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Sweet and Savory Sauces From Two Wine-Like Preparations

By BERTHA N. BALDWIN

Sherry and claret flavors, in constitutional form make old-time pudding sauces and Newbergs possible.

THE old adage about the same sauce for the goose and gander cannot be translated into cookery. No two foods, not even as closely related as the goose and gander, want the same sauce. A dash more of this, a pinch of that—and the sauce is adapted to the particular occasion.

Of course, the fundamental procedure is about the same in making sauces—the difference lies in the variations and amounts of sugar and spice and everything nice that go into them. Some foods want an acid sauce, some a spicy one, others a bland sweet accompaniment.

A variety of ingredients on the pantry shelves means the right sauce for the right occasion. For puddings it is no longer possible to have the sherry and brandy bottle at the cook's elbow. But wine preparations give the accustomed flavor for cooking, while they do not infringe the law.

A claret flavoring (new) on the market is a heavy syrup with about 70 per cent sugars, which avoids all danger of its being used as a beverage. But the wine flavor is there and a gorgeous natural color.

It can be poured "as is" over ice creams or puddings; or it may be made up into sauces, hot or cold. And, outside the field of sauces it makes a first-class wine jelly with gelatine, and a punch with lemon and orange juice.

Foamy Sauce ("Claret" Flavor)

One egg.
Three tablespoons claret syrup.
Two tablespoons sugar.
Two teaspoons lemon juice.
Beat the egg yolk with the sugar and a sprinkle of salt. Stir in one tablespoon of claret syrup. Beat the white until dry, fold in the yolk and remainder of flavoring. Serve immediately.

Hard Sauce ("Claret")

One-half cup butter.

One-half cup claret syrup.
One-half cup powdered sugar.
Cream the butter, work in the sugar and then the syrup. More syrup may be used according to taste.

Hot Sauce ("Claret")

One-quarter cup sugar.
One cup boiling water.
One tablespoon cornstarch.
Five to six tablespoons claret syrup.
Two to three tablespoons lemon juice.
Two tablespoons butter.
Mix the sugar and cornstarch with a sprinkle of salt and pour on the boiling water. Cook over the fire until clear and thick, then over boiling water until thoroughly cooked, about 20 minutes. Add the claret and lemon and butter. Blend well and serve with hot puddings as cottage, bread, rice, etc.

Cake Filling or Topping

Cream butter and add, drop by drop, the claret syrup, three tablespoons of the latter to four of the former. If the mixture starts to curdle cream it vigorously.

This is a deliciously smooth, velvety mixture, like the creamy frosting of French pastry. To top or fill a cake it would be good or to make cake sandwiches.

All of these recipes found favor among our tasters; the men especially, who identified the claret flavor among the others and welcomed it.

The Flavor That Knows No Substitute

A sherry flavoring is put out by the same company. This is Volsteadized, not by adding sugar, as in the claret, but by combining the wine with a wholesome gum, which makes the product insoluble for beverage purposes but allows its use as a flavoring in hot mixtures.

Because it is not sweetened the sherry flavor goes into soups and Newbergs as well as pudding sauces and desserts. If you have been foregoing Newbergs since that fateful July, 1919, finding them merely flat white

sauces, you may rejoice again in this constitutional product.

Use your own favorite recipe and add two tablespoons of the sherry flavor to a cup of sauce, first dissolving it in hot water or some of the sauce before mixing it with the whole. Give it a couple minutes to dissolve (do not boil it) and your oldtime Newburg is back again.

If you have thrown away your recipe in desperation, here is a good one:

Newburg Sauce

1/4 cup butter.
3/4 tablespoon flour.
1/2 cup milk.
1/2 teaspoon salt.
2 egg yolks.
1/2 cup cream.
2 tablespoons sherry flavor.
Paprika and nutmeg.
Melt the butter, add the flour, and when bubbling add the milk as for a white sauce, stirring constantly until thick and smooth. Season with salt, paprika and, if you like it, a grating of nutmeg.

Put in the chicken, lobster, shrimp or whatever is being "Newburged," about two cups, and cook over hot water until the sauce is thoroughly cooked and the meat hot. Beat the yolks with the cream and add to the sauce, together with the sherry flavor which has stood for a few minutes, with an equal quantity of hot water. Blend well, cooking until the egg has thickened the sauce. Serve immediately.

One tablespoon of the flavor in three cups of such soups as clear consommé, mock turtle, cream of mushroom or black bean gives a finishing touch.

For pudding sauces use as you would the oldtime sherry, dissolving in water or part of the sauce. The presence of the gum makes it less easy to manage in cold sauces, but it can be worked into a hard sauce satisfactorily with a little care.

Lending Variety to the Breakfast

(Continued From Page Eight)

Spoon Biscuits

3 c. flour, 2 T. butter, 6 t. baking powder, 1/2 t. salt and 1 1/2 c. milk.
Sift dry ingredients thoroughly. Rub in butter with tips of fingers. Add milk gradually and work to a soft dough with spoon. Grease baking tins and lift dough by tablespoons into the baking pan. Place biscuits one inch apart. Bake in hot oven.

Rye Popovers

3/4 c. rye meal, 1/4 c. flour, 1/4 t. salt, 1 c. milk, 2 eggs and 1 t. melted shortening.
Sift dry ingredients twice, add milk gradually, eggs well beaten, and shortening. Beat thoroughly with egg beater. Turn into hot buttered gem pans and bake in a hot oven for 35 minutes.

Plain Omelet

2 eggs, 2 T. milk, dash of salt and sprinkle of pepper.
Beat all ingredients slightly, oil omelet pan and heat. Pour mixture in pan, shake constantly. Allow uncooked part to flow under and cook. Use fork if necessary. Cook until soft and cream, fold over and turn out on platter.

To Fold and Turn an Omelet

Hold pan in left hand by handle. Take case knife in right hand. Make 2 1/2-inch incision opposite each other at right angles to handle. Place knife under the omelet nearest the handle and tip the pan to vertical position; coax the omelet with the knife, until it folds without breaking.

Meat, vegetable and fruit omelets may be made by following plain omelet recipe and folding in the chopped chicken, veal, ham or fruit that is needed. Fish, peas, asparagus, orange or jelly may be used in omelets.

The Bismark omelet calls for diced bacon, the Scotch recipe for parsley, while the Spanish omelet is served with tomato sauce.

(To Be Continued.)

EDITOR'S NOTE: Part Two of Miss Williams' article, "Variety in the Breakfast," including helpful hints on serving, with additional menus and recipes, will appear in PRACTICAL COOKERY for February. Special recipes mentioned in this month's installment will also be published in February, on request. Address communications to PRACTICAL COOKERY Editor, care of The Omaha Bee.

Simple Menus for Mid-Winter

(Continued From Page Nine)

Mock Indian Pudding

Taking up the question of desserts, to make the mock-Indian pudding butter two slices of bread, cut three-quarters of an inch thick, and then cut in small cubes. Turn into a buttered baking dish and pour over the following mixture: Mix together two cups of warm milk, half a cup of dark molasses, one-third of a cup of brown sugar, a pinch of salt, one beaten egg and a quarter of a teaspoon each of cinnamon, ginger and grated nutmeg. Bake in a very slow oven for one hour and a quarter and serve with sweetened thin cream.

Apple Batter Pudding

For the apple batter pudding sift into a bowl twice two even cups of flour with one-half teaspoon of cloves, a quarter of a teaspoon of baking soda and two teaspoons of baking powder. Beat the yolks of three eggs until lemon colored, blend with two cups of milk and gradually beat into the dry ingredients; continue to beat until the mixture is full of bubbles and fold in the stiffly whipped egg whites. Pour this batter over two cups of thick seasoned cold apple sauce and bake for three-quarters of an hour in a moderate oven.

Fruit Sherbet

A very economical fruit sherbet is made by boiling together for five minutes a cup each of grape juice and sugar. Then add one teaspoon of gelatine dissolved in a tablespoon of cold water and remove from the fire. Cool slightly and stir in the juice of one orange and half a lemon, three-quarters of a cup of canned shredded pineapple and one peeled banana, pressed through a ricer. Stir well, chill and freeze slowly, stirring in when half frozen four tablespoons of stiffly whipped cream.

Clever Cranberry Combinations

(Continued From Page 6)

though their season is longer than it used to be, will disappear during February and you will be glad to have them fresh for the next two months.

With your cranberries on hand you can cook equal weights of sugar and berries in water to cover (two cups to a pound of berries) for 20 minutes, then allow it to drip through filter paper or a bag for a clear, sparkling juice to serve on ice. Or you can add more water (a quart and a half to a pound of berries) using equal weights of sugar and fruit and boiling as before (for 25 minutes) and straining through a jelly bag or filter. To this may be added orange, lemon and pineap-

ple juice as for any punch. **Steady Standby Cranberry Jelly.**

4 cups of cranberry
2 cups of water
2 cups of sugar
Boil the cranberries in the water for about 20 minutes. Strain through a sieve, add the sugar and boil for 5 minutes. Pour into jelly tumblers and seal when hard, as for other jellies. This will

make 6 small glasses of a firm jelly of tart characteristic flavor not perfectly clear, but of good color and most easily made. It is superior in taste to the more delicate jelly of perfect clarity, made by straining or dripping the cooked fruit through a bag and adding the sugar (3/4

pound to each cup of hot juice) dissolving it without boiling.

We know of a spicy old lady with white side curls who used cranberry juice for a rouge 40 years before the flapper was heard of! It springs eternal in everybody's breast, this desire for color, and most of us are like the man who loved "any color so it was red." The cranberry is the blush of health, Mother Nature's suggestion for putting a touch of color on the menu; she is a good guide to follow.

