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READ BEE WANT ADS

# Home Economics Department

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

## The Thanksgiving Dinner

In a recent housekeeping publication I found expression of a new note in Thanksgiving dinners—the necessity for the hostess to have something worth while to talk about. For a long while we have known that "dinner conversation" was essential to "society dinners"—here we find a woman who dares to tell us that the family Thanksgiving table is incomplete without real conversation—and the spirit of thankfulness. For "man does not live by bread alone" nor even by Thanksgiving turkey. Isn't it fortunate for us in this year of very prohibitive prices to realize that the success of the dinner depends not so much upon what we eat, but upon the intangible spirit of cheer which we may contribute and receive?

The olden days of six kinds of meat and twelve kinds of dessert have gone for us forever. We can scarcely pay for one kind of meat, let alone six. And if we could pay the meat bills, our purses would surely fail us when it came to the doctor's bills that would inevitably follow. Formerly foods cost very little in comparison to modern prices, and the out-door lives led made for better digestive systems. Also, I think people were more indulgent towards indigestion after holidays. One other reason forbids the overloaded table of the past generation. We are unwilling to overtax the strength of the housewife who prepares the meal, and the modern housewife knows that overtaxed strength means a loss in the end to her family. She will plan a dinner which can be prepared largely ahead of time.

For these reasons, the average Thanksgiving dinner will not include more courses than a usual Sunday dinner—possibly a separate course

## 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 meeting the same problems.

may be made of the salad. We will rely on the appearance of the table and appropriateness, not quantity, of the food, to mark the day. The table decorations should be suggestive of the harvest—the origin of the day. At least we can keep to the autumnal colors. A basket, or bowl of fruit, or fruit in a hollowed-out pumpkin, are attractive. If one has bitter-sweet berries, their coloring makes an artistic decoration. When place cards are used, plain white cards may be inserted in small red apple standards.

As to the menu, we shall begin, in all probability, with soup. A soup is traditionally appropriate. A clear bouillon or tomato bouillon makes a simpler first course, and either of the latter can be prepared the day before. The keynote of the dinner has always been turkey, and in one way roast turkey is an economy, because a very simple dinner will prove satisfying if turkey is included. The bird, however, is always a luxury, even in other years when the press of high prices was felt less than now. If we omit turkey, or other poultry, let us provide, if possible, a roast meat with dressing. Somehow dressing gives a company appearance and flavor to any kind of meat. We can provide "mock duck," which is plank steak, with a pocket made by the butcher, which pocket is stuffed and sewed up. The

meat is roasted in a moderate oven about one hour and a half. Slices of bacon may be laid over the meat. Breast of veal, an inexpensive cut not frequently served, may be stuffed (a pocket made at the butcher's shop). It makes a delicious roast. Fresh ham may be boned and stuffing put in place of the bone. Calves hearts may be stuffed and baked.

Cranberry sauce may appear on our table, with or without turkey. Recipes for different sauces are given below. For vegetables we shall use, as a matter of course, baked potatoes, either white or sweet, or both. If the oven is large enough it is wise to serve other baked vegetables, such as baked squash, scalloped onions or cabbage.

If the salad is made a separate course, it may add a real Thanksgiving note. I suppose nothing is more appropriate than Waldorf salad (equal parts chopped apple and celery with English walnuts), served in bright red apple cases. If desired, the apples may be cut crosswise and hollowed out to form shallow cups in which the salad is heaped high. Other types of fruit salad may be served in orange cases.

As to dessert, the time-honored pumpkin pie comes to mind. It is appropriate and it is good, especially if the preceding courses have not been elaborate. Also, (wonder of wonders, in this day) it is reasonably cheap. If, however, the dinner has included many and rich foods, why not substitute a lighter food, such as a fruit sherbet? I know one family with whom I have enjoyed Thanksgiving hospitality more than once, who have made orange ice the traditional Thanksgiving dessert. The children expect it as other children do pumpkin pie. It has the harvest color and it satisfies the desire for a sweet, and it does not give the feeling of discomfort which

# English Hot House Grapes May Be Found on Market

Potatoes will be a good deal cheaper in the Omaha market, so say the men who are in the vegetable market and who are in a position to know, potatoes will be considerably cheaper—some time next summer when the new crop is gathered. There isn't much hope of a shading of the present price of 50 cents a peck before that. Sweet potatoes are 5 cents a pound for the common variety and the Jersey kind come at three pounds for 25 cents.

Some nice, fresh carrots and beets are on the market, just gathered from the fields in Texas. Celery is getting ready to grace the holiday table. Extra fine stalks from Colorado are selling at 50 cents the dozen. Celery cabbage is also on hand in very fine quality. Pumpkins, big and solid, are plentiful and ready for the holiday pies.

Here are some nice grapes. Only \$1.50 a pound. Yes, that is correct, \$1.50. They are English hot house grapes. They are about as big as plums and every one is perfect. They come from England packed in cotton. French endives that some people like with salad dressing are here. They are the genuine article, imported, in spite of war, from France and command 75 cents a pound.

Apples are scarce as potatoes and just as expensive. Domestic cooking apples are almost unknown in the local markets this year. The fancy apples that come in boxes from the Pacific northwest are plentiful around \$2 a box.

Grapefruit is very abundant and extremely fine. "Balls of juice," the fruit men say they are. They come from Florida and each solid ball of juice costs only from 5 cents to three balls for 25 cents.

follows a rich last course. With the orange ice may be served small cakes or very thin slices of fruit cake.

At the end of the dinner coffee in small cups gives the last festive touch to the menu. With it come the candies, if desired, and throughout the meal may be added all the delicious "extras" of salted nuts, olives, pickles, celery, relishes and jelly. Finally, if the family boasts enough members, should come the old-fashioned games for everyone, to finish the enjoyment of our American home holiday of Thanksgiving.

**Cranberry Recipes.**  
**SPICED CRANBERRIES.**  
1 qt. cranberries. 1 T. vinegar.  
1/4 c. water.  
1/2 c. each, cloves, allspice, cinnamon.  
Cook cranberries with water until they are soft. Press through a sieve and add as much sugar as pulp. Add other ingredients and cook slowly, stirring often, until mixture is thick.

**CRANBERRY RING WITH CELERY.**  
1 pt. cranberries. 1/4 c. water.  
1/2 c. each, raisins, chopped celery. Salad dressing.  
1 pt. sugar (2 c.).  
Make a heavy syrup by boiling sugar and water two minutes. Boil raisins and cranberries in syrup until tender. Pour into a ring mold to set. Turn out from mold when firm; fill center with celery. Pour dressing over.

**UNTRAINED CRANBERRY SAUCE.**  
1 part sugar. 1/2 part water.  
2 parts cranberries.  
Put ingredients together and bring to a boil. Cover and boil ten minutes.

**CRANBERRY SHERBET.**  
One pint cranberries cooked and strained. One-half c. sugar, 1 c. water, juice of a small lemon (cook together 5 minutes). One-half c. bottled frosting.  
Add cranberries to lemon syrup, partly freeze; add frosting and continue freezing.

**CRANBERRY FRAPPE.**  
1 T. gelatine. 4 T. lemon juice.  
1 c. boiling water. 1 c. cold water.  
1 qt. cranberries. 1 c. sugar.  
Soak gelatine in cold water five minutes. Cook cranberries till soft in boiling water. Force cranberries through a strainer. Mix all ingredients and freeze.

**Pumpkin for Thanksgiving Feast**  
Perhaps the pumpkin pie has been the most popular of all pies, and since Colonial times has regularly as the season comes around. Incongruous as it may seem, the "pumpkin pie" is often made of squash, which has a more delicate texture, and a sweeter flavor than the pumpkin. Besides pies there are numbers of other good things that can be made with pumpkin and squash. Either may be used in the recipes given here, but when squash is used, not quite so much sugar will be required, and, as it is not so watery, it takes a little more milk. Bake pumpkin pies in deep tins and have the pastry thin.

**Baked Pumpkin.**  
Peel and cut the pumpkin or squash in small strips. Put a layer in the bottom of a bake dish. Sprinkle with sugar and salt and dot with butter. A gratin of nutmeg or a little cinnamon

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Everything is high. Even condensed milk going skyward. Better stay with your old Alamo milk man. Relatively milk is cheap—only a few such foods as rice and corn meal are as cheap per pound of nutrition delivered. Nearly all other foods are higher, but milk when used with other cheaper foods becomes still more economical and more valuable.

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**1916 Milk-fed Spring Chickens**..... 17¢/c  
**Choice Forequarters Lamb**, per lb..... 10¢/c  
Pig Pork Loins (fresh not frozen) per lb..... 12¢/c  
Young Veal Roast, lb..... 11¢/c  
Young Veal Chops, lb..... 14¢/c  
Steer Pot Roast, lb..... 8¢/c  
Steer Round Steak, lb..... 17¢/c  
Steer Porterhouse Steak, lb..... 17¢/c  
Steer Sirloin Steak, lb..... 12¢/c  
Steer Shoulder Steak, lb..... 12¢/c  
Pig Pork Roast, lb..... 12¢/c  
Pig Pork Butts, lb..... 12¢/c

may be sprinkled over each layer. Repeat until the dish is nearly full. Sprinkle the top well with sugar. Bake in a moderate oven. When the pie is done the sugar on the top should be cooked to a thick brown syrup and the pumpkin should be nice and tender. Serve hot. Pumpkin or squash is nice baked in the shell.

**Rich Pumpkin Pie.**  
1 pint pumpkin or 1 pint sweet milk  
1/2 cupful butter 1/2 cupful sugar  
3 eggs 1/2 teaspoonful nutmeg  
1/4 teaspoonful salt 1/4 teaspoonful ginger  
Lemon extract 1/4 teaspoonful cinnamon  
Pare a pumpkin; remove all seeds and stringy inside. Cut into strips or cubes and steam or boil until perfectly tender. Pass through a sieve; add the other ingredients. Beat the yolks and whites of the eggs separately. Blend the cornstarch into the yolks of the eggs and add the whites and fold in. Line deep pie tins with thin pastry; pour in the pumpkin mixture and bake a golden brown. Sprinkle with a little sugar, and serve cold. This amount ought to make two pies.

**Colonial Pie With Whipped Cream.**  
1 pint pumpkin 1/2 teaspoonful allspice  
1 tablespoonful butter 1/2 teaspoonful cinnamon  
1/4 teaspoonful salt 1/4 teaspoonful flour  
3 eggs 1/4 teaspoonful ginger  
1/2 cupful sugar 1/4 teaspoonful nutmeg  
Mix all the ingredients thoroughly; add the beaten whites of the eggs last. Fill crusts two-thirds full and bake until the pumpkin custard is set and the top is a golden brown. As no milk enters this pie, it will improve this pie to top it off with whipped cream, sweetened with powdered sugar and flavored with a teaspoonful of vanilla or a dash of cinnamon.

**Cocoanut Pumpkin Pie.**  
1 pint pumpkin pulp 1/2 teaspoonful butter  
1 pint good milk 1/2 teaspoonful salt  
2 eggs 1/2 teaspoonful ginger  
1/4 cupful grated cocoanut 1/4 teaspoonful vanilla  
1/2 cupful sugar 1/4 teaspoonful mace  
Mix the ingredients together thoroughly. The whites and yolks of the eggs should be beaten separately. Pour into pastry-lined tins and bake until custard is firm and brown. Cover with a sprinkling of grated cocoanut.

**Pumpkin-Raisin Pie.**  
1 pint pumpkin pulp 1/2 teaspoonful butter  
1 pint rich milk 1/2 teaspoonful salt  
1/4 cupful sugar 1/4 teaspoonful ginger  
1/4 cupful raisins  
Mix all ingredients thoroughly together. The raisins should be seeded and run through a food chopper. Use light brown sugar in this pie and if one-half cupful does not make the pie sweet enough, add a little more sugar.

**Pumpkin-Date Pie.**  
1 pint pumpkin 1/2 teaspoonful allspice  
1/2 cupful butter 1/2 cupful milk  
1/4 cupful chopped 2 eggs  
1/4 teaspoonful nutmeg 1/4 teaspoonful ginger  
1/4 teaspoonful cinnamon 1/4 teaspoonful nutmeg  
Blend all the ingredients to a cream. Beat up the yolks and whites of eggs separately and fold in the whites the last thing. Pour into crusts and bake. Serve cold with a layer of whipped cream on top flavored with a little vanilla and dotted, if liked, with a few crystallized cherries. These pies can be made in the form of patties. They are nice served at the Thanksgiving supper in this shape.

**Pumpkin Custard Pudding.**  
1 pint pumpkin pulp 1/2 cupful light brown sugar  
1/4 cupful sugar 1/2 teaspoonful cinnamon  
1/4 teaspoonful salt 1/4 teaspoonful nutmeg  
1 pint cream 1/4 teaspoonful nutmeg  
Beat up the yolks and whites separately, and very light; add to the other ingredients. Bake in pudding dish. Serve cold.

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Steer Sirloin Steak, lb..... 12¢/c  
Steer Shoulder Steak, lb..... 12¢/c  
Pig Pork Roast, lb..... 12¢/c  
Pig Pork Butts, lb..... 12¢/c

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Choice Steer Sirloin Steak, lb. 12 1/2¢  
Choice Steer Round Steak, lb. 18¢  
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Washington's Best Flour, every sack warranted, per sack..... \$2.40

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Pig Shoulders, lb. 13 1/2¢  
Pig Spare Ribs, lb. 10 1/2¢  
Fresh Pig Feet, 2 lbs. for..... 25¢  
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Young Mutton Steaks, lb. 18 1/2¢  
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Flour, Economy, 48-lb. sack..... \$2.30  
Balled Oats, best bulk, 7 lbs. sack..... 25¢  
Rice, Best Jap, 10c grade, 5 lbs. 25¢  
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Shredded Wheat, 10c pk..... 11c  
Elkhorn Milk, 2 tall cans..... 28c  
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Kerosene, per gallon..... 7c  
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**1916 Milk-fed Spring Chickens**..... 17 1/2¢/c  
Lamb Chops, lb. 14 1/2¢  
Mutton Roast, lb. 18¢  
Spare Ribs, lb. 11 1/2¢  
Extra Lean Regular Hams, lb. 18 1/2¢  
Sugar Cured Hams, lb. 18 1/2¢  
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From 8 to 9 p. m.—Lamb Chops, lb. 5c  
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