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

When broiling a steak, to make sure you won't lose any of the precious juices, place slices of bread under the broiler rack. The bread will catch the excess juices and fat, and the steak can be served on top of the bread.

To restore celery to its original crispness, place in cold water with a little lemon juice and let it stand until crisp.

To keep your crocheting from unraveling when you lay it down, pull the last loop out long enough to pass the ball of thread through it. This will fasten your stitches firmly and none will be missing when you return.

To remove a number of small briars or stickers from your hand all at once, put a piece of adhesive tape over the stickers. When you remove the tape, the stickers will all come out with it.

If you have a cold that causes midnight coughing, take one teaspoon of pure olive oil, it will stop the cough.

Clean badly burned enamel pans or greasy frying pans with a teaspoon of baking soda, a little vinegar, and a cup of hot water. Bring the water to a boil, and the burned part can quickly be removed.

Allow 6 oysters or clams per serving on the half shell. 1½ pints of shucked oysters of clams yields 6 servings in a prepared dish. 14 small, 10 medium or 9 large oysters average 1 cup.

To save fuel when you are preparing an oven meal, plan to have the kind of cereal dessert requiring long, slow baking. When you're not planning to use the oven for something else, choose a steamed pudding instead.

Before replacing a bulb that doesn't light, be sure the switch is turned on. Then tap the bulb sharply with your finger in several places. Tighten or loosen the bulb and tap it again. This may join the pieces of filament together and will give you many more hours of light from the seemingly burned-out bulb. However, when bulbs become blackened inside, it is sometimes cheaper to change the bulb even before it is burned out.

Take a tip from the youngsters—and retrieve small articles which have fallen into small hard-to-get-at-places by using chewing gum stuck on the end of a stick.

To clean the soles of shoes before entering a house, nail a scrub brush upside down on the porch in some noticeable place.

You can use tomato soup as a sauce to serve with patties, with stuffed peppers and with countless bland meat dishes that need some pepping up. You can make a cream sauce by adding milk to one of the cream-style vegetable soups. In each case the added liquid should not exceed six tablespoons since these should have the consistency of a sauce rather than a soup.

Never place carving knives or kitchen scissors in water to wash them. It dulls the edges. That is why butchers never wash their knives in a dishpan full of water. So if you wish to retain a sharp edge on your kitchen knives and scissors, do as the butcher does. Wash them by rubbing them with the dish cloth—out of water.

When you burn a food, such as apple sauce, carefully remove all the top, making sure you do not disturb the burned portion. You'll find the top fresh from any burned flavor.

Raw Vegetables Are Tasty Served In Jellied Salads

Raw vegetables very definitely lose their "good-for-you" look when they appear on the able in the form of a jellied salad. Serve them often, varying the ingredients for the salad, but among them, include a

CARROT AND CABBAGE SALAD

1 package lemon-flavored gelatin
2 cups hot water
2 tablespoons vinegar
1 teaspoon salt
1 cup grated carrots
1 cup finely shredded cabbage

Dissolve gelatin in hot water; add vinegar and ½ teaspoon of the salt. Chill unitl slightly thickened. Season carrots and cabbage with remaining salt. Fold into gelatin. Turn into 1 large or six individual molds; chill until firm. Unmold on crisp lettuce, garnish with mayonnaise. Serves 6.

Serve Turkeys With Change In Dressing For Variety

Those who are able to buy turkeys, and most people can these days, aren't saving them for the Thanksgiving or Christmas dinner alone, because, if the bird isn't too large, the family simply will not tire of it. There are so many wonderful things to do with every last bit of the bird. And, in spite of the fact that the bird itself is good, the stuffing is every bit as popular and the person is really rare, who doesn't like good stuffing.

If you plan several turkeys over a period of the next two or three months, plan several stuffings too—variety you know!! One basic dressing is all you need—with a few variations and you are all set for the winter as far as your turkeys are concerned.

BREAD STUFFING

5 cups coarse dry bread crumbs
½ cup butter or margarine, melted
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon sage or poultry seasoning
2 tablespoons grated onion
2 tablespoons chopped parsley
½ cup chopped celery or celery leaves

The bread should be dry, but soft enough to slice. Use crusts or not, as desired. Cut into small cubes or tear into rough crumbs. Toss in melted butter or margarine. Add seasonings.

This is enough for a very small bird—increase amounts as needed.

OYSTER STUFFING

Reduce bread crumbs to 3 cups and add 1 pint or 18 small oysters which have been chopped and heated in their own liquid.

GILBET STUFFING

Cook heart and gizzard 20 minutes, add liver and cook 10 minutes longer, chop and add to stuffing.

CHESTNUT STUFFING

Omit sage. Substitute 3 cups cooked chestnuts for 2½ cups bread crumbs. To prepare chestnuts, cut a gash in each nut, shake up with 1 tablespoon of melted shortening, bake in a hot oven (475 F.) for 8 minutes. Remove shells and skins. Cook in boiling salted water until tender. Force through a sieve and add to stuffing mixture.

CRANBERRY STUFFING

For a 15-pound turkey, double bread stuffing recipe. Substitute sweet marjoram for sage. Add 2 cups fresh cranberries, chopped and mixed with ½ cup sugar.

Serve A Fine Dish Of Baked Creamed Oysters

Any day of the week can be fish day as far as most families are concerned if oysters are on the menu. Plan them often during fall and winter months but serve them in various ways—raw and cooked—but include one such fine dish as—

BAKED CREAMED OYSTERS

25 medium oysters
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon nutmeg
½ teaspoon minced parsley
½ teaspoon onion juice
3½ tablespoons butter or margarine
2 tablespoons flour
½ cup milk
½ cup cream
½ cup buttered bread crumbs

Cook the oysters in their own juice for five minutes, drain. Cut up coarsly, add salt, pepper, nutmeg, parsley and onion juice. Melt butter or margarine in saucepan, but do not brown. Stir in flour, then milk. Boil 2 minutes, add cream. Remove from fire, mix with oysters, put in a baking dish, cover with buttered crumbs, and brown quickly in a hot oven (400 F.) about 10 minutes. Serves 8 to 10.

Sweet Potatoes And Apples Make Their Appearance Together

Sweet potatoes and apples prepared together will do wonder for a pork or duck dinner, or for any other meal at which you may choose to serve them. They'll be a real hit with the family.

SWEET POTATO-APPLE SCALLOP

3 medium sweet potatoes
3 medium apples, sliced
¼ cup brown sugar
½ teaspoon salt
2 tablespoons butter
½ cup water

Boil sweet potatoes in their jackets until almost tender. Peel and slice. Place layer in greased baking dish, top with layer of sliced apples, sprinkle with sugar and salt, do with butter. Repeaat until all ingredients are used. Add water. Bake in covered dish in moderately hot oven (375 F.) 20-25 minutes. Remove cover and bake 15 minutes longer.

Have your furnace thoroughly cleaned before you start your fire each fall. One-eighth of an inch of soot in the furnace will cause twenty-eight per cent loss of fuel.

Sugar Saving Sauces To Top Desserts

Whenever a dessert calls for a sauce—if and when possible, it should certainly be served as often the sauce of the pudding or cake or whatever it may be, simply depends on a sauce.

Fortunately, there are perfectly delicious sugar-saving sauces that are as full of fine flavor as one would want—a couple such sauces are

HONEY SAUCE

2 tablespoons butter or margarine
1½ tablespoons cornstarch
1 cup honey
2 teaspoons boiling water
2 teaspoons lemon juice
Few grains salt

Melt butter or margarine in saucepan. Remove from heat, blend in cornstarch and stir until smooth. Gradually add honey and water, mixing thoroughly. Bring to a boil and simmer 5 to 7 minutes, stirring frequently. Add lemon juice and salt. Serve hot.

SEMI-SWEET CHOCOLATE SAUCE

1 cup semi-sweet chocolate bits
½ cup corn syrup
½ cup water
Few grains salt

Combine ingredients and cook over low heat until chocolate melts, stirring frequently; increase heat and boil 3 minutes. Makes about 2 cups sauce.

A Turkey Curry Suggested By Left-Overs & Cool Weather

Since turkeys are trotting to the table more often than usual, it has become increasingly necessary to enlarge the repertoire of uses for the left-overs.

What a tragic thing it would be to tire the family of an unrationed bird simply by the lack of sufficient receipes to make him a bit different each time served.

As the weather turns cooler, tastes changes, and we now find ourselves interested in dishes with a snappy flavor—and so we take the left-over turkey, and combine it with tangy curry powder for a—

TURKEY CURRY

1 cup mushrooms
⅓ cup minced onion
1 large apple, pared and diced
3 cups diced cooked turkey
6 tablespoons fat
3 tablespoons flour
½ teaspoon salt
1 to 1⅓ teaspoons curry powder
1½ cups turkey stock and top milk or cream

Cook mushrooms, onion, apple and turkey in the fat until onion and apple are tender, 10 to 15 minutes. If fresh mushrooms are used, saute several minutes before adding other ingredients. Remove from heat, blend in flour, salt and curry powder. Add liquid and cook until thickened, stirring constantly. Place over hot water cover and cook 15 minutes longer. Add more seasonings if desired.

Serve with hot rice cooked without salt. Serves 6.

Meat And Vegetable In Different Combination

Just a half pound of ground beef a cauliflower and a sauce—and you will have as desirable a dinner dish as any family could ask. At the same time—it can well be stored in your book of recipes for the future because you'll find that it is another of those dishes that are particularly pleasing to the men.

CAULIFLOWER WITH MEAT BALLS

½ cup milk
6 slices bread
½ pound ground beef
1 tablespoon minced onion
1 teaspoon salt
⅛ teaspoon pepper
Dash of cayenne
¾ cup sour cream
1 whole cooked cauliflower
Mock Hollandaise sauce
Paprika

Pour milk over bread and let stand 15 minutes. Press excess milk out of bread. Combine meat, bread, onion and seasonings. Shape mixture into eight 2-inch balls. Fry in heavy skillet in a little fat. When brown on all sides, add sour cream and simmer 5 miuutes. Arrange on hot platter around cooked cauliflower. Pour sauce from pan over meat. Pour melted butter over cauliflower, sprinkle with paprika. Serves 4.

MOCK HOLLANDAISE SAUCE

⅓ cup milk, scalded
½ cup real mayonnaise
Dash of pepper
⅛ teaspoon salt
3 tablespoons lemon juice

Scald milk in top of double boiler Add mayonnaise, pepper, salt and lemon juice, beat with rotary beater until thoroughly blended. Place over boiling water and cook 5 minutes until smooth and thickened, stirring constantly. Serve immediately.

For a time saver—multiply standard baking powder biscuit receipe four times. Sift together dry ingredients, chop in shortening, cover tightly and store in your refrigerator. When needed, measure out amount required, add milk to make soft dough and proceed as for biscuits.

Dinner Is An "Affair" With An Onion Cheese Souffle

Good food combinations are wonderful things! And it would be a pity not to take advantage of them as eaating would be very monotonus if foods were served only "as is."

One that is very fine is the combination of cheese and onions— and if you have never eaten the combination in any other way—you probably have done so when you have eaten baked onion soup—but here we go a bit farther and serve the combination in a souffle. One of those dainty, but ever so delectable dishes that simply melt in your mouth and make dinner time quite an affair.

ONION-CHEESE SOUFFLE

4 medium onions
2½ tablespoons butter
2½ tablespoons flour
¼ cup light cream
½ cup onion water
Salt
Pepper
1¼ cups grated cheese
2 eggs, separated

Cook onions in boiling salted water until soft. Drain, reserving water, force onions through coarse sieve. Melt butter, blend in flour, add cream and ½ cup water in which onions were cooked. Mix well, season to taste with salt and pepper. Add onion pulp and cheese, cook until cheese has melted. Remove from heat, add beaten egg yolks. Fold in stiffly beaten egg whites. Turn into greased baking dish, set in shallow pan of hot water and bake in moderately hot oven (375 F.) 45 minutes. Serve immediately. Serves 4.

Refrigerator Rolls Are Time and Labor Savers

Wise housewives save themselves hours of work by preparing certain things in large quantities and storing them in the refrigerator until such times as they are wanted. One such thing that is always well to keep on hand, is a batch of dough for rolls—good, tasty refrigerator rolls—they can be made up in large quantities (that is, the dough can)—and stored in the refrigerator. Then, when you have the urge to serve hot rolls for luncheon or dinner— or even for breakfast if you get up early enough—all you have to do is pluck off what you want, let it stand at room temperature for an hour and a half and then proceed with the baking. It's all quite simple:

REFRIGERATOR ROLLS

2 cups milk
½ cup lukewarm water
1 teaspoon salt
2 teaspoons shortening
2 yeast cakes
½ cup lukewarm water
1 teaspoon sugar
2 eggs, beaten
8 cups sifted flour

Scald milk, add sugar, salt and shortening. Cool to lukewarm. Soften yeast in lukewarm water, add 1 teaspoon sugar and stir into first mixture. Add beaten eggs, stir in 4 cups, then beat thoroughly. Stir in 4 more cups flour, mix well. It is not necessary to knead. Brush top of dough with melted butter or margarine, cover tightly and store in refrigerator until ready to use. When wanted, remove from refrigerator and let stand in warm room at least 1½ hours, before shaping. Shape rolls, place on greased baking sheet or in greased muffin pans, let rise until double in bulk. Bake in hot over (425 F.) about 15 minutes.

Raisin Crum Pie Requires Not A Bit Of Sugar

One delicious pie for dessert, and not a bit of sugar removed from the sugar can—that is what everyone is interested in these days—and it is a wonderful thing—serve it soon and you'll serve it often.

RAISIN-CRUMB PIE

1 unbaked pie shell
¾ cup raisins
¾ cup soft, fine crumbs
¼ cup sifted flour
¼ teaspoon baking powder
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon allspice
¼ cup butter or margarine
1 egg
1 cup mild-flavored molasses
1 cup boiling water

Arrange raisins in a thick layer in bottom of unbaked pie shell. Combine crumbs, flour, baking powder, salt and spices. Add butter or margarine and crumble with fingers until well mixed. Beat egg, add molasses and hot water; beat again. Pour over raisins. Sprinkle crumbs over the top and pat lightly into liquid. Bake in hot oven (450 F.) 10 minutes; then reduce temperature to moderate (350 F.) and bake about 30 minutes longer. Serve warm. Makes one shallow 9-inch pie.

Bake 3 large potatoes. When done cut in halves, lengthwise. Scoop out potato carefully. Beat pulp with butter, salt, pepper and a little hot milk. Pile lightly into skins, sprinkle with grated cheese and paprika and return to hot oven to brown.

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CHARLES A. GALINES

late of said county, deceased. All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 2nd day of May, 1946, otherwise they may by law be excluded from all benefit of said deceased's personal estate.

All persons indebted to this estate must settle at once.

Given under my hand this 30th day of October, 1945.

Clara Galines Nicholson
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W. Paul Joiner.
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