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

Fresh eggs lie down on the bottom of the pan when immersed in water. The older the egg, the more they tend to stand on end. Eggs stored in a refrigerator will stay fresh for many days. Kept at room temperature, they deteriorate rapidly.

Large fish, broiled on a rack, often brown evenly on both sides, without turning. Turn very thick steaks twice to insure uniform tenderness and brownness. A thin fillet, such as flounder or thin split fish must have a much hotter rack than a thick steak Be sure that the grill is preheated and well greased before the fish goes in. To be on the safe side, preheat the grill at least ten minutes. Otherwise the fish will stick and break. Once the rack is thoroughly hot lower the flame so that the heat is moderate during the broiling.

To prepare parsley butter, cream 2 tablespoons of butter or margarine with 1 teaspoon of minced parsley, 1 teaspoon lemon juice, ½ teaspoon salt and ⅛ teaspoon pepper.

Common bleaches for household use are hydrogen peroxide, acetic acid, and lemon juice and salt. Before using a bleach on colored or fine fabrics, test the effect on the fabric. If the bleach changes the color of the fabric, use a very weak solution.

To use a chemical bleach, such as hydrogen peroxide, stretch the stained material over a bowl of steaming hot water. Moisten the stained area with water. Drop chemical on the stain with a medicine dropper. Let stand a minute. Then rinse thoroughly by pouring water through the fabric. Do not allow any bleach to remain in the fabric. If fabric is washable, wash and rinse thoroughly after the stain is removed. When an acid, such as oxalic acid is used, apply an alkali, such as ammonia water or borax solution to neutralize the acid and prevent damage to the fabric. If an alkali is used, neutralize it with an acid solution. Rinse thoroughly.

Always cook legumes in the water in which they soaked! All too familiar is the old-fashioned way of getting ride of a lot of good nutriment by throwing away this soaking water.

When you drain boiled vegetables, collect all the liquids and pour them into a covered jar. Store in the refrigerator and use for making soups and sauces.

The amount of softener required depends upon the hardness of the water. The degree of hardness is expressed in parts per million or grains per gallon and varies in different sections of the country. Call your city water department or public utilities home service department for complete information about the degree of hardness of your local water supply and the amount of softener to use. It's important to use just the right amount; too much may increase alkalinity of water so much that fabrics will yellow or deteriorate.

For milk substitution for 1 cup, use; one-half cup evaporated milk plus one half cup of water. Four tablespoons powdered milk plus one cup of water. One half of condensed milk plus one-half cup of water (reduuce sugar in the recipe).

Knitted silk or rayon garments need no ironing. Just ease into shape and hung over a smooth bar or clothesline, away from direct heat.

—V—

ICEBOX PIE

Just to be a bit different—instead of the popular icebox cake, serve an

ICEBOX PIE

1 pastry shell
1 cup fresh fruit
1 pint vanilla ice cream
4 egg whites
6 tablespoons powdered sugar

Bake the shell as directed in following recipe. Place in the shell a layer of ice cream, frozen very hard. Then add a layer of fresh fruit, sweetened to taste. Banana slices, fresh strawberries or very ripe peaches can be used. Cover with meringue and place in a very hot oven (500 F.) for two minutes or until meringue is a golden brown. Serve immediately.

PASTRY SHELL

1½ cups pastry flour
½ cup shortening
½ teaspoon salt
3 tablespoons ice water

Cut shortening into flour and salt. Add ice water to hold together. Place in refrigerator to chill. Roll into shell. Bake in hot oven.

MERINGUE

Beat egg whites, with salt added, until very stiff. Work in powdered sugar.

—V—

Wet Beans

Never weed, cultivate, dust, or harvest beans while they are wet with rain, dew, or water from the hose. To prevent spread of the diseases, work with the plants only when they are dry.

Serve Devilled Eggs For Luncheon With Cooked Salad Dressing

Since we usually try to serve an egg a day for each member in the family—and since there are mornings when we just decide to serve something else—that leaves luncheon and a wonderful "break" for mother—as eggs for lunch can solve many a problem. So, on one such day plan to serve

DEVILLED EGG SALAD

6 hard cooked eggs
½ teaspoon paprika
3 tablespoons sandwich spread
1 teaspoon salt
½ teaspoon Worcestershire sauce
1 teaspoon prepared mustard

Cut eggs in halves lengthwise. Remove yolks. Mash with a silver fork. Add sandwich spread, mustard, salt, paprika and Worcestershire sauce. Mix with cooked salad dressing. Refill egg whites with mixture, add paprika. Place on watercress or in lettuce leave. Serve extra salad dressing.

COOKED SALAD DRESSING

3 tablespoons sugar
1 teaspoon prepared mustard
1½ teaspoons flour
1 egg
¾ cup milk
1 tablespoon butter

Mix the ingredients except butter, in the order given and blend thoroughly after adding each ingredient. Cook over hot water, stirring constantly until thickened. Add 1 tablespoon butter and blend thoroughly. Cool before serving.

—V—

A Special Treat— Barbecued Lamb

Though we might not have a fancy barbecue—we can certainly get some of that fine flavor into out next precious leg of lamb by cooking it with a barbecue sauce right in the oven—it's well worth the slight extra effort, as you'll see once you try

BARBECUED LAMB

6 pound leg of lamb
2 teaspoons salt
Flour
1 onion, sliced
1 cup water
½ cup catsup
2 tablespoons A-1 sauce
2 tablespoons Worcestershire sauce
¼ teaspoon cayenne

Wipe the leg of lamb with damp cloth, rub with salt and dredge with flour. Place in a roasting pan and surround with onion. Combine remaining ingredients, mix well and pour over meat. Roast in an oven (350 F.) 30 minutes for each pound. Baste the meat every 20 minutes with the sauce. Serves 8.

—V—

Simple Fruits For Spring Desserts

Instead of the old-fashioned sulphur and molasses that used to be poured down our throats come spring we are inclined to treat our children better than we were treated—we ply them with fruits all done up in simple, nice desserts — plus fresh fruit for breakfast and all they'll consume in between times. For such simple desserts try—

JELLIED ORANGES

1 package orange-flavored gelatin
1½ cups hot water
½ cup orange juice
1 cup orange sections, sweetened

Dissolve gelatin in hot water, cool; add orange juice. Chill until slightly thickened, fold in orange sections. Turn into mold. Chill until firm. Unmold. Serve with cream.

BANANA AMBROSIA

1 orange
2 ripe bananas
2 tablespoons powdered sugar
¾ cup shredded coconut

Peel orange and cut crosswise into thin slices. Peel and slice bananas. Arrange alternate layers of orange and bananas in serving dish or sherbet glasses, sprinkling each layer with sugar and coconut. Repeat until all ingredients are used, topping with coconut. Serve very cold. Serves 2-3.

—V—

Meat Balls With A New Meaning

Even the lowly meat ball takes on a new meaning when it is all dressed up and served fit for a king. It's one of those things that can use up leftovers or start from new, but, whichever is used—it will be a hit with the family.

MEAT BALLS

1 pound hamburger (left-over beef, pork or ham may be used)
½ cup cooked rice (left-over steamed rice)
1 medium sized onion
1 small green pepper
1 egg
¼ cup milk
Salt

Combine ingredients and shape into balls. Place in a covered baking dish. Add 2 cups stewed tomatoes and place in oven. Bake for approximately 2 hours at (375 F.) Add ½ can peas 15 minutes before removing from the over, if desired.

Shrimp Creole Goes To A Man's Heart

The way to a man's heart might well be his stomach—and if so—through that same stomach is a good way to stay there and here is one dish guaranteed to do a good job.

SHRIMP CEROLE

3 tablespoons butter
1½ cups minced onions
1½ cups diced celery
1 green pepper, chopped
2 cups tomatoes, cooked or canned
½ cup canned peas
½ cup mushrooms, canned or sauteed
Salt
Pepper
Paprika
1 pound cooked shrimp
1¼ cups rice

Heat butter in heavy skillet, add onions, celery and green pepper. Cook slowly until onion is yellow and vegetables are tender. Add tomatoes, simmer 15 minutes; add peas, mushrooms, salt, pepper and paprika, to taste. Simmer 35 minutes. Add cleaned, cooked shrimp, cook 10 minutes longer. Meanwhile wash rice thoroughly in a sieve or colander in cold water and drain well. Drop into plenty of rapidly boiling salted water and cook until tender 15-20 minutes. Drain in sieve, rinse quickly with hot water. Form a ring of the rice around the edge of a heated platter, fill center with hot shrimp Creole and serve immediately. Serves 6-8

—V—

Refrigerator Rolls

The housewife who knows her refrigerator rolls is always prepared for unexpected company. In which case, a meager menu can be turned into something special—hot rolls with honey or jam—my, what wonders they can do to a meal.

The following dough can be kept in the refrigerator and used as desired. Shapes may be prepared in the morning and placed back in the refrigerator to be ready for quick baking. Allow just enough time for the dough to rise and the rolls to bake so that they will come from the oven piping hot.

REFRIGERATOR ROLLS

1 cake compressed yeast
½ cup sugar
1 teaspoon salt
2 cups lukewarm water
1 egg
7 cups flour
3 tablespoons shortening

Crumble yeast into large mixing bowl. Add sugar, salt, and water. Add well beaten egg. Sift flour once before measuring. Add half of flour and beat well. Add melted shortening and mix in remainder of flour. Let rise to double its bulk. Punch down, cover tightly, and place in refrigerator. About one hour before baking, remove desired amount of dough. Shape into small rolls and place on greased pan. Use gem pans for clover-leaf rolls. Let rise slowly to double their bulk, then bake in hot oven (425 F.) 20 to 25 minutes. Makes approximately three dozen clover-leaf rolls.

—V—

Coconut Macaroons

It's only too true, that what we've never had we don't miss but unfornately for the person with the sweet-tooth—they've had and so know! Even the person minus the sweet-tooth knows and enjoys sweets too, though in moderation, but occasionally that craving does arise and there's just one thing to do about it—bake something, whether it be a cake, pie or some simple cookies.

Among the favorites of one and all—old or young, we find macaroons and here are some that will please every concientious housewife — no sugar or shortening required—except that tiniest bit used for greasing the baking sheet.

COCONUT MACAROONS

¼ cup sweetened condensed milk
½ teaspoon vanilla
1 cup shredded coconut
1 egg white, beaten

Mix condensed milk, vanilla and coconut. Fold in beaten egg white. Drop from teaspoon onto greased baking pan. Bake in a moderate oven (350 F.) until lightly browned. Makes about one dozen macaroons.

—V—

Fish Fritters Stretch Out To Serve Four

As meat has become more scarce more and more housewives have taken to serving fish dinner quite frequently. The result is a scarcity of fish, so, when the housewife can stretch one pound to make four servings, it's exactly the kind of dish she wants, and here is an especially tasty one:

FISH FRITTERS

1 pound cooked fish
3 eggs, separated
3 tablespoon flour
Salt and pepper
⅛ teaspoon minced garlic
1 tablespoon minced parsley

Mash fish. Beat egg yolks until light and thick, add flour, salt, pepper, garlic, parsley and fish. Add whites of eggs, beaten to a froth. Drop by tablespoons in to hot deep fat (360 to 370 F.) and fry until brown. Serves 4.

Peanut Balls Add Flavor To The Vegetarian Luncheon

Since the beginning of the war, housewives have become more and more conscious of vitamins, proteins, calories, etc., and etc., and menu planning has become much more than just choosing the desired cut of meat and building the evening or noon-time meal around it.

We are now faced with the serious problem of feeding the family properly without always having that piece of meat to build around. For luncheon particularly, we are inclined and more-often forced to serve vegetarian dishes, and believe it or not—there's no need to scowl as these dishes are tasty too.

Take, for example, the mere peanut ball—as good as gold—but lacking in protein—but we nicely get around this by serving a good cheese sauce. It will all combine into something very unexpectedly good, if you've never tried it before. So we suggest

PEANUT BALLS

1 tablespoon fat
2 tablespoons flour
½ cup milk
½ teaspoon salt
Pepper
2 cups cooked rice
¼ cup ground peanuts
1 egg

Make a white sauce of fat, flour, milk and measoning. Mix rice, peanuts, white sauce and beaten egg, and shape into small balls. Saute in a greased fryin-pan turning frequently so that the balls are browned all over. Or, roll in beaten egg, then in crumbs and fry in deep fat (375-390 F.)

For cheese sauce: Add 2 to 4 ounces of grated cheese to 1 cup of medium white sauce. Set over hot water and stir until the cheese is blended with the sauce. Season to taste with mustard and paprika.

—V—

Canned String Beans And Canned Corn

When using precious points for canned vegetables we want the best for our money and points—so, when the can is opened, don't plan on having it "as is"—dress it up a mite such as these:

STRING BEANS

1 No. 2 can string beans
1 teaspoon vinegar
2 tablespoons butter or substitute
1 tablespoon minced parsley

Heat beans in saucepan to boiling; let boil 3 to 4 minutes. When ready to serve add vinegar, butter and parsley.

PIMENTO CORN KERNELS

1 12 oz. whole kernel corn
¼ cup evaporated milk or light cream
2 tablespoons chopped pimento
1 tablespoon butter or substitute
½ teaspoon salt
⅛ teaspoon pepper

Empty corn into saucepan; add evaporated milk or cream; heat thoroughly. When ready to serve add chopped pimento, butter, salt and pepper. Serve in spinach ring.

—V—

Pecan Tarts Make An Ideal Dessert For A Buffet Supper

The gradual approach of warm weather will find many people serving light, simple buffet suppers, either just for the family who will all be working outdoors every available minute on that garden, or for a few friends. But regardless of who is being served, these pecan tarts with all their rich goodness will make the ideal dessert and will leave just a pleasing, satisfied after feeling.

PECAN TARTS

½ cup water
3½ tablespoons quick-cooking tapioca
2-3 cup sugar
⅛ teaspoon salt
1 cup dark corn syrup
3 eggs, slightly beaten
2 tablespoons butter
2-3 cup coarsely chopped pecan meats
8 unbaked tart shells

Combine water, tapioca, sugar, and salt in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. Add corn syrup, eggs and butter, and stir until blended. Cool, stirring occasionally—mixture thickens as it cools. Place about 1 tablespoon nuts in bottom of each unbaked tart shell; fill with tapioca mixture and bake in hot oven (425 F.) 20 minutes, or until browned. Cool. Garnish with whipped cream if desired.

NOTE: Tarts may be either 3½ inches or 4¼ inches. One-third cup filling goes in each 4¼ inch tart shell.

—V—

Watercress requires special care in cleaning because of its small leaves and many stems to which sand clings.

—V—

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