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

To make an excellent salad use two cups of chopped cabbage, one cup of diced beets, one-fourth cup of chopped sweet pickles, four olives, chopped; one-fourth teaspoon salt, and one-half cup of salad dressing. Mix ingredients lgihtly with a fork and serve in a salad bowl with crisp lettuce.

When you have broken bread crusts, put them into a tin, brown them in the oven, then grate them fine and put them in a closely covered jar. You will find them useful when cooking cutlets, fish, etc.

Walls which have washable surfaces such as paint or oil cloth, are easily cleaned with soap and water. Prepare a quantity of rich suds made with soft flakes in lukewarm water. Dip a large sponge into the suds. Squeeze out most of the water and wash as large an area as can be reached at one time. Rinse immediately with the sponge wrung out of clear water. Repeat until the surface is free from soap. After the last rinsing squeeze the sponge as dry as possible and rub it over the washed surface. Continue with the adjoining surfaces until the entire mass is cleaned.

For walls which only need dusting, use a long handled soft brush. Apply the brush with a very light touch in order to remove the dust without pressing it into the wall. It is also better to brush upward—from floor to ceiling—as the tiny threads of dust are caught to the wall by one end so that they hang down. The brush moving upward can catch the free end more easily than the attached ends.

A pretty table is the first requirement for a pleasant dinner hour. The centerpiec may be a little more elaborate than for luncheon. The cloth is smooth and spotless—of white damask that reaches almost to the floor—and a thick white "silence" cloth is stretched smoothly under it. Candles, which should never be used for luncheon, are perfect for dinner. Such little touches as these make dinner a ceremony which warms the soul to think about all day.

By serving it with a tasty dressing, watercress can well become the favorite salad of the entire family—try serving it with a beet dressing made like this: Mix one-half cup of finely chopped cooked beets (either fresh or canned) with three tablespoons, of vinegar, six tablespoons of good olive oil, one half teaspoon of salt, a little pepper, one half teaspoon of Worcestershire sauce, one tablespoon of chopped chives or spring onions and one half teaspoon grated horseradish. Beat all until it is well blended and just before serving, pour over crisp watercress.

Deep scorch that has burned the fibers cannot be removed but if not too severe it may be removed from washable materials: dampen the material and place in the sunlight. Wash in soapy water. For non-washable materials, bleach with hydrogen peroxide Hydrogen peroxide should not be used on colored material without first testing it on an unconspicuous place. Rinse bleach from fabric thoroughly.

When cleaning rubber combs, they may be soaked in cold water with a few drops of ammonia. Cotton comb-cleaners may be used, but ammonia will so soften the soil that a warm rinse will finish the cleaning.

The placing of the pillows gives style to a well made bed. Sheets should be long and wide enough to tuck in securely.

Wax is a finish for polishing wood. Too much makes wood sticky and gummy. Use either a hard or liquid wax, but remember that a little goes a long way.

To exterminate flies, watch the door screens and keep spring fasteners strong. Use sticky flypaper. Darken every window except one inch of open sunlight. Lift window screen. Sunlight invites flies. Use fly traps outdoors; directions for making these can be obtained from your state college.

Brown pineapple rings in butter and sprinkle them with chopped green peppers. Serve them hot, as a garnish for steak or chops.

Salt is our best known condiment and also the most important. Too much or too little can ruin an otherwise perfectly good dish.

Bake shortcake in individual ring molds. Fill the centers with sugared berries, top with whipped cream or pass thin cream. Have the dough quite soft to spread evenly. Bake in a hot oven, 400 F.

Corn brooms, hair dust-brushes and scrub brushes of various sizes and types are needed in every house for good cleaning.

Menu Of The Week

MONDAY Breakfast—Stewed rhubarb, ready to eat cereal, scrambled eggs, fried bacon, hard rolls, coffee or cocoa. Lunch—Vegetable soup, shrimp salad, melba toast, ice cream cake, tea or milk. Dinner—Breaded lamb chops reforme, potatoes au gratin, buttered peas, watercress salad, French pastry, coffee.

TUESDAY Breakfast—Strawberries with cream, ready to eat cereal, jelly omelet, frizzled ham, buttered toast, coffee or cocoa. Lunch—Creamed chipped beef on fried pineapple, dressed lettuce, cream puffs; tea or milk. Dinner—German potroast, potato pancakes, smothered cabbage, cole slaw, hot apple pie, American cheese, coffee or beer.

WEDNESDAY Breakfast—Stewed pears, hot wheat cereal, fried ham and eggs, toasted biscuits, coffee or cocoa. Lunch—Club sandwiches, potato chips, assorted olives, assorted cakes, frosted chocolate. Dinner—Italian spaghetti, meat balls, wilted lettuce salad, biscuit tortoni, coffee.

THURSDAY Breakfast—Sliced bananas in ready to eat cereal, French toast, apple jelly, little sausages, coffee or milk. Lunch—Eggs a la king, asparagus tip and tomato salad, peach ice cream, tea or milk. Dinner—Swiss steak, fried potatoes, buttered string beans, sliced cucumber and watercress salad, nut loaf cake, coffee.

FRIDAY Breakfast—Grapefruit, fried mush, maple syrup baked eggs, buttered toast, coffee or cocoa. Lunch—Creamed crab meat in patty shell julienne carrots, shredded lettuce with mayonnaise, apricot sherbet, tea or milk. Dinner—Broiled salmon with shrimp sauce, new potatoes, french fried cauliflower, field salad, cocoanut layer cake, coffee.

SATURDAY Breakfast—Tomato juice, ready to eat cereal, buckwheat cakes jelly or jam, sausage patties, coffee, or cocoa. Lunch—Salmon croquette, broiled tomatoes, egg salad, cup custard with caramel sauce, tea or milk. Dinner—Pork tenderloin, baked potatoes, buttered beets, string bean salad, strawberry cream pie, coffee.

SUNDAY Breakfast—Sliced fresh pineappple, ready to eat cereal, bacon waffles, strawberry jam, fried eggs, coffee or cocoa. Dinner—Tomato juice cocktail, Rib roast of beef, Yorkshire pudding, stewed corn, peas, chiffonnade salad, strawberry coupe, assorted cakes, coffee. Supper—Frankfurters with sauerkraut, pumpernickel, lettuce with pickle dressing, cheese and crackers, coffee or beer.

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

Vegetables En Casserole For A Tasty Luncheon

Even in the hottest of weather everyone eats vegetables. Often times we only do this because of that old saying "they're good for you", but more often because we have developed, over a period of years, a real appreciation for and liking of vegetables.

Here is one vegetable dish that will be excellent for dinner but more excellent as the main dish of a luncheon.

ESCALLOPED CELERY AND TOMATOES

2 tbsps. onion, finely chopped
2 tablespoons butter
2 cups canned tomatoes
3 tbsps. quick cooking tapioca
1 tablespoon sugar
¾ teaspoon salt
⅛ teaspoon pepper
1 cup celery, sliced
½ cup buttered crumbs

Brown the onion in butter. Place the tomatoes in the top of a double boiler and bring to a boil. Combine dry ingredients; add gradually to the tomatoes and bring to a brisk boil, stirring constantly. Place immediately over rapidly boiling water and cook 5 minutes, stiring occasionally. Add onion. Place one half of the tapioca mixture in a greased baking dish and cover with a layer of celery; repeat, using remaining tapioca mixture and celery. Cover with crumbs. Bake, covered, in a moderate oven (350 F.) for 30 minutes, or until the celery is tender. Uncover and bake five minutes longer, or until the crumbs are browned. Serves 6.

Proper Way Of Baking Potatoes By Campfire

One of the greatest tricks of campfire cooking is the successful baking of a potato. Like everything else, once the trick is learned it is no longer a trick. Here are a few timely suggestions:

BAKED POTATOES

Select fairly large potatoes. Encase them with a thick layer of mud or wet clay and toss into the glowing coals. When baked, knock off the baked mud coating.

The potatoes may also be baked by wrapping them in a thick layer of wet leaves or wet papers and burying them under the fire by pushing the coals to one side, digging a shallow hole and after placing the potatoes in it, cover with dirt and then replace the coals over the top. Approximately one hour, depending upon the size of the potatoes is allowed for either method.

Chocolate Animals To Delight Kiddies, Keep Them Out Of Trouble

The preparation of Chocolate Animals is so simple that children of any age can do it, and think of the fun they'll have and the relief you will have when they have something to keep them busy on rainy days.

CHOCOLATE ANIMALS

½ lb. sweet dipping chocolate
1 tablespoon olive oil
Animal crackers.

Melt the chocolate in the top of the double boiler and add the olive oil while it is melting. Stir frequently. Pour about half of this mixture into a shallow dish and stir until it is cool and starting to harden on the side of the dish. Then dip the animal crackers into the chocolate, covering each one entirely. Drop on waxed paper to dry.

No Waste In Grapefruit—Candy The Rind And Plant The Seeds

It becomes more and more convincing as time goes on that there really is very little waste in cooking. At least there isn't if one has learned recipes and clever ways to utilize every little thing. We have given you a recipe preserving watermelon rind which is nearly always discarded, and now here is a recipe for candied grapefruit rind, so you see, there is a use for just about everything.

CANDIED GRAPEFRUIT RIND

Put the grapefruit rind in salt and water overnight. Cut in strips, measure. Put in cold water and boil for twenty minutes. Do this three times; use same amount of sugar as fruit and very little water; boil for half an hour or a little longer, until perfectly tender. Drain syrup off and dip strips of fruit rind in sugar and lay on cloth until cold. Leave open.

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SUNDAY SUPPER IMPROVED WITH HUNGARIAN TOUCH

When Sunday evening rolls around and everyone is hungry yet not inclined to move in the direction of the kitchen, the man of the family can surprise and please the remaining members of said family by doing kitchen duty, and for such a few minutes that even he will be surprised. He can prepare the supper dish in true Hungarian manner and be so pleased with the results that he will want to perform again and again.

PAPRIKAS GOMBA
(Mushrooms Paprika)

1 pound mushrooms
1 onion, sliced
3 tablespoons butter
½ teaspoon salt
1 teaspoon paprika
1 tablespoon minced parsley
1½ cups sour cream

Wash well, trim and slice the mushrooms. Let them drain for a few minutes with the under side down—then dry with a towel. Brown the onion in the butter and add the mushrooms, seasonings and parsley and cook about 10 minutes. Dredge mushrooms with flour, add the cream and bring to a boil. Serve with fried eggs.


ETIQUETTE

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