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

Baked apples are perfectly delicious when sweetened with a marshallow, marmalade or other sweet jam before baking. They will be sweetened enough and will require no sugar.

Onion juice sprinkled over brains before broiling gives added flavor. Other ways to use brains are, in omelets, using 3 eggs to 1 set of brains; with or without minced ham in white, cheese or tomato sauce.

You can make a table oilcloth last longer by waxing it with liquid wax occasionally. To keep the part that covers the corners from breaking, reinforce the underside with adhesive tape.

Before using, all canned foods should be examined for discolored streaks, bubbles or other signs of deterioration. Food showing any signs of spoilage should be thrown out. As a further precaution before tasting or using, all home canned vegetables (except tomatoes) should be boiled in an open kettle for 10 minutes, so that the center of each piece reaches the boiling point.

Don't put water into anything that has been burned because that will immediately distribute the burned taste through all the food in the pot. The fact that the food has become burned is proof that no liquid is there, and if none is there, then there is no way for the burned taste to be carried throughout the food.

Your daughter's paper dolls will last much longer if you paste them onto coarse muslin and then cut them out.

Season fish before baking. Rub the inside of the fish thoroughly with salt; void salting the surface skin.

Use any packaged cream pudding for a cake filling, adding about three tablespoons more liquid than is required for pudding.

To speed up the process of "setting" gelatin you can dissolve it in hot water, then add the other liquid cold. If you plan to whip it, pour into a freezing tray and chill until it begins to thicken. As some recipes show you can substitute whipped evaporated milk for whipped cream in making such deserts as fluffy Bavarian creams.

To dry sweaters quickly, lay them on clean cloths on a window screen and place the screen between two chairs. This way the sweaters will get air from both sides.

Flour has a tendency to pack down so always sift flour once before measuring it. Lift the sifted flour lightly into the measuring cup, heaping it full, then level it off with a straight edged knife.

When you store cookies, remember that they absorb mositure from other foods. Crisp cookies absorb enough moisture from soft cookies to lose their crispness, so the two should never be stored together. Regardless of the kind of cookie, never stack or store them until they are cold. Cookies rolled in confectioners' sugar are likely to dry out quickly, so sugar them just before serving. If you pack cookies to send away, wrap them in waxed paper, 3 or 4 cookies to a package.

To adjust curtain tie-backs at the side of a window quickly and evenly, pull the shade down to the desired position and use the bottom of the shade as a measurer.

Frankfuters For Dinner

Frankfurters, when combined with certain vegetables, make an excellent dinner menu—just try a

FRANKFURTER PLATTER

6 frankfurters
1 head cabbage
¼ cup butter or margarine
4 cups cooked kidney beans.
Tomato sauce or barbecue sauce

Prick each frankfurter with a fork in several places. Bake in hot oven (425 F.) 10 minutes, turning once during baking. Remove outer leaves of cabbage and cut head in eighths. Cook, covered, in small amount of boiling salted water, or, uncovered, in large amount of boiling salted water 10 minutes, or until just tender—Drain well. Arrange cabbage in center of platter and pour melted butter or margarine over it. Place baked frankfurters at one end of platter and beans at the other. Serve with sauce. Serves 6.

Before the Yanks

Two early attempts to invade Japan were frustrated. Khublai Khan tried in vain to land on the island of Kyushu in 1274. In 1281 he sent a larger expeditionary force of Mongols to the Japanese islands but his armada was destroyed by a typhoon.

Meat Balls With Mushrooms A Tasty Addition To Dinner

With one eye on Sunday's roast, Saturday night dinner is sometimes apt to be almost completely overlooked—ending up with whatever happens to be on hand. Now this can turn into a satisfactory meal, and again it might not—so, in planning the week's menues, consider Sunday night as you would any other night of the week—it's a night when the family must be fed and despite the approaching Sunday dinner, appetites thrive on Saturday too. Plan the meal so there will be no leftovers—make it something easy but something as good as this

QUICK SPAGHETTI DINNER

1 pound ground beef
1 pound ground veal
4 slices bread
Salt and pepper
2 onions, finely chopped
1 can mushrooms, or 1 pound fresh mushrooms, sauteed
2 tablespoons fat
4 cups tomatoes
1 package spaghetti

Mix the beef and veal with the bread which has been previously soaked in water and squeezed dry. Season with salt, pepper and 1 chopped onion. Add ¼ cup of welldrained mushrooms and sufficient liquid to moisten, using mushroom liquid if canned mushrooms are used. Shape into small balls, roll in flour. Heat fat in skillet, add second chopped onion and remaining mushrooms Brown slightly; add meat balls and brown, turning often. Add tomatoes, season to taste and simmer slowly, covered from ½ to ¾ hour. Cook spaghetti in boiling salted water until tender; drain. Serve the mushroom meat balls over the hot spaghetti.

BUTTERSCOTCH CREAM PUFFS

1 package butterscotch pudding
2 cups milk
1 egg white
Few grains salt
6 cream puff cases

Prepare and cool pudding (made with the 2 cups of milk) according to directions on package. Beat egg white and salt until stiff, but not dry. Fold into cooled pudding. With a sharp knife make a slit in cream puff cases around the sides (but do not cut through.) Fill with pudding. Sprinkle tops with confectioners' sugar. Serves 6.

Did you ever try baking muffins in small muffin pans and serving them as a dessert with a fruit sauce?

Creamed Finnan Haddie In Baked Potato Shells

The man of the family will be loud in his praise when you serve creamed finnan haddie in baked potatoes for dinner—he'll like the taste and approve of the economy of the dish.

CREAMED FINNAN HADDIE IN BAKED POTATOES

4 tablespoons butter
6 tablespoons flour
2 cups cold milk
½ pound finnan haddie
4 baking potatoes
2 tablespoon butter
½ teaspoon salt
¾ to 1 cup hot milk

Melt the 4 tablespoons butter in a saucepan, blend in flour and add milk slowly, stirring over low heat until sauce thickens. Wash finnan haddie in cold water; if dry, freshen with boiling water. Cut in small pieces and add to the white sauce. Place over boiling water, cover and cook one hour, stirring occasionally. While fish is cooking, scrub good sized baking potatoes, dry and bake in a moderate hot oven (400 F.) about 50 minutes, or until done. When tender remove potatoes from oven, split lengthwise, and scoop into hot mixing bowl. Add butter and salt, mash until smooth. Add hot milk gradually, using just enough to make them light and fluffy. Beat vigorously. Fill potato shells with mashed potato, leaving a cavity in the center of each. Fill to overflowing with creamed finnan haddie and return to hot oven (450 F.) to brown lightly. Serve at once on heated platter. Green beans are especially nice with this:

To remove any threads that get twisted around the vacuum cleaner or carpet sweeper brushers, run a pair of shears through the bristles and clip the threads. Then all you have to do is pick them off.

When the handle of a cooking fork or knife loosens, remove it and fill the hole in the handle with finely powdered resin. Heat the prong on the fork or bake until it is very hot, then push it into the resin-filled hole. When cooled, the handle will hold again as firmly if it were brand new.

If a cork should slip into an empty bottle and you wish to remove it, pour just enough ammonia into the bottle to float the cork, and set the bottle aside for a few days. The ammonia should either eat or destroy the cork enough to permit its removal.

Quick Bread For A Good Breakfast

Breakfast becomes a good "starter-offer" when a different and tasty quick bread is included in the morning menu. A simple biscuit recipe with something added can turn into any number of tasty treats—such as these

ORANGE TWISTERS

2 cups sifted flour
3 teaspoons baking powder
½ teaspoon salt
2 to 4 tablespoons sugar
6 tablespoons shortening
1 egg
Milk to give 2-3 cup when added to egg
Orange sugar

Sift flour once measure add baking powder, salt and sugar and sift again Cut in shortening with two knives or pastry blender. Beat egg slightly in measuring cup and add enough milk to measure 2-3 cup. Add liquid gradually to dry ingredients, working it in with a knife to form a soft dough. Turn out on floured board and knead lightly for 30 seconds. Roll out to ¼ inch thickness. Sprinkle with Orange Sugar, made by mixing 2 tablespoons of sugar and 1 teaspoon grated orange rind. Roll it lightly into dough. Cut into strips about ⅜ inch wide. Double each strip over and twist four or five times. Bake on greased sheet in very hot oven (450 F.) 10 to 12 minutes.

Beans and Onions au Gratin

Though we are fond of single flavors in vegetables, there is nothing that brings such a pleasing and complete change as a combination of flavors—plus the fine flavors of cheese—they combine into very worthy dishes—one such good combination being beans and onions—serve it as the main dish or not—as you please.

BEANS AND ONIONS AU GRATIN

12 small white onions
1⅓ cups lima beans
2 tablespoons butter
3 tablespoons flour
1 cup milk
½ teaspoon salt
Dash of pepper
1 cup grated American Cheese
Buttered bread crumbs

Peel and cook onions in boiling salted water. Drain and place in 2 quart casserole. Cook lima beans, drain, boil down bean liquid to ½ cup. Melt butter in top of double boiler. Add flour and blend, add milk gradually and cook until smooth and thickened, stirring constantly. Add seasonings, bean liquid and ½ cup of cheese. Stir until cheese is melted. Add beans, pour over onions. Cover with crumbs combined with remaining cheese. Bake in moderately hot oven (375 F.) 20 minutes. Serves 6.

With Soup Season On Hand Serve Rich Minestrone

A big pot of soup has a "come hither" appeal these days, and as is often the case, if the soup is good and filling enough, the family will want just soup and more soup—sometimes plus rolls, a salad and a dessrte, sometimes with just the rolls.

A rich soup is always a good drawing card, and when it's a tasty minestrone, topped with grated Parmesan cheese—oh me, oh my, it sets one fairly drooling.

MINESTRONE

¼ pound salt pork
3 small onions, sliced
1 quart stock*
1 sprig parsley, minced
A little minced garlic
1 stalk celery, chopped
¼ cup shelled peas
1 carrot, diced
1 cup stewed tomatoes
A handful spinach
¼ cup elbow macaroni
Salt
Pepper
Grated Parmesan cheese

Dice salt pork fine, fry until slightly crisp. Remove pork, add onions, cook until lightly browned. Return pork to pot, add stock and all the vegetables except potato. Cover and simmer until vegetables are tender. Add potato and macaroni, season to taste with salt and pepper and cook ½ hour longer. Add more salt if necessary. Serve in large soup plates with grated Parmesan cheese, passed at the table.

*Water and bouillon cubes, or beef extract may be used in place of stock.

Removing Nail Polish

Banana oil (amyl acetate) is the only safe medium for removing nail polish from any fabric, especially synthetics. It should be applied directly to the spot and either worked carefully with spotting brush or with a kitchen knife, using a light scraping motion.

Prune Begonias

Begonias require regular pruning to keep them decorative. Branches past maturity should be removed back to the next branch or to the crown of the plant. This is done to stimulate vigorous new growth at that point.

Hot Cornbread Is A Popular Dinner Accompaniment

Like most other things, cornbread has various methods of preparation—some liking it one way, some other ways. Some like the yellow meal, while others prefer white meal—it's all a matter of taste, but as long as it is well prepared, it makes a popular dinner accompaniment. Not forgetting that it is excellent for breakfast too—either freshly baked, or leftover toasted.

Choose your method of preparation according to the time you have on hand—but those who have tried cooking the meal first, claim that it produces a much better textured bread.

CORNBREAD

2 cups sifted cornmeal
2 tablespoons sugar
1½ teaspoons salt
2 cups sour milk (about)
2 tablespoons shortening
2 eggs, beaten
1 teaspoon soda
1 tablespoon cold water

Method No. 1: Sift dry ingredients together (except soda), into a mixing bowl, stir in slightly beaten eggs and milk, then melted shortening and soda which has been dissolved in water. Beat 2 minutes. Pour batter into a greased, shallow baking pan and bake in a hot oven (425F.) for 25 minutes, or until done.

Method No. 2: Mix together in the top of a double boiler the sifted cornmeal, sugar, salt, sour milk and shortening. Set over hot water and cook for 10 minutes. Let cool. Add well-beaten eggs and the soda dissolved in the water. Pour batter into a greased shallow baking pan. Bake in a hot oven (425 F.) about 25 minutes, or until bread begins to brown. Serve hot, cut in 2-inch squares.

Mildew Fungus Growth

Mildew is the result of a fungus growth which develops on fabric that has been stored away from light and air, either damp or in damp surroundings. Flush area with water and apply soap solution to remove stains. Work the mixture into cloth very gently with brush. When the stains gradually give way, rinse with water.

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Clean Sifter

Keep the sifter in the flour bin, or in a paper bag so it will keep clean from one time to the next without having to be washed each time.

Lifts Bed

An electrically - operated hospital bed has been invented. It raises and lowers with the flick of a switch. The use of a nurse or hospital aide is eliminated.

Soil Conservation

More than 90 per cent, or almost 1,000,000,000 acres, of the farm land in the United States needs soil conservation treatment to protect it from soil erosion, maintain fertility and put it to its most efficient use.

Perspiration Stains

Perspiration stains often contain oil, grease and sometimes traces of decdorants and depilatories. Turn garment inside out on your ironing board, wet stain with water, apply a few drops of ammonia, and tamp with brush. Sponge with clear water. On colored materials, if dyestuff has run, better let your cleaner do the job. Should an objectionable odor be noticeable after the perspiration stains are removed, flush area with vinegar water.

Body Temperature

Under any conditions of living that we would consider even moderately comfortable, the body is warmer than its surroundings and is constantly giving off heat. Yet relatively little fuel is being burned in the body to maintain temperature. Enough heat for this purpose usually results as a by-product and end product of activities involved in life processes which would be going on anyway.

Fish Serving

If bones, head and tail are included when you buy fish, one pound serves two people after cleaning and scaling. Summer season fish include sea bass, bluefish, butterfish, salmon, sturgeon, swordfish, trout, whitefish and whiting. Year round fish are carp, catfish, clams, cod, crabs, eel, flounder, grouper, haddock, hake, halibut, herring, lobster, mackerel, mullet, perch, pickerel, pike and red snapper.

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