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

Powdered sugar sifted on after baking adds much to the appearance of gingerbread and is perhaps the simplest thing to do.

To bone a fish, clean thoroughly and cut off head. With a sharp knife cut the flesh from each side starting from the tail, cutting toward the head and keeping close to the backbone.

Flake two cups of white tuna (canned) and with it place one-half a cup of sliced mushrooms that have been peeled and cooked. Add four slices of pimento and one-half a green peper, parboiled and cut into shreds. Prepare two cups of medium white sauce. Place a layer of the tuna mixture in the bottom of a well-buttered casserole, pour over it one-half the sauce. Cover with a generous layer of potato chips, crushed. Add the remainder of the tuna mixture and cover with remaining sauce. Place buttered crumbs on top and sprinkle with grated cheese. Bake in a moderate oven until well heated through and the crumbs are an attractive brown.

One of those emergency dishes that will please the whole family is composed of rice, salmon and corn in layers with cream sauce.

Use two or three yolks in gingerbread instead of one egg and pour into a greased shallow pan. Beat the leftover egg whites until stiff and beat in gradually one-half cup of sugar and one-half teaspoon of vanilla. Spread on the gingerbread mixture, sprinkle with one-third cup of almonds which have been blanched and shredded and bake from thirty-five to forty minutes.

For shapely tea cakes, fill greased pans only one-half to two-thirds full for they might rise over the top.

Furniture polishes are likely to have turpentine, varnish, benzine in them, therefore, for safety when storing polishing cloths, wash them out well. If polishing cloths are to be kept as are—store them either in tin cans, tightly covered, or far safer yet, in covered stone crocks.

As a suggestion for an hors d'oeuvres at supper, a small plate or flat flower bowl filled with radish roses, flowers made from small, raw turnips and tinted; calla lilies made from raw turnip and carrot, and the dish decorated with water cress or parsley, may be used as a centerpiece for the table or wagon. Celery curls may also be added to the "bouquet". At one end of the wagon may be placed a large platter of various hors d'oeuvres and a tray of bread to be toasted. At the other end may be placed the electric toaster and coffee percolator ready to be attached to the outlet, also the necessary serving silver, china and linen.

Fish does not require the slow cooking given to many varieties of meat as the conective tissues holding the fibres together are more gelatinous, very tender, and soften at once under the application of heat. Fish is frequently over-cooked due to an old-time idea that fish requires slow cooking. Quite to the contrary to old-fashioned thought, fish may be—and is better cooked at a high temperature for a comparatively short cooking period. When fish is placed in a hot oven, however, it should not have the addition of water, as this causes the juices to flow out of the fish into the pan, making a rich flavorsome gravy, but a rather insipid tasting fish.

Baking powder biscuits should be handled very little during the mixing process. The ingredients, after the liquid has been added, should be blended or mixed together very qnickly with a light movement. The dough should be tossed into a very lightly floured board. Care must be taken not to have too much flour on it, otherwise the biscuits are likely to become hard form it. Never roll out biscuit dough with a "heavy hand". The more the dough is rolled or handled, the harder and more soggy the biscuits will be when finished. In fact, I would suggest that the biscuits merely be "patted" out with a light, finger touch rather than rolled. This will aid materially in producing a fluffy biscuit. If too much pressure is used on the dough, all the gas generated by the leaven will be pressed out with a resulting "hard as a rock" biscuit.

For a change, use brown sugar to sweeten peach pie.

Liver and Noodle Loaf

After many meals of salads, or cold cuts, one's thoughts turn longingly to a good substantial dish of something in which to sink the teeth—something as we say "good" but some thing not too heavy for this time of the year—by that we mean not exactly a roast of pork with candied sweet potatoes and lots of stuffing, which is very, very good, but not quite suitable to the average taste as during hot weather. How does a choice liver dish sound, good? Well one thing this really is good too!

LIVER AND NOODLE LOAF

1 pound liver
1 package noodles
3 eggs, beaten
1 cup milk
1 tablespoon melted butter
1 teaspoon salt
1 onion

Cook the liver until tender (or use left-over liver). Grind or chop fine. Cook the needles until tender in boiling salted water. Beat the eggs, add liver, noodles, milk and buter. Place the mixture in a buttered ring mold and set in a pan of hot water. Bake in a slow oven (300 F.) for about forty-five minutes. Unmold and serve with vegetables in the center of the ring.

Mint Ice Cocktail

2 cups granulated sugar
4 cups water
½ teaspoon mint extract
¾ cup lemon juice
1 teaspoon lemon extract
A little green coloring

Make a syrup of the sugar and water by boiling one minute. Cool. Add lemon juice and lemon and mint extracts. Color green with pure food coloring. Freeze to a mush. Remove from tray and beat well. Spread in freezing tray and complete freezing. Serve a heaping tablespoon of finished ice on half a grapefruit and garnish with a sprig of fresh mint.

Canning Becomes Pleasure When Done In Company

Usually there are three or four women who are very close friends and do nearly everything together. If this be the case, there is no reason why they shouldn't have a "get together" for canning. It would make this detail a very pleasant and happy one. Several women could share expenses on the purchases for canning, spend the day at one house or the other, and go over all the latest news, produce a fine batch of goods for the coming winter.

PLUM CONSERVE

3 pounds plums
3 pounds sugar
1 pound seedless raisins
½ pound walnut meats, chopped
2 oranges.

Wash and grind the oranges. Pit the plums and cut in quarters. Combine the orange and plums and add the sugar and raisins. Simmer about 1½ hours. Add the walnuts and cook about ¾ hour longer. Pour into sterilized jars or glasses and seal.

SPICED PEACHES

7 pounds peaches
4 pounds brown sugar
1 quart vinegar
1 teaspoon whole cloves
1 tablespoon stick cinnamon
1 teaspoon allspice

Tie spices in a bag and add to the vinegar. Bring to a boil, and stir in the sugar. Scald and peel peaches leaving them whole. Drop the peaches, a few at a time, into spiced liquid and cook until soft. Fill sterilized jars and seal.

Pineapple Strawberry Whip

1 package strawberry flavored gelatin
1 cup warm water
1 cup canned pineapple juice and water
1 cup canned crushed pineapple drained

Dissolve gelatine in warm water. Add pineapple juice and water. Chill unti lcold and syrupy. Place in bowl of cracked ice or ice water and whip with rotary egg beater until fluffy and thick like whipped cream. Fold in pineapple. Turn into individual molds. Chill until firm. Unmold.

Clothing from a sick room should be treated before leaving that room. It is best in this case to ask advice from the nurse or doctor.

Kidney Bean And Vegetable Salad

When one is planning a salad as the main course of a meal, particularly if the meal is the evening one—it should be taken into consideration that a man will be partaking of it—and his appetite is usually a good one. So—confining ourselves to luncheon as the meal for those dainties that we so like—serve him something hearty like a

KIDNEY BEAN AND VEGETABLE SALAD

1 medium sized can kidney beans
1 hard cooked egg
6 small sweet pickles
1 red pimento
½ cup diced celery
½ cup black walnut meats
1 cup boiling water
1 tablespoon gelatin
2 tablespoon cold water
1 teaspoon sugar
1 teaspoon salt
½ cup vinegar
1 teaspoon Worcestershire sauce

Soak gelatin in cold water and dissolve in boiling water. Add vinegar, Worcestershire sauce, sugar and salt, Chop pickles, eggs, nuts, pimento and celery and combine all ingredients. Turn into mold and chill. Serve on a bed of greens.

SUGGESTING GOOD FOOD HABITS FOR CHILDREN

State Health Board Makes Suggestions To Mothers

These suggestions come from the Nutritionist of the Bureau of Child Hygiene of the Maryland State Department of Health:

"Such remarks as 'Johnny does not have any appetite; I can't make him eat vegetables; he won't drink milk;' and many similar ones, are frequently heard from anxious mothers who realize their children need certain foods, but do not know how they are going to make them eat. A few simple considerations often help in forming good habits. HeHre are some of them:

1. "Be sure that your child is rested before he goes to the table. A tired child often has little appetite.

2. "Be sure not to coax a child to eat and do not discuss his food habits in his presence. Often a child enjoys being the center of attention, and uses poor food habits as a medium for getting it. Get your child to clear his plate voluntarily by serving him small portions of each kind of food.

3. "Set your child a good example. If parents are constantly discussing their own food dislikes their children will feel it necessary to imitate them.

4. "Allow a reasonible time for each meal—20 to 30 minutes. If the child has not finished, remove the plate without comment and do not offer any food until the next meal.

5. "Discourage eating between meals. A child who eats candy, cookies, ice cream or quantities of bread and butter between meals cannot be expected to be hungry at meal times. With the exception of the rapidly growing older child, the average child should take nothing but fruit between meals.

6. "Serve your child the right kind of food. Fried food or too many sweets dull the child's appetite, so that he may not wish to eat food he really needs. Simple, well prepared food meets the child's daily needs and should include milk, green vegetables, a second vegetable and potato, orange or tomato and a second fruit, whole grain bread and cereal, an egg, and a serving of meat or fish.

"If your child persists in being a feeding problem, be sure to take him to your family doctor, because there may be some serious reason behind a persistant refusal to eat."

Colors in laundering do little fading; when wash water is cool, when the fabric is not rubbed, when the soaps are in solution, when the rinse waters are cool and when the fabric is not wrung.

For a quick and easy barbecue sauce, season catsup with brown sugar, vinegar, grated onion and Worcestershire sauce and simmer for a few minutes until the flavors are blended.

The wholesomeness and flavor of vegetables depend largely upon the care they receive. As soon as they are brought home from the market, they should be placed where they keep best.

To remove cake which seems to stick to the pan, loosen the sides with a spatula or knife, turn the cake over on a cake rack and place a cold, wet cloth over the bottom of the pan.

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