



How Maple Pails Hang by the Trees

By MARY I. BARBER

HAVE you ever visited a sugar camp? On a moonlight night in the spring there is no more wonderful sight than the grove with a shining pail hanging from each tree, the bright fires glowing and the men going and coming with fresh supplies of this sweet water from the maple trees.

In the farm house near by the lights are beaming and appetizing odors come from the kitchen. On the stove are kettles of maple syrup boiling for sugaring off. The waffle iron is heating and the chicken is stewing in its gravy.

In the city we regale ourselves with the memories of the crisp, frosty spring nights and the fun of a sugaring-off party at the camp. Our thoughts cause us to write for a gallon or more of maple syrup and several pounds of maple sugar. Then we do our best with city conditions to reproduce some of the delicious maple recipes.

Have you ever made maple sugar sandwiches? This is a Vermont specialty. Spread the bread with butter, then with soft or shaved maple sugar.

Sprinkle with butternut meats or with crumbled bran. This makes a delicious tea sandwich.

Shaved maple sugar may be used on cereals instead of cane sugar. Try some on your corn flakes some morning.

Griddle cakes may be spread with butter and maple sugar and arranged in piles, then cut in pie-shaped pieces. Waffles are often served with soft maple sugar instead of maple syrup.

Waffles

1 1/2 cups flour
1 teaspoon sugar
3/4 teaspoon soda

1 egg, well beaten
1/2 cup sour milk
4 teaspoons fat, melted

Mix and sift flour, sugar and soda. Add beaten eggs and milk and melted fat. Bake on hot waffle iron.

Bran Waffles

1 cup flour
1 cup krumbled bran
1 t. salt
3 t. baking powder

2 eggs
1 cup milk
3 T. melted fat or vegetable oil

Sift together all dry ingredients. Add bran. Beat yolks of eggs until light, add milk. Combine with the dry ingredients. Add fat and beat until light and smooth. Just before baking fold in the stiffly beaten eggwhites. Bake in hot waffle iron and serve as soon as cooked. The recipe will make six waffles.

Macaroni, an Economical Food

A Supreme Delicacy

By H. W. DUTTON.

Origin of Macaroni

THE name "macaroni" was a term of endearment used as an exclamation and the recipe was a discovery of a Sicilian cook. A cook in the employ of a nobleman of Palermo was bragging that the culinary artist of Sicily excelled all others in the world. He was challenged on the spot to prepare a new dish that would please an epicurean friend of his master. He created a tube of wheaten paste, touched up with a rich sauce and grated premsan. The epicure took a taste. "Cari!" he cried, meaning "The Darling." A second taste brought forth "Macari," or, in a very free translation, "Ah, but what darlings!" And at the end of the dish he shouted, "Macaroni!" or, "Ah, but the dearest darlings!"

Macaroni, contrary to general belief is not an Italian food neither did it originate in Italy, but the name applied to it in that country many hundred years ago has been retained to the present day, owing to its early appreciation by the Italians and its lasting popularity in that country.

It is generally conceded that macaroni was first made in China, and there is an old legend to the effect that one day while a Chinese woman was kneading bread underneath a tree, a sudden gust of wind caused some leaves to fall into the dough. In order to eliminate

the leaves she pressed the dough through a sieve, but the process was so slow that the dough dried as it was forced through the small holes and suggested the idea of cooking in the shape of thin strands instead of a loaf. Hollow macaroni was a later invention. In this form when soaked in boiling water it cooks evenly inside and out.

The Japanese claim that macaroni was made in the land of the Cherry Blossom at an even earlier date than in China, and this may be true; however, there is little question that the Germans first introduced it to Europe and immediately it was adopted by the Italians. In the 14th century it was in general use in Italy and was extensively eaten in France. In French history there is mention of a visit that King Louis XIII made to Tours and of his ordering a dish of macaroni from the innkeeper there, who had a great reputation for the preparation of this delicacy.

At the present time macaroni is eaten in almost every part of the world and is manufactured wherever there is a supply of wheat. The best grade is made of farina or semolina. This is for the reason they contain more gluten and less starch, being the heart of the kernel. The gluten is the real food value and body building ingredient. Flour macaroni is pasty and not porous. It does not retain its firmness after boiling, is sticky and not as nourishing.

Smacks

By an Old Epicure

Just had a dandy repast. And now to rest supinely in the lounge, immediately adjacent to and a part of the neatest and most exquisitely appointed cafeteria I ever visited.

In the old days I used to dine at Maurer's, known to all for its culinary expertness, whose dishes rivaled the best that the chefs of Berlin and Paris could produce, and upon occasion when in New York I invariably satisfied my gastronomical desires at August Luchow's, renowned for its wonderful meals and service; but the Loyal Coffee House, in an environment that fairly exudes home atmosphere, is entitled to a front seat in class A.

I speak reminescently, advisedly and frankly—there are, indeed, good places to eat in the city of Omaha and the Loyal Coffee House is one of the best.

Mother's

Good Old Dishes

Reproduced Here Day After Day in the Good Old-Fashioned Way

SHOULD you want a well-balanced meal, one that reminds you of home and mother, for instance, roast baked ham with cloves, paprika schnitzel, wiener roast braten, or other dandy dishes of olden times, here you can perk up your jaded appetite in fullest measure. Just the place to eat your Palm Sunday and Easter dinner.

WHEN down town, just come in for an inspection of our kitchen and cafeteria, where cleanliness is brought down to the point of "superfine."

Hotel Loyal Coffee Shop

16th and Capitol

Health Foods

PECAN ROLLS

(20c per Pad)

BOHEMIAN RYE

(Body Builder)

FARNAM MADE WHITE

(The Home-Made Kind)

ALL KINDS PASTRIES A-S-K

for Them at All Grocers and at

FOOD CENTER

West Farnam Bakery

2804 Farnam St.

Baby Photos

This studio is recognized as a temple of Baby Art Photography. Really our photos are classy and artistic. Phone for a sitting.

Skoglund

1520 Douglas, Omaha

Send Her an Easter Message From Here



A nosegay or bouquet artistically arranged conveys more than words.



15th St., Opposite Orpheum

ROASTS



Here you buy the economical way—the choicest cuts and cheaper cuts.

Table Supply Co.

in Connection With

Food Center

18th and Dodge