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

Children like sandwiches cut in "fingers" instead of the usual halves.

Soiled handkerchiefs are much easier washed if plenty of salt is added to the water.

To save ironing towels, fold them when they are almost dry and run them through a wringer.

Tarnish is easily removed from silver by placing the silver in hot soda water in an aluminum kettle.

If wet lace curtains are placed on their rods at the window, they will dry and retain their original shape.

In painting stairs, just paint every other step so that they may be used during the time the paint is drying.

For the protection of your furniture place old rubber hose on Kiddie car wheels.

If clothespin bags are made on a hanger, they are easily slid along the line.

Before luandering garments stained with automobile grease, remove the grease with lard.

When traveling, carry picture hooks for clothes hangers.

Use hot vinegar to soften hard, dry, paint brushes.

Add baking powder to cracker crumbs in which oysters are dipped.

For fluffier cakes, use a beater to mix ingredients.

To make a souffle, heat half a cup of milk. Blend a quater of a cup of flour with another half cup of milk. Add a teaspoon of salt and add to hot milk. Boil until thick. Add four egg yolks separately and stir well. Also grated cheese or other flavoring. Fold in egg whites, beaten stiff. Bake in buttered casserole for 20 minutes.

For a delicately flavored sponge cake, use rose geranium or lemon verbena.

Use cloth over bluing bottles to strain the bluing and prevent spotting.

Keep camphor gum in your silver chest to prevent tarnishing.

Put snappers on curtains to fasten them when windows are open.

If your cleaning fluid makes rings on your clothes, steam them out.

Sew through sandpaper to sharpen machine needles.

An office stool is handy for kitchen work.

To remove the fish backbone easily rub it well with butter before baking.

When filling holes in linoleum use a mixture of chopped cork and glue.

A little baking powder added to hamburger will make it much lighter.

To prevent the snaps on garments from smashing, snap them before wringing.

Mildrew can be removed from clothes by merely soaking the garment in milk.

Crushed egg shell makes a splendid woodwork cleaner.

A wrapped rolling pin makes an excellent sleeve-board.

When poaching eggs, use a little vinegar in the water to keep eggs whole.

Orange Bread Is Delicious For Sandwiches

A good homemade sandwich bread helps make any sandwich better, if the bread is of the "fancy" variety, little or no filling except butter is needed. Here's a delicious one:

ORANGE DATE BREAD

- 1½ cups white flour
- 6 teaspoons baking powder
- 1½ teaspoons salt
- 1½ cups graham flour
- 1 cup pasteurized dates, sliced
- ½ cup candied orange peel
- 1 egg
- 1½ cups milk
- ½ cup sugar

Sift the white flour, baking powder and salt together. Add graham flour and sugar. Mix the dates and orange peel through the flour with the finger tips. Beat the egg; add the milk; and stir liquid into the dry ingredients. Pour mixture into a well-oiled loaf pan. Bake in a moderate oven (325 F.) for one hour.

Add A Little Extra And Make A "New" Dessert

Often you heard it said that familiarity breeds contempt—but there's one time you'll find that it is not true. If you serve the family desserts such as rice pudding, snow pudding, blanc-mange and apple betty, they'll never tire of them. And there are a dozen different ways each particular dessert can be changed—not much, but just enough to make it appear that its something entirely different. For instance, dress puddings up with such delicious ingredients as cocoanut, and notice the complete change that takes place!

COCOANUT RICE PUDDING

- 4 tablespoons uncooked rice
- 4 cups milk
- ½ cup sugar
- ¼ teaspoon salt
- ½ cup milk
- ½ cup shredded cocoanut

Wash rice thoroughly, combine with milk, sugar, salt and butter in greased baking dish. Bake in slow oven (325 F.) 2 hours, stirring well every 30 minutes. Add cocoanut and mix well; then continue baking ½ hour more. Serve hot or cold.

BLANC-MANGE DE LUXE

- ½ cup sugar
- 5½ tablespoons flour
- ¼ teaspoon salt
- 2 cups milk
- 1 cup cocoanut, shredded
- 2 egg whites, stiffly beaten
- 1 teaspoon vanilla

Combine sugar, flour, and salt in top of double boiler, add milk gradually, mixing thoroughly. Place over rapidly boiling water and cook 10 minutes, or until thick, stirring constantly. Add cocoanut and cool. Fold in egg whites and vanilla; turn into individual molds. Chill. Unmold and garnish with tart jelly.

Fall Berries Fit Into Many Delicious Recipes

Cranberries are not only in season—but in fashion. For cocktail, meat sauce, salad and dessert they are being used in dozens of delicious and different recipes.

Now that the colorful summer fruits are gone, cranberries are a welcome arrival on the market, with their gay color and versatility.

Here are several recipes using these choice berries. They are simple to prepare and make any meal colored and festive.

CRANBERRY JUICE COCKTAIL

- 4 cups water
- 4 cups cranberries
- 2-3 cup granulated sugar

Cook cranberries and water until the skins pop open (about 5 minutes). Strain through cheese cloth. Bring the juice to boiling point, add sugar and boil for 2 minutes. Serve cold. For future use put in sterlized bottle, well corked and sealed.

TENDERIZE MEATS WITH CRANBERRIES

For pot roast, or boiled meats that are of a cheaper, tougher cut, add too cups raw cranberries for each three pounds of meat, to the gravy or juice of the meat while it is cooking. The addition of cranberries makes the meat tender and improves the flavor of both the meat and the gravy.

RAW CRANBERRY AND PINEAPPLE SALAD

- 1 cup chopped raw cranberries
- 2 cups crushed pineapple from which juice has been drained
- Lettuce
- ½ cup cooked salad dressing
- 1 teaspoon powdered sugar

Combine chopped cranberries and crushed pineapple. Arrange on lettuce leaves. Serve with slightly sweetened salad dressing.

MOCK CHERRY PIE

- 3 cups cranberries
- 1 cup seedless raisins
- 1¼ cups sugar
- ¾ cup water
- 2 tablespoons flour
- ¼ teaspoon salt
- ½ teaspoon almond or vanilla extract
- Pie crust

Chop cranberries, add other ingredients. Line a deep pie plate with pie crust, add filling, cover with an upper crust. Slit or perforate with fork to permit steam to escape, and press edges closely together. Bake in hot oven (450 F.) 35 to 40 minutes.

Dried Beef Used For All Meals

Here's a dish that fits perfectly into all menus—breakfast, lunch and dinner.

BROWNED CREAMED DRIED BEEF

- ¼ pound smoked dried beef, thinly sliced
- ½ cup evaporated milk
- 2 tablespoons butter
- 2 tablespoons flour

Cut meat in small pieces. Cook in butter until brown. Sprinkle with flour, stirring until well blended. Mix milk and water. Add gradually to meat mixture. Bring to the boiling point, stir and cook 2 minutes. Add a few sliced mushrooms with strips of green pepper. Serve with toast points.

A Fine Recipe For Cheese Cake

Although Cheese Cake is one of the really great delicacies which come out of an oven, there are still millions of people in this country who have neither baked one nor eaten one.

In fact, we heard just the other day of a woman who had been told about cheese cake, and having no recipe, she tried making a pie shell, and then filled the shell with cottage cheese, chopped onions and pepper and salt—and baking that. Needless to say the result was disappointing.

For those who do not have a good German bakery close at hand, and would like to make their own, here is one very good recipe.

CRUST

- 1¼ cups zwieback crumbs
- 1 tablespoon butter
- 1 tablespoon sugar

FILLING

- ⅓ cup sugar
- 2 tablespoons flour
- ⅛ teaspoon salt
- 3 packages cream cheese
- ½ teaspoon vanilla
- 2 eggs
- ½ cup milk

For the crust roll the zwieback (½ package) into fine crumbs and add to the butter and sugar. Rub this mixture until thoroughly blended, put in the bottom of a spring form pan and press down evenly.

For the filling sift the sugar with the flour and salt and work it thoroughly into the cream cheese. Add the vanilla and the egg yolks, then add the milk and mix well. Fold in the beaten egg whites, pour the mixture on the crumbs and bake in a very moderate oven (325 F.) about 45 minutes, or until the center is firm. Do not remove from the pan until cool. (The bottom of the spring form pan may be left under the cake to prevent breaking.)

To keep your eyes from watering when peeling or slicing an onion, hold a piece of bread between your teeth. Sounds silly, doesn't it? But it works splendidly.

Stockings darned through mosquito netting will not pucker.

Put Wheels On A Kitchen Table

Choose an ordinary kitchen table of the smaller size. But adapt it to the size of your kitchen. Then have the legs cut down the right number of inches and fit casters adjusted thereto. Then you will have a movable kitchen table which can be pushed or even kicked in any direction. Take it to the back door to receive an assortment of packages from the delivery boy; move it to the dining room door to take on a load of soiled dishes; draw it over close to the stove when a handy work table is needed there; don't try to figure out all the uses to which you can put a kitchen table that rolls about. Just get it made and count the steps it will save. Any member of the family handy with tools will fix up a grand rolling table. Otherwise the neighborhood handy man will come to the rescue.

Delicious For A Meatless Meal

With the addition of a vegetable like buttered new beets or fresh garden peas, a Roast of Cheese and Walnuts makes a very attractive and satisfying main course for luncheon or dinner. And it's different—something which will interest everyone especially during hot weather when appetites are a little "off their feed."

- ¼ pound American Cheese
- 1 cup chopped walnut meats
- 1½ cups soft bread crumbs
- 1 cup milk
- 1 beaten egg
- 1 tablespoon fat
- 2 tablespoons minced onion
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon paprika
- 1 pinch pepper

Grate the cheese, and add the walnut meats, bread crumbs, milk and egg. Melt fat in skillet, add onion and fry to golden brown. Combine all these and add the remaining ingredients. Shape into a loaf and bake in moderate oven (375 F.) for 45 minutes. This will serve six people.

This being a well seasoned and flavorful dish, nothing will be nicer for dessert than a frozen sweet made right in your own refrigerator.

Before boiling fish, tie it, with a plate, in cheesecloth for easier handling.

Use oil cloth for making waterproof cushions for your porch.

In making light dumplings, mix and sift one scant cup of flour, one-half teaspoonful salt and three teaspoons of baking powder. Add one-half cup of sweet milk and stir well. Drop by teaspoonful into slowly stock. Leave cover off for three minutes. Then cover tightly and boil for twelve minutes.

If You're Red Ink Conscious Here's Cure

This week do you happen to be red-ink conscious? Are your appetite and pocket-book doing everything but trying to get along together? Do you see rows and rows of zeros before your eyes? Then the tonic you need can be provided by those two famous cost-cutters: rice and chopped meat. They are adepts at the low cost game and these two partners will cut the bill and fill it too.

Chopped beef (or as a westerner calls it—hamberger) and chopped veal and pork have been friends to budgeteers for years and now we find that rice is the perfect playmate for this old standby. Remember in using in a dish, it's like a giraffe—it makes the food go a long way.

There are some really grand dishes that can be made with these two savers—and though you may not be able to hop off on a trip to Europe on what you save—at least you'll enjoy the change you can put in your pig bank.

CASSEROLIO

- 2 cups broiled rice
- 2 cups chopped cooked meat
- 3 eggs
- 1 cup milk
- Celery salt
- 2 tablespoons fat
- 2 tablespoons catsup
- Salt
- Pepper

Season meat and pile it into the center of a well greased casserole. Mix eggs, milk, rice, fat, catsup and seasoning to taste. Pour over the meat and bake in a moderate oven (350 F.) until done—about 25 minutes.

PORCUPINES IN SOUP

- ½ cup uncooked rice
- 1 tablespoon grated onion
- 1½ pounds ground beef
- 1 can tomato soup
- 2 tablespoons chopped green pepper
- ½ cup water
- ⅛ teaspoon pepper

Wash rice well. Mix meat, rice and seasoning. Shape into small balls and drop in tomato soup to which water, onion and green pepper have been added. Cook slowly for 40 minutes; to serve, lift out balls and pour tomato sauce over them. When done the grains of the rice will protrude from the sides of the meat balls, giving the appearance of quills—hence the name.

Wine Aids In Preparing Left-Overs

Should there be any doubt as to what may be done with cold roast beef the second or third day following a roast beef dinner, try cooking thin slices in this delicious claret sauce. Let over poultry or mutton may be prepared in the same way.

BEEF IN CLARET SAUCE

- 2 cups cold roast beef in thin slices
- 1 teaspoon lemon juice
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup broth
- ½ cup claret
- 1 tablespoon Worcestershire sauce

Brown butter and flour together. Add broth and stir until it begins to thicken. Put in meat. When heated through, add lemon juice, claret and Worcestershire sauce. Serve at once.

Radio In Kitchen Becoming Nation-Wide Rage

A tiny radio, conveniently placed on the kitchen shelf or in some other handy spot, is helping many a housewife over the morning rough spot. Aside from providing sweet music to speed up the washing of the dishes and the baking of the pies, morning programs these days are so filled with practical household ideas and money saving 'wrinkles" that the housekeeper with her eye on the dollar and an ear on the radio will make the instrument pay for itself many times over in the economies it suggests.

There are many excellent makes of instruments now on the market for so very little money that talking it over with the radio man should result in a happy ending.

Baked Bean Rabbit On Toast Is Delicious

- 3 tablespoons butter
- 4 tablespoons flour
- 2 cups milk
- ½ teaspoon salt
- Dash pepper
- 1 medium can baked beans with pork and tomato sauce
- 1 cup grated American cheese

Melt butter in saucepan, add flour and blend well. Add milk, salt and a dash of pepper. Stir until thickens, then add beans. Cook until beans are thoroughly heated, then add cheese and allow the cheese to melt slowly.

This makes a delicious, creamy, flavorful rabbit. Serve on slices or cubes of toast.

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