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

You will always have brown gravy if you thicken it with browned flour. Brown some flour and keep it in a glass jar in the cupboard to use when needed.

When a fire is started by burning fat, reach for the salt jar and throw a handful of salt onto the fire immediately. Flour can also be used. If the fire is extensive however, smother it with a blanket. Never use water.

For good cinnamon toast, use nut or raisin bread. Cream one-quater cup of butter or magarine until soft. Add quarter cup of sugar, either white or brown, mixed well with one tablespoon of cinnamon. Cream well. Remove crusts from slices of bread, cut into suitable shapes. Toast on one side under broiler flame. Spread untoasted side with cinnamon mixture and toast under flame until mixture bubbles up all over. Makes enough for six inches of bread.

Vegetables should always be washed in cold water, scrubbing those having a firm skin with a vegetable brush. If they are to be kept after preparation, before cooking, keep them in cold water.

Salt fish must not be actually boiling during preparation, or it will toughen. Keep the water below the boiling point.

After pouring pudding into sherbet glasses, place a piece of wax paper over each glass to prevent a crust from forming on top.

To freshen chifton and make it like new, hang it in the bathroom when the room is filled with steam; then hang out doors.

Left-over vegetables made excellent salads, but always bear in mind interesting contrasts in texture and color. Is is a bood idea to combine cooked left-over vegetables with raw ones, both for the sake of convenience and good nutrition.

Prepare Breakfast Eggs In Several Different Ways

Eggs for breakfast! In a number of homes every morning as regular as the coffee or milk is put on the table, fried or boiled or scrambled eggs are placed before the family.

Now serving eggs daily is a wonderful idea as they supply the body with cretain elements that are required, but eating eggs day in and day out that are always cooked in the same fashion does get a little tiresome.

Why not continue giving the family their eggs daily, but try preparing them in some different manner. There are so many tempting egg recipes for breakfast dishes that every morning a different one can be served.

FLUFFY OMELET

2 tablespoons quick cooking tapioca
¾ teaspoon salt
⅛ teaspoon pepper
¾ cup milk
1 tablespoon butter
4 egg yolks, beaten until thick and lemon-colored
4 egg whites, stiffly beaten

Combine dry ingredients and milk in top of double boiler. Place over rapidly boiling water, bring to scalding point (allow 3 to 5 minutes), and cook 5 minutes, stirring frequently. Add butter. Cool slightly. Add egg yolks. Fold in egg whites. Pour into hot buttered frying pan. Cook over low flame 3 miuutes. Then bake in moderate oven (350 F.) 15 minutes. Omelet is sufficiently cooked when a knife inserted come out clean. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from the handle to opposite side and serve on hot platter. Serves 6.

APRICOT OMELET

Follow directions for Fluffy Omelet (above). When baked, spread with dried Apricot Jam. Fold and serve, dusted thickly with confectioners' sugar. Serves 6.

Cakes made without shortening are done when they spring back after being touched lightly with the fingertips—leaving no impression; or when a cake tester inserted in the cake comes out clean.

Meat and Fruit Make Tempting Main Dish

Sausages and bananas turned into tasty and nourishing dish.

No—you can't think of sausages being regal—but with bananas they really are. And not only regal, but tasty and nourishing and really different for a hearty dinner.

BAKED SAUSAGES WITH SAUTEED BANANAS

18 pork sausage links
6 rounds toast
6 small bananas
3 tablespoons lemon juice
½ cup currant jelly
Flour

Prick sausages and place in moderate oven (350 F.) Bake for 25 minutes. Turn during baking to brown evenly. Remove sausages to hot platter. Cut bananas in half, lengthwise. Dip in lemon juice and flour. Saute in sausage fat until delicately browned. Cover center of bananas with currant jelly. Place on toast. Arrange on platter with sausages. Garnish with parsley.

Orange Fromage Is Early Fall Dessert

In the early autumn, when desserts begin to get away from ice cream, and yet a light finish is just what is needed to perfect a meal, try—

ORANGE FROMAGE

Juice and rind of 2 organes
Juice and rind of 1 lemon
2 tablespoons sugar
2 egg yolks
Few grains salt
2 teaspoons gelatin
2 tablespoons cold water
1 cup heavy cream, whipped

Cook orange and lemon rind and juice, sugar and egg yolks and stir slowly until thickened, stirring constantly. Pour over gelatin softened in cold water. Stir until dissolved. Cool. Fold in whipped cream, mold and chill. Serve with Orange Sauce.

ORANGE SAUCE

1 cup orange juice
Juice of 1 lemon
Grated rind of 1 orange
1 cup sugar
1 orange

Combine orange and lemon rind and juice, add sugar and cook slowly to boiling point. Pour over cubed orange sections. Cool and serve.

Perfect Ending For Autumn Meal Is Steamed Pudding

And at last we are in the season when we served steamed puddings—and can you think of any more perfect ending to a cool Autumn dinner?

A steamed pudding isn't all the work that great many women are apt to make it—In fact it takes just a few minutes to mix, then into the mold to steam—and that's the last thought that out and serve it. And for your next steamed pudding try serving a Foamy Sauce instead of the regular hard sauce we are all so used too.

STEAMED PUDDING

1 cup molasses
1 cup suet, chopped fine
1 cup milk
3 cups flour
1 teaspoon soda
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon ginger
¼ teaspoon nutmeg
2 cups mixed fruit (raisins, currants, citron figs or dates)

Mix molasses, finely chopped suet and milk. Sift together flour, soda, salt and spices and combine with molasses mixture. Add chopped fruit which has been mixed with a little flour to prevent it from sticking together. Turn into well greased 2 quart pudding mold, or fill small molds not more than 2-3 full, and steam 3 hours. Turn out of mold and serve at once with "Foamy" sauce.

FOAMY SAUCE

⅓ cup butter
1 cup confectioners' sugar
1 egg, well beaten
2 tablespoons hot water
2 tablespoons wine

Cream together throughly butter and sugar. Add egg, beaten until light, water and wine. Place over hot water until warm enough to serve, beating constantly.

Sliced pork and lamb liver should always be scalded before cooking. All liver, if it is to be ground, should be dropped into boiling water and simmer gently for two minutes, which makes grinding much easier. If liver is to be braised in a large piece, soak in cold water one-half hour, then remove tubes and a membranes with scissors.

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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.

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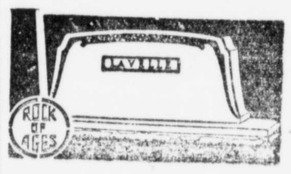


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