

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

Baked Stuffed Lake Trout And Pan Fried Brook Trout

Deep sea fishing, brook fishing, lake fishing—all are in full swing at the moment with week ends seeing droves of fishermen out to try their luck.

A huge number of these fishermen are going trout fishing—and with luck, the housewives will be "fixin' fish" for a grand feast.

There are some fishermen who will clean their trout and roast them right over the campfire—it's a simple trick to accomplish this, one merely sharpens a hardwood stick and pushes it down the backbone to the tiny fatty fin near the tail. The other end of the stick is pushed into the earth close to the embers. Then it merely cooks until done. Of course, the fish is cleaned first.

But should he bring home a good sized lake trout—the housewife can give him the surprise of his life by serving it all nicely stuffed and baked as follows:

BAKED LAKE TROUT
Remove the skin; also fat along backbone. Split, clean and stuff. Lay in a pan with a little milk. Lay strips of fat pork across and bake about 1 hour in a moderate oven (37 F.) Before removing from oven, add 1½ cups cream. Heat and serve.

STUFFING
2 cups fine bread crumbs
4 tablespoons butter
1 teaspoon sage
1 small onion, finely cut
1 teaspoon salt
Pepper
Mix all ingredients together.

Possibly what will most delight the fisherman though is to see his precious brook trout served crispy and brown, fresh out of the frying pan—the aroma alone is something very special.

PAN-FRIED BROOK TROUT
Remove eyes and scales; make an incision down the underneath side and clean carefully. Wash fish and roll in equal parts of yellow corn-meal and flour sifted together. Pre-heat salt pork fat or bacon fat in a skillet. Add the fish and cook 4 minutes. Cover and cook about 2 minutes longer. Remove cover, brown on both sides. Remove to a hot platter, garnish with lemon, dill or parsley and serve piping hot.

Pickled Vegetables Add Flavor To Bland Menus

Housewives who have a vegetable garden are really busy this time of the year, picking and canning vegetables. Some of them will be pickled, others just cooked, and canned, but empty shelves will soon be loaded with jars of assorted fruits and vegetables for next winter's use.

Now, the housewife who doesn't have a garden can keep close watch on market prices and when some certain thing she particularly likes reaches low, can purchase in large quantities and go to work.

Pickled vegetables are really good and make a tasty addition to bland meals.

PICKLED CAULIFLOWER
4 heads cauliflower
1 cup salt
2 quarts vinegar
2 cups sugar
¼ cup mixed pickle spices
Separate florets of cauliflower, add the salt and let stand overnight. Place in collander, rinse with cold water and let drain. Tie spices in a thin bag and boil with the vinegar and sugar, throw in the cauliflower, boil a few minutes and pour to overflowing in wide mouthed, sterilized jars. Seal air-tight.

PICKLED BEANS
1 peck string beans
1 quart vinegar
1 quart water
1 pound sugar
1 tablespoon cloves
1 stick cinnamon, broken
Wash and pick over the beans, string and cut. Boil in salt water (1 teaspoon to 1 quart of boiling water) until tender. Drain and spread out to dry; then pack into air-tight jars. Boil the rest until a nice syrup is obtained. Let cool, then pour into jars, and seal.

PICKLED CARROTS
2 pounds prepared carrots
2 teaspoons salt to 1 quart water
¼ cup mixed spices
1 pint vinegar
1 pint carrot water
4 cups sugar

Wash medium sized carrots, cut in half lengthwise, then crosswise in 2-inch-pieces. Cook in boiling salted water until tender but not broken. Drain, mix 1 pint liquid from carrots with the vinegar, sugar and spices and boil to a syrup. Add boiled carrots. Let simmer slowly for several hours, until clear. Bottle while hot, and seal.

When serving frozen raspberries, care must be used in thawing them. Raspberries are a delicate fruit and require careful handling. Slow thawing in the refrigerator is the best. The more the thawing is hurried, the more the fruit softens and the juice leaks. Time the thawing—raspberries are best if served just before they are completely thawed.

For A Salad Of Mixed Greens

Can anything be more appetizing in this hot weather than a salad nicely arranged in a lovely bowl—with all the ingredients crisp and cold—right out of the refrigerator. Just the thought of it gives us a good idea for dinner tomorrow night—that will be plenty of time to assemble the ingredients and get them all well chilled.

For this salad one should choose as many different salad greens as are in the market, and use a little of each. Wash them well, of course, and keep in cold water until ready for use. This may well be done in the morning.

Then you cut the greens into fairly large pieces and dry well with a clean towel—and right here is where those paper towels come in handy again. Place the greens in your favorite salad bowl from which they are to be served and mix well with a sharp French dressing. Keep in the refrigerator until ready to be served.

Among the desirable greens are—naturally lettuce, then romaine, endive, field salad, escarole, dandelion if very young and not too bitter. Watercress, chives, celery, tomato and lastly cucumbers. All of these will not be in season at the same time, but it is usually possible to assemble three or four of the greens besides the tomatoes, celery, or cucumber. Dried mintleaves added to salad of mixed greens gives a fine flavor. And uncooked celery knob, shredded and soaked a few hours in cold water, is a good addition to a mixed salad using mayonnaise dressing.

Raw Salads

VEGETABLE SALAD
1 cup finely chopped new carrots
1 cup finely chopped celery
½ cup finely chopped white cabbage
1 cup sour cream dressing
Salt and black pepper

Mix all the ingredients together, shape into a mound on a chilled platter and garnish with crisp lettuce.

CARROT SALAD
Wash and scrape the carrots and cut off thin slivers from them, much in the same way that a pencil is sharpened in a bowl, cover with mayonnaise or sour cream dressing and serve.

Did you know that a marble is very useful in mending small holes in the fingers of gloves.

Cheese Croquettes

3 tablespoons quick cooking tapioca
½ teaspoon salt
Dash of Cayenne pepper
½ teaspoon paprika
¼ teaspoon mustard
1 cup milk
1½ cups grated cheese
1 tablespoon parsley, chopped
Sifted crumbs
1 egg, beaten with
3 tablespoons milk and a dash of salt

Combine dry ingredients and milk in top of double boiler. Place over rapidly boiling water, and milk in top of double boiler. Place over rapidly boiling water, and bring to scalding point (allow 3 to 5 minutes) and cook five minutes, stirring frequently. Add the cheese and parsley. Chill. The mixture thickens as it cools. Shape into balls, flatten slightly, making a depression in the center of each. Roll in crumbs, dip in egg, then roll in crumbs again. Fry in deep fat (390 F.) for 1 minute, or until brown. Place jelly or a stuffed olive in each depression. Makes 10 croquettes.

While In Season Serve Peaches Once Stewed

Like strawberries, when peaches are in season we serve them in a dozen or more ways—or one way a dozen times, but anyway, we get ourselves well filled with peaches and well we might because we don't get the fresh ones for any too long a period.

Just once at least, while they are in season, they really should be served stewed—they are sooooo very good.

STEWED PEACHES
12 to 18 firm peaches
2 cups sugar
3 cups water
8 whole allspice

Select firm peaches, peel or skin them by pouring boiling water over them and allowing to stand several minutes until the skin separates easily from the meat. Leave whole or cut in halves and remove pit. Boil the two cups of sugar with the three cups of water for five minutes. Add the peaches and 6 to 8 whole allspices. Cook slowly until tender (20 to 30 minutes). If the peaches are very ripe they will get soft more quickly. Do not cook too long, or they will lose their shape.

Auto's Price in 1947
The average price of autos in 1947 was \$2,151.

A Light Lunch For Ladies

A grand luncheon for a group of friends, and one that requires no dessert is a frozen fruit salad with chopped chicken or minced ham sandwiches.

FROZEN FRUIT SALAD

1 tablespoon melted butter
2 egg yolks
3½ tablespoons flour
3 tablespoons sugar
1 teaspoon salt

1-3 cup milk
1-3 cup lemon juice
¼ cup orange juice
¼ cup cherries
¼ cup pineapple
¼ cup sliced banana
1 cup cream

Put butter in top of double boiler; add well beaten egg yolks and flour mixed with sugar, salt, paprika and cayenne. Then add milk and lemon juice; cook, stirring constantly until mixture thickens. Strain into bowl, beat two minutes; then cool. Add one cup mixed fruit, cut in small pieces; fold in stiffly whipped cream; put into a pint brick mold; cover with buttered paper and tin cover. Pack in ice and salt, and let stand three hours or place in mechanical refrigerator pans for three or four hours. Cut in slices and serve on lettuce. Serves six.

No matter how carefully selected, the palatability of the cut of meat depends largely upon proper preparation. A knowledge of meat cooking, its purpose and definition, of methods will be helpful in accomplishing the following purposes: 1. To develop the color and flavor of the meat. 2. To improve the appearance of the meat. 3. To improve the texture by softening the connective tissue. 4. To secure the nutrients from the bone, which otherwise would be unavailable. The less tender cuts are made into most attractive, delicious dishes by slow cooking at a low temperature, after proper searing.

When one comes across a screw top jar that is stubborn, one need only stand it top side down on a warm oven for a few minutes. The most obstinate will open readily.

If one is inclined to dry clean garments at home, it is a good idea to outline bad spots with basting thread in a contrasting color. It is easy to find the bad spot even after it is wet.

Fresh Corn And Beans Suggest Succotash

It was interesting to note that the word "succotash" comes from the Indian word "M'sickquatash" meaning "maise not crushed or ground." Well, let's stick to the succotash—it's so much easier to say—

Most people nowadays buy this corn and bean mixture in cans, but with both corn and lima beans heaped high in the markets it will be well worth while to make some right at home.

SUCCOTASH

2 tablespoons butter
2 cups cooked lima beans
2 cups cooked corn, scraped from the cob
½ cup water
1 teaspoon salt
½ teaspoon pepper
1 teaspoon sugar
¼ cup rich milk

Melt the butter; add the beans, corn add water and the seasonings. Cook over a low heat. Stir in the milk as the water is absorbed. Heat thoroughly, but do not boil after the milk is added. Serve very hot.

A child's desserts, such as stewed fruits and custards, may be incorporated into the family's menus. Apple sauce and cake make a good simple dessert, and with the supply on hand for the baby an easy one. When there are prunes in the house for the baby's prune pulp, a few extra ones may be cooked and left whole for a change in the usual breakfast fruit or even for a luncheon dessert. Although not very popular with adults, they are healthy and if cooked until soft, with a slice of lemon to flavor or an dthe juice syrupy and not watery, they are even tasty.

When the hostess is entirely responsible for the service of the meal and the preparation of it, she should be careful to have only as many guests as can be comfortably managed and the sort of food that can be easily served at the table. If she is constantly getting up and down and does not have time to eat with her guests, she makes them uncomfortable. The lack of a maid, however, certainly should not curtail one's hospitality, since it is not impossible for the hostess to cook and serve a good dinner gracefully. Intelligent planning is the secret of success.

Helium Content
There is only one part of helium in 200,000 parts of air.

HOT OFF THE GRIDDLE

Adhesive tape is fine for labeling fruit jars. It will stay on indefinitely and is marked with ordinary lead pencil. It can be washed and re-marked several times.

When hanging out large pieces, such as sheets and tablecloths; pin all four corners to the line to prevent their being whipped by the wind.

To prevent corks from sticking in bottles containing glue, polish, cement, etc., rub the cork in vaseline.

When planning a picnic, one can simplify the cleaning-up process by carrying paper plates, paper forks or spoons, paper cups, napkins, etc., all of which may be burned in the picnic fire. With large-mouth thermos bottles almost any food may be carried to the picnic ground. Some foods however, seem to taste better than others when eaten out of doors, and those are the varieties to concentrate upon.

When setting a table, place the silver one-half inch from the edge of the table, having ends in even line, parallel with the edge of the table, pieces equal distance apart and parallel to each other.

When sifting flour several times, use two pieces of waxed paper, sifting the flour first on one piece, then the other. This saves dish washing and prevents spilling.

A medicine dropper comes in very handy when adding coloring to cake icings, etc. For a delightful flavor, spread a cake with peanut butter before frosting it.

When planning a trip for a few days, soak a large sponge in water and place it at the base of your house plants. They will remain moist for days.

When driving nails or screws into hard wood, always rub them well with soap. They will go in easily without splitting the wood.

To open clams steam in a tightly covered vessel and if the clams are not to be served at once, remove them

from the shells and drop them into cold water, to keep them from becoming tough. A peck will yield about a quart of clams without the shells.

To make mint jelly, wash the mint and chop it fine. To each cup of chopped mint add one-fourth cup of water and let it stand over night or for several hours. Place it over the heat and bring it to the boiling point. Make apple jelly, using two-thirds cup sugar to each cup of apple juice. When the jelly test is observed, add green vegetable coloring and one or two tablespoons of the prepared mint for each quart of apple juice.

For stewed rhubarb, wash, but do not peel, the rhubarb, and cut it in one-inch pieces. Add one-half as much sugar as rhubarb, put in a saucepan with just enough water to keep the fruit from burning. Very little water is needed, as rhubarb provides its own moisture. Cook rapidly until tender.

When washing windows or any woodwork where it is necessary to reach up, the old towel around the wrist to avoid having water run up the arm.

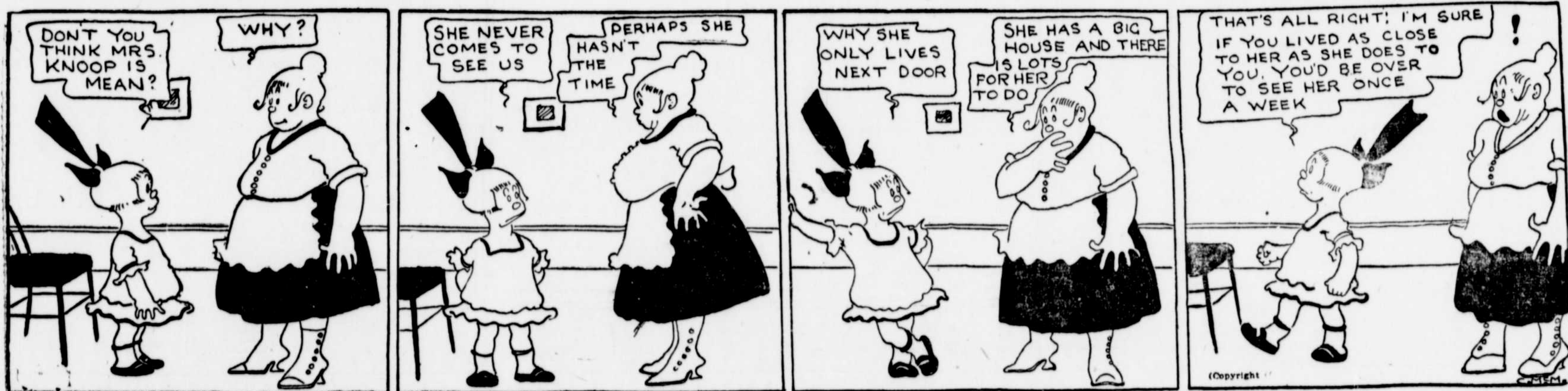
Smelts are not usually cleaned at the market in order not to lose the roe, in which case the stomach sides is slit at home with a sharp knife and the intestines removed. The roe is taken out and fried in the pan with the fish.

By cooking vegetables with very little water, all the food value is retained and not thrown out with the water in which they have been cooked, as has been the old-fashioned practice. Indeed most of the nourishment in the vegetable frequently went into the sink. If a considerable quantity of water is used for the cooking of a vegetable, it should be poured into a container and placed in the refrigerator for future use as a soup stock, rather than be thrown out.

Record Size Salmon
The largest salmon ever caught in southeastern Alaska weighed 120 pounds. The fish was 53½ inches long and 36½ inches around. It was caught in a net. The previous record salmon weighed 116 pounds.

Canada's Newsprint Paper
Canada leads the world in the production of newsprint paper, and exports more newsprint than all other countries combined.

DOROTHY DARNIT



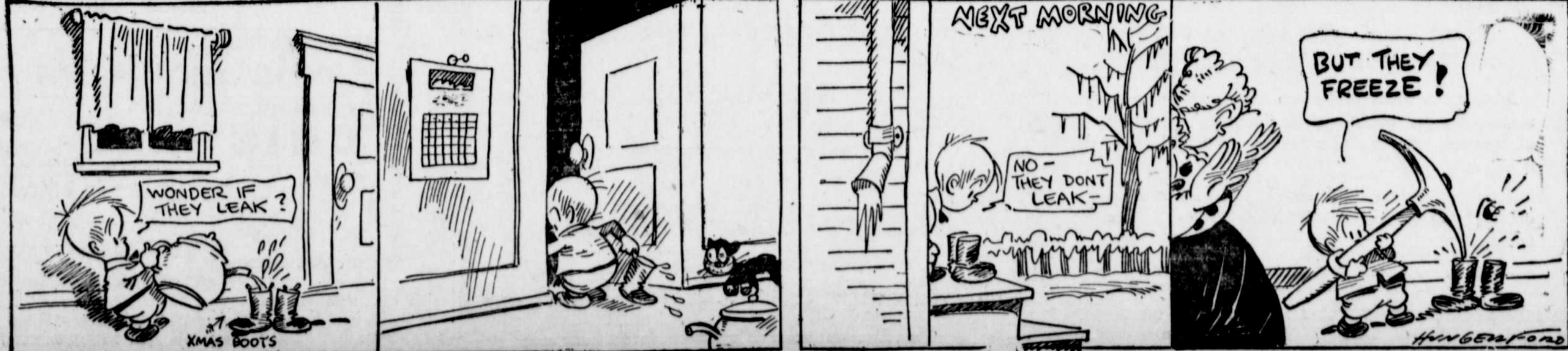
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"MICKY" AND HIS GANG



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SNOODLES



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