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

To keep meat fresh and in good condition for several days without ice or refrigeration, place it in a bowl and cover with sour milk or buttermilk and set in cool place. Before using, rince well.

A small quantity of sassafras bark placed among any kind of dried fruits will keep the fruit free from worms.

A small radio installed in the kitchen is the latest in "gadgets."

Dip shears into water before cutting marshmallows.

Fruits with meats were favorites in Europe ages ago. Some survivors are cranberries with turkey, apple sauce with beef goulash and raisins with various sauces and gravies, fried apples with sausage.

For breading before frying ordinary cornflakes do a fine job on fish or meat.

One of the handiest household utensils is the hard rubber or celluloid beer scrapper that tavern keepers use to level the foam when they draw beer. For scraping bowls, etc., it is unbeatable.

Roasted peanuts, chopped and blended well with salad dressing make a grand filling for sandwiches.

Sherry flavored dressing for fruit salad is delicious. Make your dressing with sherry, lemon juice, oil, powdered sugar and just a little salt.

Avocados are popularly used as garnish in slices, cut lengthwise or crosswice of each half, as required to fit into the salad.

Dessert salads are sweet salads, and usually fruits or fruits and nuts are used in them. They shorten the menu by combining the salad and dessert in one course.

Waffles stick if the batter is poured on the grids before the iron registers "bake." If the lid is lifted before the walffle has finished cooking it is likely to stick. Preheating the iron too long will also cause sticking.

Meringue is improved by the addition of a dash of salt. A little grated lemon peel helps, too, and shredded cocoanut (plain or toasted) is an excellent addition for the meringue on top of cream pies.

For luncheons you will like hot boiled rice, served with any favorite gravy or sauce. You will find, also that rice makes a good vegetable served with fried ham, steak or chops.

If you add salt to the water in the bottom of the double boiler it will give added heat.

Sew mason jar rings on the under side of rugs and it will prevent them from slipping.

Adding a little lemon juice to a lamb or veal stew will make the meat tender.

If you grease cake tins with lard it will help prevent the cake from burning.

If you want a flavored pastry, cut into the flour and shortening 1 teaspoon grated orange rind and ½ teaspoon lemon rind. For a pineapple flavor substitute chilled unsweetened pineapple for water in pastry.

Hot Dogs At Last Become Main Dish

A dish that's very different, yet requires very little preparation, isn't that one for your recipe files? You'll enjoy using frankfurters often, as more clever dishes can be prepared with them, and dishes you know the family will always like.

FRANKFURTERS WITH TOMATOES AND CABBAGE

6 frankfurters
1 small head cabbage
1 teaspoon caraway seed
1 teaspoon salt
⅛ teaspoon pepper
1 tablespoon sugar
1 small diced onion
4 cups tomatoes

Combine all ingredients excepting frankfurters. Cook 20 miuutes. Add frankfurters. Cook 5 minutes more. Garnish with parsley and serve.

Foods Need Not Be Expensive To Be Tasty

When your ideas for salads get low—and your pocketbook lower—try

CINNAMON APPLE SALAD

1½ cups water
6 tablespoons sugar
4 tablespoons red cinnamon candies
4 medium-sized red apples
Lettuce
Real mayonnaise

Cook water, sugar and candies 5 minutes. Peel and core apples and cut lengthwise. Put in syrup and boil for 20 minutes. Take out of syrup and let cool. Arrange on lettuce leaves to resemble a flower, filling the center with real mayonnaise.

Rabbit Can Almost Be Made Into Deer!

If "daddy" goes out for a deer, and comes home with only a rabbit, here is a way to prepare it that will make him forget his disappointment and really be glad that he did get the little bunny.

RABBIT EN CASSEROLE

3 tablespoons olive oil
1 rabbit
4 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
1 clove garlic
2 cups water

Rub frying pan with garlic. Cut up rabbit and cook in olive oil until brown. Remove meat from pan. Stir flour into oil, brown well, add water, salt and pepper, and let it come to a boil, stirring constantly. Place meat in baking dish, pour gravy over it, cover closely and bake in a moderate oven (350 F.) until tender.

Hunting Season Opens And The Kill Comes Home

With the hunting season going into full swing and proud hunters about to bring home their kill, it's a wise housewife that brushes up on the technique of preparing venison steaks.

Have the steak cut one to one and one-half inches thick, wash and dry and brush with melted butter. Broil as you would any fine beefsteak, allowing three to five minutes longer for the venison than you would for beef. Serve sizzling hot in a sauce made by dissolving one half cup red currant jelly in one and one-half cups of spiced sherry. Cottage fried potatoes and green salad are proper accompaniments.

Or if you prefer a pan fried venison:

Flour the venison and place in hot skillet in which plenty of bacon fat has been melted. Season well with salt and pepper. Turn only once during frying. When meat is cooked, remove from pan to hot serving plate. Add flour to fat left in pan and brown, then add cold water and cook, stirring constantly, until sufficiently thick and smooth. Season well to taste.

Plan School Lunch With Great Care

The resumption of school once more brings up the problem of well-balanced lunches. A hot noon-day meal is not always possible when the children have to travel a considerable distance to school, where cafeteria facilities are limited, or parents do not feel able to expend much for the purchase of lunch.

Tempting and at the same time nourishing food may be stored in the lunch box at little expense. The metal lunch kits that have space for a vacuum bottle are really essential. Children need a hot soup or beverage if the lunch is to be well-balanced. The lunch box should be aired each day and given frequent scourings so that stale food odors will not be present. It is a good idea to wrap all foods in waxed paper, not only that it will keep fresh but that each food will retain its own individual flavor.

Box lunche sshould always include milk. On days when hot soup is included, plain milk is best, but when all food is cold a hot milk drink is the thing.

Not one of us likes the same food day in and day out and children should enjoy a change in the daily box lunch menu. If you must always give the children sandwiches, see that every day they vary, and try and think if that is the kind of food that you would enjoy.

Children require fresh fruit and should have it at noon, either in a salad or whole.

School lunches require considerable planning, but remember their importance and do not spare effort in keeping them well-balanced and truly attractive.

Excellent Recipe Of Soup For Four

Louis the 14th of France used to start his luncheon with four plates of soup—yes, start! What he consumed after that is not even a matter o fhistory; but when it comes to four plates of soup here is an excellent recipe that can make a whole lunch.

BAKED BEAN SOUP

Put 3 cups of cold baked beans and 2 stalks of celery in 3 pints of water; simmer for 30 minutes. Rub through a sieve, add 1½ cups stewed, strained tomatoes and 1 tablespoon chili sauce and season to taste with salt and pepper. Cook 1 tablespoon of minced onion in 2 tablespoons cooking oil for 2 minutes, add 1 tablespoon cornstarch and cook 2 minutes. Stir into soup and boil 3 minutes. Serve with Croutons.

CROUTONS

Remove crusts from ½ inch slices of bread. Cut bread in cubes, brown in butter, or fry in deep fat. Or brown cubes of buttered bread under broiler. Serve with soup.

Desserts Made To Look "Almost A Picture!"

Something so pretty that it's a shame to eat it! And you can make such dessert just as easily as you can those that look lixe every other kind of food.

Haven't you seen a gelatin dessert that is almost a picture? Each color, each fruit and nut standing out by itself? Well there really isn't any seret to making such desserts—it's only knowing your fruits and nuts. Certain fruits are heavier than gelatin—and they sink and as a general rule these are canned fruits. Then there are fruits that float—fresh fruits. Nuts and marshmallows are among the "floaters."

This means that you can tumble two kinds of fruits into one mold of gelatin—and they'll arrange themselves the minute you pour on the warm gelatin. No more preparing one layer of a dessert—then waiting for it to chill to arrange the next—Now it all goes at once.

A Maraschino and Orange Mold dessert is a perfect example of this fruit arrangement—and it's a very easy dessert to prepare. And a beautiful one when it's finished. It's one of those that is "almost to preety to eat."

MARASCHINO AND ORANGE MOLD

1 package lemon-flavored gelatin
1 pint warm water
6 maraschino cherries, cut in eighths
2 oranges, sections free from membrane

Dissolve gelatin in warm water. Arrange cherries in bottom of mold. Pour on warm gelatin, being careful not to disarrange cherries. Add orange sections. Chill until firm. Unmold.

Stuffed Squash Is Tempting Main Dish

There are so many times when a hearty vegetable dish provides a most tempting main course for dinner. Baked squash, when used in combination with other vegetables is ideal

BAKED STUFFED SQUASH

Cut twosmall sweet potato squash in halves, lengthwise, remove seeds and scrape out all the stringy fibers. Dust with salt. Mix together two cups soft bread crumbs, one teaspoon sage, one-half teaspoon salt, few grains pepper and one fourth cup melted butter and add enough liquid to moisten (between two and four tablespoons). If canned beans are used, liquid from beans is excellent. Add one cup stringless cooked beans cut in inch pieces and fill the squah with this filling. Bake slowly (325 F.) until squash is tender, from one to one and one-half hours. Serve four.

No Excuse For Poor Rice

One of the simplest foods to prepare well is rice. And still it is the one food which is most often cooked badly. Well cooked rice is tender, but never mushy. Each kernel is separate and apart from all the other kernels. It is never a part of a sticky mass. Following the easy rules of rice cooking is certain to produce most pleasing results and bring to the table a food of real charm as well as great food value.

BOILED RICE

1 cup rice
2 quarts boiling water
3 teaspoons salt

First wash the rice thoroughly in several waters until all the loose starch has been removed. Drain. Have the two quarts of boiling water ready in a deep saucepan, add the salt, slowly add the rice, and allow to boil from about twelve to twenty-five minutes, or until a grain of rice when pressed between the thumb and fingers is entirely soft. To prevent rice from sticking to the pan, lift it, if necessary, from time to time with a fork, but never stir it.

When sufficiently cooked, turn the rice into a colander or sieve. Then pour or run hot water over and through the rice to remove any extra starch. Drain off the water. Then cover the rice in the colander with a cloth and set the rice over a pan of hot water on the back of the stove or in the oven, or you may place the rice in a shallow pan and set it in a warm (but not hot) oven for a short time. Treated in this way, the grains swell and are kept separate.

Rice cooked in hard water is not as white as that cooked in soft water. One teaspoon of lemon juice, one half teaspoon cream of tartar, or one tablespoon of vinegar may be used in hard water to insure a snowy-wite cooked rice.

BROWN RICE

This truly splendid rice with the natural coating left on is gaining rapidly in popularity. It is cooked the same as white rice, but the time required for cooking is at least twice as long. Brown rice is often soaked for an hour in lukewarm water to soften the bran coating and thus shorten the cooking period.

Condiments, such as catsup and chili sauce, need not take up valuable space in your refrigerator.

Colorful Meal Helped With Salmon Gems

For the luncheon that you just don't know what to serve—and you want it to be different here is a menu that not only meets the requirement of being different, but is well-balanced and extremely colorful to serve—

Berry Melon Cocktail
Salmon Gems Hot Sauce Supreme
Melba Toast
Lemon Tarts Coffee

And the Salmon Gems are such an easy dish to prepare:

1 cup canned salmon
2 eggs, separated
1½ cups flaked breakfast cereal
½ cup milk
1 cup chopped olives
Salt and Pepper

Drain, wash and mince the salmon. Combine with the slightly beaten egg yolks, cereal, milk, olives and seasoning. Add the beaten egg whites last, folding them in lightly. Put into greased gem pans and bake 30 minutes in a moderate (375 F.) oven. Serve with

HOT SAUCE SUPREME

1 cup tomato catsup
½ teaspoon paprika
1 teaspoon grated horse-radish sauce
Salt and Pepper to season
1 teaspoon Worcestershire sauce
Juice of 1 lemon

Mix all ingredients together and heat. Pour over baked salmon gems just before serving.

Juice From Canned Vegetables Useful

Vegetables canned at home or commercially, often seem to have an excess of juice when opened to serve. Never throw this juice away since it contains most of the vitamins and much of the mineral contents of the vegetables. Heat the vegetables in the liquid, if it is to be served hot, or drain it off and use it in sauces, soups or gravy, if the vegetable is used in salads.

When melting unsweetened cake chocolate for cooking purposes, butter the pan in which the chocolate is to be melted. Then the chocolate will slip out easily when it is ready for use.

Fall Breakfast Complete With Hot Muffins

And now we come into the crisp autumn morning season when muffins with newly harvested nuts and the first jars of the late summer's jam can once more assert their rights to take leading places on the breakfast table.

I adore nt muffins. For a long time I have treasured a lovely recipe, but now I am in the mood to pass it on. And one of the nicest things about this recipe is the fact that part graham flour is used, and I feel that I can eat just about twice as many, and still not ruin my figure. Here it is—

1 cup sifted flour
1 cup graham flour
3 teaspoons baking powder
½ cup walnut meats, coarsley broken
1 cup milk
1 egg, well beaten
4 tablespoons melted butter, or other shortening

Sift flour, measure, add graham flour, baking powder, sugar and salt and sift again. Add nuts and mix. Combine egg, milk and shortening. Add to flour, beating only enough to dampen all flour. Bake in greased muffin pans in hot oven (425 F.) 20 to 25 minutes. Makes 18 small muffins.

Hot Ham Sandwiches For Sunday Suppers

Sunday night suppers, though they need not be elaborate, should be substantial. There is really nothing better for this occasion than hot ham sandwiches served with olives, pickles or a tart salad. Directions for preparing the sandwiches are given below.

HOT HAM SANDWICHES

Place slices of minced ham between thin slices of bread. Cut in triangular pieces and hold together with toothpicks. Beat 2 eggs slightly and add to them ½ cup cream or milk. Dip the sandwiches into tihs mixture and fry in hot fat (350 F.) until nicely browned. Remove the toothpicks and serve.

After peeling onions, run the knife thru a raw potato. It is the quickest way to clean the knife.

Make Your Own Glace Fruit This Year

Sometimes do you look longingly at a box of glace fruit and not only wish and want, but also spend a long time wondering just how it's done? It's not a difficult task, and not only can fruit be glace, but nuts and vegetables.

GLACE NUTMEATS

½ cup sugar
½ cup white corn syrup
2 tablespoons hot water
Nutmeat halves

Boil sugar, water and syrup until the syrup brittles instantly when a little is dropped into cold water. Dip in whole or half nutmeats very quickly (walnut and pecans are especially good), one at a time, taking out on point of a fork and laying on oiled paper.

PINEAPPLE DATE GLACE

1 slice canned pineapple
Pitted Dates
1 cup sugar
1 cup white corn syrup
½ cup water

Stuff each pitted date with a small segment of well-drained pineapple, wrapping date entirely around filling. Cook sugar, syrup and water until syrup begins to discolor. (350 F.) Place pan in a large pan of boiling water while dipping. Then dip each date into syrup, lift with a fork, drain off surplus syrup and drop on waxed paper to cool.

CANDIED-CANDY

1 cup dark corn syrup
1 cup brown sugar
2 teaspoons melted butter
2 tablespoons water
1 cup peanuts, shelled

Boil sugar, corn syrup and water until it is crisp when dropped in cold water. Just before taking from fire add butter and nuts. Pour into oiled tin to harden.

When washing lace curtains put them into a pillow case. They will wash in a washer without tearing.

To vary mayonnaise add 1 teaspoon of prepared horse-radish to it and serve on molded cucumbers For a fruit salad, try thinning may onnaise with lemon juice. Blend mayonnaise with cream cheese to serve on bananas.

Sew draw strings fast in the middle to prevent them coming out in laundering.

When It's A Cool Evening Serve A Hot Drink!

On a cool evening, when friends drop in and it's time to serve a little something, did you every try hot chocolate? And I'm not meaning just a cup of Hot Chocolate, but something special in the way of chocolate. There are all kinds of different delicious ways to serve this warm milk drink and I'm going to list a few of them for you, hoping next time you want to serve something different you'll try one of these recipes.

For instance——

MOCHA

5 tablespoons cocoa
5 tablespoons sugar
⅛ teaspoon salt
½ cup water
1½ cups evaported milk
1½ cups strong hot coffee

Combine cocoa, sugar and salt. Add water and stir until smooth. Cook slowly over low flame 2 to 3 minutes. Add boiling water, milk and coffee. Reheat. If desired, beat before serving. Serve immediately. Serves 6.

FRENCH CHOCOLATE

2½ squares unsweetened chocolate, cut in pieces
½ cup water
¾ cup sugar
Dash of salt
½ cup cream, whipped
6 cups hot milk

Combine chocolate and water and place over low flame. Cook 4 minutes, or until smooth and blended, stirring constantly. Add sugar and slat and cook 4 minutes longer. Cool. Fold in cream. Place one rounded tablespoon of chocolate mixture in each serving cup and pour hot milk over it, filling cup. Stir well to blend. Serves 8.

This French Chocolate mixture also makes an excellent chocolate sauce. It may be served hot as a fudge sauce or cold on ice cream or pudding. When used as a sauce, omit whipped cream.

Rusty irons can be restored by rubbing with paraffin and then running over salt.

Playing cards are well cleaned with a buttered rag, then dipped into flour.

Buttons should be kept in a glass jar.

ROMANEE CONTI

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--of equal charm among beers.

In the brewing of NATIONAL PREMIUM BEER, we draw great inspiration from Romanee Conti, recognized as the greatest among the great red wines.

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Often we are mortified when we have to say "no" to a friend . . . many a time, especially in these days of limited output, we regret our inability to provide enough for valued clientele—but always there is this solace . . . while there may not be enough NATIONAL PREMIUM to go around, what there is, is very, very good. And, turning in memory to the one single solitary glass of Romanee Conti we once enjoyed, we tell ourselves that the reputation which NATIONAL PREMIUM has won is because of our guiding thought: *"It is not how much NATIONAL PREMIUM that we can brew—but how well we can brew it."*



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