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

Chocolate or coffee stains wash out. On fixed fabrics, sponge with warm water and apply carbon tetrachloride or peroxide if necessary.

To clean table tops, etc., moisten a soft cloth in lukewarm water, put on melted soap or soap chips (mild types only) and fold the cloth over to make a pad with the soap on the inside. Rub over the wood, and the lather will remove dirt and fingerprints. Wipe clean with another damp cloth. Dry and polish in the direction of the grain.

Repair torn pages easily with transparent adhesive tape. Loose pages can be securely fastened with the same tape, by forming a full-length hinge on both sides of the page at the binding.

The small young chicken (1½ to 2½ pounds) usually chosen for broiling cannot be satisfactorily cooked in less than 45 minutes. The variation in time is allowed for different in size, equipment and degree of browning desired.

Did you know that:
2 tablespoons of butter—1 ounce
2 cups butter—1 pound
4 tablespoons flour (unsifted)—1 ounce
2 cups granulated sugar—1 puond
2 cups rice—1 pound

The ingredients of a combination salad may be any or all of the following: peeled and cubed tomatoes, sliced cucumbers, small radishes, green onions, tender green beans or white wax beans cooked in salt water and chilled, chopped celery. Combine the ingredients by tossing them together lightly in a cold mixing bowl. Add any mayonnaise or salad dressing desired. More attractive servings can be made by arranging each vegetable separately on the lettuce leaf and chilling in your refrigerator again before serving, placing the salad dressing on the table and allowing each person to add dressing as desired.

A quantity of soup stock can be prepared, placed in covered jars and kept in your refrigerator to use when desired. Because soups contain the vitamin and mineral elements essential to growth and health, they are especially desirable for the diets of children.

Scarred, worn table tops are most easily refinished for long and serviceable life by cementing on a covering material. Sandpaper the surface smooth. Apply a pore sealer, such as casien glue, and let dry. Then apply another coat of the same adhesive or a plastic cement and stretch the covering lightly in place. Canvas, linoleum, leather and oilcloth are among suitable covering materials. Material should be cut larger than the table to allow shrinkage when setting. After covering is applied, turn table upside down on floor, or cover with heavy weights. If a thick covering such as sheet plastic or wallboard is used, clamps should be applied around the edges. Overnight setting is usually sufficient. Then trim edges.

Let-over baked beans may be utilized in soup, in salad, in chili and in sandwiches.

Mold fruit flavored gelatin in a shallow pan. When firm, break into bits with a fork. Serve in sherbet or parfait glasses. Or use layers of the flakes with layers of fruit in parfait glasses.

When mixing a cake follow directions carefully for each receipe. For cakes with shortening, sift dry ingredients together as directed, cream shortening and add sugar gradually, creaming until light and fluffy. Always add a small quantity of dry ingredients to creamed mixture first, then add liquids and dry ingredients alternately.

—V—

Oyster Chowder

For lenten or war-time menues this chowder will be found filling, nourishing and most satisfactory.

OYSTER CHOWDER
1½ pints small oysters
1 quart diced potatoes
2-3 cup diced celery
3 tablespoons onion, firmly minced
2½ teaspoons salt
1 cup water
½ teaspoon pepper
3 tablespoons butter or substitute
1 cup canned milk
3 cups water

Simmer the onion in the butter, add 1 cup water, celery, potatoes, cover and cook until nearly done. Add salt and pepper. When vegetables are tender, add the milk and let come to a boil. Remove from fire. Add water to oysters and heat, removing any scum. When edges curl, combine with the milk and vegetables. Let stand a few minutes for flavors to blend. Serve hot.

Spice Pudding For A Cold Night

Though most people seem to follow the custom of eating dessert at the end of the meal—others are more apt to more thoroughly enjoy theirs later in the evening—after the dinner has settled down a bit. Which ever the case—if a pudding is in order—and the night is cold—serve it hot—pop it into the oven about the time you finish dinner and it will be ready and steaming about an hour later.

SPICE PUDDING
1 cup seeded raisins
1 egg
½ cup sugar
2 cups milk
1½ cups bread crumbs
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
¼ teaspoon nutmeg
1 teaspoon melted butter
⅛ teaspoon salt

Cut raisins into halves. Beat egg until light, add sugar and milk, then pour over crumbs. Add spices, butter salt and raisins, stirr well, pour into baking dish, set in pan of water and bake in slow oven (300 F.) 45 to 50 minutes or until firm. Serve hot or cold with any sauce. Serves 8.

—V—

Some Cereal Facts

The housewife who can foresee that tomorrow or the next two days are to be exceptionally busy ones, can shorten the morning breakfast preparation time by cooking the cereal the night before—or for that matter—cooking enough for two mornings. Even where it is to be used for young children it can safely be prepared for more than one meal at a time. In this case however, the cereal should not be cooked too dry originally and should be covered when put in the icebox. If a crust still forms, in spite of precautions it should be removed before reheating or it may be dissolved with a little boiling water poured on the top and stirred into the cereal during the reheating process. Add milk and keep stirring with a fork until the cereal is smooth again.

Some housewives have found it satisfactory though, to reheat the cereal in the top of the double boiler without stirring at all.

Cereal can be prepared for children for two day's use but it is not advisable to keep it longer if it has been cooked with milk.

Leftover hominy or farina may be fried—merely slice cold, cooked cereal into convenient slices—dip into beaten egg, then fry in greased frying pan, gbrownins first on one side, then the other. Serve plain or with syrup.

Rice may be used for rice cakes—mix leftover rice with 1 egg, a little milk and enough flour to make a pancake-like batter and fry like pancakes on a greased griddle.

—V—

Corn Bread Stuffing

Those who are fortunate enough to find a chicken to roast—will find added enjoyment in this different and tasty stuffing—just try it when possible:

CORN BREAD STUFFING
4 cups broken corn bread
4 cups boiling water
1 onion, grated
1 cup diced celery
2 eggs, beaten
½ cup salt pork fat, melted
Salt and pepper

Combine bread and boiling water and squeeze out water while still hot. Add remaining ingredients, mix well and stuff fowl. This amount is sufficient for a duck or a 4-pound chicken.

—V—

Potato Pancakes For That Next Potroast

Remember the days when we would serve potato pancakes with the potroast just as an added treat? My my, how times do change—now we serve a bit of potroast with our potato pancakes and thank the lucky stars that these same pancakes are sooo good and sooooo filling with all who try them—that the small bit of meat is scarsely noticeable—well—not so noticeable anyway.

POTATO PANCAKES
3 medium sized raw potatoes
2 eggs, separated
1 teaspoon salt
1½ tablespoons flour
½ teaspoon baking powder

Grate the potatoes and add the beaten egg yolks. Stir in the flour, baking powder and salt and mix well. Fold in the stiffly beaten egg whites. Cook by spoonfuls in a hot greased skillet.

—V—

Small fish weighing from ¾ to 1½ pounds each may be served whole or split into halves. In buying steaks or solid fish, figure about three portions to the pound, or five portions to the pound if breaded. Allow ½ pound per portion if fish is bought in the round (with bones, head, and tail). In selecting fish look for smooth moist skin, firm flesh, fresh odor, full bright eyes and grills and firm fins and tail.

Eggs For War Time And Lenten Luncheon Menues

Those of us, who in past years have kept a careful file on dishes suitable and satisfying for the Lenten season, have been using that file constantly during the past couple of years. And tucked away in every corner practically of that file are egg recipes—eggs scrambled this way and that way, and eggs combined with this or with that to turn out to be something else that doesn't look like an egg. But in spite of all the joking about eggs—we do depend on them terribly now and just couldn't be without them for more than a day, and since we do depend on them to such an extent—here are two more ways for their use that make interesting war time and lenten luncheon dishes.

EGG CROQUETTES
4 hard boiled eggs, chopped
1 tablespoon butter or substitute
1 tablespoon flour
¾ cup milk
½ teaspoon salt
Dash paprika

Melt the butter in the top of a double boiler, add flour and stir until blended. Add milk and seasonings and cook until mixture is thick. Remove from fire and add the hard cooked eggs. Set aside to cool. When cold, shape into croquettes; roll in cracker crumbs and then in beaten egg and again in crumbs and fry in deep hot fat until nicely browned.

BAKED EGGS FLORENTINE
2 cups chopped cooked spinach
4 eggs
Salt and pepper
4 tablespoons cream
½ cup grated American cheese
Dash of paprika

Spread well seasoned spinach in a shallow baking dish. Make 4 depressions; break 1 egg into each depression. Sprinkle with salt and pepper. Pour cream over each egg. Sprinkle with cheese and paprika. Bake in moderate oven (350 F.) 20-25 minutes, or until egg whites are set. Serves 2.

—V—

Jellied Chicken Bouillon

For an added treat when you next have a stewed chicken—reserve two cups of the stock and make

JELLIED CHICKEN BOUILLON
1 tablespoon unflavored gelatin
¼ cup cold water
2 cups hot chicken stock
1 tablespoon chopped parsley
Salt

Soften gelatin in water for five minutes and dissolve in hot stock. Season with salt and add parsley. Chill. When firm cut into cubes or beat slightly with a fork. Serve in cold bouillon cups. Serves 4.

If the feet were used in making chicken stock, no gelatin need be added.

—V—

Gelatin, in the proportion of one-half to one teaspoon to each cup of liquid, may be added to all classes of desserts. It is not a necessary ingredient but it will prevent rapid melting of desserts after they are served.

Among the most-needed tools to have on hand in a convenient tool chest are—a small hammer suitable for tacking and light work. Midget screwdriver for tiny screws. Heavy duty screwdriver for large jobs like adjusting door hinges. Small adjustable pliers with wire-cutting jaws. Medium size monkey wrench. Gimlet for starting screw holes, flat file and oil can. With these tools you are equipped for most normal and minor repairs. For bigger jobs you will also need a heavier claw hammer crosscut saw, smoothing plane, brace and bit, and wood chisels. A putty knife, rule, squares and pipe wrench will come in handy too.

—V—

Many housewives have successfully solved the lamp shade problem for bedrooms, at least, by remodeling their own. The frilly effect can be had making underskirts of pastel shaded taffeta scraps. Edge the top and bottom with lace. Add a ruffle of a similar colored organdy figured in white to look like lace as the skirt, with a touch more of lace at the bottom, and at the top run a narrow beading and a satin ribbon drawn through and tied in a bow.

One can find a use for almost any thing around the house that you consider "old." Take for example that old pastry bag—it can be used for quick plaster patching—but of course, it can't be used for pastry again! Just fill the bag with prepared patching plaster and feed it evenly out of the end tube, smoothing with a putty knife as you move down the crack. Where the cracks widen, put a little extra pressure on the bag. You'll find you can do the job in just a fraction of the usual time, there's no mess and no washing of plaster. If the bag is washed immediately after use and before the plaster sets, it can be used many times for plastering.

Instead of frosting cup cakes that are to go in the lunch box, cut off the top, gouge out the bottom half and fill with the frosting. Then replace the top—and everyone will be surprised!

A Delicious Cake For A Lazy Or Busy Day

There always are more days than one would care to remember when there is so much to do there just doesn't seem to be time to bake that cake that members of the family have been suggesting. On the other hand there are always days when we decide we're plain lazy and can think of nothing nicer than to curl up with a good book—but duties must be done so we do what we have to and do it as quickly as possible so that the afternoon can be lazily spent. Well, since the family suggested a cake—here is one just made to order for either the busy or the lazy day—

MERINGUE SPICECAKE
2 cups sifted cake flour
3 teaspoons baking powder
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
½ cup shortening
1 cup brown sugar
1 egg and
1 egg yolk
¾ cup milk

Sift flour once, measure, add baking powder, salt and spices and sift together three times. Cream shortening, add sugar and cream together until light and fluffy. Add beaten egg and egg yolk and beat thoroughly. Add sifted dry ingredients alternately with milk in small amounts, beating well after each addition. Pour into greased cake pan, spread with

MERINGUE
1 egg white
½ cup brown sugar
¼ cup broken nut meats

Beat egg white until stiff but not dry. Beat in brown sugar gradually. Spread over cake batter, sprinkle with nuts and bake 50 to 60 minutes. Makes 1 (6x8 inch) cake.

—V—

Corn Meal Waffles For Sunday Supper

Corn meal lovers will find added enjoyment come some Sunday evening—to find waffles—served with ham or bacon—made from that fine flavored ingredient. Said waffles will certainly find a welcomed place in numerous war time menues and certainly need not be confined to only an occasional Sunday supper—they just sound very intriguing as a supper dish.

½ cup boiling water
½ cup corn meal
1 cup sifted flour
2 teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
1 cup milk
2 egg yolks, well beaten
2 tablespoons melted shortening
2 egg whites

Pour boiling water over corn meal. Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine milk and egg yolks and add to corn meal. Add flour, mixing well. Add shortening. Beat egg whites until stiff and fold into batter. Bake in hot waffle iron. Serve with ham or bacon. Makes three 4-section waffles.

—V—

Big Baked Potatoes With Little Sausages

A big baked potato stuffed with a tasty little Vienna sausage—add a salad and your favorite dessert—and there you are—another filling meal that will be easy on those red points and still keep father from growling.

STUFFED POTATOES
2 baking potatoes
2 tablespoons butter or substitute
½ teaspoon salt
1 teaspoon finely minced onion
Hot milk
1 tablespoon prepared mustard
1 (7-oz.) jar Vienna sausages
Melted butter

Scrub potatoes and bake in hot oven (450 F.) 45-60 minutes or until done. Remove from oven, immediately cut a slice from top of each potato and scoop the inside. Force through ricer or mash thoroughly. Add butter, salt, finely minced onion and enough hot milk to moisten to desired consistency; add mustard, beat until light and fluffy. Pile lightly back into shells. Press a sausage into top of each and brush with melted butter. Bake 10 minutes longer or until nicely browned. Serves 2.

—V—

Old Fashioned Tarts Are Toothsome Treats

Using absolutely no sugar—one can produce as toothsome a treat as one could possible want—good old fashioned tarts just like we used to have when we were children. Another thing in favor of the tart is the ease with which they can be made—

OLD FASHIONED TARTS
1¼ cups cooked prunes or dates
¼ cup walnut meats
¼ cup orange juice
Pastry

Pit prunes or dates and chop fine. Add nut meats and orange juice. Prepare pastry, roll ⅛ inch thick and cut into rounds three and one half inches in diameter. Place 1 teaspoon of filling on each. Fold over, moisten edges and press together. Bake on ungreased cookie sheet in a hot oven (450 F.) 15 minutes. Makes 18 tarts.

Cook one can of sweetened condensed milk and two tablespoons of peanut butter over boiling water for five minutes or until thick, stirring until blended. Cool. This makes enough delicious frosting to cover the top and side of 1 (8x8 inch) cake.

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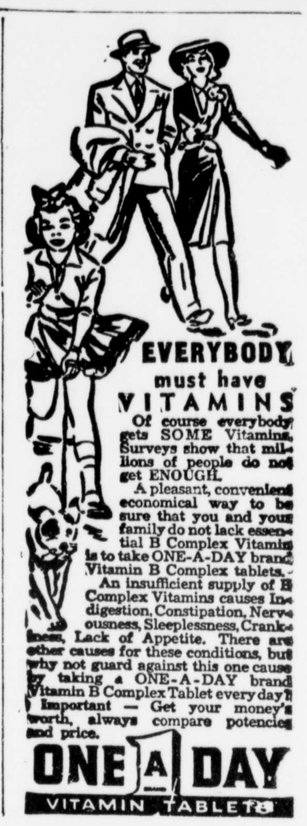

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