



Insist On This

"I have used K C BAKING POWDER for a great many years and have yet to experience a failure in baking with it.
 "I believe in the "safety first" idea and am sure of best results when I use K C.
 "Yes, I have used others, higher priced powders too, but have always gone back to the old reliable."

K C BAKING POWDER

is always sure to give satisfactory results. For good, wholesome foods use K C—insist on getting it.

25 Ounces for 25c
 (More than a pound and a half for a quarter)

Home Economics Department
 Edited by Irma H. Gross — Domestic Science Department
 Central High School

Fish II.

With the development of the modern canning industries we are not dependent on fresh fish for table usage. While the person brought up beside the ocean or a large inland lake will never find the equal of fish immediately used after being caught, we can find people in an inland community who actually prefer the canned products. Such is the influence of what we experience. Of canned fish, salmon easily leads in popularity, though it now has a possible rival. The "tuna" or "tunny" fish, a large ocean fish, is rapidly finding a place for itself on our tables. Tuna fish is about the same price as choice sal-

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.

mon, is white in color and has a delicious, mild flavor of its own. It may be used as salmon, being particularly nice in salad or creamed. Of canned fish other than the two mentioned, sardines and codfish flakes are familiar to us, not to mention the various shellfish.

Salads.

Fish salads are prepared as other salads, the material is flaked, rather highly seasoned, and served with a desired dressing. Some good combinations with salmon or tuna fish are celery, cucumbers, boiled eggs, pickles, pimientos and green peppers. But are sometimes used, but that practice is not very wise, for nuts add fuel value which is not needed especially and do not add decided flavor, which is needed.

MOLDED FISH SALAD.

- 1 lb. can fish.
- 1/2 T. salt.
- 1/4 T. sugar.
- 1/4 T. flour.
- 1 t. mustard.
- 1/2 egg yolks.
- 1/4 T. melted butter.
- 1/4 c. milk.
- 1/4 c. vinegar.
- 1/4 T. gelatine.
- 2 T. cold water.

Remove fish from can, rinse with hot water, and separate in flakes. Mix dry ingredients, add egg yolks, milk and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add gelatine soaked in cold water. Strain and add to salmon. Fill individual molds, or a large fancy mold, and chill. Serve on lettuce with mayonnaise.

Salmon or tuna fish may be creamed and served on toast, crackers or in patty shells. One part medium white sauce (proportion two table-spoons each butter and flour to one cup of milk) is used to two parts flaked fish. A specially nice cream sauce is made by adding one slightly beaten egg yolk to one cup cold milk in making the sauce. The fish may be made into croquettes, or into patties, which are browned in fat on top of the stove.

Scalloped Fish.

Fill a greased baking dish with flaked fish, season it, and pour over it medium white sauce. Sprinkle buttered crumbs on top and brown in the oven. A little grated cheese adds good flavor to scalloped tuna fish. Fish may be scalloped between alternate layers of cooked rice or macaroni.

SALMON LOAF.

- 1 large can salmon, 1/4 c. bread crumbs.
- 2 or 4 eggs, beaten 1 t. salt.
- lightly.
- 1/4 t. pepper.
- 1/4 T. melted butter, 1/4 T. minced parsley.

Pick the fish fine, add butter. Beat the crumbs with the eggs, and season.

ASK FOR and GET Horlick's The Original Malted Milk
 Substitutes Cost YOU Same Price.



I Make Macaroni for the Millions and I am Very Particular How I Make it
 My Signature *John J. Skinner*
SKINNER'S Macaroni Products
 Beautifully Prepared
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 Skinner Manufacturing Company
 Omaha, Nebraska, U.S.A.
 Largest Macaroni Factory in America

- Soap Chips, per lb. 8c**
- Toiletter, like Sani Flush 15c
 - Sani Flush 21c
 - Cedar Oil Polish, American Lady, without the high-priced advertising. 15c
 - 1/2 size 60c; 50c size 30c; 25c size 15c
 - Laundry Starch, bulk, 6 lbs. 25c
 - Argo Glass Starch, 5c pkg. 4c
 - Davego Silver Glass, pkg. 3 for 25c
 - Broom, O. K. brand, a good one 30c
 - Store Broom, a heavy one, fine for garage 60c
 - Dremoider Dates 12c
 - Dried Apricots, lb. 20, 3 lbs. 50c
 - Dried Prunes, large size, lb. 13c
 - Dried Peaches, fancy Muir, lb. 12c
 - Bulk Currants, going fast, lb. 22c
 - Comb Honey, rack 15c
 - Nikes Peak Macaroni, Spaghetti or Poodles, 8c; 3 for 22c
 - Jello, pkg. 8c, 3 pkg. 25c
 - Basket Store Jelly Powder, per pkg. 8c
 - 3 for 22c
 - Tip Mince Meat, pkg. 8c, 3 for 22c
 - Karo Syrup, 10 lbs. dark 52c
 - Karo Syrup, 5 lbs. dark 28c
 - Karo Syrup, 2 lbs. dark 12c
- MEAT DEPARTMENT**
- A full line of best quality meats.
 - Lamb forequarters, lb. 13 1/2c
 - Lamb hindquarters, lb. 16 1/2c
 - Wisconsin full cream cheese, lb. 30c
 - Brick Cheese, lb. 30c
 - Crisco, 30c, 60c, \$1.20, \$1.50
 - Eggs, per dozen 30c
 - Armour's Butterine takes the place of good butter.
 - Tip, highest grade, lb. 26c
 - Tip, white, highest grade, lb. 25c
 - Cash Habit, high grade 22c
 - Magnolia, 2-lb. roll 35c

Combine all ingredients; put into a buttered dish and bake in a moderate oven thirty minutes. Serve with white sauce, to which peas have been added. Salmon loaf may be baked in muffin tins, the molds turned onto a hot platter and surrounded by the sauce. Garnish with parsley.

Sardines are usually served plain with lemon slices or dressed as a salad. They are very nice, however, heated in butter and served on toast for a luncheon dish. They may also be dipped in cover batter, fried and served with a sauce.

Codfish is now put up in cans—the fish flaked and ready to use. The canned flakes are about as cheap as the salt codfish and much easier to handle. As a variation for creamed codfish try:

Codfish Shortcake.
 Bake three rounds of pastry on the back of cake tin. Put together with creamed codfish; put creamed fish on top and garnish with parsley and slices of hard-boiled egg.

CODFISH SERVED WITH EGGS.
 1 c. codfish, minced fine.
 1 pt. thin white sauce, seasoned.
 2 boiled eggs.

Pour lukewarm water over fish two or three times; drain dry and cook in cream sauce; mince egg whites and mix with the creamed codfish. Serve it on a platter with the yolk of the eggs put through the potato ricer and sprinkled on top.

CODFISH BALLS.
 1 part flaked fish.
 1 to 2 parts mashed potato.
 Seasoning.
 1 egg to 1 pt. of mixture, if desired.

Mix together, form into balls, and fry in deep fat. The balls may be dredged with flour, rolled in eggs and crumbs, or left without coating if egg is added to the mixture.

Of cured fish, we are most familiar with salt mackerel, which makes a good breakfast or luncheon dish.

Broiled Salt Mackerel.
 Let soak in cold water twelve hours skin side up. Drain and wipe dry. Brush over with oil or butter. Broil twenty minutes in a well greased broiler, principally on the flesh side, basting with butter once or twice. Remove to a serving dish, sprinkle with chopped parsley and pour melted butter over.

Finnan haddie, which is smoked, dried haddock, is an inexpensive fish which might well find a place on our tables.

Baked Finnan Haddie.
 Wipe fish with wet cloth, simmer on top of stove in half milk and half water for twenty-five minutes. Pour off liquid, spread with butter. Then bake twenty-five minutes, basting occasionally.

Scalloped Finnan Haddie.
 Flakes of cooked finnan haddie may be scalloped as other fish. Sliced boiled eggs are an addition to the scalloped dish.

Midwinter Recipes
 Spiced Beef—Get five pounds or more of the more inexpensive cut of good juicy beef; the rump or the cheapest cut of the round is best because boneless. Trim away the strong tasting fat, but leave the suet. Cut slits several inches from the edge, and pack these with a dressing made of a cup of salt bread, crumbed, a half cup of chopped suet, one small onion,

chopped, a half teaspoon each of cloves and allspice, pepper and salt to taste, a little bit of powdered mace and a scant grating of nutmeg. After stuffing, rub the meat over with a mixture of a tablespoon of salt, and a half a tablespoon each of pepper, cloves and allspice, and wet all over with good cider vinegar. Let stand over night, then in the morning put in a pot with a small cup of water cover and cook slowly for two and a half hours, or thirty minutes for every pound of meat, turning it several times whole cooking so that the gravy will moisten every part. When ready to serve put on a hot platter and slightly thicken the pot liquor for gravy. This is delicious hot or cold, and is a pleasant variation from the usual pot roast.

Black Bean Soup—Wash well and pick over a quart of black beans, then put to soak over night in plenty of water. In the morning drain, put in the soup pot with two quarts of cold water, and bring slowly to the boil. Cook two tablespoons of drippings in the skillet, and fry in them sliced onion. When slightly brown stir into the beans. Cook for four hours; if necessary add more boiling water. When soft enough rub the beans through a colander and return to the liquor, season with salt, pepper and a little dry mustard moistened to a paste with boiling water. Thicken with one and a half tablespoons of flour. Put in the soup tureen two hard boiled eggs cut into slices and a well washed and thinly sliced lemon. Stir into the soup a half teaspoon of Worcester sauce, and strain over eggs.

Stewless Fruit Cake—Stir to a cream a cup of sugar and half a cup of shortening; and sift together two cups of flour, a teaspoon of cinnamon and nutmeg, and half a teaspoon of cloves, mix this with the other ingredients, and add slowly half a pint of buttermilk, and a teaspoon of soda dissolved in a little hot water. Last of all add a cup of mixed seeded raisins and English walnuts, pecans or hickory nuts. Bake in a loaf in a moderate oven.

Ginger Pudding—Sift together twice, two and one-fourth cups of flour, three and one-half level teaspoons of baking powder, a pinch of salt and a level tablespoon of ginger. Cream two heaping table-spoons of butter or butter substitute with half a cup of sugar, mix this with the flour, etc., and make into a batter with a cup of milk with which has been beaten one egg. Turn into a well greased pudding mold, leaving at least an inch and a half space for swelling, cover closely and steam for two hours. When done take off the cover and set the can in the oven for ten minutes to dry off the pudding. Turn out and serve with vanilla sauce made by creaming half a cup of butter with half a cup of sugar, two table-spoons of cream, two table-spoons of milk and a half teaspoon of vanilla. Beat until smooth and creamy. The sauce should be very cold, the pudding hot.

Applesauce Cake—To one cup of unsweetened applesauce allow half a cup of butter or substitute, with which cream one and a half cups of sugar. Stir into the applesauce a level teaspoon of soda and add the sauce to the sugar, etc., alternating spoons of the sauce with one and three-fourths cups of sifted flour with three-fourths cup of sugar, a half a teaspoon each of nutmeg, cloves, cinnamon and salt. Add last of all half a cup of seeded raisins. Beat well, and bake in a loaf for three-quarters of an hour.

Doughnuts—Cream half a cup of melted shortening with a cup of sugar and add to it two well beaten eggs, one-fourth of a teaspoon of nutmeg, and a cup of milk. Sift together four scant cups of flour, a pinch of salt, and three level teaspoons of baking powder, then combine the two mixtures, mix well and roll out, cut with a ring cutter and fry in boiling shortening until well cooked. Lay on sieve to drain off grease, and dust when nearly cold with powdered sugar.

Apple Dowdy—Rub an earthenware pudding dish well with any preferred shortening, and line it with slices of bread spread with butter or some good nut substitute for butter, then fill the dish with pared, cored and sliced apples, sprinkle with brown sugar and a little nutmeg, and turn in a half cup each of hot water and molasses, then cover with slices of buttered bread, the buttered side turned downward. Cover the dish for the first hour baking, then uncover and bake for another hour, or until brown. Serve from the baking dish, which may be wrapped in a napkin, with powdered sugar and cream for a sauce.

Stale-Bread Griddle Cakes—Crumb the stale bread into a large bowl, paring off as much of the crust as possible. Pour over the crumbs a pint of boiling hot milk and let stand until the bread is well swelled, then beat in the yolks of two eggs, a pinch of salt, a tablespoon of melted shortening, two heaping table-spoons of flour and the beaten whites of the eggs. Beat well, then fry as usual, being careful in turning them, as they are very delicate. If eggs are not convenient add half a cup of crumbs and a pinch of salt to two cups of sour milk and let stand over night, adding after the bread has swelled, enough flour to make a batter of the usual thickness.

Economy Cake—Mix together two table-spoons of drippings or any preferred shortening and two cups of brown sugar, a cup of seeded raisins, two teaspoons of ground nutmeg, cinnamon and cloves mixed, and a pinch of salt. Put in the saucepan and cook, after boiling begins, for five minutes, then cool. When cold sift with three cups of flour a heaping teaspoon of soda, and add to the rest. Beat well and bake in two loaves for one hour in a moderate oven.—Woman's World.

NATIONAL ORANGE DAY It's An Ill Wind That Blows Nobody Good March Winds SATURDAY IS ORANGE DAY

Here is where the saving you make on one item is not added to the cost of another. National Orange Day—Another car of oranges arrived.

Tip Flour, nothing better milled, 48-lb. sack \$2.50
 Cash Habit Flour, 48-lb. sack \$2.45
 Graham or Whole Wheat, 6-lb. sack 34c
 Rye Flour, 6 lb. sack 34c
 Shredded Wheat, 15c pkg. 11c
 National Corn Flakes, pkg. 6c, 3 for 18c
 Rice, best Jap. 10c grade, 4 1/2 lbs. 25c
 Krinkle Corn Flakes, 15c size 10c
 Quaker Puffed Wheat or Corn, pkg. 14c
 Post Toasties, 15c pkg. 13c
 Kellogg's Krumbles, pkg. 9c
 Basket Store Oatmeal, 25c pkg. 21c
 Kellogg's Bran, pkg. 13c and 20c
 Bulk Oatmeal, 6 lbs. 25c
 Cream of Rice 13c
 Hominy, Pearl, lb. 8c
 Tip Farina, like cream of wheat, 15c pkg. 13c
 Vinegar, Cider, grade usually sold for 35c a gallon. A 6c trial will convince you.
 Bottle Vinegar 8c
 Corn, a good grade No. 2 can 11c
 Corn Co. Gentlemen No. 2 can 13c
 Peas, Pick of the Pack, No. 2 can 11c

Over Three Hundred Prices Lower Than Any Other Nebraska Grocer.
 \$5 orders delivered free within a reasonable distance, smaller orders over \$1 for 8c

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 THANK YOU

How Armour, The American Farmer's Largest Customer, Helps Increase Production

As the Nation's greatest purveyor of pure foods, Armour is the American farmer's largest customer. And because of occupying both of these positions, it is to Armour's interest to do everything possible to increase the national yield.

There is no philanthropy about this. From a purely business standpoint, increased yield is sound common-sense for Armour.

In Armour's relations with the consumer, increased supply means lower prices. But since Armour's profit on business done has for years averaged approximately three cents on the dollar, it also means increased profits, due to the larger volume.

Therefore, in working for increased production, a triple-sided benefit is realized—lower prices for consumers to pay, a greater revenue to the producer and increased profits for Armour.

To the farmer, the name of Armour stands for that of which he is in most need—a steady market. For, through an almost endless chain of refrigerators on wheels, an extensive system of Branch Houses and a Consumer Market based on value and maintained by the great modern selling force, ADVERTISING, Armour enables the individual farmer to sell to the whole American people.

The Armour system of cattle handling has developed a new type of cattle in this country—has abolished the old-time, scrawny range steer and has produced the more profitable corn-fed animal. And the same efficiency-ized transportation which has been responsible for this by taking the market to the producer, has given the farmer a twelve-month-in-the-year selling season.

Without methods such as Armour's it would be impossible for the farmer to take a revenue from his land in proportion to its increased value per acre.

Thus, in the solution of market problems alone, without considering the free Bureau of Advisory Agricultural Service which Armour maintains to aid producers, this great food organization has materially helped to grade-up by the incentive of ready sale.

The importance to the consumer of this broad Armour campaign for production betterment, must be self-evident. For Armour is dealing with fundamentals—and building for the future.

Such basic work cannot fail in its effort to reduce living prices.

Thus, it becomes important that every consumer of meats and meat products, who believes in the work Armour is doing, should lend his support.

To insist that your own table be supplied with Armour products is support of a very tangible kind.

Armour's QUALITY PRODUCTS
ARMOUR AND COMPANY
 CHICAGO

The Thrifty Housewife

who watches the odds and ends and makes the pennies yield a big return, just dotes on HARD ROLL BREAD.

It is more nutritious than meat and costs a third as much.

She fixes it this way and that way, toast, sandwiches, puddings, and she always has "things" that the family feels like eating.

One way to cut down the cost of living is to buy a 10c loaf of HARD ROLL BREAD every morning, or every other morning if the family is small, and put plenty of it on the table for every meal.

Right now is the time to call up your grocer and tell him to send you a loaf of HARD ROLL BREAD—10c. Baked electrically.

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Petersen & Pegau Baking Co.
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