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

Unmold gelatin salads at the last possible moment and serve very cold. For additional food value, and to make these salads look even more attractive, add cream or cottage cheese made into balls and rolled in paprika; or moisten cheese with mayonnaise and pipe it around the edge of the salad. Before molding gelatin salads, rinse mold with cold water or brush with vegetable oil.

You will do a better job icing your cake if you ice the sides first, then the top. This also permits you to use any extra frosting on the top.

Peel 1 large eggplant, cut in sections, boil rapidly in salted water just until tender. Drain well, cool. Chop the eggplant; add 1 small onion minced, and 1 peeled tomato, chopped fine. Combine with well-seasoned French dressing, to which a little sugar has been added. Serve icy cold as a salad, relish or appetizer.

Never dilute evaporated milk which is to be whipped. You can sweeten whipped evaporated milk with sugar, honey or molasses. Adding a few drops of lemon juice helps to make the milk stand up well after whipping.

Salt and pepper shakers that are filled through the bottom are closed with a cork. **Substitute adhesive tape** for the corks. It is easier to remove and much more effective.

Always be sure that pie filling has completely cooled before spreading on any meringue. If you like a meringue with a crusty looking surface, sprinkle with a very little sugar before baking.

When baby is in the yard in the play pen, a small, shallow pan of water under each leg of the pen will protect him from ants and other insects that could crawl up the legs from the ground.

To make a flaky pastry, roll out plain pastry to ⅓ inch thickness; dot with 2 tablespoons of butter or margarine cut into tiny pieces. Fold over ⅓ of the pastry to the center, then fold remaining third over it. Roll gently but firmly to ⅛-inch thickness. Fit into pie pan or cut into tarts and bake as usual.

When buying egg plant, always remember that if it's heavy in weight its filled with seeds. The best buy is the eggplant that is light in weight.

If you like your undies "scented," just sprnikle the ironing board cover with a few drops of your favorite perfume. The dampness of the clothes will release just enough odor so that the clothes, when ironed, will take on a delicate fragrance.

When soft bread crumbs are called for in a recipe, remove crusts as thinly as possible from bread that is 3 to 4 days old; it should be stale, but not hard. Pick apart with fork or fingers and use while soft.

Plan To Serve English Muffins For Fall Menues

House wives who have tried English muffins and have found them popular, should really try making them at home. They aren't difficult to make and are wonderful to have on hand. Just imagine for example, toasted muffins for breakfast or afternoon tea, or in combination with proper ingredients for a wonderful dish of Eggs Benedict—they will please everyone, so plan them for your fall menues—winter too.

ENGLISH MUFFINS

1 cup milk
1 yeast cake
2 tablespoons sugar
4 tablespoons shortening melted
1 teaspoon salt
1 cup lukewarm water
6 cups sifted flour

Scald milk, cook to lukewarm. Dissolve yeast, sugar and salt in the lukewarm water, add lukewarm milk. Add half the flour, beat until smooth. Add shortening and remaining flour to make a soft dough. Knead until smooth and elastic. Place in greased bowl and let rise until double in bulk Divide into 24 portions and shape into round biscuits, or roll to ½ inch thickness and cut with 3½-inch biscuit cutter. Cover and let rise until light. Bake 10 minutes on each side on hot, ungreased griddle or heavy frying pan. As muffins brown, reduce heat and cook more slowly. They may be dried out further in a moderate over (350 F.) for 15 minutes. To serve split, toast the cut sides, serve with butter and jam or marmalade. Makes 24 muffins.

Cakes made with shortening are done when they begin to shrink from the sides of the pan and stop "singing;" and when a toothpick or straw inserted in the center of the cake comes out clean.

A Little Round Steak Goes A Long Way When Stuffed

Stuffings are wonderful things—and during meat rationing we have learned that they do more than just add extra flavor to a meat dish—they are real "stretchers."

It is true, that many housewives have always been lavish with their use of stuffings—knowing how good they are and how the family likes good stuffing—and these women will continue to use them long after rationing is something well in the past. Other homemakers find the use of stuffing something new—except for the chickens or turkeys, but nine chances out of ten, they too, will keep right on stuffing things—it is a wonderful combination of goodness and economy, as inexpensive cuts of meat that are suffed, immediately take on a definitely "expensive" appearance and taste.

STUFFED STEAKS

2 pounds round steak cut ⅓ inch thick
8 tablespoons margarine
2 cups bread crumbs
1 small onion, chopped
1½ teaspoons salt
½ teaspoon pepper
½ cup flour
1½ cups boiling water

Cut round steak into 6 to 8 pieces. Mix together the margarine, bread crumbs, onion, salt and pepper. Place a mound of this mixture in the center of each piece of meat. Roll meat around the stuffing and fasten with picks. Roll in flour seasoned with salt and pepper. Brown in margarine over low heat. Place in a casserole, add boiling water and any fat trimmed from the meat. Cover and bake in a moderately hot oven (375 F.) 1 hour, or until tender. Thicken liquid in pan. Insert skewer in one end of each roll. Serve 6 to 8.

Tongue may be bought fresh, smoked, pickled or corned. Wash fresh tongue to remove clotted blood. Soak smoked, corned or pickled tongues, several hours or overnight, bring to a boil in fresh water to cover. Discard this water, add more water to cover, and simmer slowly until tender, about 3 hours. Remove skin and bone from root of tongue. Serve hot. If to be served cold, cool in stock before trimming.

A Cabbage Plus Sauce A Very Fine Vegetable

The really rare occasion, is when a housewife goes to market and doesn't see a cabage—and yet, the few times a cabbage is purchased would amaze you. We buy them for slaw and occasionally to serve with tongue or ham or the like, but seldom to serve as just another vegetable, 'tis a pity too, because cabbage in quite a few ways makes a fine dinner vegetable—as proven with

CABBAGE WITH BACON SAUCE

2 pounds cabbage, chopped
½ pound bacon, diced
3 tablespoons bacon fat
2 tablespoons flour
¼ teaspoon salt
Dash of pepper
½ cup liquid (water, or stock drained from cabbage
½ cup irradiated evaporated milk

Chop cabbage coarsely. Wash quickly in cold water. Cook in just enough boiling salted water to prevent scorching. Cook rapidly until tender about 6 to 12 minutes. Drain, saving liquid for the sauce. Fry bacon until crisp and delicately brown. Remove bacon, blend flour, salt and pepper with 3 tablespoons of the bacon fat. Add cabbage liquid or water gradually, cook until thickened, stirring constantly. Add milk, continue cooking 5 minutes. Add cabbage and bacon. Serves 6.

HONEY BAKED APPLES

Since every cloud has it's silver lining—when sugar became more and more scarce, we looked around for something else to take it's place—and someone remembered honey—which has done wonders in stretching our sugar supply and permitting certain favorites at the time. We used to bake apples with the centers filled to overflowing with sugar—now we serve

6 apples
⅓ cup seedless raisins
½ cup honey
1 tablespoon butter
¼ cup water

Core apples and peel about one-fourth of the way down. Place in individual baking dishes with a few raisins in the center of each apple. Bring honey, butter and water to a boil, pour over apples. Bake in moderate oven (375 F.) about 40 minutes, or until apples are done, basting occasionally with syrup in baking dishes. Serves 6. Serve with or without cream.

Sausage Meat With Spinach Makes A Fine Tasting Loaf

Spinach becomes something other than something that is "good for you" when it is combined with sausage meat and attractively served in a loaf. Use fresh or leftover spinach.

SAUSAGE-SPINACH LOAF

½ pound sausage meat
1 cup cooked rice
1 cup chopped celery
½ teaspoon salt
2 cups chopped left-over spinach
1 medium onion, minced
1 egg, slightly beaten
Grated cheese

Cook sausage meat in skillet until slightly brown. Add all remaining ingredients, except cheese. Form into a loaf, place in a baking pan, cover with cheese. Bake in a hot oven (400 F.) 30 minutes.

The enamel top of an oven is liable to crack if you wipe it with a cold wet cloth while it is still hot. It is best to always let the top cool before washing or wiping.

The only trick to really superb hashed brown potatoes is to cook them so slowly that they crisp without scorching. You cannot rush them, so always allow at least 10 minutes for each side to brown.

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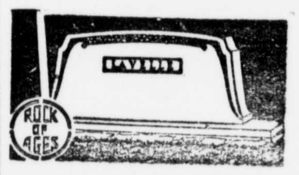

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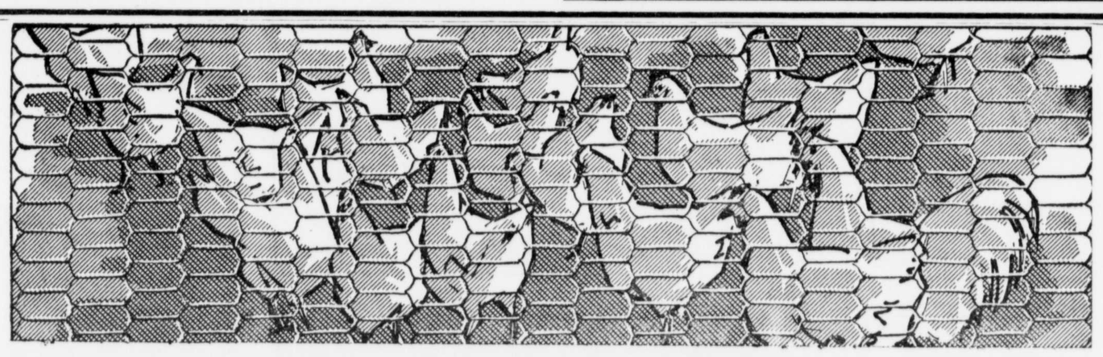

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