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

Success Of Meal May Lie In Accompanying Dishes

The grandest recipe, making the most perfect dish, never completes the meal. There are always several other accompanying dishes. And it is in the selection of these dishes that the failure or the success of the meal is apt to line.

Many a man leaves the dinner table at home and takes with him a certain hunger and a craving for something he can't describe. He doesn't know what it was, but he knows something was lacking. Very often a single dish, good in itself, calls for something else, or maybe even two more dishes, to round out the perfect course. As for instance, come Friday and you are having broiled sea bass. There is a wrong and a right way to build up the course. Add to the sea bass course a generous bowl of creamed potatoes and then, right with the fish, serve a plate of cold sliced tomatoes or a generous portion of pickled beets or cole slaw with a good boiled dressing with mustard seeds and the meal is little short of a triumph.

Take pot roast, as another case Pot roast can be either a sordid or a very fine dish. First of all, make the gravy rich and brown. Bits of bacon, cut into small pieces and cooked up with the gravy add a lot. And bits of carrots add zest and life, while a few teaspoons of lemon juice will lift the gravy to a higher plane. Now, with the pot roast, try serving big, plump stewed prunes and bread dumplings. Many generations of Central Europeans have voted that a grand combination.

Sauerkraut is especially healthful during the winter months. Serve it with roasted pork ribs. Or with spare-ribs. And here again have the gravy brown, rich and well-flavored. Skim off the grease and thicken to the desired consistency. And with this pork and sauerkraut combination, serve German fried potatoes.

Spaghetti, cooked in properly long pieces—and not cooked too soft—lends itself to many accompaniments. But I have yet to find anything more delicious with spaghetti than good tomato sauce and grated cheese plus generoulsy added mushrooms and chicken livers, right in with the sauce. To round out a perfect course, serve fried chicken right with the spaghetti course. It may make a waiter from Sunny Italy turn up his nose in professional horror, but tell him to stick to his job of hurrying forth with the food. You do your own eating. And you'll find the chicken eaten right with the spaghetti a course about which to dream for days on end.

Here are a few more worth while combinations: Roast beef and baked beans and sliced tomatoes with mugs of good bottle beer; Fried chicken with broiled ham, tiny peas and candied sweet poatoes; veal goulash spatzele and pickled beets; and, for a simple luncheon dish, try the combination of ham omelete or scrambled egg and bacon plus hash browned potatoes and sliced tomatoes; and last but not least that lovely combination—stewed lamb chops, string beans and small slices of potaoes cooked together in a cream sauce.

Lady, lady, combinations like this are what keep men home after nights. After a dinner around courses like this and the grouchiest grouch with a heart of supposed stone, will grin amiably, hunt an easy chair or a convenient couch and will soon be purring like a well kept, pampered and petted Angora cat.

P. S.—It is at such propitious moments that the most skilled women put on the proper expression and tell all about the new hats which are being worn in Paris.

Frozen fish dry rapidly in freezer storage and must be carefully wrapped in vapor resistant paper. Fish may also be glazed with ice by being frozen without wrapping and then dipped one or more times in near-freezing water. Though it requires much space, some sportsmen have frozen fish in blocks of ice to keep the fresh flavor longer.

Eggless Fruit Cake Is "Wonder" Cake

When you want to make a cake that is economical why not try this eggless fruit cake. Sometimes I wonder just how any cake can be so good—and yet cost so little. Try it and see if you don't agree with me.

EGGLESS FRUIT CAKE

2 tablespoons butter
2 cups cold water
2 cups sugar
2 teaspoons cinnamo n
2 teaspoons allspice
2 cups seedless raisins
3 cups flour
1 teaspoon soda

Boil in the top of a double boiler for five minutes the butter, cold water, sugar, cimmamon, allspice and raisins. Allow to cool. When cool add the flour and soda which have been sifted together, and beat until very smooth. Bake in large greased pan in moderate oven (350 F.) for 1½ hours, or until done.

Do not cut for at least a week after baking.

BUY MORE BONDS

Cranberry Ice Is A "Jewel" To Serve

And have you tried that new rubby cranberry ice, that is as brilliant as an heiress' tiara? Use either fresh cranberries or the canned sauce. Cook four cups of cranberries in two cups hot water until the skins pop, then strain through a fine sieve, add a third-cup lemon juice and three cups white corn syrup and mix. Put in trays of your automatic refrigerator and freeze, stirring every half hour until firm. It is delicious to serve with meat.

For your next "up-side-down" cake, try apple rings instead of pineapple slices.

Sherry Wine Makes A Pie That Is A Pie

Every now and then we feel that we just must up and serve something different. Maybe the cause is having campany for dinner, or maybe it's just one of those days that life seems all wrong—but what-ever the cause may be—here is one of the best cures. It's in the form of a pie, but not just an ordinary, every day pie. This is "pie that is pie"—and far, far different than anything you've ever served before.

SHERRY WINE CHIFFON PIE

1 cup milk
½ cup sugar
3 egg yolks
3 egg whites
1 tablespoon gelatin soaked in
4 tablespoons cold milk
1 cup domestic Sherry wine
¼ teaspoon salt
Pinch grated nutmeg
1 cup whipped cream

Combine milk and sugar and bring to boiling point. Place in top of double boiler, add the well beaten egg yolks, nutmeg and salt. Stir constantly. Add wine slowly and soaked gelatin. Cook mixture until it coats a spoon. Cool slightly and fold in stiffly beaten egg whites. Let cool until firm and blend with whipped cream.

To Catch a Fish for Dinner, according to an ancient published "secret" which once sold for one dollar, place two or three drops of oil of rhodium on the bait. Success is sure to follow, so it is said. P. S. It is not for us to guarantee it, because we couldn't find any oil of rhodium.

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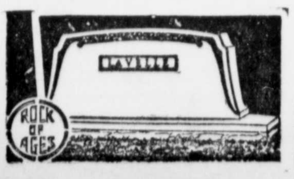
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