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

A chopping bowl and chopper are among the useful equipment for kitchens. You will find these little implements a great help in chopping for salad dressings, ingredients such as onion, celery and peppers. You will grow to depend on them for mincing parsley to be used in a hundred and one ways this pretty garnish serves in cookery.

The temperature of the wash water depends on the kind of material being washed and the color fastness. Clothes may shrink and colors may fade if the water is too hot. Hot water does not damage white cottons and linens, but silks may turn yellow and woolens may shrink or mat. The first rinse water should be the same temperature as the wash water; the second rinse may be cooler.

To be safe, always check the water temperature. Remember, it's better to have the water too cool than too hot. Use a thermoneter for accurate checking. If you don't have one, test warm water with your hand; test lukewam water with your wrist or elbow.

Soup can be made from left-over fish. Place left-over fish in a saucepan Add milk or soup stock enough to give the desired number of portions. Heat and mix thoroughly. Season to taste and thicken if necessary. Try adding a teaspoon of curry powder mixed with cold water for additional flavor.

A gardener's work is never done. Gardens need much attention. Seeds are valuable—you must not waste them—plant them and tend to them carefully. Plants must not wither and die through lack of cultivation, an over growth of weeks, insects, a lack of an abundance of moisture. Make up your mind whatever gardening you do, to see the project through.

Various liquids may be used satisfactorily in cake making—sweet or sour milk and cream, buttermilk, water, or fruit juice. Sour milk or cream are best when quickly soured. They are milder and have better flavor than those that have soured slowly. Evaporated and condensed milk and milk powders are all used, but fresh milk is the standard liquid for delicate cakes.

Graham crackers add a nutty flavor to ice cream if crushed and added to the cream just before the freezing is completed.

To make deviled eggs lie flat, slice a thin slice of the white off the under side.

Wall switches that no not work properly endanger the safety of your home. A switch that works hard, sticks, flashes or sparks, or creates a long buzz on your radio when operated, had better be replaced. New switch parts cost little—but to be entirely safe, do not buy any electrical parts unless the product is marked stamped, taged or package-labeled "Approved by Underwriters laboratories." Any manufacturer who makes electrical parts that measure up to safety standards may use this wording. First be sure to remove fuse controlling the switch or outlet. Do not try to repair switches while the current is on or the line is "live." Remove two exposed screws and take plate off the wall. Then remove screws on switch mechanism that holds it in outlet box. Third, loosen screws that hold wires. Attach wires to same position on new switch, push back gently into outlet box, and put in screws previously removed.

Occasionally make up a large cookie recipe; divide the dough into portions, flavoring one with spice, another with nuts and raisins, and leave one portion plain. Then roll the dough into rounds, wrap in waxed paper, and leave in the refrigerator until ready to cut and bake on a moment's notice.

A half teaspoonful of raspberry jam placed in each teacup before the tea is poured in gives an interesting new flavor to the tea.

To remove grease and fat from stews and soups, wrap a piece of ice in cheesecloth and pass it quickly over the surface of the hot soup. All the grease will adhere to the cold cloth surface.

When clothes lines become soiled and stained, make them like new again by soaking in a pan of cold water in which soap powder has been dissolved, then bring to a boil with a bit of ammonia added to the water, and rinse in clear water, starching last.

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.

Luncheons and Dinners Can Be Meatless And Remain Tasty

Around and around we go in a whirl of spaghetti, macaroni, vegetables and whatever else we choose for meatless menues. Occassionally just like the snap of the fingers, we hit upon something good but half the time it's a tough problem, requiring much thought and time to plan a menu to suit the little red stamps in that well-flingered ration book. Then, after much planning we find that if we do have sufficient points for just a wee bit of meat—the butcher is "fresh out", which means a complete change of plans. All of which goes to prove that these days one can't plan a menu around meat before arriving at the butcher's. That's one advantage of a meatless menu—you can forget the butcher completely and plan the meal around what you have, plus what you know you can buy. Here are two such tasty and nutritious dinners.

SPAGHETTI LOAF

1 cup spaghetti
1 teaspoon salt
2 teaspoons butter or substitute
3 eggs
1 cup milk
1 cup cheese
1¼ cups crispy crackers, broken
1 teaspoon minced onion
1 green pepper, chopped
2 pimentos
1 tablespoon chopped parsley
1 teaspoon salt

Break spaghetti and cook in rapidly boiling salted water. Drain and rinse quickly with clod water. Melt butter in a loaf pan. Beat eggs and add remaining ingredients. Mix in spaghetti and pour into baking dish. Bake in moderate oven (350 F.) 45 miutes. Turn out on platter, pour sauce over loaf. Garnish with parsley. Serves 6.

SAUCE

2 tablespoons shortening
2 tablespoon cornstarch
1½ cups vegetable stock or milk
½ pound cheese
⅛ teaspoon pepper

Melt shortening, add cornstarch, and stir mixture until smooth. Add liquid. Continue cooking and stirring until thick and smooth, and starch is well cooked. Add cheese and allow to melt. Season.

VEGETABLE PIE WITH PEANUT BUTTER CRUST

3 tablespoon butter or substitute
5 tablespoons flour
1 teaspoon salt
½ teaspoon celery salt
½ teaspoon paprika
3 cups milk
16 small white onions, cooked
1 cup cooked peas
1 cup cooked string or lima beans
2 cooked carrots, diced

Melt butter, add flour. Stir until well blended. Add seasoning. Add milk slowly, stirring constantly until smooth and thick. Bring to a boil; boil 2 minutes. Add vegetables and pour into a large baking dish. Cover with the following

CRUST

1½ cups flour
3 teaspoons baking powder
1 teaspoon salt
4 tablespoons peanut butter
½ cup milk
4 strips bacon

Sift first three ingredients; add peanut butter and mix thoroughly with fork. Add milk to make soft dough. Turn out on floured board, toss lightly until outside looks smooth Roll out to fit baking dish, cut slits for steam to escape. Cut bacon in very small pieces, and springle over top. Bake 20 minutes in a hot oven (425 F.) Serves 8.

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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 (reduce sugar in the recipe).

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Apple Butter Tarts

Those women who have canned apple butter year after year have probably done some experimenting with it and found it can be used for something other than spreading on toast. Those who buy it in the store probably buy it for just that one purpose and are therefore missing a nice treat, in the form of

APPLE BUTTER TARTS

1 recipe pastry
½ cup sugar
1 tablespoon cornstarch
½ cup water
1 cup apple butter
1 teaspoon grated lemon rind
½ cup raisins
2 eggs, separated

Roll pastry to ⅛ inch thickness and cut in rounds 3-inches in diameter. Bake on cookie sheet until delicately browned. Put together with filling as follows: Mix sugar and cornstarch. Add water, apple butter, lemond rind and raisins. Cook in double boiler until thickened. Add beaten yolks and cook 10 minutes longer. Spread between pastry layers and cover top. Cover with meringue made by beating egg whites with two tablespoons confectioners sugar. Brown in oven.

Fruit Rocks That Keep For Weeks

¾ cup fat
1 cup sugar, brown or white
3 eggs, beaten
3 cups sifted cake flour
½ teaspoon salt
2 teaspoons baking powder
1 teaspoon nutmeg
1 teaspoon cinnamon
Grated rind of 1 lemon
1 cup chopped nuts
1½ cups raisins

Cream fat, add sugar a little at a time and cream thoroughly. Add beaten eggs and the dry ingredients sifted together. Add nuts and raisins. Drop by teaspoonsful about two inches apart on a cookie sheet. Bake in a modeartely hot oven (375 F.) until done.

Makes about 40 cookies 2½ inches in diameter.

These cookies will keep for several weeks in a closed tin can.

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Pound Ground Beef Made Into 6 Cakes

Remember the days when we served hamburgers on Saturday nights or nights when we had to have a "quickie?" It wasn't really so long ago, but how times have changed!!! A hamburger is now a luxury and instead of serving just "meat"—we stretch it farther by adding cereal—yes—it's still tasty and good, but that one pound of ground beef will now serve six. Serve these meat cakes with such things as whipped potatoes, a vegetable, tomato and cucumber salad and a tasty fruit dessert, and there's a meal that's really good.

HAMBURGER PATTIES

1 egg
2 teaspoons salt
¼ teaspoon pepper
2 tablespoons minced onion
1 tablespoon chopped parsley
1 cup milk
¼ cup catsup
1 cup bran cereal
1 pound ground beef

Beat egg slightly, add salt, pepper onion, parsley, milk, catsup, and bran cereal. Mix well and let stand until moisture is absorbed. Add beef and mix well. Shape into 12 cakes. Cook under broiler about 20 minutes, or bake in a hot oven (450 F.) about 30 minutes. Serves 6.

A Strawberry Omelet Will Make Family Dinner An 'Occasion'

The housewife doesn't have to have an "occasion" to serve something very extra-special. She's a wise person to play hostess to her family and serve the special just for them occasionally. Aside from feeling very well-fed, they're bound to feél well treated too.

Any family dinner will become a very special occasion when such a different and truly wonderful dessert as a strawberry omelet is served. Really different isn't it? And as good as it sounds.

STAWBERRY OMELET

1 pint strawberries
1 cup powdered sugar
5 tablespoons mot water
1 tablespoon sherry
5 eggs
Few grains salt
2 tablespoons butter
2 tablespoons sugar

Put 1 cup of the strawberries into a bowl with ½ cup powdered sugar and the sherry to steep for 15 minutes. Mix another cup of the berries with ½ cup of sugar, and rub through a sieve to make a sauce. Beat egg yolks with hot water until thick, add salt and remaining sugar, beat egg whites to a stiff froth and fold in. Heat omelet pan and cover sides and bottom with butter. Put in egg mixture, spread evenly, and cook slowly. When lightly browned on the bottom, finish cooking in the oven. Put the sherried berries in the center, fold over, and slice onto a hot serving dish. Pour the strawberry puree around and serve immediately.

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Baked Bean Sandwich Is Lunch Box 'Special'

BAKED BEAN SANDWICHES

1 can pork and beans
1 small onion
1 sprig parsley, chopped
1 tablespoon green pepper chopped
2 slices crisp bacon
1 teaspoon tomato catsup
½ teaspoon Worcestershire sauce
Dash of Tabasco sauce
Salt
Mayonnaise

Put vegetables and bacon through chopper, add seasonings and mix with enough mayonnaise to soften. Use on rye bread.

BAKED BEAN MIX SANDWICH

Baked beans
Grated onion
Lemon juice
Shredded cabbage

Mix all, using beans baked with tomato sauce. Use with rye or whole-wheat bread.

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THE EDITORS

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