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

If you have burned the food you were cooking, change quickly to another pot and set the vessel in cold water. This will take the burned taste away. Then reheat the food before serving.

When roasting a chicken, place with the breast down in the baking pan for the first half hour of roasting. This allows the juices to flow into the breast, making it moist and tender.

A good rule to follow while eating in the presence of children is to serve food without comment as to its nutritive qualities, or without remarking on the necessity for eating it. Take it for granted that it will be eaten and liked. Avoid expressing dislikes for food yourself. Never force a child to eat when he is cross, nervous or tired. If he refuses, leave him alone and don't talk about it, but make him wait until the next regular meal time for anything to eat.

For cleaning old paint brushes, suspend the brush in a can containing a solution of 1 part of sodium carbonate in 3 parts of water, in such a manner that it hangs several inches from the bottom of the container. Let it stand from 12 to 24 hours in a warm place. The dried paint will then be softened so that it may be washed out with soap and water. Brushes which have become as hard as stone can be restored by this process.

To remove warts, smear vaseline around the wart, on the live skin, then with a toothpick or glass rod, apply strong nitric acid to the wart. Allow to remain for about ten minutes. The vaseline prevents the acid from burning the live healthy tissues around the wart, in the event the acid rolls off the wart.

Three or four minutes after you have started your gas or electric oven, open the door for a second or two to let out the damp air. The oven will then heat in a much shorter time.

Let the water come to a full rolling boil when poaching eggs. Drop eggs in, turn out the gas and the eggs will finish cooking in the boiling water.

The white of an egg applied to a burn or scald is most soothing, and will cause the burn to heal quickly.

Save all celery tops, wash and dry them and place in the oven, turning them now and then. Store leaves in an air-tight tin. Use them for flavoring soups, salads, etc.

To make ginger wafers, heat 1 cup dark molasses to the boiling point and remove at once from the fire. Stir in ½ cup shortening and when melted add ¼ cup boiling water and ½ cup sugar. Cool and when almost cold stir in 3 cups sifted flour sifted with 2 teaspoon baking soda, 1 tablespoon ginger, ½ teaspoon cinnamon, ½ teaspoon allspice, and ½ teaspoon salt Shape into a long, narrow roll about 1½ inches in diameter. Wrap in heavy waxed paper and chill for several hours. Cut down in very thin slices, place on greased pans and bake in a moderate oven 375 F. for 8 to 10 minutes Makes about 5 dozen thin wafers, which will keep crisp if stored in a thin box with layers of waxed paper.

Do not throw away the outside leaves of cauliflower. Cut them into inch pieces, boil them until tender and serve with white sauce.

A few tablespoons of chopped sweet red and green peppers make cole-slaw or salads attractive and add much to their flavor.

A slice of cake covered with crushed strawberries, makes an excellent quick dessert.

A tablespoonful each of salt and baking soda dissolved in a glass of warm water makes a good gargle for throat irritations.

If one is planning a camping trip and wishes to waterproof some matches, do it like this: to 50 cc of collodion, add 1 part of glycerin or castor oil and coat matches with the well mixed solution. A solution of candle wax or beeswax in benzol can also be used.

If an onion is cut in halves and placed in a room that has been newly painted it will absorb the odors of paint in a few hours.

An old varnish on metal can be removed by dipping the metal in a solution made by pouring ammonia (strong ammonia water) into the same quantity of denatured alcohol. If the article is too large to be dipped, apply the solution with a soft brush. Keep the solution away from flames and work out of doors, if possible, or at least near an open window. See that the articles remain moist until the varnish has softened; then wipe the metal clean with a rag.

Good Rules For Jelly Making

Jelly should be of a clear, bright color, tender, quivery, but firm and retain its shape.

Medium sized preserving kettles are best to use in making jelly. Do not make more than a quart of juice at a time.

Can fruit juices during the summer and make into jellies as wanted. Freshly made jellies are always best and storage room is saved.

Wash, remove stems, cut the larger fruits into quarters. Put into a saucepan and cover with water. With small watery fruits, as currants and grapes, use only a little water, but crush with a spoon or masher. Allow to simmer until the fruit is tender. Put into a bag to drain. Do not squeeze the bag if a clear jelly is wanted. Squeeze the bag for a second extraction, or a less clear jelly.

To make a dripping bag take a 3-cornered piece of cloth or felt, sew two sides together, and attach the third side or opening to an ironhoop. Tie stout cord to opposite side of hoop and hang up. Place crushed fruit or juice in bag to drip. If point of bag touches bottom of kettle, juice will flow more quickly.

Menu Of The Week

MONDAY **Breakfast**—Sliced bananas with cream, hot wheat cereal, bacon with sauted apples or pineapple, buttered toast, coffee or cocoa. **Lunch**—Combination sandwiches, lettuce with Russian dressing, cup cakes filled with ice cream, tea or milk. **Dinner**—Cream of tomato soup, cold sliced roast beef, baked potatoes, buttered spinach, fruit gelatine, coffee.

TUESDAY **Breakfast**—Stewed prunes and apricots, ready to eat cereal, soft boiled eggs, whole wheat muffins, marmalade, coffee or cocoa. **Lunch**—Lima bean and tomato stew, toasted whole wheat muffins, baked apples with honey, cookies, tea or milk. **Dinner**—Dutch oven lamb chops, boiled rice, buttered beets, shredded cabbage salad, cherry pie, coffee or beer.

WEDNESDAY **Breakfast**—Grapefruit, ready to eat cereal, bacon and eggs, buttered toast, coffee or cocoa. **Lunch**—Mushroom omelet, baked potatoes, chocolate junket, tea or milk. **Dinner**—Swiss steak, scalloped potatoes, string beans, avocado and tomato salad, Roquefort cheese and crackers, coffee or beer.

THURSDAY **Breakfast**—Sliced oranges, ready to eat cereal, plain waffles, frizzled ham, maple syrup, coffee or cocoa.. **Lunch**—Vegetable salad, bran-nut muffins, apple dumplings, tea or milk. **Dinner**—Breaded veal cutlet, boiled new potatoes, succotash, lettuce and tomato salad, steamed fig pudding with lemon sauce, coffee.

FRIDAY **Breakfast**—Sliced fresh pineapple, ready to eat cereal, fried bacon, scrambled eggs, hot rolls, coffee or cocoa. **Lunch**—Creamed shrimp, hot biscuits, celery, fresh rhubarb tarts, tea or milk. **Dinner**—Clam stew, fish flake souffle, French fried potatoes, buttered peas, mixed green salad, deep dish apple pie, coffee.

SATURDAY **Breakfast**—Orange and grapefruit juice, hot wheat cereal, parsley omelet, graham muffins, coffee or cocoa. **Lunch**—Spaghetti with meat sauce, dressed lettuce, fruit compote, cookies, tea or milk. **Dinner**—Broiled steak, new potatoes, creamed celery, chicory salad, French dressing, huckleberry dumplings, coffee.

SUNDAY **Breakfast**—Sliced oranges, ready to eat cereal, griddle cakes, maple syrup, country sausage, coffee or cocoa. **Dinner**—Boiled shoulder of lamb with caper sauce, pan browned potatoes, diced turnips with butter, tomato salad, ice cream, cake with chocolate sauce, coffee. **Supper**—Welsh rarebit, stuffed celery, sweet pickles, egg custard, cup cakes, tea or coffee.

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

Shad-Roe Croquettes A Pleasant Change From The Usual

At this time of the year and for some time yet one will find shad roe on the market. Instead of frying them in the usual way try them thusly:

SHAD-ROE CROQUETTES

1 shad roe
1 cup milk
2 tablespoons flour
Yolk of 1 egg
1 tablespoon of butter
Salt and pepper
Sifted bread crumbs

Melt the butter in a saucepan and add to it the flour; when well mixed add milk, salt, and pepper, and cook until thick. Add the raw shad roe and let thicken still more, pulling the roe apart with two forks to avoid mashing the eggs. Take off the stove and add yolks of egg, stirring well. As soon as the mixture is cool enough, put it in the icebox until it is thoroughly cold. Mold into small cylinders. Roll in bread crumbs, and fry quickly in very deep fat. Drain on warm brown paper, and put on a hot dish surrounded with strips of very crisp broiled bacon and garnished with quarters of lemon, or serve with tartar sauce. Properly made, the croquettes will be too soft to keep a cylinderical form so if they flatten out in frying, don't worry as they will taste just the same.

Crumble Tarts Made A Day Ahead

Here is a grand dessert that the housewife can prepare a whole twenty-four hours before it is to be served. This will be grand for any woman who has planned to be away from home for a day.

CRUMBLE TARTS

1 cup black walnut meats.
1 cup pitted dates
1 cup sugar
3 tablespoons flour
2 eggs
1 teaspoon baking powder
1 heaping teaspoon cinnamon
Whipped cream

Beat the yolks of eggs until pale yellow, add the sugar, and beat again. Fold in the flour, dates, walnut meats, cinnamon, and baking powder. When thoroughly mixed, add the stiffly beaten egg whites. Bake in a well buttered pie tin in a moderate oven for 25 minutes. Let cool, and put in a tin box for 24 hours. Cut in narrow pie-shaped slices and serve with whipped cream on top.

Clear, Jellied Tomato Soup

With summer just a step away we begin to think of cooling refreshing first courses for dinners. Remember this one? Of course you do, it's an old favorite that you'll certainly want to make at home this year.

JELLIED TOMATO SOUP, CLEAR

2 cups strained tomato juice
2 cups soup stock
2 teaspoons chooped parsley
1 tablespoon gelatin
1 teaspoon onion juice
1 tablespoon shopped celery
Salt and tabasco

Set the gelatin to soak in ¼ cup of cold water. Mix the qther ingredients and simmer gently for 5 minutes; strain into the dissolved gelatin; stir until the gelatin is thoroughly melted, and set aside to col. Put in the icebox to congeal, and serve in bouillon cups, very cold.

Artichoke and Asparagus As Appetizers

As few people would have the will power to leave the heart of an artichoke after all the work of nibbling the leaves the houseswife had better prepare in advance for these appetizers by buying a can or jar of artichoke hearts—then she can serve

APPETIZERS OF ARTICHOKE

6 slices of artichoke heart
1 can caviar
3 hard boiled eggs
12 stuffed olives
1 teaspoon chopped onion

Cover each piece of artichoke with caviar, chopped onion and stuffed olives, also whipped white of egg and the yolk put through a ricer, and cover with thin mayonnaise.

Another good appetizer not using artichokes, is made thusly: Drain a can of asparagus tips. Trim slices of dried beef or cooked ham the length of the asparagus tips. Spread slices with mayonaise. Place one stalk of asparagus on each slice. Roll up tightly, fasten the rolls with toothpicks.

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Ginger Short Bread A Family Recipe Long In Use

SUSAN SNOW

It just so happens that I come from one of those families who find itself strewn all over the globe. Several of them live abroad and even in this country, few of them live in the same section of the country. Some are southerners, some northerners, a few easteners and more westerners. However, from one member of our southern branch comes this grand recipe that I'm certain will be found to the liking of a great many women.

GINGER SHORT BREAD

4 cups flour
1 cup butter
1 cup sugar
1 scant tbsp. powdered ginger
1-3 cup candied orange peel

Knead the butter well into the flour, and add the sugar, ginger, and candied peel. When thoroughly blended, press the mixture, without dampening it, into a baking pan and flatten evenly with the hands. Take a small piece of the mixture which you have reserved, and crumble over the top. Bake in a moderate oven until brown. Cut into 1¼ inch squares while still hot, but do not remove from the baking pan until cold.

Home-made Sauces For Ice Creams

Whether one is serving home made or dairy made ice cream, she will certainly want to serve a good home made sauce with it.

Strawberry Whipped Cream Sauce: Sprinkle ½ cup sugar over 1 cup strawberries. Let stand about an hour. Put through a sieve and fold in 1 cup whipped cream. Serve on vanilla ice cream.

Maple Sauce: Boil 1 pint of maple syrup and ¼ cup butter until it forms a thread, when dropped from spoon. Pour while hot over vanilla or lemon ice cream.

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Marshmallow Sauce: Roll ½ cup sugar and ¼ cup water to a syrup about 5 minutes; press in 12 marshmallows, which have been cut. Let stand 2 minutes without stirring Then pour gradually into 1 stiffly beaten egg white and beat until smooth. Serve over chocolate of coffee ice cream.

Hot Chocolate Fudge Sauce: Scrap or break ½ pound of milk chocolate in top of double boiler, let melt slowly, stirring constantly. When thoroughly dissolved, pour in ½ cup hot water or milk gradually and stir until smooth. Serve with vanilla or mint ice cream.

An Unusual Salad Sure To Please

It has always been said that a meal should include a salad This, plus the meat, vegetable, potato and dessert is all that is required for a well balanced meal. Now, many women are perplexed by salads and find themselves repeating the same salad day after day, week in and week out. When you come right down to it though, there are as many, if not more salad recipes than anything else—here is just one of them—it's an unusual salad and one that will always please.

FANCY SALAD

Mix equal parts of finely chopped green peppers, raw carrots, chicory, pineapple, and drain off the surplus moisture. Add as much cottage cheese as the above ingredients combined and enough Thousand Island dressing to bind all together, but do not make it of a running consistency. Arrange mixture on a thick slice of peeled ripe tomato, placed on leaves of lettuce. With the prongs of a fork, criss-cross the top and sprinkle with chopped chives. Serve with French dressing.

If the bowl is rubbed with garlic and the mixture allowed to stand in it for at least twenty five minutes a very unusual flavor is developed.

Canned Fruit Pies

For canned peach, plum, pineapple, cherry, or berry pie: Combine 2½ cups canned fruit (drained), 1 cup fruit juice, 2½ tablespoons tapioca, sugar to sweeten, ⅛ teaspoon salt, and 1 tablespoon melted butter. Let stand 15 minutes, or while pastry is being made. Use as filling for 9-inch pie. Bake in hot oven (450 F) 15 minutes; then decrease heat to moderate (350 F.) and bake 30 minutes longer, or until filling is cooked.

DINING ABROAD AT HOME

AN AMERICAN FAVORITE IN THE OLD-ENGLISH WAY

We can dine nicely at home in England without much change in an everyday menu—but the difference is there never-the-less and quite noticeable to a person who knows and appreciates food.

Take, for instance, boiled beef—it's a common thing here but oh! how many of us just plunge the luckless bit of beef in water and let it boil until tender then serve it with horseradish sauce!—while in England the beef is cooked with seasonings and served with those luscious dumplings. Here is how they do it.

BOILED BEEF

3 pounds brisket of beef
Water
3 carrots, sliced
2 turnips, diced
3 onions
1 sprig thyme
1 bay leaf
½ teaspoon peppercorns

Wash the meat and place in a pan, barely covering the meat with water. Bring to a boil and cook for 20 minutes, removing any scum that forms on top. Add the carrots, turnips, whole onions, thyme, parsley bay leaf, salt and peppercorns. Reduce heat and simmer until the meat is tender. Cook the dumplings just before the meat is to be served.

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