



When women get together these days, they talk about the cost of living

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HENSHAW HOTEL OMAHA

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Tuber-Miners Wax Wealthy When Spuds Are Luxuries

The principal excitement in the cost of living campaign continues to be the potato.

Today the once humble spud touched the utterly unprecedented price of \$3 a bushel wholesale.

The market is full of other kinds of vegetables, however, and if you can just forget about the potatoes for a while you will get along very well.

For example, how would you like some rhubarb pie? Haven't had any for a long time, eh? It has made its appearance on the Omaha market. True, the stalks are a bit puny, but they have the regular color and the price is by no means prohibitive, a goodly bunch being sold for the small price of 10 cents, one dime. This rhubarb is raised right here around Omaha, but in hot houses away from the winter blasts.

Cauliflower is plentiful and good. So are turnips, carrots, rutabagas, spinach and other vegetables.

Tomatoes are on the market, also home grown and hot house grown. The usual supply at this time of the year from Florida has been cut off by heavy frosts down in that sunny clime.

Apples continue unabated abundance. Big, fine, perfect ones they are from the western orchards and their prices continue to wax ever. They're a lot cheaper than potatoes.

Even oranges are cheaper than potatoes now. Fine navel range from 15 cents to 50 cents a dozen.

Bananas are good eating, too, now and comparatively inexpensive, adhering to prices around 15 and 20 cents a dozen. A dozen bananas weigh about four pounds. So four dozen weigh about as much as a peck of potatoes. Which makes bananas cheaper than potatoes, too. Strawberries, however, are not cheaper than potatoes. They bring about 50 cents a box from those that buy them.

Home Economics Department Edited by Irma H. Gross Domestic Science Department Central High School

Deep Fat Frying

The American nation is often accused, perhaps justly, of using fried foods more frequently than is strictly healthful. The average housewife does not distinguish at all between "sautéed" foods and "fried" foods. There are two distinct differences however. One, the technical meaning of the words, is of lesser importance; the other, which concerns digestibility, is of more worth. Strictly speaking, a "sautéed" food is one which is cooked in a small amount of fat in a skillet; "fried" food is one cooked in deep fat. The "sautéed" food, contrary to general opinion, is the less digestible. The reason for the greater digestibility of the fried food is that with proper frying, the food is immediately sealed on the outside by the great heat, so that no grease can penetrate to the inside. With the best of intentions and care, a "sautéed" food is "grease-soaked," a condition which materially hinders digestion.

In choosing a fat for deep fat frying, we consider the flavor, the cost and the healthfulness. The first two points are easily settled; the healthfulness depends upon the melting point of the fat and upon the temperature at which it smokes. A low melting point means greater digestibility, hence a very hard fat like beef suet is less easily digested. The smoking point is of great importance because when fat smokes a chemical change occurs which produces a substance having an irritating effect upon the digestive tract. Last of all, the commercial fats have very high smoking temperatures. The most practical tests for degree of heat are the bread cube tests. If a small cube of bread browns in sixty seconds (a slow count of sixty), the fat is ready for all uncooked foods, such as fritters and doughnuts; if a cube of bread browns in forty seconds, the fat is ready for cooked foods such as croquettes, which merely require heating and browning. The one exception to the sixty-second test is potato chips or French fried potatoes, which require the forty-second test or even a shorter count, due to the cold water on them which lowers the temperature immediately. A deep kettle is always preferable to a shallow one because there is less chemical change in the fat. A frying basket of coarse wire is a convenience which may be purchased at any hardware store. The food should be drained on crushed brown paper after it is cooked. Fat should be used for that is properly cared for, that is clarified and strained after each using. To clarify, fry a few slices of raw potatoes in the fat at the end; then strain through double cheese cloth.

For croquettes, fish, oysters, meat, etc., a fat-proof coating of flour, or better, of egg and bread or cracker crumbs is used. Any housewife can accumulate bread crumbs by saving every scrap of bread till dry, then

Co-Operation.

Readers are cordially invited to ask Mrs. Gross any questions about household economy upon which she may possibly give helpful advice; they are also invited to give suggestions from their experience that may be helpful to others meeting the same problems.

grinding the bits in the food chopper. For the egg covering, beat an egg slightly, add 1/2 teaspoon salt, and 2 tablespoons of cold water.

Fried Oysters.

Clean, and dry between towels, selected oysters. Season with salt and pepper, dip in flour, egg and cracker or bread crumbs, and fry in deep fat—sixty-second test. Oysters may be dipped in fritter batter and fried.

French Fried Potatoes.

Wash and pare small potatoes cut in eighths lengthwise, and soak thirty minutes in cold water. Take from water, dry between towels and fry in deep fat. (Thirty or forty-second count). Drain on paper and sprinkle with salt.

Salted Almonds.

Blanch almonds by keeping them in boiling water until the skin slips off readily. Dry thoroughly on a towel and let stand until dry. Place the nuts in a strainer and fry in deep fat, forty-second test. Drain and salt. If the butter flavor is desired, the butter must be rendered.

CROQUETTES.

1 c. thick white sauce, cooked food and seasonings. Form with the hands or with a spoon and knife into balls, cylinders or cones; roll in crumbs, then in egg, then in crumbs. Dust off all excess crumbs. Use the forty-second bread cube test, and fry not more than six croquettes at once in an ordinary sized kettle. Drain on crushed paper. A croquette is done as soon as it is a golden brown. For meat croquettes tomato juice or soup stock may be used instead of milk for the thick sauce.

POTATO CROQUETTES.

2 c. hot rice, 2 c. cooked rice, 2 T. butter, 1 egg yolk, 1/2 c. pepper, 1 c. celery salt. Mix ingredients in order given and beat thoroughly. Shape, dip in the crumbs, egg, and crumbs again, and fry as directed above.

Tested Recipes.

(All measures level unless otherwise specified. c. cupful; t. teaspoonful; T. tablespoonful.) STUFFED PEPPERS. 4 medium-sized green T. hot peppers, melted. 3 c. boiled rice. 1/2 c. grated cheese. 1/2 c. butter. 1 egg yolk. 1/2 c. pepper. 1 c. celery salt. Cut off stem end and remove seeds from peppers; boil eight to ten minutes in boiling salted water; drain. Mix rice, melted butter, cheese, and season to taste with salt; fill peppers with the mixture. Place them on end in a shallow baking dish and bake twenty-five minutes, basting occasionally with hot water or meat stock.

GRAHAM CRACKER CAKE.

1 c. sugar, 1/2 c. butter or 1/2 c. manufactured shortening. 2 eggs. 1 c. milk. 1/2 c. shredded coconut. Cream butter and sugar, add well-beaten eggs, milk, coconut, flour mixed and sifted with baking powder.

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