

Published Once a Month
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.

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Practical Cookery



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Is Free With The Bee

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EDITORIALS

The luscious strawberry is seen everywhere now-a-days and in profusion. As a consequence short-cake will be first choice for dessert. By the way, have you ever tried warm, steamed cakes, topped with a mixture of hard sauce and crushed berries?

Over in Iowa they have what they call an Iowa Child Welfare Research station. Its superintendent, Dr. Amy L. Daniels, says that a child should drink one quart of milk a day and eat three servings of fruit, one of which is raw, and three servings of vegetables other than corn and potatoes. The size of the servings, of course, should vary with the age of the child. This research station is an interesting institution. Practical Cookery says each state should have a similar station. By building up and looking after the welfare of our babies, "the men and women of tomorrow," we're reinforcing the nation.

Lest we forget, May 30th is Memorial day. While commemorating those who gave up their lives for the cause of liberty, let us think not only of those who sleep in Flanders fields where poppies blow, but let our thoughts revert to the battle of Lexington; thence on throughout the years of trials and tribulations when it was established that liberty shall not perish from the earth; and, that democracy shall live forever.

Then we will have paid homage in full measure.

Growing children have special needs in the way of food. Even when they eat all of their meals at home it is no easy matter to see that they are properly fed, and when they eat part of their meals at school the difficulty is far greater. It is not easy to keep food clean and attractive when it must be packed and carried in a lunch basket. Nor is it easy to prepare meals in school which are not specially fitted for the purpose.

These special problems presented to parents and teachers by the midday meal of school children will be considered in our next number.

The markets are fairly teeming with fresh vegetables. Since they are highly perishable every housewife should help in their distribution, should purchase them regularly. They are very essential to our daily diet; our children especially should eat them daily.

Window boxes require attention now. Danger of frost is almost nil, so let's trim up the flower boxes at home, at public buildings and every available nook and corner. Nature gives us flowers to bedeck ourselves with. Why not make the most of it?

Be it remembered that tomorrow, May 19th, is the birthday of Christopher Columbus, discoverer of America, through whose persistency and self-sacrifice America came into being as "A White Man's Land."

One of our advertisers submits a dandy suggestion anent kitchen economy. He says, "Buy baby beef," that is, a center cut of round steak. Pound flour into it, season it, of course, and cook it encasserole about one hour. Beats porterhouse in taste, flavor and tenderness. What's more, it is decidedly cheaper, in fact, you positively save 50c on the dollar. Try it! Sounds good and is good!

We spoke of trimming up flower boxes. Well yes, we mean it. But did it occur to you the editorial referred to embraces an implication? No need to embellish home or garden

when rubbish is permitted to slumber in all corners. First let's clean up the yards, cellars, garrets and storerooms, do it instantaneously; then put in a call for God's greatest gift, flowers and more of them.

The average family, consisting of four, two adults and two children, should consume approximately 70 pounds of vegetables, fresh weight, per week. This amount, if regularly used, will insure the bulk and mineral substances even though some of the vegetables and fruits are canned and some dried; it will also furnish the required vitamins provided green leaf vegetables and fresh fruits are regularly included.

Our next number will give tables to guide you.



Commemoration

Memorial Day, May 30, 1924.

By F. W. B.

THE poets sing, and justly so,
That life is but an empty dream;
And, at a time when hope's abloom
The Reaper doth his harvest glean,
'Twas so with you, O gallant sons
Who for us trials nobly bore—
But tho your mortal selves have passed
Your spirit lives forevermore,
And as we journey on thru life
We oft will pause a space or two
Beside your tomb to sing these lines
To prove our fealty to you,
Here lie our Nation's sons, Immortals—
Forsooth they left us all too soon—
Whose love for duty far outshone
The brigatest full-fledged harvest moon,
To those who for their loss are grieved
This solace fain is given—
They've found surcease from grief and woe
And rest in peace in Heaven.