Food, of course, must be well seasoned to be worthy of its piquancy

THREE MEALS A DAY

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Edited by WILMA DEUTE

SIDNEY SNOW will be glad to answer any questions on food

Hot Off The Griddle

SUSAN SNOW

Fruit fritters will pep up many an uninteresting meal. Just at this season apple, banana or pineapple fritters are especially good as are ones using canned, drained apricots or peaches. Fry the fritters in deep fat and serve them as an accompaniment to a meat course or with a fruit sauce for dessert.

Very thin slices of raw apple dipped in orange or pineapple juice and added to the meat filling for school lunch sandwiches will prove a pleasant surprise. They are also good with peanut butter sandwiches.

Vegetables may be kept hot during an entire meal by keeping them in hot, covered dishes.

Simmer frankfurters 5 to 8 minutes in hot water. Never let the water boil. Boiling splits the casings and much flavor is lost. In broiling, wrap frankfurters with strips of bacon. Place on rack in broiling oven, brown slowly under a low flame, turning once. These go well with potato salad.

Fresh vegetables and fruits are best kept not quite so cold and should be kept in the place where the temperature is the highest. The arrangement will vary with the construction of your refrigerator. Sales persons are being carefully trained in the use of the refrigerators they sell. Very often there's a booklet or chart telling exactly how to place food in the refrigerator. — Being careful to follow the plan given for a refrigerator food will keep in good condition and there's more room for everything.

To remove lipstick stains from washable materials, treat as soon as possible. Rub lard into stain thoroughly. Scrape off excess, then wash in very hot soapy water. Bleach any remaining stains with Javelle water or hydrogen peroxide. For nonwashable materials: for a light stain, sponge with carbon tetrachloride. For a heavy stain — rub lard into stain, scrape off excess, then sponge with carbon tetrachloride. Bleach any remaining stain with hydrogen peroxide. Javelle water should not be used on silk or wool. Hydrogen peroxide and Javelle water should not be used on colored fabrics without first testing on an incospicuous place. Rinse bleach from fabrics thoroughly.

Cut medium sized peeled potatoes in quarters, place in a greased baking dish, sprinkle with salt and pepper and pour ½ teaspoon melted butter or meat drippnigs over each piece of potato. Bake in a moderate oven for 35 to 40 minutes, turning the potatoes when about half cooked and basting once or wtice with the fat in the pan. When done they should be well browned, tender and crisp on the outside.

The greater the area of rugs or carpet, the larger your room appears; a small figured pattern or plain shades in rugs or wall-paper will give an effect of space, where as a a big, bold design only increases the small and crowded feeling.

To make soap jelly for washing flannels and delicate fabrics, first shave thinly ½ pound of soap into a pan and pour over it one quart of boiling water. Boil until the soap is melted, pour into bowl or tin, and when cold it will be found to be a stiff jelly, which readily dissolves in warm water. It is preferable to ordinary soap in washing flannels and delicate fabrics, where it is undesirable to rub the soap directly on the garment itself. The soft soap can be scented if desired. Suitable scents are oil of pine, oil of wintergreen, etc.

To prevent mildew on canvas, saturate the canvas in a hot solution of ¼ pound of soap in a gallon of water. Wring out and while still moist immerse for twelve hours in a solution of ½ pound alum in a gallon of water.

To make an excellent sandwich loaf; remove the crusts, cut loaf lengthwise in four 1-3 inch slices. Spread with canned salmon mixed with mayonnaise, chopped pickles (butter next to filling). Form loaf, wrap in a damp cloth and chill under a light weight.

For jellied boullion; soak 1 tablespoon of gelatine in ¼ cup of cold water for 5 minutes, add 3¾ cups boiling canned bouillon, a dash of angostura bitters. Stir until dissolved. Pour into cups in which it is to be served. Chill in refrigerator.

SUNDAY DINNER *Suggestions*

By ANN PAGE

WITH Lent beginning next week many people will be especially interested in enjoying a variety of meat dishes this week. Prices are still attractive, particularly on beef and lamb, but, though fresh pork is reasonable, prices are somewhat higher. Stewing chickens are lower and ducks inexpensive.

Fish prices are almost entirely a weather proposition.

Eggs cost somewhat more this week than last, but are still cheap. Butter prices are unchanged.

Plentiful supplies of fruits, vegetables and salad greens permit variety even with budget limitations. Best values continue to be found in apples, oranges, grapefruit, beets, carrots, lettuce, potatoes, spinach and turnips.

Seasonable foods make up the following menus.

Low Cost Dinner
Braised Chuck of Lamb
Mashed Potatoes Carrots
Bread and Butter
Lemon Snow Custard Sauce
Tea or Coffee Milk

Medium Cost Dinner
Roast Lamb Pan-browned Potatoes
Green Peas
Bread and Butter
Orange Refrigerator Cake
Tea or Coffee Milk

Very Special Dinner
Grapefruit
Baked Ham with Glazed Apple Rings
Sweet Potatoes Spinach
Green Salad
Bread and Butter
Floating Island
Coffee

Grape-Nuts Brown Betty

3 large apples, pared and thinly sliced
¼ cup granulated sugar
1 teaspoon cinnamon
5 tablespoons butter
¼ cup brown sugar, firmly packed
½ cup sifted cake flour
¼ teaspoon salt
½ cup Grape-Nuts

Arrange layer of apples in greased baking dish and sprinkle with mixture of sugar and cinnamon. Dot with 1 tablespoon butter. Cream 4 tablespoons butter, add brown sugar gradually, and cream well. Add flour, sifted with salt, then Grape-Nuts, stirring well. Spread lightly over apples. Bake, covered, in moderate oven (350 degrees F.) 30 minutes; then remove cover and continue baking 15 minutes more, or until apples are tender. Serve warm with Yankee Sauce or Butterscotch Hard Sauce. Serves 6.

Clams And Oysters For Grand Sandwiches

Oysters or clams dipped in crumbs or batter and fried crisp and brown —two slices of buttered bread—a clam or an oyster laid between—catsup for seasoning—the bread trimmed to remove the part extending beyond the "filling"—and there is a hot sandwich of utter goodness.

With a cup of tea of a glass of ginger ale or good coffee it is hard to beat these sea-food sandwiches.

For a cold sea-food sandwich, make a mixture out of chopped steamed clams, a little grated horseradish and some chopped lettuce.

And now that the shad season is upon us, wherever shad roe is obtainable, save a little of the cooked roe. Mash it with a fork, mix with mayonnaise and spread on buttered brown bread.

Health And Goodness Combined In Muffins

The fact that bran is healthful makes these muffins just that much more desirable, because their looks are only exceeded by their tastiness.

BRAN MUFFINS

1 cup sifted flour
3½ teaspoons baking powder
3 tablespoons sugar
¼ teaspoon salt
¾ cup milk
1 cup whole bran
1 egg, well beaten
3 tablespoons melted butter

Sift flour once, measure, add baking powder, sugar and salt, and sift again. Pour milk over the bran. Add egg and butter to bran mixture. Add flour, stirirng as little as possible. Bake in a greased muffin pans in a hot oven (450 F.) for 20 minutes. Makes 8 muffins.

If sour milk is used, add ¼ teaspoon soda and use ½ teaspoon less of baking powder.

Golden River Custard

4 eggs or 8 egg yolks, slightly beaten
½ cup sugar
¼ teaspoon salt
4 cups milk, scalded
½ cup syrup

Combine eggs, sugar, and salt. Add milk gradually, stirring vigorously. Place 1 tablespoon syrup in bottom of each well greased custard cup. Fill cups carefully with milk and egg mixture, pouring slowly against a spoon held over syrup to avoid its mixing with syrup. Place custard cups in pan of hot water and bake in slow oven (325 F.) 35 to 40 minutes, or until knife is enserted comes out clean. Chill. Lossen edges with sharp knife and unmold on serving dishes. Custard should hold its shape, while syrup spreads over and around it. Serves 8.

America's Own Cheese Invention

By SIDNEY SNOW

THE FRENCH and the Swiss and the Germans and the Italians may cheer for their national cheeses, but either secretly or as "good sports" they applaud Liederkranz, the exotic American cheese innovation. Strange as it seems, there are many people who look upon this sturdy cheese as some quaint foreign make, but it is as American as pumpkin pie and catsup—and speaking of catsup we are reminded that a sandwich which does honor to both the tomato and the cheese is made like this:

LIEDERKRANZ AND TOMATO SANDWICH

Spread slices of rye or pumpernickel with butter and then with Liederkranz. Cover cheese with thin layer of catsup. Cover with another slice of buttered bread. Garnish with stuffed olives.

ONION WITH LIEDERKRANZ SANDWICH

Spread and mash with a fork a package of Liederkranz until it is smooth and soft. Add two tablespoons of beer and blend to a smooth paste. Fold in two tablespoons of finely minced onion tops. Spread on buttered rye bread. Or try it on fresh buttered toast.

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Menu Of The Week

MONDAY

Breakfast—Orange juice, ready to eat cereal, scrambled eggs, broiled bacon, toast, marmalade, coffee or cocoa. Lunch — Casserole of diced ham and noodles, fresh pineapple, cup cakes, tea or milk. Dinner—Yankee potroast, corn fritters, spinach au gratin, carrot and pineapple salad, cheese and crackers, beer.

TUESDAY

Breakfast—Grapefruit, hot wheat cereal, creamed chipped beef on cornmeal waffles, coffee or cocoa. Lunch—Hot potroast sandwiches, cold slaw, pickle relish, fruit gelatin, tea or milk. Dinner—Broiled pork sausages, mashed potatoes with pimentos, fried apples, string beans, canned pumpkin pie, coffee.

WEDNESDAY

Breakfast—Stewed apricots, ready to eat cereal, poached eggs on corned beef hash, toasted English muffins, coffee or cocoa. Lunch—Baked beans with chili sauce, parsley butter sandwiches, rhubarb tarts, tea or milk. Dinner—Boiled cottage ham, cabbage, new boiled potatoes, chicory salad, creamy rice pudding, coffee or beer.

THURSDAY

Breakfast—Pineapple juice, ready to eat cereal, French pancakes with jam, coffee or cocoa. Lunch—Baked spinach with poached eggs and cheese sauce, baked potatoes, vanilla junket with fruit sauce, tea or milk. Dinner—Casserole of spring lamb with vegetable. Apple and celery salad, apple dumplings with rum sauce, coffee.

FRIDAY

Breakfast—Stewed rhubarb, ready to eat cereal, codfish cakes, whole-wheat toast, marmalade, coffee or cocoa. Lunch—Spaghetti with tomato sauce, cabbage salad, apple tapioca pudding, tea or milk Dinner—Salmon steaks with egg sauce, potato chips, new peas, cucumber salad, cup custard with caramel sauce, little cakes, coffee.

SATURDAY

Breakfast—Sliced bananas with ready to eat cereal, baked eggs with cheese, rolls, coffee or cocoa. Lunch—Stuffed tomatoes with rice, melba toast, chocolate pudding, tea or milk. Dinner—Split pea soup, Hungarian goulash, buttered noodles, smothered carrots, pear and cream cheese salad, nut loaf, cake, coffee.

SUNDAY

Breakfast—Chilled melon, ready to eat cereal, pan broiled calves liver, crisp bacon, hashed browned potatoes, graham muffins, coffee or cocoa. Dinner—Crabmeat cocktail, broiled chicken, baked stuffed potatoes, buttered asparagus, green salad, buscuits, pineapple meringue pie, coffee. Supper— Club sandwiches, spiced pears, cookies, tea or coffee.

Sidney Snow will be pleased to supply any of these recipes. Just write care of this paper.

Nippy Cheese Sandwich Filling

2 cups strained canned tomatoes (juice and pulp)
2 tablespoons Tapioca
⅛ teaspoon pepper
¼ teaspoon mustard
2½ cups (½ pound) grated cheese
1¼ cups (¼ pound) dried beef, finely ground
¼ teaspoon Worchestershire sauce

Bring tomatoes to boil, using top of duoble boiler; add dry ingredients and bring to brisk boil, stirring constantly. Place over rapidly boiling water, cook 5 minutes, stirring occasionally. Add cheese gradually and stir until melted. Add beef and sauce. Cool — mixture thickens as it cools. Makes 2½ cups filling.

Canned Corn For Corn Fritters

Use whole kernel corn—one ordinary can of it—one tablespoon melted butter, one cup flour, one teaspoon baking powder, three tablespoons milk, salt and pepper to taste. Put all into a bowl and mix well together. Drop a spoonful at a time on a hot buttered griddle and brown on both sides. A fine luncheon dish or to serve with roast meat.

An Improvement On Pork Chops

Pork chops all by themselves are grand little things, but there is hardly anything in the raw that can't be improved upon. Such is the case even with pork chops, and when accompanied with a tasty sauce they are super-excellent.

SMOTHERED PORK CHOPS

6 pork chops, 1 inch thick
¼ teaspoon salt
3 tart red apples, cored
4 tablespoons brown sugar
3 tablespoon flour
2 cups hot water
1 tablespoon vinegar
½ teaspoon salt
1-3 cup riasins.

Sprinkle chops with salt. Sear slowly in a hot frying pan, turning to brown both sides. Place in a large baking dish. Slice the apples 1-3 inch rings. Arrange on chops and sprinkle with brown sugar. Add flour to fat in frying pan and cook until brown, stirring constantly. Add water and stir until mixture boils. Then add vinegar salt and raisins. Pour this sauce over the chops and apples. Cover and bake in a hot oven 400 F. for 30 minutes, or until apples are tender. Serves six.

DINING ABROAD AT HOME

HOT SAUCE FOR VEGETABLES MADE RIGHT AT THE TABLE

Here is a sauce over which the man of the family will make much fuss. It is something that he can cook right at the dinner table.

In Italy this sauce is a great favorite and is served with certain vegetables—such as artichokes, uncooked celery, chicory, pimentoes, etc., which are just dipped into the sauce and eaten. The dish is served in an attractive way, being made on the table in a chafing dish and kept continually boiling. Probably we should say it is made with just half a chafing dish—because—for best results it should really be made in an earthenware saucepan—and if so—one must be sure that an asbestos mat is placed over the burner lest the earthenware dish break.

La Bagna Cauda: To make this sauce, put equal parts of olive oil and butter in an earthenware dish, along with twelve pounded anchovies (in oil) and 6 or 8 cloves of garlic sliced thinly. Mix all well and bring to a boil and serve as described above. One may also add chopped truffles if desired and a bit of cream.

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