

Home Economics Department

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

Simple Desserts With Cornstarch

Of the innumerable recipes masquerading under different names, a great many of them may be traced to a common origin—sweetened flavored liquid stiffened with cornstarch. People who scorn the humble "Cornstarch Pudding" will gladly eat it if properly garnished and served under another name. The only problem in cooking cornstarch is to cook it long enough for the raw taste to disappear—this disappearance being a sign that the starch granules are in condition to be easily digested. Thirty to forty-five minutes' cooking in a double boiler is none too long for the thorough cooking of the starch. If egg is added, it had best be stirred in during the last five minutes of cook-

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.

ing, for egg is not improved by long cooking. A plain cornstarch mold, made from a pint of milk and sufficient to serve four people will cost about 14 cents and provide about 1,000 calories, or units of food value. Excluding egg, the pudding would cost only 10 cents plus, and would furnish something over 900 calories.

CORNSTARCH MOLD.

1 pint milk
1 t. vanilla
1/4 to 1/2 c. sugar
1 egg, if desired.

Heat milk in double boiler, reserving 1/2 cup to mix with the cornstarch. When milk is scalded, add cornstarch paste and all other ingredients, except vanilla if egg is not used. Stir till mixture thickens, then allow to cook thirty to forty-five minutes, stirring occasionally. If egg is added, beat it slightly with the salt, add sugar, then stir into cooked cornstarch mixture the last five minutes of cooking. Add vanilla, pour into wet molds and chill. Turn out and serve with cream, fruit juice, or a special sauce.

Sometimes only the yolk of the

egg is added during cooking, and the stiffly beaten white is folded in after the pudding is removed from the stove. Or the white may be converted into a meringue and served on top of the pudding. To make a meringue beat egg stiff with a few grains salt, fold in 1 T. powdered sugar and 1/4 t. vanilla.

Variations of Cornstarch Pudding.

Chocolate Cornstarch—Mix 3 T. cocoa or grated chocolate with the cornstarch paste. Increase the sugar to 1/2 c.

Coffee Cornstarch—Scald the milk with 2 to 3 T. ground coffee, strain and proceed as usual.

Caramel Cornstarch—Melt 1/4 c. sugar extra in a frying pan over a slow flame, add to scalded milk and proceed as usual.

Fruit Mold—Place a small quantity of sweetened fruit in the bottom of one large, or several individual small molds. Pour cornstarch pudding over the fruit. When the mold is turned out, the fruit is on top, making a very attractive dessert.

A small quantity of crushed fruit, such as 1-3 c. grated pineapple may be stirred into the pudding just before molding.

FRUIT CROWN.

1 c. fruit juice, sweet, 1 egg white
1/2 c. cornstarch
1/4 to 1/2 c. sugar
1 egg, if desired.

Cook cornstarch and sweetened juice as directed above. Remove from flame and fold in stiffly beaten egg white. Serve in tall glasses, garnished with fruit and whipped cream. Especially good with berry juice and berries.

Almond Sponge—Make a plain cornstarch pudding, remove from flame, fold in two egg whites beaten till stiff, and 1/4 c. blanched chopped almonds. Mold, chill and serve with custard sauce.

CUSTARD SAUCE.

1 c. milk
2 egg yolks
2 T. sugar
1/4 t. vanilla

Scald milk, pour onto other ingredients except vanilla, strain into double boiler and cook till sauce thickens, stirring constantly. Remove from flame, add vanilla and cool.

Santa Fe Employees to Get Bonus.

San Bernardino, Cal., April 27.—All employees of the Atchison, Topeka & Santa Fe railroad will receive July 1 a 10 per cent bonus on six months' pay, according to an announcement made here tonight.

Home-Grown Vegetables Found on Market Table

The gentle springtime is showing some of its effects on the vegetable and fruit markets of the city of Omaha. They are overflowing with succulent good things from the ground, many of them raised around Omaha in early hotbeds and others coming here from the far parts of the country. Strawberries are abundant and at little prices. The quality is also supreme and the berries are of the finest sort of tempting color. They come here at this time of the year from Louisiana.

Potatoes have not advanced in price during the last week, but are holding their own. The lowest price quoted on them is 85 cents a peck or \$3.40 a bushel, no reduction, you see, even if you take a bushel.

New potatoes are showing up in heralding sizes than heretofore and thus heralding the time when the crop

will get its full growth and potatoes will be plentiful and, let us hope, cheap. The new ones sell at about 12 1/2 cents a pound.

Cabbage and cauliflower are good, but sell also at around 12 1/2 cents a pound.

Cucumbers are also big and fine. Asparagus is on the market in full force and very fine asparagus it is, too.

Fresh string beans and green peas are plentiful at 20 cents a pound.

Fresh turnips, carrots, radishes and lettuce, both leaf and head lettuce, are abundant and at moderate prices.

Rhubarb the succulent and wholesome spring vegetable, is also plentiful.

Apples from the west are still on the market at prices per box about what they have been all winter and oranges are also abundant at the former prices.

Do You Waste These Things in Cooking?

Dry Stale Bread and Crusts.—Put through medium knife of food-chopper and store in jars with perforated tops to prevent rancidity. Keep buttered bread or toast separate and use soon after preparing. Use for fish, vegetables, and meat scallops; gravy, and all bisque thickenings; for griddle-cakes, cake, muffins, biscuits, and fritters, puddings, blanc-mange, and cereals, as well as for all sorts of crumbing purposes.

Stale Cake.—May be used in puddings, fritters, gelatins, blanc-mange, fruit molds, and in making fresh cake and steamed puddings.

Orange, Grapefruit, and Lemon Peel.—Should be scraped of all membrane and used at once for sugared peel, for candy, or used in making cakes, puddings, cookies, and in garnishing sweet dishes. If desirable, collect it gradually, keeping it in slightly salted water in a cool place for four or five days. Use fresh in re-enforcing fruit beverages, gelatins, and sherbets.

Trimnings From Salad Greens.—Stew in water or stock, together with a little pickle spice, add rice to thicken (three tablespoonfuls to a quart of vegetable stock) and, at the end of the cooking, strain and season with a bouillon cube. A real blood tonic. Use cress in the same way, also mince

any leftover sprigs, and sprinkle over steak or fish.

Cauliflower Leaves.—Cook twice as long as the cauliflower, chop, season as greens, and use to supplement the flower itself.

Celery Tips.—Spread on papers, dry, store in jars, and use for seasoning. Use fresh as a basis for soup, a garnish for salad or meats, and for frying in a thin batter.

Leftover Vegetables.—Peas, carrots, Lima or string beans, corn, asparagus, radishes, green peppers, cabbage, cauliflower; use alone, or in any combination in soups, either in stock, or with bouillon cubes, salads, or scallops. Turnips, carrots, beets, Lima beans, potatoes and so forth. Use in vegetable hash, soups, casseroles with ham or smoked fish. Stewed or scalloped tomatoes—use in casseroles, with baked beans, in soups, to make aspic, in sauces, and bread or cereal dressings.

Vegetable Parings.—Scrub vegetables well and put all parings, including those from potatoes, into a general stock-pot.

Cooked Cereals.—Use in stock-pot, soups, scallops, meat, fish and vegetable loaves, griddle cakes, waffles, muffins, puddings and croquettes.

Leftover Scrambled, Poached or Fried Eggs.—Use minced in sandwiches, potato or fish salad, or soup.

Rice Water.—Use in stock-pot, or as base for soup.

Sour Milk.—Use in making biscuits, all kinds of grain muffins, steamed or

baked brown, whole wheat, or graham bread, spice cake, spiced cookies, plain cake, ginger-bread and ginger drop-cookies, butter cakes, boiled salad dressing.

Sour Cream.—Use in making fruit ice creams, cream fruit sherbets, chicken gravy, cheese cake, cooked salad dressing, uncooked coleslaw dressing, whipped in mayonnaise, to enrich cream-of-tomato soup, and in shortening any of the quick grain breads, gingerbreads, and in making dark-colored cakes.

Bacon, Ham and Sausage Fat.—Use for sauteing when savory tastes are desired, in seasoning spaghetti, savory rice, savory hominy; browning meat for stews, or casseroles, in shortening gingerbread or spicy cakes of dark color, in making spice and ginger cookies, and in shortening quick grain breads, or the crusts for meat, vegetable, or fish pies.

Chicken Fat.—Try out and use in making "three-minute pie crust," cakes, cookies, and for sauteing.

Beef Fat and Fat from Stock-pot.—Try out and use with one-third lard for deep fat frying, or plain for sauteing; beef fat alone for shortening cakes, cookies, puddings, biscuits, dumplings and pie crust.

Odds and Ends of Fruit.—Use in fruit salads, fruit gelatins, fruit caps, fruit soups, fruit beverages, tapiocas, compotes of rice and farina, and in case of juicy berries, as raspberries, strawberries, and so on; use in drinks and for corn-starch puddings.

Leftover Fish.—Use in croquettes with rice or potato, creamed as a sauce over brown rice, in salads with celery, cabbage, radishes, or shredded romaine, cress or lettuce, or use to season cream-of-fish soup, or for stuffing peppers, tomatoes, cucumbers or cabbage leaves.

Bits of Cheese and Rinds.—Put cheese scraps through food chopper and use in Welsh rarebit; cheese sauce for fish, rice, or hominy; in vegetable salads; creamed potatoes, German style; cheese croquettes, etc.; grate cheese from rinds and use on spaghetti, in creamed vegetables, to make cheese sticks, cheese biscuits, cheese pie crusts for fruit pies, cheese toast, and serve with stock vegetable soups.—Pictorial Review.

Oh, Horrors of War! Father-in-Law Asks Son-in-Law Drafted

A well-dressed, middle-aged Omaha asked Captain McKinley, the officer in charge of the army recruiting station, if the draft bill would become law. The captain said he judged from newspaper reports that congress would pass it.

"Good!" exclaimed the visitor. "I have a son-in-law who doesn't amount to much, but he might make a good soldier. Here's his name and I want you to draft him into the army as soon as the bill becomes law."

Hungerford to Contract For No More Potato Land

Arahl L. Hungerford of Crawford, president of the Hungertford Potato Growers' association, whose Omaha offices are at the corner of Fifteenth and Howard streets, among whose lands are in Daws and Box Butte counties, the famous potato-raising country of Nebraska, is in the city conferring with E. P. Snowden, secretary-treasurer, and attending a stockholders' meeting of the association. At this meeting Thursday Mr. Hungerford, who is in complete charge of the farming department, reported that the association had already sold all of the tracts he could conservatively promise to properly seed and till this spring, whereupon the association voted to call off the spring and to engage exclusively in the sale of their farm and ranch lands in Daws and Box Butte counties, as is evidenced by their large advertisement on the land page of this issue. However, the association will again throw another large sub-division open for sale this fall, from which to offer five-acre potato tracts as did they this spring, but under contract for farming in 1918.

Private Trial for Speeder Is Held in Judge's Office

Police Judge Madden ordered "no complaint" to be filed after the name of Meyer Klein, 3510 Harney street, who had been served with a golden rule summons for speeding by Motorcycle Officer Farrand.

"Mr. Klein called at my office Thursday night after he had been served with summons for speeding," explained the judge. "He told me that he was going at the rate of eighteen miles an hour when arrested. I told him he did not have to appear in court. He had never been arrested before."

Six other men whom Officer Farrand summoned into court for speeding appeared and were fined. They are: C. W. Worth, 4103 Davenport street; J. C. Weeth, 1917 West street; Ben Milledge, Council Bluffs; C. Burnham, 1728 Sahler street; Al Donoghue, 5425 North Twenty-fourth street, and W. F. Maher, 2629 Cass street.

M. Polonsky, 1913 North Twenty-fifth Street, was fined \$2.50 and costs for passing a stopped street car.

Aitmayer Talks Here On Live Salesmanship

Larry Aitmayer, special representative for the Dry Goods Economist, addressed the buyers, managers and executives of Burgess-Nash company and M. E. Smith & Co. at a special luncheon at the Rome hotel.

The luncheon was a committee meeting of the two organizations to further their arrangements for the general inspiration meeting at the Boyd the latter part of May. These meetings are doing a great deal in showing the young men and women the great advantages of taking up the dry goods business, either retail or wholesale, as a life work.

Burglars Get Two Tons Of Food from Grocery

Burglars operating with a big motor truck looted the grocery store of W. A. Barry, 4401 South Twenty-fourth street, South Side, during the night and took away nearly two tons of provisions.

The most valuable part of the booty consisted of 2,500 pounds of sugar, 1,200 pounds of flour, 200 pounds of rice, 100 pounds of beans and sixty-five pounds of butter.

Police Officer Geralski found the door of the store open and later discovered that the place had been looted.

Your dealer has a supply of fresh Sunkist Oranges every day. These are the uniformly good oranges. Order a dozen today.

Sunkist

Uniformly Good Oranges

California Fruit Growers Exchange

30c a Quart

Alamito Milk

ICING and TOPPING

for CAKES, FRUITS, SALADS, PASTRIES, DESSERTS, ICE CREAM, HOT CHOCOLATE

Now on Sale at Leading Grocers and Department Stores

FLOUR FLOUR FLOUR

Blue Bell, Gooches' Best, Sunkist Flour, all the leading brands of flour at less than wholesale cost. Per sack, 48 pounds... \$3.25

With each order of \$2.00 or over. Strictly Fresh Country Eggs, per dozen... 33c

Beechwood Creamery Butter, per pound... 45c

E. C. Corn Flakes, per pkg... 5c

FANCY TABLE POTATOES

Fancy Table Potatoes, neck... 85c

25c can K. C. Baking Powder, per can... 19c

Large can Table Peaches... 17 1/2c

STEIN GROCERY & MEAT MARKET

Free Delivery. Mail Orders Filled Promptly at Above Prices.
213 South 24th Street. Telephone Douglas 2514.

ENLIST IN THE ECONOMY ARMY

of grocery buyers who are making daily savings at the Basket Stores' every day low prices, a few of hundreds are:

APPLES: Washington White Winter Peralma. Best Apples, now, per box... \$1.96, \$2.19 and \$2.42

ORANGES: Sweetest ever; no need to waste high priced sugar on these. They keep fine, too—get a case, only \$3.17 up to \$3.68

Per dozen... 21c, 24c, 26c and several other sizes.

LEMONS: A carload now in, the best juicy kind, doz. 16c, 19c. Get a case, Lemons will soon be much higher—case, now... \$4.33

Get our prices on Flour before buying. Market tends upward. Loganberry juice called LOJU. It's a splendid drink. 30c bottle, 24c

MAPLENE, maple flavor, 35c bottle for... 25c

\$5.00 Orders Delivered Free Within a Reasonable Distance. Smaller Orders, Over \$1.00, for 8 Cents.

Omaha Council Bluffs South Omaha Benson Florence

The Basket Stores

Forty Stores

Lincoln College View University Place Havelock Ashland

Armour's Silver Churn Oleomargarine

Practical housewives find the savings due to the use of Silver Churn Oleomargarine enable them to buy many additional dainties for the table.

But aside from economy, Silver Churn gives most satisfactory results for table use and cooking purposes. Government inspection is your assurance of purity; Armour's Oval Label guarantees its quality. Ask for Silver Churn by name.

ARMOUR'S SILVER CHURN OLEOMARGARINE

ROBT. BUNZAT, Mgr.
13th & Jones St., Omaha, Neb.
W. L. WILKINSON,
27th & Q Sts. So. 1740.

PROHIBITION MILK

May First will be the last of liquor. The people have voted it out. But there is one drink that will always remain. You cannot use it to excess.

Alamito Milk Is Safe

Milk is a culture for germs. It must be free from germs before it is safe for consumption. It is made safe by pasteurizing.

Alamito Milk Is Pasteurized

When good milk is perfectly pasteurized, you may indulge freely. No food gives more nutrition. No food is as cheap. Today's watchword is "Economy." Limit your other foods, but increase your milk supply. Your health and your purse will benefit.

LET ALAMITO SERVE YOU.

Ask Your Grocer, or Phone Douglas 409.

The Alamito Dairy Company

For the invalid as well as those in perfect health

Baker's Cocoa

is an ideal food beverage, pure, delicious and wholesome.

Walter Baker & Co. Ltd.
ESTABLISHED 1780 DORCHESTER, MASS.

The Washington Market Always Leads in Price and Quality

MEATS

Choice Steer Sirloin Roast, lb... 20c

Choice Steer Shoulder Roast, per lb... 17 1/2c and 20c

Steer Pot Roast, lb... 14 1/2c

Choice Steer Rib Roast, lb... 22 1/2c

Choice Steer Boiling Beef, lb... 12 1/2c

Extra fancy Hindquarters Lamb, per lb... 22 1/2c

Extra fancy Forequarters Lamb, per lb... 17 1/2c

Lamb Stew, per lb... 15c

Choice Steer Sirloin Steak, per lb... 20c

Beef Tenderloin, lb... 35c

Kent Lean Pork Chops, lb... 25c

Strictly Sugar Cured Breakfast Bacon, per lb... 27 1/2c

Strictly Sugar Cured Regular Hams, per lb... 25 1/2c

Strictly Sugar Cured Picnic Ham, per lb... 22 1/2c

Fresh Caught White Fish, Trout and Black Bass, per lb... 25c

Live Lobsters, each... 80c

Extra Large Hard Shelled Crabs, each at... 35c

GROceries

9 Bars Diamond C Soap... 25c

3 cans Peas, 3 bunches... 25c

Two 1-lb pkgs. Tea Siftings... 25c

Fresh Bulk Sauer Kraut, 2 lbs... 15c

Fancy Leaf Lettuce, bunch... 35c

Fancy Kidney Beans, 2 lbs... 25c

Fancy Sifted Peas, 3 cans... 35c

Fresh Roasted Coffee, 15c special, per lb... 25c

Sugar, 10 lbs. for... \$1.00

All Brands Creamery Butter, lb... 45c

Fresh Country Butter, lb... 40c

FRUITS—VEGETABLES

Green Onions—2 bunches... 5c

Fancy Large Radishes, 3 bunches... 10c

Fresh Home Grown Asparagus, 2 bunches for... 15c

Fancy Leaf Lettuce, bunch... 35c

Cauliflower, 2 for... 25c

Fresh Spinach, peck... 25c

Head Lettuce, large head... 10c

New Potatoes, per lb... 10c

Barnyard Onions, lb... 10c

Sweet Onions, per dozen... 15c

Thin Shinned Lemons, doz... 25c

Extra Fancy Strawberries, quart... 30c

per pint, at... 18c

All orders south to Martha and west to 46th St., leave every day at 9:30 A. M. All orders north to Ames Ave. and west to 46th St., leave every day at 2 P. M. All orders must be in half an hour before delivery leaves.

WASHINGTON MARKET

1407 DOUGLAS ST. TEL. TYLER 470

THE MOST UP-TO-DATE AND MEAT MARKET IN THE WEST

Walter Baker & Co. Ltd.

ESTABLISHED 1780 DORCHESTER, MASS.

EAT SKINNER'S THE BEST MACARONI

MADE FROM THE HIGHEST GRADE DURUM WHEAT COOKS IN 12 MINUTES. COOK BOOK FREE

SKINNER MFG. CO. OMAHA, U.S.A.

Largest Macaroni Factory in America.

SAVE EGGS NOW FOR NEXT WINTER

Count With Egg-O-Latum—Keep Perfectly—Use When Worth Double or Treble

Remember what you paid for eggs last winter—40 cents to 60 cents a dozen? They'll be higher next winter, because hens are fewer and the demand greater.

Preserve spring eggs now. Means a saving of 20 to 40 cents a dozen next December and January, or a profit of 100 per cent to 200 per cent on your money.

Egg-O-Latum can be applied at the rate of one dozen eggs per minute and at a cost of 1 cent per dozen. There is no evaporation, no air-cell, no contracted odors, no deterioration; the yolk remains whole and in the center of the egg; poaching, boiling, trying and beating as if under a week.

It is guaranteed to keep fresh eggs nine months to a year so that they cannot be told from eggs laid within a week.

"Couldn't Tell From Fresh" At " tried out a jar of Egg-O-Latum last summer and it worked fine; used the eggs in winter and you couldn't tell them from fresh eggs.—Ogden Feed Co., Ogden, Utah.

"Please send me two jars of Egg-O-Latum. I have used five jars and find preservative very satisfactory. I've also distributed some among various Catholic institutions, namely: St. Louis, Mo.; Waterloo, Ia.; Kirkwood, Mo. They all think very highly of the preparation.—Rev. A. V. Nicolas."

Don't pay exorbitant prices for eggs next winter. Begin preserving now, before the moulting season and hot weather. Little trouble; no risk. Beat the food speculators. Sell your surplus at the fancy prices.

Egg-O-Latum is prepared in 50-cent jars, enough for 50 dozen eggs. At dealers or mailed postpaid. Full information free. Geo. H. Lee Co., 602 Lee Building, Omaha, Neb.—Adv.

EMPRESS MARKET

113 South 16th Street. Phone Douglas 2307.

Bee Want Ads Bring Best Results