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

Covers keep lampshades clean and new for many extra months. When you buy a new shade, that is transparently wrapped, do not take off the wrapping. You can use the shade for months before the wrapping will loosen—and when you do take it off, the shade will still be new. Then, a transparent cover will keep the shade new and clean still longer. When soiled, most lampshades are difficult if not impossible to clean—so protect your shakes for longest life.

Cleaning of electrical appliances should always be done with a polishing cloth or brush. Never put any electrical appliance into water to "wash" it. Stubborn outside stains may be removed with a damp, well-squeezed -out cloth, and appliance should be polished dry at once. Never clean an appliance until you have first pulled out the wall plug.

When replacing fuses, be sure the hands are dry and that you are not standing on a damp or wet spot on the floor unless wearing rubbers.

If you're going to paint kitchen furniture or walls, these surfaces are sure to be covered with an invisible grease film. Clean the surface well, using either paint cleaners or cleansing powders labeled for such use. Washing with soap solution is likly to leave a film just as objectionable as the original grease, which will cause the paint to peel later.

To get the best painting results follow these rules: (1) remove all drawers, handles and other hardware—finish them separately and put back after the whole job is done. (2) Remove the old paint or finish with a paint remover, cleaning a small area at a time and working in the direction of the grain—or at least clean and wash the surfaces thoroughly and sandpaper all rough areas until smooth. (3) Use the proper materials. Enamels are most satisfactory for most household furniture. Stains should be used only on new unpainted surfaces. To maintain natural wood color, apply linseed oil to new wood, and wax when dry. (4) Apply with the right brush. You need a small brush for fine work, a two or three-inch brush for larger surfaces. Six-inch brushes are for painting houses, not furniture. The salesperson at the paint brush counter can recommend proper brushes for the exact work you want to do. (5) Paint with long, slow, even strokes, "flowing" from the top down to the bottom in order to avoid run-back drip marks and brush marks. (6) Let the paint dry completely before using the furniture or adding a second coat. Waxing will protect the painted surfaces and make them last for a longer time.

If not attend to promptly, loose linoleum edges get kicked and scuffed curl up and break off, making it necessary to buy new floor covering. Save by cementing down loose edges as soon as you notice them. Life up the seam at the loose part and brush out all dirt. Apply linoleum cement (nothing else will do) to the floor, press back the linoleum and place a weight entirely covering the repaired portion for at least overnight so that the linoleum will be firmly secured. Do not repair with tacks or nails—they break and crack the linoleum.

Patent leathers (which are waterproof) are most easily cleaned with a dampened cloth and neutral soap, then dried. Petroleum jelly applied to patent leather helps to prevent cracking.

Black and tan shoe polish stains can be removed with a cloth and carbon tetrachloride. Whites come off with a stiff brush. If brush doesn't work, moisten fabric surface with cold water, let dry, and brush again.

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About Meringues

Successful meringues are fluffy, tender, and fine-textured. They do not separate from the pie filling, become watery, or shrink. For a 9-inch pie, allow 4 tablespoons sugar to 2 egg whites. Beat egg whites until foamy throughout. Add sugar, 2 tablespoons at a time, and beat after each addition until the sugar is thoroughly blended. When all sugar is added, continue beating until mixture will stand in peaks. Pile lightly on filled pie, and bake in moderate oven (350 F.) 15 minutes. The foamy stage to which the whites are beaten, the thorough beating, and the moderate temperature are essential to a successful meringue.

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Stopping Use of Steel Drums

By halting the use of steel drums to pack some 200 products, the U. S. will save enough steel to build two 35,000-ton battleships and at least ten hard-hitting destroyers.

Apple Salads Possess A Pleasing Personality

Someone once remarked that when in doubt as to the likes and dislikes of guests, she always served some kind of an apple salad as they seemed to be so popular with such a large number of people—both male and female.

Since there are few who haven't eaten a Waldorf salad, but many who have never prepared one, let's start with that:

WALDORF SALAD

1 cup diced apples
1 cup diced celery
¼ cup broken walnut-meats
French dressing
Lettuce leaves
Mayonnaise

Fold together the apple, celery and nuts with French dressing and serve on crisp lettuce leaves with mayonnaise. This salad should not stand long before serving as the nuts will discolor the fruit.

COCONUT—CELERY—APPLE SALAD

1½ cups mixed diced tart apples and celery
½ cup shredded coconut
1 tablespoon lemon-juice
4 tablespoons oil
4 tablespoons orange-juice
Salt
Paprika
Lettuce leaves
Currant or plum jelly

Mix the apples, celery, and coconut. Sprinkle with lemon-juice. Add a French dressing made from the oil and orange juice, with salt and paprika to taste. Line a salad bowl with the lettuce leaves and pile chilled salad in center. Dot with currant or plum jelly.

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Potato Soup

There are many homemakers who, if the evening meal semes smaller than usual, serve a good big salad as the first course, alnog with crackers or rolls—this successfully takes the edge off the family appetite—there are others who will start the meal with something as filling and good as a bowl of—

POTATO SOUP

3 potatoes (cut small)
2 teaspoons chopped onions
½ teaspoon salt
1 quart boiling water
⅛ teaspoon white pepper
2 teaspoons chopped celery
2 teaspoons parsley, chopped fine
2 tablespoons butter
1 teaspoon flour

Heat 1 tablespoon of butter, add the onions and celery, and let simmer for 10 minutes. Add potatoes cover and cook 2 minutes. Add the water and boil gently for 1 hour. Add more boiling water as it evaporates. Mix flour with remaining butter, add some potato liquid and cook over low heat for several minutes. Combine the mixtures and serve hot with croutons. Any cooked left-over vegetable may be added to this soup before serving.

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Fricadellons With Noodles

The next thing to a dinner in a dish is a dinner the housewife can serve on one dish, regardless of whether it's cooked together or not. Such a dish is this of fricadellons with noodles. Too, this is an excellent way to use left-over meat.

FRICADELLONS WITH NOODLES

1 large onion, chopped
2 tablespoons fat
1 cup dry bread softened in
1 cup water
2 cups left-over ground meat
- egg
2 tablespoons chopped parsley
⅛ teaspoon allspice
¼ teaspoon salt
Dash of pepper
3 cups cooked noodles
½ cup farm milk

Brown onion lightly in 1 tablespoon fat. Press water from bread; add onion, meat, egg, and seasonings. Mix well. Shape into small balls or flat cakes and saute until crisp in remaining fat. Moisten noodles with warm milk and reheat. Make a ring of noodles, fill center with succotash and border with the friadellons. Serves 4.

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Ironing goes faster if your iron is light in weight—you have a small iron for detail work—you sit on a stool while ironing, or relieve foot fatigue by standing on a rubber or cushioned mat. If ironing tires you it may be the fault of the board—just one inch higher or lower may give you comfort. Avoid backaches. Try your board at different heights and see for yoursel. Folding of men's shirts can be avoided if they are put on clothes hangers (for closet storage) as finished. Save the fuel that heats your iron by not ironing things that may be used rough-dried.

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Cover Stains

In order to keep old grease stains from spotting new wallpaper, first apply such a seal as aluminum enamel or shellac over the stain.

Dress Up Sausage And Eggs For Occasional Dinner Menu

Every now and then the homemaker is faced with the problem of what to have for dinner! This usually becomes a problem when nothing suggested sounds just right. All the "old reliables" pass through the mind, but just don't seen satisfactory—so we think—"I can always have bacon and eggs, or sausage and eggs"! No need to feel queer about it either, because most people really do like an occasional dinner of just such things—sausage and eggs. But this time we can do them up a bit—serve fried apples with them—then possibly make up a batch of biscuits—oh, it will really be a grand dinner.

SAUSAGE WITH APPLES

4 greening apples
4 tablespoons sugar
¼ teaspoon cinnamon
½ cup dried currants
1 pound sausages
2 tablespoons butter

Peel apples, quarter, and core them; lay in a bowl, sprinkling evenly with sugar and cinnamon; cover lightly and leave to season for three hours. Wash currants and plump in hot water. Prick sausages; heat butter in pan and fry them a little. Begin laying in the apples besides the sausages, scatter the currants over them, cover and continue frying over a slow fire. Turn apples and sausage. Take out apple quarters as they are done, keep hot, and replace with raw ones until all are done. Arrange apples and sausages on a hot platter. Serve with fried or scrambled eggs.

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Southern Waffies

Serving waffles with syrup is a grand custom, whether for company or for just the family—and they are liked by one and all. Of course, we like variety in waffles, too, for sometime soon, plan to serve—

SOUTHERN WAFFLES

1 cup boiling water
1 cup corn meal
2 cups sifted flour
3 teaspoons double acting baking powder
1¼ teaspoons salt
1 teaspoon sugar
2 cups milk
2 egg yolks, well beaten
3 tablespoons melted butter
2 egg whites, stiffly beaten

Pour boiling water over corn meal. Sift flour once, measure, add baking powder, salt, and sugar, and sift again Add milk to corn meal, then egg yolks and flour, mixing well. Add butter. Fold in egg whites. Bake in hot waffle iron. Serve with maple flavored syrup. Makes 7 four-section waffles.

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POTATO BISCUITS

1 cup mashed potatoes
½ tablespoon shortening
½ tablespoon sugar
½ tablespoon salt
2 cups flour
1 cup scalded milk
½ yeast cake dissolved in
2 tablespoons lukewarm water
½ cup rolled oats

To the potatoes, add the scalded milk, shortening, sugar and salt. When lukewarm, add the yeast cake dissolved in lukewarm water and ¼ cup rolled oats measured after being put through food chopper several times and then sifted. Add flour, which has been sifted before measuring. Knead thoroughly. Cover and let rise. After it has doubled in bulk, beat again. Put in greased muffin pans, let rise again and bake in a hot oven about ½ hour. Test by inserting a straw in center of biscuit. If it comes out freely, with no dough ahering, the biscuits are done.

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Potato Buns

(Made in 2½ hours)

½ cup mashed potatoes
½ cup milk, scalded
1 cake compressed yeast
¼ cup lukewarm water
4 cups sifted cake flour (about)
1 egg, well beaten
2 tablespoons sugar
1 teaspoon salt
3 tablespoons melted butter

Combine potatoes and milk. Cool to lukewarm. Soften yeast in water and add to potatoes. Add enough flour to make a batter, beating well. Cover and let rise in warm place, until light. Add egg, sugar, salt, butter, and remaining flour to make a soft dough. Knead lightly until smooth. Place in greased bowl, cover, and let rise again until double in bulk. Roll out ½ inch thick. Cut with floured biscuit cutter. Place in greased pan. Let rise until double in bulk. Bake in hot oven (400 F.) about 15 minutes, or until done. Makes 12 to 15 buns.

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Placing a reflector shield against the wall behind the radiator throws more heat into the room. These may be purchased, made of bright metal foil with or without a backing of insulated material. You can make reflector shields yourself by painting wood board, cardboard or metal with an aluminum-colored paint.

Favorite Devil's Food Cake

(2 eggs or 3 yolks)

2 cups sifted cake flour
1 teaspoon soda
½ cup butter or other shortening
1¼ cups brown sugar, firmly packed
2 eggs or 3 egg yolks, unbeaten
3 squares unsweetened chocolate, melted
1 cup milk
1 teaspoon vanilla

Sift flour once, measure, add soda, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating well after each; then add chocolate and blend. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla, bake in two greased deep 9-inch layer pans or three greased 8-inch layer pans in moderate oven (350 F.) 25 to 30 minutes. Spread Boiled Frosting between layers and on top and sides of cake. Double recipe for three 10-inch layers.

BOILED FROSTING

2 egg whites, unbeaten
1½ cups sugar
5 tablespoons water
1½ teaspoons light corn syrup
1 teaspoon vanilla

Combine egg whites, sugar, water, and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly, with rotary 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. Makes enough frosting to cover tops and sides of two 9-inch layers.

NOTE—To cover tops and sides of three 10-inch layers, prepare this single recipe twice.

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Grapefruit Pie Adds Tasty Tang To The End Of Meal

When we come to the end of the evening meal we all like dessert—whether this consists of a big "gooey" cake, a simple pudding or some cheese and crackers.

Among the favorites and ranking very high—are fruit desserts of any kind—compote, pie or fresh fruits—but for a very pleasing change try a grapefruit pie—it adds a tasty tang to the meal that will be pleasing to all.

GRAPEFRUIT PIE

½ cup cornstarch
1¼ cups sugar
¼ teaspoon salt
1¾ cups boiling water
3 eggs, separated
1 tablespoon butter
½ cup fresh grapfruit juice
1 teaspoon grated grapefruit rind
1 baked pie shell
Grapefruit segments
4-6 teaspoons sugar

Mix cornstarch, sugar and salt. Add boiling water, stirring until blended. Cook 15 minutes in top of double boiler, stirring constantly until smooth and thickened. Beat egg yolks slightly and add cornstarch mixture to them slowly, stirring constantly. Return to double boiler, cook 2 minutes. Remove from heat, add butter, grapfruit juice and rind. Cool. Pour into baked 9-inch pieshell. Arrange grapefruit segments on filling. Make a meringue by beating the egg whites until stiff but not dry. Add sugar gradually, beating constantly (4 tablespoons give a high, fluffy meringue). Pile meringue in center of pie. Bake in slow oven (325 F.) 15 minutes, or until lightly browned.

*Use pastry crust when the entire pie will be eaten at one sitting. However, when you wish to serve this pie on the following day as well, then use graham cracker crust.

GRAHAM CRACKER CRUST

Crush 18 large graham crackers. Mix with ¼ cup sugar and 1 teaspoon cinnamon. Melt ⅓ cup butter or margarine in 9-inch pie pan. Add crumb mixture and blend. Press mixture evenly and firmly around sides and bottom pan. Bake in moderate oven (350 F.) 10 minutes.

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Paint brushes may be reused many times, if they are properly care for after each use. There are several methods. (1) Rinse out thoroughly in turpentine, shake nearly dry and wrap bristle part in heavy waxed paper. (2) Rinse out brush or not, as preferred, and suspend in container filled with water or turpentine to top of bristles and cover water with oil film to prevent evaporation. Such a container may be fashioned from an old can or useful wire brush holders can be bought in variety stores. Save your paint brushes! Don't throw them away, nor let them harden. Clean and use again.

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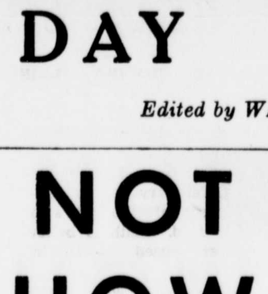
Safe to Use

Pyrethrum is safe to use on any vegetable at any time. It is effective against many of the common pests but is not as good a general purpose insecticide as rotenone and little is available.

NOT HOW MUCH • BUT HOW WELL



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