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WOMAN'S SECTION OF THE BEE

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Home Economics

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Small Quantity Cooking—1

The makers of our cook books have always assumed that the average family has six members—an assumption which offers the inexperienced cook without definite guide. Also at times these same cook books give quantities sufficient for only four persons, or they may jump to eight people quantities. The suggestions given below may prove a guide to some perplexed housewife.

Dividing a Recipe.

When a housewife has decided what part of a recipe to prepare she must look well to her mathematics, for one-fourth of a recipe means just exactly one-fourth of the amount of sugar, of flour, etc. Further, that smaller measurement must be taken more accurately than the larger, for a mistake of one tablespoonful on one fourth cup of material is as great as the mistake of one-fourth cupful on one cupful of material. Anyone realizes, on the face of it, how serious a mistake might go unnoticed—until afterward. The cupful, tablespoonful, etc., should be measured exactly level, for the reason discussed above.

Time of Cooking.

Another difficulty in dividing recipes is the change in time of cooking. Some foods require just as long to cook whether a small amount is prepared or a large amount—for example, vegetables, stews and cereals. But in baking, small pans of material never require so long a time as large ones, and small quantities of sauces and syrups get done faster than large amounts. Then some foods, like cereals, require as much time but one must allow for extra evaporation from a large surface and a relatively small amount of material. Thus a pudding may come out rather stiff when only two portions are made; yet the recipe is accurate enough if the full amount is made. One should allow a little extra liquid to meet this evaporation.

On top of the inherent difficulties in dividing recipes there is frequently the added one that the small quantity cook is a novice with the double problem of cooking at all and cooking in the difficult small fashion. Nothing but time will overcome this last trouble.

To meet the special problems of such a beginner there is an excellent cook book published, "Cooking for Two," by Janet McKenzie Hill. However, because no cook book, even a year old, is a satisfactory guide for war cookery, I have gathered together some special material for dividing any kind of recipe found. The next article will deal with the main types of recipes, e. g., soups, meats, etc. The special points in dividing each kind will be given, as well as the basis for division.

A Glossary on Fats

Every phase of life has its own expressions which to people outside of that phase are more or less like a foreign language.

The war has brought forth practically an entire new group of expressions, and if we hadn't followed them closely and learned them gradually an average war book or newspaper account would leave us but an inadequate impression.

The athlete, the artist, the farmer and the housekeeper all speak a language with some terms that seem more or less technical to those of us in another line of business.

The housekeeper, who has seen long service along her line knows what the terms, "to try out fat, to render fat, to clarify fat, and cracklings," mean, but there are hundreds of housekeepers and thousands of near-housekeepers who are a bit vague on the subject. Hence this glossary on fats.

TO TRY OUT FAT—Cut fats into small pieces and put in double boiler or in pan in oven and cook slowly several hours. When fat is melted strain it through cheese cloth, pressing to obtain all the fat. To lessen any undesired flavors of rendered fat add an equal amount of water; heat slowly and boil one hour. Cool and allow fat to harden in a cake on

Co-Operation

Miss Gross will be very glad to receive suggestions for the home economics column or to answer, as far as she is able, any questions that her readers may ask.

top and remove carefully. Heat fat again slowly to drive off any water. If color and flavor are not satisfactory the process may be repeated several times.

CLARIFYING FAT—Place fat in a stew pan with several quarts of water and heat it to the boiling point. Pour into a larger pan and add several quarts of cold water. When the fat has formed in a cake on top of the water, remove layer of fat and place in frying pan, heat gently and cook until it has ceased to bubble and the sediment has settled at the bottom, then strain through a cheese cloth.

Note: Raw potatoes or charcoal will help to clarify fat after it has been used for frying.

Rancid butter washed in chloride of lime water and then rinsed in clear water will become sweet again. Washing the butter in sweet fresh milk will often remove disagreeable odors it may have absorbed.

CRACKLINGS—The bits of tissue left after rendering the fat. They may be used for shortening such flour mixtures as cornmeal and gingerbread—one-half cup being equal to about two teaspoons of butter. If objection is made to the presence of "chewy" bits they can be masked by adding chopped sweet apple to the cornmeal and a few raisins to the gingerbread.

The Useful Peanut

The peanut is a sturdy friend in time of need. Now when the food administration is asking that fats be saved, the peanut comes to the rescue in more than one combination. There is peanut butter, for instance. It should be more widely used. The only reason that it isn't is because people do not know how best to use it. Even peanut butter sandwiches are seldom well made.

The "butter" for them should never be spread as it comes from the jar. Put it in a cup or bowl and combine it with twice as much thin cream, milk or water. Stir until thoroughly creamy and of the consistency of mayonnaise, then vary the flavor by adding a little shaved cheese, chopped pickles or olives, hot catsup, orange marmalade, chopped dates and lemon juice, salad dressing, or onion juice, with a little bit of salt as required.

Besides its use in sandwiches, however, there are countless other delicious ways of using peanut butter, as in soups, breads and cakes. It serves both as shortening and thickening and adds richness, color and flavor. No food, of course, can be judged by its fuel value alone, but it is interesting to note that from the point of fuel value, peanut butter is worth three times its weight in round steak, four times its weight in eggs, seven times its weight in potatoes and twice its weight in bread.

Standard Deliveries

Retail merchants in all towns of 2,500 population or more will be asked in the next few weeks to adopt the entire retail delivery program of the commercial economy board, Council of National Defense. The program includes the maximum of one delivery a day, the elimination of special deliveries, restrictions on returned goods, C. O. D. privileges and the establishment of co-operative delivery systems in small and medium sized communities. This action was decided upon at a conference held by the commercial economy board, at which were present Herbert C. Hoover, United States food administrator; W. C. Redfield, secretary of commerce, and representatives of state councils of defense from Connecticut, Illinois, Indiana, Kentucky, Maine, Maryland, Minnesota, New Jersey, New York, Pennsylvania, South Carolina, Vermont, Virginia and West Virginia. A similar conference is soon to be held for the western states.

Syracuse Physician Will Enter War Service



DR. THERESA BANNAN

Dr. Theresa Bannan, a well-known woman physician of Syracuse, N. Y., will soon leave for France with the Red Cross unit. This photo of Dr. Bannan, wearing the field uniform of the Red Cross, was taken at a New York hotel, where she is stopping, awaiting orders to proceed to France.

Economies Exchanged

"Newspapers are worth saving to sell at the present prices for old paper. But like everyone else I have experienced much annoyance because of the inability to keep them in order," writes a contributor to Good Housekeeping. "Now I have a box, in width and breadth a little larger than the half page of a daily paper and about 12 inches deep. Heavy cord is placed across the bottom both ways and up the sides with ample length left for crossing and tying Day by day, as the papers are discarded, they are thrown into this box. When the box is filled to overflowing the papers can be pressed down and the ends of the cord tied, making a neat bundle. When the bundle is removed and more cord laid the press is ready for more paper."

Another makes the following timely suggestion: "I find I save butter by making butter-balls of the whole pound of butter before any is used for cooking. Then it is out of temptation's reach, and I turn to some vegetable oil or nut butter for cooking. I make my butter balls with a round scoop, dropping them into a bowl of cold water and finishing them with the paddles when they are chilled."

A third woman says: "I use the thick, starchy water in which rice, macaroni or spaghetti has been boiled for setting sponge for light bread or sweet rolls. It takes the place of milk and potatoes, and you need less flour, which means quite a saving in these days of high prices. The bread and rolls are as light, nutritious and moist as if milk and potatoes had been used."

The Wheat in a Wheatless Day

She said with pride as she asked for a rye bread sandwich, "This is my wheatless day." And she did have nice hot corn bread for breakfast instead of white toast, she did have a rye bread sandwich for lunch and no bread at all for dinner, but still her day was not wheatless.

It was, to be sure, her wheatless bread day, but wheat is not used for bread alone.

This is the case pretty generally with many of us; wheat means just bread, simply that and nothing more. Crackers are crackers, not a mixture of wheat and water, macaroni is macaroni, not so much wheat and so much water. Cake is cake; to be sure it is made from butter, sugar, flour and an egg, we know that, but to many of us that does not mean wheat.

Real Wheatless Day Menu.

- BREAKFAST**
Orange
Corn Bread
Oatmeal
Coffee
- LUNCHEON**
Rice and Tomatoes baked
Peanut Butter Sandwich with Rye Bread
no wheat flour used
Bananas and Cream
- DINNER**
Consomme
Baked Fish Creamed Potatoes
Green Peas
Salad—Apple, Celery, Nuts
Grapes, Prune Whip

GOSSIP ABOUT THE WOMEN.

The women "peanut butcher" has appeared on some of the western railroads.

Fifteen women are now included in the membership of the St. Louis police department.

Gertrude Dale, a Nashville miss of only 22 years, has passed the examination for admission to the Tennessee state bar.

Nevada Woman to Run for U. S. Senate

Miss Anne Martin of Nevada, vice chairman of the National Woman's party, has announced her candidacy for the United States senate to fill the vacancy caused by the death of Senator Newlands.

With the formal entrance of Miss Martin into the campaign, the country next fall will witness two contests by women for places in the senate. Although she has not formally announced her candidacy, Miss Jeannette Rankin, the member of congress from Montana, expects to be a candidate for the republican nomination for the senate in her home state.

Miss Martin's announcement follows:

I am announcing my candidacy for the United States senate because I believe that the time has come when this nation should attest its faith in democracy and the power of self-government of all its people by the election of a woman to its highest legislative body. I believe that the crucial problems which this nation now faces are problems which women can help solve and which justice demands they should have a voice in solving.

The war we are waging is one in which social and industrial readjustment is the first essential to success. The peace which will follow this war will bring with it the social and industrial reorganization of the world. This reorganization for peace cannot be made successfully without the constructive cooperation of women. The welfare of women demands their presence in both houses of congress, and the welfare of the nation demands it.

It is not an accident that women are coming into freedom and power at this moment of world reorganization. The coming of women into politics means a liberal political force unhampered by tradition. We must accept our responsibility. Women must utilize their power to the utmost. To maintain the new civilization which approaches will require the united and unrestrained powers of men and women both. These are in general my reasons for seeking a seat in the senate.

Concretely there are among others four problems which I have long studied in Nevada, and through which I believe I could at this time serve my state and nation.

They are the development of the land in the interests of the people, the conserva-

tion of water, the elimination of long established railway discrimination against Nevada in freight rates, and the protection by federal agencies of seasonal farm labor and its transfer from region to region in the interests of both the farmer and the laborer.

Won Eight-Hour Fight.

Miss Martin organized her native state for woman suffrage and carried it in the face of opposition from both political machines. Another success she had was her campaign for an eight-hour law in Nevada, which was

enacted by the last legislature in Nevada.

Miss Martin is progressive in her ideals, fond of outdoor life and athletics. She is an enthusiastic tennis player and held the state championship for three years. She also is a mountain climber of note.

Lady Bathurst, who is proprietress of the London Morning Post, is an advocate of conscription being applied to women for war service.

KOSHER MEALS

We wish to announce that we have installed a new up-to-date Kosher lunch room in connection with our delicatessen store, which has been established for the past three years.

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