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

If you didn't do so last year, this year, plan a garden plot in your own back yard, or have a cooperative garden on a vacant lot. But wherever you garden it must be near you. Inconvenience of location will lead to neglect.

Appliances with motors or moving parts, such as vacuum cleaners, washing machines, fans, shavers—except those with oilless bearings or sealed-in-lubrication, require periodic oiling or greasing. Since every appliance requires lubrication at different places, at different intervals of use, and often with different lubricants, there is only one safe way to be sure. If you have lost or mislaid your original instruction booklet, go to your dealer or write to the manufacturer for another—and follow instructions exactly.

Some manufacturers sell special lubricants for their electrical appliances, which are better suited than general-purpose lubricants. Saving a few pennies on oil may mean ruining an expensive appliance.

When you are cooking asparagus, broccoli, or cauliflower, use a flat wire whisk or two forks to lift them out of the boiling water. This allows the water to drain off thoroughly yet makes it possible to keep the vegetables in attractive whole pieces.

You'll see easier in closets if all the walls inside them are painted white—preferrably enamel—and if you have an electric light connection to give further light.

If some of your window shades won't roll up all the way, the trouble is in the roller spring, and you can generally fix it easily, without the need to buy a new roller. First take the shade off the brackets and roll it onto the roller completely. Then replace and see if it works properly. If not, the spring needs to be wound several turns before the roller is placed in the bracket. Take it down again, insert flat end in any keyhole and turn roller a few times. Replace shade, and repeat process if necessary. The only time you need new shade rollers is when the inner spring is broken. This is indicated by the flat end turning loosely and without any resistance in either direction.

To brighten your menus, just serve quick-frozen fruits, thawed, with sugar and cream. Also use as topping for shortcakes or ice cream or in tapioca or gelatin desserts.

To make stuffed celery curls, cut celery talks into three-inch pieces. Cut one end of each piece into fine strips and place in a bowl of ice water. (This will curl the finely cut end. Place the bowl containing celery and ice water in your refrigerator until ready to serve, then dry and stuff with a mayonnaise and pickle mixture.

Books too, need care and will give longer years of enjoyment. Stand your volumes upright, close together but not tightly crowded. Use bookends on tables, or at the ends of partially-filled shelves. Books too tall for shelves may be laid flat, but never on back (binding) or front edge. Dust books frequently, carefully and individually, using cheese-cloth or vacuum cleaner attachments. Do not store books near a heat source, in sun rays, nor in a damp place. If mildew appears, wipe off promptly (alcohol removes mildew stains) and place in sun so that mildew fungus may be killed.

To make bridge or luncheon beverages more festive, ice cubes may be made of tea, coffee, ginger-ale, or water which has been tinted with vegetable coloring. They may also be decorated with circles of maraschino cherries, sections of sliced orange or lemon, or with small flowers such as violets. When extra ice cubes are needed, make them up in advance and store them in the chill tray.

Butter need not invariably be used on sandwiches. It is superfluous with many of the soft, rich fillings, especially those using mayonnaise.

Baked Alaska is made by placing ice cream (frozen hard) on a piece of sponge cake and completely covering it with a meringue made by adding two tablespoons of sugar to each beaten egg white. Place on a paper-covered board to keep the heat out while the meringue is browned lightly in a (425 F.) oven.

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

Gingerbread Is Ideal Dessert For A Light Lenten Menu

Some like it hot, some like it cold, but we'll guarantee that none would like gingerbread nine days old—on the contrary—most of us want it shortly after it's taken from the oven.

Like so many things (for which all housewives are thankful) gingerbread too, comes in ready mix form—which is a particular boon for busy days filled with housekeeping and war work—it's dessert in a jiffy and, if served plain, is point free—except when you go a bit farther or "whole hog" and stuff it—which is what most of us end up by doing anyway—so we might just as well plan on it in the beginning.

On the other hand—if you have plenty of time and an extra bit of sugar—you might prefer to make your own—if so—or if not—here are the ways:

¼ cup shortening
1 cup molasses
1 tablespoon vinegar
1 egg
1 teaspoon soda
½ teaspoon salt
1 tablespoon ginger
1 cup sour milk
1 cups flour

Melt the shortening: add the molasses, vinegar, and beaten egg. Mix and sift the dry ingredients and add alternately with the milk. Pour into a greased pan and bake in one or 2 pans thirty to forty minutes in a moderate oven (350 F.) Batter should be just thin enough so that the track left by spoon in stirring disappears at once.

STUFFED GINGERBREAD

1 (3-oz.) package cream cheese
½ package dates, pitted and sliced
½ cup finely chopped nuts
½ teaspoon salt
Cream or milk

Mash cream cheese, add dates, nuts, salt and enough cream or milk so that mixture spreads easily and is not too stiff. Bake gingerbread in 1 or 2 pans. Reserve half of gingerbread for a second meal. Cut the other half, while still warm, through the middle lengthwise and put together with the cream cheese filling.

Prepare gingerbread mix as directed on package.

Peanut Butter Cutlets

With the children home from school and so busy playing, they do either of two things—they might come home starving at noon time or they might be so engrossed in the playing that they don't want to stop for lunch unless something very appealing is offered. Well, one way or the other, here is a luncheon dish that will please the children and really bring them on the run:

PEANUT BUTTER CUTLETS

1½ cups peanut butter
1½ cups hot milk
1 teaspoon salt
Pepper
6 half-inch slices of bread

Mix peanut butter with hot milk and seasoning, mixing together thoroughly. Dip slices of bread into the peanut-butter mixture. Saute in hot fat. Garnish with pickles and olives.

Beef Heart Is A Lesser Cut But Stuff and Stew It For A Family Treat

Since choice meat, steaks and chops have gone to war and we are allowed just so much and no more—what do we do? Sit down and weep and tear our hair? Uh uh! We choose lesser cuts and dress them up and add so many nice frills that there will be no complaints forthcoming from members of the family.

Have you, for example, tried a beef heart? Stuffed and stewed? It's a dish that father will very particularly like once tried, and your ration book and budget and you will all be very pleased with the whole thing.

STEWED BEEF HEART

1 beef heart
½ cup milk
2 cups grated bread crumbs
1½ tablespoons melted fat
1 egg
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon thyme
½ teaspoon chopped onion
1 tablespoon chopped celery

Pour the milk on the crumbs and let stand about one hour, then add the seasonings, the fat, celery and onion and the egg slightly beaten.

Wash the heart well, remove the large veins and arteries from the inside and take out every particle of blood. Stuff the cavity of the heart. Tie the heart about with twine, and wrap it in a cloth, sewing the ends together to keep the stuffing in. Place in a small stew-pan with the point of the heart down, and nearly cover with water boiling hot. Place on a lid on the stewpan and simmer gently for three hours. When done, there should be about one pint of water in the pan. Remove the cloth and place the heart on a platter. Thicken the liquid in the pan with flour or cornstarch mixed with a little cold water, and season with salt and pepper. Pour the gravy over and around the heart.

"Bulk" Taken In Bran Muffins

Since "bulk" is essential in diets every conscientious housewife at some time or the other sets the bowl of "bulk" in front of even friend husband. Usually this is a ready to eat cereal—which a great many men like, and which quite a few call "horse feed" and calmly set it aside. But being dauntless—"bulk" takes on a new appearance, and friend husband eats the required amount and more in, for example.

BRAN MUFFINS

¾ cup milk
1 cup whole bran shreds
1 cup sifted flour
3½ teaspoons baking pwder
¼ teaspoon salt
3 tablespoons sugar
1 egg, well beaten
3 tablespoons melted butter or other shortening

Pour milk over bran and let stand 5 minutes. Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Add egg and shortening to bran mixture and mix well. Add flour, beating only enough to dampen all flour. Bake in greased muffin pans in hot oven (425 F.) 25 to 30 minutes. Makes 12 muffins.

These muffins may be varied by adding dried fruits to the bran mixture—Add ½ cup finely chopped apricots. Or, add ½ cup finely cut dates. Or, add ½ cup chopped raisins.

A Casserole Dish Of Noodles And Cheese With Added Flavor

It's so very easy, when a new and slightly different dish is suggested, to raise the eyebrow and at the same time, try to imagine what such a combination would taste like. Frankly, though, there's really only one way to ever know how a combination of theses and thoses tastes unless you try it yourself. Particularly since one person's strawberries are another person's hives. So, with all good faith and intentions, we suggest and trust you will like a

NOODLE CHEESE CASSEROLE

1 package noodles
1½ cups condensed tomato soup
2 cups grated cheese
1 teaspoon Worcestershire sauce
¼ teaspoon dry mustard

Cook noodles in boiling salted water until tender. Drain, Combine tomato soup and 1½ cups grated cheese in the top of a double boiler. Place over hot water and stir until cheese is melted. Add Worcestershire sauce and mustard and beat well with rotary egg beater. Mix the cooked noodles with the cheese sauce and turn into greased casserole. Sprinkle with remaining ½ cup of grated cheese. Bake in a hot oven (400 F.) 15 to 20 minutes, or until the cheese is melted and the top is lightly browned. Serves 4.

Even Left-Over Oatmeal Has Its Special Use

Since we don't meaningly waste a speck of food, even that oatmeal left from breakfast has found its way into the dinner menu. They make delicious muffins, and who would suspect them of being something "leftover?"

OATMEAL MUFFINS

2 cups sifted flour
3 teaspoons baking powder
2 tablespoons sugar
½ teaspoon salt
1 egg, well beaten
2-3 cup cold cooked oatmeal
1 cup milk
2 tablespoons shortening, melted

Mix and sift dry ingredients. Combine remaining ingredients and add to first mixture. Stir only enough to dampen flour. Fill greased muffin pans 2-3 full and bake in hot oven (425 F.) about 25 minutes. Makes 12 large muffins.

A Heavenly, But Eggless Pumpkin Pie

Are eggs scarce around your house? But you'd like a pumpkin pie? Well, never let it be said that eggs or no eggs, that pie can't appear on your table. Now days you know, there are ways and ways to everything, so, if you are accustomed to using four eggs in your pumpkin pie—don't let a shortage of eggs upset your plans—just make a

HEAVENLY PUMPKIN PIE

1 pkg. butterscotch pudding
¼ teaspoon ginger
½ teaspoon nutmeg
1½ teaspoons cinnamon
Dash of cloves
¼ teaspoon salt
1¼ cups milk
1¾ cups drained mashed cooked pumpkin
1 baked 9-inch pie shell

Place pudding powder in saucepan. Add spices and salt; mix. Add milk gradually, stirring constantly. Place over medium heat and cook until mixture comes to a boil and is thickened, stirring constantly. Remove from heat. Add pumpkin and mix thoroughly. Turn into pie shell. Chill only until firm.

Called 'Old Reliable' But Now Salmon Sets The Family Agog

Thinking back a bit and doing some fond reminiscing, it really doesn't seem so long that we could dash into any grocery store and grab up a can of salmon—then fly home and quickly fix that "old reliable" into a good substantial "quickie." Well, it might not have been so long ago, but times sure have changed. From "old reliable," that can of salmon has turned into a cherished delicacy, and when we are so fortunate as to find a can, we usually reserve it for "just the family" and then prepare it with great love and tender care.

Times have changed to such an extent, that we wouldn't consider using our precious can of salmon for a fill-in Lenten menu—on the contrary, it becomes an occassion to set the whole family agog, especially if it makes its appearance in any of the following forms:

SALMON PIE

1 No. 1 can salmon
2 cups thick white sauce
1 cup cooked peas
1 cups mashed potatoes
1 tablespoon butter or substitute

Bone and flake the salmon and add to hot white sauce and peas. Place in a baking dish and top with mashed potatoes. Dot with butter and bake at 400 F. about 15 minutes or until brown.

SALMON SOUFFLE

3 tablespoons butter or substitute
3 tablespoons flour
1 cup evaporated milk diluted with ½ cup water
¼ teaspoon salt
4 eggs separated
1 No. 1 can salmon

Make a white sauce of the first four ingredients. Pour over beaten egg yolks. Add flaked salmon. Fold in stiffly beaten egg whites and turn into buttered dish. Place in a pan of hot water and bake at (375 F.) about 35 minutes.

SALMON CAKES WITH MUSHROOM SAUCE

1 No. 1 can salmon
½ cup cracker crumbs
2 eggs
½ teaspoon salt
Few grains pepper
2 tablespoons fat
½ pound mushrooms
2 cups medium white sauce
3 tablespoons pimento, cut in strips

Flake and bone salmon. Mix with cracker crumbs, eggs and seasoning. Form into patties and brown in pan. Melt fat, add peeled mushrooms and brown delicately. Add to white sauce with pimento strips and serve hot over the salmon cakes. Serves 6.

Left Over Egg Whites Appears As Tipsy Pudding

Many women are not inclined to prepare dishes calling for just the white of the egg, merely because they can't think of anything to do offhand with the yolks and it would seem such a waste not to use them.

The following Tipsy pudding is really a go signal then for anything Mrs. Housewife has been wanting to prepare calling for just egg whites as nothing but the yolk of the egg is used in this particular pudding.

TIPSY PUDDING

3 egg yolks
¼ cup sugar
⅛ teaspoon salt
2 cups milk, scalded
1 tablespoon sherry
6 slices of spongecake
Whipped cream

Beat egg yolks and add sugar and salt. Add scalded milk gradually, stirring constantly. Cook in the top of a double boiler until mixture thickens, stirring constantly. Remove from heat and add sherry. Cool. When custard is cold, pour it over slices of sponge cake or any plain dry cake and cover with whipped cream. Garnish with chopped nuts, if desired. Serves 6.

Round Out A Pork Dinner With Southern Spoon Bread

The goodness of spoon bread will go a great long way toward rounding out a dinner menu—particularly if the dinner of your choice happens to be something so tempting as pork, in any of its forms—right on down to the sausages with fried apple rings.

SPOON BREAD

¾ cup corn meal
1 teaspoon salt
3 tablespoons melted butter or margarine
1 cup boiling water
2 teaspoons baking powder
2 eggs, well beaten
1 cup milk

Combine corn meal, salt, and butter. Stir in boiling water slowly and beat until smooth. Add baking powder to eggs and combine with milk; add to corn meal mixture, stirring well. Turn into greased casserole or 8x2x2 inch pan, and bake in moderate oven (350 F.) 40 to 50 minutes.

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