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

Peas and Spaghetti Combined Tasty Luncheon Dish

Fortunately for us, canned goods lend themselves to innumerable combinations that are exceptionally in taste and simple in preparation. A shelf filled with canned goods can so often be the saving of face when unexpected company "drop in" or when a lunch must be prepared with no fresh food stuffs on hand. Here is one such combination:

PEA AND SPAGHETTI LOAF
1 No. 2 can peas, well mashed
1 No. 2 can spaghetti with tomato sauce
1¼ cups milk or cream
1 cup bread crumbs
1 cup grated cheese
4 tablespoons fat
1 onion, finally chopped
1 tablespoon chopped green pepper
1 tablespoon chopped pimento
1 tablespoon parsley, chopped
4 eggs
1 teaspoon salt
¼ teaspoon pepper
1-3 teaspoon paprika
1 teaspoon Worcestershire sauce

Cook the onion, peppers, pimento, parsley and seasonings in the fat until the vegetables are tender. It is wise to use the inner pan of a double boiler for this. When the vegetables are tender, put the duoble boiler together and add the milk to the first mixture. Then add the bread crumbs peas, cheese and chopped spaghetti. Heat thoroughly. Remove from the fire and add the slightly beaten eggs, mixing well. Pour into a buttered baking dish. Bake in a moderate oven 45 to 50 minutes. When done, remove from the dish and serve with a well flavored brown sauce. This will serve six to eight.

Codfish Cakes and Bacon Makes Ideal Morning Meal

Having spent some time in New England we have become completely and firmly convinced that in spite of all the "pros" and "cons" a good dish of codfish cakes and bacon makes a most delightful and eatable breakfast dish. Now a codfish cake isn't something that anyone can just settle down and prepare, they must be gone about in a very methodical manner in order to be "just right—in other words—like this:

CODFISH CAKES AND BACON
2 cups salt codfish
2 cups hot mashed potatoes
1 tablespoon butter
1 egg
1 cup milk
½ teaspoon baking powder
⅛ teaspoon pepper
Bacon

Soak the codfish in cold water for several hours. Drain and cover with fresh, cold water and simmer until the fish is tender. Drain. Remove any bones and chop the codfish. Combine all the ingredients excepting the becon, and beat until light. Cover and let stand over night. In the morning mold the cakes about ½-inch thick. Fry two strips of bacon for each person. Drain on unglazer paper in a warm place. Fry the fish cakes in the bacon fat and serve with the crisp bacon.

Magic Christmas Frosting

2-3 cup sweetened condensed milk
4 tablespoons butter
1 teaspoon vanilla
2½ cups sifted confectioners' (4X) sugar

Cream sweetened condensed milk and butter together. Add vanilla, mixing well. (Other flavoring may be used). Add confectioners' sugar graudally, beating until smooth and light in color. This frosting may be tinted any color by the addition of a speck of food coloring. Pale tints are most attractive. Spread on cold cake. Makes enough frosting to cover tops of 2 (-inch) layers or top and sides of loaf cake or about 24 cup cakes.

Catholic midshipmen at the Naval Academy, by special dispensation, are not required to abstain from meat on Fridays.

Shrimp Newburg

Newbergs, when prepared just so make grand dinner dishes. Their fine flavor making eating a distinct pleasure. Shrimp lover's will relish this recipe and vegetarians will be tempted to try it.

SHRIMP NEWBERG
3 pounds shrimp
½ cup salt
1 bay leaf
Cayenne pepper
Thyme
1 pint scalded sweet milk
1 tablespoon flour
1 heaping tablespoon butter
1 wine glass sherry
1 egg

Boil the shrimp about 20 minutes in water to which the seasonings have been added. Remove the shells, cream together the flour and butter, put in a double boiler and add the scalded milk very gradually, stirring constantly and let it cook until it thickens. Add red pepper. Remove from fire and add the sherry. Just before serving add the egg, well beaten.

Scrambled Eggs For Every Day

One could scramble eggs every day for a month with variations and never repeat the same style twice. Just a little of this or of that and it seems an entirely new dish. Such as:

SCRAMBLED EGGS LUCULLUS

Put in a casserole one ounce butter, and three truffles cut in dice about one-eighth inch square. Heat through, and then add eight beaten eggs, and one-half cup of cream. Season with salt and pepper, then scramble and dish up on a china platter.

TEXAS CLOVER

Chop a green pepper, put in a casserole simmer until the peppers are soft; then add ten beaten eggs, with one ounce of butter and season with salt and pepper, scramble. Before serving add a dozen parboiled oysters a little cream and a piece of fresh butter.

SCRAMBLED EGGS, BULLIT

Peel six heads of fresh mushrooms, slice very thin, and put in a sauce pan with one ounce of butter. Simmer until done, then add twelve beaten eggs, one cup of cream two ounces sweet butter and a little salt and pepper. Scramble the eggs, and dish up on a platter on top of four slices of fried egg plant.

Raised Brown Bread

1½ cups boiling water
1½ cups Whole Bran
1 tablespoon shortening
1 tesapoon salt
1 cake compressed yeast
¼ cup lukewarm water
¼ cup molasses
4 cups sifted flour (about)
½ cup raisins (if desired)

Pour water over Whole Bran, add shortening and salt, and let stand until lukewarm. Combine yeast and lukewarm water, stirring until smooth. Add to bran mixture. Add molasses and 2 cups flour. Beat well. Add raisins. Add flour to make a soft dough. Knead until smooth. Place in greased bowl, cover, and let rise in warm place until double in bulk. Bake in hot oven (400 F.) 1 hour, or until done. Makes 1 loaf brown bread.

Correct arrangement on the salad plate or in the bowl is all important to the attractiveness of a salad. The greens should be crisp and perky. This goes far toward giving salads a jaunty, inviting air. Let the salad greens stand up around the salad mixture, rather than lie flat on the plate.

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Salt-Rising Bread A Tasty Addition To Winter Menues

Those who have never eaten salt-rising bread are really in for a treat. It just has that certain something that is hard to explain. It isn't difficult to make and by no means difficult to eat. Some like it plain and others prefer it toasted, but one way or the other, it will certainly do wonders to any meal at which it is served.

SALT-RISING BREAD
1 cup milk, scalded
4 tablespoons cornmeal
2 tablespoons sugar
1½ teaspoons salt
3 tablespoons melted shortening
1 cup lukewarm water
5 cups flour (about)

Scald cornmeal, sugar and ½ teaspoon of salt with the milk. Let stand in a warm place overnight or until fermented. Into this "yeast" stir in the shortening, remaining teaspoon of salt, lukewarm water and 2 cups of flour. Return to a warm place and let rise until sponge is very light. Gradually stir in remaining flour and shortening. Knead until smooth, shape inot loaves and place in 2 greased bread pans. Cover and let rise until 2½ times its original bulk. Bake in a moderately hot oven (375 F.) for 10 minutes. Lower heat to moderate (350 F.) and bake 25 minutes longer. Salt-rising bread is not so light as yeast bread. It is moist and crumbly. The "yeast" will keep 2 to 3 weeks in cool weather and is not injured by freezing. In warm weather only 1-3 quantity of "yeast" is required.

Onion Souffle

1½ tablespoons butter
1½ tablespoons flour
1 cup rich milk
¼ teaspoon salt
⅛ teaspoon pepper
¼ cup soft bread crumbs
1 egg yolk
3 egg whites, stiffly beaten

Peel onions. Cook in boiling salted water until tender. Drain thoroughly, chop and drain again. Force through a sieve. There should be 1 cup thick puree. Blend butter and flour, add milk to make a cream sauce. Add crumbs, egg yolk, salt and pepper. Combine with the onion puree. Fold in egg whites. Pour into a buttered baking dish. Set dish in a pan of hot water and bake 40 minutes in a moderate oven (350 F.) Serves six. Serve as an entree or with the meat course. Delicious with fowl.

Separate whites from the yolks of eggs; beat until dry. Butter a small baking dish in which the eggs are to be served; sprinkle fine bread crumbs in the bottom. Place beaten whites in dish, make hollow and slip in the yolks, set the bowl in a saucepan containing boiling water, cover and cook until the white is firm. Set in hot oven for 1 minute or hold the dish over the flame in broiling oven.

Santa Claus Frosting

2 cups confectioners' (4X) sugar
½ cup sweetened condensed milk
¼ cup drained maraschino cherries finely chopped

Stir sifted confectioners' sugar into sweetened condensed milk. Add maraschino cherries which have been finely chopped and beat until smooth and creamy. Spread on cold cake. Makes enough frosting to cover tops of 2 (9-inch) layers or top and sides of loaf cake or about 18 cup cakes.

Creole Trout Increases Interest In Fish Dinners

Though fish is gradually gaining in popularity ,there are still those who eat it only when necessary. This may be because the poor fish hasn't been treated in the proper manner and if it is, the next time a trout is to be served try him this way:

CREOLE TROUT
2 pounds trout
3 hard boiled eggs, chopped
2 pounds shrimp, boiled and chopped
½ pound American cheese, grated
1 can mushrooms
1 tablespoon chopped oysters
White sauce

Boil the fish. When cool enough to handle, remove skin and bones. Separate fish into large pieces. Into a buttered casserole put ½ the fish, covered with ½ the cheese, eggs, shrimp, mushrooms and oysters. Repeat. Then pour white sauce over this and bake about 30 minutes in a moderate oven 350 F.

Vegetable Hash With Fried Salt Pork

2 cups cold boiled potatoes, diced
1 cup cooked beets, diced
1 cup cooked carrots, diced
1 onion finely minced
½ tesapoon salt
¼ teaspono pepper
½ cup cream
6 slices salt pork

Fry the sliced salt pork until crisp and brown. Drain on unglazed brown paper and keep hot while preparing the hash. Put 4 tablespoons of the fat from the pork in a pan and add the vegetables which have been mixed together and seasoned. Pour over this the cream and mix well. Fry until nicely browned. Serve garnished with the strips of salt pork.

Canned foods usually are sold by brand. Study brands, and learn their characteristics. Some canners pack fancy products under one brand name, choice under another and standard under a third. Every can label must tell certain facts about the contents of the can. But at the present time there is no standardized system of labeling to indicated quality and style. Some labels carry much more information than others and help the buyer to choose the food best suited to her purpose.

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TO ORGANIZE MARYLAND

Miss Catherine Gaule accepts the certificate of appointment as Maryland Director of Organization for the 1942 "Fight Infantile Paralysis" Campaign. Miss Gaule, of Baltimore, has long served on the Committee for the Celebration of the President's Birthday for the National Foundation for Infantile Paralysis. Many thousands in Maryland will participate in the President's Diamond Jubilee Birthday celebration in January, which will reach its climax on January 30th when President Roosevelt will be 60 years old. The picture shows (left) Keith Morgan of New York, National Chairman of the Committee for the Celebration of the President's Birthday, presenting the certificate to Miss Gaule at the recent meeting of State Campaign Chairmen at Washington, D. C.

One Statue Dedicated to Childhood

"Dedicated to the children of the world" is this statue of the patron saint of Christmas on the village square at Santa Claus, Ind., a rural Hoosier hamlet that has achieved fame because of the uniqueness of its name. With only 19 population and a "general store" that serves as post office, this little town annually handles more th[illegible] pieces of mail at the Christm[illegible]on. Here old St. Nick's "official" Indiana cou[illegible]es Yeilig, of Santa Claus, who ea[illegible] than 25,000 letters to Santa f[illegible] with the [illegible]

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