

WOMAN'S SECTION OF THE BEE

CONDUCTED BY ADELAIDE KENNERLY, EDITOR AND ELLA FLEISHMAN, ASS'T EDITOR

Home Economics

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

Flavorings.

On the supposition that one must consider conservation in every food discussion nowadays, I hasten to establish the connection between flavorings and food conservation. It is really a very close connection and not a forced one at all. For, as has been emphasized again and again, one meaning of conservation is intelligent substitution; and the problem of substitution brings with it new flavors, which must be made as palatable as possible. One of the best ways of introducing new foods is in combination with old and well-liked ones, or so well flavored with familiar seasonings that the new food is instantly liked.

It is an accepted fact that the food we like really digests better—which fact is the health basis for good flavor food. There is no need to discuss the desirability of good things to eat from the pleasure side. The big point with flavorings is to get enough and the right kind to stimulate the appetite and aid digestion, without getting the over-seasoning, which has an irritating effect on the stomach and the digestive tract. We all know the burning sensation of too much pepper—that same irritation occurs in the stomach and intestines even though we accustom the mouth to very high seasoning. Where can we stop? To know means that you have the real gift of cooking, for it is one thing to cook a thing properly—that is a triumph of knowledge; it is another to produce a perfectly flavored dish—that is a triumph of art. Absolute rules can never be given; suggestions and the old-fashioned tasting are the only guides.

The Nature of Flavorings.

It is well to remember that many of our flavorings, the essences and spices, notably, owe their value to volatile oils. A volatile oil, as its name suggests, will evaporate; hence the safe rule is to flavor as late as possible. A baked food must be flavored at the start; almost anything else can be flavored just when it is done.

Flavorings for Meat, Fish and Vegetables.

The well-known flavorings discussed are almost limitless in their possibilities and combinations. I should hesitate to guess the number of different effects possible, just with tomato sauce, for example. The addition of onion makes it one thing, of celery another, of parsley still another and of parsley and onion together still another. One could go on almost indefinitely.

ONION. Do you know that cut or chopped onion gives one result, browned onion another, scraped or grated onion or onion juice a third, delicious suggestion of onion flavor and onion salt is a convenient commercial preparation? Onion tops may be used in soups and stews and chives, which are related to the onion family, can be chopped and used in salads, etc.

PEPPER. If you stop to think, pepper is not just plain pepper, but of the ground varieties there are at least four common ones. The black and white peppers are the same botanically, but the white pepper is much more attractive for light-colored foods, such as white sauce or mashed potatoes. The whole pepper berry is good for pickles, etc. The so-called red pepper may be sweet and mild if you use paprika, or very hot if you use cayenne. The fresh green pepper or the canned pimientos are very popular seasonings just now. In fact, we are apt to overlook them if the price is once cultivated.

PARSLEY heads the list of popular garnishes and seasonings. Almost any soup or creamed dish is improved with the addition of a little finely minced parsley at the last minute. The fine blade of the food chopper makes excellent minced parsley in large quantities are needed. For a small quantity the parsley should be held and crushed between the thumb and first finger, then cut on a board with a sharp knife. Large pieces of parsley and stem are as unappetizing as fine pieces are attractive.

CELERY. Celery can be used in several different ways. It may simply be cut or chopped finely, or it may be found as celery salad. Celery tops make excellent seasoning, either

fresh or dried. I heard of a cheese sandwich recently made of cream cheese flavored with finely minced celery tops and pickle.

CHEESE. We have all learned to appreciate grated cheese with macaroni, hominy, etc.; but we are a bit slow to try it with vegetables and fish. Cheese and beans sound heathenish until you try them together, then you become a firm convert to the combination. Escalloped fish with just a bit of cheese between the layers is an excellent dish, whether the fish be halibut, salmon or any other kind. Escalloped cauliflower or cabbage is also improved with the addition of a suggestion of cheese.

ACID FLAVORINGS.

Tomato and lemon juice are old favorites with any housewife. Almost any fish, vegetable or meat can be combined with tomato to give delicious results. Bean and tomato soup, fish or meat scalloped in tomato sauce, tomato gravy with beef, meat braised partly in tomato are but a few of the tomato possibilities. Tomato catsup or chili sauce are tomatoes in slightly different form. Lemon and fish are familiar friends on the table; have you ever put lemon juice into creamed fish or chicken at the last minute? The tang is good. Another addition to creamed chicken is a spoonful of cooked salad dressing or mayonnaise. A plain beef stew with vegetables comes out with an entirely new flavor if vinegar is added to the water in which the meat is cooked. The flavor should not be strongly acid. I think the dish is then called Russian beef. Chopped pickle in small quantities is a good flavor in dressing, fish dressing especially.

COMMERCIAL SAUCES.

In place of making your own combinations of flavors, it is possible to buy very choice flavorings under different trade names. Many of these are excellent and not very expensive. However, they are not as cheap as home combinations, and must become slightly monotonous unless one has several kinds to choose from. Whether one uses a commercial sauce, or makes her own blends, the successful cook is the one who puts together flavors so that the result is a delicious taste in which no one particular flavor predominates.

Needlework Guild Will Distribute Clothing and Supplies to Omaha's Needy Families This Winter



Under the direction of Mrs. M. B. Newman, president, and Mrs. J. J. Stubbs, whom Mrs. Newman succeeded at the recent election of the Omaha chapter, Needlework Guild of America, the needy families in Omaha will receive clothing, fuel and other necessities during the winter months. Twenty local charitable institutions will benefit by the annual distribution, this year totalling more than 4,000 articles already donated.

For cleaning brass, dissolve one-half ounce of alum in one pint of boiling water. To keep a lamp from smoking, soak the wick in vinegar and dry before using. If cane seats begin sagging, try saturating them with hot water. To take soot from your stovepipes, dry your potato peelings and then burn them. Wood alcohol will remove putty stains from windows. A tablespoonful of vinegar in a cup of sweet milk will sour it. Do this when making doughnuts or rolls of some kind, for which sour milk is better than sweet milk.

Kitchen Kinks

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1917 MILK-FED SPRING CHICKENS.....	19 1/2c
PIG PORK LOINS, LB.....	21 1/2c
Young Veal Roast, lb.....	13 1/2c
Young Veal Chops, lb.....	17 1/2c
Young Veal Stew, lb.....	11 1/2c
Choice Mutton Chops, lb.....	18 1/2c
Choice Mutton Roast, lb.....	15 1/2c
Steer Pot Roast, lb.....	14 1/2c
Steer Shoulder Steak, lb.....	17 1/2c
Steer Porterhouse Steak, lb.....	22 1/2c
Steer Rolled Rib, lb.....	17 1/2c
Pig Pork Roast, lb.....	23 1/2c
Pig Pork Butts, lb.....	25 1/2c
Extra Lean Regular Hams, 26 1/2c	
Sugar Cured Hams, lb.....	23 1/2c
Sugar Cured Bacon, lb.....	36 1/2c
No. 1 Lean Bacon, lb.....	39 1/2c
3 lbs. Lamb Stew.....	25c
Fresh Dressed Chickens, lb.....	18 1/2c

From 8 to 9 P. M.—PORK CHOPS, PER LB.....20c
From 9 to 10 P. M.—LAMB CHOPS, PER LB.....10c

Buy your groceries here and cut the high cost of living

Standard Corn, per can.....	10c
Standard Peas, per can.....	10c
Carnation or Pet Milk, 2 cans, 25c	
California Asparagus, can.....	12 1/2c
Hand Picked Navy Beans, lb.....	15c
Oil Sardines, 4 cans.....	25c
15c bottle Chili Sauce.....	10c
15c Sardines & Tomato Sauce, 10c	
15c Pork and Beans, 2 for.....	25c
Sun Kissed Flour, 48-lb. sack.....	\$2.80
Bulk Oatmeal, 4 lbs.....	25c

BUTTER, EGGS, CHEESE
Strictly Fresh Eggs, doz.....40c
Wedgewood Butter, 1 lb.....45c

FRUITS AND VEGETABLES
White Potatoes, 15 lbs. to peck.....40c
per peck, at.....40c
Young Carrots, per bunch.....5c
Young Radishes, per bunch.....7 1/2c
Young Onions, per bunch.....5c
Leaf Lettuce, 3 bunches.....10c

SUNSHINE CRACKER DEPARTMENT
Sunshine Rob Roy (Scotch Oatmeal Raisin Cake of Quality) 20 for 10c
Sunshine Graham Oatmeal or Krispy Crackers, 2 pkgs. for.....25c
Fresh Baked Ginger Snaps, 2 lbs. for.....25c

EMPRESS MARKET
113 SOUTH 16TH STREET. DOUGLAS 2307.

Saturday's Specials at the PUBLIC MARKET

The enormous business done during our first week in our new location is without a precedent in Omaha merchandising, and we thank everybody. The rush was greater than we ever hoped for, but we have added 15 auto delivery trucks and can now give the very best service as well as save you money on every order. We have not waited for the government to order us to cut prices. We have been cutting prices for some time, and are cutting them deeper than ever now. We believe this is "Doing Our Bit."

Meats	
1917 Milk-Fed Spring Chickens.....	19 1/2c
Pig Pork Loins, lb.....	21 1/2c
Steer Porterhouse Steak.....	22 1/2c
Steer Round Steak.....	22 1/2c
Steer Sirloin Steak.....	20 1/2c
Steer Pot Roast.....	17 1/2c and 20c
Steer Boiling Beef.....	13 1/2c
Steer Shoulder Steak.....	18 1/2c
Steer Rib Roast.....	17 1/2c
Pig Pork Roast.....	24 1/2c
Pig Pork Butts.....	26 1/2c
Young Veal Roast.....	12 1/2c
Young Veal Chops.....	22 1/2c
Young Veal Stew.....	12 1/2c
No. 1 Mutton Legs.....	21 1/2c
Fancy Mutton Chops.....	25c
Choice Mutton Roast.....	18 1/2c
Fancy Mutton Stew, 3 lbs.....	25c
Skinned Hams (sugar cured).....	27 1/2c
California Picnic Hams, 4 to 8 pounds.....	24 1/2c
Armour Star or Puritan Hams.....	29 1/2c
Armour Shield No. 1 Lean Bacon.....	41 1/2c
No. 1 Sugar Cured Ham Bacon.....	36 1/2c

Hand-Picked White Navy Beans, per pound.....15c
Oil Sardines, 4 cans for.....25c
Sunbright Cleanser, 8 cans for 25c
Gold Dust or Star Naphtha Powder, 4 packages for.....25c
Birdseye or Safe Home Matches, per box.....5c

Butter, Eggs and Cheese Department
Wedgewood Butter, best butter made, per pound.....45c
Fresh Eggs, per dozen.....40c
Fresh Country Butter, 2-lb. rolls, per pound.....44c
Fresh Creamery Tub Butter, per pound.....38c
Fancy Cream Cheese, lb.....28c
Fancy Brick Cheese, per lb.....35c
Fancy American Swiss Cheese, per pound.....36c

Fresh Fruit and Vegetable Department
Large Sweet Oranges, dozen.....35c
Honey Dew Melons, each 15c and.....20c
Fancy Keifer Pears, per bu.....98c
Fancy Tokay Grapes, 6 1/2-lb. baskets, per basket.....40c
Fancy Celery, per bunch 5 and 10c
Leaf Lettuce (special for Saturday only) 2 bunches for.....5c
Fancy Head Lettuce, per each 10c
Young Carrots, per bunch.....5c
Young Radishes, per bunch.....7 1/2c
Young Onions, per bunch.....5c
Fancy Jonathon Apples, per bu. box.....\$1.78
Old Carrots, Turnips and Cabbage, per pound.....3c
White Potatoes 15 lb. to the peck, per peck.....40c
Special for Saturday Only—11 pounds of Sugar for \$1.00, with every \$5.00 purchase of groceries, flour excluded.

SUNSHINE CRACKER DEPARTMENT
Sunshine Rob Roy (Scotch Oatmeal Raisin Cake of Quality) 20 for 10c
Sunshine Graham, Oatmeal or Krispy Crackers, 2 packages for.....25c
Fresh Baked Ginger Snaps, 2 pounds for.....25c

DELICATESSEN DEPARTMENT
Don't fail to visit the most sanitary and complete Delicatessen Department in America. It is the talk of Omaha. Everything in salads to suit your taste, such as Our Famous American Cream Potato Salad with Mayonnaise Dressing, Cream Combination Salad, Russian Salad, Fruit Salad, Lobster and Shrimp Salad, Old Fashioned String Bean Salad and Cold Salad.
Thousand Isle Dressing and Home Made Mayonnaise Dressing.

ROAST POULTRY AND MEATS
Roast Spring Turkey With Oyster Dressing.
Roast Spring Chicken With Celery Dressing.
Baked Virginia Ham. Chicken Liver Paddies. Deviled Eggs.

COFFEE DEPARTMENT
Specials for Saturday—Look At These Specials.
A pleasing, well blended coffee, per lb., at.....20c
Fancy Santos, per lb.....23c

SEED DEPARTMENT SPECIALS
Roses, each, at.....6c
Hydrangea Plants, 25 size, each.....12c

MEAT DEPARTMENT
Porterhouse Steak, lb.....20c
Prime Rib Roast of Beef, lb.....20c
Fancy Veal Roast, lb.....17 1/2c
Fancy Veal Breast, with pocket for dressing, per lb., at.....15c
Fancy Veal Leg, per lb., at.....15c
Lean Pork Chops, lb.....25c
Pork Loin, any quantity, lb.....24 1/2c
Make your chickens lay by feeding them ground bones, 6 lbs. for.....25c

GROCERY DEPARTMENT
All Brands Creamery Butter, lb.....45c
Good Oleomargarine, per lb.....25c
Extra Fancy Santos Coffee, lb.....22 1/2c
Regular 35c Coffee, per lb.....25c
Tea Siftings, per lb.....15c
Sunlight, Puritan Flour, 48-lb. sack.....\$2.98
Heinz New Sauer Kraut, per lb.....10c
Quaker Oats, per lb.....10c
Good Cooking Apples, per bu.....30c
Large Potatoes, 15 lbs., for.....40c
Georgia Sweet Potatoes, 4 lbs., for.....25c

Red or Yellow Onions, per lb.....4c
Washington's Best, Washburn-Crosby's Gold Medal Flour, 48-lb. sack.....\$3.18
Peanut Butter, made while you wait, per lb., at.....25c
Advance Pork and Beans, can.....15c
Hand Picked Navy Beans, lb.....15c
Red Chili Kidney Beans, lb.....12 1/2c
Bulk Oatmeal, 4 lbs., for.....25c
Michigan Celery, each.....25c
Large Leaf Lettuce, 3 bunches.....10c
Large Cucumbers, each.....7 1/2c, 10c

THE NEW PUBLIC MARKET
PHONE DOUG. 2793
Main Floor First Nat'l. Bank Building.

Wheatless days and meatless days, are the topic of the day. Such are the government orders, high cost of food to defray. Inquire of us our prices, never mind how busy we be. Groceries, meats and spices, together with sugar and tea. Order a goodly supply now, no time like the present, they say.

Money can find no better use. Among all good things on display. Remember our name and address, keep in mind Tyler 470. Encourage the low cost of living. To the Washington Market now go.

Choice Steer Sirloin Steak, lb.....	20c
Choice Steer Round Steak, lb.....	20c
Home Dressed Spring Chickens, per lb., at.....	23 1/2c
Home Dressed Hens, lb.....	22 1/2c
Choice Steer Pot Roast, lb.....	15c, 17 1/2c
Choice Steer Ramp Roast, lb.....	17 1/2c
3 lb. Boiling Beef, lb.....	12 1/2c
Lamb Legs, lb.....	25c
Lamb Chops, lb.....	25c

All Brands Creamery Butter, lb.....	45c
Good Oleomargarine, per lb.....	25c
Extra Fancy Santos Coffee, lb.....	22 1/2c
Regular 35c Coffee, per lb.....	25c
Tea Siftings, per lb.....	15c
Sunlight, Puritan Flour, 48-lb. sack.....	\$2.98
Heinz New Sauer Kraut, per lb.....	10c
Quaker Oats, per lb.....	10c
Good Cooking Apples, per bu.....	30c
Large Potatoes, 15 lbs., for.....	40c
Georgia Sweet Potatoes, 4 lbs., for.....	25c

We Serve Home Made Hot Soup From 11 to 2 o'clock Every Day—Per Bowl, 5c
All country orders promptly attended to.—The largest mail order house in middle west.

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

What Food Saving Involves

Sign the pledge and enroll as a member of the United States Food Administration, and you will be asked to do these things:

Eat plenty, but wisely, and without waste.

Buy less; cook no more than necessary; serve smaller portions.

Preach and practice the "gospel of the clean plate."

Use local and reasonable supplies; watch out for waste.

Whenever possible, use poultry, game and sea foods in place of beef, mutton and pork.

Save wheat by substituting, in part, cornmeal and other cereal flours for wheat flour.

Save butter and lard. Use butter on the table, but substitute vegetable oils for cooking.

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