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By The Omaha Bee

Its purpose is to instruct and edify, to suggest and recommend new dishes as an aid to the housewife. Published each month on the Sunday following the 15th day. Correspondence invited and will be promptly answered through these pages.

# Practical Cookery



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Is Free With The Bee

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## EDITORIAL

### Cheer Up—Cherries Are Ripening in Nebraska

Beautiful to behold are the cherry trees whose luscious fruit is now in the process of ripening.

This, of course, suggests many things—"cherry pie, cherry a la this and a la that", and the most important of all things, "canning."

Ere many days all markets will be abounding with this fruit. From all indications cherries will be plentiful and therefore reasonable in price. Let's get ready for pitting and canning.

### In the Offing

Independence day is only a little over yonder. When it rolls 'round, let us celebrate this day that marks the grandest and noblest era in the pages of our history. But let it be a safe and sane celebration.

### Cooking

Cooking methods have undergone a marked change during the past few years. The nation's food is becoming more and more wholesome as a result of different discoveries, new sources of supply and the intelligent weighing of values. Domestic Science, or rather Home Economics, is better understood and more appreciated. In other words we are drifting away from the idea of "make it as mother used to make it."

People of the present century are fairer to their stomachs, realizing that their health largely depends upon this faithful and long suffering servant. Digestion and disposition sound much the same, but a good disposition often is wrecked by a poor digestion.

America has been termed a country of dyspeptics. It is being rapidly changed to a land of healthy eaters. Consequent-happier individuals. Every agent responsible for this national digestive improvement should be gratefully recognized.

Practical Cookery aims to give and does give you the newest and best things out. May we have an expression from our readers as to what can be done to make our pages yet more interesting and valuable?

Nothing more refreshing in the morning before breakfast than a fruit juice cocktail. It braces with its tonics, aids digestion and elimination.

Try these, they're splendid:

#### Cherry Cocktail No. 1

- 1/4 cup Maraschino syrup
- 2 tablespoons orange juice
- 1 tablespoon honey or sugar
- 1 tablespoon lemon juice

1/2 cup mineral water. Crushed ice. Mix in shaker.

#### Cherry Cocktail No. 2.

- 4 tablespoons orange juice
- 4 tablespoons ginger ale
- 3 tablespoons lemon juice
- 4 tablespoons cherry syrup
- Crushed ice. Mix in shaker and serve.

And now that the hot summer days are almost upon us, cool drinks that cool the palate and stomach and blood are in order.

Here are some fine suggestions:

#### Lemonade

- Juice 1 lemon
- 3/4 cup water
- 2 tablespoons sugar

Put sugar in cup, add ice-water; stir until sugar is dissolved; add lemon juice, and serve immediately. Soda water, White Rock water or boiling water may be used if desired.

## Me and Jim

By F. W. B.

We wuz born on joinin' farms  
Beside a big sea water;  
Jim—he was an only son  
An' I an only daughter.  
Folks for miles aroun' they vowed  
That I'd be won by Jim,  
But he was too bashful to look at me  
An' I wouldn't look at him.

Well time passed by and years rolled on  
In the same ol' natural way  
An' there's many a gal that married a pal  
Who could buy her but one meal a day.  
Howe'er our folks they went a plannin,  
A weddin for me and Jim;  
The while he had no likes fer me  
An I had none for him.

Now you well know in olden days  
A child ne'er had its way;  
An' what parents for their children planned  
Was settled in a day.  
An' so 'twas fixed, 'twas fixed for us,  
A weddin' fer me and Jim,  
Despite he had no love for me  
An' I had none for him.

An' now it's three score years and ten  
Since fate would have its way;  
But me an' Jim we haven't been  
On speakin' terms a day.  
So what's the use o' marryin'  
Two folks like me and Jim  
When he hasn't a tittle o' use for me  
An' I not a whit for him.

Our Makers' wheel is turnin' fast  
An' the hopes of youth have flown,  
An' me an' Jim are blamin' them  
Who seeds of hate have sown.  
The Bells—Death Bells, no love's farewell  
For poor ol' me an' Jim,  
'Cause he's a dyin' hatin' me  
Whilst I'm detestin' him.

### Lemon Syrup

Mix one cup sugar syrup and 2/3 cup lemon juice; strain, bottle and keep in the refrigerator. When wanted, dilute with 6 parts ice-water to 1 part lemon syrup, and serve from a glass pitcher; garnishing, if desired, with thin slices of lemon or orange, Maraschino cherries or sprigs of mint. Lemon syrup is convenient to take for picnics or in the automobile lunch-basket.

### Sugar Syrup

Put 2 cups sugar and 2 cups water in saucepan; stir until sugar is dissolved; boil five minutes, cool and bottle. The syrup may be kept in the refrigerator, and will be found much more satisfactory than sugar for sweetening lemon and orangeades and fruit beverages.

### Orangeade

- Juice of 4 oranges
- Juice of 1 lemon
- Rind of 1 orange
- 1/3 cup sugar
- 2 pints water

Boil peel with one-half pint water and sugar for five minutes. To extract orange juice, add strained syrup and remainder of water. Serve with crushed ice and garnish with wedge-shaped pieces of sliced orange. (6 large glasses)

A dandy salad from New York:

#### New York Salad

- 2 oranges
- 4 slices pineapple
- Cream mayonnaise
- 1/2 cup celery
- Lettuce
- 1/2 cup nuts chopped

Arrange slices of pineapple on nests of lettuce leaves. Cut celery in slender strips, one and one-half inches long, and mix with nut meats. Pile in center of pineapple and garnish with four sections of orange, free from membrane, laid symmetrically on pineapple. Pass dressing separately.

#### Try This Orange Marmalade

- 6 oranges
- 11 cups cold water
- 1 lemon
- 7 cups sugar

Peel orange, removing all white skin, and slice thin. Slice lemon with rind on; cover oranges and lemon with cold water; let stand 24 hours. Then boil 3 hours, add sugar and let boil 1 hour. Pour into glasses, cool and cover. This recipe makes 9 glasses of marmalade.

#### Orange and Lemon Marmalade

Use 3 oranges, 2 lemons, 5 cups sugar, 5 cups water. Wipe fruit and cut crosswise, in as thin slices as possible, removing seeds. Put into preserving kettle, add water and let stand 36 hours. Place on range, bring to boiling point and let boil (not simmer) 2 hours. Add sugar and let boil 1 hour. Turn into sterile glasses, let stand until firm and cover with melted paraffin.

#### Eight-Minute Meringue

Beat 3 egg whites with Dover egg-beater until stiff, gradually add 1/2 cup powdered sugar, beating vigorously, fold in 1-6 cup sugar; add grated lemon rind to flavor and bake eight minutes in a moderate oven.

#### Divinity Lemon Pie

Beat yolks of 3 eggs very light. To this add juice of 1 lemon and rind of 2 lemons, 3 tablespoons hot water, 1/2 cup sugar and a large pinch of salt. Cook in double boiler until thick. Have whites of eggs stiffly beaten, add 1/2 cup of sugar to them and fold into cooked mixture. Fill pie shell that has been previously baked, place in oven and brown.

