and chocolate syrup, and if you have ice cream stored away, that too can go towards making a very extra-special drink. You'll be the toast of the "garg."

CHOCOLATE SYRUP

3 squares unsweeted chocolate
2-3 cup water
½ cup sugar
Dash of salt
½ cup corn syrup
½ teaspoon vanilla

Place chocolate and water in saucepan. Cook sugar and salt; bring to a boil and boil gently 2 minutes, stirring constantly. (For a thicker sauce boil 4 minutes). Add corn syrup and bring again to a boil. Remove from heat. Cool slightly, then add vanilla. Turn into jar; cover tightly. Keep in refrigerator. Makes about 1½ cups syrup.

COCOA SYRUP

1 cup breakfast cocoa
½ to ¾ cup sugar
½ to ¾ cup corn syrup
¼ teaspoon salt
1 cup cold water
2 teaspoons vanilla

Combine cocoa, sugar, syrup, and salt in saucepan. Add water slowly and place over low flame, stirring until smooth; then boil gently 3 minutes, stirring constantly. Add vanilla. Turn into jar; cover tightly. Keep in refrigerator. Makes about 2 cups

CHOCOLATE MILK SHAKE

1 cup chilled milk
2 tablespoons chocolate or cocoa syrup

Add milk slowly to syrup, stirring constantly. Beat or shake well. Pour into tall gass and serve at once. Serves 1.

Chicken Croquettes

2 cups cooked chicken
4 tablespoons chooped mushrooms
1 teaspoon salt
½ teaspoon pepper
1 teaspoon parsley
½ teaspoon onion-juice
2 tablespoons fat
1 tablespoon flour
1 cup milk or cream
4 eggs

Mix the chicken, mushrooms, salt, pepper, parsley and the onion and lemon juice. Make a white sauce with the fat, flour and milk or cream. Add the chicken, and cook for three minutes. Stir in two of the eggs beaten until light. Take from the fire immediately, pour into a greased, flat dish and set in a cold place for an hour or so. The colder the mixture becomes, the better it may be handled. Shape into cutlets, either in molds or with a knife, and sprinkle both sides of each cutlet with fine crumbs. Beat the other two eggs in a deep plate. Dip the cutlets in the egg, then in crumbs, put them in a frying basket, not crowding them, and cook in deep fat (375-390 F.) from two to five minutes. Serve with mushroom sauce.

Baked Eggplant With Cheese

Even though we seldom ever serve eggplant as often as say, peas—when we do plan to have one for dinner it will be a good and very tasty idea to serve it in a way different from our usual way. A change is always a pleasing surprise.

BAKED EGGPLANT WITH CHEESE

1 large eggplant
¾ cup Italian tomato sauce
4 tablespoons butter or substitute
Grated Parmesan cheese
Salt

Peel the eggplant, slice it and sprinkle well with salt to extract the bitter juices. Let stand 1 hour, then wash and drain. Heat 3 tablespoons of butter in a large frying pan and fry the slices until they are a light brown on both sides. Cover the bottom of a baking dish with the slices, pour a little of the Italian tomato sauce over them, and prinkle lightly with Parmesan cheese; put in the remainder with the rest of the sauce, and sprinkle more cheese over all. Dot with butter and bake in a moderate oven ¼ hour.

One-Egg Cup Cakes

1 cup sugar
1 cup milk
4 tablespoon shortening
1 egg
4 teaspoons baking powder
2 cups sifted cake flour
¼ teaspoon salt
1 teaspoon flavoring

Sift flour, baking powder, and salt together 3 times, Cream shortening; add sugar gradually. Add sifted dry ingredients alternately with the milk. Stir enough to make a smooth batter. Add flavoring. Fill well-greased muffin pans 2-3 full, and bake at 375 degrees for 15-20 minutes, 1½-2 dozen.

Note: If desired, this batter may be baked in layers or in a sheet pan.

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