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

It is always smart to check with your state agricultural college or extension service on the recommended canning methods for your state. In some areas home canners have found boiling water bath processing satisfactory for nonacid foods. Always test for a perfect seal before storing canned foods.

A brick which has been soaked in kerosene for two or three days will burn a long time when lighted. On hunting or hiking trips a fire can be started with this brick even though fuel may be extremely damp. A piece of brick the size of a fist will burn with a good flame for an hour.

If you like roasts seasoned with onion, but dislike the onion bits burned in the roasters bottom, just cut the onion in one-quarter inch slices and toothpick them to the top and sides of the roast. The onion flavor seeps down into the roast and the slices are delicious served as is or added to the gravy.

Wash your furniture, if it is caked with oil polish. Use a mild, neutral soap. Accumulated dirt and fingerprints gum up wood finishes and paint unless removed regularly.

Save celery leaves. Cut them fine and sprinkle over meats or stews. Put in a paper bag until they dry out. Then use them for seasoning soups and pot roasts.

Wax your furniture—but sparingly! One or two good waxings a year are plenty. Many ardent housekeepers apply too much wax too often, with a gummy result. For professional finish, wash the wood thoroughly. then apply the thinnest possible film of wax, using a cloth that has been dipped in water and wrung out until it has only a trace of dampness to keep the wax thin and pliable. Let dry thoroughly. Then rub, and rub some more, with a dry, lintless cloth. For quick beauty-pick-up, a good furniture polish removes fingerprints and other light surface soil. The secret is to apply sparingly and rub until thoroughly dry.

Cut flowers will have a longer life if the head of a kitchen match, a bit of camphor, or an aspin or a little charcoal is added to the water in the vase.

Used rubber rings will usually regain their elasticty by soaking in a weak solution of ammonia water.

Lacy Cookies For One-Half Cup Sugar

One-half a cup of sugar seems like a very small amount, but we all know what it can mean if that's all there is. And, if that's all there is, we aren't going to suggest you use it for cookies. On the other hand, if you can spare that amount, here are cookies to good to miss.

LACE COOKIES

1 egg
½ cup sugar
1 teaspoon melted butter
½ teaspoon vanilla
½ cup rolled oats
½ cup chopped nuts
½ cup coconut
¼ teaspoon salt

Beat egg, add sugar gradually and the melted butter and vanilla. Combine with remaining ingredients. Drop by teaspoons on buttered baking sheet and flatten with a knife. Bake in a moderately hot oven (375 F.) until lightly browned and firm.

Makes about 2 dozen 2-inches in diameter.

Corn And Egg Casserole Well Flavored With Cheese

Casserole dishes are such handy things—you can cram so much flavor into one dish—and in so doing, use up all sorts of odds and ends that have been left over. Or you can start from scratch with all new ingredients—use a bit of imagination or a good recipe and there's your main course. This particular one includes something new and something left-over and it's a

CORN AND EGG CASSEROLE

3 tablespoons butter or substitute
3 tablespoons flour
½ teaspoon salt
1 cup hot milk
½ pound processed cheese, cubed
1 tablespoon pimento
1 cup left-over cooked corn
4 hard-cooked eggs, sliced
Hot buttered toast

Melt butter in top of double boiler; blend with flour and salt. Add hot milk gradually; cook over boiling water until smooth and thickened, stirring constantly. Add pimento corn and 2 of the hardcooked eggs, Serve in a casserole garnished with remaining sliced eggs. Serve on hot buttered toast.

An Apple Omelet Is A Real Delicacy Served With Pork

No weather is too hot any more for a pork roast or chops when we are able to buy them. And, when we are fortunate as to make such a tasty purchase, nine chances out of ten, it isn't as large as we would like, and though each member of the family will probably have a good helping, there just are no chances of "seconds"—so it becomes necessary and at the same time desirable to round out the menu with something else that is "extra special"—two treats in one meal.

Instead of the usual apple sauce with pork, here is a real delicacy—

APPLE OMELET

5 tart apples
½ tablespoon fat
½ cup sugar
Cinnamon or other spice
2 eggs

Cook the apples until very soft, then mash them and add the fat, sugar, eggs and whichever spice you prefer. Bake in a slow oven (250-350 F.) in a shallow pudding dish or pie tin until nicely browned.

It Requires Sugar But Walnut Ice Cream Is The Perfect Dessert

The "perfect" dessert to serve after a special company dinner isn't such an easy thing to find these days—sugar being what or where it is—but, if you can scrape a half cup out of the can without depriving the children of their sugar for cereal—then, here is that perfect dessert.

WALNUT ICE CREAM

1 quart Cream
½ cup sugar
1 teaspoon vanila
½ cup maple-flavored syrup
¾ cup English walnuts, finely chopped
4 tablespoons sherry

Cook together in double boiler one-half of the cream with the sugar and maple syrup until sugar is dissolved then add remaining cream and walnuts, and cool. When cold, add vanila and sherry, and freeze. When frozen, remove the dasher, repack the tube, cover well and let sit for two hours before serving.

Raisin Bran Muffins Require No Sugar

Muffins for breakfast or lunch and no sugar required—and since butter has come down eight points per pound—there will be butter for the muffins too—it's almost too much—so, you'd better enjoy some before butter has again become a thing of the past—where sugar is right now.

RAISIN BRAN MUFFINS

1 cup bran
¾ cup flour
4 teaspoons baking-powder
½ teaspoon salt
1½ tablespoons molasses
1 tablespoon melted shortening
½ cup seeded raisins
½ cup milk
1 egg

Sift flour once, measure, add baking powder and salt, and shift again. Stir in bran, add the molasses, the melted shortening, raisings, and the milk gradually. Then add the well-beaten egg and bake in muffin tins in a hot oven (400-425 F.) for thirty minutes.

Tomato Bisque Is A Fine First Course

Though cold weather is really soup time, it isn't unwelcomed occasionally during hot weather. Particularly if you have been going strong on the cold dinners. After just so many such dinners we have a craving for something hot—whether it is a whole meal or just such a first course as soup—which might satisfactorily appear in the form of a—

TOMATO BISQUE

2 cups canned or stewed fresh tomatoes
1 onion, sliced
1 teaspoon sugar
3 tablespoons butter or margarine
2 tablespoons flour
2 cups rich milk, scalded
⅛ teaspoon soda
½ teaspoon salt
⅛ teaspoon pepper

Sivver tomatoes, onion and sugar about fifteen minutes. Melt butter and margarine in top of double boiler, add flour and mix to a smooth paste. Add hot milk and blend. Cook until thickened, stirring constantly. Place over hot water. Add to tomato mixture, rub through a sieve, and add to sauce with seasonings. Serve very hot. Serves 4.

If it is necessary to reheat this or any other cream style soup for a second night's serving, the reheating should be done in the top of a double boiler over boiling water.

When canning, red fruits fade if cooked too rapidly at the start. They should be heated slowly until hot through, then finished quickly. Cooking in tin gives them a bluish color, and they may become brown if cooked in an iron or in a chipped enamel kettle.

Apple Pancakes And Little Sausages

A bit more meat might mean larger portions for dinner, but anyone would bet on the fact that it will mean meat for breakfasts too—luscious little sausage cakes, or crispy bacon to accompany egg dishes. As for the sausages, it's just what is needed to accompany such a dish as apple pancakes—one of these special breakfast treats that make men glad they didn't stay bachelors.

APPLE PANCAKES

1 cup sifted flour
½ teaspoon salt
¾ teaspoon soda
2 tablespoons sugar
2 eggs, well beaten
1¼ cups sour milk or buttermilk
1 cup cereal flakes
3 tablespoons melted butter or other shortening
1 recipe maple-flavored apples
12 small sausage cakes, fried or baked

Sift flour once, measure, add salt, soda, and sugar and sift again. Combine eggs and milk; add gradually to flour, beating only until smooth. Add flakes and shortening. Bake on hot, greased griddle. Put cakes together with maple-flavored apple slices. Sprinkle with confectioners' sugar and cinnamon. Serve with baked sausages. Makes 12 pancakes.

MAPLE-FLAVORED APPLES

4 tart apples
¾ cup maple-flavored syrup

Core apples and slice across from ¼ to ½ inch thick, or pare and cut in eighths. Cook in syrup, covered five minutes. Remove cover and continue cooking until soft and transparent, turning frequently.

Tomato Recipes For For Those Who "Grow Their Own"

Those people who grow their own tomatoes are usually swamped with an abundant supply—and, where in the past they canned most of them in various ways, this year the sugar shortages will confine them to mostly just plain tomatoes. All of which means that many more tomatoes will be eaten—green ones and red ones, and the more appetizing ways in which they appear, the better.

CURRIED TOMATOES

Heat 2 tablespoons of butter in a frying-pan, add 2 tablespoons finely minced onion. When onion is brown, add 1 teaspoon curry-powder (or according to taste), and then add ripe or green tomatoes cut into thick slices. Fry tomato slices on both sides and season with salt and pepper.

FRIED GREEN TOMATOES

Slice green tomatoes and dip in equal parts of corn-meal and flour. Fry slowly on both sides; salt and pepper to taste.

TOMATO SALAD

Scoop out centers of tomatoes and sprinkle with salt. Invert for a few minutes to drain. Fill with a mixture of cream cheese, chopped olives, salt, pepper, and parsley. Put each tomato on a bed of watercress or lettuce and put a spoonful of Bar-le-duc on each portion.

TOMATO AND SHRIMP SALAD

Skin tomatoes, scoop out center, sprinkle with salt, and invert on platter. Make a filling with a few shrimp and anchovies, watercress, and hard-boiled egg all chopped together. Add pulp of tomato. Mix with French dressing, fill tomato, chill and serve on bed of lettuce with Thousand Island dressing.

Baked Croquettes Are Worth Their Weight In Ration Stamps

A cup of left-over chicken, turkey, veal or ham—that's all that's rationed in baked croquettes. Not one drop of butter or shortening for their preparation is required. And what about the flavor? They're good and worth their weight in ration stamps.

BAKED CROQUETTES

¼ cup mayonnaise
¼ teaspoon salt
Dash of pepper
½ teaspoon grated onion
2 teaspoons minced parsley
1 tablespoon water
1 cup chopped cooked chicken, turkey, veal or ham
½ cup fine bread crumbs, or cooked rice
Fine crumbs, for coating

Combine mayonnaise and seasonings in bowl. Gradually stir in water. Add chicken and soft bread crumbs or rice, mix with a fork, until thoroughly blended. Let stand five minutes. Shape into croquettes and roll in dry crumbs until evently coated. Line an ungreased baking sheet with brown paper, one-half inch apart. Bake in a hot oven (450 F.) 15 to 20 minutes, or until nicely browned. Serves 2-3.

This croquette mixture may be made up in advance and stored in the refrigerator until shortly before cooking time.

So Candle Is Steady

If candles are too large for candlesticks, hold candle base in a basin of hot water until candle is soft enough to press it into shape to fit the candlesticks.

Salmon Mold Piquante Gives Jaded Appetites The Required "Lift"

When appetites become jaded after days of hot weather, it's something cold and something tasty that the family is desiring to give the appetite a lift. And it's salmon that can so nicely come to the rescue—it's so good when all done up in a mold and served cool and collected on a bed of crisp green lettuce.

SALMON MOLD PIQUANTE

1 tablespoon gelatin
¼ cup cold water
1½ teaspoons salt
1½ teaspoons mustard
Dash of cayenne
2 egg yolks, slightly beaten
¾ cup milk
1½ tablespoons melted butter
4 tablespoons lemon juice
1 cup flaked salmon
Lettuce

Soften gelatin in cold water 5 minutes. Combine seasonings, egg yolks and milk in top of double boiler, and cook over hot water 6 to 8 minutes or until thickened, stirring constantly. Add butter, lemon juice, and gelatain, stirring until gelatin is dissolved. Remove from fire and fold in salmon. Turn into fish mold, chill until firm. Unmold on bed of crisp lettuce and serve with

CUCUMBER CREAM DRESSING

2 tablespoons vinegar
2 tablespoons sugar
1 cup diced cucumber
1 cup cream, whipped

Add vinegar and sugar to cucumbers, fold into cream.

Lovely To Look At, Delicious To Eat—A Frosted Melon Mold

Everyone has seen something to eat that has been too pretty to eat—a shame to cut, and everyone stands around and Ohs and Ahs over it—well, that's the kind of a dish every hostess likes to produce. Sometimes they are complicated affairs but other times they're quite simple—which is the case of this beautiful frosted melon mold—it will set family and guests "drooling."

FROSTED MELON MOLD

Melon
Fruit gelatin
Cream cheese
Milk
Chicory or lettuce
French or mayonnaise dressing

Peel a whole melon. Cut a slice from end and remove seeds. Fill center with fruit gelatin and place in the refrigerator until the gelatin is firm. Slightly soften cream cheese with milk and frost the entire outside of the melon. Serve in slices of crisp chicory or lettuce. Serve with French or mayonnaise dressing.

Tapioca Cream Made With Fruit Jam Instead Of Sugar

Substituting jam for sugar has wonderful results in a tapioca cream so you can be certain of a tasty dessert for another night or two without using one speck of that precious sugar supply. The children will find this dessert particularly to their liking.

TAPIOCA CREAM

3 tablespoons quick-cooking tapioca
¼ teaspoon salt
2 cups milk
1 egg white, unbeaten
½ cup strawberry preserves or any fruit jam
2 teaspoons lemon juice
1 teaspoon grated lemon rind

Combine quick-cooking tapioca salt, and milk in saucepan. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire (Mixture will be thin. Do not overcook.) Cook slightly. Place egg white and preserves in bowl. Beat with a rotary beater until stiff and creamy. Fold in tapioca mixture. Add lemon juice and rind. Pile lightly in sherbet glasses. Chill. Makes six servings.

Children Will Love Peppermint Tapioca Cream

Children love desserts, and usually their first questions about the evening meal will be "whatcha got for dessert?" This being the case—it's a sad thing for mothers to be low on sugar.

There's a bright lining to this cloud too—one being prepared puddings—the other being desserts that require practically no sugar at all. And here is one that the children will adore — peppermint tapioca cream. Just imagine—peppermint candy in a dessert—it's right in tune with the times and the likings of young ones.

PEPPERMINT TAPIOCA CREAM

⅓ cup quick-cooking tapioca
¼ teaspoon salt
2-3 cup crushed peppermint candy
1 egg yolk
4 cups milk
1 egg white, stiffly beaten

Combine quick-cooking tapioca, salt, candy, egg yolk, and milk in top of double boiler and stir enough to break egg yolks. Place over rapidly boiling water, bringing to scalding point (allow 5 to 7 minutes), and cook 5 minutes, stirring frequently. Remove from boiling water. Fold a small amount into egg white; add to remaining tapioca mixture and blend Chill—mixture thickens as it colds. Serve in sherbert glasses with chocolate sauce. Serves 8.

Refrigerator cookies are usually either crisp or chewy when baked and after cooling should be kept in a tight jar or can away from moister types of cookies.

NOTICE

Application has been made to the undersigned by Otto Pasco for a Beer License, Class D, on sale, generally, at the premises known as Oakland Inn, near Tolchester, which shall authorize the holder thereof to keep for sale and to sell beer 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 September 18, 1945 at 2 P. M. at which time any exceptions to the application will be heard.

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For your co-operation during the coal crisis the past winter.

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