

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

For Vegetable Plate Center, Here Is Your Decked Egg Plant

With nothing special in the house with which to prepare a hurried meal against unexpected company, necessity turned out once more to be able to produce inventiveness.

An egg plant was hanging plump and ripe within its little bush. (Yours might be in the vegetable basket). A big fat onion rested cozily in a bag with his brothers. A huge tomato lay on the window sill where it had ripened at leisure.

Each of the three was sliced into a convenient cart wheel collection, running about a quarter of an inch thick. The egg plant is soaked in salted water for 10 minutes. Then on top of a slice of egg plant went the slice of onion and on top of that the slice of tomato, then another slice of egg plant. Salt and pepper were sprinkled on. A few slices of bacon were laid over the top. The whole thing, fastened together with tooth picks was set into a baking dish. And figuring one of these four-deckers for each person to be served, into the oven they went, coming out in due time tender and delicious. A cream sauce and grated cheese were added. A can of baked beans was heated and opened and a spoonful added to each service plate. A can of asparagus tips lent a touch of cold vegetable. Luncheon was ready. Try it!

Eggs And Mushrooms Combine Into Delicious Lunch Or Supper Dish

For a very tasty, quite unusual luncheon or supper dish, one can combine the ever popular egg with the tempting mushroom—add the pleasing flavor of Parmesan cheese and bring forth a dish worthy of a professional chef.

Like so many really good dishes, this one is also easy to prepare and doesn't require ingredients other than those we normally have right on hand.

EGGS WITH MUSHROOMS
5 eggs
1/2 pound mushrooms
1 1/2 tablespoons butter
1 tablespoon chopped parsley
2 tablespoons flour
1 1/2 cups chicken broth or bouillon
2 tablespoons thick cream
Salt and white pepper
Grated Parmesan cheese.

Melt 1 tablespoon of butter in a saucepan, and add of it the sliced washed mushrooms. Simmer until the mushrooms begin to color, and add the flour. When well mixed, pour in the chicken broth and let cook gently for five minutes. Add the cream, salt, pepper and chopped parsley and cook for a minute longer. Pour into a shallow baking dish and break the raw eggs into the hot sauce, taking care to space them as much as possible. Sprinkle with salt and pepper and about one teaspoon of grated Parmesan cheese on each egg; dot the cheese with butter, and cook in a hot oven for four minutes, or until the whites are well set.

Codfish With This And That Comes Under The Heading of Man's Dish

If one has ever on impulse purchased a box of salt codfish and then sat and looked hopelessly at it—wondering just what to do next—she will appreciate having this recipe. Not only because it gives such explicit directions about the fish itself, but because it is one of those dishes that will bring friend husband home on the run and give him something to talk about at the office the next day. It is really what one would call a man's dish.

SALT CODFISH WITH TOMATOES
1 pound salt codfish
1 tablespoon olive oil
1 onion
1 clove garlic
2 medium sized potatoes
2 tomatoes
1/4 pound raw salt pork
Salt and pepper

Soak the codfish overnight in cold water. Drain off all the water and set on the back of the stove in more cold water; heat slowly, but do not let boil. When the fish has soaked for two hours, drain again and cut into small pieces. Heat the olive oil in a saucepan and add to it the sliced onion and mashed garlic. Let the vegetables become hot, but do not let them color; then add the pieces of fish and let all simmer gently for 2 or 3 minutes. Put half of this mixture into a baking-dish and cover with a layer of thinly sliced potatoes. Sprinkle chopped salt pork over the potatoes, and then sliced peeled tomatoes which have been dredged in salt and pepper. Put a layer of the codfish on top of all, pour in 1/2 cup of hot water. Cover the baking dish closely and cook in a moderate oven for one hour.

By using wax crayons while the jars are hot, you can label your canned fruit. It will not rub off when cold, but can be washed off with hot water. This is much handier and quicker than using labels.

Salmon Soups-Salad-Crackers For Fine Friday Luncheon

A complete luncheon can nicely be composed of soup, salad and dessert which is the stand-by of many people.

This is especially nice on a Friday when meat usually isn't served and the housewife doesn't want to take the time to prepare a full luncheon menu. Here is a soup that will be ideal for a Friday:

CREAM OF SALMON SOUP
1 cup canned salmon
1 teaspoon salt
1 quart milk
2 tablespoons butter
2 tablespoons flour
1/8 teaspoon pepper

Drain oil from the salmon, remove skin and bones and rub through a sieve. Heat the butter, add flour and seasonings, add 2-3 cup and then gradually the rest of the milk, scalded, and the strained salmon. Cook until smooth and slightly thickened. Serve with hot biscuits or toasted crackers and a canned asparagus salad with hard cooked eggs.

Rolled Almond Wafers

These tempting little tid-bits aren't meant as a filler for the cookie jar, but as something special—so special in fact, that they should be kept by themselves or eaten immediately.

ROLLED ALMOND WAFERS
1/2 cup powdered sugar
1/4 cup butter
1/4 cup milk
3/4 cup flour
1/2 teaspoon vanilla
1/2 cup chopped almonds

Cream together the butter and powdered sugar; add alternately the milk and flour and then the vanilla. Spread very thin on bottoms of inverted baking pan or pie plates, making as thin as possible with a spatula. Sprinkle with chopped almonds and bake in a moderate oven until the edges brown; then cut in squares quickly and roll while still hot. This can be done more easily if the pan is only taken half-way out of the oven while cutting the wafers, as, once cooled, they are impossible to roll.

When not in use in the summer wrap your vacuum cleaner in newspaper and tip up. A moth nest might form during the summer.

Filet Of Beef With Sour Cream

Now days, if one desires sour cream for any of its many uses in cookery, she need not buy sweet cream and set it aside to sour—oh no—things have certainly changed. One just puts a note in the milk bottle—and in the morning there is the sour cream—right from the dairy and ready to use.

Here is just a very, very fine example of what the housewife can do with sour cream.

FILET OF BEEF WITH SOUR CREAM
3 pounds filet of beef
1 cup peeled sliced mushrooms
1/2 cu sour cream
5 strips bacon
1 scant tablespoon butter

Salt and pepper. Have the butcher lard the filet with very thin strips of fat pork. Trim off all fat and skin, and fold under the thin ends, fastening with skewers. Dredge with salt and pepper, rubbing well into the beef; wrap the bacon slices around the filet, using skewers again to hold them in place. Put in a baking pan in a hot oven for 15 minutes, then add 1-3 cup of hot water and cook 20 minutes longer, basting every ten minutes. Just before the filet is done, pour over the sour cream and the mushrooms, which have been simmered in the butter. Let the cream bubble up twice, and serve the filet on a hot platter, with the sauce poured over it.

Open-faced sandwiches are such grand things to serve and such simple little things to make that one should certainly include them at those times when sandwiches are being served. Here are several suggestions: Cream cheese with a border and center decoration of candied or maraschino cherries; Cottage cheese with minced chives; Softened nippy cheese and chopped green pepper; chopped cooked ham, chopped hard cooked eggs and chopped mustard pickle.

One can destroy poison ivy by spraying it with a solution of three-pounds of salt to a gallon of slightly soapy water. This method is recommended by the U. S. Dept. of Agriculture. As one spraying will not kill the main stems and roots, the plants should be sprayed again as soon as the new leaves are about full grown.

Dried Lima Beans In Tempting Combinations

Those large sacks of dried lima beans that one finds in stores are complete mysteries to ever so many housewives—other housewives have come to depend on them in combination with other vegetables or by themselves as a regular "stand-by". Here are a couple of recipes featuring this tiny dried bean.

DRIED LIMA BEANS WITH SALT PORK
1 pint dried lima beans
1 onion
1/4 pound fat salt pork
2 young carrots
1 teaspoon chopped parsley
1/2 cup stock or gravy
Salt and pepper

Soak the dried lima beans overnight in cold water. Drain them and set to boil one-half hour in salt water. Cut the salt pork into small pieces, fry it out in a frying pan, and skim out the pieces. To the fat, add the chopped onion and thinly sliced carrot, and cook until the onion begins to brown. Drain the beans; mix them with the vegetables and fat; add the chopped parsley and salt and pepper and, when well mixed, pour into a baking dish and half cover with the water in which the beans have boiled. Bake in a slow oven one hour or until the beans are quite tender. When the liquid has dried out, add the gravy or stock and bake 20 minutes longer.

DRIED LIMA BEANS WITH TOMATO JUICE
2 cups dried lima beans
1 onion
2 tablespoons bacon fat
1/2 teaspoon sage
1 cup strained tomato juice
1 carrot
4 springs parsley
Salt and pepper

Soak the lima beans overnight in cold water. Fry the chopped onion in the bacon fat; add the tomato juice, carrot, parsley, sage, salt, pepper, and the drained beans. Cover with water and cook gently until the beans are tender, adding more boiling water when needed, and stirring from time to time from the bottom of the pot. Remove the carrot and parsley and serve. Almost all the liquid should have cooked away.

Cottons and linens need not be boiled each time they are laundered, if they have had a hot rinse after washing.

New England Corn Chowder Has Place In Menu Of Any Season

It isn't often, even during the hottest weather that occasionally we don't have a crave for a good hot soup. Sometimes a thin soup sometimes a thick soup and sometimes a chowder, so with this in mind, here is a good recipe for corn chowder that will be grand the next time someone in your family starts hinting along these lines.

NEW ENGLAND CORN CHOWDER
3 tablespoons fat salt pork, diced
1 onion, sliced
2 cups potatoes, diced
1 1/2 cups boiling water
1 cup canned or fresh corn
1 cup milk
1 cup cream
Salt and pepper
4 crackers, split

Fry out salt pork, add onion and cook until a golden brown. Add the potatoes, water, corn and cook until potatoes are tender. Add milk and cream and reheat. Season. Place a cracker in each dish and pour chowder over crackers. Serves four.

Cake Crumb Cookies

4 cups dry cakes or cookie crumbs
1 cup milk
2 eggs
2-3 cup molasses
1/2 cup fat, melted
3 cups pastry flour (about)
1/2 teaspoon soda
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon cinnamon
1 cup steamed raisins

Beat the eggs, add the milk and the crumbs and let stand fifteen minutes, add the molasses, melted fat and the dry ingredients which have been sifted together. Add the raisins and drop by teaspoons on a greased cookie sheet about two inches apart. Bake in a moderate oven (350 F.) The amount of flour will vary with the degree of dryness of the cake or cookie crumbs. The batter will hold its shape on the cookie sheet but will spread in the oven.

In case the cookies or cake crumbs are not very high in fat, it may be found desirable to add 1/4 cup fat to the above recipe or 1 cup finely chopped nuts. Makes about 4 dozen cookies 2 1/2 inches in diameter.

Scalloped Ham For Company Luncheon Or Family Dinner

Ever so often we come across a dish that is excellent for either a company luncheon or a family dinner. Such a recipe is well worth including among our favorites in as much as they are fine for a heavier luncheon or simply grand for a light dinner—though the dinners can usually be rounded and built around that particular recipe to be light or as heavy as desired.

SCALLOPED HAM
2 cups chopped ham
1/2 cup ground celery
2 tablespoons butter
1/2 tablespoons flour
1 1/2 cups top milk
6 slices bread
Sifted bread crumbs
Pepper

Melt 1 tablespoon of butter in a saucepan and add to it the flour. When well mixed, pour in the rich milk; let thicken and add the chopped ham and celery, which has either been chopped excessively fine or put through the meat grinder. Add pepper (salt will not be necessary if the ham is salty) and let cook until a thick creamy consistency. Toast the bread, lay the slices on a platter that can stand heat; cover the toast with the ham mixture; sprinkle with sifted bread crumbs and moisten with a little melted butter. Put under the broiler for a moment, or until the bread crumbs are a golden brown. Serve with a sprig of parsley stuck on each portion.

Spicing fruits, pickles, chili sauce, etc., is made easier by putting the spices in a tea ball. The tea ball can then be removed from the hot syrup any time without any trouble.

Corn Bread

1 1/4 cups corn meal
1 1/2 cups sour milk or buttermilk
2 tablespoons shortening
1 egg
1 teaspoon soda
1 teaspoon salt

Sift meal, salt and soda; add half the milk, then egg and rest of the milk. Add melted shortening. Pour into pan and bake in hot oven (450 F.) for twenty minutes, or until done.

PLANTATION SPOON BREAD

1 teaspoon salt
1 cup corn meal
1 1/2 cups boiling milk
2 egg whites
2 egg yolks
2 tablespoons shortening

Sift corn meal and salt in a bowl large enough to give room for mixing. Scald meal with boiling milk, which must be boiling hard at the time it is poured over the meal. Use a wire egg beater to mix the milk and meal, so as to save every bit of time possible. Add the egg yolks which have been slightly beaten, then the egg whites, stiffly beaten. Pour the hot melted shortening in the bowl of batter and fold it in with as little beating as possible. Put in a pre-heated baking dish (it should be hot enough for the mixture to sizzle when the batter is poured in). Bake in a hot oven for about 20 minutes. The secret of spoon bread, is to keep it at boiling point until it is in the oven. Have everything ready before you scald the meal.

If individual salts and peppers are used, they may be placed just above the plate of each guest or between every two covers. If salt spoon is used, it should be placed in front of the salt dish.

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