

THE FOOD PROBLEM

PROPER NUTRIMENT FIRST OF ALL CONSIDERATIONS.

It Has Well Been Said That the Health and Morals of a People Depend Upon Their Sustenance—Diet for Invalids.

Certainly in this age when so much thought and time is given to the feeding of live stock and so much attention is given to the right nutriment for plants we should be able to lay down the principles which govern the diet of human beings.

Mrs. Helen Richards tells us "that the health and morals of a people depend mainly upon the food they eat and the homes they live in. Strong men and women cannot be raised on insufficient food; good tempered, temperate, highly moral men cannot be expected from a race which eats badly cooked food, irritating to the digestive organs and unsatisfying to the appetite. Wholesome and palatable food is the first step in good morals and is conducive to ability in business, skill in trade and healthy tone in literature." If the preparation of food is such a problem for those in health, how much more thought and stress must be laid upon the food we prepare for the invalid. It has been said that one-third of all ills that flesh is heir to are caused by abuse of the diet.

The man of average weight (150 pounds) at hard labor requires more food than the man at moderate work. The climate, age and state of health affects the diet. In arranging menus for individuals or families personal idiosyncrasies must be considered, as "One man's meat is another man's poison." The diseases which occur after middle life are often due to the habit of eating and drinking such foods as were indulged in during early life.

During illness the food plays a very important part toward the recovery. There are a few points well to remember in preparing a menu for an invalid. Appeal first to the sight. A dainty tray with an appetizing bit of food tastefully arranged and garnished will call up an appetite which seemed entirely lacking. Then the sense of taste must be appealed to in order to have the food do the most good, as a tasty dish is easier digested. Serve all cold food cold and hot food hot. Food easy of digestion should be chosen with due consideration for the disease of the patient and its nutritive value. "Food well cooked is partially digested."

NELLIE MAXWELL.

Use of Hard Water.

Housewives who are obliged to use hard water will find this process of dish washing very easy: Puncture the bottom of a dish pan full of holes by means of a hammer and nail. Screw into the faucet a nozzle provided with a good sprayer, pile the dishes loosely in the pan and place the pan on two bricks in the sink. Spray the dishes with hot water until there is no doubt of their cleanliness. If there are some unusually greasy dishes put them loosely in this leaky dish pan and put the whole to soak in a larger pan containing hot suds of washing soda and soap. Rinse them under the sprayer.

Cucumbers Stewed.

Peel the cucumbers, split lengthwise into four pieces, scoop out the seeds, wash and boil in salt water until tender. Drain and dry on a cloth. Mix in a hot stewpan two tablespoonfuls of butter and two of flour. When mixed put in the cucumbers, almost cover with meat stock, season with salt and pepper and grated nutmeg, and stir over the fire until the sauce has thickened. Then take off the fire and stir in the beaten yolks of two eggs and two teaspoonfuls of vinegar.

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CONFECTIONS POPULAR ACROSS THE WATER.

Eastern Journal Sent Abroad to Secure Recipes That Might Be Interesting to Housewives of Our Own Land.

The English are noted far and near for their cooking, which though it lacks the dainty sugariness of the French and the delightful simplicity of New England cookery, yet has a wholesomeness of its own which people are coming more and more to appreciate, says the Boston Herald. With the idea of giving our readers some recipes truly English, we sent to the quaint old town of Horsham, England, and obtained the following:

Queen's Pudding.—Four ounces bread crumbs, four tablespoonfuls of strawberry jam. Place in a pie dish and pour on custard made from one egg and one pint of milk. Bake one-half hour.

Parson's Pudding.—One-quarter pound of chopped suet, one-quarter pound of currants, one tablespoonful of moist sugar, one-half pound of flour, one-quarter pound of raisins, one-half teaspoonful of ground ginger, and one-half teaspoonful of salt. Mix well and steam for three hours.

Bachelor's Pudding.—Four ounces of suet, four ounces of apples, two ounces of sugar, the juice of one lemon, four ounces of bread crumbs, for ounces of currants, three eggs, a little nutmeg and four ounces of flour. Chop the apples and suet, then add the currants, etc. Beat well and boil or steam for three hours.

Cheese Pudding.—Four ounces of bread crumbs, two tablespoonfuls of grated cheese, a little pepper, salt and cayenne, two eggs and a little milk. Bake in a buttered dish sprinkled with grated cheese and put small pieces of butter on the top of the pudding.

Egg and Bacon Pie.—Put a layer of pastry in a soup plate, add small pieces of cooked ham or bacon, beat one or more eggs, season with pepper, pour over the bacon, cover with a pastry and bake.

Beverleigh Buns.—One-quarter pound of corn flour, two ounces of sugar, two ounces of butter, two eggs, one teaspoonful of baking powder. Bake in patty pans.

London Buns.—Three ounces of butter, two eggs, two teaspoonfuls of baking powder, one quarter pound of brown sugar, one pound of flour, three ounces of candied peel, the juice and grated rind of one lemon. Mix with a little milk and bake in patty pans

Cleaning Wicker Work.

Do not scrub your unpainted wicker furniture with soap and water, as it will turn it yellow and ruin its looks. Instead try scrubbing it with a strong solution of salt water.

If you have pieces that are so shabby that they must either be painted or thrown away, try the salt water treatment first. Scrub well and put in the sun and air to dry quickly.

If you must paint wicker furniture, see that you buy a paint that is well mixed and thinned to the proper consistency. If too thick it gets lumpy, and the paint is apt to rub off on clothes. Porch chairs that are exposed to the weather should be finished with a coat of enamel to make them last longer. The coat of enamel is also more easily dusted.

Black George Cake.

One cup molasses, two cups flour, two and a half tablespoonfuls butter, three tablespoonfuls sugar, yolk of one egg, one teaspoonful soda, one teaspoonful each of cloves and cinnamon and a little nutmeg. Lastly use one scant cup of boiling water. Add one cup of chopped raisins.

Filling.—One cup sugar, seven tablespoonfuls water, one tablespoonful vinegar.