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

Nuts for cookies are better cchopped than ground in the food chopper. Grinding, especially with a fine knife is apt to crush them and make them oily, they allow the fat to escape into thecookie dough and make it too rich. If the food chopper is used, use the coarse knife.

To use herbs, use small amounts to give interesting flavor, not enough to dominate the dish. A pinch of dried herbs may be added to hot dishes at any time. Fresh herbs should be added near the end of the cooking period, for when overcooked, fresh herbs often become bitter. Herbs should be added to cold dishes well ahead of serving, for the flavor develops slowly.

Other fruit than pineapple may be very satisfactory used for upside-down cakes. Use one and a half cups of fruit, well drained. Try halved cranberries or sliced peaches with grated orange rind or a dash of cinnamon. Or sliced pears with a sprinkling of ginger. Or halved plums with a little lemon rind.

To make lettuce rolls, cut strips from lettuce leaves one by three inches. Place ½ teaspoon of a mixture of cream cheese, horseradish, a few drops of Tabasco sauce and a small amount of mayonnaise, on the lettuce and roll. Chill before serving.

Use any leftover plain pastry or puff paste. Roll out to one-quarter inch thickness, sprinkle half with grated cheese. Fold over the other half and roll out again. Sprinkle with cheese and proceed as before repeat three times. Cut into narrow strips and bake in a very hot oven (500 F.) 10 minutes.

Sandwich loaves are still popular and desirable. Cut crust from day-old loaf of unsliced white bread. Spread two of these slices on both sides with creamed butter; but spread the remaining two slices on one side only. Place a slice which has been buttered on one side on a large sheet of waxed paper. Spread with one package of cream cheese mixed with one-quarter cup of chopped watercress and moistened with one tablespoon mayonnaise. Cover with one of the slices buttered on both sides. Spread this with egg salad—two hard-cooked eggs chopped, one-quarter cup chopped celery, salt, pepper and mayonnaise to moisten. Cover with the remaining slice of bread buttered on both sides. Spread with cooked calmon, flaked and moistened with little cream. Top with last slice of bread, butter-side down. Wrap tightly in waxed paper and chill in refrigerator several hours. When time to serve, spread with an "icing" made of cream cheese moistened with cream or mayonnaise. Decorate as desired. Slice crosswise in 1-inch slices, at the table.

Left-over vegetables are much nicer served cold than reheated, so a jellied, or mixed vegetable salad is the perfect way to utilize the left-overs from yesterdays vegetable dinner. A few raw vegetables may be added for the sake of variety and zest and a cold hard-cooked egg adds substantiality.

If Possible, Plan To Can Seckel Pears

Rationing might be off of a great many articles, but sugar is still among those things to be plentiful in the future. The amount of canning housewives are able to do therefore, depends son the amount of sugar they have been able to save, and of course, with a limited supply, they will want to put up as many things as possible that have been grown in the victory garden and on their own fruit trees. This might include seckel pears, so, sugar permitting, plan to pickle some for a good side dish for next winter's meals.

SECKLE PEAR PICKLE

1 gallon seckel pears
6 to 8 cups sugar
3 cups water
4 cups vinegar
1 stick cinnamon
1 tablespoon whole allspice
½ tablespoon whole cloves

Wash and pierce each pear with a needle. Heat sugar, liquids, and spices (tied in bag) until sugar dissolved. Cool. Add pears and simmer until tender, Let stand several hours or overnight. Pack cold pears into hot jars. Boil the sirup to the desired thickness and pour over the pears. Process 5 minutes in hot water bath; then complete seal.

The amount of sugar used depends upon whether a fairly sweet or a moderately sour product is desired.

French ask that all countries get access to raw materials.

—V—

Men who are overworked and underpaid find the present an opportune time for quitting work.

Fresh Fruit & Sherbet Combine Into A Dessert That Is "Tops"

At the end of a hot day, aside from a cooling shower, there just isn'tanything as refreshing as something cool and attractive to eat. The very sight of a sherbet will lower one's temperature by several degrees and appetites will have a definite lift.

What could be nicer though, than that sherbet that was spied in the refrigerator, appearing on the table served in ice cold melon all prettied with other chilled fruits? It's a dessert any homemaker will be proud to serve and any family will be delighted to eat.

SHERBET AND FRUIT

1 envelope unflavored gelatin
2 cups milk
½ cup sugar
¾ cup light corn syrup
¼ teaspoon salt
½ cup lime juice
Green vegetable coloring
Honey dew melon
Grapefruit sections
Melon balls
Berries

Soften gelatin in ½ cup of the milk Dissolve over boiling water. Add to remaining 1½ cups milk. Add sugar, corn syrup, and salt. Add lime juice gradually, stirring constantly. Stir in gently one or two drops of green vegetable coloring. Turn into freezing tray and freeze at coldest temperature, stirring once when half frozen. Makes about 1 quart.

To serve, pile sherbet into chilled honey dew melon and garnish with honey sweetened grapefruit sections, melon balls and berries.

Rolled Pancakes Bring Added Joy To Breakfasts

Pancakes aren't always just pancakes—not by any means. Some are excellent,—others not to good—but of course, that's all in the mixing and baking. But aside from that—there is variety to be had in pancakes too. You can serve many different kinds at them all stacked up—just try serving them rolled up for a change. A change in shape seems to make quite a difference in taste too, but don't ask us why!

ROLLED PANCAKES

1 cup sifted flour
1 teaspoon double-acting baking powder
½ teaspoon salt
1 tablespoon maple-flavored syrup
1 egg well beaten
1 cup milk
3 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder and salt, and sift again. Combine syrup, egg, and milk; add gradually to flour, beating only until smooth. Add shortening. Bake on hot, greased griddle. Roll while hot and serve with maple-flavored syrup or honey. Or spread with melted butter and jelly and roll. Makes 10 large pancakes.

A Summer Meat Loaf Is As Pretty To See As It's Good To Eat

Dishes that are typically "summer" in appearance, and are as good to eat as they are to see, are just what are needed to give a lift to jaded summer appetites. The leftovers from Sunday's roast go into the makings of this ideal summer meat loaf—it's two tone in color and as refreshing as the well-known summer breeze.

SUMMER MEAT LOAF

1 package lime flavored gelatin
1 teaspoon salt
¼ cup green pepper, chopped
1 cup boiling water
2 tablespoons vinegar
¾ cup ice water
½ cup diced celery
1 cucumber

Dissolve the gelatin and salt in hot water. Add cold water and vinegar, then chill until it begins to jelly, stirring occasionally. Add the vegetables and pour into a fancy mold or into a 9½x5½ inch bread pan. When firm, add the following:

RED LAYER

1 cup canned tomato soup
1 teaspoon onion juice
1½ tablespoons gelatin
2 cups left-over ground meat (veal, pork or lamb)
½ cup water
1½ teaspoons salt

Soak the gelatin in water for five minutes, then add the hot tomato soup. Chill over ice cubes and water until slightly jelled. Add the meat, but do not stir enough to make a paste of the meat. Pour over the lime jelly.

When firm, unmold on a platter garnished with lettuce or endive.

'Different Fish Dishes Make Interesting Friday Menues

Broiled fish, baked fish or fried fish is what usually appears on Friday's dinner table. They're all good, but can become tiresome if given the opportunity. It is therefore well to serve something "different" — one should never overlook the possibilities of the plebian salt codfish, as it's quite true that many of the finest dishes come from the commonest ingredients, skillfully prepared.

CODFISH SOUFFLE

½ cup uncooked rice
2 cups milk
½ cup salt codfish
2 egg yolks, beaten until thick and lemon-colored
2 tablespoons melted butter
Dash of pepper
Dash of salt
2 egg whites, stiffly beaten

Wash rice thoroughly by placing in sieve under faucet. Add to milk and cook in top of double boiler until rice is tender and has absorbed the milk (about 1 hour). Freshen codfish, flake and cook 10 minutes. Cool. Add codfish, egg yolks, butter, and seasonings. Blend. Fold in egg whites, gently but thoroughly. Turn into greased baking dish, place in pan of hot water, and bake in moderate oven (350 F.) 45 minutes, or until brown. Serve with melted butter or egg sauce or tomato sauce.

Very Tasty Side Dishes Made From Leftovers

A cup of left-over rice that seems to have no purpose in life will really make a nice little side dish for another day's dinner—it will make a few

LEMON RICE CROQUETTES

1 cup cooked rice
¼ cup milk
1 tablespoon sugar
1 teaspoon salt
Grated lemon peel
2 eggs
2 tablespoons water
Bread crumbs

Combine rice, milk, sugar, salt, lemon peel and 1 egg, beaten. When cold, shape into cylinders or pyramids roll in remaining egg which has been beaten with a small amount of water then in bread crumbs or rolled crackers and fry in hot deep fat (375-390 F.) until brown. Serves 3.

Chicken Pie Rates As A "Special"

There is no occasion—company or otherwise when a chicken pie doesn't rate as a "special" dish. Possibly because it isn't served so often—but more probably because it's so good.

CHICKEN PIE

4 pound stewing chicken
1 small carrot sliced
1 small onion, sliced
2 stalks celery or few celery tops
1 teaspoon salt
1 whole clove
3 peppercorns
⅛ teaspoon ginger
3 cups (or more) stock
1 recipe baking powder biscuits

Cover chicken with boiling water; add carrots, onion, celery, salt, clove, peppercorns and ginger. Simmer until meat begins to fall from bones. Cool meat in the stock. Remove chicken, strain stock and skim fat from the top. Remove meat from bones, cutting the larger pieces across the grain and arrange in a casserole, distributing light and dark meat evenly. Add stock and biscuits rolled about ½ inch thick. Bake in a hot oven (400-425 F.) for 20 to 25 minutes. Serves 6 to 8.

Omit clove and ginger, if desired, and use ¾ cup diced carrot, ½ cup sliced onions and 6 small potatoes.

Omit clove, ginger and carrot if desired, and add 2 tablespoons minced parsley, ½ pound sliced mushrooms and 1 hardcooked egg, sliced.

Cream of Corn Soup

5 cups fresh corn
5 cups milk or ½ milk and ½ whitestock
2 tablespoons flour
2 tablespoons butter, melted
Salt and pepper
2 egg yolks

Cook corn in double boiler with 4 cups of milk for 20 minutes. Blend flour and butter, add corn and milk mixture and seasoning. Cook for 5 minutes. Rub through a coarse sieve Beat egg yolks and add the remaining cup of cold milk. Stir into the soup and cook for 1 to 2 minutes, stirring constantly. Beat and serve at once. Serve 6.

APPLE SAUCE RELISH

1 package lemon-flavored gelatin
1 cup boiling water
1 cup tart applesauce
½ teaspoon cinnamon
⅛ teaspoon nutmeg

Dissolve gelatin in boiling water, mix applesauce and spices, add to gelatin, sweeten to taste and mold in tiny forms. Red cinnamon candies (dissolved in the boiling water) may be substituted for the cinnamon and nutmeg. Serve with pork.

Apple Desserts Are American Favorites

Apple desserts just never seem to lose their popularity with American families, and running a close second with the ever popular and typically American apple pie—we fine the apple Betty. We serve it hot or cold —with hard sauce (sugar permitting) or with a tasty lemon sauce—or equally as good—we serve it with cream.

APPLE BETTY

3 cups sliced apples
1½ cups soft bread crumbs
½ cup brown sugar, firmly packed
1 teaspoon cinnamon
4 tablespoons melted butter or
¾ cup water, hot or cold

Mix apples, 1 cup bread crumbs, sugar and cinnamon. Place in a buttered baking dish and pour melted butter and water over top. Mix remaining crumbs with a little extra melted butter and sprinkle over top. Bake in a moderate oven (350 F.) 30 to 45 minutes. Serve hot or cold. Serves 6.

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