THREE MEALS A DAY

Food, of course, must be well seasoned to be worthy of its piquancy

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

Eggs In Tomatoes, In Souffles Or On Toast Always Good

It's really a wonderful thing for homemakers that eggs aren't rationed. Have you ever sat yourself down and wondered what would become of your menu planning if there weren't eggs on which to depend? It would really be a catastrophe. Particularly so now that we have come to depend so on eggs to "fill in." You can ask anyone about the number of meat points they have on hand, and those that are short will invariably state "Well, we can always eat eggs."

It's become quite a joke among American housewives, but it's a joke with a very serious side—the preparation of the eggs. And if the eggs were served as carelessly as that remark is always made, many a fond husband would soon take to "eating out."

A word to the wise is usually sufficient though and most homemakers don't even need a word of warning—they know the importance of serving just things as eggs in tempting dishes, but here are three more ways to increase your repetoire.

BAKED EGGS IN TOMATOES

1 tomato
1 egg
Salt
Pepper

Wash and cut a ½ inch slice from stem end of a medium sized tomato. Save this slice for the cover. Scoop out pulp with a teaspoon. Break egg into a small cup and slip it into the cavity made in the tomato. Sprinkle with salt and pepper. Replace the cover. Put tomato in a small baking pan or muffin tin, and bake in a moderate oven (350 F.) until egg is firm. About 25 minutes. Serves 1.

EGGS A LA GOLDENROD

5 hard cooked eggs
1½ tablespoons butter
2 tablespoons flour
1½ cups milk
1 teaspoon salt
Pepper
8 rounds toast or fried bread
Parsley

Separate yolks and whites of cooked eggs. Chop whites finely. Make a cream sauce by melting butter, blending flour, adding milk and cooking 10 minutes. Add chopped egg whites, salt and pepper. Slice stale bread thin, and toast or fry in deep fat until golden brown. Pour creamed egg whites over rounds, and sprinkle a tablespoon of egg yolks, which has been rubbed through a sieve or potato ricer, over the top. Garnish with a sprig of parsley or ¼ teaspoon of chopped parsley.

RICE SOUFFLE

1½ cups white sauce
1¼ cups grated American cheese
1½ cups cooked rice
⅛ teaspoon baking soda
3 eggs

Add the cheese to the white sauce and stir constantly over slow fire until melted, season highly with paprika and add rice. Add beaten egg yolks and then fold in stiffly-beaten egg whites. Pour into well oiled custard cups which have been set in a pan of hot water and bake 30 minutes in a moderate oven (350 F.)

—V—

Polish Iron

Keep iron polished while ironing, rub the iron over the wax coated boxes in which crackers and cakes are packed. This will polish it. Wipe the sole plate with a damp cloth each time after it's used.

Tempting Meats For Thrifty Dinners

When both points and an assortment of meats are available—no good housewife is going to conscientiously treat her family to a huge steak at their expense—meaning that having steak tonight would mean no meat for a couple of weeks—not the kind of steak you used to serve anyway. Instead, she budgets her points just as she does her money—so many points per week, so much money per week—and here is just the kind of a meat dish that will meet the requirements of both budgets—a ham loaf—and a delicious loaf to boot.

HAM LOAF

3 tablespoons minced onion
1 cup finely chopped celery
2 tablespoons fat
½ pound lean ham, ground, or
2 cups (packed) ground cooked ham
1 pound lean beef, pork or veal, ground
6 tablespoons quick cooking tapioca
3 tablespoons pickle relish
1 teaspoon Worcestershire sauce
1 teaspoon salt
⅛ teaspoon pepper
1⅓ cups milk
1 cup cooked peas

Saute onions and celery in fat. Combine meat, quick-cooking tapioca, and seasonings; mix well. Add milk and mix again. Add peas. Bake in greased loaf pan, 8x4x3 inches, in hot oven (450 F.) 15 minutes; then decrease heat to moderate (350 F.) and bake 45 minutes longer. Serve hot or cold. Makes 6 to 8 servings.

—V—

Variety In Fish Dinners Makes Meatless Days A Pleasure

The housewife has it in her power to make meatless days a success or a complete "flop." If fish is available there's just nothing nicer, but of course, as with everything else, we don't want the same kind of fish every time, nor do we want assorted fish served in just one way. It is easier to fry a fish, but the line of least resistance certainly isn't the best line to follow when preparing a meatless menu, and it can certainly end up by making the homemaker's life quite miserable. On the other hand, variety in both the fish and it's preparation will make meatless days a pleasure.

CREAMED SHRIMP WITH PEAS

2 tablespoons butter or substitute
2 tablespoons flour
1 cup milk
1 cup shrimp
1 cup new peas
Pepper

Make a white sauce of the butter, flour and milk, stirring constantly until thickened. Add cooked shrimp, peas and seasonings. Serve on toast. Serves 4 to 6.

SPLIT BAKED FISH

1 fish
Butter
Paprika
Salt
Pepper
2 teaspoons lemon juice

Scale and split fish lengthwise Clean thoroughly. Rub inside and out with butter. Place on a greased rack in a baking pan, skin side down. Dust with seasonings. Dot with butter and sprinkle with lemon juice. Bake in a covered baking pan. Do not add water or baste. Bake in a hot oven (400 F.). Allow 15 minutes per pound.

Home-Made Cocoa Syrup Assures Fine Treats

With the children running in at all times of the day wanting something good to eat or drink, and the grown-ups wanting an extra tid-bit along about bedtime—a good supply of cocoa syrup is just the thing to solve quite a few of these problems. Keep a jar handy in your refrigerator, ready to use hot or cold as fudge sauce on cakes and puddings, or in making chocolate milk shakes for special treats.

COCOA SYRUP

1 cup breakfast cocoa
1 to 1½ cups sugar*
¼ teaspoon salt
1 cup cold water
2 teaspoons vanilla

Combine cocoa, sugar, and salt in saucepan. Add cold water slowly and place over low flame, stirring until smooth; then boil gently for three minutes, stirring constantly. Add vanilla. Turn into jar; cover tightly. Keep in refrigerator. Makes about 2 cups syrup.

For cold drinks, use 2 tablespoons cocoa syrup to 1 cup milk. Malted Milk powder, a well-beaten egg, or a dash of peppermint extract may be added. Shake well in a shaker or beat with a rotary egg beater to mix.

*Equal parts of sugar and corn syrup may be used in this recipe.

—V—

Rice A La Creole For A One-Dish Meal

Dinner in a dish is more popular than ever come spring — it leaves time for gardening, means fewer dishes to be washed and requires little attention during the cooking. Try this one:

RICE A LA CREOLE

1 cup chopped boiled ham
1 onion
1 cup boiled rice
1 can tomatoes
2 cups fine soft crumbs
2 tablespoons butter or other fat
Celery salt
Pepper
Salt

Mix ingredients in the order given. Bake in a greased casserole for one half hour (350 F.)

—V—

War Food Administrator Marvin Jones has announced a raise from 270 pounds to 300 pounds in the weight of hogs for which recently announced price supports of $13 a hundredweight, Chicago basis, will be effective. The action was taken to stimulate the feeding of hogs to heavier weights. For the Baltimore market, the price would be approximately $13.50.

Sugar Cookies Low On Sugar 'n Shorten'

When you can produce two and a half dozen sugar cookies that will melt in your mouth, but at the same time be low on sugar and shortening, you're really doing something worth talking about—just do it like this and see:

SUGAR COOKIES

2 cups sifted cake flour
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
2-3 cup sugar
⅓ cup shortening
3 tablespoons milk
2 egg yolks, unbeaten
½ teaspoon lemon extract

Sift flour once, measure, add baking powder, salt, and spices, and sift again. Measure sugar into bowl. Heat shortening with milk until all shortening is melted. Add immediately to sugar and beat ½ minute longer. Add lemon extract and half of flour mixture and beat until blended. Then add remaining flour, ⅓ at a time, beating until smooth. Cover with waxed paper and chill several hours, or until firm enough to roll.

Roll dough ⅛ inch on lightly floured board. Cut with floured cutters in assorted shapes. Place on lightly greased baking sheet; sprinkle with sugar. Bake in hot oven (400 F.) 7 minutes, or until done.

—V—

Baked Corn And Tomatoes

Since corn is available all year round—either fresh, canned or quick-frozen—we can serve it any time with the greatest of ease. Like anything else though, if we use canned corn, it does grow tiresome if always served right out of the can—but dressed up a bit, it becomes something else altogether—a corn treat, such as

BAKED CORN AND TOMATOES

2 cups cooked corn canned or fresh
2 cups tomatoes
1 teaspoon salt
Pepper
1 teaspoon sugar
1 cup fresh bread-crumbs
3 tablespoons fat

Mix seasonings with the corn and stewed tomatoes and pour all into a greased baking-dish. Spread the crumbs over the top, dot them with the fat, and bake in a moderate oven (350-400 F.) for one-half hour.

This is a wonderful way to use up left-over corn or tomatoes, and before so very long, fresh corn will be available.

—V—

Subway Tile

The New York subway system contains enough tile to pave a street from curb to curb for more than 35 miles.

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