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

THREE MEALS A DAY

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SIDNEY SNOW will be glad to answer any questions on food

HOT OFF THE GRIDDLE

SUSAN SNOW

One should select furniture because of its utility and style value. Utility value is determined by strength, comfort, the quality of materials used, and the workmanship. Style value depends on proportion, form, correctness of period detail.

If a thimble it too large cut a narrow strip of adhesive tape and apply to the inside.

When measuring half a cup of shortening, fill half full of cold water then add shortening until water comes to the top. Other amounts may be measured by the same process. However, stores are now selling sets of measuring cups in halves, thirds and wholes.

A good use for discarded powder puffs is to use them for polishing silverware and all metals.

If you like gardening be sure to keep a garden book. It is to easy to forget where things have been planted.

For a simple treatment when ink is spilled on a carpet, pour milk over it and take up with a spoon. Keep repeating this treatment until the spot has disappeared.

Wet a slice of bread and squeeze dry and add to hamburger before making into cakes. They will be much lighter.

Here is a tip to keep the yolks of eggs fresh and stop them from drying out. Place the unbroken egg yolks in cold water. Have sufficient cold water in the cup or bowl to cover the egg yolks and they will keep perfectly.

Egg whites cannot be whipped successfully before the eggs are three days old. "Stiff but not dry" means that egg whites have been beaten until they will cling to the bowl when inverted, stage for meringues. When egg whites are to be used in a cake they are whipped until large bubbles have disappeared and the egg whites have begun to cling around edges of pan.

To remove down from a duck easily cover the bird with melted paraffin. When the paraffin has hardened, pull it off and the down will come off with it.

The best way to serve cantaloupe, is to wash it thoroughly, dry and lay in a dish on ice until serving time. Never allow the ice to touch the flesh of a melon as the moisture injuries its flavor.

A lighting in a room is important in that it must be diffused and allow no glare to distract attention. Make certain that there are plenty of restful reading lamps as well as a good general light for entertaining.

Succotash is a combination of corn and lima beans. The corn and beans are boiled separately and combined in any proportion, usually half and half, heated with butter and seasoning. Cream may be added if desired.

Cream of Mushroom Soup

½ pound fresh mushrooms
2 cups boiling water
3 bouillon cubes chicken flavor
2 slices onion
4 tablespoons butter
3 tablespoons flour
2 cups milk and 1 cup cream, or
3 cups rich milk
Dash of salt and pepper

Slice mushrooms very thin. Place in kettle; add water, bouillon cubes, and onion. Heat to boiling point and simmer gently 20 minutes. Melt butter in a pan, add flour, and stir until smooth. Add milk and cream, and continue cooking and stirring until thickened. Add to mushrooms. Season to taste. Serves 4.

Beef Tea For Invalids

Many people have written to us over a period of a year asking for a good recipe for beef tea for invalids. Just in case there are some who would like to have this recipe for future reference here it is:

BEEF TEA FOR INVALIDS

1 pound lean juicy beef
1 pint cold water
¼ teaspoon salt

Remove all fat and skin, cut the meat into fine shreads, place it with the salt and water in a pan and soak for 20 minutes. Put in another pan and heat very gently, and stir slowly until the liquid turns a rich red-brown color and the meat becomes white, then strain through a fine strainer. Remove every particle of grease by repeatedly drawing clean tissue or blotting paper over the surface. Great care should be taken to keep the beef-tea below the simmering point, otherwise the albumen will harden and form grown particles. The clear liquid which alone can be given in serious cases, will thus be deprived of its chief nourishing constituent.

Economy In Splendor

Many very interesting and tasty dishes can be prepared in ever so many old and almost amusing ways. Here is a dish that the house wife can serve for a luncheon that will truly bring applause from her family or guests. This dish will also be very fine for a Sunday night supper and can even go so far as to be served for a late breakfast, providing your family is the kind who likes a good substantial breakfast.

This dish is called Eggs St. Catherine and is prepared in this grand easy fashion: Cut the tops from four large baked potatoes, and carefully scoop out the insides. Lay a slice of tomato in the bottom, season it with salt and pepper. Then break an egg in each potato shell and cover with well seasoned Cream sauce. Sprinkle with grated cheese, put small bits of butter on top, and bake in a moderate oven for about ten minutes.

At the same time the eggs are baking, the potato which was scooped from the shell can be fried in a little bacon fat to make a grand accompaniment for the eggs. Now isn't that a fine and interesting dish?

Perch With Wine Sauce

"Fixin a fish" so that the confirmed fish hater will eat it with enjoyment is an undertaking not undertaken by many. The brave women would try something like this:

PERCH WITH WINE SAUCE

3 pounds perch
3 cups water
1 cup white wine
2 sprigs parsley
3 whole peppers
2 cloves
1 bay leaf
2 teaspoons salt
1-3 cup celery, cut fine
2 carrots, diced
1 onion, sliced
2 tablespoons butter
1½ tablespoons flour

Wash and clean the fish thoroughly. Combine all the ingredients with the exception of the butter and flour. Bring to a boil and then add the fish. Cook about 25 minutes until fish is tender. Remove fish to a hot platter. Strain the liquid. Melt the butter in a double boiler, add flour and stir until blended. Slowly add the strained liquid (adding more wine if necessary, to make 2 cups). Cook until mixture thickens, stirring constantly. Pour over fish, garnish with quartered lemon and parsley.

Hot Rolls Will Improve Most Any Meal; Good Receipe

The woman who is careful of the small items of her menu will find her family and friends eager to have her as a hostess and she will find the invitations are accepted at a moments notice. One such item that will improve any meal is hot rolls and what could be more popular than those ever tasty pocketbook rolls, better known perhaps as

PARKER HOUSE ROLLS

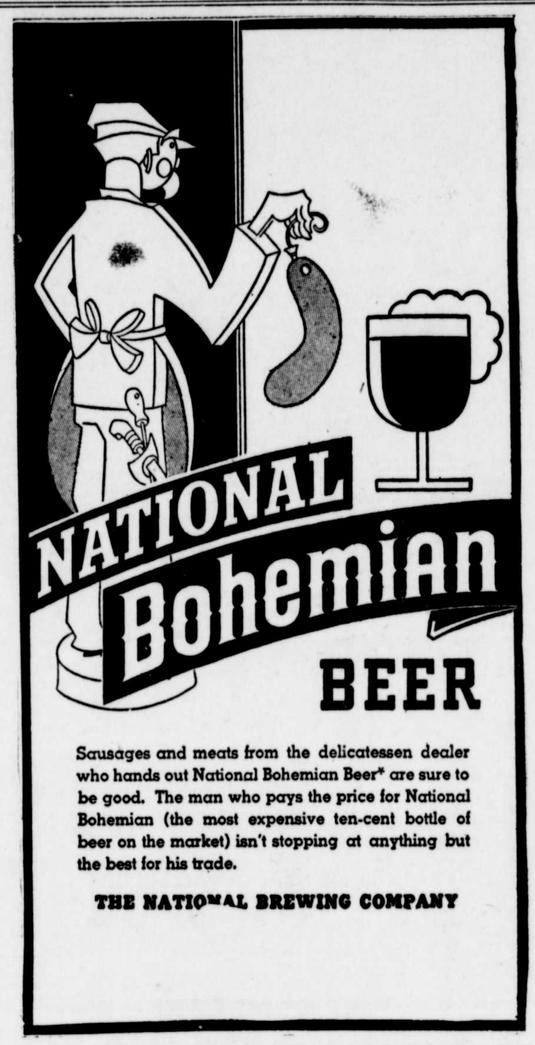
1 cup boiling water
½ yeast cake, dissolved in
½ cup luke-warm water
3½ cups flour
¼ cup sugar
1 teaspoon salt
2 tablespoons butter
1 egg, well beaten

Add butter, salt and sugar to boiling water. Cool. Then add dissolved yeast cake. Add sifted flour and set aside in warm place to rise. When double in bulk, add well beaten egg. Knead lightly. Roll out ½ inch thick on well floured board. Cut with biscuit cutter 3 inches in diameter, crease with a dull knife, brush with melted butter and fold over, pinching the dough at sides to make a pocketbook. Brush tops with butter. Let rise and bake on a cooky sheet in a hot oven, 390 F., for about 20 minutes.

For a person who is not an expert traveller it is well to keep in the suitcase a list of articles used on a week-end trip.

A simple way to remove grease stains is to spread butter on them and lay the article in the sun.

In figuring amounts of food per person, allow one quarter pound of meat or fish where there is no bone waste, one half pound of chicken or turkey roasted, one-eighth pound potatoes, a large tablespoon of vegetables and salad, two rolls, two cups of coffee and a serving of dessert.



Sausages and meats from the delicatessen dealer who hands out National Bohemian Beer* are sure to be good. The man who pays the price for National Bohemian (the most expensive ten-cent bottle of beer on the market) isn't stopping at anything but the best for his trade.

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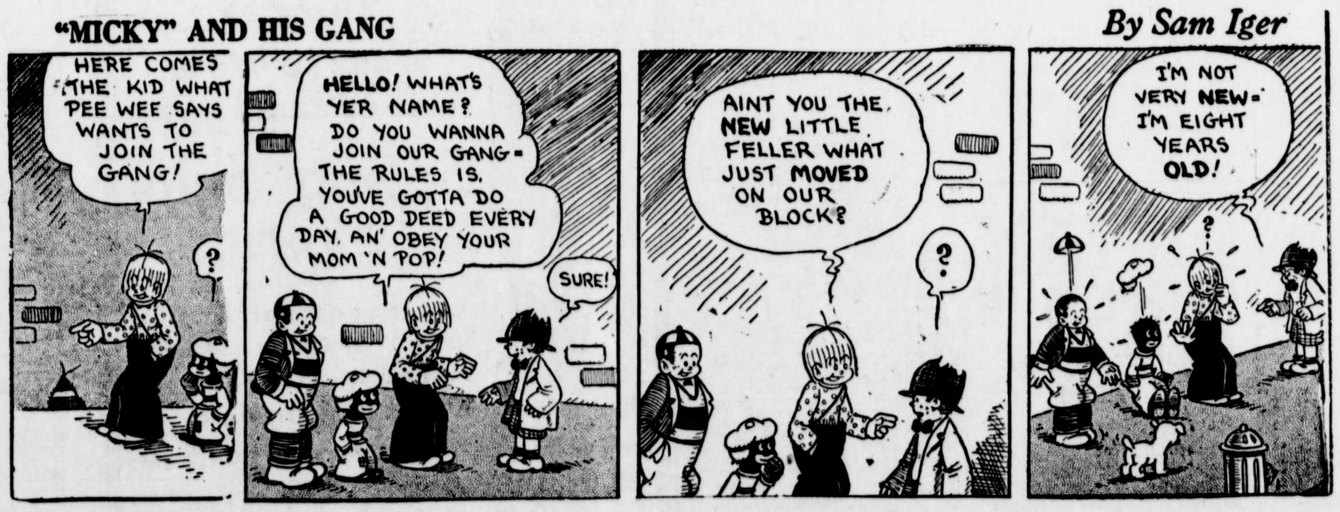

DOROTHY DARNIT — *By Charles McManus*