



# Home Economics Department

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

## Possibilities of a Baking Powder Biscuit Recipe.

Given a good recipe for baking powder biscuit and a strong imagination, a woman can use that recipe every day for a month, without having the same dish appear twice. Some of the products would be pretty close relatives, still not identical. Though we admit that hot biscuits are not ideal foods from the standpoint of digestibility, if we do serve them we may as well serve as light and delicate a biscuit as possible. The harm of them lies not in the ingredients, but in the soft, pasty mass which they form in the mouth, and which is difficult for the digestive juices to penetrate. They should be avoided by small children and by all people who have any digestive difficulties.

### Biscuit Recipe.

2 c. flour, 4 T. shortening (or 4 t. baking powder, less), 1/2 t. salt, 1 c. (7) milk. Sift dry ingredients, work in shortening with two knives, or a fork, or the tips of the fingers. Add milk gradually, till the dough is just thick enough to be tossed onto a floured board. Part of the secret of good biscuits is the addition of just the right quantity of milk. Too little means a tough biscuit; too much means a dough that cannot be handled. In adding the milk, the dough should be worked as little as possible to avoid

### 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.

ity of milk slightly. Make as ordinary biscuit.

**Maple Roll**—Roll dough to one-fourth inch thickness. Sprinkle with maple sugar. Proceed as with Pinwheel Biscuit.

### SHORTCAKE DOUGH.

For richer desserts or for meat pies we change the ingredients of baking powder biscuit until a Shortcake Dough results. Sift T. sugar with the flour, increase the shortening to 6 T., and add egg as suggested under Egg Biscuit, if desired.

**Baking**—Divide dough into two parts. Pat or roll each half to one-half inch thickness. Spread one-half with butter, place the other half on top. Bake twenty minutes in a moderately hot oven.

At this season of the year, when the great national delicacy of Strawberry Shortcake is practically an impossibility, very tempting shortcakes may be made of canned peaches, or any canned fruit.

**Orange Shortcake**—Peel and cut up two oranges, sugar lightly and let stand ten minutes. Split the sheets of shortcake apart; put fruit between and on top; and, if desired, top with a meringue of two egg whites, sprinkled with cocoanut and browned in the oven. Banana may be used with orange in the filling.

To make a meringue: Beat egg whites, add 1 T. powdered sugar for each white, and brown in a slow oven. (About eight minutes.)

**Fruit Dumplings**—Roll dough to one-fourth inch thickness; cut into four-inch squares, put on each square a spoonful of sliced apple sprinkled with sugar and cinnamon and a bit of butter; gather up the dough and pinch together at the top. Bake twenty-five minutes.

**Fruit Cobbler**—Line an oblong tin with sliced sweetened fruit, put over it a sheet of Shortcake Dough.

**Fruit Roll**—Roll dough to one-fourth inch thickness, spread with cooked, drained and cut fruit. Roll up and bake. Dried fruits make very appetizing fruit rolls. Fruit Roll may be served with a sauce made of the fruit juice sweetened and thickened.

**Meat Pie**—Fill a baking dish with meat stew, or any cooked meat, seasoned and covered with gravy. Cover with a sheet of Shortcake Dough

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- 2nd—The wholesale grocer with his high standing and desire to handle only reliable goods.
- 3rd—The retail grocer who desires to handle only those brands he knows will please his customers.
- 4th—The food officials with their rigid laws for the purity and wholesomeness of food products.
- 5th—And most important, you, the housewife with your desire for purity, efficiency and perfect satisfaction.

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Choice Steer Sirloin Steak, per lb. 17½¢  
Choice Steer Porterhouse Steak, lb. 20¢  
Fancy Veal Roast, per lb. 17½¢  
Fancy Veal Breast or Stew, per lb. 12½¢  
Extra Fancy Ham, per lb. 15¢  
Bulk Sausage, 2 lbs. for 25¢  
Boneless Brisket Corned Beef, lb. 15¢  
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Extra Fancy Oranges, per doz. 20¢  
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that has been well pricked. Bake as usual.  
**Lancaster Pie**—Bake dough as for shortcake except that an extra hollow ring one inch wide is made and baked separately. This ring is of the same size as the shortcake pan. Put the two baked rounds together with Caramel Cream. Place the ring on top, fill center with fruit and garnish with whipped cream.  
**Caramel Cream.**  
1/2 c. sugar, 1/2 c. milk, 1/2 t. vanilla, 1/2 t. sugar.  
Caramelize sugar, add to scalded milk in a double boiler. When dissolved, add sugar and flour mixed together. Cook twenty minutes, stirring till mixture thickens. Add beaten egg and vanilla. Cook two minutes.

### Economical Potted Meats.

There are many occasions when a little jar of potted meat is very welcome. It can be served for breakfast, luncheon, high tea, and supper. It provides one of the nicest and most nourishing fillings for sandwiches. The remains of a roast or boiled joint, little scraps of stews and hashes, the remnants of a meat pie or pudding, canned tongue, cooked ham or bacon, left-over fish—these may all be converted into delicious potted meat which will tempt the appetite of all the members of the family.

There is one golden rule to be observed in making potted meat, and that is that the meat must be reduced to a perfectly smooth paste. Either pass it several times through a fine food chopper, or pound it in a basin.

All gristle and fat (the latter can be used in moderation when cooked ham or bacon is potted) must be removed, and the seasonings and flavorings suited to the tastes of the consumers worked in very gradually and thoroughly incorporated with the meat. It is very unpleasant to find that all the great is crumpling a lump of salt as large as a garden pea—and such occurrences are by no means unknown when homemade potted meat graces the table.

**POTTED MEAT FROM COOKED MEAT.**  
1/2 lb. cooked beef Grated nutmeg  
4 slices cooked bacon 1/2 teaspoonful meat  
2 tablespoonfuls butterSmall amount of meat  
Salt  
Pepper

Weigh the meat after the gristle and fat have been removed. Cut the beef and bacon into dice; then chop them well and pound them until they have become a smooth paste. If bacon is not handy, divide two tablespoonfuls of butter into small pieces and pound these into the meat. Add the seasonings, a little of each at a time, being careful that they are well distributed.

It is difficult to give the exact quantities of seasonings, for tastes differ, and the potted-meat maker must use discretion in this matter. A little gravy or melted jelly improves the pulp but, it must be remembered that moist meat turns sour very quickly.

When the seasonings have been worked into the paste, place it in a small jar or preserve jar, cover with a saucer, and stand in a saucepan

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**Horlick's**  
The Original  
Malted Milk  
Substitutes Cost YOU Same Price.

**FRESH DRESSED CHICKENS, LB. 16¼¢**  
**CHOICE FOREQUARTERS LAMB, LB. 12¼¢**  
**PIG PORK LOINS, LB. 17¼¢**

Steer Shoulder Steak, lb. 15½¢  
Steer Porterhouse Steak, lb. 18½¢  
Steer Pot Roast, lb. 13½¢  
Young Veal Roast, lb. 11½¢  
Young Veal Chop, lb. 14½¢  
Mutton Chops, lb. 14½¢  
Pig Pork Roast, lb. 17½¢  
Pig Pork Butts, lb. 19½¢  
Mutton Chops, lb. 14½¢

Extra Lean Regular Ham, lb. 21½¢  
Skinned Ham, lb. 23½¢  
Extra Lean Breakfast Bacon, lb. 25½¢

**SPECIALS**  
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From 9 to 10 p. m.—Pork Chops, lb. 17¢  
Deliveries made to all parts of the city.  
Mail orders filled at these prices.

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**PIG PORK LOINS, LB. 17¼¢**  
**FRESH DRESSED CHICKENS, LB. 16¼¢**

Steer Pot Roast, lb. 13½¢  
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Mutton Chops, lb. 14½¢

Mutton Roast, lb. 18½¢  
Extra Lean Regular Ham, lb. 21½¢  
Skinned Ham, lb. 23½¢  
Extra Lean Breakfast Bacon, lb. 25½¢

**SPECIALS**  
From 8 to 9 p. m.—Lamb Chops, lb. 5¢  
From 9 to 10 p. m.—Pork Chops, lb. 17¢  
Deliveries made to all parts of the city.  
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**PUBLIC MARKET**  
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## Nine Dollars, Only, Price of New Potatoes in Omaha

New potatoes have just appeared on the Omaha market. And they aren't those little bits of things that appeared several weeks ago from some tropical land and claimed to be potatoes. Those were about as big as marbles. These are regular, honest-to-goodness potatoes. Some of them are as big as your fist, if you haven't a very big fist, and they average as big as eggs. They are fine, solid fellows, too. The price is from \$7.50 to \$9 a bushel. Let's take the price per pound, which doesn't sound so bad. They sell at 12½ cents to 15 cents a pound. They're the first real potatoes of the 1917 crop to appear on the market.

Other products of the garden are half full of boiling water. As soon as the meat is hot through, lift out the jar, stir until the contents are cold, then press into shallow jars, smoothing the top with a wet knife.

### POTTED HAM AND VEAL.

Potted ham and veal can be made from the remains of a veal and ham pie, a dish of cooked veal, or a joint of roast meat. Very little fresh seasoning will be required, but if roast or fried veal is used, a little chopped parsley, grated lemon rind with red or black pepper gives the paste a delicate flavor. Pound the meat or pass it several times through a food chopper, add the seasonings, moistened with gravy, and divide into little pots or jars.

### VEGETARIAN POTTED MEAT.

1/2 cupful butter, 1 egg, 1/2 cupful grated tomatoes, 1/2 cupful cheese, 1/2 cupful onion, 1/2 cupful salt and pepper to taste, 1/2 cupful tomato catsup.  
Place the tomatoes in boiling water for two minutes, then remove the skins. Slice the tomatoes into a basin; add the butter and onions. Put a piece of buttered paper over the basin and cook in a moderately hot oven for twenty minutes. Then add the beaten egg and cheese; mix well; return to the oven for a few minutes until the food thickens, stirring it occasionally. Pour over the bread crumbs; season rather highly; mix and put into a glass mold. When quite cold, run a little melted butter over the top. Turn out, when ready to serve, and garnish with parsley and sliced tomatoes.

### POTTED LENTILS.

1/2 pound lentils, 1 small bunch herbs, 4 tablespoonfuls lemon juice, 4 tablespoonfuls salt and pepper, butter.  
Wash the lentils and let them soak in cold water overnight. Strain; put the lentils into a saucepan with fresh cold water to cover and bring to the boiling point. Add the herbs and simmer or cook in the oven until the lentils are very soft, adding more water if required. When done, drain

### POTTED OX TONGUE.

1 pound cold cooked ground meat or tongue, 1/2 cupful mustard, 1/2 cupful catsup, 1/2 cupful red pepper.  
Chop tongue fine and put in a basin with the butter or the fat from the tongue, if any is left; season to taste. Rub the mixture, after it has been well pounded, through a fine sieve. Press into small pots, cover with clarified butter or lard; keep in a cool place.—Mary M. Buchanan in Mother's Magazine.

coming in upon us in agreeable and succulent variety. The lettuce is long and green and crisp and you get quite a bundle of it for a dime.

Cabbage and cauliflower of splendid quality are on the markets, though they command prices between 10 and 15 cents a pound.

Beets, carrots, turnips and rutabagas of last year's growing are plentiful and good at 5 cents a pound.

Cucumbers are costly. New beets, turnips and carrots fresh from the southern gardens bring 5 cents a bunch. Radishes are a nickel a bunch and celery around 10 cents a stalk. Tomatoes command about 20 cents a pound and cucumbers about 20 cents each.

Oranges are as plentiful as ever and they are of splendid quality, juicy and sweet. They run from 15 to 30 cents a dozen, depending on size. The orange has been brought to a high standard of perfection in the last few years. The old kind of oranges which were woody and sour and lacked juice have disappeared from this market.

Grapefruit is also plentiful and so are apples at the old prices. Eggs continue at the low price of last week.

### POTTED SALMON.

1 teaspoonful anchovy extract, 1/2 pound cooked salmon, 1/2 teaspoonful vine-Red pepper, 1/2 teaspoonful salt and pepper, 1/2 cupful butter.  
Free the salmon from all skin and bone and then weigh it. Put it into a basin with most of the butter melted, and season to taste, rather highly. Pound until smooth, and then rub through a wire sieve. Pack into a small pot or jar; run the rest of the melted butter over the top (this will preserve the mixture and prevent it from becoming dry). This makes delicious sandwiches; the addition of a little thinly sliced cucumber is an improvement. Other fish, such as cod, halibut or mackerel, may be used in the same way.

### POTTED CHEESE.

1/2 pound cheese, 1/2 cupful catsup, 1/2 cupful mustard, 1/2 cupful red pepper, 1/2 cupful Worcestershire sauce, 1/2 cupful butter.  
Any scraps of good cheese may be used for potting. It is a good way of using up remnants. Remove rind, and either chop or grate the pieces, which will make the pounding easier. Pound the cheese with the butter. If cheese is very dry, it may be necessary to use more than three tablespoonfuls of butter. Sometimes olive oil is used instead of butter. Then season to taste and pound until a smooth paste is formed. Pack this into small pots and cover with clarified butter.

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ARMOUR Service to consumers is many sided. Selection of top quality at the source of supply skilled preparation evolved from a half century's experience, scientific utilization of by-products to keep prices at true-value levels—these are all of highest importance to you in your daily living. Yet, far from least in the service that Armour gives you is a steady and continuous supply of the world's best foods to you. And it means, further, that no car shortage can ever raise the price of meat—that prices are solely dependent on the Law of Natural Supply and National Demand.

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In a twinkling, you would be back to the days of your grandfather—forced to live upon such foods as your own community might be able to produce. If you lived in a great city, you would even face famine, for obviously no cattle could be raised there.

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If you will only stop to consider it, you will realize how fortunate it is for you that the late Philip D. Armour, perfected the traveling refrigerator.

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And with this constant reminder, there must logically grow up in the mind of every thoughtful householder, a desire to make it possible for Armour to render still greater service.

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7-11 Castle Soap, bar, 4¢  
Diamond C Soap, bar, 4¢  
Pearl White, Electric Spark or White Borax Naphtha Soap, 7 bars, 25¢  
Box of the Tub, 7 bars, 25¢  
Collet Soap, Glycerine, oval bar, 4¢  
Olive Cream for tender skin, 8¢; 3 for 22¢  
Pumice, Tar or Coconut Oil, bar, 4¢  
Wall Paper Cleaner, 8¢; 3 for 22¢  
Lye, Rex, 10¢ can, 10¢  
Hippo Washing Powder, 5¢ pkg., 4¢  
Edina Washing Powder, pkg., 3 for 10¢  
Gold Dust, large pkg., 21¢  
Pyramid Washing Powder, large pkg., 17¢

Lighthouse Cleanser, can, 4¢  
Sbright Cleanser, 4¢; 3 for 10¢  
Cedar Oil Polish, American Lady, no preservative, 10¢  
price, \$1.00 size, 10¢  
5¢ size, 30¢; 25¢ size, 15¢

Starch, bulk glass, 5¢  
Starch, Argo Glass, 5¢ pkg., 25¢  
Celluloid or L.X.L. Starch, pkg., 3¢; 22¢  
Karo Syrup, 10-lb. dark, 52¢  
Karo Syrup, 5-lb. dark, 26¢  
Karo Syrup, 2-lb. dark, 12¢  
Best Zap Rice, 10¢ quality, 4½¢; 10¢  
Krispie Corn Flakes, 15¢ pkg., 10¢  
Quaker Puffed Wheat or Corn, pkg., 14¢  
Kellogg's Krumbles, 15¢  
Post Toasties, large 15¢; 10¢  
Tip Farina, like Cream of Wheat, 12¢  
Kellogg's Bran, 13¢ and 20¢  
Oat Meal, bulk, 5¢; 10¢  
Large 25¢ pkg. Basket Store Oats, 21¢  
Cream of Rice, pkg., 13¢  
Crackers, plain, 2½¢  
5¢ pkg. Plain or Salted Crackers, 21¢  
Shredded Wheat, 15¢ pkg., 11¢  
National Corn Flakes, 5¢; 3 for 15¢

Graham Crackers, lb. 13¢  
Pork and Beans, Advance, can, 9¢, 13¢, 21¢  
Sweet Corn, Ever Ready or Oaks, 11¢  
Sweet Corn, Country Gentleman, Toledo, can, 11¢  
Beans, Green or Wax, Boyer or Webster, can, 13¢  
Pass, Pick Beans, No. 2 can, 11¢  
Pass, Nectar Telephone, 13¢  
Houmly, Kingstod or Silent Salesman, 9¢; 3 for 25¢  
Fungus, Claret, No. 2 can, 9¢  
Pineapple, Princess, No. 2½ can, 22¢  
Pears, Eastern, No. 2 can, 25¢  
Peaches, Sliced, Eastern, No. 2 can, 20¢  
Chocolate, Tip Premium, ½ lb., 18¢  
Chocolate, W. H. Baker's, ½ lb., 20¢

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Pure Cash Honey, 15¢  
Dr. Price's Powder, 50¢ can, 43¢  
Kumford Baking Powder, 25¢ can, 21¢  
R. C. or Calumet Baking Powder, can, 20¢  
Cider Vinegar, gallon, 21¢  
Cider Vinegar, bottle, 11¢  
(This quality usually sold for 40¢ a gal.)  
Catsup, Armour's, 25¢ size, 21¢  
Catsup, Bull Label or Snyder's, 25¢  
Catsup, Hawley's, 15¢ bottle, 12¢

**MEAT DEPARTMENT**

Bacon Strips, lb. 22¢  
Bacon Backs, lb. 25¢  
Wide Slicing Bacon, good quality, lb. 25¢  
Dry Salt Pork, lb. 24¢  
(All dried and cured meats raise higher.)  
Worcester's Full Cream and Brick Cheese, lb. 30¢  
Best Creamery Butter, lb. 42¢  
Good Creamery Butter, lb. 35¢  
Good Country Butter, lb. 36¢-40¢  
Crisco, 30¢, 60¢, \$1.20 and \$1.80  
Armour's Butterine, Tip, tinted, highest quality, lb. 25¢  
Tip, white, highest quality, lb. 25¢  
Cash Habit, high quality, lb. 22¢  
Margarine, 2-lb. roll, 35¢  
FISH—A variety at all markets, at prices that will please you.

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