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

On a round slice of Rusk, place a thick slice of pineapple, over this sprinkle grated cheese. Lay one-half strip of thinly sliced bacon on top. Broil and serve hot.

Cakes with very few eggs usually require a rich frosting to make them palatable, and frequently the rich frosting or filling costs more than an extra egg or two.

When butter is to be creamed, set it out some time before using so that it will reach room temperature—this makes the work faster, and ever so much easier.

To make mayonnaise for canning, take equal quantities of egg yolks and vinegar. Beat together until smooth and cook over hot water until thick, then pack in airtight glass jars. When ready to use, add seasoning, salt, pepper, mustard and onion juice and thin with cream. Add whipped cream for fruit salads.

A tray should always be used under the chafing dish. When a recipe calls for milk or cream ,the hot water pan should be used; when sauteing or frying, the dish is placed directly over the flame.

Grind one-quarter pound of American cheese, season with ¼ teaspoon salt, a little paprika, ½ teaspoon mustard and work until creamy with a tablespoon each of butter and cream. Pile lightly on crackers and serve.

Line a well buttered baking dish with two cups of mashed potatoes, place in a hot oven until slightly browned. Remove from oven and fill with 1 pint crab meat, mixed with 1 cup white sauce. Sprinkle top with ½ cup cracker crumbs, mixed with 2 tablespoons melted butter, and bake until the crab meat is well heated and the crumbs are delicately browned. Garnish with parsley.

Because of the more delicate nature of the fiber, silks and wools need a different sort of treatment from cottons and linens. Both of the former fibers are danaged by extremes of temperature, either heat or cold and consequently should be washed and rinsed in lukewarm water, and dried at a reasonable temperature.

Pecţin is that substance in some fruit that, when heated and combined with fruit acid and sugar, caused the mixture to congeal or jell. All fruits do not contain this substance. The acid and nectin may be supplied by the addition of the juice of apples, plums, quince, etc., or home-made apple or commercial pectin.

To boil an old hen: dress, clean and cut in pieces, or have it whole. Add salt, pepper and a little ginger and allow to stand several hours or over night. Place in a kettle, cover with boiling water; let simmer 3 or 4 hours, or until tender.

An even temperature of 330 degrees F. may be used in roasting beef, but it requires longer time. Meat will not be as brown, but there will be less shrinkage. If not brown enough when done, brown under broiler a few minutes.

To open oysters: pry open the shells with an oyster knife or a narrow strong blade. Oyster liquid, when used in cooking, should be strained.

To measure bulk butter or fat, pack solidly into a cup or spoon and make level with a knife. If very hard, soften by leaving it in a warm place for awhile, or cut into small pieces before measuring.

The table should be placed in the middle of the dining room, with the center placed directly under the central light.

Sweetbreads a la King

Wash sweetbreads and press out the blood in several waters. Parboil. Cut in fine pieces to make two cups. Add one cup finely cut cooked chicken. Add a pimento, chopped fine. Add three or four sliced ripe olives. Make a rich cream sauce and don't make it too heavy. Add Cook in double boiler. Be sure this dish is highly seasoned.

Mocha Icing and Filling

1 tablespoon butter
1 cup confectioners' sugar
1 tablespoon cocoa
1 tablespoon strong coffee
½ teaspoon salt

Cream together well the butter and sugar; add cocoa, coffee and salt. Stir until smooth. If too dry, add more coffee; if too moist, add more sugar.

Little Things Which Good Chefs Practice

There is often but a small margin between the successful meal and "just another dinner." A new twist here—a different turn there— just one or two little things and the complexion of the meal changes.

For instance, take the waste bits of a stalk of celery and boil them out in water. Strain and use the water for cooking a mess of new peas. Something new in flavor.

For a different appetizer, take slices of chipped beef and spread on one side with a mixture of cream cheese blended with horse-radish. Roll and fasten with toothpicks.

Serve poached eggs with a dash of paprika on top of each egg.

Take the contents of a can of condensed pea soup—heat well— fold into a vegetable dish—and you have old fashioned pea-porridge which is grand with baked sausage, come cold weather. Fry to a crisp of few slices of bacon, drain off the fat, and crumble the bacon over the pea-porridge for an added touch.

An Excellent Variation Of Slaw For Beefsteak

The fact that cole slaw goes so well with so many things—and that so many people like it we have hunted around here, there and the other place for all sorts of varied recipes. From now out west comes this one and I can just picture it along side a beef steak, can't you?

WESTERN SLAW

1 small head cabbage
2 tart apples, chopped
1 medium sized onion, minced
2 pimentos, minced
3 hard boiled eggs
¼ teaspoon salt
1 tablespoon sugar
1 teaspoon dry mustard
1 tablespoon melted butter
1-3 cup vinegar
½ cup cream, whipped

Shred the cabbage and combine with the apples, onion and pimentos. Rub the yolks of the hard boiled eggs to a paste and add the salt, sugar, mustard and butter and mix thoroughly untlil smooth. Stir in the vinegar and mix well. Add the whipped cream. Mix with the shredded cabbage mixture and garnish with the whites of eggs and bits of parsley.

Evening's Enjoyment Doubled By Tasty "Last-Minute" Dish

Now that summer is officially over for another year, one begins to think of evening parties at home. Or it may not be anything more than a few friends dropping in for a game or bridge after dinner. They do stay late, however, and a little something served before departure makes the evening's pleasure just twice as nice. Here is an ideal dish for just such an occasion.

SCOTCH WOODCOCK

4 chicken livers, boiled
2 tablespoons anchovy paste
2 tablespoons butter
1 egg yolk
Dash of cayenne pepper
2 egg yolks
1 cup cream
½ teaspoon salt

Make a paste of livers, and anchovy, butter, 1 yolk, salt and pepper; spread this on toast and put in the oven, then make a sauce in the top of a double boiler or chafing dish, of 2 yolks, slightly stirred with 1 cup cream, cook together, and pour over the spread toast.

A Dish From The Kitchen Cupboard

The kitchen cupboard with all its canned foods has proved that it is too valuable to be overlooked and neglected. Ever so often the housewife who goes to market and does nothing but buy a great supply of canned goods will find her duties as a cook greatly lightened. There are so many times when she just doesn't feel like running to the store for some little thing—then—if the cupboard is stocked she need only open the door, reach up on the shelf and make her choice among the soups, beans, vegetables and lastly the canned corned beef which she can fix in a "jiffy" like this:

CORNED BEEF WITH PICKLES

2½ cups canned corned beef
1 tablespoon tomato catsup
1 tablespoon chopped onion
2 boiled and finely chopped potatoes
1 tablespoon butter
6 small cucumber pickles

Run the meat through a chopper and mix with the other ingredients, form into a roll and bake in a hot oven. When brown, put on a hot platter and garnish with the pickles halved lengthwise.

A Fish Plank Makes Fine Useful Christmas Gift

With Christmas not so far away, in fact, before we have time to turn around it will be here—one wonders what to give, what to give, wurra, wurra—Being practical and with an eye to good eating, one can always give one of those grand planks that make fish dinners so delightful. Planked fish is perhaps the most unusual and attractive method of serving fish. The fish may be split and boned, seasoned, and planked flat in this way, or fairly thick fleshed fish may be planked whole. If fish is to be stuffed, just remove the back bone, leave head and tail on, and sprinkle with salt and fasten securely.

The fish plank should be thoroughly oiled and preheated in a hot oven for 40 minutes. Arrange the fish in the center of the plank, sprinkle with salt and pepper and brush lean fish with melted butter or French dressing. Place in a hot oven (450 degrees F.) for the first 10 to 15 minutes—then reduce temperature to 350 degrees F. to finish baking.

If hot vegetables are used with the fish, a potato border may be niped through a pastry bag around the fish, making nests for other hot vegetables such as lima beans, green peas, string beans, etc. After applying this vegetable garnish, the plank should be reutrned to the oven to reheat the fish and the vegetables. Remove the garnish with parsley and serve.

If cold vegetables are used the planked fish may be garnished with any desired combination or watercres, parsley, green pepper, fresh tomatoes, cucumber slices, lemon slices and paprika.

Silver should be placed one inch from the edge of the table at either side of the service plate, in the order in which it is used, commencing from the outside and continuing toward the plate. It must always be placed at right angles to the edge of the table.

The Quick Way To Prepare Beets In Fine Fashion

There are many women who are very fond of beets like to serve them every now and then but object to the length of time it requires to cook them. It's lots of fun when fresh beets are cooked to snip off their little tails and then squeeze them out of their skin, squeeze them out of their skin, but for those who find this indoor sport not so fascinating, we suggest canned beets that can be either heated and served with butter or carried on into something to rave about. All canned vegetables come ready to serve but it isn't doing justice to the poor vegetable who has worked so hard all his life to make himself as attractive and appealing as possible. Here is something that is more fitting for the little red-faced root.

BEETS IN SOUR SAUCE

Pour the contents of a No. 2 can of beets into a pan. Heat quickly. When nearly dry, remove from the fire and slice the beets. Prepare a sauce of ½ cup of granulated sugar, 1 tablespoon of cornstarch and ½ cup of vinegar. Mix the cornstarch with the sugar, add the vinegar and cook together for 5 minutes, stirring constantly. Pour this sauce over the hot, sliced beets and let stand in a hot place, but without further cooking, for 30 minutes. Add 2 tablespoons of butter and serve at once.

To one quarter pound of cooked macaroni in a buttered dish, add salt, butter and pepper; grate over it one ounce cheese; stir two eggs in a cup of milk and pour over. Cover with bread crumbs and bake 20 minutes in a moderate oven until brown.

A waterless cooker is a large, tightly covered steam kettle with fitted pans for cooking a complete meal at one time over one burner. It is made of aluminum and steel. constructed so that the bottom of the kettle does not rest directly on the flame. It pot roasts meat, cooks vegetables and fruits in their own juices so they retain all their nutriment and their natural flavor. It can be made so hot that it will sear meat and make the toughest cuts tender by long, slow cooking without danger of burning or scorching. It needs no watching or stirring.

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