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

When baking a cake, start heating the oven before mixing the cake. Place the cake as near the center of the oven as possible and do not place one cake pan directly over another. Refrain from unnecessarily opening the oven door.

Vegetable curls of carrot, turnip or beets may be made by piercing the center of the uncooked vegetable then cutting a thin continuous ring from the vegetable holding knife flat against the top surface. Crisp in ice water.

Fill cooked prunes with a mixture of cream cheese, pineapple juice and chopped nut meats.

Thawing of quick-frozen fruits is all that is necessary, except for ruhbarb, but the timing is most important. Slow thawing in the refrigerator gives the best results. If you keep the unopened carton in the food compartment of the refrigerator, the fruit will thaw in 6 to 8 hours. At room temperature, in the unopened carton, it will thaw in about three and a half hours. Thaw just long enough before using to serve cold.

Extension cords wear out principally because of wrong handling. Do not wind tightly around appliances when not in use. Do not hang over one hook or nail. Coil the cord loosely and keep in a separate drawer, or drape over a two nail hanger so that the cord will not be bent sharply. To much bending of an appliance or extension cord may cause one of the wires to break inside the cord, so that the appliance will not operate. This appliance works properly with another cord. The defective cord should be rewired.

Pulling out wall plugs improperly often causes trouble. Do not pull on the wire. Grasp the plug itself and pull gently. When replacing plugs, you may prefer to buy the kind with a long neck that is easier to hold and pull. Pulling by the wire loosens the wire, possibly causing a short-circuit.

Switch plugs save time and steps in appliance use, if there is no switch on the appliance itself. When replacing plugs, you may prefer the switch type, usually costing only 5 or 10 cents more than a plug without a switch. Switch plugs are for convenience in using an appliance only. When use is over, pull out the wall plug.

To broil bacon, place slices of bacon on unheated rack in the broiler about 3 inches from the flame. Broil until the edges begin to curl and crisp, turning to brown both sides.

To prepare two-toned pudding, prepar any two flavors of prepared pudding as directed on packages. Serve in parfait glasses, alternating layers of puddings.

—V—

Crispy Baked Eggs Without Bacon

It's always fun to "fool the family" and when you can do this by serving bacon and eggs without any bacon—well, you've got something there! But believe me, they won't hold it against you—they'll love—

CRISPY BAKED EGGS

1 tablespoons melted bacon fat
2 cups cereal flakes
6 eggs
½ teaspoon salt
Pepper

Pour melted bacon fat over cereal flakes and toss lightly to distribute evenly. Arrange flakes to form a nest in each section of greased muffin pan. Break eggs carefully, slipping one into each nest. Sprinkle with salt and pepper. Bake in slow oven (325 F.) 20 minutes, or until eggs are firm. To serve, loosen with knife and lift out gently onto plate. Makes 6 servings.

—V—

French Toast

1 egg, slightly beaten
½ cup milk
¼ teaspoon salt
3 slices bread (¾ inch thick), cut in triangles

Combine egg, milk, and salt. Dip slices of bread in mixture and fry in deep fat (300 F.) 2 minutes, or until golden brown; drain on unglazed paper. (Slices may also be sauteed in hot fat on griddle). Serve with syrup. Makes 6 triangles.

—V—

For a change try eating boiled cucumbers. Peel them and cut into dice Boil in salted water with a bit of onion. When soft, drain, and mash as you would squash. Season with salt, pepper, and butter.

—V—

For a "different" pea soup and for added seasonings, use carrott and a little sauerkraut; or mustard and paprika. Serve with grated carrotts, thinly sliced frankfurters, minced ham, chives, or parsley.

A Repeat Performance Butter-Saver Spread

Quite a number of housewives have written asking for a repeat on how to make a butter-saver spread —so here 'tis—

BUTTER SAVER SPREAD

½ pound of margarine
1 cup milk
½ teaspoon salt
1½ teaspoons granulated gelatin

Let butter stand in warm place. Work with spoon until very soft, but not melted or oily.

Add ¼ cup milk gradually to salt and gelatin in small bowl or top of double boiler. Heat over boiling water until gelatin is completely dissolved, stirring constantly. Add remaining milk and heat until just lukewarm). Add to softened butter, a small amount at a time, beating with rotary egg beater after each addition until blended. Store in covered dish in refrigerator. Makes 2 to 2¼ cups.

This spread is delicious on bread, rolls, crackers, and in sandwiches. It is not recommended for cooking uses.

One-fourth cup water and ¾ cup evaporated milk may be substituted for fresh milk, using water to dissolve gelatin.

—V—

Toppers For Desserts

No matter how much we like a dessert—a tasty topper means just that much more goodness—and since the following are really quite simply to prepare we suggest

WHIPPED LIGHT CREAM

1½ teaspoons granulated gelatin
¼ cup milk
Dash of salt

To gelatin in a small bowl add milk gradually, mixing well. Heat over boiling wataer until gelatin is completely dissolved, stirring constantly. Remove from boiling water, add cream and salt, and mix. Place in a bowl of ice water and whip with rotary egg beater 5 to 7 minutes, or until mixture begins to hold shape around sides of bowl. Remove from ice water. Stir gently with spoon until smooth. Serve, or store in refrigerator, stirring well before using.

CRIMSON SAUCE (without sugar)

2 tablespoons hot water
½ cup tart red jelly or jam
1 teaspoon lemon juice
Dash of salt

Add hot water to jelly and stir until blended. Add lemon juice and salt. (If jam is used, strain mixture.) Serve on cottage pudding or other desserts. Makes ½ cup sauce.

—V—

Fried Parsnips

Some will like parsnips dipped in crumbs or flour but others might find them more to their liking dipped in cornmeal.

FRIED PARSNIPS

12 medium sized parsnips
Flour or fine crumbs
Salt and pepper

Scrape and boil the parsnips until tender. If old, remove the woody centers. Drain, and when cold, cut them in long, thin slices in flour or fine crumbs and saute in fat or oil until both sides are thoroughly browned. Drain well and serve very hot.

—V—

Feather Dumplings To Enhance Plebian Stew

If you've never made dumplings —you've been depriving your family, of an extra-special treat—that is, if they're good dumplings of course—but woe is the dumpling and sad the housewife who lifts the lid while the dumplings are cooking.

Feather light dumplings can really lift the plebian stew to the social register.

FEATHER DUMPLINGS

1 cup sifted cake flour
1¼ teaspoons baking powder
½ teaspoon salt
6 tablespoons milk
2 teaspoons melted fat

Sift flour once, measure, add baking powder and salt, and sift again. Add milk and fat. Then stir quickly and lightly until a very soft dough is formed. Drop by small spoonfuls on simmering stew or fricassee, making sure each dumpling rests on meat or vegetables. (Dumplings should not settle in the liquid. If necessary, pour off excess gravy, returning it to stew after the dumplings are cooked.) Cover kettle tightly and cook gently 14 minutes. Do not remove cover while dumplings cook. Makes 6 to 8 dumplings.

For the fat, use a little fat skimmed from stew in making these dumplings. It gives extra good flavor.

Serve sliced nut bread with cream cheese and marmalade or other fillings, as the bread accompaniment for salads.

—V—

Malaria Widespread

Altogether more people are probably affected by malaria than by any other known disease. In 1931 nearly 18,000,000 people were reported to the League of Nations to be under treatment for malaria, yet the number of those going without treatment was far greater.

Carrot And Cabbage Slaw For Variation From The Usual

Cole slaw is really one of the most popular salads for any season—it just seems to fit so well with so many dishes. So we plan to serve slaw with this and that, but since it is never well to serve one thing in the exact way time after time, it can so successfully be varied by simple additions of one thing or the other, such as—

CARROT AND CABBAGE SLAW

2 cups carrots, cut in fine long strips
2 cups cabbage, finely shredded
⅓ cup vinegar
½ cup cooked salad dressing
⅓ cup sour cream

Crisp carrots and cabbage by allowing them to stand in ice water. Drain cabbage, add vinegar, and chill 15 minutes. Drain and dry vegetables thoroughly. Combine carrots and cabbage and toss together lightly with dressing made by combining salad dressing with sour cream.

COOKED SALAD DRESSING

4 tablespoons flour
2 teaspoons mustard
2 teaspoons salt
¼ teaspoon paprika
2 teaspoons sugar
2 eggs or 4 egg yolks, well beaten
1½ cups milk (sweet or sour)
½ cup vinegar

Combine flour, seasonings, and sugar in top of double boiler. Add eggs and mix until smooth. Add milk, then add vinegar slowly, mixing well. Place over hot water and cook until thickened, stirring constantly, remove from fire; add butter. Cool. Makes 2 cups dressing.

—V—

Baked Peach Tapioca Pudding

Here is just another of the many tasty treats in store for the family who have a supply of home canned peaches. Commercially canned peaches can be used of course, but the woman who has her own supply will have an almost point free dessert.

BAKED PEACH TAPIOCA PUDDING

⅓ cup quick cooking tapioca
4 tablespoons sugar
½ teaspoon salt
¼ teaspoon nutmeg
2 cups canned sliced peaches, drained
2½ cups water and peach juice
1 tablespoon lemon juice
2 tablespoons melted butter

Combine ingredients in greased baking dish. Mix thoroughly. Bake in moderate oven (375 F.) 30 minutes, or until done, stirring well every 10 minutes, and again when removing from oven. Serve warm or cold with cream. Serves 8. For baked apricot tapioca pudding, substitute apricots for peaches and omit nutmeg.

—V—

Old As The Hills But Always New--

SOUR MILK CHOCOLATE CAKE

2 cups sifted cake flour
1 teaspoon baking soda
½ teaspoon salt
½ cup shortening
1½ cups shortening
1 teaspoon vanilla
3 eggs, separated
2 ounces unsweetened chocolate melted
1 cup sour milk

Sift flour once, measure, add soda and salt and sift together three times. Cream shortening with sugar until fluffy; add vanilla and beaten egg yolks and beat thoroughly. Stir in melted chocolate. Add sifted dry ingredients and milk alternately in small amonts, beating well after each addition. Fold in stiffly beaten egg whites. Pour into greased pans and bake in (350 F.) oven 30 to 35 minutes.

FUDGE ICING

2 cups sugar
2 tablespoons corn syrup
3 ounces unsweetened chocolate
½ cup milk
1 teaspoon vanilla
2 tablespoons butter or substitute

Cook sugar, corn syrup, chocolate and milk together, stirring constantly to 232 F. or until a small amount of the syrup forms a very soft ball when dropped into cold water. Remove from heat, add vanilla and butter. Cool to lukewarm without stirring. Beat until creamy and thick enough to spread. Makes enough for tops and sides of 2 (8-inch layers).

—V—

Butterscotch Bars

2 cups brown sugar
4 eggs

Beat eggs and add the sugar. Cook in a double boiler twenty minutes stirring frequently. Cool and add the following, first sifting the baking powder and salt with the flour.

1½ cups cake flour
2 teaspoons baking powder
¼ teaspoon salt
1 cup chopped nuts

Spread about ¼ inch thick in a well buttered shallow pan, lined with waxed paper. Bake in a moderate oven (350 F.) for twenty minutes or until firm and lightly browned. Cut cool and roll in powdered sugar.

Onion Stew Means Good Eating

Call it stew or soup, it doesn't matter but this dish of onions really means good eating and can be the main supper dish or the start of any dinner, big or small.

ONION STEW

6 onions
5 tablespoons butter or margarine
3 cups cold water
1 egg yolk
3 tablespoons flour
2 cups scalded milk
Salt and cayenne

Chop the onions and cook them in two tablespoons of the butter or margarine for five minutes, then add water and cook thirty minutes. Press through a sieve. Make a soup of the remaining butter and the flour, combine it with the scalded milk and add seasoning. Cook five minutes, stirring constantly. Add this milk mixture to the onion mixture. Mix thoroughly and add to egg-yolk, slightly beaten. Serve individually in heat-proof bowl and place one teaspoon of grated Parmesan or Edam cheese on the top. Set for a few minutes in a hot oven to melt the cheese.

—V—

Cheese Potato Puffs

If, in the past, we continuously hinted that the little things served with the meal were the things that count so much, we are now screaming it! These so called "little things" have taken on a very important job and are doing so well that it's time they received a pat on the back. They are really s-t-r-e-t-c-h-i-n-g our bits of meat and making an otherwise meager menu appear enormous and are enabling us to leave the table feeling and looking very well fed indeed. It might be just something so simple as simple as fried oinon rings, or apple rings, but again it might be our mashed potatoes appearing as

CHEESE POTATO PUFFS

2 cups well-seasoned mashed potatoes
½ cup grated American cheese
1 teaspoon minced onion
1½ cups corn flakes, slightly crushed

Combine potatoes, cheese and onion and mix thoroughly. Shape into balls roll in slightly crushed cereal flakes. Bake on a greased baking sheet in hot oven (400 F.) 20 minutes. Makes 6 puffs.

—V—

Baked Fish Loaf

We even stretch fish now days, by using cereal flakes, and the combination of the two produces quite an intriguing dish. It's all very tasty in a loaf served with a well flavored white sauce—just try a—

BAKED FISH LOAF

3 cups corn flakes or
2 cups bran flakes
1½ cups milk
⅓ cup sour cream
2 cups flaked cooked fish
1 tablespoon chopped parsley
1 tablespoon chopped chives or minced onion
1 tablespoon lemon juice
¼ teaspoon thyme
1 teaspoon salt
Dash of pepper
2 eggs, well beaten

Crush cereal flakes slightly; add milk and cream. Add all ingredients, except eggs, and beat thoroughly. Then fold in beaten eggs. Pack into well-greased 8x4x3-inch loaf pan and bake in a moderate oven (375 F.) 1 hour. Serve with medium white sauce flavored wiith a small amount of mustard. Makes 6 to 8 servings.

—V—

If you have an oil burner, it is not wise to experiment with cheaper grades of oil. Follow the recommendation of the burner manufacturer or dealer on the efficient service in your burner. Don't be fooled by oil dealers who tempt you with bargain prices on the wrong oil for your burburner.

If you have a coal-fired furnace, you may get an economy with a cheaper grade, a smaller or mixed size of coal, or the use of coke instead. Reliable coal dealers are glad to advise the best size and grade for the special conditions of your home, and to tell you how to fire for best results. You may need to try several different coals before you find the one that works best in your furnace.

—V—

For Maryland potato growers interested in getting the most out of their plantings, the following recommendations are made by University of Maryland pathologists: For early planting at elevations below 1,000 feet above sea level and for early maturity at higher elevations, varieties suitable in order of maturity are Warba, Triump, Irish Cobbler, Chippewa and Katahdin. At elevations above 1,000 feet above sea level, Potomac, Sequoia and Rural are best. Owing to the susceptibility of Sequoia to late blight, it is recommended that it not be planted unless the field can be sprayed thoroughly and frequently. These same varieties are suitable for late planting at lower elevations.

—V—

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