

Chicago School Lads Want to Work on Farms
Superintendent John D. Shoop of the Chicago public schools has written to railroad officials in Omaha, notifying them that he has 1,500 Chicago boys between the ages of 16 and 18 years who have volunteered for farm work and are ready to be sent out as soon as their services are needed.

The Chicago superintendent says that boys of working age are being given full credits and are being released from the Chicago schools a month earlier in order that they may do their bit in increasing the agricultural resources of the country. He adds that of the 1,500 available for service in this territory many have worked on farms.

Home Economics Department
Edited by Irma K. Gross - Domestic Science Department
Central High School

Strawberries Both Fine And Cheap on the Market

PIG PORK LOINS, PER LB. 18 7/8c
FRESH DRESSED CHICKENS, LB. 19 3/4c

Steer Pot Roast, lb. 14 1/2c
Steer Shoulder Steak, lb. 17 1/2c
Young Veal Chop, lb. 20 1/2c
Porterhouse Steak, lb. 22 1/2c
Pig Pork Roast, lb. 18 1/2c
Pig Pork Butta, lb. 20 1/2c
Spare Ribs, lb. 14 1/2c
Mutton Chops, lb. 16 1/2c
Deliveries made in all parts of the city. Mail orders filled at these prices.

PUBLIC MARKET

1610 Harney Street. Douglas 2783.

Low-Cost Meats

In some recent dietary work done by my classes in the high school the question came frequently, "What kind of meat can you serve that doesn't cost much?" The idea seems very general that steaks, chops, roasts and stews are the only meat possibilities; and when the first three are barred by prohibitive cost, there seems no resources beyond the last. And of stews, the kind most generally known and used is the inevitable beef stew with potatoes and carrots. Not that such a stew is not palatable; it is, but it is also tiresome. The following recipes are an attempt to suggest meat possibilities when the income will

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.

allow an expenditure of only 5 cents per person. Some of them will prove slightly more expensive, and a few possibly a trifle cheaper. The cost may not cover vegetables where large quantities are called for, as in stew. A slank of beef is the cheapest meat on the market. As a meat it proves not so cheap because of the small amount of edible meat on it. However, made into a good soup with plenty of vegetables and rice or barley, it satisfies the desire for meat and furnishes a nourishing dish.

stew fifteen minutes before taking from fire. Thicken stew with two tablespoons of flour mixed with enough cold water to pour easily.

MEAT SOUP. 1/2 lb. slank of beef, 2 c. turnips or cabbage, 1 c. barley, rice or spaghetti, 2 T. parsley, salt and pepper.

Wipe the meat with a damp cloth, remove the fat if there is too much. Try the fat out for drippings. Cover the bone and the meat (but in rather small pieces) with cold water and allow it to cook slowly, but not boil, for four or five hours. Add barley or rice two hours before using. Add vegetables cut into one-half inch cubes one hour before mealtime.

As suggested, a beef stew is not the only kind of stew to serve, but a well-made beef stew is an excellent dish. The making of any other stew is very similar.

Variation of Stew.

1. Substitute veal or lamb for the beef. 2. Substitute two-thirds cup rice for the potatoes and add with the vegetables. 3. Add four tablespoons of minced parsley at the end. 4. Use lamb and substitute one cup barley for the potatoes. Cook as rice. 5. Omit the turnips and add one-half cup of peas fifteen minutes before stew is done.

6. Use part canned tomatoes in place of part of the water, or add one cup tomatoes toward the end. An excellent combination is lamb, rice, tomatoes and chopped green pepper added at the end. 7. Mexican Stew—Add corn, lima beans and tomatoes. 8. Serve with dumplings.

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Excellent variety, Best Quality Meats. Prices as low as possible for the high grade we carry.

Veal Roast, lb. 18c
Veal Steak, lb. 24c
Rib Bone, lb. 14c
Best Creamery Butter, 1 lb. can, 40c
Good Creamery Butter, 1 lb. can, 38c
Good Tub Butter, lb. 40c
Best Tub Butter, lb. 38c
Best Tub Butter, Tinted, lb. 28c
Best Tub Butter, White, lb. 27c
Cash Habit, lb. 25c
Magnaolia, 2 lb. roll, 41c
Fresh Eggs, doz., 35c; 2 doz. for 65c.

THE NATION MEANS YOU

Uncle Sam is mobilizing the housewives. Your country has asked you to conserve the food supply. Don't leave it to your neighbor; do your bit.

What Waste Means There are twenty million homes in our country. One ounce of waste in each means the loss of 1,800,000 pounds of food daily. You are asked to end this waste—to buy food for food-value.

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CHOICE FOREQUARTERS LAMB, LB. 16 7/8c
FRESH DRESSED CHICKENS, LB. 19 3/4c
PIG PORK LOINS, PER LB. 18 7/8c

Young Veal Roast, lb. 13 1/2c
Choice Veal Chops, lb. 17 1/2c
Porterhouse Steak, lb. 22 1/2c
Steer Pot Roast, lb. 14 1/2c
Steer Shoulder Steak, lb. 17 1/2c
Pig Pork Roast, lb. 18 1/2c
Pig Pork Butta, lb. 20 1/2c
Spare Ribs, lb. 14 1/2c
Mutton Chops, lb. 16 1/2c
Extra Lean Regular Ham, lb. 24 1/2c
Sugar Cured Ham, lb. 20 1/2c
Extra Lean Breakfast Bacon, lb. 34 1/2c
Sugar Cured Bacon, lb. 27 1/2c
SPECIALS From 8 to 9 p. m.—Pork Chops, lb. 18c From 9 to 10 p. m.—2-lb. Ck. Lard, 30c. Deliveries made in all parts of the city. Mail orders filled at these prices.

EMPRESS MARKET

113 North 16th Street. Douglas 2307.

This is the good old strawberry time. The strawberry crop down in Louisiana is bounteous. If it is a forecast of crops in general we shall have great plenty. Strawberries on the local market are now selling at only 20 cents for a quart box and they are certainly fine berries, just as fine in flavor as they are in appearance, too. So strawberries and cream and good old-fashioned strawberry short cake and strawberry pie and all the many good things that can be made with strawberries are finding a big place on Omaha tables. Now is certainly the time to eat them. With strawberries at 20 cents a quart, they cost less than twice as much as potatoes. Twenty cents a quart would be \$1.00 a peck for strawberries, while potatoes are selling at 85 cents a peck. Potatoes hold to about the same price as last week. They come chiefly from Idaho and Colorado with a few also from Washington state.

Wash carefully and pick over three pints of dandelion leaves. Cook in boiling water until tender, about fifteen or twenty minutes. Drain, chop fine and season with salt and pepper. Garnish with slices of crisped bacon.

Dandelion Salad. Wash carefully and pick over one pint of dandelion greens. Mince fine and add an onion and three strips of bacon, cut in dice and browned. Then take 1/2 t. salt, 1 T. vinegar, 1/4 t. pepper, 1 T. bacon fat.

Heat in saucepan and then pour over the salad. It may be garnished with thin slices of hard-boiled egg. Boiled Lettuce. Wash lettuce well to remove the sand, then trim carefully, discarding the blighted and damaged leaves. Tie up in a clean napkin or piece of cheesecloth. Cook in boiling water for twenty minutes. Drain and cover with a cream sauce. Sprinkle with a teaspoonful of grated cheese. Serve as a vegetable for lunch or dinner.

TESTED RECIPES FRESH FRUIT SALAD. Cherries, White lettuce leaves or endive. Pecan nut masta. Wipe, remove stems and stone cherries; fill cavities thus made with pecan nut masta. Arrange on a buttered lettuce leaves or endive and serve with cream mint dressing. Strawberries, fresh pineapple or a combination of fruits may be used in place of stuffed cherries.

FRESH PINEAPPLE SHORTCAKE. Pineapple, 1/2 t. salt, 1/2 t. sugar. FARE PINEAPPLE, remove eyes, cut in slices, separate into small pieces, sprinkle with sugar and put aside.

Mix and sift flour, baking powder, sugar and salt, and work in butter, using the tips of the fingers. Beat egg yolks with milk and add to first mixture, stirring with a knife. Toss on a slightly floured board and pat and roll to one inch in thickness. Cut in large circles, place on a buttered plate and bake in a hot oven. Split and spread with butter. Arrange one piece on serving dish (buttered side up) and cover with pineapple, then with inverted other piece and more pineapple. Pour over this:

STEAK STANLEY. Arrange broiled hamburger cakes on a hot platter, cover with cream sauce to which has been added horse-radish, about 2 tablespoonfuls horse-radish to 1 cup sauce.

BEEF LOAF OR CANNELON OF BEEF. 3 1/2 lb. lean beef, 1 c. water, 1 egg, 1/2 c. salt pork, 1/2 t. salt, 1/2 t. pepper, 1/2 t. milk, 1/2 T. melted butter, 1 c. bread crumbs. Mix all ingredients thoroughly together, bake in a greased dish forty minutes in a moderate oven. This dish is very good served hot with sauce, or sliced cold without a sauce. To

Hot Marshmallow Sauce. 1/4 lb. marshmallows, 1/2 c. pineapple juice, 1/2 c. confectioners' or water, sugar.

Cut marshmallows in pieces and melt in double boiler. Dissolve sugar in hot pineapple juice or boiling water, add to marshmallows and stir until smooth and hot.—Ladies Home Companion.

PRESIDENT WILSON SAYS

Let every man and every woman assume the duty of careful provident use and expenditure as a public duty, as an order to patriotism, which no one can now expect ever to be excused or forgiven for ignoring. Buying at the Basket Stores helps you to save.

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Sunkist Uniformly Good Oranges



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