

# Good Things for the Table---Offerings of the Market---Household Hints

## Green Vegetables Here

Spring is casting its fair shadow before in the stores and provision shops of Omaha, where already a great variety of vegetables that belong to the spring time are waiting the pleasure of the people.

Succulent green things that put vim into the blood and clear out the sluggishness that the winter has stored up are here in profusion, chiefly from the sunny southland.

Head lettuce is especially nice and crisp. It comes from the south and from California.

Artichokes are here, too, from California. The folks who like them tie a string around them to keep their leaves from falling and then boil them in salt water for about twenty minutes.

Cucumbers from the local hot-houses are ready. Also splendid, fat, crisp celery will the way from California.

Tomatoes are especially nice. They come from Florida.

And here are green peas and beans in their native shells, crisp as they were the moment they were picked from the vines in California and Florida.

Radishes, young onions, new beets, turnips and carrots from Tennessee, Louisiana and Florida are plentiful.

And strawberries, great big, red ones from Florida!

Leeks, French endives, Brussels sprouts, big, new Spanish onions, you can get any of them now.

Apples are plentiful, fancy stock coming from the north Pacific coast chiefly—Spitzenburgs, White Winter Pearmain, Stamen Winesaps and Jonathans.

There is a variety of pear that grows in California in the winter which is now on the Omaha market.

Navel oranges are at the height of their season and the care taken in growing and packing this fruit in the last few years is apparent in the high quality of the fruit.

## Cormorants as Fishers The Birds Work for Their Japanese Masters and Ask No Pay



## Mother's Busy Hour

"Please state to the court exactly what you did between 8 and 9 o'clock Wednesday morning," said the lawyer to a delicate looking little woman in the witness box, as reported in a Kansas paper.

"Well," she said, after a moment's reflection, "I washed my two children and got them ready for school, and sewed a button on Johnny's coat and mended a rent in Nellie's dress. Then I tidied up my sitting room and made two beds, and watered my plants and glanced over the morning paper. Then I dusted my parlor and set things to rights in it, and washed some lamp chimneys and combed the baby's hair and sewed a button on one of her little shoes; and then I swept my outside steps and brushed and put away the children's Sunday clothes, and wrote a note to Johnny's teacher asking her to excuse him for not being at school on Friday. Then I fed my canary and cleared off the breakfast table and gave the grocery boy an order, and then I sat down and rested a few minutes before the clock struck 8. That's all."

"All," said the dazed lawyer. "Excuse me, your honor; I must get my breath before I call the next witness."

## Household Hints

To clean nickel-silver ornaments, dip a piece of flannel in ammonia and rub the article.

To clean jet passementerie, rub it with a cloth dipped in equal parts of alcohol and water. Dry it immediately with a clean cloth.

To clean raincoats, sponge with a mixture of alcohol and ether, to which is added a tablespoonful of ammonia to a pint of the liquid.

To clean white leather belts, rub them with a piece of white flannel which has been dipped in powdered borax.

To freshen plush, sponge it with chloroform.

## Business Ethics in Housekeeping

With busy women it is often a problem how to combine business with successful home-making. A writer in the New York Tribune explains how this may be done, insisting that her only secret of success is in doing the same thing at the same time every day, eliminating all unnecessary things in the matter of food, clothing and house furnishings, and, at the same time, keeping a home that is cozy and comfortable at all times.

This woman applies business ethics to cooking and cleaning; she eliminates unessentials, uses every minute to good advantage, and does her planning ahead. In describing her day in detail, she tells of rising every morning at 6:30 and preparing a breakfast of fruit, chops or eggs, hot biscuit or toast; the family breakfast is finished at 7:30. In the meantime, beds have been aired so that they can be made immediately after the meal and the rooms put to rights. Then the breakfast dishes are washed and put away, after which a simple dessert is prepared for dinner. Then this lady, on leaving her apartment at 8:30, proceeds to market; there she buys whatever she needs for the evening and orders the things delivered at 6 o'clock.

When she reaches home about 6 o'clock, she starts the dinner preparations at once; the pudding is now put into the oven. While the steak, chops, or fish, which may be prepared in a half hour, are cooking, fifteen minutes are devoted to the use of carpet sweeper and duster. This is all the daily cleaning that the five-apartment gets, but once a week a cleaning woman comes—sweeps, scrubs floors, rubs furniture and cleans everything thoroughly. For several years this plan has been followed with success, the thorough weekly cleaning, supplemented by the daily fifteen minutes, sufficing to keep the house in good condition.

Sometimes canned soup is used; sometimes enough soup is made on Saturdays

to last for several dinners. Daily made desserts are chosen; rice, tapioca and bread pudding may all be prepared in the morning and baked in the evening and sauces of different flavorings will give variety. On Saturday afternoons extensive marketing is done, staple foods being laid in for the following week. For the Saturday evening dinner, this family has a good sized roast, the cold meat from which will be good for Sunday night's dinner. A cake made on Sunday is also of a kind to keep fresh for several days.

These are some of the businesslike ways worked out by this New York woman, who closes her article by saying: "Of course, there are many things done by some housekeepers that I do not attempt, but from what I know of living in apartments my home is kept as well and our food is as good as where the woman devotes the major part of her time to housekeeping."

## Patriotic Jewelry Fad

Patriotic designs in jewelry are the reigning fad with men and women, and even children. Much of it is being sold in New York and the manufacturing jewelers have all they can do to fill the orders that are pouring in from other cities. With patriotic novelties profusely displayed in the Broadway shop windows is worthy of note that the designers are careful not to lead the martial spirit in jewelry fashions any further than preparedness. The style in elegant and costly jewelry, as a modest show of patriotism, are three-stone rings—red, white and blue gems—or clusters of thirteen stones to represent the original colonies. One large manufacturing concern is devoting nearly all its energies to the output of novelties that bear some representation of the Status of Liberty. These are attractive in the multiplicity of designs and are so inexpensive as to be within the reach of everybody.

## In-Shoots

A man can write a beautiful love letter and yet in time be arrested for non-support.

There are a lot of skulls about us that might be improved by the vacuum cleaner.

Some women imagine a poor excuse of a husband to be better than none. They are mistaken.

The modern mossback appears to be the one who would rather read Shakespeares than the movie magazines.

The baby may be a delicate creature, but his stomach is about the only one that can stand raw milk.

The more brutal the instincts of the wife the better, she loves the husband who beats her.

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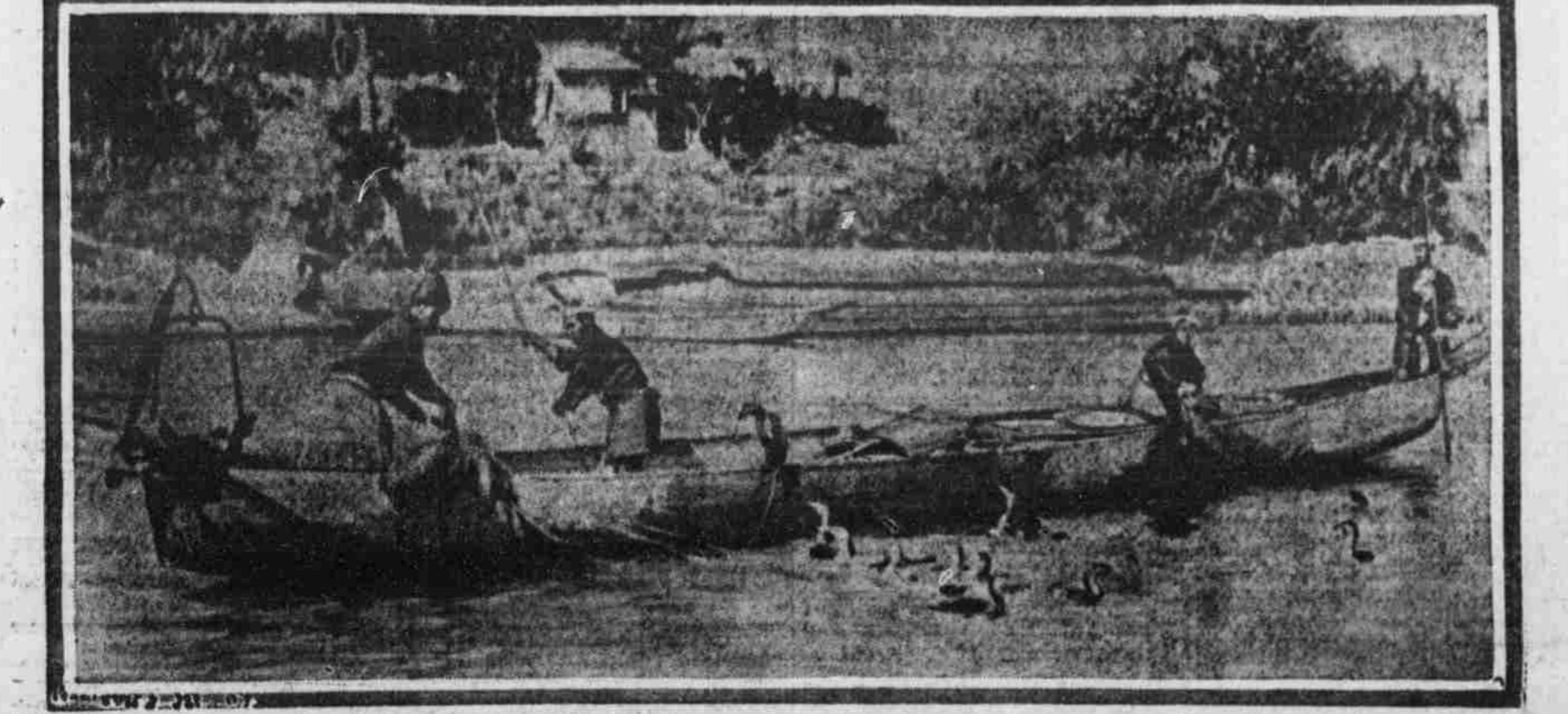
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Above—Two men harnessing a cormorant. Reins are tied to the collar about the neck. The collar prevents the bird swallowing any but the smallest fish. Below—The fishing in full swing.

In the same way that hawks and falcons were formerly used in Europe to replenish their masters' larders with game, so the Chinese and Japanese still employ trained cormorants; but in their case they are used solely for economic purposes. With the Japanese on the river Nagara the season lasts from May

to October, during which time the river is visited by a small migratory fish, locally called "al." On the Nagara the method of fishing is for some six or seven boats to work in company.

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## Many Reasons for Eating Oysters

By GARRETT F. SEBIVISS.

In these days of costly living it is good to be told that the price of oysters has not risen, for oysters are among the most nutritious and easily digestible of animal foods for man. The bureau of fisheries is authority for the statement that the oyster "is more nearly than most foods self-sufficient as a diet." Moreover, it has a reputation as a "brain food," which probably arises from its ready digestibility, because whatever enables the bodily machine to run strongly and easily necessarily steadies and stimulates the action of the brain cells. "It is remarkable among ordinary food substances," says the same authority, "in its high proportion of glycogen, a substance resembling starch, but more readily and easily assimilated, and, unlike starch, wholly digestible even when uncooked."

There you have the explanation of the great popularity of raw oysters, which is also due, of course, to their delicious and altogether inimitable flavor when properly seasoned. Once in a while you meet a person who doesn't like oysters, but such persons are rare and usually convertible. Some persons learn to like oysters as boys learn to like tobacco, by repeated trial. The cryptic charm is as beneficent in the one case as it is maleficent in the other.

It is also good to be assured by official authority that "it can be said that oysters are today more sanitary and better than ever, and that there is, at least, as sufficient a guarantee of their wholesomeness as there is of milk, strawberries, lettuce, celery and other foods not usually cooked for consumption."

For the cheer of those who like oysters, but are afraid of possible pollution, it is added that "if the oysters be cooked there is a double guarantee," which I take to mean that when cooked the oyster is always harmless, and no less nutritious. A steaming oyster stew, made by a competent cook, is certainly a terrestrial ambrosia, which diffuses a delicious sense of comfort through the whole body as nothing else can. Every organ and function feels the genial influence.

High authority avers that the oyster needs the ordinary ingredients used in cooking—starches and fats—to give it balance. It may be so, but, personally, I find no lack of "balance" in the raw oyster. My mouth waters at the recollection of the raw oysters from a can which I used to eat when a boy in the country, where oysters in the shell were not to be had. But a strong argument in favor of cooking is that, by the addition of a few inexpensive ingredients, a diet of cooked oysters, whether broiled, stewed, creamed, sherried, fried, or otherwise prepared, makes a more satisfying meal than the same number of raw oysters would do.

Externally hardly anything could appear more unpromising from the view-

point of a hungry man than an oyster, particularly while it is still in its shell. It would be interesting to know what circumstances, or accident, first led primitive man to try the taste of an oyster. Probably some starving savage happened to break a shell and, seeing the juicy contents, swallowed them as a desperate experiment.

It is easy to picture his amazed delight over the savory morsel, even though he had no salt, pepper or vinegar to bring out its best flavor, and what a sensation this discovery must have made when he communicated it to his skin-clad fellows! How well they liked it is sufficiently indicated by the immense heaps of oyster and other bivalve shells, called "kitchen middens," which prehistoric man left on the seashore of Scandinavia and elsewhere. It is no exaggeration to say that oysters were almost the first animal food that man ever tasted.

It is safe to wager that not one in a hundred persons who eat oysters with great gusto knows that an oyster in its infancy lives without a shell, and swims about in the water, although it is never a speeder. In this larval state the embryo oyster is furnished with little bristles with which it rows itself along, or keeps suspended in a current. After a short time a shell begins to form, and the weight of this, as it grows, brings the creature down to the bottom, where it fixes itself upon some solid object, preferably a rock.

The vast majority of the little oysters

## Housewives Open War on Dishrag

The old-fashioned dish rag and dish towel are to be forever relegated to the ash heap. Members of the Housewives' league of St. Louis decided at the annual meeting at the Woman's City club that they had seen their day. To take their place the up-to-date housekeepers have supplied a brush or a woven copper dish cloth and scalding water.

"It simply isn't done any more in the kitchens of the good housekeepers," said Mrs. John Bley, the president of the club. "The old rag we used to use was dirty and unsanitary and the towels were little better. Now dishes are washed with a sanitary brush and put into scalding water and set in a rack to dry. Then the brushes or copper dish cleaners are cleaned and scalded, and the dishes are spotless and ready to put away. It makes housekeeping much easier."

Kitchen utensils which members had found particularly useful on exhibition were a wire pie pan guaranteed to make a soggy pie crust impossible, a skimmer to take the cream from milk bottles, a stirring spoon with no bowl, cream whipper that does not splash, and wall paper protectors for woodwork washing—St. Louis Globe-Democrat.

make this

Candied Orange Peel

Remove peel from four thin-skinned oranges in quarters. Cover with cold water, bring to boiling-point, and boil slowly until soft. Drain, reserving white portion, using scissors. Boil one-half cup water and one cup sugar until thick. Drop in peel and cook five minutes, drain, and coat with fine granulated sugar.

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