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

Sunday Morning Breakfast Is Family Meal

Sunday morning breakfast is the one leisurely breakfast of the whole week. It's the one morning that the coffee pot never wants to be empty, or the food drab. This meal—usually a substantial one—affords a housewife an opportunity to prove that her hand has not lost its cunning in the making of hot breads. These Cheese Roulettes were just made to go with scrambled eggs and bacon.

CHEESE ROULETTES

2 cups sifted cake flour
2 teaspoons baking powder
½ teaspoon salt
4 tablespoons melted butter
1 cup grated American cheese
Salt
Paprika

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turnout immediately on slightly floured board and knead 30 seconds. Roll into oblong sheet, ⅛ inch thick. Brush with melted butter. Spread cheese evenly over dough. Sprinkle with salt and paprika. Cut in strips 6x½ inches, roll each strip, and place in greased muffin pans. Or roll sheet as for jelly roll, cut in ¾ inch slices, and place slices on greased baking sheet. Bake in hot oven (425 F.) 15 to 20 minutes. Makes 2 dozen roulettes.

Keeping on hand an extra appliance cord is good insurance against annoyance — for your percolator, toaster, iron or other small devices.

When individual jellies are to be prepared for a great number, pour the jelly, slightly cooled into paper cups which have been previously dampened with cold water. To remove, dip quickly into hot water and prick holes in the bottom of the cup.

When preparing fresh vegetables for cooking, soak them in cold water to remove any bugs.

Save your old mayonnaise jars. They make grand ice box jars.

"Pot Luck" Should Be Considered Good Luck

You are really in luck if you get "pot luck," if pot luck is really worthy of the name. For oven cooking is good cooking and a baking pot is to the housewife what a piece of canvas is to the painter.

When the leaves are falling a good hot baked dish is exactly for what your mouth has been watering. Something good in the pot, whether the pot be casserole, baking dish or individual if you prefer—makes it possible to have a one-piece meal. These type meals not only save on dish washing, but give the housewife a chance to use any left overs.

And now for some new good things to go into your favorite pot:

SAUSAGE SURPRISE

3 cups boiled rice
1 sweet pepper
1 small onion
1 pound tiny sausages
1 cup milk
Butter

Remove the seeds from the pepper, chop and parboil. Add pepper and onion, chopped fine, to the rice. Mix thoroughly and put a layer in a buttered baking dish. Add a layer of the sausages (which have been partially cooked) and cover with rice. Pour milk over it all and dot with butter. Cover and bake in a moderate oven (350 F.) for ½ hour, then uncover and bake ½ hour longer.

HAM AND APPLE POT

1 cup cooked ham, sliced thin
2 cups thin-sliced apples
1½ cups soft bread crumbs
1 cup water
1 cup dark corn syrup
1 tablespoon vinegar
2 tablespoons butter
Salt, pepper and Mustard to taste

Arrange the ham, apples and bread crumbs in alternate layers in a well greased baking dish. Mix together remaining ingredients in a saucepan, bring to a boil and pour over mixture in baking dish. Bake in a moderate oven (375 F.) for about 45 minutes.

Your old salt bags, small sugar and flower sacks, make execellent bags in which to keep vegetables. Just wash them out and they are ready for re-use.

Potted Lamb Hocks Make Novel And Economical Dish

One of the most common complaints of the woman with a husband for whom to cook—but nobody else in the family—is this: "It's so hard to cook for only two of us. I hate to throw good food away, but I just can't manage many a nice dish when it has to be made up in such a small amount."

And there is so much truth in this complaint that it was with a lot of interest that I heard of a grand dish which can be made for two or three people as readily as for a large number. The little family which invited me to enjoy this dish let me drop in to see it in the making, and so I'd like to take you through the process step by step, as it is very interesting, though really simple.

Incidentally, it can be done in the tinest of kitchenettes, if necessary, and a couple of gas plates is enough. In this case, it was done over a single gas plate and one electric plate. So far as I know, the dish has no fancy name, so we must call it just what it is, namely—

POTTED LAMB HOCKS

The first move is to wheedle out of your butcher one, two or more front shoulder lamb hocks—the part of the front leg from the knee down. This isn't really much larger than a good sized turkey leg, while actually, when properly prepared, it is even more tender and tasty. Incidentally, it is a very economical cut.

Let me warn you, though, that this isn't one of those "mile a minute" dishes, so plan on having two enjoyable hours in its preparation. If you plan on dinner at, say, 7:30, then along about 5:30 have your casserole hot. (In this case, one of those Italian earthenware pans with a long, hollow handle was used.) I suppose a foreign chef would tell you that into that is not necessary. Three tablespoons of a good oil went into the dish and when the onion was good and brown, the lamb hocks, freshly wiped with a damp cloth, and with a good pinch of salt rubbed in, went into the hot fat and were fried a good, rich brown. This done, the gas was turned lower, to maintain a simmering heat. And into the dish there followed three small carrots, cut up, two tomatoes and a half a lemon, half a dozen pepper corns, a tablespoon of Worcestershire sauce and a couple of nubbins of garlic. With the cover over the dish, the simmering continued with frequent basting. In about half an hour, it was time to add a cup of boiling water and also to turn the meat over. At the end of an hour and a half, or along about 7 o'clock, it developed that the meat was tender enough to fall from the bones or, as they say, to melt in your mouth.

So now came the next interesting step. The meat was now placed on a platter and the gravy strained to remove any stray scraps of lemon rind, pepper corns, and so on. What remained was a rich, dark-brown juicy gravy. Now into a little bowl went two tablespoonfuls of flour and a half cup of ordinary red wine (Zinfandel) and the flour and wine being rubbed into a thin paste, this was stirred into the gravy, all brought to a boil—a little tasting done to make sure nothing was lacking the meat replaced in the dish—and the grandest meat dish in the world was ready to serve.

With the meat dish, beer seems to come without calling. And just in passing, let me say, that meat dishes of this type really call for good, mellow beer. And incidentally, if a little dinner of this kind, which sort of keeps the group at home, is going to lead to a little bridge, then better have some extra bottles of beer on ice, because food of this kind has a way of making one thirsty later on in the evening.

In making gravy from meat, use the water in which vegetables have been cooked. This gives the gravy a better flavor.

In boiling old potatoes, lemon juice will keep them from discoloring.

In preparing a butter cake, wash bowl out with hot water before creaming sugar and butter. It will save you a bit of extra creaming.

To measure shortening accurately, fill cup half full of cold water, then fill with shortening.

Always use an extra sharp knife for cutting sandwiches.

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NOTICE

In the matter of the trust created under the last Will and Testament of Thomas A. Parsons, deceased.

IN THE CIRCUIT COURT FOR KENT COUNTY, IN EQUITY
Cause No. 2802

The proceedings of the above entitled cause having been by the Order of Court dated July 5th, 1945 referred to the undersigned as the Auditor of the Court for the purpose of stating a final audit in this case, and which said Auditor shall distribute the entire principal or corpus of the trust to Wilber P. Bennett, free and discharged of the Trust created by the Will of Thomas A. Parsons, deceased, after the expiration of the time named herein for the filing of claims mentioned below.

Pursuant to the Order of Court mentioned notice is hereby given by the Auditor of the Court to all persons interested in the trust fund mentioned above and in the distribution thereof to file their claims, if any they have, and the vouchers thereof, with the Clerk of the Circuit Court for Kent County on or before February 7, 1946.

HERBERT E. PERKINS,
n9- Auditor

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