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 fish is dressed, it will keep in good condition if placed on ice, or in a refrigerator well covered.

To make a good sour cream salad dressing, mix fresh one pint and a half of thick sour cream and season to taste with sugar, salt and pepper. And two tablespoons of white vinegar and chopped chives or onion. Serve on sliced cucumbers.

Nut meats stored in a covered glass container, placed in the refrigerator or as cold a place as possible, keep over the longest period of time. This is probably due to the fact that the temperature checks deterioration of the fat in the nut meats.

Wall-paper can be kept fresh and bright by frequest dusting. One should use soft cloths for this, or soft, long handled hair brooms. Use firm, even strokes, trying to have the cloth take the soil. Be sure however, that you do not scratch the paper. Gum and paste cleaners are like erasers, but too often smear.

Beef steaks for boiilng should never be cut less than one inch in thickness, an inch and a half or two inches is better. Single lamb chops are best cut about three-fourths of an inch thick, double chops are cut an inch and a half or two inches in thickness. It is much easier to obtain the well-browned exterior and the medium-done interior if steaks and chops are cut thick.

Spring decorating, especially if several rooms have to be done, involves more upsetting than is necessary with ordinary housecleaning. This of course, cannot be helped as the decorators have to be allowed a reasonable freedom to do their work as quickly and uninterruptedly as possible. Depending upon circumstances, the cleaning may be done while the house is torn up or it is sometimes better to settle the rooms temporarily as the decorating is finished, leaving the thorough housecleaning to be done later and in a more leisurely manner.

Perspiration stains may be removed from washable garments by soaking in a solution of salt before washing. Use a handful of salt to each quart of water.

For a change, try sprinkling caraway seed or poppy seed on hot drained French fried potatoes.

Now days, it is quite the thing for the housewife to buy odd pieces of unpainted furniture for her home and to finish them herself. Before painting these pieces though, it is a good idea to buy a filler stained to match the wood. Apply the filler with a wad of excelsior or rough cloth. Rub across the grain of the wood. Let the filler dry and then rub lengthwise of the wood. When thoroughly dry proceed with the next process—paint, varnish or wax. Filling the wood gives a much better top surface.

Blood stains are set by hot water, so treat them before washing. For washable fabric, sponge until the stain is loosened. Then with cold water. If stain remains, soak in dilute ammonia solution until stain is loosened. Then launder. For non-washable fabrics, sponge with cold water. If the stain remains, bleach with hydrogen peroxide. Hydrogen peroxide should not be used on colored fabrics without first testing on an inconspicuous place. Rinse the bleach from the fabric thoroughly.

Quick-frozen fresh foods can be purchased in many localities. These foods are ready for cooking. This eliminates need for preparation such as shelilng peas or beans, trimming meats, etc. These frozen foods are a marvelous help to the working wife and also give the housekeeper more time away from home.

The housewife who does not have a maid will find it very convenient to serve the main course of the meal directly on the dinner plate. This saves space on the table and also saves on dishwashing.

To make an ammonia solution for removing stains — one-quarter c. household ammonia; one-quarter c. cold water. Mix and bottle. Using a tight-fitting cork. Then label the bottle "Half Strength Household Ammonia". Ammonia used too strong weakens colors.

Left-over pork chops may be ground with other pieces of meat and used for stuffing green peppers or for making sandwich fillings. Tomato slices may be used for garnishing the next meat loaf. The buttered peas may be used in a pellied salad ring or vegetable salad or scalloped vegetable dish. These are just a few of the many possibilities.

A Quick Homemade Soup Is Made From Fish Stock

The mere mention of home made soup often brings a frown to the housewife's forehead. Now everyone knows that frowns are bad things as they make wrinkles. The reason for said frown is usually the fact that one pictures soup in the making as an all day process with the stove going all day. Stuff, and nonsense say we! There are short order soups as well as short order anything else.

Nearly everyone saves the liquid from boiled fish and with this as a base the housewife can get to work and in no more than a half hour have as fine a soup for lunch or dinner as if she had spent all day preparing it.

This soup is a good family style shrimp soup and is made by merely adding one quart of fish broth to one pound of picked shrimps, and bring to a boil. Then add one pint of boiling cream, season with salt and pepper and chopped parsley; add one-half cup of broken saltine crackers, and four tablespoons of sweet butter. The soup is all ready to serve as soon as the butter is melted.

Difference Between Jams, Jellies And PJreserves

Everyone is familiar with prepared jams, jellies and preserves, yet if someone asked you to distinguish the difference between these three popular food products, you might experience some difficulty in arriving at a satisfactory definition.

Supose you try to explain the difference right now and then see how your explanation compares with the following, which is given by a noted food authority. "Jam: The Title of 'jam' is generally applied to that class of preserves in which the whole fruit is cooked together with water and sugar, without regard to the preservation of the shape of the fruit — differing from preserved fruits or 'preserves,' which retain in some measure the original forms, and from 'jellies,' which are distinguished by the removal of the pulp tissues and are also generally more solid in body."

While jams, jellies and preserves fill a very definite role in modern cookery perhaps most housewives use them more frequently as tasty spreads for sandwiches, toast, muffins and biscuits. An especially popular use for these spreads as a late afternoon snack, or in the sandwickes they carry to school.

If you are not familiar with all of the tasty sandwiches combinations listed below, you may wish to get some of them down. They will prove most popular with the children and also as impromptu refreshments at informal parties.

Peanut butter with jam or jelly.

Cottage cheese with preserve or jams.

Creamed cheese mixed with crisp bacon and jelly.

Creamed cheese with jam, jelly, or preserves.

Mashed ripe banna with preserves.

Mashed ripe banana with preserves.

French toast with jelly or preserves.

Sandwich Butters

Raisin Butter—Cream half a cup of butter and work in one cup of chopped raisins.

Lemon Butter—Cream together one half cup of butter, grated rind of 1 lemon and 2 tablespoons of lemon juice.

Date Butter—Mix to a smooth paste one half cup of butter, a few drops of lemon oil and one cup of mashed dates.

Olive Butter—Stone and chop ripe olives and work them into enough butter to bind. Use one tablespoon mayonnaise to each three ounces of butter. Season with salt and use with dark breads.

Raspberry Butter — Soften three ounces of sweet butter to mayonnaise consistency, then place bowl on cracked ice and whip in 1 teaspoon of powdered sugar, one teaspoon lemon juice and one tablespoon crushed raspberries.

Orange Butter—Cream together thoroughly four to six tablespoons sweet butter, one-half teaspoon lemon juice, one tablespoon orange juice, one teaspoon grated orange rind and one teaspoon powdered sugar. Use only on thinly sliced white bread.

Fruit Punches

Make a syrup by boiling one-half cup each of sugar and water to a thread. Stir into this a tablespoon of Orange P ekoe tea, add the juice of one lemon and two oranges, with one-rfourth cup each of shredded pineapple and preserved raspberries. Let the whole stand for an hour or longer, strain, add cold water to make a quart and serve chilled.

CHOCOLATE JULEP

Add to one-fourth cup of chocolate syrup the juice of two oranges, one-half cup syrup from canned raspberries, and one cup of pineapple juice. Add one pint sparkling water. Serve chilled.

THREE FRUIT PUNCH

Mix the juice of one lemon, one-half cup of strawberry juice, and one-half cup of pineapple juice. Add one-fourth cup of sugar or more if fresh fruit is used. Add water, either plain or sparkling, to make a quart.

Lyre Birds' Songs Beautiful

The lyre birds' songs are the most beautiful thing about them. Their color is a dingy brown and they only spread their peculiar tails when excited or during mating season. But when they decide to show off their tall tail feathers they do it in a big way. They rake up little mounds of sand on which to stand.

Hats Made of Tree Fiber

Lightweight picture hats for women and conventional styles for men are made from the netlike fiber found at the base of south Florida coconut trees.

Cottage Fried Potatoes

Slice three potatoes of medium size in pieces the size and shape of a silver dollar. Heat four tablespoons of butter in a frying pan, add the potatoes, season with salt and pepper and fry slowly. When done add a spoonful of grated cheese, and put in the oven for a few minutes.

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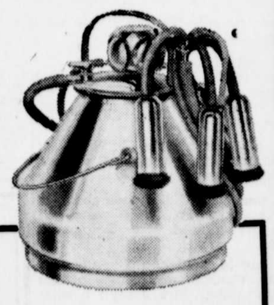

RIGHT: Single-unit McCormick-Deering Milker with stainless steel pail of one-piece design. 50-lb. capacity.

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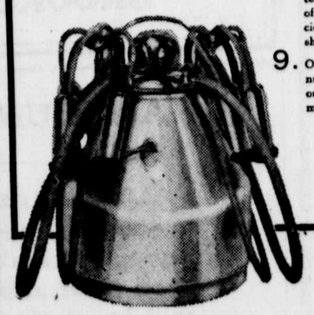
2. Milks "naturally" with famous McCormick-Deering natural action.
3. Always milks the same regardless of who is operating machine.
4. Compact, easy-running, self-lubricating piston-type vacuum pump with counterbalanced drive shaft.
5. Automatic vacuum regulator gives the operator the right amount of vacuum whether one cow or ten are being milked at a time.
6. No-spring, no-oil pulsator provides positive, uniform milking action regardless of weather conditions.
7. Easy-to-clean, two-piece teat cup assembly with flexible rubber inflation and strong metal shell for fast, easy milking.
8. Even distribution of weight in the teat cup cluster assures even flow of milk from all four teats and efficient milking of cows with misshappen udders and abnormal teats.
9. One-piece, stainless steel or aluminum pails with no overlapping lips or soldered seams to contact the milk.



LEFT: Double-unit milker with 70-lb. capacity, stainless steel pail.

Yours For Service,

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