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

Chicken broth and clam broth—half and half(both canned)— whipped cream on top, dotted with paprika, and topped with a sprinkling of chopped parsley—and your dinner begins with an artistic and gastronomical flourish. And think how easy to prepare!

By way of change try cooking small lima beans in casserole with pimento cheese in cream sauce.

The next time you use bananas in a salad, score the peeled fruit lengthwise with the tines of a fork before slicing. This gives a fluted edge. Nice when banana rings are to be used in garnishing.

Bake a pastry shell on the BACK of the pan; to prevent shrinking, prick it all over with a fork before putting it in the oven; when baked it will slide off easily.

When making fruit pies, sprinkle a little flour and sugar mixed together, on the lower crust to prevent the juice from soaking into the crust.

And talking of fruit pies—there are strips of adhesive material to put around the edges of the pies to prevent the juices running over.

For cleaning the baby's bottle nothing is better than potatoes cut in small cubes. Put them in the bottle, together with a little water, and shake well.

Mold your potato salad by pressing into custard cups, then invert on plate to serve, and garnish with a slice of hard-cooked egg.

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

Black tea is made from leaves which have been allowed to ferment before curing.

It pay to buy clean food from clean stores.

Mustard and baking powder settle in the can and should be stirred lightly before measuring.

Egg whites, when beaten stiff, should hold their shape when the bowl is turned upside down.

To retain food value, pare or scrape vegetables thinly.

Salt and sugar lumps should be broken before measuring.

All dinner soups, except bouillon, are properly served in soup plates. Any kind of soup may be served in Bouillon cups for luncheon.

Cheese should be wrapped in a clean cloth, dampened in vinegar, and kept in a cool place.

Children are great candy eaters, so make it once or twice a week and serve it to them after school or in place of dessert.

Meat and Fish should be taken out of paper wrappings and placed in ice box.

A low temperature is necessary to properly cook Cheese.

Food should be kept clean and covered.

One teaspoonful means one level teaspoonful.

When Soft Boiled eggs are left over from breakfast, reboil them until hard, chill and use in salads.

Jelly should be kept stored in a cool, dry place because dampness tends to promote mold growth.

Left-Over Chicken Now A Party Dish

CHICKEN LOAF

- 1 package lemon flavored gelatin
- 1 pint warm chicken stock, free from fat
- 1 cup diced cooked chicken
- ½ cup chopped celery
- ¼ chopped green pepper
- 2 tablespoons chopped pimento
- ¼ teaspoon salt
- 2 tablespoons vinegar
- ¼ cup chopped stuffed olives
- 1 teaspoon scraped onion
- Dash of cayenne
- Dash of Worcestershire sauce

Dissolve gelatin in warm stock. Chill until slightly thickened. Combine remaining ingredients and fold at once into slightly thickened gelatin. Turn into loaf pan. Chill until firm. Unmold on crisp water cress. Serve in slices or mold in ring mold and serve as salad garnished with real mayonnaise.

Onions peeled under water will not effect your eyeys.

To Dress Up A Meal Serve Hot Breads!

There are so many tempting hot breads suitable for any and all meals that the woman who fails to serve such worth while additions to her menu is overlooking a really good bet.

But just as salads should be cold, so hot breads should be hot, and stay that way at the table. Once heat has departed from biscuit, bun or roll its great mission in life is finished. There are so many different ways to keep them hot, all the way from a deep basket or wooden bowl lined with a napkin that folds over the biscuits, to very ornate silver roll holders. But regardless of what you use, be sure that it holds the heat, and that you put it into use.

For you ladies who would like to have something different in the way of hot breads, whether it be for breakfast or dinner try

BUTTERSCOTH BISCUITS

- 2 cups flour
- 2-3 cup milk
- 4 tablespoons shortening
- 1 teaspoon salt
- 4 teaspoons baking powder
- ½ cup broken nut meats.

Mix and sift dry ingredients. Cut in shortening. Add the milk gradually to form a soft dough. Roll thin, spread with ⅓ cup creamed butter and ¾ cup brown sugar. Cover with nut meats. Roll like a jelly roll. Cut into pieces 1 inch thick and put in greased muffin pans cut side up. Bake 15 minutes in a hot over (400 F.)

Banana Bread! It's Not New—But So Good

Banana Bread. Now don't say "Who ever heard of such a thing?"—because there are just any number of women who have heard of it—and enjoy it.

It's very easy to make, and one of the best recommendations for the bread (besides it's grand flavor) is the fact that it will keep fresh for days, and thus gives you something different to put into the children's lunch boxes.

BANANA BREAD

- 2 cups sifted flour
- 1 teaspoon soda
- ½ teaspoon salt
- ½ cup shortening
- 1 cup sugar
- 2 eggs well beaten
- 1 cup mashed banana (about 2 bananas)
- ½ cup sour milk

Mix and sift together the flour, soda and salt. Cream shortening, add sugar gradually and cream well. Add egg and mix thoroughly. To this mixture add sifted dry ingredients alternately with mashed banana and sour milk. Stir thoroughly. Pour into well greased bread pan and bake in a moderate oven (350 F.) for about 1 hour. Make one loaf about 8x4x3 inches.

Prune Dressing Ideal With Roast Pork

Here is another fruit suggestion to go with pork roast:

PRUNE DRESSING

To 1 cup of cooked prunes, pitted and chopped, add 2 cups bread crumbs, 1 medium onion, minced, ¼ green pepper, minced, 1 cup celery, diced, salt and pepper to season, and 1 cup of canned beef broth. Mix all well and use a stuffing or dressing.

Serve Stuffed Spareribs And Watch Results

One of the nice things about winter is the chance to enjoy the hearty dinners like a dinner built around stuffed spare-ribs. Start with a dish like a fruit cup or half a grapefruit. Then serve the spare-ribs with browned potatoes and mashed turnips. And then a simple salad like a cole slaw or mixed green vegetables. Of course, the dessert should be light and simple, after the heavy main course. You might like a compote of mixed canned or stewed fruits and coffee to top off. If your family likes bottled beer, you have what many consider the ideal beverage with the spare-ribs.

STUFFED SPARE-RIBS

5 lbs. fresh spare-ribs, 1 tablespoon salt, 1 tablespoon sugar, 1 teaspoon ground ginger, ¼ teaspoon pepper, 6 apples (tart), 2 cups soaked prunes (stoned). Select large meaty spareribs.

Crack bones carefully leaving meat whole. Mix salt, pepper, sugar, paprika, ginger, and rub meat well on both sides. Peel, stoned prunes, and fill meat with it. Tie with string and brown in Dutch oven, or roast in regular oven to a nice color. Baste with stock or boiling water, cook slowly about 1½ hours or until well done. Remove meat, untie, and keep hot. For gravy add 1 tablespoon flour and two cups of rich milk, season if needed, and boil a few minutes Strain and serve separately.

Mustard and baking powder settle in the can and should be stirred lightly before measuring.

Try using orange slices with fish instead of lemon slices.

Mixed Grill Combinations Are Easily Prepared

Did you ever try serving a mixed grill for dinner and watch eyes sparkle with anticipation as the family gather round? If you've a favorite chop plate, as I have, you'll have to try a good many of these combinations, just so you can use it often.

The particular delight of a mixed grill is the surprise and variety that it makes possible, and the handsome effect of a well arranged plate. Meats form the main part of the grill, usually one or two kinds for variety.

Fruits and vegetables which are adaptable for broiling are the other part of the mixed grill. Fruits such as peaches, pears, white bananas, apples, pineapple are perfectly delicious when broiled and served hot with meats. They must be dipped in melted butter or meat fat or brushed with fat if they are to broil to a golden brown without drying.

The vegetables, tomatoes, and mushrooms head the list, although partly cooked potatoes, carrots, or onions may be split, brushed with butter or meat fat and completed under the broiler flame.

The whole process takes a short space of 15 to 20 minutes. You end up with crispy brown, delicious meat and vegetables which can be arranged on either chop plate or platter.

MIXED GRILL

- 2 pounds ground lamb shoulder
- 6 strips bacon
- 6 pork sausages, links
- 6 halves pears (canned)
- ⅓ cup fine bread crumbs
- 2 tablespoons butter

Shape ground lamb into 6 meat cakes, using care not to pack the meat too tightly together. Wrap each cake with a strip of bacon and place on broiler rack with the sausages. Place pear halves with cup sides up on same broiler and cover them with bread crumbs mixed with melted butter. Place broiler 3 to 4 inches under flame, close broiler, and let cook, turning the meat once but do not turn fruit. Remove pears when delicately browned. Pears require 8 to 10 minutes. Sausages 10 to 12 minutes and lamb 15 minutes. Arrange all on chop plate with watercress garinsh.

MIXED GRILL

- 6 lamb kidneys
- 6 strips bacon
- 6 tomatoes
- 12 fresh Mushroom Caps

Split lamb kidneys and place on wooden or metal skewers, alternate with split mushroom caps and squares of bacon. Brush with bacon fat or butter and broil for 15 minutes, 3½ to 4 inches under a moderate broiler flame. Split tomatoes and dot with butter or buttered crumbs. Let broil without turning until a golden brown. Serve meat on the skewers with halves of tomatoes and crisp parsley on the same chop plate.

Beets Just "Hit The Spot" In The Winter

When many green vegetables are missing, the ruby red beet stands out in all its marked goodness. When cold days make rich meat dishes seem extra good, the succulent beet in one of many forms, provides the contrasting snap and zest to the course.

Of course, we all know pickled beets and buttered beets, but did you every try—

BAKED BEETS

Select smooth, medium sized red beets. Wash thoroughly and bake in slow oven from four to six hours or until tender. When done, peel and serve, seasoned with salt, pepper and butter.

The left over beets, may be cut into small dice. Then, in a frying pan, saute a minced onion in a little olive oil or butter. When onion is golden brown, add the beets, seasoned with a little vinegar or lemon juice or tarragon vinegar. Let them simmer until thoroughly heated. Serve in deep vegetable dish.

STUFFED BEETS

Bake beets as in the foregoing recipe. When done, peel and then cut off the crown, about one fourth of the way down. Scoop out the centers. Chop very fine. Mix with a little white sauce and season with salt, pepper, butter and a little lemon juice. Fill the hollows in the beets with this mixture, return the crown, place in baking dish and heat in oven until thoroughly hot. Serve on folded napkin on convenient platter and garnish with parsley or watercress.

How To Please In Effortless Tasty Meals

Nothing so "wet-blankets" an informal "drop in" visit as the evident hard work by the hostess in preparing a luncheon. But the casual little meal is sure to please. Here are a few successful ideas:

Thin slices of summer sausage, garnished with bits of thinly sliced pickle.

Thin slices of smoked salmon or sturgeon.

A "spread" made out of cream cheese and currant jelly creamed together.

A "spread" made from finely chopped chicken liver and raisins, seasoned with tomato catsup and garnished with chopped hard-cooked egg.

Arrange on sandwich plate or platter and garnish with lettuce leaves, radishes, olives and bits of pickle. With the addition of a plate of salad, such as Waldorf Salad or a mixed fruit or vegetable salad and an appropriate cold beverage—iced tea or coffee, lemon or orangeade, milk or bottled beer as the occasion may indicate, here is the main course of a pleasant and perfectly appointed light, warm weather meal.

When cooking strong onions and cabbage, the use of a large amount of water will insure a more delicate flavor.

Hot or Cold, Ginger-Bread Is For Winter

Is there anything that really bespeaks more of Winter than gingerbread—Hot or cold, it has a place in everyone's heart and when made with this famous old recipe it more than fits the bill.

GINGERBREAD

- 2 eggs
- 1 cup sugar
- 1 cup molasses
- 3 cups flour
- 2 teaspoons soda
- 2 teaspoons cinnamon
- 1½ teaspoons ginger
- 1 teaspoon cloves
- ½ cup sour cream

Beat unseparated eggs until light, mix with sugar, add molasses. Sift together remaining dry ingredients. Add alternately with sour cream to first mixture. Beat well. Bake in a buttered square tin 15 to 20 minutes in a moderate oven (325 F.)

Or perhaps if you have a desire to serve something a little different in the way of Gingerbread this Orange Gingerbread will be welcome.

ORANGE GINGERBREAD

- 1 egg
- 1 cup molasses (If strong use ½ ⅓ cup mild syrup and 2-3 cup molasses)
- ½ cup boiling water
- 2 cups flour
- 2 teaspoons soda
- ½ teaspoon ginger
- ½ teaspoon cinnamon
- ½ cup melted butter
- 1 large orange (juice and grated rind)

Beat egg and molasses. Add alternately the sifted dry ingredients with the boiling water and heat until smooth. Add melted butter, orange juice and rind and mix well. This makes a thin mixture. Bake slowly in a moderate oven (325 F.) Serve warm with whipped cream.

In Russian Homes

It is a far cry from the dainty bit of lettuce and pineapple and dab of cottage cheese of the American tea-room to the sturdy meal which the Russians call a "salad." But the underlying principle is the same and the step toward this magna cum laude of salads is well worth taking. And here is how it is made in the Russian home:

The desired quantity of meat (pork veal, beef, lamb or poultry) cut into small dice. An appropriate addition of diced cooked beets, potatoes and or carrots and peas. Then add some chopped pickles or fresh cucumber and a few diced hard boiled eggs. Then add small olives, a bit of sauerkraut and some cooked kidney beans. A chopped onion is optional. Make a dressing of three parts oil and one part vinegar, adding mustard, salt and pepper. Mix in the dressing and the salad is ready to serve. It is a meal in itself.

A pinch of baking soda added to boiled syrup will help it from crystallizing.

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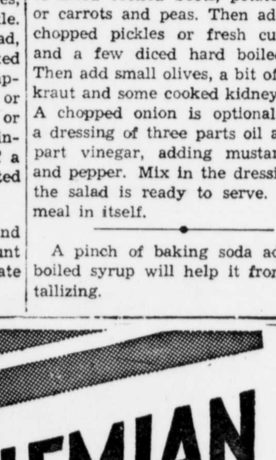
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