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 OF THE GRIDDLE

SUSAN SNOW

It's the most annoying thing in the world to have draw strings come off pajamas etc. while they are being laundered. To prevent this, sew them fast in the middle.

During the summer when light throw rugs are being used, one is very apt to have a bad fall. To prevent this—sew mason jar rings on the under side of the rugs and it will prevent them from slipping.

Now is the time to lay in a large can of chocolate. A cup of hot chocolate or cocoa with marshmallows or a ball of whipped cream on top is just ideal for these cool evenings.

Sandwiches made in advance should be covered with a barely damp cloth to keep them from becoming too dry to eat.

It is fashionable to serve crackers with cottage cheese for dessert at least once a week. They're a welcome change, they fit into the budget and free you from a lot of kitchn work And if desired—a nice bowl of good strawberry jam can well accompany this.

A woman told us once that when her baby was ready to learn to drink from a cup, she allowed her to drink from the spout of a small pitcher—she learned much faster this way. Several other women have tried it and they also were pleased with the results.

If you find it hard to get to sleep at night try eating; after being propped up in bed, a bowl of bread and milk. Or try a cup of that hot chocolate, sipped slowly. Of if these don't appeal to you, take a glass of beer and sip it slowly. Often sleeplessness may be overcome by providing the stomach with some form of mild nourishment such as these mentioned.

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 pie.

Before placing in the water to hard boil them, puncture the flat end with a pin. This will allow the air to escape and thus the eggs will not break in the water.

In buying furniture, keep in mind the size of your room the height of your ceilings and the amount of wall space you have and the type of floor covering you want to use. Make certain that sizes are in scale for the room and that the upholstery will harmonize with the colors in the rugs.

In California, it is quite the thing to start the noon-day or dinner meal with a generous mixed fresh vegetable and fruit salad. The huge salad bowl is an entrancing and artistic spectacle as it is passed around. Everyone take a large helping and many people make at least half a meal out of just salad. Such salads are most healthful as well as decidedly economical. California housewives tell me that it is twice as easy to get the family to eat their full quota of "rabbit food" if it is offered to them in advance of the heavier and richer courses.

A tiny radio, conveniently placed on the kitchen shelf or in some other handy spot, is helping many a housewife over the morning rough spots. Aside from providing sweet music to speed up the washing of the dishes and the baking of the pies, morning programs these days are so filled with pracitcal household ideas and money saving "wrinkles" that the housekeeper with her eye on the dollar and an ear on the radio will make the instrument pay for itself many times over in the economies it suggests.

Choose an ordinary kitchen table of the smaller size. But adapt it to the size of your kitchen. Then have the legs cut down the right number of inches and fit casters adjusted thereto. Then you will have a movable kitchen table which can be pushed or even kicked in any direction. Take it to the back door to receive an assortment of packages from the delivery boy; move it to the dining room to take on a load of soiled dishes; draw it over close to the stove when a handy work table is needed there; don't try to figure out all the uses to which you can put a kitchen table that rolls about. Just get it made and count the steps it will save. Any member of the family handy with tools will fix up a grand rolling table for you. Otherwise, the neighboring handy man will come to the rescue.

Keeping on hand an extra appliance cord is good insurance against annoyances—for your perculator, toaster, iron or other small devices.

Meat Salad Can Be Complete Meal

A substantial salad, served with a beverage and good, home-made rolls, makes an excellent main dish for a luncheon or supper.

ROAST BEEF SALAD

¼ cup mayonnaise
½ teaspoon horseradish mustard
1 tablespoon vinegar
¼ teaspoon salt
Dash of white pepper
½ cup cooked potatoes, diced
2 cups cooked string beans
1 cup cooked roast beef, diced

Blend the mayonnaise, mustard, vinegar, salt, pepper and paprika. Combine with the potatoes and beans, cut small. Chill until ready to serve. Add beef and toss lightly together.

IT IS DANGEROUS

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Menu Of The Week

MONDAY Breakfast—Grapefruit, ready to eat cereal, baked eggs with cheese, buttered toast, marmalade, coffee or cocoa. Lunch—Savory ham with rice, vegetable salad, hard rolls, currant jelly, tea or milk. Dinner—Broiled steak, French fried onions, mushroom-wine sauce, hearts of lettuce, pineapple sherbert, cookies, coffee.

TUESDAY Breakfast—Strawberries with cream, hot wheat cereal, broiled bacon, French toast, coffee or cocoa. Lunch—Tongue and tomato salad, toasted English muffins, cup custard, tea or milk. Dinner—Roast loin or lamb, Franconia potatoes, spinach with gravy, asparagus tip salad, bread pudding, coffee or beer.

WEDNESDAY Breakfast—Stewed prunes, ready to eat cereal, buckwheat cakes, maple syrup, little sausages, coffee or cocoa. Lunch—Cold sliced ham, fried potato cakes, peach salad, muffins, tea or milk. Dinner—Fricassee of veal, dumplings, smothered carrots, cole slaw, coffee parfait, coffee or beer.

THURSDAY Breakfast—Pineapple juice, ready to eat cereal, eggs Benedict, coffee or cocoa. Lunch—Creamed chipped beef on baked potatoes, buttered peas, lemon ice, tea or milk. Dinner—Swiss steak, potato pancakes, smothered cabbage, mixed green salad, canned peach pie, coffee.

FRIDAY Breakfast—Sliced oranges, ready to eat cereal, codfish cakes, hot cross buns, coffee or cocoa. Lunch—Jellied tuna salad, hot cross buns, lemon tarts, tea or milk. Dinner—Broiled blue fish, julienne potatoes, goldenrod asparagus, tomato and cucumber salad, cocoanut layer cake, coffee.

SATURDAY Breakfast—Tomato juice, hot cereal, plain waffles, strawberry jam, frizzled ham, coffee or cocoa. Lunch—Eggs a la king, fried tomatoes, cole slaw, cup cakes, tea or milk. Dinner—Pot roasted pork chops, buttered noodles, brussels sprouts, stuffed cucumber salad, strawberry shortcake, coffee.

SUNDAY Breakfast—Mixed grapefruit and orange juice, ready to eat cereal, basket of Easter eggs, little sausages, pop-overs, coffee or cocoa. Dinner—Fruit cocktail, chicken, Maryland style, cream gravy, mashed potatoes, buttered spinach, hot biscuits, honey, stuffed celery, Easter Angel cake, home made coffee ice cream, coffee. Supper—Crab on chafing dish, buttered toast bits, frozen fruit salad, tea or coffee.

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

Suggestions For Those Hot Day Luncheons

That time of the year is here again when sandwiches have become as much a part of our daily diet as iced tea or coffee. Before we know it we will be serving them out in the yard, or on the parch for a group of friends who drop in for the afternoon—but right now we are still more or less confined to the house—but in the house—or out of the house a good sandwich is still a treat.

AVOCADO SANDWICHES

Peel and mash the avocado pear to a pulp. Season with salt and a little pepper and spread between thin slices of either white or rye bread.

PEANUT BUTTER WITH RELISH SANDWICHES

Peanut butter
Sweet pickle relish
Cream

Mix ingredients in the desired proportions to taste by using cream to make or spreading consistency. Spread on thin slices of whole wheat bread.

TUTTI FRUTTI SANDWICHES

¼ cup dates
¼ cup walnut meats
¼ cup sugar
6 maraschino cherries
2 tablespoons orange juice
½ cup whipped cream

Put the fruits and nuts through a food chopper, and then mix with the orange juice. Add the whipped cream and sugar and spread between thin slices of buttered bread.

Suggestions To Help Put Your Cakes In The "Dressed Up" Class

The secret of the success of many a cake lies in the icing that covers it. Each one of us has our own special cake recipe, tried and trustworthy, but now and again we are weary of always presenting a cake in the same dress. Here are a few very choice spring coverings which will surely please:

CHOCOLATE PEANUT ICING

2 tablespoons peanut butter
¼ cup canned chocolate
¼ cup melted butter

Mix the above ingredients well and stir in enough confectioners' sugar to make the icing the right consistency to spread.

GRAPEFRUIT ICING

Beat one egg slightly, add one fourth cup melted butter and one fourth cup canned grapefruit juice. Add about one to one and one-fourth cups confectioners' sugar. Beat until of the right consistency to spread. Tint a pale green if desired. Cover sides and top of cake with icing and dot with tiny bits of maraschino cherries.

Frozen Custard Solves Light Dessert Problem

Who of us can't remember going to the circus and at some time or the other, at one circus or the other having eating cones filed with great jobs of frozen custard. And what could be nicer to serve right in our own homes that said frozen custard with a nice fruit sauce. It's a real solution to the lgiht dessert problem.

FROZEN CUSTARD

1 cup evapored milk
2 teaspoon unflavored gelatine
6 tablespoons sugar
⅛ teaspoon salt
½ cup water
2 eggs
1 tablespoon vanilla

Scald the milk in the top of a double boiler. Chill. Soak the gelatine in 2 tablespoons of cold water. Mix sugar, salt and ½ cup water. Heat until the sugar is dissolved. Stir slowly into slightly beaten egg yolks. Cook over boiling water for 2 minutes longer, stirring constantly. Add soaked gelatine. Stir until dissolved. Chill. Fold in stiffly beaten egg whites and vanilla. Whip the milk and add. Pour into freezer. Pack with salt and ice and freeze.

Sponge Cake Solves Quick Dessert Problem

A sponge cake is grand to have in the house. If you wnat a quick desslices of it with fresh or canned fruit sert you are never at a loss—just top and whipped cream and the bill is completely filled. There are dozens of uss for sponge cake, and when one can be baked with only three eggs—well, it pays to make one quite often.

DELICATE SPONGE CAKE

1 cup sifted cake flour
1 teaspoon baking powder
⅛ teaspoon salt
3 eggs
1 cup sugar
2 teaspoons lemon juice
6 tablespoons hot milk

Sift flour once, measure, add baking powder, salt and sift together three times. Beat eggs until very thick and light and nearly white. Add sugar gradually, beating constantly. Add lemon juice. Fold in flour a small amount at a time. Add hot milk, mixing quickly until the batter is smooth. Turn at once into ungreased pan and bake in a moderate oven 350 F. for 35 minutes or until done. Remove from oven and invert pan, for one hour, or until cold.

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For Good Iced Tea Or Good Iced Coffee

People are already beginning to think of iced tea and coffee for luncheons and every now and then, we run across a person who thinks that serving them iced, is the way to use up left over tea and coffee. Well it's a way, but a very terrible way. Iced tea and iced coffee, made fresh, made properly and served tastefully are such splendid warm weather beverages that it is a shame to compromise with left-overs.

First, we must keep in mind that tea and coffee for icing must be made double strong to take care of the melting ice which dilutes the contents of the glass.

For tea, allow two to three teaspoons of tea to a cup of boiling water. Let it steep for approximately five minutes. Steeping too long extracts the tannin from the leaves, thereby spoiling the aroma and taste. And no amount of fresh water added to overly strong tea will bring it back. This applies to coffee, also.

In the case of both tea and coffee, the clearest drink is made by pouring the fresh, hot liquid over the ice which has been placed in tall, thin glasses.

With the iced tea, serve quarters of lemon or quarters of oranges. And sprigs of mint, fresh from the mint patch, add flavor and color. For seasoning, use powdered sugar. It dissolves more readily than granulated sugar.

While considering iced tea and coffee, it is worth keeping in mind that iced cocoa or chocolate are grand weather drinks, especially for children. Keep a bottle of chocolate syrup in the refrigerator.

Two tablespoons of syrup beaten into a glass of milk and topped with a fluff of whipped cream, and there you are. Or drop a ball of ice cream into the glass of milk and chocolate. You'll be the heroine of every child in the neighborhood.

French Fried Onions Make A Very Fine Accompaniment To A Steak Dinner

Have you veer been to a restaurant where they serve nice fat, crisp French fried onions? Have you also noted the exprssion of complet satisfaction on the faces of those eating them? Try them at home sometime and have the pleasure of seeing those own table.

FRENCH FRIED ONIONS

Bermuda onions
2 egg yolks
½ cup milk
¾ cup flour
¼ teaspoon salt

Slice the onions and separate them into rings. Let stand in milk for several hours. Make a batter by beating together the above ingredients in the order givn. Dip the onions in this batter and fry in deep, hot fat (390 F.) Drain on unglazed paper and serve piping hot.

HELP KIDNEYS
To Get Rid of Acid and Poisonous Waste

Your kidneys help to keep you well by constantly filtering waste matter from the blood. If your kidneys get functionally disordered and fail to remove excess impurities, there may be poisoning of the whole system and body-wide distress.

Burning, scanty or too frequent urination may be a warning of some kidney or bladder disturbance.

You may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel weak, nervous, all played out.

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Oriental Pie For Special Holiday Snacks

With the Easter holidays in full swing and the children home from school with great big appetites— it's necessary to keep the pantry filled with good things to eat. Here is a pie that will make a great "hit."

ORIENTAL PIE

Pastry
¾ cup seedless raisins
1 small package sliced citron
1 small package sliced orange peel
¾ cup brown sugar
½ teaspoon cinnamon
½ teaspoon nutmeg
2 cups hot water
3 tablespoons corn starch
¼ cup cold water
Juice of 1 lemon
2 tablespoons butter

Cook the raisins, peel, sugar, spices and hot water for five minutes. Add the corn starch mixed with the cold water. Cook, stirring constantly, about 10 minutes longer. Remove from fire, add the lemon juice and butter—cool and when ready to use, pour into pie tin lined with rich pie pastry. Cover with strips of pastry and bake in a hot oven 450 F. until well browned. (15 to 20 minutes). Makes one large pie.

SUNDAY DINNER Suggestions

By ANN PAGE

EGGS and butter are both considerably cheaper than last year at this time and reasonable for any season. This makes it advisable to use them freely for table and cooking purposes.

Many varieties of fish are available at reasonable cost. Pork is somewhat cheaper while beef and lamb are higher than they were last week.

Boston lettuce and cos lettuce or romaine are both better values than Iceberg. Asparagus is more plentiful and less expensive. Broccoli, cabbage, carrots, spinach and tomatoes are excellent values.

Oranges, grapefruit and apples, the chief winter fruits, continue to be cheap. Pineapples are in season and reasonable.

The following menus are made up of seasonable foods.

Low Cost Dinner
Braised Lamb Shanks with Vegetables
Cabbage and Carrot Slaw
Bread and Butter
Apple Crisp
Tea or Coffee Milk

Medium Cost Dinner
Roast Pork Apple Sauce
Sweet Potatoes Buttered Broccoli
Bread and Butter
Orange Tapioca Cream
Tea or Coffee Milk

Very Special Dinner
Appetizer Salad
Fried Chicken Glazed Carrots
Asparagus, Hollandaise
Currant Jelly
Rolls and Butter
Fresh Pineapple Sundae Wafers
Coffee



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DINING ABROAD AT HOME

FOREIGN DISHES PERFECTED WITH AMERICAN RICE

There are few of us who don't want to travel—but—since that famous depression came along—most of us just sit and look at travel books and wish! But even if we can't travel—we can at least become travel-minded—and there isn't any reason why our table for instance, should stay in a rut. Let it circle the globe like a veteran suitcase that bristles with the gay labels of all lands.

To begin with, let's acquaint ourselves with rice, as the nations of the world like it. The Italians offer their Risotto, the Mexicans their Chili rice dishes, the Turks their pilaf and the British Emipre its East Indian curried dishes. But even if we do go inter-national, there is a big point to remember—we are going to use American rice. Not from any patriotic standpoint—but because time and use have proven that from our own south comes the best rice in the world.

RISOTTO AND VEAL

2 cups rice
1 onion
2 tablespoons butter
¼ pound sausage
2 tablespoons parmesan cheese
4 thin slices veal cutlets
½ pound calves brains
2 tomatoes
4 cups stock
Parsley

Cut the onions and fry in butter. Add sausage and cook five minutes. Add well washed rice and tomatoes peeled and chopped. Cook five minutes. Add stock and boil. Cook twenty minutes. Add cheese. Mix well to make risotto creamy. Fry the veal cutlets and cream calves brains. Sprinkle with parsley. Add water from meat pan. Serve hot with rice mixture.

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