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

Cream soups that are so popular at this time of the year can be greatly improved by the mere addition of minced parsley and onion. The dried celery leaves may also be used to flavor soups.

Inside and outside there are just swarms of ants running around and if they aren't the biggest nuisance in the world when they get in the kitchen or in the rose bushes I'd like to know what is! They say an ounce of prevention equals a pound of cure so try a head start of the little beasties and keep all food covered. Then find the point of entrance and treat with kerosene. If possible, trace ants to their nest and destroy them with boiling water. Then there are always ant traps that are quite successful.

If one wants a custard and still doesn't want to heat up the whole house by having the oven going, try baking them in cups placed in a kettle of water on top of the stove. If the water is kept boiling the custard will be perfectly cooked.

When ironing soft collars, iron the right side first, then the wrong side. Always press toward the center of the collar to avoid wrinkling. Also, if starched collars are ironed on the right side first, they will lay flat rather than curl up when folded, if on a shirt, or when tacked on a dress.

To make baked bananas, peel the bananas. Arrange in a shallow, oven proof baking dish and sprinkle with lemon juice and sugar. Pour a little sausage fat over the bananas and bake in a moderate oven 375 F .from ten to twenty minutes.

Celery stuffed with shrimp salad can be used for giving variety to the appetizer tray.

So often we spend the entire winter anticipating the time when we can put out the garden or porch furniture again and in our minds we picture the lovely appearance it makes, and then—when we take a look at it the disappointment we feel is certainly keen. The furniture somehow isn't as shiny and clean as we picture it—well—never let it be said that something can't be done about it. Just spend a few of these nice warm days putting it in A-1 condition. First remove all the old varnish with liquid varnish remover which we buy at paint stores.

Apply the varnish remover with a paint brush. As fast as the varnish softens scrape it up, using a spatula. Collect old varnish in crushed paper. Wash with denatured alcohol or turpentine. New stain may be needed to darken the wood. When the color is right, dry thoroughly. Finish with wax, varnish or chellac. Each coat must dry thoroughly before putting on another.

Salt should not be added to the water in which delicate green vegetables are cooked until they are almost done. To preserve color, greens should be cooked in an uncovered pan.

If ecru curtains become faded after repeated washes they may be retinted by adding a clear solution of tea to the last rinse water. The quantity of tea used depends upon the desired shade of cream of ecru. Usually a wet fabric is twice as deep in color as the dry one will be.

To make grated orange peel with sugar to be used in flavoring pies, cakes, etc., grate off thin yellow rind of oranges, being careful not to get any of the bitter white underneath. Place the peel in a pan, cover with a thin layer of sugar and seal tightly.

While washing walls, hold a heavy strip of cardboard against the woodwork. Then, a pair of rubber gloves saves the hands from the soap—and if you've ever used wall soap you will know how wrinkled it can make the hands.

Alcohol in spilled perfumery, medicine, etc., dissolves varnish. Rub at once with the fingers. Rub with a soft non linting cloth and lemon oil. Mix lemon oil and rottenstone into a creamy paste, rub in circles, keeping plenty of oil in the mixture. With a soft cloth and oil wipe up the rottenstone. Rub in stright lines, and finally, with oil. If the rottenstone has scratched and the gloss is lessened, put on a coat of good varnish and let dry. Rub again with oil and rottenstone using light strokes in straight lines.

Boiled frosting, if not cooked enough so that it will spread on the cake well, may be cooked over again or powdered sugar may be edded until it is of the right consistency to spread. Use double boiler when cooking frosting over.

Summer Squash In Various Styles

Those nnice little summer squash that grace our tables along about now can really be prepared in some grand ways—ways that will make the whole family sit up and take notice and wonder why they haven't been partial to them all along.

Summer Squash In Cream

Select and peel early tender summer squash of even small size, one for each service. Steam until tender and gently transfer into a hot white sauce. Serve on individual dish and cover with sauce.

Summer Squash Au Gratin

Arrange the preceding summer squash in cream mixture in a butter-dish. Dredge over some grated cheese and bake in a moderate oven until grated cheese and buttered crumbs cheese is melted.

Puree Of Summer Squash

Cut the squash into quarters, very thinly peel off hard part of skin, and remove seeds. Turn into boiling water, enough to cover and bring quickly to a boil. Cook until tender, adding a very little salt. Drain. Rub through a puree strainer into a saucepan. Set over the fire, cook and stir until thick. Stir in a few bits of butter, 1 or 2 tablespoons of cream, salt to taste and a few grains of Cayenne pepper.

Menu Of The Week

MONDAY Breakfast—Orange juice, hot wheat cereal with raisins, bacon and eggs, toasted biscuits, jelly or jam, coffee or cocoa. Lunch—Welsh rarebit on toast, dressed lettuce with French dressing, frosted cup cakes, tea or milk. Dinner—Tomato juice cocktail, broiled chopped beef with brown mushroom gravy, mashed potatoes, scalloped cabbage, apricot pie, coffee or beer.

TUESDAY Breakfast—Grapefruit, ready to eat cereal, poached eggs on toast, buttered toast, grape jelly, coffee or cocoa. Lunch—Cream of corn chowder, canned peach salad with cottage cheese, hot gingerbread, tea or milk. Dinner—Roast leg of lamb with mint sauce, boiled rice, creamed asparagus tips, watercress and endive salad, rhubarb tapioca with custard sauce, coffee.

WEDNESDAY Breakfast—Chilled prune and orange juice, hot oatmeal, scrambled eggs, broiled bacon, hot rolls, strawberry jam, coffee or cocoa. Lunch—Hot minced ham sandwiches, celery and radishes, banana junket, sugar cookies, tea or milk. Dinner—Curried lamb in rice ring, buttered spinach, beet and celery salad, fresh pineapple, sponge cake, coffee or beer.

THURSDAY Breakfast—Sliced bananas with ready to eat cereal, creamed chipped beef on toast, coffee or cocoa. Lunch—Vegetable salad with sour cream dressing, bran flake muffins, honey, stewed pears, cookies, tea or milk.. Dinner—Spaghetti with meat balls, mixed green salad, green beans, frozen lemon pie, coffee.

FRIDAY Breakfast—Strawberries with cream, ready to eat cereal, soft boiled eggs, hot rolls, marmalade, coffee, cocoa or milk. Lunch—Tuna fish with savory sauce, potato chips, tomato salad, spice cakes, iced tea or coffee. Dinner—Fried shrimp with tartar sauce, boiled new potatoes, buttered beets, spring salad, pineapple icebox cake, coffee or beer.

SATURDAY Breakfast—Baked apples with raisins, ready to eat cereal, ham and eggs, rye bread toast, coffee or milk. Lunch—Toasted cheese sandwiches, jellied fruit salad with marshmallow dressing, chocolate tarts, iced tea. Dinner—Baked spiced ham, mashed potatoes, beets with sweet-sour sauce, asparagus tip salad, pineapple sherbert, nut waffers, coffee.

SUNDAY Breakfast—Pineapple juice, ready to eat cereal, scrambled eggs on anchovy toast, buttered toast, jelly or jam, coffee or cocoa. Dinner—Fresh fruit cocktail, Southern fried chicken, mashed potatoes, cream gravy, buttered asparagus, tomato and cucumber salad, stuffed celery, radishes, old fashioned strawberry shortcake, coffee. Supper—Shrimp salad, assorted sandwiches, fruit compote, cookies, tea or coffee.

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

Fancy Salad Sandwiches Prove Luncheon Choice Of Many Women

It is so often said that half the joy of dining well comes in the contemplation of fine looking dishes. This is particularly true of the women as so few men out of their great number are interested in appearance so much as taste.

Now, when the ladies lunch, they ever so often choose a salad sandwich that is nice in appearance, nicely served and delicious. Here is such a salad sandwich that will surely fill all the requirements that go into making a lady's luncheon a success.

SALAD SANDWICH

On the leaves of lettuce, place a slice of freshly toasted raisin bread, trimmed. Cut toast diagonally and spread with mayonnaise, or Thousand Island dressing, mixed with chopped ham and chives. Arrange top of toast with two asparagus tips placed in center and tip ends out, bases together. Place a half a slice of peeled ripe tomato at either side of grass, place two or three thin slices of cucumber next at either side of tomato, and tip ends of toast with ripe olives. Garnish top center of tomato with egg and rosette of cream cheese, and side of tomato with half slice of hard boiled egg. Place a little rosette of cress at one side of sandwich and a ripe olive and radish at either side. Thousand Island dressing to be passed at the table.

Left Over Mashed Potatoes At Best

It's happened to all of us at some time or the other—we prepare a large meal expecting everyone to eat a lot at they did last time—and for no reason at all everyone seemes to have gone on a diet or appetites have taken a vacation— anyway—we find ourselves with a good supply of mashed potatoes on hand, and, having put a lot of cream in them they won't make such pretty potato cakes—so—fix the mover this way

MASHED POTATOES, BAKED
2 cups cold mashed potatoes
2 tablespoons melted butter
2 eggs
1 cup milk or cream
Salt and pepper

Stir the butter well with the potatoes, add the eggs, beaten stiff and then the cream. Season to taste. Beat all together well, place in a greased pudding dish and bake in a quick oven until brown, and serve hot.

Bran Biscuits Break Monotony

Variation in biscuits is just as pleasing generally as variation in the eggs we serve for breakfast. The greatest way to ruin anything good in the eyes of the eaters is to serve it too much—therefore try these biscuits occasionally.

BRAN BISCUITS
1 cup bran flour
3 teaspoons baking powder
½ teaspoon salt
1 cup wheat flour
2 tablespoons fat
¾ cup milk

Mix and sift the wheat flour, baking powder and salt. Add the bran flour, work in the shortening with a knife, fork or blender add the milk, mixing quickly until you have a soft dough. Toss on a floured board pat and roll out lightly to ½ inch thickness. Shape with a biscuit cutter. Place in a buttered pan and bake in a hot oven 400 F. for 12 to 15 minutes.

Frozen Lemon Pie Makes Every Day A Gay Holiday

Here is one for the book—a dessert that will make every day it is served seem a holiday for the grown-ups and children alike

FROZEN LEMON PIE
3 egg yolks
1 egg white
½ cup sugar
4 tablespoons lemon juice
1 cup whipping cream
Rind of ¾ lemon

Beat together the egg yolks and all but one tablespoon of the sugar, while heating over hotw ater. Add the lemon juice and pared rind of ¾ lemon. Remove from heat when thick. Chill, removing the rind when the custard is cold.

Beat the egg white until light, then beat in the extra tablespoon of sugar. Beat the cream until thick but not stiff. Fold the two mixtures together. Pour into a narrow freezing tray which has been buttered, then sprinkled generously with finely crushed vanilla wafers. Or line the bottom and sides of the tray with sponge cake before adding the lemon mixture. Chill until frozen. To serve, cut into rectangular pieces and decorate with whipped cream.

Rice Waffles

Since waffles have come into their own there is hardly an occasion ever present at which waffles aren't in place. They have moved from the breakfast table to the middle of the afternoon—to the evening snack and the midnight supper with it is such recipes as this that have given them their place in the daily diet of so many people.

RICE WAFFLES
1 pint flour
1 cup well cooked rice cold
1 pint buttermilk
1½ teaspoons salt
2 eggs
2 tbsps. melted butter
1 teaspoon soda

When the rice is cold, add the melted butter, salt and egg yolks. Sift in the flour mixed with the soda, alternating with the butter milk. Add the whites, stiffly beaten. Beat all together and fry on a very hot waffle iron, the same as for ordinary waffles.

DINING ABROAD AT HOME

A POPULAR FRENCH DESSERT IS A . . . . .

COMPOTE OF PEARS

The French desserts are as a whole quite different from those of this country—ours being often times too heavy and overly sweet while in France the popular desserts consist of fruits, cheese and crackers, light pastries and cakes with rum.

It is true that we in this country have some perfectly grand desserts, but as it often the case, after a heavy meal we overload ourselves with a heavy dessert. Taking a tip from the French and also being treated to a grand light dessert—just try

COMPOTE DE POIRES
(Compote of Pears)

6 medium sized pears
2 cups sugar
1 cup water
1 stick cinnamon
1 cup wine

Peel the pears, keeping them whole and leaving stems intact. Cover with cold water. Combine the sugar and 1 cup of water and bring to a boil, cooking about 8 minutes; add the cinnamon. Drain the pears thoroughly and place in the sugar syrup, cover kettle with a light fitting lid and cook gently until the pears are tender but not mushy. Remove from the syrup and place uprgiht in a large bowl. Add the wine to the syrup and cook until the mixture thickens slightly, pour over the pears and chill thoroughly before serving. Use a not too sweet white wine for this.

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