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

Cut plain pastry into 3-in. rounds Moisten edges of each mound, place 1 teaspoon thick stewed fruit or marmalade on half of the round and fold the other half over upon this until edges meet. Pinch edges together, brush over with beaten egg and fry in deep hot fat (360 F.) Dust with sugar.

Lemon juice will whiten icing, grated orange rind will give a yellow color and strawberry, raspberry or cranberry juice will give a pink color

Combine cold cooked macaroni with tomato puree, mushroom soup or white sauce; pour into greased casserole, sprinkle with grated cheese and bake in a moderate oven (350 F.) 30 minutes. Spaghetti, noodles or rice may be used instead of the macaroni.

Save ends of French bread, rub with a cut clove of garlic, brush with melted butter, and toast in oven. Serve with a green salad.

The leaves of chicory should be separated, carefully washed, drained and put in a refrigertaor vegetable pan or wrapped in a damp towel and put on ice to become crisp. Arrange on salad plates and serve with a spicy French dressing. It may also be used just as you would use lettuce for the foundation of one of the more hearty salads.

To hasten thawing of quick-frozen fruit, remove fruit from the carton and place in a bowl on the kitchen table. Separate carefully with a fork during thawing and it will be ready to serve in 2 to 2½ hours. To thaw mixed fruit, sliced peaches, and strawberries in 2½ hours, remove the parchment bags in which they are sealed from the cartons and let stand at room temperature. Do not open the parchments bags until ready to serve.

To save on sugar, substitute corn syrup or honey, or use recipes sweetened with molasses or other syrup. A recipe that calls for a few tablespoons of sugar is usually successful made with the same amount of corn syrup or of honey. But honey is sweeter than sugar, corn syrup only about half as sweet, and both contain water. In cakes, therefore, it has been found more successful as a general rule to substitute corn syrup or honey for half the sugar, and to use ¼ less liquid in the recipe. Thus, in a recipe calling for 1½ cups sugar and 1 cup milk, you can use ¾ cup sugar and ¾ cup corn syrup or honey and decrease the milk to ¾ cup. In some recipes these changes may mean tablespoon measurements so remember that 1 cup equals exactly 16 tablespoons.

To mix these cakes, add corn syrup or honey gradually to creamed shortening or shortening and sugar, beating thoroughly after each addition. Then add ¼ of the flour mixture before adding the eggs. This makes it easier to blend the batter, makes it smooth and lovely, and gives finer cake in appearance and volume.

When substituting fats for 1 cup of butter, use 1 cup of margaine or vegtable shortening. Use ⅞ cup vegetable or nut oil. Or use 4-5 cup bacon fat or drippings, clarified (increase the liquid slightly).

Use plenty of water when boiling rice, adding 1 teaspoon of salt for each quart of water. Bring to a full boil, add the rice slowly so that the boiling continues. Cook, uncovered, or until tender—15 to 20 minutes, or until a grain can be crushed between the fingers without leaving a hard core. Drain well, rinse with hot water and drain again. Cover with a cloth and place over boiling water until needed.

—V—

Puree Of Peas And Tomatoes

Though we have no complaints about hot weather to date, it only stands to reason that those days will be here to stay before we know it—they're long past due now, but hot weather or cold weather finds hot soups always good eating, and, for a change in soups serve a

PUREE OF PEAS AND TOMATOES

½ pound dried yellow spit peas
1 pint tomatoes
1 quart water
1 onion
1 or 2 celery tops
Salt and pepper
1 tablespoon flour
1 tablespoon butter or substitute

Soak peas over night in water enough to cover them three or four inches. Drain, and put into a saucepan with the tomatoes, water, sliced onion, and celery tops. Cook until the peas are tender. Mash through a sieve Season with salt and pepper. Bind with a roux made of the flour and butter, and serve, garnished with a thin slice of tomato or lemon and a few canned peas if available. Serve with bread croutons.

French Dressings For Summer Salads

The pouplar salad dressings are mayonnaise and French dressing, and both can be varied to serve many purposes and to suit various tastes. Take French dressing this time—it may be prepared along the usual lines, with or without garlic for flavoring, or it may be prepared in various salads, fruit or otherwise—here are

LEMON FRENCH DRESSING

½ cup lemon juice
½ cup salad oil
1 teaspoon salt
1 teaspoon paprika
2 tablespoons sugar or honey

Combine ingredients in the order given. Shake well before serving. If desired, add ½ teaspoon celery seed and a clove of garlic. Makes 1 cup dressing.

FRUIT FLAVORED FRENCH DRESSING

¼ cup pineapple juice
2 tablespoons lemon juice
½ cup salad oil
1 teaspoon sugar
½ teaspoon salt
½ teaspoon paprika

Combine ingredients, chill. Shake or beat thoroughly before serving. This is particularly nice with mixed fruit salads.

BANANA FRENCH DRESSING: Add 2 thoroughly mashed ripe bananas and ¼ teaspoon nutmeg to Fruit French dressing.

RUBY FRENCH DRESSING: Add 1 to 1½ teaspoons grenadine or maraschino cherry juice.

—V—

Beefsteak Pie Can Be Served

The minute someone mentions beefsteak, all thoughts turn to a very tender porterhouse or T-bone and heads shake in fond recollections, but there is a silver lining to this cloud too—we can still have one of those grand beefsteak pies that were always so popular—we just use a less tender cut of meat, but the results are wonderful:

BEEFSTEAK PIE

2 pounds rump, flank or chuck steak
Pie paste
Chopped onion
Salt and pepper
Sliced potatoes
Butter or other fat
Flour
Egg

Cut the meat into strips two inches long by one inch wide. Put them with the bone, just cover them with water and simmer about an hour. Line the sides of a baking-dish with pie paste; put in a layer of meat with a few thin slices of onion, and sprinkle with salt and pepper; next add a layer of sliced potatoes, with bits of butfer dotted over it. Alternate steak and potato layers until the dish is full. Thicken the gravy with browned flour and pour in, put on a top crust, brush it with beaten egg and bake at 450 F. until quite brown—about thirty minutes.

Corn Bread Prepared With Yeast

We are always inclined to think of corn bread as something baked in a flat pan and served immediately upon being removed from the oven—but it can be done in another way—be prepared with yeast, set to rise and baked just like any loaf of bread Then it is sliced and used for toast, for sandwiches or however you want it.

CORN BREAD

½ cup corn meal
1¾ cups water
1½ teaspoons salt
2 tablespoons sugar
1 tablespoons shortening
½ cake compressed yeast, softened in ⅓ cup warm water
2¾ to 3 cups flour (enough to make a medium dough)

Cook the corn meal in the water ten minutes; add salt, sugar and fat to the mush. Cook until luke-warm, stirring occasionally to prevent a film. When cool add the yeast and beat well. Add the flour and mix well. Knead, using as little flour on the board as possible. Put into a greased bowl, let rise until it almost doubles in bulk. Work it down and let it rise agaian. Mold it into loaves, place in pan and let rise until it has almost doubled in bulk. Bake at 400 F. for fifteen minutes and then reduce heat to 350 F. and continue baking for from 40 to 45 minutes or until bread is done.

You may determine when bread is done, when the loaf shrinks away from the sides of the pan. When the sides of the pan sizzle when touched with a damp finger or when a clean toothpick inserted comes out free from any particles of the dough.

—V—

Coconut Custard Pie Is A Popular Choice

When both men and women eat out, nine out of ten times their choice of dessert is pie—all of which means, that the more pies served at home the merrier, and not to be forgotten is the

COCONUT CUSTARD PIE

2 eggs
½ cup sugar
2 cups hot milk
¼ teaspoon nutmeg
1 cup moist coconut
¼ teaspoon salt

Beat the eggs and sugar together until light, then add the milk, nutmeg, pie-pan and pastry. Line a deep pie-pan with pastry, pour the mixture in and bake at (450 F.) for ten minutes. Then reduce the heat to (325 F.) and continue baking until a silver knife inserted in the center will come out clean (about thirty minutes). These quantities will make thick pie or two thin pies.

—V—

Something crisp for contrast should be served with fish sauce since it is soft in texture. Excellent accompaniments are cole slaw, tomato, cucumber, or mixed green salads.

Fine Flavored Fish From A Can

Though canned salmon and tuna do make wonderful salads, it is a pity to confine their services to just that one style, as they can do wonders in other forms. For example, instead of the usual salmon salad, prepare it into a loaf and serve as you would cold cuts. For the Tuna, serve it good and hot with a tasty sauce—

SALMON LOAF

2 cups cooked salmon, fresh or canned
2 eggs
½ cup fine bread crumbs
4 tablespoons butter substitute
Salt and pepper
Minced parsley

Flake the fish, add the eggs beaten lightly, the melted butter, the breadcrumbs, salt, pepper and minced parsley. Put into a greased mold, and steam for an hour. When cold, arrange on a platter and garnish with slices of lemon, cucumber and parsley.

TUNAFISH WITH CAPER SAUCE

2 cups cooked tuna, canned or fresh
2 tablespoons butter or substitute
2 tablespoon flour
½ teaspoon salt
1½ cups milk
3 tablespoons capers
Paprika
1 tablespoon minced parsley

If canned fish is used, turn it from the can on to a plate and steam it until it is hot. In the meantime, melt the butter, stir in the flour and salt, and gradually add the milk. Add the capers. Transfer the fish to a platter, pour the sauce over it and dust lightly with paprika and parsley.

Fresh cooked fish may be heated in the sauce, or heated separately and served with the sauce poured over it.

—V—

The electric mixer may be used in mixing cookies but should not be used for mixtures heavier than the average refrigerator cookie. Care must be taken in suing the mixer that the cookies are not over mixed as this tends to toughen them. This is particularly important in the rolled type of cookie.

NOTICE

Application has been made to the undersigned by Sylvester Butler for a Beer License, Class D, on sale, generally, at the premises known as Friendly Inn, near Worton, Maryland which shall authorize the holder thereof to keep for sale and to sell at retail, at the place therein described, for consumption on the premises or elsewhere. A hearing on said application will be had by the undersigned at their office in the Court House on July 31, 1945 at 2 P. M. at which time any exceptions to the application will be heard.

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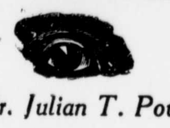

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