

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

Holiday Buffet Supper Salad

A party salad is usually, and should always be, a gay colorful display.

- BUFFET SALAD
2 pounds boiled potatoes, sliced
1 onion, chopped very fine
1 small can pimentos, chopped fine
6 hard cooked eggs
Salt and pepper
1 can asparagus tips
1 head lettuce
2 or 3 sliced tomatoes
1/2 pound fresh boiled shrimp
1/2 cup fresh or canned cooked peas

DRESSING
To the sliced potatoes add the onion, pimento, four of the hard cooked eggs, finely chopped. Season to taste with salt and pepper. Over this pour our cream dressing and half the mayonnaise, and mix well.

New England Baked Apples

- 6 medium tart apples
2 tablespoons butter
1/2 cup maple or brown sugar
1/2 cup water

Core the apples and pare one-fourth of the way down. Put the apples in a baking dish. Place a teaspoon of butter in each core. Pour sugar over the apples, place water in the pan and bake in a hot oven 400 F. until soft (about 1/2 hour) basting every five minutes. Serve with heavy cream.

BAKED APPLES WITH CRANBERRIES

- 6 apples
2 1/2 cups cranberry sauce
6 tablespoons sugar

Wash and core the apples and place in a baking dish. Fill centers with the prepared cranberry sauce pouring the remaining sauce around the sides of the apples. Sprinkle the sugar over the top of the apples and bake in a moderate oven (350 F.) about 40 minutes or until apples are soft. Baste the apples frequently with the cranberry sauce.

Ham Souffle With Potato Balls

There are so many ingredients that go into the making of a successful meal that it would be almost impossible to think of them all on the spur of the moment.

- HAM SOUFFLE
1 cup finely chopped cooked ham
4 tablespoons butter
4 tablespoons flour
1 cup milk
3 eggs
Salt and pepper
Paprika

Have cooked ham finely chopped. Melt the butter, combine with the flour, and gradually add the milk and egg yolks. Cook until thick and season with salt and pepper and paprika. Add the finely chopped ham, then the well-beaten egg whites. Pour into a small buttered ring form, set in a pan of hot water and bake until firm.

POTATO BALLS

- 10 medium sized potatoes
3 tablespoons butter
Chopped parsley

Wash and pare the potatoes and cut out small balls with a vegetable ball cutter, and boil for five minutes. Drain and put in a shallow baking dish. Add three tablespoons of butter; bake uncovered in a moderate oven (350 F.) for about fifteen minutes or until the potatoes are soft. Sprinkle chopped parsley over the potatoes before serving and if necessary add a little melted butter.

Homemade Noodles To Accompany Gravy

Almost any meat dish having a fine tasting gravy will go well with noodles, for instance, there is a fricasse of veal, or smothered pork chops or just any number of things. The next time a housewife is planning such a meal she might like to try her hand at making her own noodles.

NOODLE DOUGH

Mix one pound of flour with five whole eggs, with a very little or no salt. Mix well, roll out very thin, and then let the dough become nearly dry. Then cut in strips. Have a pan on the fire, with about a gallon and a half of boiling water. Add the noodles and boil for seven minutes over a quick fire, so they will not stick together. Drain off the water and pour two ounces of hot melted butter over the noodles. A little grated nutmeg may be added, if desired. Noodles, like macaroni, may be prepared in a great many ways.

Bear Steak Without A Bear

In the heart of the game country, bear steaks are a great delicacy, but many an enjoyable imitation bear steak party may be given far from any bear—in the remote fastness of the great cities—by just keeping in mind that bear meat is dark red in color, coarse in texture and somewhat "wild" in flavor.

To produce imitation bear meat steaks, get your meat man to cut beef rib steaks about an inch and a half thick and soak in vinegar for about a half day. Then, with the broiler hot, slip in the steaks, well buttered, and sear quickly on both sides. Then with the flame reduced, broil slowly, for about ten to twelve minutes for a rare steak or about half an hour for a well-done steak. With this steak, serve a "bear steak sauce" made by melting about four tablespoons of butter and adding a couple of pinches of salt, pepper to taste, some finely chopped parsley, a tablespoon of lemon juice and a couple of tablespoons of sherry wine serving it very hot.

With this imitation bear steak serve cottage fried potatoes sauted corn and a well mixed field salad. Old fashioned boiled coffee, good and strong, is just about the right beverage.

Hawaiian Cocktail

On a small glass plate lay a slice of pineapple. On top of this lay sections of oranges, placing them so that they resemble petals of a flower. Fill centers with seeded grapes. Sprinkle with powdered sugar and chill thoroughly.

When Sunday Evenings Turn Crisp

The cool and crisp evenings are just ahead of us. And Sunday evening supper is replete with possibilities.

Now, everyone knows that a real pot of oven baked beans take hours and hours to prepare, but all too few of us fail to realize that the job is about ninety per cent done these days by the professional bean man. But note we say "90%".

There is a touch or two we must add to make the bean supper a success. Have handy a good old bean-pot, well washed and evidently much used. Into this place the beans, from the cans. But be sure to get, for this purpose, real oven baked beans. Now, help the cause along by adding half a cup or so of good molasses and sprinkle with a bit of brown sugar. Then, using a side of unliced bacon, cut off as many strips as desired, about a quarter of an inch in thickness, and lay side by side on top of the beans. Place all this into a hot oven and when the bacon has cooked nice and brown, supper is ready.

You may also buy cans of ready cooked brown beans, needing only to be heated. And with this bean supper it is hard to beat sliced tomatoes for a salad. The dessert must be light and should be good and cold. Fresh sliced pineapple or a watermelon or sherbert or water ice all commend themselves.

To make pickle fans, use small sweet gerkins, first splitting in half lengthwise, then cutting very thin parallel sections along the length of the pickle. Carefully spread out the sections like a fan.

Delicious Dressings That Can Be Made In Five Minutes

A new dressing makes a new salad even if it is served on the identical kind of salad green we have been eating every day for years. Here are some delicious dressings that can be made in five minutes and, best of all, they are guaranteed failure-proof.

SOLE SLAW DRESSING

- 1-3 cups (1 can) sweetened condensed milk
1 teaspoon salt
1/2 cup vinegar
1 teaspoon dry mustard

Blend thoroughly sweetened condensed milk, salt, vinegar and mustard. Stir until mixture thickens. Allow to stand a few minutes to stiffen. This makes an especially good dressing for coleslaw.

MUSTARD SALAD DRESSING

- 1/4 cup sweetened condensed milk
1/4 cup tomato catsup
1/4 cup prepared mustard

Thoroughly blend sweetened condensed milk, tomato catsup and prepared mustard. Makes 1/2 cup.

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