

# 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

## Serve Something Different! Serve Cooked Cucumbers

Have you ever served cooked cucumbers? It isn't surprising if you haven't, because there aren't many who have! Frankly, when you first mention them, people give you that "side-wise" glance, but once eaten, they become a family "stand-by."

**STEWED CUCUMBERS**  
3 cucumbers  
6 sliced toast  
2 tablespoons fat  
2 tablespoons flour  
1 cup boiling water  
1/2 teaspoon salt  
Pepper

1 1/2 tablespoons lemon juice  
Peel medium-sized cucumbers and cut them into quarters lengthwise. Place in a shallow pan, cover with the boiling water and stew gently for ten to twenty minutes. Add salt just before cooking is completed. When done, lay them carefully on toasted bread, make a sauce of the flour, fat, water in which cucumbers were cooked, and seasonings, cook until smooth and pour the sauce over the stewed cucumber.

**CUCUMBER SAUTE**  
4 cucumbers  
Butter  
Flour  
Salt and pepper  
Minced parsley or chives  
Pare and quarter the cucumbers and boil them, without any water, for three minutes. Drain; season with salt and pepper; roll in flour and saute in a little butter until tender. Sprinkle with parsley or chives just before the cooking is completed.

## Baked Tomatoes Stuffed With Brains

Here is a dish of which the men will be particular fond. They seem to like baked stuffed tomatoes, and these filled with brains will be just another added attraction:

**TOMATOES STUFFED WITH BRAINS**  
5 firm tomatoes  
1 calf's brain  
1 small onion  
1-3 tablespoon butter  
6 olives, pitted  
Salt and pepper  
2 teaspoons chopped parsley

Wash the tomatoes, cut off the tops and scoop out the insides, leaving, however, enough of the flesh to hold the tomato firm. Melt 1 tablespoon of butter in a pan and add finely chopped onion to it; let cook for a minute without browning, and add the pulp and juice which have been taken from the tomatoes, parsley, salt and pepper. Let simmer 3 minutes; add a calf's brain, which has been parboiled with brown butter and then cut into pieces the size of a large pea. When well mixed, add chopped olives and fill the raw tomatoes with the mixture. Put a bit of butter on top of each, place in a shallow baking dish close together and bake 1/2 hour.

Make the brown butter by browning 2 tablespoons butter in a frying pan. Add 2 tablespoons coarsely chopped parsley and let fry half a minute; then add 1 tablespoon vinegar and 2 drops tabasco.

Have a veal roast larded at the market. Or cut gashes into the roast and insert slivers of pork fat. Roast, uncovered, at a low temperature.

## A Little Chicken Goes A Long Way In This Delicious Meat Pie

A savory, steaming meat pie is an appropriate starting point for the informal dinner or supper. Everybody will welcome this substantial dish, with its topping of fluffy biscuits, its flavorful gravy, rich and smooth. It may be accompanied by a fresh vegetable salad, and topped off with nuts, raisins and fruit or a date pudding for a most satisfactory meal.

The hostess can make a little chicken go a long way in a delicious pot pie. It's easy to make this delicacy to perfection and there's no tedious stirring to avoid lumps and—a small item, but one that counts in a busy kitchen—there are no extra bowls, spoons and saucepans, needed in making the other types of gravies, to be washed up.

**CHICKEN POT PIE**  
2 1/2 tablespoons quick-cooking tapioca  
1/4 teaspoon salt  
Dash of pepper  
Dash of paprika  
2 tablespoons melted butter  
2 cups cooked chicken, cut in pieces  
1 1/4 cups milk or chicken stock  
Unbaked baking powder biscuits rolled 1/4 in. thick  
Combine ingredients in order given.

Turn into greased casserole and bake in hot oven (425 F.) 25 minutes stirring mixture twice during first 10 minutes of baking. Place biscuits on top of chicken mixture after it has baked 10 minutes, return to oven, and bake 12 or 15 minutes longer, or until biscuits are browned. Serves 4.

## DATE BUTTERSCOTCH PUDDING

4 tablespoons quick-cooking tapioca  
1/2 teaspoon salt  
2 cups water  
3 tablespoons butter  
6 tablespoons brown sugar  
1/2 teaspoon vanilla  
1 cup finely cut dates  
Combine quick-cooking tapioca with remaining ingredients in a greased baking dish. Bake in moderate oven (375 F.) 30 minutes, or until done, stirring well every 10 minutes, and again when removing from oven. Serve with cream. Serves 6.

## Dutch Potatoes A Treat For A Family Luncheon

A nice little treat for both the adults and children comes in the form of Dutch potatoes—they will be nice for some day when both father and children are home for lunch, and the idea of the frankfurter right inside the potato will appeal to all.

**DUTCH POTATOES**  
6 potatoes  
6 frankfurters  
6 slices fat salt pork or bacon  
Pepper  
Scrub medium sized potatoes; pare or leave the skins on as preferred. With an apple-corer cut a tunnel through the center of each, lengthwise. Draw through each cavity one of the frankfurters. Place in a dripping pan and lay a blanket of fat salt pork or a thick slice of bacon on each potato. Pepper lightly and bake in a very hot oven (450-500 F.) until the potatoes are tender, basting occasionally with the drippings and a little hot water.

## Sweet Potatoes In A Way Sure To Please

We will soon be eating sweet potatoes—baked, mashed, candied and in any other way that one can prepare them. But, how many are going to eat them this way? Try it some time and see what it will do to the family!

**PINEAPPLE-FILLED SWEET POTATOES**  
3 large sweet potatoes  
2 tablespoons butter  
1/2 teaspoon salt  
1 tablespoon cream  
1/2 cup crushed pineapple, drained  
6 marshmallows, cut in pieces  
2 tablespoons hot pineapple juice

Wash, dry thoroughly, and bake the sweet potatoes in a hot oven (450 F.) until they are tender. Remove from oven, split in halves lengthwise and scoop out the potatoes being careful not to break the shells. Mash the potatoes and add the butter, salt, cream and pineapple and mix well. Refill the shells and top with bits of marshmallows. Place in a pan and bake with the hot pineapple juice. Bake in a moderate slow oven (325 F.) about 20 minutes or until well heated and brown.

## Scalloped Tomatoes A Pleasing Change

No matter how pleased we are with our lovely sliced garden tomatoes during the summer, we are usually pretty glad for a change to serve them cooked. Possibly stewed, possibly fried, maybe baked, or broiled, or we might choose to stuff them and bake them, or for a change serve

**SCALLOPED TOMATOES**  
6 large fresh tomatoes or 1 quart cooked tomatoes, fresh or canned  
Salt and pepper  
Bread crumbs  
Butter and other fat  
Grated cheese, if desired  
Skin fresh tomatoes and cut them into slices. If using cooked tomatoes, drain off the juice, using only the pulp. Place a layer of tomatoes in a greased baking-dish, add a seasoning of salt and pepper, then a thin layer of bread crumbs. Then add another layer of tomatoes and proceed until the materials are used, having crumbs for the top layer. Add bits of butter and bake for thirty minutes in a moderate oven (350-375 F.) Serve in the making-dish. Grated cheese may be added to each layer, or to the top one only.

Spiced gooseberries are a taste tempter to serve with a roast beef. Cook the gooseberries for a few minutes in a syrup spiced with cinnamon and cloves.

## Corn Pudding For Dinner

If a person is southern minded, she can well add that southern accent to her dinner by serving a corn pudding with the meat course. However, a person doesn't have to be Southern indeed to enjoy this fine dish.

**CORN PUDDING**  
3 tablespoons corn meal  
1 tablespoon salt  
1/2 teaspoon paprika  
1/2 cup cold milk  
2 cups hot milk  
1 tablespoon butter  
2 cups corn pulp  
2 eggs

Stir corn meal with salt, paprika and cold milk. Then stir into hot milk. Cook and stir over boiling water until the mixture thickens. Remove from fire and stir in the other ingredients. Then into a buttered casserole. Set in a pan of boiling water and cook slowly until the center is firm. Serve hot with the meat course. A tablespoon of chopped green or red pepper may be added if desired.

## Baked Beans Play Various Roles In Kitchen Drama

One can take a can of oven baked beans and where many housewives leave off, the aggressive housewife starts. There are so many interesting recipes that can be made from canned beans that it would be impossible to put them down at one time. However, here are a few:

**BAKED BEAN APPETIZER**  
To one cup of baked beans, add a small minced onion, a little green pepper, parsley, chopped celery, salt, and pepper; blend with mayonnaise and spread on buttered rounds of bread. Decorate with slices of stuffed olives.

**BAKED BEAN LOAF**  
2 cups baked beans  
2 cups bread crumbs  
1 green pepper, minced  
Melted butter to moisten  
1 egg, beaten  
1/2 cup walnuts, chopped fine  
salt and pepper to taste

Mix well together and press into buttered baking dish. Bake in a moderate oven 1/2 hour. Two or three slices of bacon can be put on top.

## Smothered Beef Calls For Less Expensive Cut Of Meat

With the prices of meats what they are, every housewife who has not tried the less expensive cuts will probably be not only willing but rather anxious to do so now. Here is one that will make an excellent dinner dish, and will set many people to wondering why they haven't tried such things before.

**SMOTHERED BEEF**  
3 pounds rump  
Flour mixed with salt and pepper  
3 large onions, sliced  
3 tablespoons fat  
2 tablespoons mild prepared mustard  
1 teaspoon celery seed  
1 cup strained tomatoes or 1/2 cup canned tomato soup

Dredge the meat with the flour and brown it in a heavy pan. Brown the onions in the fat; add the mustard, celery seed and tomatoes. Pour this sauce over the meat and simmer for three hours or more.

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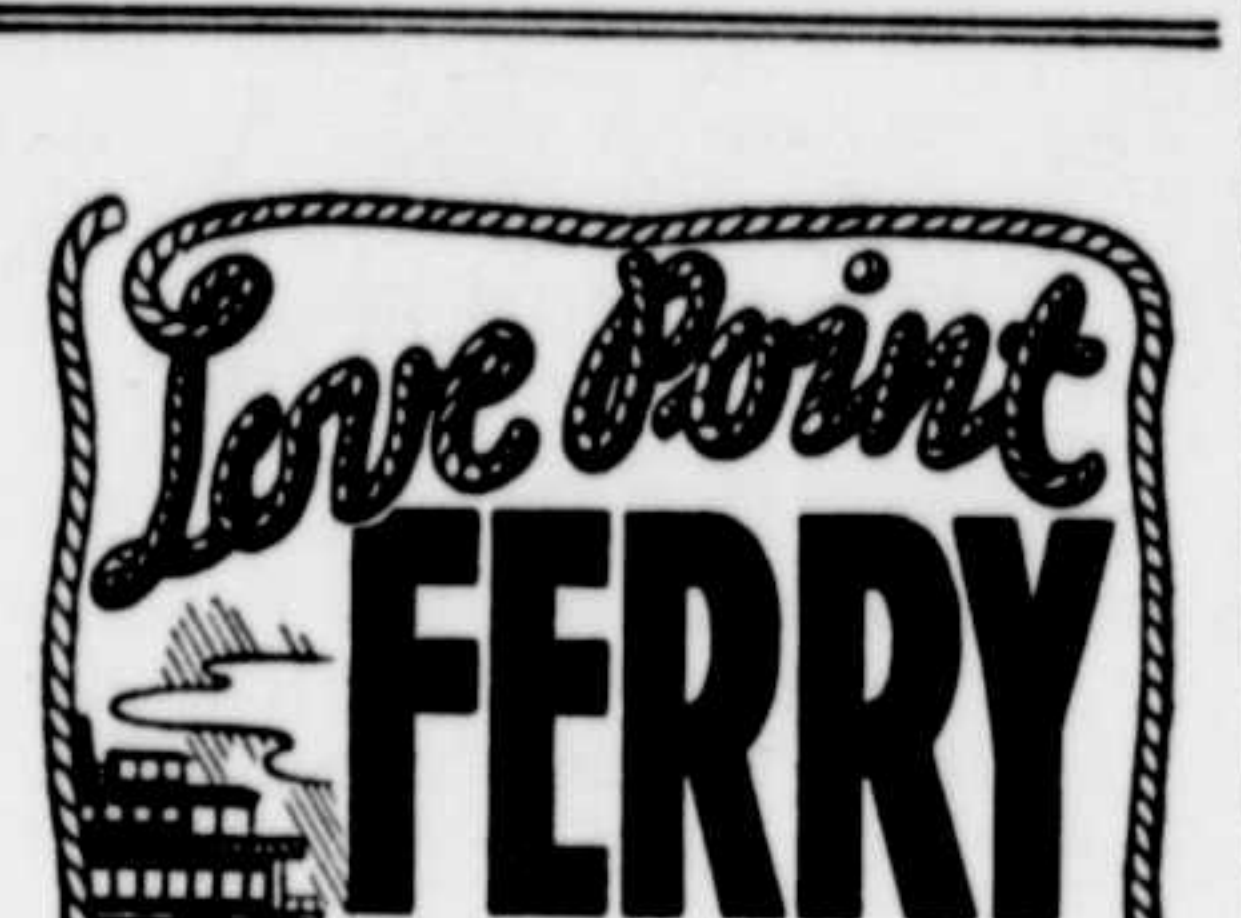
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For a taste tempter, season cream of tomato soup with peanut butter. Garnish with bits of cooked bacon and serve with toasted bread sticks.



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