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

Canned crab meat does not have quite as much flavor as fresh crab meat, but saves a great deal of time.

Leather-covered shoe heels can be protected from scuffing by painting them with colorless nail polish. It doesn't matter whether the leather is dark or light colored—just be sure that you get the polish on evenly.

To keep lace tablescloths looking like new, launder them in mild soap flakes and dry on curtain stretchers.

Line a casserole with four cups of chopped raw cabbage. Cover with six floured pork chops, seasoned with salt and pepper, and one cup of milk. Sprinkle with grated cheese if desired and bake covered, in a slow oven (300 F.) for two hours. Uncover for the last hour of cooking.

Such things as chicken, tuna fish, lobster, crabmeat and ham make up into favorite salads. Many of them can be prepared in a short time, and if a few supplies are kept on hand, they can easily be made the backbone of a hurried meal.

Fried cauliflower is a tasty change from the usual. Parboil the cauliflower for ten minutes, break into flowerets. Dip in beaten egg and crumbs or batter, if preferred, and fry in deep, hot fat until delicately browned.

Cold, cooked string beans, lima beans or beets combine into a delicious salad.

To keep wire strainers clean, wash with soapy water and a brush, rinse in boiling water, dry thoroughly in a warm place.

To measure a half teaspoon of dry material, fill spoon, level off with the back of a knife, and divide down the middle, pushing off one half of the contents. To get one quarter, divide again across.

Coffee is best kept in a tightly closed jar upside down in the refrigerator. Coffee, like orange juice, loses its flavor by separation, as its oil rises to the top and evaporates when the container is opened. By inverting the jar, the oils penetrate the contents.

It's a saving of soap, time and disposition to have soap close at hand when you are cleaning up. Buy a ten-cent wire soap dish and fasten it to your cleaning pail, then the soap is always where you want it when you clean.

Everyone likes to try new and different things for dinner—so—surprise your family with French fried sweet potatoes. You prepare them just as you would French fried potatoes.

A veal hash casserole is made by putting left-over roasted veal through the food chopper. Add small chopped onion and broth left from roast, or the thickened gravy thinned with water. Stir into meat with a fork so meat will remain loose. Bake until lightly browned in a hot oven (400 F.) About 30 minutes.

An already beautiful Angel cake can be made more so by adding a bit of vegetable coloring to the batter before baking. This is particularly nice for a child's birthday.

To prevent staining your dress with lipstick when putting it on or taking it off, hold a piece of cleansing tissue between your lips.

Scalloped Spinach

Since many vegetables that are not so popular "as is" as served scalloped and are therefore accepted by all members of the family—why, it might be an excellent idea to serve spinach in the same way.

Of course, spinach "as is" is excellent to those who are spinach lovers, but those who were raised to eat spinach because "it is good for them" are apt to need a little encouragement—which should be found in—

SCALLOPED SPINACH

2 cups cooked spinach
2 tablespoons minced onion
½ teaspoon salt
¼ teaspoon pepper
1 egg, slightly beaten
½ cup milk
½ cup buttered crumbs

Use either freshly cooked or left-over spinach. If left-over is used, warm it, and then force through a coarse sieve. Add the minced onion, salt, pepper, slightly beaten egg and milk. Place in a greased baking dish. Cover with buttered crumbs and bake in a moderate oven (350 F.) until brown. About 15 minutes. Serves 6.

Future Bathroom

Glass bricks will be widely used in postwar bathrooms for the recessing of fixtures, thus helping to departmentize the bathroom and provide greater privacy, convenience and beauty, says the Plumbing and Heating Industries bureau.

Sunday Night Supper Is Delicious With Eggs a la King

Eggs a la king, well seasoned, will make any Sunday night supper a success—no matter whether they are to be served just for the family or for the most particular guests.

One can choose any seasonings desired, but mushrooms are smiply a "must" and are half the success of the dish—so, choose what you like aside from the mushrooms, but we suggest the following:

EGGS A LA KING

6 hard-cooked eggs sliced
3 tablespoons olive oil
½ tablelspoons butter
⅓ green pepper, finely minced
2 teaspoons grated onion
1 cup cream
1 egg yolk, beaten
2 tablespoons sherry

Mix olive oil, salt, and paprika and spread over the sliced eggs. Marinate for one hour. Melt butter in a saucepan and saute mushrooms, pepper, and onion in it for 4 minutes. Add cream, cook slowly for 10 minutes, stirring frequently. Drain eggs, set dish over hot water and heat thoroughly. Add to beaten egg yolk the dressing drained from the eggs, and add to hot mixture. Add sherry and stir until the egg yolk is set, about 1 minute. Pour over hot egg slices and serve at once. Serves 6.

That Long Desired Frozen Fruit Salad Can Now Appear On Table

No one has forgotten those luscious frozen fruit salads that used to appear on the table—the kind made with whipped cream and good fruits!! All summer long, when the weather was at the highest peak and menues were to be planned, this particular salad would constantly pop into mind and it was with a sorry feeling that we gallantly thrust such ideas out of our minds. But, at long last, they are possible!! And it won't make a bit of difference if the weather is cooler—everyone will plan at least one—

FROZEN FRUIT SALAD

1½ cups coconut
1 cup canned crushed pineapple
1 cup white cherries, seeded
1 cup peaches, diced
2 oranges, free from membrane and cut in small pieces
12 marshmallows, quartered
1 cup cream, whipped
½ cup mayonnaise

Toss coconut, fruits, and marshmallows together lightly. Chill well in refrigerator. Combine cream and mayonnaise. Fold into fruit mixture. Pack in ice cream mold or in two 1-pound baking powder cans in equal parts of ice and salt for 4 hours. Or freeze in trays of automatic refrigerator for 4 hours. Unmold. Cut in 1-inch slices. Serve on crisp lettuce. Garnish with additional mayonnaise. Serves 8.

Another Combination Of Vegetables for Soup

2 tablespoons fat
½ cup chopped onion
½ tablespoon flour
4 cups boiling water
½ cup sliced carrots
½ cup diced turnips
½ cup diced parsnips
2 cups cut celery
½ teaspoon sugar
Dash of white pepper
Dash of cayenne
½ teaspoon minced parsley
2 teaspoons salt
2 cups sliced potatoes

Melt the fat in the cooking pot, cook onion in it until brown, about 3 minutes. Add flour. Mix well, pour 1 cup of the boiling water on slowly, add seasonings and all vegetables except potatoes, add enough boiling water to cover, simmer 2 hours. Boil potatoes 10 minutes, drain, add to soup. If vegetables are not all soft, cook until they are. Put through a strainer and add additional salt and pepper if necessary. If a thinner soup is preferred, double the amount of water. Makes 1 to 2 quarts soup.

Serve Corn Croquettes For A Luncheon Or With Your Dinner

Corn croquettes will be fine as the main dish for a luncheon or as a side dish with your dinner—or, if you are planning a vegetable dinner, build your menu right around them. You can use fresh scraped corn if available, or canned corn, drained. Either will make fine croquettes.

CORN CROQUETTES

1½ cups corn
2-3 cup milk
1 egg, beaten
1 tablespoon melted butter
2 tablespoons fine minced celery
1 tablespoon grated onion
1 tablespoon lemon juice
1½ to 2 cups bread crumbs
2 teaspoons salt
¼ teaspoon pepper
Egg and crumbs

Mix all ingredients together in the order given with the exception of the last egg and crumbs which are for rolling. Shape by tablespoonfuls into any desired shape. Roll in crumbs, dip in beaten egg to which a little milk or water has been added, and again roll in crumbs. Fry in deep hot fat from 1 to 2 minutes. Makes about 16 croquettes.

Mushrooms In Any Style Are Very Fine Eating

There is nothing like the addition of a few mushrooms to improve certain dishes, or to successfully round out certain dinners. As an accompaniment to steaks etc., they are wonderful,—as the main dish of luncheons or other dinners—well—just ask the mushroom lover—they can go into extacies over the fine flavor.

To prepare mushrooms, trim off the earth end of the stalk, wipe the cap with a damp cloth or wash quickly with water. Do not allow mushrooms to soak in water, as it injuries the flavor. If the skin is tough, peel with a silver or stainless steel knife. If the stems are not used, dry them and keep for flavoring.

Broiled Mushrooms: Use the caps only. Brush with melted butter, sprinkle with salt and pepper. Broil slowly with the skin side down until they turn black. Do not turn. Set on toast, being careful not to lose the juice from the cap, put a bit of butter in each cap.

Stuffed Mushrooms: Use large mushrooms, and the caps olny. Sprinkle with salt and pepper and fill hollow of stem side with a very delicate stuffing. For example, for 36 mushrooms melt 1 tablespoon butter in a saucepan, add 1 beaten egg and ¼ cup milk, stir until smooth, add 1 cup crumbs and cook 2 minutes. Add 2 tablespoons cream, 1 teaspoon salt, ¼ teaspoon pepper and a dash of cayenne. 1 uncooked chicken breast, ground fine. Lay on a greased pan. Bake in a hot oven (425 F.) 10 to 15 minutes.

When Your Back Hurts—
And Your Strength and Energy Is Below Par

It may be caused by disorder of kidney function that permits poisonous waste to accumulate. For truly many people feel tired, weak and miserable when the kidneys fail to remove excess acids and other waste matter from the blood.

You may suffer nagging backache, rheumatic pains, headaches, dizziness, getting up nights, leg pains, swelling. Sometimes frequent and scanty urination with smarting and burning is another sign that something is wrong with the kidneys or bladder.

There should be no doubt that prompt treatment is wiser than neglect. Use *Doan's Pills*. It is better to rely on a medicine that has won countrywide approval than on something less favorably known. *Doan's* have been tried and tested many years. Are at all drug stores. Get *Doan's* today.

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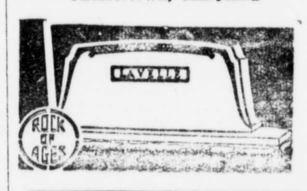


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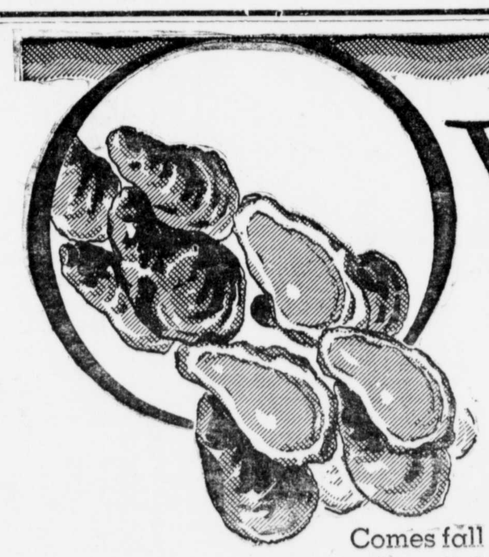
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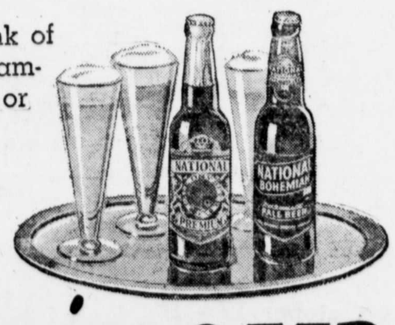
Comes fall and toward Baltimore and Washington and in all the surrounding towns and countryside the thought turns to our great contribution to fine living.

But the oyster does not come alone and unsupported. All the way from the "oyster roast," traditional feast day of the fall season, to the home tables and the busy serving pantries of hotels and clubs and restaurants, people think of National Beer—National Bohemian and National Premium—as the oyster looms in the offing.

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