

**"Come Out of the Kitchen"** into the world of brightness and beauty. No need of spending all your time in the kitchen, however attractive it may be, when you know **Shredded Wheat**. It is made of the whole wheat and is ready-cooked and ready-to-eat. With **Shredded Wheat** you can prepare a delicious, nourishing meal in a few moments for husband who must hurry off to business, for children who must hustle off to school—a meal that supplies all the nutriment for work or play at a cost of a few cents. For breakfast with milk or cream, or for any meal with fruits. Made at Niagara Falls, N. Y.

# Home Economics Department

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

## Cookies

The traditional cookie jar, which has been immortalized in story, is no longer a part of every child's experience—at least of every city child's experience. The word "cookie" now-a-days is apt to call up the recollection "package" as it is "jar." The package means a bought cookie, which weight for weight is as nourishing as the home made sugar cookie, and as cleanly made. Also, though we scarcely realize it, the plain bought cookie is just about as cheap as the home-made variety, and far cheaper if one considers the housewife's labor. When we come to flavor, however, the home-made product will usually receive the majority of votes in any assembly; hence, because of this superior flavor we shall continue to make cookies in our home. For children there is no doubt but that cookies are superior to cake to satisfy the craving for sweets. The reason for the preference is, first, that a cookie is hard and induces mastication which commences starch digestion, and second, that a crisp food will not form into the pasty masses, which are difficult for the digestive juices to penetrate. In

## 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.

giving cookies to children one should always remember that the cookies have a high food value and are not just something extra.

As with so many other foods discussed in this column, a standard cookie recipe, once mastered, can be turned and twisted to produce apparently different results. **PLAIN SUGAR COOKIES.** (About Five Dozen.) 1/2 c. fat, 1 c. sugar, 2 eggs, 1 1/2 c. milk, 1/2 t. salt. Cream or melt fat, add sugar, then eggs slightly beaten. Sift flour, salt and baking powder and add with milk to first mixture. Add flavoring. The dough should be quite stiff. Turn onto slightly floured board, roll to one-

eighth-inch thickness and cut out with a floured cutter. Bake on a floured sheet ten minutes in a moderately hot oven. Cookies should be watched carefully during baking as they are apt to burn.

To save time and labor it is possible to make a drop cookie of the above recipe by increasing the milk to 1-3 c. The dough is taken up by the teaspoonful and pushed onto the floured sheet by the aid of a second teaspoon. A drop cookie will not keep fresh as long as a rolled cookie nor can one obtain a water-like appearance.

## Variations.

**Spice Cookies.**—Sift 2 t. cinnamon, 1 t. allspice and 1/2 t. cloves with the flour. **Coconut Cookies.**—Work 2-3 c. shredded coconut into the dough and sprinkle a little coconut on top of each cookie. **Fruit Cookies.**—Work 1/2 c. washed and cut fruit (dates, raisins, currants, figs, citron, etc.) into the dough (plain or spiced dough). **Nut Cookies.**—Work 1/2 to 1 c. chopped nuts into dough. **Chocolate Cookies.**—Add 2 squares melted chocolate to the dough. **Surprise Cookies.**—Roll dough very thin. Spread one-half with finely chopped nuts, or fruit, or thick jam. Fold plain dough over spread dough. With a slight force, press the two layers together. Cut and bake as usual.

A plain cookie recipe does not nearly exhaust the cookie possibilities. Any recipe book is full of suggestions. The following kinds of cookies are tried and true recipes:

**GINGER COOKIES.** (Five dozen, medium size.) 1 c. molasses, 1 c. brown sugar, 1 t. ginger, 1/2 t. salt, 1/2 c. each cinnamon, 2 1/2 c. flour, 1/2 c. cloves, allspice, 1/2 t. soda. Heat molasses, sugar and fat to

## Only Fresh Eggs On the Market Now; Storage Gone

"The best thing for people to eat nowadays is to avoid the high cost of living are Hubbard squash, rutabaga, said Manager King of Hayden's grocery department.

"Oranges have never been cheaper than right now, 15 to 30 cents a dozen. Fancy apples are 30 cents a peck. Hubbard squash and rutabaga are three pounds for 10 cents. Most meats are cheaper than eggs. And take fish like herring and croppies at 7 1/2 cents a pound and they are good and nourishing food."

The lordly potato still perches on his high pedestal. And the pedestal is getting higher every day. The present price in most stores here is 55 cents a peck.

"They cost \$2.03 today wholesale, free on board, in Idaho where most of them are coming from. Add the freight to that and you can see that they cost wholesale in Omaha just

about what we sell them for at retail. So said the manager of one store.

Apples are 50 cents a peck, fine, fancy apples, not as expensive as common potatoes. These apples are no higher than they were last year.

Cabbage is quoted at 8 cents a pound wholesale, but there isn't a head on the whole market. Cauliflower, however, is plentiful, coming from California and being of fine quality. It sells around 12 1/2 cents a pound.

New beets, carrots, turnips and radishes from the fields of Louisiana are here at 4 cents a bunch. Old beets, carrots and turnips are 2 1/2 cents a pound.

It is stated that all the storage eggs have been consumed and those on the market now are fresh ones. They are from 40 to 50 cents a dozen.

Butter runs from 36 to 44 cents a pound.

each. Bake eight minutes in a slow oven.

**PEANUT COOKIES.** (Twenty-four cookies.) 1/2 c. butter, 1/2 c. sugar, 1/2 c. finely-chopped peanuts (1 pt. tin), 1/2 c. milk, 1/2 t. salt. Make as plain cookies; drop from a teaspoon onto a baking sheet one inch apart and place one-half peanut on top of each. Bake twelve to fifteen minutes in slow oven.

**CHOCOLATE COOKIES.** (Fifty small cookies.) 1/2 c. brown sugar, 1/2 c. milk, 1/2 c. butter, 2 squares chocolate (melted), 1/2 t. vanilla, 1/2 c. flour, 1/2 t. baking powder.

Mix as usual, drop onto a buttered sheet. Bake twelve to fifteen minutes in a moderate oven. If desired, ice while hot with:

**Uncooked Chocolate Frosting.**—2 T. cream, powdered sugar till thick enough to spread, 1/4 square chocolate, melted.

## The Neglected Raisin

Raisins as a food are unappreciated by the average housewife. Although they have a high food value, raisins usually find a place in the menu only in cakes and puddings and are regarded more for flavor than for food. In a table of food values a pound of raisins is equal in nutritive value to six pounds of apples, five pounds of bananas, one pound of bread, four pounds of milk or two pounds of sugar. The English consume six pounds of raisins per capita each year while the Americans use only one.

When properly baked in breads and puddings, raisins give children an almost ideal food as well as satisfying their natural appetite for something sweet. Children crave sweets, and raisins are infinitely more wholesome than most of the candies they buy. Besides, they possess an important medicinal value in their laxative effect.

Raisins are particularly appetizing when returned as nearly as possible to their original form. This plumping is accomplished by putting the raisins in a colander over a pan of boiling water for twenty minutes or more, or they may be soaked and then allowed to simmer. This should always be done when they are to be used for salads or sandwiches. When used in any cooked form, the cooking takes the place of the plumping.

Turtles made from raisins and placed on cakes greatly please the little folks at their parties. A log may be made out of a cruller or

cheese straw and the turtles placed on it. These turtles are easily made. A large flat raisin is used for the body and a currant is placed on the head of a clove and the sharp end of the clove is inserted into the raisin at the proper place for head and neck. The feet and legs are made of cloves and the tail is the stem end of the clove. Drops of icing form the eyes.

Children are especially fond of raisin sandwiches, raisin cookies and bananas baked with raisins. Many other simple, easy dishes are improved by adding raisins. Try putting a cupful of raisins into your baked beans, adding them to the beans about one hour before serving.

**RAISIN SALAD.** 1/2 c. plumped raisins, 1/2 c. marshmallows, 1 stalk celery, 1/2 c. lettuce, 1/2 c. nut meat, Maitland dressing, 1/2 c. medium-size apples.

Parse and core the apples and cut in small strips, chop the celery fine and quarter the marshmallows. Toss all together and serve on lettuce leaves with mayonnaise dressing.

**CHEAP FRUIT PUDDING.** 1/2 c. sweet milk, 1/2 t. cinnamon, 1/2 c. chopped suet, 1/2 t. salt, 1/2 c. soda dissolved in 1/2 c. water, 1/2 c. small or hotly-baked raisins, molasses.

Mix ingredients and steam three hours. This will serve a family of seven for two meals.

**RAISIN FUDGE.** 1/2 c. granulated sugar, 1/2 c. walnuts, 2 squares bitter-chocolate, 1/2 t. vanilla.

Boil sugar, milk and chocolate together until a few drops will form a soft ball in cold water. Add butter, salt and vanilla. Remove from stove and set in a pan of cold water without disturbing. Let stand until cool, add raisins and beat until creamy. Pour out in butter pans.

**RAISIN HERMITS.** 1/2 c. brown sugar, 1/2 c. seeded raisins, 1/2 c. butter, 1/2 c. vanilla, 1/2 c. manufactured molasses, 2 eggs, 1/2 c. flour.

Cream butter and sugar, add well-beaten eggs, floured raisins and the flour which has been mixed and sifted with the soda and spices. Drop tablespoonfuls in greased baking tins one inch apart.

**RAISIN PIE.** 1 c. water, 1/2 c. white sugar, 1/2 c. lemon, 1/2 c. powdered sugar, 1/2 c. fine cracker, 1/2 c. vanilla, 1/2 c. cream, 1/2 c. sugar, 1/2 c. raisins.

Boil the raisins in water until they are soft. When cold add the juice and grated rind of the lemon, crumbs and sugar. Bake in one crust, with two strips of pie crust across the top. When cool cover with a meringue made of the stiffly beaten egg whites, powdered sugar and vanilla; ornament with the plumped raisins and brown slightly in the oven.

**COCOA RAISIN CAKE.** 1 egg, 1/2 c. molasses, 1/2 c. water, 1/2 c. ginger, 1/2 c. flour, 1/2 c. cocoa, 1/2 c. soda, 1/2 c. flour, 1/2 c. flour, 1/2 c. flour.

To the beaten egg add molasses, water, ginger and cocoa and beat until thoroughly mixed. Sift soda with flour and add to egg mixture. Just before putting in the pan stir in the floured raisins.—Ella M. Tarbet in Mothers' Magazine.

## Realty Companies Organize

With a Large Capital

O. C. Redick is one of the incorporators in two realty companies capitalized for a total of a half million dollars, which have filed articles with the county clerk.

The O. C. Redick Realty company, which will do a general real estate business, has a capital of \$250,000. Associated with Mr. Redick in incorporating this company was Grace H. Redick.

Mr. Redick, Edward W. Simeral and G. M. Cachelin are the incorporators of the Wavercrest Realty company. The capital is \$250,000. In addition to doing a general real estate business the Wavercrest enterprise is also incorporated to operate bath houses, aquatic sports and other amusement and athletic features.

## Druid Hill School to Be

Built Within Appropriation

The buildings and grounds committee of the Board of Education expects to be able to modify the plans and specifications of the new Druid Hill school building to bring this improvement within \$80,000. The original appropriation for this school was \$71,500, but advanced cost of materials necessitated changing the plans.

This new school will have twelve class rooms. The assembly room, originally planned, will not be included at this time.

Alex Beck, lowest bidder on general construction, probably will be awarded the contract.

The new building will be erected on the present site at Thirty-first and Spaulding streets.

## Dewey Gains Two Hundred

Votes On Beaten Kelpin

The chances of E. C. Kelpin, defeated candidate for county clerk at the last election, who started contest proceedings in county court, for breaking even on the recount of the ballots seem to be getting slimmer each day. County Clerk Dewey, who won by a majority of 2,288, has gained about 200 more votes on the recount. In the First precinct of the Sixth ward the contest board discovered an error that gave the county clerk ninety-nine votes in one batch. The figures in the total were transposed so that 201 votes read 102 votes. It will take several weeks to finish the recount.

## Walking Employment Bureau

Is Still Making Money

Promised a job by a man who represented himself to be an agent of a telegraph company, A. S. Buechler, 612 South Seventeenth street, handed over \$4 to the stranger and he has seen neither money nor man since. He believes the swindler is the man who Wednesday swindled Thomas Bengert, 2708 Harney street, of \$5 on the same kind of a deal.

## Omaha Fruit Jobbers Go

To Meeting at New Orleans

W. W. Bingham, Sam Gilinsky, H. G. Streight, Joe Zipfel and Earl Hunter, all Omaha fruit jobbers, have gone to New Orleans, where they will attend the annual meeting of the Western Fruit Jobbers' association that convenes next week.

## Bee Want Ads Produce Results

**PAY CASH AND BE FREE**

Debt is like any other trap, easy enough to get into, but hard to get out of. Don't let any one trap you. Buy your groceries at

# The Basket Stores

IT'S THE SAFE, SAVING WAY

- |   |   |   |
|---|---|---|
| Oranges, 176 size, dozen.....26c            | Sugar                                     | Glycerine Soap, 3 bars.....13c          |
| Oranges, 160 size, dozen.....25c            | 10-lb. standard pkc.....70c               | Olive Cream Soap, fine for tender skin  |
| Oranges, 125 size, dozen.....20c            | (This is more than 14 lbs. for \$1.00.)   | large 10c bar.....7c                    |
| <b>Apples, Best Quality</b>                 | Coconut, bulk, lb.....22c                 | Castle 711, large bar.....4c            |
| Washington Winesaps, fancy.....\$1.05       | Basket Store Jelly Powder, pkc.....8c     | Glass Starch, bulk, 6 lbs., for.....25c |
| Black Buns, choice, \$1.85; fancy, \$1.75   | Jello, pkc, 6c; 3 for.....25c             | Ammonia, large bottle.....7c            |
| Black Buns, extra fancy, box.....\$1.85     | Mince Meat, Tip, per pkc, 6c; 3 for 22c   | American Laid Cedar Oil Polish, Takes   |
| Choice Ben Davis, box.....\$1.35            | Fancy Meat, "aches, lb.....11c            | up the dust and makes things look       |
| (10c box extra on size 115 or larger.)      | Raisins, seeded, pkc.....8c               | new. Expensive advertising eliminated   |
| Fancy Jap Rice, 5 lbs., for.....25c         | Prunes, large size, lb.....12c            | Result, this saving in price            |
| 100-lb. sack, for.....\$4.50                | 6 lbs. Best White or Yellow Cornmeal 10c  | is up to the dust and makes things look |
| Large 25c pkc. Oatmeal.....21c              | Fine Large Olives, half, quart.....33c    | up the dust and makes things look       |
| Post Toasties, 10c pkc.....13c              | Ripe Olives, 5/8 quart, can.....29c       | new. Expensive advertising eliminated   |
| Shredded Wheat, biscuit, pkc.....11c        | Armour's Catfish, 2 1/2 size.....19c      | Result, this saving in price            |
| Quaker Tuffed Wheat or Corn, pkc.....14c    | Hawkeye Brand Catfish, 18c, bottle 21c    | is up to the dust and makes things look |
| Kellogg's Krumlets, pkc.....9c              | Mustard, small glass.....4c               | up the dust and makes things look       |
| Krinkle Corn Flakes, 10c size.....10c       | Mustard, large tumbler.....8c             | new. Expensive advertising eliminated   |
| National Corn Flakes, 6c, 3 for.....16c     | Olive Oil, Pompano, 1/2 size.....42c      | Result, this saving in price            |
| Coffee, sweet drinking Santos blend.....20c | Chili Sauce, Armour's or Snyder's.....25c | is up to the dust and makes things look |
| Our Independent Regular 8c grade, 2.....16c | Salad Dressing, Pompano, 2 1/2 bottle 18c | up the dust and makes things look       |
| 1 lb. can, for.....54c                      | Diamond C Soap, 9 bars.....25c            | new. Expensive advertising eliminated   |
| Kellogg's Drinket, made instantly in the    | White Borax Naphtha, Pearl White or       | Result, this saving in price            |
| cup, 50 cups, regularly sold at 25c, our    | Electric Smart Soap, 7 bars.....25c       | is up to the dust and makes things look |
| price, at.....20c                           | Pyramid Washing Powder, 5c pkc.....4c     | up the dust and makes things look       |
| Plain Crackers, 2 1/2 lbs., for.....25c     | Gold Dust Washing Powder, 25c pkc.....21c | new. Expensive advertising eliminated   |
| Cracker Crackers, bulk, lb.....12c          | Salt Soda, 1 1/2 lbs., for.....25c        | Result, this saving in price            |
| Fancy Salted or Plain Crackers, 2 1/2       | Excel Candy, White Floating Soap.....35c  | is up to the dust and makes things look |
| pkc, for.....21c                            | like Ivory, bar.....37c                   | up the dust and makes things look       |

IF YOU WANT A BASKET STORE IN YOUR NEIGHBORHOOD GET UP A PETITION. We will open another store in Omaha where enough petitioners show patronage will justify it. Call at The Basket Stores Office, 108 N. 9th St. IT'S THE SAFE SAVING WAY.

We can solve the high cost of living for you if you trade

at THE WASHINGTON MARKET

## Specials for Saturday

- |  |  |
|--|--|
| <b>MEATS</b>                                       | <b>GROCERIES</b>                           |
| Extra Fancy Capons, lb.....29 1/2c                 | Best Granulated Sugar, 14 lbs.....\$1.00   |
| Fresh Dressed Springs or Hens, per lb.....22 1/2c  | All Brands Creamery Butter, lb.....37c     |
| Fresh Dressed Ducks or Geese, lb.....21 1/2c       | Diamond C, Beat-Em-All or Swift's          |
| Choice Steer Shoulder Steak, lb.....15c            | Pride Soap, 9 bars for.....25c             |
| Choice Steer Rib Roast, lb.....16 1/2c             | Washington's Best or Washburn-Crosby's     |
| Choice Steer Round Roast, per lb.....15c           | Gold Medal Flour, per sack.....\$2.45      |
| Choice Steer Sirloin Steak, per lb.....14c         | Sickle Flour, high patent, sack.....\$2.25 |
| Light Pork Loin, half or whole, per lb.....14 1/2c | SPECIAL—Pure Mocha and Java Coffee         |
| Leaf Lard, 6 lbs., for.....\$1.00                  | regular 35c coffee, today only, per        |
| Young Mutton Chops, lb.....12 1/2c                 | lb., at.....28c                            |
| Pork Tenderloin, lb.....15c                        | Gano or Ben Davis Cooking Apples, per      |
| Choice Steer Round Steak, lb.....18c               | peck.....40c                               |
| Sweet Cured Breakfast Bacon, lb.....18 1/2c        | Extra Good Dried Apricots, 2 lbs.....35c   |
| Cash Habs, 1 1/2 lbs., for.....30c                 | Extra Fancy Dried Peaches, 2 lbs.....25c   |
| Magnolia, 2-lb. roll.....33c                       | Large Thin Skinned Lemons, dozen.....20c   |
| Eggs, dozen.....37c                                | Sweet Navel Oranges, dozen.....18c         |
|  | Fancy Grape Fruit, 2 lbs.....15c           |
|  | Fresh Large Crabs, each.....35c            |

AUTO DELIVERIES TO ALL PARTS OF THE CITY.

## THE WASHINGTON MARKET

The most sanitary and up-to-date grocery and meat market in the middle west. Phone Tyler 470 Connects All Depts. 1407 Douglas St., Omaha.

# An Advertisement to the American People

By J. Ogden Armour

TODAY, when rising costs have made foods a paramount issue, it seems an opportune time to lay before the serious-minded public certain points it is to their self-interest to know.

And it is to those who take thought that I wish to speak, glad of the opportunity to present these points to their well-poised judgment.

It is not that the facts are today any different than they ever were. But their consideration now has an especial timeliness.

Statistics, particularly of the past two years, have shown something that many have not been prompt to comprehend—the basic good faith of Armour and Company to consumers.

To fully realize all that this implies, you must understand the economic conditions on which this business is based.

The preparation of foods for human consumption is the oldest business on earth.

It goes back to the very foundation of history. As a consequence, although people do not always appreciate it, this is the most competitive of ALL industries.

Our function is to collect, prepare, transport and distribute foods more capably and at less expense than the ever-present competitor can do it.

The work of preparing food stuffs is a business of natural competition. It always has been. It always will be.

This competition forces two things—operation at the lowest profit, and the giving of the utmost in service. For, if profits were excessive, concerns able to operate at lower cost would quickly capture trade. And if service were inadequate, those with better service would win.

Thus, the amount of production in a field so highly competitive, must be very significant.

When you find a business in staples attaining size, you may be sure that in some broad, economic way, it makes for increased efficiency and gives a fundamental service to consumers. In no other way could it continue to exist.

(Signed) J. Ogden Armour

I have never deemed myself a writer of advertisements. Yet I am willing to have you consider this message an advertisement, if you will—an advertisement for the house founded by my father, Philip D. Armour; for, the motives of this organization have been my life's inspiration and even though sometimes misunderstood, I may say with pride that they have always been true to the best interests of the American people.

## Ask for and Get SKINNER'S

THE HIGHEST QUALITY SPAGHETTI

36 Page Recipe Book Free SKINNER MFG. CO. OMAHA, U.S.A. LARGEST MACARONI FACTORY IN AMERICA

## READ BEE WANT-ADS

CHOICE FOREQUARTERS LAMB, LB.....13 1/2c  
15,000 LBS. PIG PORK LOINS, LB.....14 1/2c  
FRESH DRESSED CHICKENS, LB.....15 1/2c

Young Veal Roast, lb.....11 1/2c  
Young Veal Chops, lb.....14 1/2c  
Steer Pot Roast, lb.....14 1/2c  
Steer Shoulder Steaks, lb.....13 1/2c  
Steer Sirloin Steaks, lb.....17 1/2c  
Rib Roast, lb.....14 1/2c  
Lamb Chops, lb.....14 1/2c  
Spare Ribs, lb.....12 1/2c  
Pig Pork Roast, lb.....16 1/2c  
Pig Pork Butts, lb.....16 1/2c  
Skinned Hams, lb.....19 1/2c

Extra Lean Regular Hams, lb.....18 1/2c  
Sugar Cured Hams, lb.....14 1/2c  
Extra Lean Breakfast Bacon, lb.....21 1/2c  
Sugar Cured Bacon, lb.....18 1/2c

**SPECIALS**  
From 8 to 9 p. m.—Country Sausage, per lb., at.....5c  
From 9 to 10 p. m.—Pork Chops, lb., 14c  
Prompt Attention to Mail Orders. Deliveries Everywhere.

## EMPRESS MARKET

113 South 16th Street, Phone Doug. 2307.

25,000 LBS. PIG PORK LOINS, LB.....14 1/2c  
FRESH DRESSED CHICKENS, LB.....15 1/2c

Steer Pot Roast, lb.....11 1/2c  
Steer Shoulder Steaks, lb.....13 1/2c  
Steer Sirloin Steaks, lb.....17 1/2c  
Pig Pork Roast, lb.....14 1/2c  
Pig Pork Butts, lb.....16 1/2c  
Young Veal Roast, lb.....11 1/2c  
Young Veal Chops, lb.....14 1/2c  
Lamb Chops, lb.....14 1/2c  
Spare Ribs, lb.....12 1/2c  
Pig Pork Roast, lb.....16 1/2c  
Pig Pork Butts, lb.....16 1/2c  
Mutton Roast, lb.....8 1/2c

## PUBLIC MARKET

Phone Douglas 2791 1610 HARNEY STREET

## The Making of Bread

BAKED IN ELECTRIC OVENS CLEAN

The making of bread in the U. P. Bakery is a highly scientific process. We mention this because we want you to know what a great part sanitary methods mean to us in the production of your loaf of bread.

From the time we cut open the sack of flour until it is sliced for your table no human hand touches it. Our bread is mixed, kneaded and baked by an electric process that is the most highly perfected known to modern baking methods.

Experience—plus sanitary methods—plus the best of ingredients—equals U. P. Bread.

## Tip Top Bread

U. P. Baking Co.