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

# Cocoanuts Make Debut

Omaha markets just now. The whole world seems to contribute to the gastronomic delectation of ourselves, and good things come from the far countries, even in spite of the war.

Here are grapes from sunny Spain, Malaga grapes as they are called, the kind, you know, that come packed in cork-dust in barrels and thus make their long journey over sea and land without deterioration.

The Tokay grapes that are in such abundance in Omaha now have gone up in price, being from 12 to 15 cents a pound, though they made their debut here at 16 cents.

Figs of all kinds, many of them big, splendid ones from California, are on land. And a comparatively rare article in this line is fresh, ripe figs in

## Nuts Are Nourishing

chestnut belongs, and which consists almost entirely of starch. The poorer people of foreign countries have shown us its possibilities as a stuffing, boiled as a vegetable or preserved as those delicious "marrons."

Nuts for Children.

Although nute may have been considered indigestible, these unpleasant results have been due generally not to the nut itself, but to the manner in which it was eaten. Of course, they will prove a tax if eaten on top of an otherwise heavy meal, or when combined with rich sugar or if they are not thoroughly masticated. But children should have nuts, and plenty of them, and they should be taught to chew them thoroughly, and in case of some nuts, especially almonds the tough outer coating should be removed by blanching in boiling water.

It is also an easy matter to urind

It is also an easy matter to grind, ruts through the meat chopper, either in coarse particles or in the form of a "butter," which can then be spread on bread. The nut bowl should be kept heaped on the side table, as an otherwise heats, inadequate meal can otherwise hasty, inadequate meal can be made substantial by the addition of walnuts, almonds or filberts. The protein of nuts is exactly what growing children should have, and it is not an extravagance to keep a supply on hand, even if native ones are un-

The old-fashioned method of crack-Another novelty is a bowl of polished wood with a permanent sheller, operwand the mark of the work both an another novelty is a bowl of polished wood with a permanent sheller, operwand the mark of the work both and permanent sheller, operwand with a permanent sheller, operwand the shame with the shame with the shame with the work both efficiently and pleasured with the meat comes out whole. Another novelty is a bowl of polished wood with a permanent sheller, operwand with the meat comes out whole. ing nuts with the edge of a flatiron or wood with a permanent sheller, operating by the pressure of a screwing liandle, which bears down on the aut, thus bursting it and allowing the nut, meats to fall out whole. The same device comes with a clamp, which can be fastened to the edge of the table. For kitchen use the latter is most practical and far superior.

The sharp winds of autumn are to the old simple lever "cracker." bringing in their train not only sparkthe sample whose of adding are like in the out suppression in their train not only sparking ing their train not only sparking the housewife who thinks that his accounts and increased appeties, but a harvest of rich food value. However, it frequently happens that we do not appreciate sufficiently the things that are close at hand and inexpensive, and this seems to be true of our native nuts—hickories, chestnuts, butternuts, black walnuts, filberts—which may all be found in woods and along the road.

Until recently always regarded as a delicacy or a confection, nuts are at last taking their place as true food, giving us the highest food value, comparable to meat, fat and starch, in the smallest condensed shape. It is no longer a joke that a handful of peanuts furnishes as much nutriment as a pound of meat, or that a dozen almonds are sufficient for half the longswife who thinks that into a sweetmeat will once try making nut dishes, she will be surprised at their number and variety. When meat palls or when its government inspection. The rooms in which the cutting, chopping and all rorate the formit hams. The fat is from the choice pork shoulders.

Before these cuts are made the porker has passed four varieties of government inspection. The rooms in which the cutting, chopping and all roads of sausage making is carried on are under the direct supervision of inspectors employed by a most delicious cream puree made, using peanut butter. Use chestnuts for fow stuffing or a vegetable accompaniment to beefsteak and you will be surprised at the delicious, not provided the direct supervision of inspectors employed by a most delicious cream puree made, will be surprised at their number and variety. When meat palls or when its government inspection. The rooms in which the cutting, chopping and all roads or sausages making it of the fat is from the choice pork shoulders.

Before these cuts are made the porker has passed four varieties of government inspection. The rooms in which the cutting on a surgical at their number and

peanuts furnishes as much nutriment as a pound of meat, or that a dozen almonds are sufficient for half the food supply of a meal. Most nuts consist of protein and oil. The exceptions are that group to which the chestnut belongs, and which consist almost entirely of starch. The poorer people of foreign countries have shown us its possibilities as a stuffing, boiled as a vegetable or preserved as those delicious "marrons."

Nuts for Children.

She (upstairs)—Clarence!

He—Yes, love.

She—Have you locked the icebox?

He—Uh-huh.

She—Have you locked the dining oom window?

He—Sure.

She—Have you hidden the silver under the bathtub?

nder the bathtup:

He—Yep.

She—Did you put the cat out?

He—Uh-huh.

She—Did you bring the hose in?

He—Sure thing.

She—Have you fixed some

ater?

water?
He-Oh-h-h, yes.
She-Have you brought the rug in from the porch?
He-Yes.
She-Have you fastened all the parlor windows?
He-Sure.
She-Have you been down in the basement to smell for gas?
He-Yes.
She-Have you brought in the hammock?

CASH AND JOY-CREDIT AND WORRY

#### Making Fresh Sausages

is one important improvement, however, due to the progress of the times. All the meat used in the delicious sausages made by the reliable commercial producer doing interstate business has passed the United States government meat inspection. The only change in the sausage formula is the elimination of the flour or cereal used in the early days. The highest grade farm style sausages we buy today are all pure pork and seasoning. Every one who hopes to again enjoy a breakfast of savory, delicately browned sausages and cakes is as interested as the writer in the story of how sausages are made. Many points noted in a trip through the wonderful plant will be of actual information as well as of interest to the general

well as of interest to the general

public.

The lean meat used for high grade sausages is from the select, lean, California hams. The fat is from the choice pork shoulders.

Before these cuts are made the porker has passed four varieties of government inspection. The rooms in which the cutting, chopping and all processes of sausage making is carried on are under the direct supervision of inspectors employed by

seasoning.

The casings, which have been carefully washed, are filled with the expertly blended and spiced pork. The sausages are then taken to the chill room, where they are left under the play of an electric fan. This dries out all surplus moisture and prevents any tendency of the product to sweat. The national producer has so o's anized his forces that by making sausages in various plants he is able to supply the dealers throughout the country with fresh sausages the day after making.

after making. The salesmen are instructed to urge the grocer not to take more than he is sure of selling. The producer does his best to assure the consumer fresh this, the consumer has but to demand this perfect product, the supply of which is but part of the producer's

which is but part of the producer's service.

To make a sausage roast requires one or more pounds of bulk sausage. Wrap each pound separately in thin white muslin, fastening the muslin carefully so that the pounds will retain their shape. Barely cover with water and allow to cook thoroughly, but not overdone. When cooked pour off the broth left to be used later in making old fashioned southern grays. making old fashioned southern gravy.

Remove muslin and put in a hot oven to brown slightly on top. Serve on platter with large spoonfuls of

on platter with large spoonfuls of cranberry sauce.

To make the old fashioned southern gravy have about a teaspoonful of fat frying hot, add to this two teaspoons of flour. Stir this until the flour gets to a light brown. To this add the broth from the sausage, which will make a rich brown gravy. You may add to this a little butter or rich, sweet milk. Of course, only enough of the liquid is added to make proper thickness for gravy.

ASE FOR and GRT **HORLICK'S** 

THE ORIGINAL MALTED MILK

## Italian Favorites

Cocoanuts Make Debut

On the Omaha Markets

Nearly every nation is said to have a national sausage. American food producers sent experts abroad to find out just how these various sausages are made, and now we produce the foreign varieties ourselves. It is the foreign varieties ourselves. It is the fasty, nutritious, little fresh pork sausage than markets just now. The whole world seems to contribute to the gastronomic delectation of ourselves, and good things come from the far countries. Even in spite of the war.

There are some interesting rare finite and other delicacies on the olicacies availing your pleasure at the groceryman's counter.

There was no need to send abroad to find out just how these various sausages are made, and now we produce the foreign varieties ourselves. It is the fasty, nutritious, little fresh pork sausage than may be called the American national sausage, however.

There was no need to send abroad to find out just how these various sausages are made, and now we produce the foreign varieties ourselves. It is the tasty, nutritious, little fresh pork sausages are made to cooking is more intensely national than ltaly. One cannot think of the lation cook would probably substitute a good pure leaf lard. A can of tomacoes puree may be substituted and for this formula. The method of making has been handed down from the days of our hardy forefathers. There is no country where the tablespoon and a half of butter can cooking is more intensely national for the recipe, although the lation cook would probably substitute a good pure leaf lard. A can of tomacoes puree may be substituted and for this formula. The method of making has been handed down from the days of our hardy forefathers. There was no need to send abroad to find out just how these various sausages are made, and now we produce the foreign varieties ourselves. It is the tasty, nutritions, little fresh pork and then the policy can be a substitute a good pure leaf lard. A can of tomacoes, we call the approach to find out just how these va straws and eaten in delightful picnic fashion. Some Italian dishes have been brought to this country, but have lost, as a rule, in the transporting. This is a pity, for Italian cookery is nourishing and pleasing to the taste. It is also economical. Italy has long been a heavily taxed country, where the majority of the people have to live on very little. It has been necessary for them to learn nourishing food combinations at small cost, and in a large measure they have been successful. The extensive use that the Italian cooks tensive use that the Italian cooks make of cheese in the dietary is one of the secrets of the success with which they have met the problem of

A Nourishing Combination.

the high cost of meat.

At the present ratio of productions and consumption, it is doubtful if we ever again see cheap meat in this country. Americans will always demand meat and probably will always eat it at least once a day, but it is eat if at least once a day, but it is time that the American housewife be-gins to look about for a less ex-pensive protein. Cheese is just pure protein and fat, both of which are necessary in the dietary, but, contain-ing no starch, it should be eaten with starchy food, such as bread, or maca-roni, which brings us to the main-stay of the Italian diet, macaroni with cheese same.

stay of the Italian diet, macaroni with cheese sauce.

This is the simplest way of prepar-ing the national dish:

Cheese For Flavor.

Cheese For Flavor.

To make a cheese sauce, put in a saucepan two tablespoonfuls of flour and the same of butter, cooking slowly until the flour has lost all raw flavor. Then turn down the fire and add slowly one and a half cups of milk. When this is smooth, add a quarter of a cup of grated cheese. The hard Parmesan is practically always used in Italy, but grated American cheese can be substituted in the sauce and in most Italian recipes.

A Famous Sauce.

The sauce, to be attempted next, if we are to learn Italian cooking from its foundation, is tomato sauce. Mince its foundation, is tomato sauce. Mince the heart of an onion, a few sprigs of parsley, a celery stalk and few sweet basil leaves (Italian mint) with a half cup of olive oil, salt and pepper. Slice into this when warm eight or nine peeled tomatoes. Boil very gently, stirring occasionally until sauce is consistency of cream; then strain. Olive oil is inexpensive in Italy and very much liked. A

Sauces Add Variety.

The plain cheese sauce is to be used on macaroni or any of the pastes, as a sauce for hard boiled eggs, or rice, toasted bread, or foods of a similar nature. The other two sauces are

nature. The other two sauces are equally suitable for the pastes, or for lice, or on any meat left-overs.

To cook macaroni you need two quarts of water to three-fourths of a pound of the paste. Success in macaroni cooking means only a little care. Choose a saucepan, shallow, rather than deep and let the water hold un-

choose a saucepan, shallow, rather than deep, and let the water boil until it makes big bubbles. Then add salt and break the macaroni into the boiling water. Cover the saucepan and let boil for lifteen minutes; then drain the macaroni and let cold water run through it to make it tender. Then reheat in the sauce chosen for it add reheat in the sauce chosen for it, add grated cheese and serve. Or put in baking dish, cover with crumbs and cheese and brown in oven.

A Novel Dish.

A novelty on an American table is spaghetti or macaroni with tuna fish. I have always seen the fresh fish used in Italy, but the excellent canned tuna in Italy, but the excellent canned tuna fish found here serves admirably and 5 th much less trouble. Drain a small can of tuna fish, turn into saucepan and fry with a little olive oil. Then add three tomatoes, peeled and the reeds removed, a bit of green pepper finely chopped, and a teaspoon of chopped parsley. Let this cook thoroughly. In the meantime, you have cooked half a pound of spaghetti, or macaroni, according to the directions given above, add this to the tuna, mix thoroughly and serve.

These are very simple Italian dishes, but they are all very delicious if care-

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