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

The Most Important Meal Is Often Most Negelected

No wife or mother can afford to overlook the importance of breakfast.

The problem of getting a good variety into the day's first meal can be solved in the first course—the cereal and fruit course. And there is such a choice of ready-to-eat cereals on the market—all ready to be combined with canned or fresh fruits. The hot dish can be easily varied by cooking eggs in various ways—poached, boiled, fried, scrambled or in an omelet. Ham or bacon, fish cakes and creamed meats are easily prepared hot dishes in which there is no monotony if they are served alternately.

The bread part of the meal can be varied by making toast of different kinds of bread, or serving muffins, waffles or pancakes.

The wise housewife will plan her breakfasts as carefully as she plans her dinners, realizing that a well begun day is a healthful day.

When you want to change your cereal to muffins, why not try

CORN FLAKES MUFFINS

1 cup sifted flour
2½ teaspoons double action baking powder
¼ teaspoon salt
2 tablespoons sugar
1 egg, well beaten
2-3 cup milk
3 tablespoons melted butter, or other shortening
1 cup corn flakes

Sift flour once, measure, add baking powder, salt and sugar, and sift again. Combine egg, milk and shortening; add to our mixture, beaten only enough to dampen all flour. Add corn flakes. Turn into greased muffin pans, filling them 2-3 full. Bake in hot oven (425 F.) 25 minutes. Makes 10 muffins.

Curtain rods wrapped with adhesive tape are much easier inserted into curtains.

Cream together equal parts of crystallized honey and butter. Spread on bread or cracker. The children will just love it.

Mere Trifles Make Popular Dessert

Trifles have been popular desserts for many years and since there are so many varieties, they never become tiresome when used often as a dinner dessert. With canned peaches try this delicious Peach Trifle, flavored with white wine.

PEACH TRIFLE

1 can sliced peaches
1 cup sugar
¼ cup water
6 slices sponge cake
4 drops almond extract
2 tablespoons white wine
1 cup cream, whipped
2 tablespoons shredded almonds

Drain peaches, place in sauce pan with sugar and water. Simmer over fire 4 to 5 minutes, then remove, rub through sieve and beat smooth. When cold stir in wine and spread on cake. Add almond flavoring to cream and beat until stiff.

While the first essential of good cooking is taste and flavor, the stepping stone to good flavoring is imagination. In cooking as in music, painting, the drama and all other fine arts, imagination and inspiration are cardinal virtues.

The Chinese Imperial Family has its great Imperial Cook Book. It is the largest in the world. It contains ninety six volumes and weighs a ton. Incidentally, a short, handy, everyday edition contains a mere eighteen volumes.

Save a few muffins or biscuits Then use them as tea-cakes. Split them open. Spread with butter and marmlaade. Put together again. Top each with a marshmallow. Place in oven for a few minutes to toast and to brown the marshmallow.

And for the lordly male member of the family—looking for a change. Try cooking down corn on the cob in deep fat—just long enough to let it change color. But be sure to throw in some extra ears for the second or third call for more

Next time you make the cream sauce for macaroni au gratin, add two or three tablespoons of peanut butter. There will be a new flavor thrill.

Dates Supply Romance To An Otherwise Drab Food

Foods can be so romantic! And not only the dishes after they are prepared, but the ingredients we put into them.

The next time you have sour cream left over, don't think about it as something that has turned sour on you, but start your thoughts going toward the tropics, with all the glamor they have to offer. Now I'll admit it's a long step but to bridge that step, dates are going to do the trick.

And don't dates start you dreaming of soft breezes blowing through palm trees, clear nights with millions of stars, and dreamy music, played by natives?

Dates, besides being one of the most nutritious foods we have, offer such an abundance of different ways in which we can prepare or use them —and right here is the connection between sour cream and dates, in a

SOUR CREAM DATE PIE

2 eggs
1 cup sugar
½ cup vinegar
1 cup sour cream
½ teaspoon cinnamon
½ teaspoon nutmeg
1 cup diced dates

Mix sugar and eggs thoroughly. Add vinegar, sour cream and spices. Mix thoroughly; add dates. Pour into pie tin lined with pastry. Moisten edges and cover with decorated top crust. Press well together. Place in hot oven for 10 minutes—then reduce heat and bake for 20 minutes more. Cool for serving.

A hot bacon salad dressing is simple to make and very good, simply cut three or four pieces of bacon into small cubes and fry until crisp. Pour bacon and grease into a bowl; add lemon juice, sugar and a beaten egg white. Pour over salad while hot.

With cold salmon serve Cucumber Sauce. It is so easy to make. Just peel and dice a fresh cucumber. To one cupful of whipped cream add one cupful of diced "cuke." Season well with salt, pepper and paprika. Add vinegar or lemon juice to taste. Mix thoroughly.

Corn Bread Still Southern Delight

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In a Southern home, where old fashioned plantation dishes are still to be found, they serve a delicious

FRIED CORN BREAD

Here are the ingredients:

2 cups sifted corn-meal
½ cup white flour
2 baking powder
1 teaspoon salt
1 egg
1 cup milk

And the method is: Mix and sift the dry ingredients, Then stir in the milk in which the egg has been beaten. This should result in a rather thick batter. Drop it, a large tablespoon at a time into deep, hot fat and cook in the fat until rich, golden brown.

This is a fine corn bread, served hot with butter or may be used for breakfast or tea, served with syrup or jam.

Italian Recipes Help Make "Fish Day" A Real Event

Instead of getting the medals and the acclaim for being the world's finest cooks, it seems to me the French ought to get the medal for being the world's best advertising people. They have surely sold the world, especially England and America on that idea. It is true that the French have their points as cooks and in the field of sauces, they have taken the contributions of the ancient Greeks and carried them a long way. But if one studies closely, one must admit that as advertising men, they have accomplished more than as cooks.

On the other hand, the Italians, who have worked out a grand school of cookery, have done little to exploit it. Here, in America, they started out by making the well known ten-strike with spaghetti and macaroni and so there they stopped short. Therefore, to-day when we think of Italian cooking, all we can suggest is spaghetti, macaroni and tomato sauce. This is very unfair, especially to those of us to whom cooking on a small budget has its element of importance. Probably no people have gone as far as the Italians when it comes to taking a small amount of money and with it accomplishing great things in food with flavor. The gamut runs the entire way, far beyond the pastes and tomato sauce.

May I pass on a couple of very common place fish recipes—commonplace among the Italians of the middle class in the seaport towns—recipes which will go far to make American Fridays and fish day real events:

BACCALA ALLA GIARDINIERA

(Cod)

The ingredients: Cod. carrots, turnips, butter, bouquet garni. Boil a piece of cod, say about a pound and a half, to serve four or five people. Break it into flakes.

Then cut up two carrots and two medium sized turnips. Boil gently and when about half done, drain them and put them into a stew-pan with a tablespoon of butter, half a cup of the fish broth, salt and the bouquet garni.

When this sauce is well cooked, remove the bouquet garni, add the fish and serve.

Sole may be done in the same way.

PESCI DIVERSI ALLA CASALINA

(Fish of any kind)

Ingredients: Any sort of fish, celery, parsley, carrots, garlic onion, anchovies, almonds, capers, mushrooms, butter, salt, pepper, flour, tomatoes.

The Method: Chop up a stick of celery, a sprig of parsley, a carrot and an onion. Pound one anchovy, (well boned), four blanched almonds, three or four capers and two mushrooms. When these are well mixed, put all of this mixture into a sauce pan with a tablespoonful of butter, salt and pepper, and fry for a few minutes. When slightly fried, add a quarter cup of hot water and boil gently for about ten minutes. Now put in the fish (with bones removed) and cook gently until fish is done. At this point, add a couple of tablespoons of tomato sauce or some tomato puree, or omit the tomato, if you wish.

Should you wish to make these fish dishes main courses of a meal, serve with them plain boiled potatoes and a dish of sliced cucumbers.

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