

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

House Economics

The great value of fruits in the diet has been chanted till it is a familiar refrain; yet it cannot be repeated once too often. For a diet that contains plenty of fresh fruits and vegetables is apt to produce healthy people.

Every housewife has made apple sauce and apple pies and stewed apples, and baked apples, and has used apples with biscuit dough to make apple cobbblers, and apple dumplings, and apple tarts.

Apple fritters. Pare and core apples and slice across so that each slice is doughnut-like. Dip in fritter batter and fry in deep fat.

Apple Custard Pie. 1 c. apple sauce, 1/2 c. sugar, 1 egg yolk, 1/4 c. milk, 1/2 c. flour, 1/2 c. butter, 1/4 c. sugar, 1 egg yolk.

Return cake to oven and finish baking for ten minutes. Cool and dust lightly with cinnamon. Cut into oblong pieces.

Apple Day Observed. Tuesday, October 16, will be observed as apple day at Swift & Company's plant, as has been the custom the past seven years.

Public Night Schools To Open Monday Night. Seven hundred have registered for public night schools at Central High school, High School of Commerce and South High school.

Plan "Dutch Lunches" During Winter Months. Flour, butter, cheese and cigars in large quantities were taken from the Petersen grocery at Fortieth and Cumings streets Thursday night when thieves forced entrance to the place.

Cleveland's First Taste Of Winter is a Blizzard. Cleveland, O., Oct. 12.—The first snowfall of the season struck Cleveland today in the form of a small blizzard.

U. P. Urges Employees To Buy Liberty Bonds. All officers and employees of the Union Pacific railroad are urged to subscribe to the second Liberty loan issue.

"Cub" Potter Regains the Use of His Limbs. Lieutenant A. C. ("Cub") Potter, who was seriously injured at Camp Dodge, Des Moines, last Tuesday night when he was struck by an automobile, is reported to be recovering rapidly.

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.

baking dishes Sprinkle the first amount of sugar and the cinnamon over them. Mix all other ingredients well and pour over the apples.

APPLE FANCY. 4 apples, 1/2 c. sugar, 1/2 c. flour, 1/2 c. butter, 1/4 c. milk, 1/2 c. cinnamon, 1/4 c. brown sugar.

Pumpkin Pie Season is Here; Potatoes Drop Some

This is the season of pumpkin pie, let all good housewives remember. This toothsome delight of the fall and early winter may now be had at a small price, for dandy pie pumpkins sell at 5 to 10 cents each.

Potatoes took a slight drop during the week and were quoted in some places as low as 35 cents a peck. Sweet potatoes are also plentiful and sell from 2 1/2 to 4 cents a pound.

APPLE FRITTERS. Pare and core apples and slice across so that each slice is doughnut-like. Dip in fritter batter and fry in deep fat.

WOMEN GATHER TO HEAR ANNA HELD

Largest Gathering of the Committee Attracted to the Commercial Club Rooms at Noon. Anna Held, she of the wonderful eyes, drew large numbers of women as well as men to the Commercial club luncheon.

"We always have such a hard time to get our committee women together at a luncheon. Today we received eighty-five acceptances out of a possible 110," one of the executive officers confessed.

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TEAT SKINNER'S THE BEST MACARONI. Image of a woman and product packaging.

Wives, Not Salesmen, Will Attend National Cash Register Meeting

For the first time in the history of commercial America, the wives of the selling force of one of the largest manufacturing industries in the United States will be taken into the confidence of their husbands' employers, at a convention to be held at Dayton, O., during the week of October 15.

Through his action in thus bringing together the wives of the 500 sales agents and salesmen, John H. Patterson, president of the National Cash Register company, demonstrates that he realizes fully the influence that a wife's attitude may have upon the success or faith of her husband.

Members of the National Cash Register Women's club of Dayton will act as hostesses to the visiting ladies during their stay in the city, and will arrange for their entertainment and the entertainment of the Dayton employees who will be invited to attend the business sessions.

Two new films, recently released by the Essanay company, "The Troubles of a Merchant, and How to Stop Them" and "The Functions of a Cash Register" will be shown for the first time. These films were produced for exhibition before chambers of commerce and merchants' organizations.

1917 MILK-FED SPRING CHICKENS, LB. 24 3/4c FRESH DRESSED CHICKENS, PER LB. 18 3/4c

Table listing prices for various meats and groceries at Empress Market. Includes items like Young Veal Chops, Pork Roast, Beef Steaks, etc.

1917 MILK-FED SPRING CHICKENS, LB. 24 3/4c FRESH DRESSED CHICKENS, LB. 18 3/4c

Table listing prices for various meats and groceries at Public Market. Includes items like Young Veal Roast, Pork Roast, Beef Steaks, etc.

We are still selling our choice Sirloin and Round Steak at 20c per pound.

Table listing prices for various meats and groceries at Washington Market. Includes items like Home Dressed Spring Chickens, Choice Sirloin, etc.

WASHINGTON MARKET. 1407 DOUGLAS ST. TEL TYLER 470. THE MOST UP-TO-DATE AND MOST MARKET IN THE MIDDLE WEST.

other prominent experts on sales and production. The convention will be held in the National Cash Register company's school house, a spacious hall, with a seating capacity of 1,200, fully equipped for showing motion pictures, stereopticon slides, etc.

A great deal of interest has already been manifested in this unique convention, over fifty of the leading trade papers and business writers in the country having expressed their intention of visiting Dayton and attending every session.

The street railway of Johnstown, Pa., is engaging women to take the places of the motormen and conductors who have entered the army or gone to the mines or mills at higher wages.

Elizabeth Gurley Flynn, who is regarded as one of the dominating factors in the I. W. W. movement, began her career at the age of 16 by appearing as a soap box socialist orator in New York and uttering learned things regarded as far beyond her years.

Experienced shepherds declare that sheep turn their heads to the wind when the day is going to be fine; if they graze with their tails to windward it is a sure sign of rain. They show unusual liveliness at the approach of a storm.

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B. & O. Official Returns From Trip to the Coast. W. H. Manss, vice president of the Baltimore & Ohio railroad, was in Omaha for a short time, returning in his private car from an extended trip to the Pacific coast.

The Family Kicked. A good lady decided she wouldn't have the usual Sunday dessert this week—Ice Cream. Just thought she'd try something else. The family kicked. They want our Sunday Special with all the variety it provides. La Mazetta is the combination this week. Harding's All Ice Creams.

Protect Yourself! Ask For and GET HORLICK'S Malted Milk. THE ORIGINAL Malted Milk. Made from clean, rich milk with the extract of select malted grain, malted in our own Malt Houses under sanitary conditions.

Armour's VEGETOLE. The Domestic Science Teacher Says: "If you prefer a vegetable shortening in place of lard, be sure to use VEGETOLE—the perfect alternative for use in frying and shortening."

Customers Always Right SAVE YOUR MONEY AND BUY A LIBERTY BOND. HOOVERIZE YOUR HOME BY CARRYING YOUR GROCERIES FROM A BASKET STORE. OUR PRICES REPRESENT A CASH DISCOUNT OF FROM 10% TO 20% MADE POSSIBLE BY OUR LARGE BUYING POWER.