

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

## Palate-Pleasing Fruits Invade Omaha's Markets

Now is the time when the housewives who are skilled in domestic economy are buying Tokay grapes, those big, solid, sweet, pinkish, purplish beauties that come in big bunches from California. Never have the luscious fruits of the vine been more plentiful or better than right now. And they're cheap, oh, so cheap. Six-pound baskets for 40 or 50 cents! If you had to pay 50 cents a pound for them, you might appreciate them more, but get 'em now and eat what you can and can what you can't.

These "honey dew melons" aren't as frail and delicate as their fairy-like name might seem to indicate. They've been hanging around in the Omaha markets now for some two months or so and they seem to be bigger and luscious-er than ever. Half a buck or so a piece. ("Buck," madam, is stag language for dollar.) Apples are nice. Nebraska Jonathans of sound and speckless beauty sell for the small sum of 35 to 45 cents a peck. Here are "Siberian crab apples," not from Siberia, but called by that name anyway. They're 4 large crab apple at six bits; that is,

75 cents the peck. If you want the northwest Pacific coast variety that comes in paper packed boxes you can get the "Spokane beauty," for instance, at \$2 a box.

Greenings and sweet apples are also on hand.

Alligator pears, splendid to put in salads, are around 35 cents each. Keifer pears come at 50 cents or so a peck. Bartlett pears are also still with us.

Big black plums and little Damson plums and big Elberta peaches and smaller peaches from Colorado are among the fruits.

The war doesn't seem to have interfered with the fig industry of the near east. The figs of various kinds are here and so are the dates. English walnuts, also, are here in abundance from California. The new crop of grapefruit, a bit green yet, but smooth and nice, has begun to appear.

Great big cucumbers, fine celery cabbage, "snowball" cauliflower, green peas and beans, Virginia sweet potatoes, green peppers, red tomatoes, radishes and lettuce are among the vegetables on hand.

washing it thoroughly put it in a flat pan. Add onion and green pepper to the tomato sauce, season to taste, and pour half of it over the fish, keeping the remainder warm in a double boiler. Let the fish bake until it separates easily from the bone, basting occasionally with more tomato sauce. When done, serve with the remainder of the tomato sauce.

**Green Tomato Catsup.**  
1 gal. green tomatoes 1 doz onions (medium)  
1 small head cabbage 1/2 doz green peppers  
2 ozs. mustard seed 1/2 doz green onions  
1/2 oz. each macis, cin. pepper  
1/2 cup vinegar 1/2 cup celery seed  
Salt and sugar  
1 qt. vinegar

Cook the vegetables in slightly salted water until tender. Drain, pass through a colander or sieve; add spices, sugar, salt, and vinegar and cook to the consistency of catsup. Use sugar and salt to taste.

**Salmon Mold.**  
2 tablespoonfuls gelatin  
2 egg yolks few grains cayenne  
2 teaspoonfuls salt 1/2 cupful milk  
1 teaspoonful mustard 1 can salmon  
2 tablespoonfuls vinegar 1 1/2 tablespoonfuls melted butter

Soak gelatin in cold water five minutes. Mix egg yolks, slightly beaten, with salt, mustard, and cayenne; add butter, milk, and vinegar. Cook in a double boiler, stirring constantly, until the mixture thickens. Add the gelatin and salmon, separated into flakes, and turn into a large mold. —Mother's Magazine.

**Baked Hominny en Casserole.**  
2 cupfuls hominy 1/2 cupful milk  
1 tablespoonful butter 2 eggs

Seasoning  
Cook the hominy in boiling salted water until tender and of the consistency of mush. Add butter and milk and season to taste. Add the well-beaten egg yolks and, when slightly cooled, fold in the beaten whites of the eggs. Pour into a casserole and bake.

**Carrot Chowder.**  
One cupful of diced raw carrot, one cupful of sliced raw potatoes, one cupful of sliced raw onions, one tablespoonful of chopped parsley, one cupful of milk, half a tablespoonful of butter, half a tablespoonful of flour; season. Boil the carrots and onions in a quart of boiling water for fifteen minutes with the lid off the saucepan; add the potatoes, cover and boil for twenty minutes; stir in the milk and seasoning and boil for five minutes. Melt the butter in a cup and stir the flour into it smoothly. Add to the contents of saucepan, boil all together for another five minutes, sprinkle in the parsley and serve.

**Vinegar Cabbage.**  
One cabbage, seasoning, one ounce of butter, one cupful of best malt vinegar. Shred the cabbage finely and boil rapidly in salted water until it is quite tender. Stand on one side of the stove to keep hot and make a sauce by blending the butter and the seasoning with a cupful of vinegar. Pour the sauce over the cabbage, cover the saucepan and let it stand on one side of the stove for five minutes, as before. It is then ready to serve.

**Damsons make a most delicious sweet pickle. I am told, if treated according to this tested receipt, which was given me by a friend who is an excellent cook:**

## Excavators Run Into a Deserted Wine Cellar

While workmen were excavating for the chemistry laboratory at the University of Omaha the other day they came to something which aroused a great deal of interest. They discovered a cave which was partially filled with wine containers. Among the discoveries was an old-fashioned wine porcelain jug. There was no wine.

A great deal of guessing was done in an attempt to give an origin to the cave. Probably, however, it was used as a cellar when the Redick land was a farm.

## Poison Drinker is New Human Marvel

Richard Leroy of Kansas City owes an explanation to doctors and undertakers.

Thursday night in South Omaha he drank enough bichloride of mercury to kill an ordinary man. Then he walked several blocks to the police station and told what he had done. Doctors examined him and said he would surely die. Hoping against all the evidences, physicians gave him first aid treatment and rushed him to the South Omaha hospital.

In the morning he regained consciousness and the prediction is now that he will live.

## Tested Recipes

All Measurements Are Level Unless Otherwise Specified.

### Orange Jelly in Orange Peel.

2 teaspoonfuls gelatin 3 oranges  
3 tablespoonfuls cold 1/2 teaspoonful lemon water  
1/2 cup boiling water 1/2 cup sugar

Cut a circular piece of peel one inch in diameter from the stem end of each orange. Introduce the handle of a silver spoon into the opening thus made, and remove pulp and juice. Strain juice from pulp and use one cupful of the juice in making the jelly. The forefinger of the right hand may be of assistance in loosening the pulp lying close to the skin, which should be discarded, as it is apt to make a cloudy jelly. Soak gelatin in cold water five minutes and dissolve in the boiling water. Add sugar and stir until dissolved; then add orange juice and lemon juice. Fill oranges with the mixture, place in a pan, and surround with ice to which a small quantity of water has been added. As soon as jelly is firm, cut in halves lengthwise; cut halves in thirds and arrange on a serving dish.

### Chicken Omelet.

1 cupful minced chicken, heated  
4 eggs 1 tablespoonful minced parsley  
1 tablespoonful butter

Beat the eggs; season with salt and pour into a frying pan in which the butter has been melted. When the omelet is set and ready to be removed from the pan, sprinkle over it the minced chicken; fold it over and transfer to a hot platter. Stir the parsley into the white sauce and pour around the omelet.

### Crab-Apple Jelly.

Wash and quarter the crab apples; measure; allow one pint of water for each quart of cut apples. Place apples and water in a preserving kettle; cover and let simmer slowly until fruit is tender. Fill a cheesecloth bag; hang the bag up and let the juice drip into a bowl. Strain the juice through a piece of flannel; put it in a kettle and let it boil twenty minutes. Then measure and add one pound of sugar for every pint of juice. Mix well and let boil five minutes. Remove from fire and pour into jelly glasses. Serve with little balls made of cream cheese or cottage cheese, slightly moistened with cream.

### Hallowe'en Cookies.

1/2 cupful butter or 2 eggs  
1/2 cupful molasses 1/2 cupful milk  
1/2 cupful sugar 1/2 cupful flour  
1/2 cupful molasses 1/2 cupful flour  
2 teaspoonfuls baking powder

Cream butter and sugar; add molasses, eggs, milk, ginger, and baking powder mixed and sifted with one cupful of flour, and enough more flour to make a soft dough. Roll out and cut in rounds. When baked and cooled, cover with boiled frosting, and make faces with currants and raisins.

### Steamed Clams.

The clams should be alive when purchased. Wash them in water, using a brush. Put them in a large kettle with a little hot water; cover tightly and steam until the shells partly open, taking care that they are not overdone. Open and loosen the clams from both shells, serve about eight on a plate with a lemon cup filled with melted butter in the center.

### Tomato Stuffed with Cauliflower.

Peel and carefully cut a slice from the blossom ends of medium-sized, ripe tomatoes; scoop out the centers without breaking the shell. Cut clusters of cooked cauliflower just the right size to fit in the cavity, letting them come a trifle above the red tomato rim. Serve with a rich mayonnaise.

### Jugged Soup.

6 or 8 potatoes 1/2 cupful uncooked rice  
1 cupful canned peas 1/2 cupful salt  
1 turnip 1/2 cupful salt  
1 onion 1 quart beef broth

Slice the potatoes very thin and lay in an earthenware jar. Add peas, the thinly sliced turnip, the sliced onion, rice, salt and pepper. Pour the beef broth over all; cover; place jar in the oven and cook three hours.

### Griddle Cakes.

1 cupful flour 2 tablespoonfuls evaporated milk  
1/2 teaspoonful salt 1/2 cupful water  
1 teaspoonful baking powder 1/2 cupful sugar  
1 egg 1 lemon  
Fat for frying

Sift flour, salt, and baking powder together; add egg and mix. Gradually stir in the evaporated milk diluted with the water and add sugar. Beat well and let stand for thirty minutes. Put a little fat into a small frying pan, and when hot pour in enough of the batter to cover the bottom. Fry quickly to a golden brown on both

sides. Turn upon a sugared paper; roll up and serve on a warm dish with powdered sugar and quarters of lemon.

### Egg Croquettes.

4 hard-boiled eggs 1 teaspoonful salt  
1 tablespoonful butter Dash of pepper  
2 tablespoonfuls flour 10 drops onion juice  
1/2 cupful milk  
1 egg  
1 chopped parsley Cracker crumbs  
Fat for frying

Make a white sauce of the butter, flour, and milk; season with the salt, pepper, and onion juice. Chop the hard-boiled eggs and add to the sauce. Add parsley. Let it get cold; shape into croquettes; roll in egg and cracker crumbs and fry in hot fat.

### Praline Creams.

1 cupful sugar 1 cupful water  
1/2 teaspoonful cream 1 cupful evaporated milk  
2 cupfuls pecan meats 1 cupful maple syrup  
Mix sugar, cream of tartar, evaporated milk, water, and maple syrup. Heat to boiling point, stirring until sugar is dissolved. Boil to soft ball stage; remove from fire; add nuts and cool by placing the vessel in a pan of cold water. When cool beat until creamy, and drop from a teaspoon on paraffin paper, or pour into a buttered pan and cut in squares.

### Chocolate Mousse.

1 tablespoonful gelatin 2 squares unsweetened chocolate  
1/2 cupful cold water 1/2 cupful heavy cream  
1/2 cupful boiling water  
1 cupful sugar 1 teaspoonful vanilla

Soak gelatin in cold water five minutes. Melt chocolate in the boiling water and add soaked gelatin; then add sugar and vanilla. Cool and add cream, beaten stiff. Fill a chilled mold with mixture, having mixture overflow the mold; adjust cover; pack in rock salt and finely crushed ice, using equal parts, and let stand four hours.

### Fish With Tomato Sauce.

3 pounds haddock or 1 fish  
1 cod 1 chopped onion  
1 cupful thin tomato 1/2 cupful green pepper  
1/2 cupful sauce 1/2 cupful chopped

A section from the middle or near the tail of the fish is best. After

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