Women Readers of The Bee to Be Given Benefit of a New Department.

SUGGESTIONS FOR THE TABLE AND KITCHEN

Articles Prepared by an Authority on Culinary Affairs-Mean for Each Day in Week for People of Ordinary Income.

It is with great pleasure that The Bee announces the addition of a new depart-

SOUP STOCK.

ing from previous day's dinner; pieces of as it comes to a boil, draw aside, throw lean meat, any bones that may be had and in a cup of cold water, skim carefully, vegetables that cannot be utilized in any cover closely and set on the back of range Barely cover with boiling where it will simmer gently for five hours. water, if all materials have been previously It must not boil or it will not be clear. cooked, and keep at gentle simmering othi, adding more boiling water as re-

naking, while the Anglo-Saxon definition,

Variety of Soups.

All varieties come under the head of cial occasions, and can be made very white stock is obtained. quickly. When made from uncooked beef

HOW TO PREPARE PURE FOOD chicken or beef has been boiled without cutting up. They do not contain a great amount of nourishment, as little of the meat juices are extracted, but are suitable to serve with a rich heavy dinner. Old fowl or game is often parboiled and then roasted and the broths served from these. Purces.

These form a group of themselves. They are usually made from vegetables, which sending to the table. Knowing how to are boiled slowly until tender and then rubbed through a fine sieve made for the purpose. These are made richer by the addition of cream, eggs and butter, and must not stand long after being made. Unesa bound together with butter and flour they will soon separate.

Making the Stock. ment which will appear regularly hereafter quickly mastered than the timid house- grated carrots give amber color, tomatoes, on Sundays and Wednesdays. This depart. keeper imagines, requiring only ordinary red, and spinach bruised in a mortar gives ment will be devoted to practical sugges- care to have a supply of clear soup stock a green tint. The juice must be squeezed tions regarding pure food, what to eat and always on hand, and this is necessary in through a cloth and added to the soup. how to prepare it. It will be conducted all families, large or small, when soups This color is usually added to mock-turwith the idea of making it valuable to the are always included in dinner menus. Small tie soup. The spices are cloves, alispice housewife of ordinary income, and will be families have to depend more upon tresh mace and celery seed, and curry powders entirely different from and superior to the materials for their soup stock, as there are usual run of food articles. These articles fewer left-overs. The process begins by are prepared by the well known authority, having everything scrupulously clean. The bay leaves are the best herbs. Some like Lida Ames Willis. Hew renders may have meat and bones, if uncooked, must be fresh a little sage in game soups. But all these the benefit of her ndvice and suggestions as possible and not "hung" or in the least must be used sparingly. by addressing inquiries to room 719, Cham- tainted. The usual proportions are six ber of Commerce building, Chicago, Ill. pounds of shin of beef, a knuckle of veal or an old fowl, and rather less than a quart of cold, soft water to each pound of "A Savor that May Strike the Dutlest fully wiped with damp cloth, then cut from The stock pot should be a fixed institu- the bones, the latter well cracked and tion in every family. While fresh, un- marrow removed, as this makes soup have cooked meat and bone must form the basis a strong flavor that spoils it for delicate of all clear scops, the bones and trimmings palates, and marrow can be used for other and bits of meat from roasts, steaks, chops, purposes. Put the bones in bottom of poultry and so on, may be used in making the stock pot, or soup kettle, lay the meat very good and nourishing soups. In the on top and cover with the water. Let morning put the soup kettle on the back stand in a cold place until the water is of the range, first seeing that it is per- quite red, then put over a slow fire and fectly cleun. In it place any soup remain- bring gradually to boiling point. As soon

Scrape and slice two small carrots, pare Do not use the fat of meat, as it and slice one turnip, stick twelve whole spoils the flavor and makes the soup in-digestible and gives you the trouble of to the stock with two small bay leaves, a skimming carefully to remove it before sprig of parsley and a small head of celery. Simmer one hour longer and then strain through a sleve into a large bowl Many housekeepers are puzzled as to the and set at once in a cold place. In warm meaning of the term when applied to soup- weather, if the stock is to stand many days, it is better not to add the ver tables stician, to stick, does not perhaps convey until preparing it for the table; it will keep the meaning very clearly-it means to store much better without them. They can be a supply of materials ready for instant cooked in as little water as possible, and at any time. Thus in stock we have added with the water to the stock and all the different kinds of ment soups con- heated thoroughly together. Season the densed in a firm, clear jelly, and contain- stock with pepper and salt to taste after ing the combined juices of meat, bone and straining it first time. If this stock is carefully made it will be perfectly clear.

Clear White Stock. The beef stocks are rich brown in color broths, bouillon, stock or consomme and when yeal or fowls are added they are purces. Bouillon is made from raw, lean more delicate in color and flavor, and when meat, and generally without bone for spe- yeal and chicken are used a very clear

Bouillon and consomme are made in simid bone only it gives a rich brown color. Har manner to soup stock, but the turnips Broths are this soups in which mutton, and carrots are left out and they are served

'Answers to Inquiries." PURE FOOD 3 3 NE BUT THOROUGHLY RELIABLE, PURE AND HEALTHFUL FOODS



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The good Cook, and the good Range are all right in their way. But you don't for a moment suppose that they can turn "bargain meats" into rich. juicy, strengthening meats, do you? We don't deny that our meats cost a triffe more per pound than poor meats slicked up to sell. But what an insignificant difference to one's purse as contrasted with the irre-

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FOR MEATS. FOR GROCERIES.

........

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Serving Soups

t must be served either very hot or very lowed. cold; as a lukewarm soup is insipid and unpalatable. Soup should never be served holders and managers of the brewery had until guests are seated, and then from the no knowledge of the fraudulent practice tureen either by the hostess at table, or of their brewmaster. The manager of the by the maid from side table. This insures | brewery purchases the stamps, which are its being hot. Most large hotels and rest turned over to the brewmaster, who is taurants have adepted the sensible plan of charged with the duty of placing them serving soups to guests in individual tu-reens. This plan might not be practical, stamps and it is alleged that in removing except in very small families and where the old stamps Heink preserved them and members of the family are irregular in after having in a measure restored them coming to the table. The tureens are silver replaced them on other kegs, retaining the or plated metal, and retain the heat a long stamps given him by the treasurer of

clear without any thickening materials. The different consommes are named from the nature of the materials added to the soup, such as consomme a la royal, which is made from light brown stock with equares of egg custard added just before serving, or consomme vermicelli, a clear soup with vermicelli, the latter boiled in salted water and added to soup just before make the soup basis, or stock, you can have a hundred different varieties. Almost all vegetables, cereals and the

starchy preparations, such as forina and taptoca and the macaroni pastes. Colors and Seasonings

Long cooking imparts a rich color: burnt sugar or caramel gives rich brown; but This is not at all difficult and more must be used sparingly, as it will sweeten;

MONDAY. BREAKFAST.
Baked Apples.
White Corn Mush. Cream.
Brolled Ham. Sauted Eggs.
Rolls. Coffee. LUNCH. Vegetable Chowder, Thin Slices Cold Mutton, Green Peppers Stuffed with Rice and Tomatoes.

DINNER. Mutton Broth with Barley, Bleefsteak with Tomatoes, Creamed Carrots. Riced Potatoes. Baked Squash. Puff Pudding.

BREAKFAST.

Dried Smoked Beef in Cream.
Stuffed Potatoes.
Baking Powder Biscuit. Coffee.
LUNCH.
Fried Opposite Stuffee Control of the Cont

Cabbage and Celery Mayonnaise. Fruit. Plain Cake. Cocon

Chicken Broth with Vermicelli,
Bolled Fowl. Egg Sauce. Bolled Rice.
tewed Onlons. Steamed Sweet Potatoes. Vegetable Salad. Chocolate Pudding, WEDNESDAY.

BREAKFAST. Cereal. Stewed Figs. Cream.
Finnian Haddle in Cream.
Hashed Brown Potatoes.
Corn Bread. Coffee. LUNCH.

Veal Curry, Steamed Rice.
Apple Rolly-Poly,
Cereal Coffee. DINNER Cabbage Soup.
Smothered Beef. Mashed Potatoes.
tewed Turnips. Buttered Beets. Stewed Turnips. Lettuce Salad. Fairy Pudding.

Recipes. Below will be found a few recipes of dishes appearing in the foregoing menus. The recipe of any dish not given and requested will be published in these columns as space will permit under a heading of

Puff Pudding-Put two cups of sifted flour into a bowl; add two level teaspoonfuls of baking powder and a quarter of a teaspoonful of salt. Sift three or four times. Stir in sufficient quantity of milk to make rather a thick batter. Grease six small cups well, drop in a spoonful of the batter, then a teaspoonful of preserved strawberries or marmalade. Cover with the batter, filling cups two-thirds full. Steam for twenty-five minutes and serve at once with cream and sugar.

Smothered Beef-Four pounds of rump or any thick roasting piece. Place in a pan boiler; add one cup boiling water, cover closely and stand over fire where it will keep just below boiling point. As water evaporates add just enough more, boiling, to keep meat from burning; cook until meat is very tender, but will not fall apart. Add two level teaspoonfuls salt when meat is nearly done. Dish the meat on a hot platter and use the liquor in boiler for making gravy. Garnish this dish with carrots and turnips cut into inch tubes and boiled separately.

Prairie Hen Potted-Pick, singe and in the western states tell peculiar tales about draw two hens, now truss through thighs and body with cord and tie back; fasten down wings and neck in same manner. Rub well with salt, cut quarter of a pound of fat salt pork into strips, place in a saucepan deep enough to hold the hens, fry a golden brown; then put in the hens with two large tableapoon fuls butter. Turn and brown the birds on all sides until a light brown; then add half in, above and over eyes. Hudyan cures men a cup of boiling water, cover closely and cook until tender, adding a very little boiling water as the liquor cooks away. When birds are done remove and cut into six pieces; arrange each half with parts as nearly in place as possible. Make a brown sauce, adding the giblets, which have been cooked separately and chopped fine. Pour this around, not over, the meat.

BREWMASTER UNDER ARREST Revenue Officials Charge John Heink with Using Old Stamps

on New Beer.

John K. Heink, ex-brewmaster for th Nebraska Brewing company, is under arrest on a charge of defrauding the United States, the specific charge being "having in his possession canceled revenue stamps with the intention of using them upon vessels containing beer.

The arrest of Heink is the culmination f an investigation which has been in progress for several months and which has occupied the attention of two deputy collectors for the greater part of that time. For a long time the collector noticed that the number of stamps being used by the brewery did not correspond with the capacity of the plant, but at first he supposed that the institution was being operated only part of the time. Casual observation showed that the brewery was being run up to a capacity in excess of the stamps required and closer inspection followed.

The collector's office had had previous experience with Heink which led them to believe that if any illegal practices existed he was cognizant of them and a closer watch was put upon his actions. Friday the officers concluded to act in the matter and Heink was sent for. He was told of the suspicions of the collector, but stoutly denied any knowledge of any crooked work. He was searched and a small amount of canceled stamps found upon his person. At his home a number of kegs of beer were found bearing stamps which were legitimate. Information was immediately filed with the No matter how perfect the soup may be district attorney and the arrest fol-

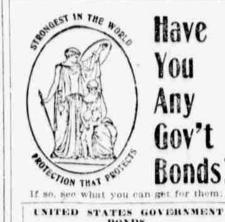
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Hudyan cures Pains in Loins, Pains in Kidneys,

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Due Aug. 1, 1918 118% & Int. 1.65
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4's Aft. Feb. 1, 1925 1715 & Int. 1.25
5's Aft. Feb. 1, 1924 114% & Int. 1.25

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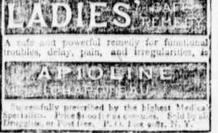
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