

Spuds Short? No. Prices High? Yes. Why? Women Know

The Omaha Consumers' league, Mrs. Vernon C. Bennett presiding, yesterday afternoon in the city council chamber learned from E. P. Snowden that there is no shortage of potatoes in Nebraska at this time.

times before they reached the retailers. "I would state that 50 to 60 cents per bushel to the grower yields a reasonable profit," stated Mr. Snowden.

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Winter Jams and Marmalades

At first thought the winter season and jam-making seem quite incompatible terms; for the preserving season is particularly the late summer and early fall.

Co-Operation.

Readers are cordially invited to place 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.

prise. I know of no occupation of women more conducive to reflection; it keeps the hands busy enough so that we cannot call ourselves idle, but not so busy that there are no good level stretches of waiting and musing.

If one follows "the poetic bypath" now, it leads direct to marmalades, I presume these delicacies are of English origin, for one unconsciously associates the words "English" and "marmalade."

ORANGE MARMALADE.

5 oranges (Eighteen planes). 2 lemons. Sugar. Wash and slice fruit very thin without peeling. Discard thick ends and seeds.

GRAPEFRUIT MARMALADE.

1 orange. Cold water. 1 lemon. Sugar. Proceed as with orange marmalade. Will make eight to ten glasses.

RUBARB MARMALADE.

4 1/2 lbs. rhubarb. 2 1/2 lbs. sugar. 5 oranges—juice only. grated rind of three of them.

APRICOT AND APPLE MARMALADE.

1 lb. dried apricots. 1/2 c. sugar. 1 c. apple sauce. Juice of one orange.

Lordly Potato Steps High On Bounteous Market

Almost any kind of vegetables that are usually on the menu at this period of the year is now on the Omaha markets at fairly reasonable prices with the single and sole exception of the lordly potato, which continues its aviation up among the clouds of price without the slightest sign of vouching to the ground anywhere in the near future.

Potatoes still tick around 60 cents a peck and the market men don't care whether you buy them or not for, they say, at that price there is practically no profit in them at all.

Some things, however, were received here before this blight. Among them are very nice green string beans. Tomatoes, very nice ones, are also on hand from the Florida gardens.

Very fine celery is on the Omaha market, crisp and tender and fresh. It comes from California and from Colorado and sells for 5, 10 and 15 cents a stalk. Strawberries are 45 cents a box.

Fancy apples from the west are about the same, selling at 50 cents a peck and upward.

One of the novelties in the way of fruit is the red banana, which comes from South America and sells now at 40 cents a dozen.

sieve to remove fibers and stir the pulp, the sugar and orange juice thoroughly together. Cook very slowly with asbestos under the kettle to prevent scorching. About forty-five minutes will be required. Pour into sterilized glasses and seal with paraffin.

CRANBERRY MARMALADE.

2 lbs. cranberries. 1 1/2 c. mixed sugar. 1 1/2 lb. brown sugar, (clove, ginger and 1/2 lb. stoned raisins. Juice of 1 orange. 1/4 c. vinegar.

FIG JAM.

3 lbs. dried figs, steamed, then weighed. 1 lb. sugar. Rind and juice of two lemons.

Steam the figs till they swell, then cut into quarters. Weigh the fruit after steaming, not before. Add sugar, lemon juice and lemon rind. Simmer the fruit and lemon together with just a little water to prevent burning, stirring very frequently. Cook till thick.

DATE JAM.

3 lbs. dates, stoned. 1 1/2 c. cold water. 1 lb. sugar. Juice and rind one lemon (more if desired).

Simmer the dates in the water for ten minutes, then put in the sugar, lemon juice and rind. Bring to a slow boil and cook slowly, with constant stirring, till thick.

Hominy

Our hearty forefathers delighted in hominy as a breakfast dish. Our foremothers, therefore, went to great pains to prepare it. This time-consuming preliminary stage is now done by the commercial producer. A New England cook book of 100 years ago says that fried hominy is a favorite breakfast dish and is also served with meat in place of vegetables.

Bulk hominy is a common product in New England markets. The canned hominy of a reliable brand is perfectly cooked, ready for the housewife to use her ingenuity in combining and serving.

The commercial producer's part in preparing this wholesome winter food begins by selecting the country best adapted to raising the corn used.

The selected white Indian corn is cleaned by being run through large blowing machines. It is then put in open kettles and cooked forty-five minutes in a solution of water and wood lye.

Our ancestors often used to add simply a sack of wood ashes. After cooking, the corn is run through cyclones where the bulk is removed by beating, and any undesirable black points by washing. The seed at one end of the kernel is black but is rich in fat, so should not be removed.

To make a perfect product the corn is twice more put into open kettles and cooked forty to fifty-five minutes, respectively, with a thorough cycloning and washing following. From this third cooking and washing it goes through the automatic filling machine into the cans. After the cans are sealed they have a final cooking of seventy minutes.

Government bulletin No. 298, on the "Food Value of Corn," says: "To be properly cooked, though soft, should retain its distinct form, as is the case with well cooked rice."

To make any of the following dishes

pour contents of a can of wood lye hominy into a colander and rinse thoroughly.

Thoroughly heated and seasoned serve with milk and sugar as cereal. Fry three slices of bacon, crisp; remove from pan and add two cups of canned hominy. Season and let brown. Dice the crisped bacon and mix with the hominy just before serving. Serve hot as the main breakfast dish.

Prepare the same to serve in place of potatoes, only cook more bacon or ham, and serve by placing the fried hominy in the center of the dish, arranging the meat around the mound thus made.

The hominy may be heated through, drained and put to cool, then sliced and fried as you would mush.

A delicious way is to put the hominy through the food chopper. Mix it with one-fourth as much flour, season well and make into patties. Fry or saute. You then have a splendid dish to serve in place of potatoes at any meal or as a pancake dish for breakfast with jelly or syrup, or as the main dish for luncheon.

The ground hominy is splendid in soup.

Heated in a well seasoned white sauce, hominy makes a highly nutritious vegetable dish. This may be nicely varied by substituting tomato puree.

Use hominy en casserole with cheese and green peppers. Line the casserole with a thin layer of hominy. Sprinkle over it grated cheese and add a few shreds of sweet green pepper. Repeat until dish is filled. Cover the top with crumbs. Add a cupful of milk and let bake until almost dry.

A tasty casserole dish is also made by using left-over pieces of ham or bacon and tomato puree.

Rinse and heat canned hominy. Put hominy in a baking dish, sprinkle it well with grated cheese and moisten with melted butter. Leave in the oven long enough to melt the cheese. This is delicious served with hot baked ham or with any cold meat.

Company Desserts.

The dessert for the "company" luncheon or dinner does not necessarily need to be elaborate. There are many simple sweets just as delicious and attractive as the more pretentious ones.

If the hostess has no assistant she should choose a dessert that may be prepared some hours beforehand. In selecting the dessert she must also take into consideration the rest of the menu.

The prudent housewife knows how to supplement a scanty meat or fish course with a hearty dessert, such as a steamed pudding; but if the first courses consist of nutritious soups, hearty meats and vegetables, the dessert may be an ice or gelatin dessert, or something equally light.

It is all the guests will care to eat. The dessert should be a contrast. If the menu has comprised a number of starchy dishes, such as rice or macaroni, do not serve a cornstarch dessert; or if certain fruit have been used as an appetizer or salad, do not repeat the same fruit in the dessert.

ORANGE DESSERT.

3 small sweet oranges. 1 T. lemon juice. 1 c. stoned dates. Whipped cream. 3 bananas.

Peel the oranges carefully so as not to break them and be sure to take off the outer white skin. Divide carefully into sections and arrange around the sides of sherbet glasses, five or six segments to each glass. Cut the dates in pieces, peel the bananas, cut in dice, mix with the sugar, lemon juice and dates and pile in between the orange sections. Top with cream, sweetened and whipped to a froth.

CALIA LILY CREAM.

1 c. ground almond. 1/2 c. sour cream. 2 eggs. 2 c. sweetened whipped cream. 1 T. lemon juice. 1/2 c. brown sugar. 1/4 c. finely chopped fruit.

Beat egg yolks, mix in sugar, add molasses and fold in stiffly beaten egg-whites, almonds and flour. Roll out thin and cut in squares, which are then rolled into cone shapes. If the batter is not thick enough, add more flour to handle easily. When baked and cold fill with whipped cream into which has been stirred the finely chopped pineapples. Garnish with whipped cream put through a ricer, and crystallized flowers.

SOUTHERN APPLE BISCUIT.

1 pint light bread. Graham or whole sponge. 1/2 c. molasses. 1 T. chopped apples. 1 T. shortening. Brown sugar. 1 T. butter. Chopped parsley. Salt and pepper.

Add molasses and shortening to bread sponge and sufficient Graham of whole-wheat flour to make a soft dough. Beat vigorously, add apples and mix well. The apples should be either russets or greenings. Put into muffin pans, sprinkle with brown sugar and let stand until very light. Then bake. They are good either hot or cold.

STUFFED CABBAGE.

1 head cabbage. Crumbs and egg for 1 c. minced ham. 1/2 c. minced onion. 1/2 cupful stale bread for frying. 1/2 c. molasses. 1 T. vinegar. 2 eggs. Mashed potato. Chopped parsley. Salt and pepper.

Cut out stalk end of cabbage, leaving the shell. Place on a dish with a ring of the cut cabbage. Chop the part removed very fine and boil fifteen minutes; drain; add ham, bread crumbs, well beaten eggs, butter and salt and pepper to taste. Form into little balls, roll in bread crumbs, then in egg and again in crumbs. Fry in smoking fat until a golden brown. Serve in a cabbage shell with peas and little balls of mashed potato rolled in chopped parsley.—Mothers Magazine.

C.—cupful. T.—teaspoonful. T.—teaspoonful.

SUNDAY DESSERT

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