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

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gar Cured Breakfast Bacon, per ib.

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THE WASHINGTON MARKET

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Home Economics Department Edited by Irma H. Gross - Domestic Science Department . Central High School . . Plank steak brained with tomate and potate. Peas. Bread and oleomargarine. Baked apple. Cost II cents. 1458 Calories. Purse of navy beans. Macaroni and cheese. Mashed potato. Lettuce with vinegar and sugar. Bread and oleomargarine. Cornstarch mold. Plain cookies. Cost I4 cents. (1472 Calories.) Cive Cost Meals. Builletin of the

Co-operation

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

Meals at Low Cost

Everyone is interested in it now. Of course "it" is our very familiar friend, the H. C. of L., the high cost friend, the H. C. of L. the high cost of living. One interesting result of this present situation is the now famous Diet Squad of the Chicago Health Department. Dr. Robertson, health commissioner, promised to feed his people on the sum of 40 cents per person per day. To most people, numerically speaking, the sum

About two years ago the American School of Home Economics in Chi-cago published a Bulletin entitled "Five Cent Meals," which would suit a 15-cent per person per day dictary. Cost

At the present scale of prices probably these meals would come to about 18 or 20 cents per person per day. The meals are planned by an expert in nutrition, and include the necessary foodstuffs. The menus are interesting and varied. Two days' meals are given below: BREAKFAST

Fried basen strip.
Coffee for adults
Milk for children.
Braad and eleomargarine.
Toa for adults
Milk for children.
DINNER.
Meal soup with cereal and vagetables.
Toasted bread.
Ivied apple cobbies.
At the next stage of dietary costs, the 20 to 25 cents per person per day, my readers may be interested in the work done recently in the Advanced Cooking classes of the Central High school. The girls have been preparing dinners at a cost of 10 to 15 cents per person. One interesting thing about these dinners is that the food value in each case has been fairly acpeople, numerically speaking, the sum yi 40 cents per person per day is prohibitive. However, Dr. Robertson found after a week's trial that 33 2-3 cents was sufficient to provide very palatable and satisfactory meals. Even that sum, though, is impossible for many people to meet. To a large number 20 cents per person per day is all that can be allowed for food.

Meals at less than the last-mentioned cost are bound to be very monotonous, even if satisfactory from the nutrition standpoint. One must draw so largely from a few cheap foods, notably rice, molasses, salt pork, skim milk, dried fruits, corn meal, crackers, macaroni, split peas, boiling beef occasionally, and cheese. The diet cannot be attractive and is very apt to lack in mineral matter, the importance of which cannot be overestimated.

About two years ago the American School of Home Economics in Chi-

(meat and rice baked in tomate sauce.)
Bread and eleomargarine.
Baked petal.
Apple ple.
Coffee with top milk.
Cest 10 cents. 1419 Calorie

Milk-fed Spring Chickens,	per lb
Choice Forequarters Lamb, per lb.	
Pig Pork Loins, per lb	
Pig Pork Butts, ih 15/9c Mutton Chops, per lb 14/1c Mutton Roast, ib 7c	Spare Ribs, per lb. 10 %c Extra Lean Regular Hams, lb. 17 %c Extra Lean Regular Hams, lb. 13 %c Sugar Cured Hams, lb. 13 %c Extra Lean Breakfast Bacon, lb. 20 %c Sugar Cured Bacon, lb. 18 %c Fresh Oysters, per qt. 40c Fresh Oysters, per qt. 40c From 8 to 9 p. m.—Country Sausage, per lb, at. 5c From 9 to 10 p. m.—Pork Chops, lb., 11c
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The largest quality loaf on the market for

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Delicacies on Omaha's Market Are Low-Priced

Navel oranges, grapefruit, nuts, figs and dates, all holiday necessities, are the same price in Omaha markets this year as they were last.

This is a startling statement in view of the steady upward trend of nearly everything edible. But the fact remains. Moreover, these things have never so fine as they are this year, Particularly is this true in the case of grapefruit and oranges.

The finest grapefruit ever seen in the Omaha market is what we have this year, said one big store manager. The comes from Florida and it is chock full of juice. In spite of its fine quality and rising prices of most other things, grapefruit remains the same as last year, 5, 10 and 12½ cents each. Navel oranges hold at the popular prices of many years; namely, 20, 30 and 40 cents a dozen."

Nuts of all kinds, English walnuts, filterts, almonds and Brazil nuts are excellent at 25 cents a pound. There excellent at 25 cents a pound. There are considered and from Florida. Cost 14 cents. Meals. Bulletin of the American School of Honie Economics, March, 1914. Price 10 cents. Address 506 West Sixty-With eggs now costing from forty sixty cents a dozen and threats of

to sixty cents a dozen and threats of still greater advances, it may be well to give a few recipes which do not demand too many of them. At breakfast time, somehow, the valuable egg seems almost a necessity, though many try to use scrapple or sausage or some other dish as a substitute occasionally. However, when the family craves for eggs why not serve them scrambled, adding a tablespoonful of finely grated breadcrumbs to each egg, a fraud that is hardly discernible and which makes the eggs go almost twice as far. Another ekedfilberts, almonds and Brazil nuts are bere and within ten days they will be excellent at 25 cents a pound. There is one special brand of filbert, however, that commands 60 cents a arrived. Casawba melor pound. It is the biggest and most fornia are flavorful now.

by between each addition. Let the may be added by decorating the batter stand for at least an hour before using. If you wish to use this as a sweet batter for apples, etc., add a teaspoonful of powdered sugar instead of the salt.

Write the busy relative who is trying to be man of the house and housewife too—or perhaps the girl who is struggling with light housekeeping. almost twice as far. Another eked-out egg dish is made as follows:

stead of the salt.

This batter can be used to eke out meat that would otherwise be insufficient for the number of people.

Meat in Batter—Cut the meat into small dice, dust with pepper and very finely powdered herbs, mix in with the batter and drop by tablespoonfuls into very hot fat to fry. Drain well on absorbent paper and serve on toast.

The following is a delicious and economical dessert which can be made very much more nourishing by the ad-Eggs and Tomato Kedgeree: Have ready a cupful of boiled rice per per-son and allow one tomato per person. Stew and sieve the tomatoes. Allow Stew and sieve the tomatoes. Allow one egg to each person and scramble egg, tomato and rice with salt and pepper just as for scrambled eggs.

Kedgeree: This is a blessed dish, as one-half pound of cooked, flaked and boned white fish with six teacupials of boiled rice and two eggs beaten up together, well seasoned and made

very much more nourishing by the ad-dition of a little whipped cream. tuls of boiled rice and two eggs beaten up together, well seasoned and made hot, makes a fairly substantial dish for six persons.

Savory Toast is not costly and if properly made is very good. The bread (stale) should be cut quite half an inch thick and in four-inch squares. Toast crisply on both sides, spread with butter, with deviled meat or bloater paste. Make very hot and serve. Apricot Cream—Use dried apricots, wash them, soak until soft, and simmer with a little sugar and a spoonful or two of water. Sieve and mix with an equal quantity of cornstarch mixture. Place in a china souffle dish, and, if desired, cover the top with whipped if desired, cover the top with whipped cream. For the cornstarch, use one-half ounce of cornstarch, half a tea-spoonful of sugar, according to the sweetness of the fruit. Mix the cornstarch in a little of the cold milk. When smooth, heat the remaining milk'and stir the cornstarch into it by degrees. Add the sugar, and boil for three or four misutes, stirring all the time. If a little essence of apricots be added the taste is improved.

Baked Currant Pudding—One-half pound of currants, one-quarter pound Ham is a very excellent breakfast dish, served either cold or as toast, which is very appetizing and simply

made.

Ham Toast: The ham should be minced very finely, and only a little fat used. To every two tablespoonfuls of the meat add one tablespoonful of crumbs or well-boiled rice, and mix it with some good, brown gravy, or a white sauce. Spread this mixture on the buttered toast and cover with breadcrumbs, brown and serve very hot. pound of currants, one-quarter pound of dripping or lard, one-half pinf of milk (a little more if necessary), grated nutmeg, one-half pound of flour, three ounces of brown sugar, one teaspoonful of baking powder, one

sift the baking powder and flour twice and rub in the fat. Add the nutmeg, sugar and currants. Beat the egg with the milk and stir in the dry ingredients. Put into a well-greased baking tin and bake in a warm oven for one hour and a quarter. Sprinkle with sugar before serving.

Of cakes and scones there are plenty which do not need eggs, though I do not suggest for one minute that cakes made with eggs are not nicer than those without. Still,

suitable for your various friends, too

Rice added to rissoles, or mince, is a decided economy, and most people like it, though in a recent issue of an English paper I read of a wounded officer who sent a note down to the kitchen on his tray, saying, "Madam, why do you put rice in my fish rissoles?" The answer, which came promptly, read, "Sir, it perhaps has not occurred to you that England is at war!"

Batter is inalignably associated with at war!"

Batter is inalienably associated with
eggs in most of our minds, yet it, is
possible to make a very excellent batter for fritters and for meat by the folnot nicer than those without. Still, if well mixed and baked, the eggless kinds are not to be despised, especially if eaten when fresh. When making

leving recipe:
Eggless Batter: Four ounces flour.
a pinch of salt, one-quarter pint tepid
water, one tablespoonful of salad oil.
Mix the oil and water well together,
then very gradually add the flour and
salt, sifted together, beating thorough-

Rice added to rissoles, or mince, is

ninth street, Chicago.)

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Casawba melons from Cali-

basket with winter ferns, pine tips, or holly and a tinsel bow.

Write the busy relative who is trying to be man of the house and housewife too—or perhaps the girl who is struggling with light housekeeping—that you will send the Christmas pudding. It is very little trouble to add to your recipe when making for your own family, and if you wrap the pudding mold for your friend in red creep paper and tie it with green raffia or ribbon you have a very festive gift at small cost.

I have heard so many housekeepers say they would be glad to send a cake as a present, but it meant so much baking the day before Christmas, in order to have it fresh, that it was impossible to get it done. You can make the following cakes a week before Christmas and they will keep perfectly: Rub together half a cup of butter and one and half cups of honey and blend with them the unbeaten yolks of three eggs. After thoroughly beating, add five cups of flour sifted with two teaspoons of cinnamon, one-half a teaspoon of sal and one and one-half teaspoons of soda dissolved in two tablespoons of orange-flower water or plain water. Beat this well and fold in last the soda dissolved in two tablespoons of orange-flower water or plain water. Beat this well and fold in last the whites of the eggs whipped to a stiff froth. Bake in tins and ice before sending, with a frosting made as follows: Mix one egg yolk, one teaspoonful of lemon juice, the grated rind of an orange and a tablespoonful of the juice and allow it to stand an hour, then strain and add confectioner's sugar until thick enough to spread. A cake that will keep a month if wrapped in waxed paper is made by blending well two-thirds of a cupful of butter and two cupfuls of sugar, then adding two-thirds of a a cupful of butter and two cupfuls of sugar, then adding two-thirds of a cup of grated chocolate, one cupful of warm mashed potatoes, one cupful each of seeded raisins and chopped nuts, half a cupful of milk and two and one-half cupfuls of flour, in which two and one-half teaspoonfuls of baking powder have been sifted; four eggs, yolks and whites beaten separately; half a teaspoonful each of ground cloves and nutmeg and a full teaspoon of cinnamon.

"I love to see a neat row of fruits

"I love to see a neat row of fruits and vegetables in glass jars on my preserve closet shelves," said an old lady to her cousin. This was a sugsteam them for half the appointed time of cooking and then to bake them. Cooked thus they are less dry. Philadelphia Ledger.

Good-to-Eat

Christmas Presents

If you have neither the time nor inclination to fashion Christmas gifts with your needle and find those in the shops, which appeal to you as suitable for your various friends, too eggless cakes it is a good plan to steam them for half the appointed time of cooking and then to bake them. Cooked thus they are less dry. Philadelphia Ledger.

suitable for your various friends, too costly, do not despair, for there are ever so many good-to-eat presents which are not expensive and which will be welcomed with delight wherever they go.

Maybe you have a friend who has enjoyed your pet fruit salad with honey dressing; send her a basket containing the ingredients to make it—six bananas, three oranges, one cup of chopped nuts, a head of lettuce, and a jar of the dressing with a recipe for making it. A Christmas touch

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