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

Suitable Substantial Salads For A Man's Home Lunch

You know that saying "it happens in the best of families"? Well, that's the remark I heard the other day and discovered that the woman who made the remark was referring to the fact that her husband had very unexpectedly taken a day off from the office and had parked himself in an easy chair at home too relax—this meant lunch for him and all sorts of extra work such as the man of the family can cause when he spends a day at home—This particular woman wasn't caught short though and she gave me an idea to pass on—It seems she's discovered the men love beans, hot or cold and in as much as most of thm like salads, she just put her beans in a salad for him with great success. So, for the benefit of all who might be in the same spot one day, here are two bean salads:

1 medium can baked red kidney beans
1 cup celery, cut in pieces
6 tomatoes
2 tablespoons India relish
½ teaspoon salt

Put the beans in a strainer and pour boiling water over them. Cool. Mix with celery, India relish and salt Moisten with mayonnaise and let stand in refrigerator until chilled. Fill tomatoes from which centers have been removed. Arrange in nests of crisp lettuce leaves and serve with additional mayonnaise.

LIMA BEAN SALAD

3 cups cooked lima beans
2 hard cooked eggs
3 tablespoons pickle relish
½ teaspoon salt
1 tablespoon scraped onion
1 cup chopped celery
Mayonnaise

Mix ingredients well and moisten with mayonnaise. Chill thoroughly and serve on crisp lettuce. Garnish with slices of hard cooked eggs, and sprinkle with paprika before serving.

Sweet Potatoes In Various Ways

Sweet potatoes are so delicious that it 's a shame to reserve them completely for the time when we want them candied. Here are a few samples of other good recipes.

BAKED SWEET POTATOES

Select potatoes of uniform size wash them and cut off a small tip at one end. Bake in a moderate oven until quite soft, the time depending upon the size and quality of the potato.

MASHED SWEET POTATOES

4 sweet poatotes
1 wineglass sherry wine
2 tablespoons sugar
2 tablespoons cream
1 tablespoon butter
Salt and pepper

Boil the sweet potatoes in salt water until soft; drain and peel them and mash the other ingredients. Beat until fluffy; put in a buttered baknig dish and heat in a hot oven.

Individual Salads

One thing that is certain to be most attractive and lend a decorative air to a buffett supper is a large platter or platters of assorted individual salads. Here is a fine assortment:

SARDINE SALAD

Arrange the sardines in any pattern desired on a oblong dish on a bed of lettuce or endive. Sprinkle with a little vinegar or lemon juice Decorate with capers, thin rounds of onion an dsprigs of parsley.

GENEVA SALAD

On a bed of lettuce or endive heap three tablespoons of green peas which have been mixed with alternate slices of tomatoes and hard boiled egg and brush all with a little mayonnaise.

SWISS SALAD

Arrange the leaves of half a lettuce arond the plate and brush each with a little mayonnaise. Slice a tomato thinly and place each slice on a lettuce leaf. Brush over with mayonnaise, then arrange the tiny lettuce leaves in the middle and decorate with four asparagus tips in each little leaf.

Did you know that cream whips very rapidly when a pinch of salt is added to the cream before whipping?

Pea Soup

2 cups canned peas, drained
1 cup liquid, from peas and water
2 tablespoons quick cooking tapioca
1 teaspoon salt
Dash of Cayenne
1 boullion cube
1 teaspoon scrapped onion
2½ cups milk
2 strips broiled bacon, diced
1 tablespoon butter

Cook peas in liquid 10 minutes; rub through sieve. Add dry ingredients, bouillon, onion, milk. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes) cook 5 minutes, stirring frequently. Add bacon, butter. Serves four.

CELERY SOUP

1½ cups celery stalks and leaves, finely cut
1 cup water
3 cups rich mlik
1 cup chicken or meat broth or
4 cups rich milk and 2 bouillon cubs (chicken flavored)
3 tablespoons qucik cooking tapioca
1½ teaspoons salt
¼ teaspoon celery salt
Dash of Cayenne
¼ teaspoon scraped onion
3 tablespoons butter

Cook celery in water 10 minutes. Add milk mixtures, dry ingredients and onion. Place over rapidly boiling water; bring to scalding point (allow 5 to 7 minutes) and cook 5 minutes, stirring frequently. Add butter. Serves four to six.

Golden Apple Fritters For Children's Lunch

The housewife who has children home for lunch every day will probably appreciate a good recipe for Apple Fritters—one reason being of their goodness, another being their ability to fill those empty tummies so successfully and so satisfyingly. And then too, they can be served as an additional bit to almost any dinner with the greatest of success.

APPLE FRITTERS

1 cup flour, sifted
1½ teaspoons baking powder
¼ teaspoon salt
2-3 cup milk
1 egg, beaten
3 large apples, peeled, cored and sliced
2 tablespoons powdered sugar
1 tablespoon lemon juice

Make a batter by sifting together the flour, baking powder and salt. Add milk and egg and lemon juice to apple slices, dip in batter and fry in hot deep fat (375 F.) until a golden brown. Drain and sprinkle with powdered sugar. Serves six.

One need not have the same salad every day, or even in the same week, for there are many innovations and tempting combinations whcih make frequent repetition unnecessary. Even a familiar garnish cut in a new lease on life. Try cutting carrots in fancy shapes, or use the French vege table scoop on potatoes and see how it is lifted from the plane of commonplace to the realm of art.

Tasty Tarts For Tea Time

Before so very long, housewives will gain start serving hot afternoon tea with tempting little tidbits—they may be scones, or home made cookies, or maybe even tarts such as these:

LEMON TARTLETS

2 lemons
2 cups sugar
2eggs
1 cup sponge cake crumbs

Mix the juice and grated rind of the lemons with the sugar, eggs and sponge cake crumbs. Beat until smiith. Put into twelve patty pans lined with paste and bake in a hot oven (400-450 F.) until the crust is done (15 to 20 minutes.)

MACAROON TARTS

2 eggs
½ cup sugar
¼ dozen dry macaroons
1 lemon
1 tablespoon butter

Mix the yolks of the eggs with the sugar and beat until light. Roll the macaroons, add to the egg and sugar mixture, and flavor with the grated rind and juice of the lemon. Mix this with the melted butter. Beat until smooth and then fold in the stiffly beaten whites of the eggs. Cover inverted patty tins with puff of flaky paste, prick thoroughly and bake in a hot oven (400-450 F.) When cool, put a spoonful of marmalade or jelly into each and cover with the macaroon mixture. Place for a moment or two in the oven until the tops brown . This amount will make 6 to 8 tarts.

Old Favorites In Cans For Winter Use

The grand canneries that have sprung up all over the country have made it possible for us to snicker at seasons and laugh at the idea of not eating what we want—when we want—when we want. We can even have cream of corn soup like we had last summer when we could buy corn on the cob.

CREAM OF CORN SOUP

1 can corn
1 pint water
1 quart hot milk
2 tablespoons butter
1 sliced onion
2 tablepsoons flour
⅛ teaspoon white pepper

Heat the milk and onion, then remove onion. Chop the corn and rub it through a sieve, and cook it with the water for 20 minutes. Melt the butter, add the flour, and when bubbling, add first 2-3 cup, then the rest of the milk, gradually; cook until slightly thickened. Add the corn, salt, and pepper. Top with whipped cream, sprinkle with popcorn or serve hot with crackers.

To dress up potato soup, add bits of dried beef and finely cut onion that hos been sauted lightly in butter or leftover frnakfurters, cut fine; or grated cheese on top; on tiny squares of cheese pastry baked and added to the soup at the last minute.

Desserts Of Left-Over Cake Crumbs Add Moitve For Cake

The grnad uses to which one can put left-over cake crumbs is motive enough in itself for cake baking. With this thought in mind, the housewife should never hesitate to bake a cake as one cake can go into the makings of dozens of fine desserts, provided, of course, that there is ayn left-over.

CAKE CRUMB MOUSSE

Put all left-over pieces of cake, including the frosting, into a tin and place in the open to dry out. When dry, put through the food-chopper, whip cream and add mashed fruit and cake crumbs. If the crumbs are quite sweet because of the frosting, add no more sugar. A little almond extract will make the cake crumbs in the cream taste like macaroons.

CHOCOLATE ICE BOX CAKE

Put dry chocolate cake through food chopper. Take two cups of dry crumbs, add 2 beaten eggs, and fold in ½ pint of whipped cream. Put in a mold and set in the refrigerator to chill.

FRENCH CREAM AND SPONGE CAKE

¼ cup flour
¼ cup sugar
1 cup scalded milk
1 egg
¾ teaspoon orange extract
2 drops Benedictine flavoring
Dry sponge cake

Moisten the flour and sugar with a little cold milk until a smooth paste is formed. Add to the scalded milk an dcook fifteen minutes, stirring constantly. Beat the egg, add to the mixture and return to the stove and cook about two minutes. When cooled, flavor with orange extract and Benedictine flavoring. Arrange dry sponge cake around inside of parfait glasses pour over them additional Benedictine flavoring and pile the French cream in the glasses. Garnish with whipped cream.

FRUIT CUP WITH CAKE CRUMBS

2 cups diced fruit
Sugar to taste
1 cup cream
½ cup dried cake crumbs

Whip the cream fold in the cake crumbs and fruit. Sweeten to taste. Pile mixture in sherbert glasses and serve.

Bacon may be pan broiled or baked in the oven. If pan broiled, it should be placed in a single layer in a heavy frying pan, cooked over a low flame and turned frequently. Keep the slices flat and straight as you turn them. Bacon is more crisp if the fat is poured off as it accumulates in the pan. When bacon has reached the golden brown(crisp stage, it should be removed to a warm plate or put on paper to drain.

Veal Rolls With Olive Sauce

6 slices veal, from the flank
¼ pound boiled bacon
1 grated onion
1 hard boiled egg
Juice of ½ lemon
1 tablespoon flour
1 dozen pitted olives
1 sprig thyme
1 sprgi parsley
1½ ups water, hot
2 tablespoons butter
Salt and pepper

Have the buther cut the veal into slices about 4 inches long and 3 inches wide. Take one of these slices and chop fine, together with bacon, hard boiled egg, herbs and onion. Add lemon juice, salt and pepper, and after mixing well put a spoonful of this mince in the middle of each slice of raw veal. Roll into cylinders and either tie with heavy thread or hold in place with two toothpicks.

Put the butter in a frying pan and when hot put in the stuffed veal rolls; brown well on both sides and sit int othe butter one tablespoon of flour. Let the flour brown a little and pour in the hot water. Coxer tightly and let simmer gently for 45 minutes. When done, place rolls on a hot platter; add olives to the sauce; let the olives heat thoroughly, and pour over the veal rolls.

Chicken Mousse

3 yolks of eggs
1½ cups milk
1½ tablespoons gelatin
¼ cup cold water
1 cup minced white meat of chicken
1 cup heavy cream
½ cup hot chicken broth
Salt, pepper and paprika

Beat the yolks, add milk and cook in top of double boiler until a light custard. Soak gelatin in cold water, add the hot chicken broth, stir until dissolved, then add to the custard, then the minced chicken. Season to taste and when cool add the cream, whipped. Put into a ring mold, let stand in ice box several hours or overnight. Place on a large platter and serve with fruit salad, made with contrasting colors or any other desired salad ih the center of the ring.

Have you nuts on hand? Add a few to your gingerbread mixture and bake in two layer-cake pans. Put together with soft frosting between and on top or add 1 cup moist cover with boiled frosting and sprinkle generously wiht coconut.

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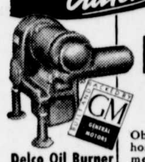
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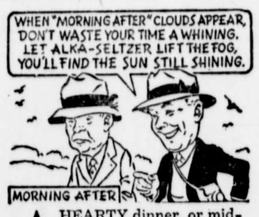

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