

Good Things for the Table---Offerings of the Market---Household Hints

Home Economics Department

Edited by Irma H. Gross - Domestic Science Department - Central High School

The Laws of Canning.

The old question, "Do you have any luck in keeping your canned fruits?" is dying out gradually, as women come to understand and master laws of canning. The housewife who would understand the whys and wherefores of the canning process must go back to the science of bacteriology for enlightenment. We know now that the spoiling of food, the process of decay, is caused by the presence and action of microscopic plants called bacteria, yeasts and molds. These tiny invisible forms of life are present everywhere. We cannot eliminate them; but we can kill them so that they cannot continue their work of destruction. The process of killing bacterial life is sterilizing. It may be accomplished by boiling the material to be sterilized for twenty to thirty minutes.

Hence the first law of canning. Boil the fruit sufficiently to sterilize it. In the case of acid fruits less than twenty minutes will suffice, because the fruit acid acts as a preservative. Also, boil all jars and lids for fifteen minutes, which time is sufficient to sterilize the smooth surfaces of jars. Since rubber rings cannot stand long continued boiling they must merely be plunged into boiling water immediately before use. Spoons, forks, etc., used for putting the fruit into the jars should also be dipped in boiling water.

Sterilization alone, however, will not insure the keeping of canned foods. If air can enter the filled jars it brings with it fresh bacteria, yeasts and molds, which will cause spoiling. Hence the second law of canning: Seal all jars tightly. Fill the jars to overflowing and seal immediately. In the case of screw top jars the lids must be screwed tighter after the glass of the jars has cooled and contracted.

There are many methods of carrying out these two laws of canning. Vegetable canning can best be done by the "cold pack" method, which will be discussed later. The old-fashioned method of cooking fruit till tender in a syrup and then filling sterilized jars with the cooked fruit and syrup produces a finely flavored product. In all cases the fruit should be

Co-operation

Readers are cordially invited to ask Miss Gross any questions about household economy upon which she may possibly give helpful advice; they are also invited to give suggestions from their experience that may be helpful to others.

picked over and washed. Small fruits should be taken from the stem, large fruits should usually be pared, and sometimes halved or quartered. The easiest method of removing skins from peaches and tomatoes is to plunge the fruit into boiling water for two minutes, then into cold, after which treatment the skins slip off easily.

Peaches.

Eight quarts of peaches, one quart of sugar and three quarts of water. Or, if more syrup is desired, eight quarts of peaches, two quarts of sugar and four quarts of water. Put sugar and water together and stir over fire until sugar is dissolved. When the syrup boils skim it. Pare the peaches, cut in halves, remove stones, unless you prefer to can the fruit whole. Put a layer of the prepared fruit into the preserving kettle and cover with some of the hot syrup. When the fruit begins to boil skim carefully. Boil gently ten to fifteen minutes, then put in the sterilized jars and seal. Put another layer of prepared fruit in the syrup and proceed as above.

Pears.

Treat exactly as peaches, except that pears require a slightly longer time for cooking, about twenty-five minutes for halves. The cooked fruit should be easily pierced with a fork.

Plums.

Eight quarts of plums, two quarts of sugar and one quart of water. Nearly all kinds of plums can be cooked with the skins on. If it is desired to remove the skins of any variety, plunge them in boiling water for a few minutes. When the skins are left on prick them thoroughly to prevent bursting. Proceed as with peaches. The time of cooking is five to ten minutes boiling. It may be that more syrup is desired; if so, use three quarts of sugar and one quart of water.

Culinary Queries.

Mrs. W. S. T.: The difference between jelly marmalade is that jelly is made from strained fruit juice, while marmalade is made from juice, rind and pulp. Also, so far as I know, marmalade has a lemon and orange foundation.

Orange Marmalade.

Five oranges, two lemons, sugar and water. Wash and slice fruit very thin. Do not peel fruit. Weigh sliced fruit and add three pints of water for every pound of fruit. Let stand twenty-four hours. Put on stove, bring to a boil and let boil forty-five minutes hard, counting time from beginning of boiling. Let stand twenty-four hours. Weigh and add pound for pound of sugar. Bring to a boil and let boil forty-five minutes. Pour into sterilized glasses and seal with paraffin.

Standard Recipes.

The recipe card catalogue by its business-like exterior, suggests efficiency within. One of the first principles of the science of efficiency, whether practised in a store, a factory or a kitchen is standardization. Our modern housewife will standardize her working conditions and also her working information. Her catalogue will not contain a useless repetition of recipes of the same type, such as "white cake," "ice cream cake" and "pound lily cake," when the only differences among them are slight variations in number of egg whites used.

A good working plan is to try out several recipes of one kind until a thoroughly satisfactory one is found. Then next to this tested type recipe keep a card labelled "variations." Thus, if one finds a particularly delicious chocolate frosting which owes its unusual flavor to the addition of cinnamon, then add that suggestion to the "Variations for Frostings" card, but do not make a new "Chocolate Frosting" card.

A woman is much more independent of cook books and more mistress of the art of cooking when she realizes that there are not 1,000,000 recipes in the world, but just a few basic ones which she may master and then vary to suit the tastes of her family as her own ingenuity dictates.

Recommended Menus

INFORMAL DINNERS.

- Tomato Soup
- Beef Brisket
- Chili Sauce
- Corn Pudding (Vegetable)
- Sliced Pineapple
- Spiced Baked Ham
- French Fried Potatoes
- Apples Cooked in Brown Sugar Syrup
- Creamed Peas and Carrots
- Hot Biscuits
- Grape Gelatine Pudding
- Cold Evaporated Cream Sauce
- Beef Bouillon

- Vienna Sausage
- Macaroni in Tomato Sauce
- Baked Celery
- Lettuce Salad
- Canned Red Raspberries with Whipped Cream
- Fresh Cup Cakes
- Boned Chicken with Egg Sauce
- Peas in Butter
- Boiled Rice
- Tomato Salad on Lettuce
- French Dressing
- Grape Juice
- Peach Cobbler
- Cream Sauce

- Chicken Soup
- Tuna Souffle
- Sphagetti with American Cheese Sauce
- Combination Vegetable Salad, Peas, Carrots, Celery, pieces of Crisped Bacon with French or Cooked Salad Dressing
- Apricot Short Cake
- Breaded and Baked Tongue
- Mashed Potatoes
- Brown Sauce
- Baked Tomatoes
- Pear and Pineapple Salad
- Cheese Wafers

AFTERNOON TEA.

- Toasted Rusks
- Thin Slices of Dry Sausage
- Candied Orange Peel
- Grape Float
- Saltines Spread with Veal Loaf and Sprinkled with Bacon Dust
- Preserved Figs
- Tea Lemon
- Butterfly Salad
- Bread and Butter Sandwiches
- Cookies
- Bouillon
- Celery Filled with Cheese
- Nut and Jam Sandwiches
- Mints
- Coffee
- Beef Bouillon Wafers
- Mincied Ham Balls
- Bread and Butter Sandwiches
- Tea
- Pineapple, Cherry and Nut Salad
- Cooked Dressing
- Cheese Sticks
- Cakes
- Grape Juice

You will Get Instant Relief.

Dr. Bell's Pine-Tar-Honey soothes your cough, allays inflammation, loosens the mucus and you breathe much better. 25c. All drug stores.—Advertisement.

Tested Recipes

Apple Salad.

Select firm apples and remove the centers carefully, leaving a thin shell to hold the salad. Dice the apple and an equal amount of celery. Parboil a small green pepper in boiled salt water for six minutes, remove the seeds and cut up in small pieces. Mix with this chopped nuts and blend with boiled salad dressing. Have the apples ice cold when ready to serve.

Finnan Haddie.

Wash the fish well, then put flesh side down in a baking pan, cover with cold water and bring to a simmer. Drain, rinse with cold water, return to pan, cover with cold milk and bake for half an hour. Five minutes before taking up dot with butter, sprinkle with pepper and leave in oven until the butter melts.

Oat Meal Cookies.

Cream one and one-fourth cups sugar and one cup of lard thoroughly together, add two eggs, well beaten, three cups of rolled oats, one cup stoned and chopped dates, and one teaspoon cinnamon, one teaspoon powdered ginger, one teaspoon baking powder dissolved in one-half cup sour milk and two cups flour. Mix quickly and drop from spoon on greased bake tins. Bake in moderate oven from ten to twelve minutes. If the spoon is dipped in milk before dropping each cake it will be much easier. Do not substitute raisins for dates.

Wife Asks Liberty, Alimony, Lawyer's Fees and Suit Money

Married in the Parish of Orleans at New Orleans, La., August 22, 1910, Gertrude Jackson complains that her husband has forgotten the teachings of the parish priests and has treated her with extreme cruelty. She has filed suit for divorce, alleging that Thomas M., the husband, is capable of giving her financial assistance. Jackson is a bookkeeper for the Harle-Haas Drug company of Council Bluffs. The wife asks alimony, attorney's fees and suit money.



Chocolate Fudge Sundae

CHOCOLATE sauce, hot or cold, poured over our Delicious Chocolate Ice Cream, garnished with whipped cream and fresh fruit, or a cherry, gives you a new and attractive service.

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Cold Weather Prevails in The Black Hills Country

It is more winterish out in the western part of the state and up in the Black Hills. According to the morning report to the railroads, several points in western Nebraska registered 32 to 36 degrees above zero, while in Deadwood, S. D., thermometers indicated as low as 28 above.

In Nebraska the weather is calm, but during most of the night a high wind was general.

Protect Yourself!

Get the Round Package Used for 1/2 Century.

HORLICK'S Malted Milk

THE ORIGINAL

Made from clean, rich milk with the extract of select malted grain, malted in our own Malt Houses under sanitary conditions. Infants and children thrive on it. Agree with the weakest stomach of the invalid or the aged. Needs no cooking nor addition of milk.

Nourishes and sustains more than tea, coffee, etc. Should be kept at home or when traveling. A nutritious food-drink may be prepared in a moment. A glassful hot before retiring induces refreshing sleep. Also in lunch tablet form for business men.

Substitutes Cost YOU Same Price
Take a Package Home

1916 Milk-fed Spring Chickens, lb. 19 3/4c

Choice Forequarters Lamb, per lb. 9 3/4c
This week we have 10,000 lbs. of live spring chickens, which we will dress to your order Saturday. Come early—these chickens will sell fast.

Porterhouse Steak, per lb. 17 1/2c	No. 1 Rib Roast of Beef, lb. 13 3/4c
Steer Pot Roast, lb. 10 1/2c	Extra Lean Regular Ham, lb. 18 1/2c
Young Veal Roast, lb. 11 1/2c	Sugar Cured Ham, lb. 12 1/2c
Young Veal Chop, lb. 14 1/2c	Extra Lean Bacon, lb. 18 1/2c
Pig Pork Roast, lb. 14 1/2c	Sugar Cured Bacon, lb. 16 1/2c
Pig Pork Butts, lb. 18 1/2c	
Pig Pork Loins, per lb. 18 1/2c	
Pig Pork Chops, lb. 17c	
Spare Ribs, per lb. 10 1/2c	

SPECIALS
From 8 to 9 p. m.—3 lbs. C. P. Lamb, 35c
From 9 to 10 p. m.—Lamb Chops, lb. 3c

EMPRESS MARKET

113 South 16th Street
Phone Doug. 2387
Opposite Woolworth's 5c and 10c Store.

We Have Received a Carload of Mixed Fruit, Which We Are Going to Place on Sale Saturday.

GROCERIES

Extra Fancy Bartlett Pears, box, 22 lbs. \$2.25	Extra Large Potatoes, 15 lbs. to the peck, per peck \$1.35
Delicious box Kieffer Pears, box, 22 lbs. \$1.80	All Brands of Creamery Butter, lb. 25c
Very Freestone Peaches, wrapped, per crate, at 80c	Good Butterine, in 2-lb. rolls, lb. 18c
Delicious box Kieffer Peaches, per crate, at \$1.40	Home-made Peanut Butter, made while you wait, per lb. 25c
Young Veal Roast, per lb. 11 1/2c	Extra Fine Peaberry Coffee, regular 25c per No. 50 can 65.9c
Young Veal Chop, lb. 14 1/2c	Sugar Cured Breakfast Bacon, lb. 18 1/2c
Pig Pork Roast, lb. 14 1/2c	Extra Lean Sugar Cured Breakfast Bacon, per lb. 22 1/2c
Pig Pork Butts, lb. 18 1/2c	Best-Em-All or Diamond C Soap, 10 bars for 1.00
Young Veal Chops, lb. 14 1/2c	WASHINGTON'S BEST FLOUR—Nothing finer on the market; every sack warranted or your money refunded.
Best Granulated Sugar, 15 lbs. \$1.00	per sack \$1.30
Extra Large Sweet Potatoes, per large market basket, at 48c	

MEATS

Home Dressed Spring Chickens, lb. 22c	Choice Steer Round Steak, lb. 17 1/2c
Home Dressed Spring Ducks, lb. 22c	Choice Steer Shoulder Steak, lb. 12 1/2c
Choice Steer Rib Roast, lb. 16c	Pure Lard, per lb. 15c
Choice Steer Rib Shoulder Roast, per lb. 12 1/2c	per No. 50 can 65.9c
Young Veal Roast, per lb. 11 1/2c	Compound Lard, 2 lbs. for 25c
Young Veal Chop, lb. 14 1/2c	per No. 50 can 65.9c
Pig Pork Roast, lb. 14 1/2c	Sugar Cured Breakfast Bacon, lb. 18 1/2c
Young Mutton Legs, lb. 11 1/2c	Extra Lean Sugar Cured Breakfast Bacon, per lb. 22 1/2c
Young Mutton Slew, 3 lbs. for 75c	Young Veal Chops, lb. 14 1/2c
Pig Pork Chops, lb. 17 1/2c	Choice Steer Sirloin Steak, lb. 20c
Choice Steer Sirloin Steak, lb. 20c	

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Auto Deliveries Twice Daily in All Parts of the City.

The Washington Market

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1407 Douglas St. Omaha, Neb.
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1916 Milk-fed Spring Chickens, lb. 19 3/4c

Pig Pork Loins, per lb. 15 1/2c

We so dress the chickens before 8 last Saturday. This week we have 25,000 lbs. of live spring chickens, which we will dress to your order.

Steer Pot Roast, lb. 10 1/2c	No. 1 Rib Roast of Beef, lb. 13 3/4c
Young Veal Roast, lb. 11 1/2c	Extra Lean Regular Ham, lb. 18 1/2c
Young Veal Chop, lb. 14 1/2c	Sugar Cured Ham, lb. 12 1/2c
Pig Pork Roast, lb. 14 1/2c	Extra Lean Bacon, lb. 18 1/2c
Pig Pork Butts, lb. 18 1/2c	Sugar Cured Bacon, lb. 16 1/2c
Porterhouse Steak, per lb. 17 1/2c	
Lamb Legs, lb. 15 1/2c	
Spare Ribs, lb. 10 1/2c	
Pig Pork Chops, lb. 17 1/2c	

SPECIALS
From 8 to 9 p. m.—Lamb Chops, lb. 3c
From 9 to 10 p. m.—Pork Chops, lb. 3c

PUBLIC MARKET

Mail Orders Filled Promptly.
Phone Douglas 2793
1610 HARNEY STREET
New Rapid Delivery System.

Economical Side of Bacon

The homemaker, chef or caterer who has not made use of bacon as a flavoring has been missing great opportunities. There are hundreds of women who seem to have the idea it is not good form to serve bacon excepting fried with eggs. It is best when broiled, even though served in the good old way with fried eggs. But once the housewife tries the good old standby in some of its various uses she will find that there is no need for monotony in her menus.

bacon drippings. Pour in the mixture, cover, lower heat and turn out on a hot platter. Garnish with grape jelly.

Peas with Bacon.
Dice crisp pieces of bacon and add to canned peas which are to be served with a white sauce. A few dried carrots are a desirable addition to this vegetable.

When serving canned peas with a white sauce save the liquor off the peas for soup. It contains the mineral salts which supply material for bones and teeth.

Oysters and Bacon.
This dish is called Ancho on Horseshoe in the south. Roll a piece of thin sliced bacon around an oyster, secure with a toothpick. Broil until bacon is crisp. Serve on hot dish garnished with quartered lemon and parsley. Canned tomato soup just as it comes, is delicious served with these.

With Spaghetti.
To give just the right flavor to spaghetti and rice dishes crisp three or four thin slices of bacon, dice them and add the boiled rice or spaghetti to the pan containing bacon and bacon drippings. Add desired seasoning to dish and let simmer. This is delicious with a can of tomatoes, a few slices of onion and a half a dozen shreds of sweet green pepper.

With Salads.
Broil bacon, chop and either grate or pound very fine. Put in a kitchen salt shaker and sprinkle over various salads and scalloped dishes.

A very convenient receptacle is made by punching holes in the top of a baking powder can.

The Economical Side.
Save every bit of bacon dripping by itself. It is splendid as a shortening for pastry or to grease the griddle with.

The foreign housewife has found that sandwiches of salt or smoked meat are very appetizing when the bread has been spread with pure bacon drippings. Children relish these sandwiches when they are made with very thin slices of dry Salami sausage.

15 lbs. Pure Cane Granulated Sugar for \$1.00
48-lb. sack Pennant Flour, for Saturday only, \$1.79
48-lb. sack Sunkiat Flour, for Saturday only, \$1.89
10 bars Diamond C or Laundry Queen Soap . . . 25c

1 tall can Argo Milk 25c	Spaghetti or Macaroni, pkg. 7 1/2c
3 cans Creamer Peaches, lb. 7 1/2c	Fancy Evaporated Peaches, lb. 7 1/2c
10c can Krut or Hominy 5c	Best Grade Uncooked Japan Tea, 1/2 lb. pkgs. for 10c
10c bars Glycerine or Tar Soap 10c	

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MAIL ORDERS FILLED AT ABOVE PRICES.

MEAT SPECIALS

Pig Pork Loin Roast—(any amount)—per lb. 16 3/4c	
Hindquarters Fancy Mutton, per lb. 12 1/2c	
Prime Rib Roast, rolled, no bone or waste, per lb. 17 1/2c	
Choice Cuts Fresh Ham or Pork Steak, per lb. 17 1/2c	
Mutton Roast, lb. 9 1/2c	Pork Chops, best cuts, lb. 25c
Choice Cut Pot Roast, lb. 12 1/2c	Mutton Stew, 4 lbs. for 25c
Pig Pork Shoulder Roast, lb. 14 1/2c	No. 1 Sugar Cured Ham, 13 1/2c

Twenty-fourth & Cuming Sts. **The Peoples Market** Telephone Douglas 1530

A Culinary Jewel

A cook in a Baltimore family is in receipt of gifts and plaudits because she has been faithful to stove and sink in one situation for twenty-five years. So long a period of domestic service is almost incredible in these days when, as a Chicago wit remarked, the cook may leave between the bacon and eggs. Nowadays when an employment agency brings the lady of the house and the maid-of-all-work together it is the employer who is catechized by the employee. The mistress fervently hopes that she will suit the grande dame below stairs and lives in fear of giving the underlying displeasure. Is the solution of the servant question to be the passing of the servant? A strike in the kitchen means nothing less than the fracture of the staff of life. The domestic economy with the domestic out of it is paralyzed. The old saying, "Too many cooks spoil the broth," has ceased to mean anything, because too many cooks would be an incredible superfluity. How much is the mistress to concede? Is the cook to have breakfast served to her in bed? Is she to be allowed to give nightly parties in the kitchen when she does not carry away meat and vegetables and elect to spend the evening elsewhere? Any disciplinary measure may produce a flare-up and a resignation.

big an appetite. You would have to dismiss yourself several times in that period, and you would earn little but sympathy in your own eyes.—Philadelphia Ledger.

Officer Shot and Killed.
23 Paso, Tex., Sept. 21.—Sergeant J. Betrene, Twenty-third United States Infantry, was shot and killed in a saloon here today. Subsequently William Sands, a stationer, was placed under arrest. Betrene, who was a provost guard, was said to have been attempting to arrest an intoxicated soldier.

The tired business man can easily frown over his newspaper at his wife and say, "I wouldn't let her talk to me that way. Why don't you discharge her?" That just shows how little the good man knows of the problem of getting anybody at all to do the work and keeping the peace even imperfectly. The disciplinarian of the business office has his whip-hand in the fact that there is a waiting list for business chances. But good cooks command their own price and can pick and choose their elective affinities in the way of diffident young mistresses newly from the cooking school. If you think it is easy to keep one cook for twenty-five years go home and try it over on your own linoleum. You will find it all but impossible to please the same servant as long as that. You have too many crochets and whimsies, too flighty a temperament, too

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Grape Juice is the great summer drink for all. No other beverage has so large a variety of uses. Armour's, because of its purity, is the ideal drink for children, invalids and old people as well as for the strong and vigorous.

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