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WOMAN'S SECTION OF THE BEE

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Home Economics

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Dried Fruits Cheap on the Local Market Stalls

Thrifty people are finding nutritious and inexpensive foods on the Omaha markets nowadays in the shape of dried fruits. Amid the rising price of nearly everything these wholesome things remain at moderate figures.

Economy Recipes

- Hominy Mush. 12 pounds hominy, 20 quarts boiling water, 2-3 cup salt. Mix hominy, salt and cold water, add slowly to boiling water; stir directly over the fire and boil five or ten minutes, then cook over hot water or in fireless cooker for three hours or overnight.

Sour Milk Doughnuts

8 quarts flour, 2 quarts buttermilk, 4 tablespoons salt, 2 teaspoons cinnamon, 5 tablespoons soda, 1/2 cup sugar, 8 cups or 4 pounds sugar. Mix dry ingredients and work in melted shortening with tips of fingers, add eggs and sour milk. Stir thoroughly, and toss a small portion at a time on board thickly dredged with flour. Knead slightly, using more flour if necessary, pat and roll out to one-fourth-inch thickness, shape, fry in deep fat and drain.

Baking Powder Biscuits

Use same ingredients as for dumplings, working in with two case knives two cups of shortening before

Light Rolls

Today's bulletin from the National Emergency Food Garden commission offers the following light roll recipe: 2 1/2 cups sifted wheat flour (more if necessary), 3/4 cup wheat flour substitutes, as cornmeal, rice flour, rye flour, oatmeal, soy-bean meal and peanut meal, 1 cup milk, 1 teaspoon salt, 3 tablespoons sugar, 2 tablespoons shortening, 1/2 cake dry yeast or 1/2 cup liquid yeast, 2 tablespoons lukewarm water.

Advertisement for Horlick's Malted Milk, featuring an image of a cow and text: 'A Nutritious Diet for All Ages. Keep Horlick's Always on Hand. Quick Lunch: Home or Office.'

stuffed together. Knead until a smooth, elastic dough is formed, adding more flour if required. Cover and set aside to rise. When very light, knead again until smooth. Cut or break off small pieces about the size of a hen's egg, roll between the palms of the hand until round and smooth, and place in greased biscuit tins not too closely together. Reserve one piece for an indicator. Allow to rise in the pans until two and one-half or three times the original volume and bake in a moderately hot oven 20 to 25 minutes.

Advertisement for Phoenix Hosiery: 'SILK and SILK LITSE, 55c to \$2.00. Thirty Newest Shades to Select From. Out Sizes in Black and White. WALK-OVER BOOT SHOP. 317 South 16th. Bee Want Ads are result producers.'

Household Filters

By some unhappy chance, a paragraph found its way into the Home Economics section of Tuesday last—an article concerning a "cheap" filter. This filter was to be constructed of a "flower pot, a sponge and some charcoal, the sponge and charcoal to be renewed a few times a year. No words can be too strong to denounce a filter of that kind. To understand the purpose and action of water filters one must probe a bit into the impurities of water.

Impurities in Water

Water may be clear, yet very dangerous; or cloudy, but healthful. For certain impurities have no effect upon health. Thus our Missouri river water, though unattractive at times, is excellent water from the health standpoint. Our city water works put the water through a process which makes it perfectly safe. The harmful bacteria have practically all been destroyed, and all that is left is the harmless mud. Under ordinary circumstances the Missouri river water is reasonably clear after its treatment; at the water works, for it is allowed to settle and the settling is helped by the addition of substances which aid in clarifying. Our water is purified from disease bacteria by the addition of chlorine.

Principle of Household Filter

The principle of a household filter is very simple—merely straining out bacteria. "Since bacteria can pass freely through a thin layer of loose or coarse material, only those filters made of exceedingly compact material can achieve the end desired" (Jordan; General Bacteriology). Ex-

cellent filters are made of baked clay or infusorial earth. The filter is constructed of an inner clay or earth tube which is open at the top to receive the water. The water then is forced through the clay tube and comes out in a slow, clear stream. There is a small metal reservoir surrounding the inner tube.

The Care of a Household Filter

Granting the selection of a good type of filter the housewife's task is only begun. No woman would think of using an ordinary kitchen strainer day after day without cleansing; yet a filter—which is nothing but a fine strainer—may be used for indefinite periods of time without care. Even when a woman has the right ideas of sanitation it is no easy matter to keep a filter clean. A good deal of time and care is necessary. The filter should be taken apart at frequent intervals, as often as once a week; the metal parts sterilized by boiling, and the clay or earth tube baked. I wonder how many women take such pains in caring for their filters?

Home Purification of Water

If one is not sure of the water supply the only safe thing to do is to boil the water. No other device is as safe. Boiling for five minutes kills harmful bacteria, though such short boiling does not kill all germ life present. If you object to the taste of boiled water, the flavor may be improved by pouring the water from one vessel to another several times. This pouring restores the air which has passed off in the boiling. If one is camping in warm weather near an unsafe water supply and the water cannot be cooled properly, the only safe thing to do is to make a beverage or soup of the boiled water or use fruit as a thirst quencher.

Facts One Ought to Know

When we say a thing is "brand new" or "brand new," we mean that it is so new that the maker's mark or brand has not been worn or rubbed off.

In Germany—before the war—bullfinches were trained to whistle certain airs. The birds were given nine months' careful training, which began when they were nestlings and was kept up until after their first moulting.

The custom of putting two buttons on the back of a man's coat is more than a hundred years old, and originated when every gentleman carried a sword, the sword belt having been suspended from two buttons on the back of the coat.

Do you know that our word "butcher" literally means "a slaughterer of goats" and comes from "bouche" or "boe," meaning "goat."

The pansy or heart's ease takes its name from "panacea," meaning "all-heal." The name was given it by the Greeks, who considered it a cure for all diseases and sorrows.

When making tea do not use water which has boiled a long time.

The world's record for big apples is held by the variety known as the Spokane Beauty, some specimens of which weigh as much as 38 ounces.

A considerable number of Musselman women are now employed in the government offices in Constantinople.

The Medical College of Virginia is expected soon to open its doors to women.

In 1792 congress passed an act requiring every citizen between 18 and 45 years of age to be enrolled in the militia and armed and equipped at his own expense.

Miss Cora Duffy, a deputy in the corporation court in Alexandria, Va.,

has the distinction of being the first woman ever to serve on a jury in the state of Virginia.

Prior to 1870 women were barred from all positions under the United States government.

Miss Maude E. Herbert, recently elected a school director, is the first woman to hold elective office in Clinton county, Pennsylvania.

Mrs. Woodrow Wilson has accepted an invitation to attend the big war relief bazaar which is to open in the Grand Central Palace, in New York, November 24.

To women war workers in Lincoln, Neb., belongs the credit of having originated the scheme of drying the community vegetables in one large evaporator.

Advertisement for Hardings' Fig-au-Fin ice cream, featuring an image of a woman and text: 'We're goin' to have Fig-au-Fin for dessert next Sunday. Many a youngster will announce that at home today after he reads this ad. They look for these weekly announcements just as they look forward to Hardings' The Cream of All Ice Creams. There's a Harding dealer in almost every city block.'

Advertisement for EAT SKINNER'S THE BEST MACARONI, featuring an image of a man and text: 'EAT SKINNER'S THE BEST MACARONI. MY FAVORITE. For every purpose.'

Advertisement for WASHINGTON MARKET, featuring a list of meat and grocery items and text: 'NOW IS THE TIME FEASTING SEASON BEGINS. ONLY A SHORT TIME TO CHOOSE. MAKE GOOD THE CHANCE LIKE GENERAL BYNG'S. OFFERS LIKE OURS YOU CAN'T LOOSE. RIGHT HERE WE HAVE THE VERY BEST, ENTICING ALL WHO WILL BUY. DURING THESE TIMES WE HAVE TO REQUEST EVERY BUYER OUR PLAN TO TRY. LIKE MANY FIRMS AS WELL AS US, IN THIS DELIVERY SYSTEM HAS BEEN VERY ENCOURAGED, THEREFORE, YOU MUST EXPECT A DIFFERENCE IN PRICE TO BE SEEN. RETURNS AND SMALL PROFITS ARE NOW OUR AIM, IT IS MARVELOUS WHAT WE CAN DO. EARLY MORNING OR NOON WE WILL PLEASE ALL WE CAN. SO THE WASHINGTON MARKET NEEDS YOU. HERE IS YOUR REWARD FOR CARRYING YOUR BUNDLES.'

Advertisement for WASHINGTON MARKET, featuring a list of meat and grocery items and text: 'HONEST WEIGHT HIGH QUALITY MEAT AND GROCERIES. WASHINGTON MARKET. 1407 DOUGLAS ST. TEL. TYLER 470. HE MOST UP-TO-DATE AND MEAT MARKET IN THE MIDDLE WEST.'

Advertisement for Saturday Specials at the New Public Market and the Empress Market, featuring a list of meat and grocery items and text: 'Saturday Specials at the New Public Market and the Empress Market, 113 South 16th St. Douglas 2307. MEAT DEPARTMENT: 1917 Milk-Fed Spring Chickens, lb. 22 1/2c; Pig Pork Loin, lb. 19 1/2c; Steer Porterhouse Steak, lb. 23 1/2c; Steer Round Steak, lb. 22 1/2c; Steer Sirloin Steak, lb. 21 1/2c; Choice Pot Roast, lb. 14c, 17 1/2c; Choice Rump Roast, lb. 17c; Fresh Beef Sweet-Breads, lb. 28c. Young Veal Roast, lb. 17 1/2c; Young Veal Stew, lb. 12 1/2c; No. 1 Mutton Legs, lb. 21 1/2c; Fancy Mutton Chops, lb. 22 1/2c; Choice Mutton Roast, lb. 16 1/2c; Roasted Ham, (sugar cured) lb. 21 1/2c; Skinned Ham, (sugar cured) lb. 23 1/2c; California Picnic Ham, 4 to 8 lbs. 23 1/2c; Morris' Supreme Ham, lb. 29 1/2c; Armour Shield No. 1 Lean Bacon, per lb. at; Sugar Cured Bacon, lb. 27 1/2c. MONEY-SAVING GROCERY DEPARTMENT: Sunlight Flour, 48-lb. sack, \$2.80; White or Yellow Cornmeal, 6-lb. sack, per sack, .37c; Bulk Oatmeal, 4 lbs., .25c; Skinner's Macaroni or Spaghetti, 3 pkgs. for .25c; Fancy Rice, 10 lbs., 24c; Kamo Pancake Flour, pkg., 10c; 15c quality Peas, can, .12c; 15c quality Corn, can, .12c; 15c quality Tomatoes, can, .12c; Tall cans of Cottage or Wilson's Milk, 2 cans for .25c; Campbell's Assorted Soup, can, .12c. Hand Picked White Navy Beans, lb. 15c; Oil Sardines, 4 cans for .25c; Sunbrite Cleanser, 6 cans for .25c; Diamond G Soap, 7 bars, .25c; Sugar, 11 lbs., for \$1.00; Large California Prunes, lb. 15c; Large California Apricots, lb. 24c; Emperor Grapes, per lb. \$2.78; Florida Seedless Raisins, per lb. 18c; English Walnuts, per lb. 25c; Soft Shell Almonds, lb. 28c; SPECIAL FOR SATURDAY ONLY: Turtle, Bobby or Advocate Cookies, per lb. at; Mixed Nuts, per lb. 18 1/2c. FRESH FRUITS AND VEGETABLES: Fancy Jonathan Apples, bu. box, \$1.65; Fancy Potatoes, 16 lbs. to peck, .35c; Fancy Large Grapefruit, each, 75c; Sunlight Oranges, per dozen, .30c; Fancy Cranberries, lb. 18c. BUTTER, EGGS AND CHEESE DEPARTMENT: Fancy Elgin Creamery Butter, 1-lb. pkgs. per lb. at, .46c; Fancy Creamery Butter, in tubs, per lb. at, .30c; Fresh Country Butter, in 2-lb. rolls, per lb. at, .46c; Fancy Cream Cheese, per lb. .28c; Full Cream Brick Cheese, lb. .30c; New York White Cheese, lb. .30c. COFFEE AND TEA DEPARTMENT: "Morning Hour," a pleasing cup, lb. 20c; Public Market Special, a Coffee of surprising merit, per lb. .25c; Liberty Cup, old crop mellow Coffee, per lb. at, .30c; Hotel Blend, an exceptional value, per lb. at, .35c.'

Advertisement for THE NEW PUBLIC MARKET, featuring a list of meat and grocery items and text: 'THE NEW PUBLIC MARKET. PHONE DOUG. 2793. Main Floor First Nat'l. Bank Building.'

It Pays to Buy the Best

But every housewife should remember that the best is not always the highest priced. Experience has taught me that you can't always judge quality by the cost sign.

That is particularly true of baking powder. Baking powder quality can be determined only by bake day results. The baking powder that serves you best—regardless of what you pay—is the best to buy and use.

I have made a close study and careful investigation of baking powder, because it is unquestionably one of the most important of baking materials. It effects all ingredients employed with it.

No woman, no matter how careful her selection of flour, sugar, eggs, etc., can employ the limit of baking economy if she uses a poorly made, wasteful baking powder.

Merit, not money, is the only safe basis upon which to estimate the worth of a baking powder. Fortunately the housewife no longer has to conduct costly experiments of her own to determine just which particular brand is the most efficient and economical. Experts like myself, make a business of testing baking powders and accurately arriving at their actual value. We make no mistakes in our decisions as our experiments are made along strictly scientific lines.

Millions of women are now profiting by the aid offered by domestic scientists. I know this to be true—as choice is now centered on the brand of baking powder that I and other domestic scientists have found superior through both chemical and oven tests. It is becoming more popular every day. Its tremendous sales increase was not influenced in the least by cost. It is a moderate priced baking powder. Costs considerably less than some other brands. Still it is preferred by women who could and would pay more were it possible to secure the desired quality. They don't buy this brand of baking powder because of a saving of cost—but because of its demonstrated superiority. To them it means the greatest quality value—the greatest purity—and greatest certainty of results that can be had at any price. Decidedly the best, not because of moderate price, but because of its unimprovable merit.

In justice to those who read this article—that they may share in the savings and baking success assured by the biggest selling and recognized superior baking powder it is no more than fair that I give publicity to the brand preferred alike by experts and America's millions of housewives—Calumet Baking Powder.

Advertisement for Maude Marie Costello, featuring text: 'NOTE—Miss Costello is already well known to most of the ladies of our city. She is of the Domestic Science Branch of the University of Chicago, a graduate of Lewis Institute, Supervisor of Domestic Science in Public Schools, Special Lecturer on Domestic Arts and Economy, Special Lecturer to the Women's Club. We are publishing a series of her most important articles.'

Advertisement for ORTMAN'S Fine New England Bread, featuring text: 'Beginning at Once ORTMAN'S Fine New England Bread. Will be sold at the following prices: 10c loaves for 8c, 15c loaves for 12c. This action is taken to aid the Government in their effort to reduce the price of bread to the consumer. Remember New England Bread is made in the newest and finest sanitary Bakery—and is the best Bread for all purposes made in Omaha. The above prices are effective at—New Public Market—Bakery Dept. Hayden Bros.—Bakery Dept. And at Our New Bakery. C. W. ORTMAN. NEW ENGLAND BAKERY. 214 North 16th Street.'

Advertisement for BASKET STORES CO., featuring a list of grocery items and text: 'BASKET STORES CO. United States Food Administration License No. G23403. EAT RICE. Rice has more food value than potatoes—Carload Fancy Blue Rose Rice Lb. 9c, 3 Lbs. 25c. Apples keep people healthy. Buy 'em and save doctor bills. Washington box Jonathans, Staymen, Wineaps and Rome Beauties, box \$1.75 and up. Cabbage, lb. 2 1/2c; 100 lbs. \$1.99. Red Globe Onions, 14 1/2 lbs. .45c. Brit's Powdered Ammonia, .8c. Flour, Economy, 48-lb. sack, \$2.78. Flour, Tip, nothing better milled, per 48-lb. sack, \$2.50. Flour, Gold Medal, 48-lb. sack, \$2.50. Corn Meal, 6-lb. sack, .38c. Milk, Iowa or Wilson, tall can, .14c. Tomatoes, No. 2 can, .14c. Peas, Early June, per can, .13c. Corn, splendid grade, per can, .12c. Corn, by case, \$2.74. Hoosier Belle Pork and Beans, can, .13c. Advance Pork and Beans, No. 2, .13c. Sunbrite Cleanser, 4c; 3 for .10c. Tip White Oleomargarine, .31c. Magnolia, 2-lb. roll, .19c. P. & G. Naptha Soap, 7c; 3 for .19c. Old Dutch Cleanser, .8c. Ivory Soap, large bar, .11c. Excel Soap, bar, .07c, 3 for .20c. Palm Olive Soap, bar, .10c. Coconut Oil, Pumice or Castile, bar, .4c. Sapola, per bar, 9c; 3 for .25c. Toiletter, per can, .18c. Apple Butter, 38-oz. jar, .24c. Basket Store Jelly Powder, pkg., .7c. It Pays to Carry It Home—Over 300 prices lower than any other grocer. Watch for the opening of the new store at 29th and Leavenworth Sts. Forty stores BASKET STORES CO. Omaha, Lincoln and Co. Bluffs.'

Advertisement for Victrola Christmas Time, featuring text: 'Let Us Help Put a Victrola in Your Home This Christmas Time. By Arranging Very Easy Terms for Payment Come Today. And test the machines in our sound-proof rooms, hear the music you love best by the world's greatest entertainers, discover our great capacity to serve you and our willingness to assist you to the realization of your musical ideals. Read the Special Christmas Offers Below: Style I V—With 24 selections of your own choosing on 12 10-inch Double Records, \$29.00. Style IX—With 24 selections of your own choosing on 12 10-inch Double Records, \$66.50. Style X—With 24 selections of your own choosing on 12 10-inch Double Records, \$94.00. Style XI—With 24 selections of your own choosing on 12 10-inch Double Records, \$119.00. Style XIV—With 24 selections of your own choosing on 12 10-inch Double Records, \$174.00. Style XVI—With 24 selections of your own choosing on 12 10-inch Double Records, \$224.00. Seven Days' FREE TRIAL. Then Easy Terms for Payment. Orchard & Wilhelm Co. 414-416-418- SOUTH 16th St.'