

# THREE MEALS A DAY

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Edited by WILMA DEUTE

Food, of course, must be well seasoned to be worthy of its piquancy

SIDNEY SNOW will be glad to answer any questions on food

## Red Cabbage Recipes For Real Fall Days

With the first cold fall days appetites are stimulated to such a pitch that spicy dishes are just the thing to hit that "spot." And spicy red cabbage should most certainly be included. Here are several really good recipes:

**FELMISH RED CABBAGE**  
1 red cabbage, sliced  
3 green apples  
1/2 pound salt pork, chopped  
Broth  
Salt  
Pepper  
4 tablespoons brand, if desired  
Pare, core and slice apples. Arrange cabbage in a saucepan in alternating layers with the apples and pork. Season, pour over sufficient boiling broth and cook rapidly, uncovered, for 10 minutes. Transfer to a baking dish, sprinkling with the brandy. Cover and simmer 1 hour in oven.

**SWEET AND SOUR RED CABBAGE**  
1 quart red cabbage  
2 sour apples  
2 tablespoons fat  
4 tablespoons brown sugar  
2 tablespoons vinegar  
Salt and pepper  
2 tablespoons flour  
Shred the cabbage fine and pour boiling water over it 2 or 3 times. Salt and pepper to taste, add the apple cut in slices. Heat the fat in a skillet, add cabbage and apples. Pour boiling water over them and let cook until tender; sprinkle over the flour, add sugar and vinegar. Cook a little longer and serve immediately.

**RED CABBAGE WITH CHESTNUTS**  
1 small red cabbage  
1 cup chestnuts  
1/4 cup raisins  
1 cup water  
1 tablespoon sugar  
2 tablespoons fat  
1 tablespoon flour  
1/4 cup vinegar  
Cut the cabbage in fine shreds, place in colander, place colander in pan pour boiling water and vinegar over cabbage, let stand over pan 10 minutes. Shell and blanch chestnuts.

Heat 2 tablespoons fat in kettle, add cabbage seasoned with salt and pepper, let brown well, then cover and let simmer 10 minutes. To water and sugar, add raisins and chestnuts and let cook until chestnuts are tender. Sprinkle flour over cabbage, add to chestnuts, cook a few minutes, and serve hot.

**RED CABBAGE RELISH**  
1 large red cabbage  
1/2 cup salt  
1 quart sharp vinegar  
2 tablespoons whole cloves  
1/4 teaspoon pepper  
1 teaspoon allspice  
Quarter the cabbage, cutting out the hard core; shred finely and place in a wooden or earthenware bowl with 1/2 cup salt. Place in a cool place for 24 hours, stirring occasionally. Rinse in cold water and drain through colander. Add vinegar, also cloves, pepper, and allspice, tied in a piece of muslin. Bring to a boil, add cabbage. Simmer 10 to 12 minutes then allow to cool, with cover on kettle. Will be ready to use in 2 or 3 days. Keep in a covered crock in a cold place. Will keep for several weeks. Makes about 2 quarts.

It is not really necessary to serve a fancy dessert at every dinner. Fresh or canned fruits are really sufficient, and are preferred by many people. Nuts and raisins, or cheese and crackers can also be substituted.

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## FOR A MEATLESS DAY

Every now and then the problem of meatless meals becomes a serious one—we've prepared just about everything we can think of and that we haven't thought of since this time last year and are still looking around for more. Here are two that will prove quite satisfactory as they compare very favorably with meat in food value and flavor.

**SCALLOPED EGGS AND ONIONS**  
6 medium onions  
2 cups medium white sauce  
6 hard cooked eggs  
1 cup buttered corn flakes  
Parboil whole peeled onions until tender. Place in buttered casserole. Arrange quartered eggs around onions, cover with well-seasoned white sauce and top with buttered corn flakes. Bake in a moderate oven (400 F.) until heated through or about 20 minutes. Chopped pimento may be added for flavor and color if desired.

**SHRIMP CREOLE**  
3 cups hot boiled rice  
2 tablespoons fat  
2 onions, sliced  
4 stalks celery, chopped  
1 tablespoon salt  
2 cups tomatoes  
2 cups peas  
1 tablespoon vinegar  
1 teaspoon sugar  
1 1/2 cups cooked shrimps  
2 tablespoons chili powder  
1 cup water  
Cook the onions and celery until brown in the fat, add flour, seasonings and slowly add the water. Cook fifteen minutes. Add the tomatoes, peas, vinegar, sugar and shrimps. Continue cooking ten minutes more or until shrimps are thoroughly heated. Mold rice either in cones or ring and surround with the shrimp creole. Seven servings.

## Sweet Potato Waffles Add That Something To Good Luck Dinner

Somehow or the other, it just seems that the Fall of the year has unexpectedly sneaked up on us—what a pleasing sight those big fat ducks and handsome turkeys present. It really makes one want to buckle down and do some real cooking. All those good things that we agreed to forget for the summer are coming to mind again, so if you are planning a dinner of duck or turkey soon, here is something different to serve as an accompaniment:

**RED CABBAGE RELISH**  
4 tablespoons shortening  
1 tablespoon sugar  
3/4 cup flour  
1 egg  
1 cup milk  
1 cup mashed sweet potatoes  
2 teaspoon baking powder  
Salt  
Cayenne  
Nutmeg  
Mix the fat and sugar to a cream, stir in the well-beaten egg-yolk, the potato, milk and seasonings, and beat well until smooth. Fold in the stiffly beaten egg white. Bake in a heated waffle-iron until a golden brown. Serve, dusted with sugar and cinnamon.

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## Bread, Cheese And Ale

Our old friend, Omar, went into poetry about a loaf of bread, his jug of wine and "thou"—which is all well enough under the bough of a tree in Arabia, but in this land of the free and the home of the brave, what's about a slice of bread, a slab of cheese and a mug of beer or ale?

Especially, when the bread and cheese are done up in some of the tricky ways, as for instance:  
**LONG ISLAND RABBIT**  
Each rabbit consists of one slice of white bread on which you spread mustard and butter liberally and toast to a light brown—just a very light brown—on top side using the broiler.

Remove the slice of bread and sprinkle both sides liberally with beer. Now, on the mustardy side lay a slab of American cheese a quarter inch thick. Administer several dashes of paprika! Lay a slice of bacon on top. Return to the oven and bake until bacon is cooked. If you want you may place a fried egg on top of each sandwich.

And here is another:  
**FRENCH TOAST AU GRATIN**  
Two slices of bread, well buttered, with a slice of American cheese in between—press together then dip in rich milk or half milk and half beer. Fry in butter as French toast is fried. When golden brown on both sides it is ready to serve.

Here are two quick and easy wholesome and unorthodox cheese dishes—fine for Friday luncheons or for late suppers.  
**A Moedrn American Salad**

They say it is not what you eat but what you digest that counts. This is one of the many reasons for salads. Another reason is the fine salads that are made available today. Made available by the lowered price and also fine recipes. A salad started out originally to be herbs and greens, arranged on a plate and garnished with a dressing. Today, however, the meaning of a salad has stretched to include fruits and vegetables as well, and has become a regular member of the dinner courses, being something plain and simple, or something elaborate and lovely to look at. Here is a typical American salad with those certain touches that make a salad a joy to see as well as eat.

To make this American salad place a thick slice of peeled ripe tomato with the core removed on a bed of lettuce. Push the stem of a rosette of cauliflower into the hole of the tomato and around this place green string beans that have been marinated in French dressing. Pipe a little cream cheese around the edge of the tomato to hold the beans in place.

This salad is very quickly prepared and has an attractive array of colors, besides being highly nutritious, and quickly digested.

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## Fish Recipes Ideal For Winter Menues

A few weeks ago, one of our readers wrote and said she was so sorry to see summer go as Friday's dinner gave her no trouble whatsoever during the hot weather. She merely prepared a well chilled fish salad or either tuna, salmon, shrimp or crab meat, but what to do about winter dishes? Well, here are two fine suggestions:

**FILLET OF FLOUNDER AU GRATIN**  
5 pounds flounder  
2 tablespoons flour  
3 tablespoons butter  
1 cup fine bread crumbs  
1 bay leaf  
2 cups chicken stock  
1 tablespoon lemon juice  
1 slice onion  
Salt and pepper  
Fillet and cut the fish into pieces about four inches long by three wide. Oil a baking or gratin dish and lay the fillet in it. Sprinkle salt and pepper over them and set in a cool place till needed.

Put together flour and butter; add onion, bay-leaf, chicken stock, and salt and pepper as needed. Simmer gently twenty minutes and then add lemon juice, strain the sauce and pour it over the fish. Season lightly with salt and pepper, sprinkle bread-crumbs over the sauce and fish. Bake twenty minutes in a hot oven (425 F.) and serve at once in the same dish.

**HALIBUT CREOLE**  
2 pounds halibut  
2 cups stewed tomatoes  
1 cup water  
3 cloves  
1 slice onion  
2 tablespoons butter  
1 tablespoon flour  
Salt and pepper  
Put the tomatoes, water, cloves and onion on the stove in a stewpan to boil. Mix the butter and flour together, stir them into the sauce when it boils and add the salt and pepper. Cook ten minutes and strain into a bowl.

Pour boiling water into a deep plate to the depth of one-half inch, and lay the fish in it for one minute, skin side down; when the fish is removed from the water, the black skin can be taken off easily. Wash the fish in cold water, season with salt and pepper and lay it on the baking sheet in a dripping-pan, put sliced lemon on top, then pour half the tomato around the fish and bake in a hot to moderate oven (425 to 550 F.) for thirty to forty minutes, basting three times with the remainder of the tomato sauce. Pour the sauce remaining in the bottom of the pan around the fish on the serving platter.

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## Barbecue Sauce Makes Pleasing Addition To Pork Chops

Variations even with the well-known pork chop is a very pleasing thing as eternal frying and serving it just "fried" can certainly kill one's desire. Some like them very well stuffed and breaded, others have come to prefer them browned and then cooked in a Dutch oven, and many are sure to like them in this manner:

**PORK CHOPS WITH BARBECUE SAUCE**  
6 pork chops  
Barbecue sauce  
Wipe the pork chops with a damp cloth and dust with flour. Seal on both sides until browned, then place 1 tablespoon of the barbecue sauce on each chop. Reduce heat, cover and cook slowly 5 to 8 minutes. Turn chops and place 1 tablespoon of the sauce on other side. Cover and cook slowly until tender. Serve with sauce.

**BARBECUE SAUCE**  
4 tablespoons minced onion  
1 cup tomato puree  
3/4 cup water  
2 tablespoons Worcestershire sauce  
1 tablespoon salt  
1 teaspoon paprika  
1 teaspoon chili powder  
1/2 teaspoon pepper  
1/4 teaspoon cinnamon  
Dash of ground cloves  
Combine all ingredients in the order listed. Heat to boiling and use as directed above.

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## If It's Plums You Want Serve A Hot Plum Roll

We've all discovered at one time or other that if we crave plums in a dessert we don't go looking for a plum pudding—instead we serve something like this:  
**PLUM ROLLS**  
2 cups sifted flour  
2 teaspoons double action baking powder  
1/2 teaspoon salt  
4 tablespoons butter  
3/4 cup milk (about)  
1 1/2 cups canned plums, seeded and drained  
Sift flour once, measure, add baking powder and salt, and sift again. Cut in butter. Add milk gradually until soft dough is formed. Roll 1/4 inch thick on a slightly floured board. Cover with plums. Roll in a long roll, pressing edges together. Cut into 1 1/2 inch slices. Place in greased pan and pour plum sauce over them. Bake in a hot oven (425 F.) 30 minutes, basting often. Serve hot with sauce poured around, and a tablespoon of whipped cream placed on each slice. Serves Six.

**FOR PLUM SAUCE:** Combine 1 cup sugar, 1 tablespoon flour, 1 cup plum syrup, and 1 cup water. Cook together 1 minute. Add 1 tablespoon butter.

Dip slices of calves' liver in boiling water. Drain. Roll the slices in flour to which you have added a teaspoon of baking powder. Fry in hot fat for five minutes. Serve on hot platter at once.

One would really be surprised at the many uses of the little ice cube—just a few of these uses are: they are always convenient for cooling beverages. They can be put into dishes of celery, olives, radishes, and the like either whole or crushed. They can be utilized as "nests" for cocktails, grapefruit, melons or oysters. In addition to their many food and beverage uses, ice cubes wrapped in a fine cloth can be used for massaging the face, and for cold packs.

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