

Adelaide Kennerly EDITOR

WOMAN'S SECTION OF THE BEE

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Home Economics

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Sweet Potatoes

Value in the Diet

The sweet potato, though not closely related in a botanical sense to the white potato, is used interchangeably with white potatoes for edible purposes. They have a similar composition, both being valuable for energy-giving foodstuffs, but the sweet potato has about 5 per cent more energy-giving material in the form of sugar, which gives the sweet taste. Since sweet and white potatoes are valued for the same purposes of nutrition, it is not particularly wise to serve both at one meal, though there is no special harm in the custom.

A housewife would find it easier to vary her menus if she served fewer things at a meal, especially avoiding two foods of the same nutritive value.

Uses for Sweet Potatoes.

Since we are especially urged to use vegetables freely, it is well to learn new uses for familiar foods. Probably nothing is superior to a perfectly baked sweet potato, but there are many other excellent ways of using the food as a vegetable, as a dessert or in breads.

SWEET POTATOES ON HALF SHELL.

6 medium sized potatoes. 1/2 salt. 2 T. butter.

Bake potatoes, remove from oven, cut in halves lengthwise, and scoop out inside. Mash and add other ingredients. Pile back into skins and bake five minutes in a hot oven.

GLAZED SWEET POTATOES.

6 medium sized potatoes. 1-3 c. syrup. 1 T. fat, melted. Wash potatoes, boil 10 minutes in boiling salted water. Drain, peel and cut in halves lengthwise. Put into a

Uses for Cooked Sweet Potatoes.

Browned—Peel, cut potatoes in halves lengthwise and brown in fat. Au Gratin—Cut cooked sweet potatoes in one-third inch slices. Put a layer in a greased baking dish, sprinkle with salt, pepper and brown sugar, and dot with fat. Repeat, cover with buttered crumbs and bake till crumbs are brown.

Sweet Potatoes, Southern Style.

3 T. syrup. 1/2 salt and pepper. Boiling water. 6 sweet potatoes.

Scrub and pare the sweet potatoes, cut them into halves lengthwise. Put the fat and syrup in a frying pan and when hot add the sweet potatoes. Brown the potatoes, add salt and pepper and enough hot water to cover the bottom of the frying pan. Cover and cook slowly until the potatoes are tender. Nearly all of the water should be evaporated when the potatoes are cooked. That which remains should be poured over the potatoes as a sauce for serving.

Sweet Potato Pie.

1 c. cooked and mash-1/2 t. ginger. 4 sweet potatoes. 1/2 t. salt. 1-3 c. brown sugar. 1 egg. 1 t. cinnamon. 1 c. milk. Mix ingredients and bake in a pie tin lined with pastry. Moderate oven.

Sweet Potato Puffs.

6 medium sized sweet 2 T. melted fat. 1/2 salt and paprika. 1 t. powdered sugar. 1 or 2 egg whites. Boil, peel and mash potatoes, add all ingredients except egg whites; beat until light, then fold in stiffly beaten egg whites. Turn into custard cups, place in a pan of hot water, and bake 20 minutes in a moderately hot oven.

Woman's Clubs

Mrs. J. F. Dimick was hostess for the Comus club Wednesday when Mrs. M. F. Dishoff and Mrs. W. K. Swisher were guests. Prizes were won by Mrs. Dan Tillotson, Mrs. Bishoff, Mrs. Charles Lanstrom, Mrs. Bishoff, Dimo Dimick, Mrs. E. E. Ferris will entertain the club in two weeks.

Drama Section Meets.

Mrs. Fredrick Stoll will be hostess for the drama section, Association of Collegiate Alumnae, Saturday morning at 11 o'clock at the Russell residence, 411 North Fortieth street.

Trinity Parish Aid Will Not Meet.

The Trinity Parish Aid will not hold its regular meeting next Wednesday as scheduled. Members of this aid are taking orders for silk, wool and cotton service flags. Chairman of the committee has the work in charge. Telephone Harney 2095.

Red Cross Benefit.

Red Cross auxiliary of Bemis park is planning a card party and dance at the Fontenelle hotel December 6. The proceeds will go towards carrying on the auxiliary's work, for this is one of the few chapters which finances its own work. Mrs. J. J. Gafford and Mrs. C. T. Clark have it in charge.

Mrs. Byron Hastings, assisted by Mrs. E. T. Rector and other women of the Bemis Park Red Cross auxiliary, will make a canvass of their neighborhood beginning Monday morning to obtain the co-operation of every woman in Bemis Park in their Red Cross work.

Women who cannot sew will be asked to make surgical dressings. If they are unable to do either they will be asked to give financial support.

Camp Fires Collect Tin Foil.

Local Camp Fire girls, under Miss Frances Brooks, are at work collecting tin foil deposited in downtown stores at their suggestion. About 150 pounds is the estimate of tin foil, which will be sold to carry on war relief work.

Fourteen girls have already enrolled in the training class for Camp Fire guardians, which meets every Friday evening at 7 o'clock at the Young Women's Christian association under the leadership of Miss Nelle Ryan.

Miss Gladys Shamp is chairman of a new committee, that of civic co-operation, which will be ready to do whatever work the girls are called upon to do.

Good For Window Plants

When watering window plants if you add about a teaspoonful of salt volatile to every two pints of water you will find it will exercise a beneficial effect on plants that seem to have little life left in them.

The Duchess of Devonshire, wife of the governor general of Canada, is president of the Canadian Red Cross and also of the Royal Victoria Order of Nurses.

Thanksgiving Delicacies Are Plentiful in Market

Nuts, oranges, cranberries, celery, mince-cakes and the like are taking the prominent place that belongs to them at this season of the year and casting before them the shadows of coming holidays.

Many kinds of nuts are plentiful. The domestic black walnut is cheap, ranging from 5 to 7 cents a pound. Brazil nuts are especially cheap when it is remembered that the weight of the "meat" in these nuts is very great compared with the weight of the shells. English walnuts, almonds and pecans are here too. They are the large Italian variety and sell at 25 to 35 cents a pound.

Oranges of the new California crop are plentiful. They are of the Valencia variety, not the navel oranges, but are sweet and juicy. They are a little higher than in former years. The festive cranberry has also mounted to somewhat higher levels of price, but is still a low priced berry compared with some others. Celery, which is also a never-failing attendant of the turkey, is plentiful and crisp and fine.

Potatoes continue at their old

prices, around 40 to 45 cents a peck. Sweet potatoes are also abundant. All the winter vegetables, like beets, turnips, carrots and cabbage, are of very best quality. Cauliflower is also excellent in quality now. Lettuce, both head and leaf, is fine. Spinach, green and red peppers and squash are still here. A few tomatoes are also on the markets, brought in from warmer climes.

California grapes are in their greatest abundance and one of the really cheap foods on the market. These contain a large percentage of nourishment, too, and there are no grapeless days.

Queen of Italy

The queen of Italy is a brunette, with dark eyes, jet black hair and a very fair complexion. She plays both the piano and the violin well, is devoted to outdoor sports and is as fond of the sea as is her husband. She speaks four languages, including Russian.

To make a cake light add a few drops of glycerine when mixing in the proportion of a teaspoonful to a pound of flour.

Study economy by buying right. This is the thing to do. Understand values on first sight. Don't let folks camouflage you. Yes, today and tomorrow you'll find Efficiency our plan shall be. Come to WASHINGTON MARKET, don't let it be. Omaha's best goods you'll see. Never in history have we had On hand such a fine variety. Market with us and you will be glad; Your order shall be our specialty.

MEAT DEPARTMENT table listing various meats and prices.

WASHINGTON MARKET advertisement with logo and address.

Horlick's Malted Milk advertisement featuring a cow illustration.

Armour's products advertisement listing various food items and prices.

Cut Flower Department advertisement for the Public Market.

Forty Got Your Thanksgiving Supplies at One Stores of the Forty (40) Pure Food Centers

Basket Stores Company

Over 300 prices lower than any other Omaha grocer. Forty COFFEE Centers. TRY OUR HIGH GRADE COFFEE. Independent is a big value and the price is very low. Put up in fiber cans, steel cut, per lb. 29c. 2-lb. tin 55c. Cash Habit, an excellent brand, per pound package 25c. Economy Coffee, per lb. 20c.

Table listing various grocery items and prices.

Basket Stores Company advertisement with logo and address.

Butter - Eggs - Poultry! advertisement listing various products and prices.

EMPRESS MARKET advertisement listing various food items and prices.

Big Drive by Women of State Council of Defense. They Ask Help of Everyone

The woman's committee of the Nebraska State Council for Defense needs funds, and for this reason members begin their big drive on December 15. They have sent the following communication to The Bee for publication:

The woman's committee of the Council for National Defense, for the purpose of so co-ordinating the activities and the results of the organized and unorganized women of the country that their power can be immediately utilized in time of need, supplies a new and direct channel of co-operation between women and governmental departments.

How is the woman's committee co-ordinating the woman's power? By the organization of state divisions. In Nebraska the state division in turn organized the county units without regard to creed, purpose or color. Its membership is always open to women not belonging to any organized societies. Any woman who believes in American principles and American institutions is entitled to membership.

- Accomplishments. 1. Registration for service. 2. Food production. 3. Food conservation. 4. Home economics. 5. Women in industry. 6. Child welfare. 7. Maintaining existing social services. 8. Creating moral and spiritual forces (health and recreation). 9. Educational propaganda. 10. Americanization (naturalization of foreigners). 11. Liberty loan. 12. Red Cross and allied relief.

What has the woman's committee of the Nebraska State Council for Defense done to merit support from the public?

1. It has registered the woman power of the state, necessitating an expense of over \$2,000 for registration cards, summary lists, express and postage charges. It has supplied through its registration service woman employees for industries that were short of help. It has put to work for the government and for patriotic service thousands of women who had not done anything before this registration was taken.

For Food Pledge. 2. It has assisted very materially in two food pledge card campaigns under the direction of the food administrator at Washington. The first food conservation campaign necessitated the expenditure of a considerable sum for food pledge cards, express, etc. Some of this was borne locally, but in most cases it came out of individual subscriptions, by the women themselves. In the second food pledge campaign the women gave great assistance to Mr. Wattles' work.

The child welfare committee is voluntarily guarding the youth of our state. The Americanization department has, by persistent and zealous work among the foreign element, brought about the naturalization of hundreds

War Milkmaids to Drive Dairy Wagons advertisement.

EAT SKINNER'S THE BEST MACARONI advertisement with logo.

"It Simply Doesn't Pay--" PINEAPPLE advertisement for Hardings' Ice Cream.