THREE MEALS A DAY

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

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SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

Cut angel food cake into rounds; spread with a paste of chopped figs and preserved ginger sirup. Place a marshmallow in center of each and bake in a moderate oven (375 F.) until marshmallows soften.

A saucer full of vinegar in a room will absorb excessive cigar smoke. Twice that amount in a teakettle will remove the lime deposit that forms around the sides.

Ink stains may be removed from wallpaper with a solution of equal parts of ammonia and hydrogen peroxide.

Use fresh mint in salads, slaw, fruit drinks, with carrots, new potatoes, peas, in pea soup, stuffings and sauces for lamb.

Delicious cake fillings are made from prepared puddings. For example, use prepared butterscotch pudding and milk for the liquid. Add ½ cup of broken nut meats, if desired. This is good with plain or chocolate cakes.

Press woolen garments on the wrong or the right side, using a slightly dampened pressing cloth and a moderate iron. Do not push the iron back and forth over the fabric. To avoid flattening the wool, lift the iron from one area to another. Remove the pressing cloth while the fabric is still steaming and brush garment wth a clothes brush to raise the nap and remove any marks that may occur on pocket edges or seams. Hang on a dress hanger to dry completely.

Bring compressed thermos bottle corks that have become too small for the opening back to normal by boiling them in water in a covered pan. It sterilibes them, too.

A ham bone, bacon, or bacon rind, or left-over gravy may be used instead of salt pork in bean, pea or lential soup. Ham or chicken stock or some tomato may be used for part of the liquid required. Adjust the amount of salt as necessary; little will be needed with ham stock or bone. Left-over cooked vegetables may be used for added flavor.

Wash leather and leatherette carefully with mold soap occasionally, and wax once or twice a year with paste wax. Leather upholstery responds handsomely to a going-over with English saddle soap, followed by brick polishing with a dry cloth.

Butter or margarine taken from the refrigerator and added directly to hot vegetables has a chilling effect which detracts from flavor. Melted fat, because it is so frequently overheated, has an equally bad effect. For finest flavor, therefore, take the fat out of the refrigerator just enough ahead of time to allow it to soften to the point where it will melt instantly when spread on the vegetables.

When buying poultry it is smart to get a larger bird than will be eaten at one meal, because even a little left-over meat can be stretched with mushrooms and other things to make a tasty second meal. Be sure to save all bones and scraps of skin and meat for soup and save the fat for cooking.

Chill dissolved fruit-flavored gelatin until slightly thickened; then fold in fruits or vegetables. They will remain evenly distributed this way.

Hollow out large cooked beets. Fill with tuna and olive salad and garnish with wedges of hard-cooked eggs.

If you want to reuse lard for deep fat frying, clarify it immeditely after using, by letting it cool somewhat, adding some slices of raw potato, and heating it up slowly until the potato is well browned. Then strain it through several thickness of cheesecloth, and store it in a cool place until the next time it is to be used.

Arrange very small canned peach halves in sherbet glasses. Then place a few broken nuts in the hollow of each peach. Then cover with dissolved lemon-flavored gelatin. Chill.

For a simple but delicious company, dessert serve ice cream in wedges of cantaloupe, or orange sherbet in Persian melon.

Shape biscuits carefully. Pat or roll dough lightly to ½-inch thickness with hand or rolling pin. If rolling, use light strokes in different directions, lifting at the end of each roll. Do not turn dough over or press it down. To cut, dip cutter lightly in flour each time to keep dough from sticking, cut straight down without twisting, and lift each biscut carefully from board to baking sheet with spatula so that it will not lose shape. Place an inch apart on sheet for crusted sides, or with the sides touching, if you prefer high, soft biscuits.

Fresh Or Canned Fish Combined Into Simple But Tasty Dishes

Since so great a number of people are constantly claiming that simple dishes are the more suitable—just good plain cooking—housewives have a much easier job. If fancy dishes were the preferred—cooking would be quite a full-time job, but as it is—tasty dishes are most of the time, so simple to prepare and can be quite inexpensive and ration free. This is where fish plays such an important part—it's ration free and good. But canned fish can be used if desired—in either of these simple but tasty dishes.

KEDGEREE

2 cups cooked fish, fresh or canned
4 tablespoons butter or other fat
1 cup cooked rice
Salt and pepper
2 hard-cooked eggs

Free fish from skin and bone. Melt butter in pan, add fish and stir gently. Put in the rice, the whites of hard-cooked eggs, and season to taste with salt and pepper. Move gently about over the fire until thoroughly hot, and serve on a flat dish with the egg yolks, pressed through a ricer, over the top.

FISH SOUFFLE

1 cup cooked fish, fresh or canned
1 cup mashed potatoes
2 eggs
½ cup milk
Salt and pepper

Mix cold cooked fish with mashed potatoes, milk, salt and pepper. Stir in one egg, well beaten. Put into an oiled mold or dish and set in the oven until hot. Beat the white of the other egg stiff and stir into it the beaten yolk seasoned with salt and pepper; heap this over the fish and brown.

Seafood Cocktails Are First Choice For First Course

Seafood cocktails are popular with diners because of their goodness and with the cooks because of the ease with which they are prepared.

OYSTER OR CLAM ON HALF SHELL

Serve chilled oysters or clams, freshly opened, on deep halves of shells. Arrange on deep plates of crushed ice, allow 6 to a serving. Serve with a wedge of lemon and a small glass of cocktial sauce.

OYSTER OR CLAM COCKTAIL

Allow 6 to 8 chilled small oysters of clams to a serving. Mix with cocktail sauce, lemon juice, and salt to season. Arrange in cocktail glasses, place in cracked ice, and garnish with lemon or water cress.

SHRIMP, CRAB OR LOBSTER

Use freshly cooked or canned fish. Flake crab meat or lobster with fork. Cut out black vein through center back of shrimp. Serve on bit of lettuce or watercress in cocktail glasses, with cocktail sauce mixed with, or poured over fish. Garnish with lemon.

Tasty Stuffings Stretch Servings Of Meat

A good stuffing stretches the number of servings of meat a long way and at the same time adds wonderful flavor to the dish. Thus, a three or four pound shoulder of lamb becomes something special and allows extra helpings for the very hungry men-folks.

ROAST STUFFED SHOULDER OF LAMB

3 to 4 pound shoulder lamb
Salt and pepper
2 recipes Bread stuffing

Have shoulder bone removed from shoulder and sew on two sides, leaving 1 side open for stuffing. Season with salt and pepper. Fill cavity in meat with stuffing and sew or skewer edges together. Place fat side up on rack in an open roasting pan and roast in a moderately slow oven (300-350 F.) until tender, allowing 35 to 40 minutes per pound.

BREAD STUFFING

2 to 3 tablespoons melted fat
1 tablespoon chopped onion
1 dry bread crumbs
1 teaspoon salt
¼ teaspoon pepper
1 to 2 tablespoons milk or stock
½ teaspoon each sage, chopped celery, parsley.

Melt fat in frying pan; add onion and saute until tender. Add bread crumbs and seasonings and mix well. Then add milk or stock. This makes a lose, light stuffing.

VARIATIONS

(1) Add ½ cup chopped mint for each recipe of stuffing used.

(2) Add ½ cup finely chopped dried apricots to each recipe stuffing.

(3) Omit milk in stuffing and add 1 cup tomato pulp for each recipe of stuffing used.

(4) Saute ½ pound sliced mushrooms in melted fat with onion and proceed with stuffing as directed.

Allow one-quarter of a large head or one-third of a medium head of cabbage for one pint of slaw. Remove any wilted outside leaves, cut the head in halves or quarters, and soak in very cold water until very crisp. Shake free from water, drain well, and chill thoroughly before making the slaw.

Eggs Au Gratin In A Different Way

It sounds the same, but it's as diffeernt as can be—as there are eggs au gratin and eggs au gratin, When served in this particular style—it will be something different for the family.

EGGS AU GRATIN

1½ cups milk
1 teaspoon salt
⅛ teaspoon pepper
½ cup grated Swiss cheese
4 eggs

Add milk, seasonings and cheese to slightly beaten eggs. Turn the mixture into a greased baking-dish, set the mold in a pan of water and bake at (375 F.) twenty minutes, or until firm. Remove from the oven; let stand three minutes and unmold on a hot platter. Serve with tomato sauce.

Pineapple And Nut Salad In Tomato Basket

Though canned fruits are anything but plentiful—they're ration free, so housewives who are able to find a precious can or jar now and then are taking care of that "canned fruit craving" that they have felt for a couple of years—canned fruits "as is" for dessert—or in combination for fancier desserts, and especially in salads—such salads as

PINEAPPLE AND NUT SALAD IN TOMATO BASKETS

1 cup crushed pineapple
1 cup broken nutmeats
French dressing
6 tomatoes
Mayonnaise
Salt

Mix pineapple with nut-meats and stand in French dressing in the refrigerator. Peel and cut off the top of each tomato leaving a strip to form a handle. Carefully scoop out the centerandfillwith the pineapple and nuts. Place one teaspoon of mayonnaise on top of each basket.

Lots Of Nut Cookies For A Half-Cup Sugar

A half a cup of sugar is all that goes into the making of about three dozen of these delicious nut cookies. Ideal to put in school lunch boxes, and so popular for after-school snacks

NUT COOKIES

½ cup shortening
½ cup sugar
2 eggs
1 cup flour
1 teaspoon vanilla or almond extract
2 teaspoons baking powder
½ teaspoon salt
1 tablespoon milk
1 cup chopped nut meats

Cream shortening and sugar, add eggs well beaten. Sift flour once, measure, add dry ingredients and sift together again. Add alternately with the milk to creamed shortening and sugar mixture. Stir in nuts and flavoring and mix well. Drop from teaspoon onto greased baking sheet and place a nut on top of each. Bake in a moderate oven (375-400 F.) 12 to 15 minutes. This makes about three dozen cookies.

Peach Ice Cream Is Basis Of Fine Dessert

Peach ice cream that you buy at the store can be the basis of many fine desserts—one in particular being

PEACH MERINGUE

¼ teaspoon gelatin
1 tablespoon cold water
¼ cup boiling water
¼ cupsugar
2-3 cup cream
2 egg whites
1 teaspoon vanilla
Peach ice cream

Soak the gelatin in the cold water. Add sugar and stir until it is dissolved. Add the cream. When it begins to thicken, pour slowly over the beaten whites of eggs and continue beating until it is the consistency of whipped cream. Add vanilla. Line a round mold with frozen peach ice-cream and fill the center with the meringue. Pack in ice and salt and let stand three to four hours, or pack and freeze in the trays of the mechanical refrigerator.

Nut Vegetable Loaf For Meatless Menu

A tasty combination of vegetables, plus the goodness of nuts, makes a fine main dish for a meatless menu. It's full of required nutrition too—which means nothing to any member of the family but mother—whose job it is to see that each meal contains certain amounts of protein, calories, vitamins etc.,

NUT VEGETABLE LOAF

1 cup cooked tomatoes
1 cup cooked peas
1 cup diced cooked carrots
½ cup chopped nut meats
1 teaspoon salt
3 tablespoons minced onion
1 cup soft bread crumbs
½ cup milk
2 eggs, beaten
1 tablespoon melted butter
⅛ teaspoon pepper

Combine all ingredients and turn into greased loaf pan. Bake at (350 F.) for 1 hour. Serves 8.

Rarebits Are Still The Popular And Pleasing Supper Dish

Whoever names rarebits certainly must have known that someday there would be rarebits indeed—with cheese being scarse and rationed. However, when it is available, a rarebit is still the popular and pleasing supper dish that it always was. The chafing dish is dusted and brought forth and father gets to work on his "special." It might be a plain rarebit, or he might like to branch out with variations.

WELSH RAREBIT

2 pounds American cheese, diced
1 tablespoon butter
½ teaspoon salt
½ teaspoon paprika
1 teaspoon dry mustard
Few grains cayenne
1 cup beer or milk
Toast, crackers or bread croustades

Melt cheese and butter in chafing dish, add seasonings, then beer or milk, stirring contsantly until smooth. Serve on toast, bread croustades, or crackers. Serves 8.

CHEESE AND TOMATO RAREBIT

Omit paprika, mustard, and beer. Use 1 pound cheese, 1 cup bread crumbs, and 2 cups strained tomatoes.

DRIED BEEF RAREBIT

Add ½ pound shredded dried beef.

FISH RAREBIT

Omit 1 pound cheese, add 1 cup fish (oyster, shrimp, lobster, crab meat, or tuna), ¼ cup chopped green pepper, and 1 tablespoon chopped onion to the rarebit and cook until thoroughly heated.

Sandwich Bread

Whether you are a confirmed bread baker or not, you'll certainly want to bake this sandwich loaf. It will mean a tasty treat for the table or lunch box, and you can whip it up in a jiffy.

SANDWICH BREAD

2 cups sifted flour
3 teaspoons double acting baking powder
½ teaspoon salt
⅛ cup sugar
1 cup bran flakes
1 egg, well beaten
¾ cup milk
3 tablespoons molases
2 tablespoons melted shortening

Sift flour once, measure, add baking powder, salt and sugar and sift again. Add flakes and mix. Combine egg, milk, molasses, and shortening. Add to flour mixture, beating only enough to dampen all flour. Bake in greased loaf pan, 8x4x3 inches, in moderate oven (350 F.) 1 hour, or until done. Cool. Wrap in damp cloth and store for several hours or overnight before slicing.

½ cup chopped raisins may be added to sifted flour.

½ cup chopped nuts may be added to sifted flour mixture.

Ham Croquettes

Croquettes are always a popular way to utilize left-overs. Particularly such ones as these ham croquettes—as they require such a small amount of left-over ham.

HAM CROQUETTES

2 cups mashed potatoes
1 tablespoon fat
3 egg yolks
Cayenne
1 cup cooked ham
Egg and crumbs

Mix potato, fat, yolks of two eggs and cayenne, beat until smooth, then set to cool. Chop the ham, mix with the other yolk, cook until mixture thickens, and turn out to cool. When thoroughly cool, take a tablespoon of the potato mixture, make a hole it in, put a large teaspoon of the chopped ham mixture inside, close the hole and form into a ball. Dip into flour, then into egg, roll in crumbs, and fry in deep fat (375-390 F.) from two to five minutes.

When making sauces, be sure to use vegetable liquid—drained from canned vegetables, or left after cooking fresh vegetables—whenever possible.

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