Adelaide Kennerly

So are hothouse tomatoes at 40 their help.

A NEW WAY.

Ella Fleishman ASS'T EDITOR CONTRACTOR OF THE STATE OF THE

in connection with this sale is an ac- was placed on each jar to provide for curate, detailed cost sheet which has excessive charges for products on

been worked out by the committee's which time was lost by inexperienced

business manager. Items in the cost include about \$800 for nearly 7,000 without adjustment is shown by the

jars of foodstuffs, \$600 for labor, fact that carrots with an appraised about \$600 for jars and about \$850 for value of 35 cents, figured 43 cents a equipment and overhead charges jar; blackberries appraised at 75 cents

(very low). After estimating the ex- cost 71 cents. The loss was equally

act cost of each jar the whole sheet distributed throughout the total pro-

Few Women of Today

Work Blindly

Used to be that daughters adhered

Times have changed radically. Col-

Many domestic scientists devote their

lives to research and experimental work. They

are constantly testing food products. They conduct exhaustive comparative tests. They accept and endorse only such

methods and baking processes as have been found superior

through scientific measurement of merit. These decisions

are given wide publicity. The result is that the housewife of today produces more wholesome and perfect bakings at less

I have conducted many experiments

and have investigated experiments conducted by

scores of other domestic scientists. My own work and the

decisions handed down by other pure food specialists and

domestic scientists-bring out the evidence that the over-

whelming majority employ and advocate the use of one special

brand of baking powder-which proves once more the old

I know that this baking powder has

won its popularity among experts on merit

alone. Because I know that they show no partiality. To ob-

tain their approval a product must possess superiority. And that superiority must cover every phase of baking powder

quality of material and action. It must be absolutely sure in

results-never fail. It must be perfectly pure-leave no harm-

ful residue in the foods. It must produce the best grade of

bakings-cakes, biscuits, etc, that are light, tender and tasty.

Finally—it must be a baking powder that is economical in

baking powder that has won the verdict of

superiority and the hearty endorsement of expert domestic

scientists-who like myself have proved Calumet's superexcellence beyond dispute. This superiority "sanctioned" as it

is by eminent domestic science authorities certainly clearly in-

dicates that Calumet gives the housewife the greatest of

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 Clubs.

We are publishing a series of her most important articles,

Calumet Baking Powder is the one

strictly to mothers' methods of home manage-

ment. They used certain baking recipes simply because they

leges and clubs have been established for the

express purpose of determining just which baking method

was gone over and an adjusted value duction.

were favorites of former generations.

and baking materials are best.

cost than ever before.

both cost and use.

Baking Powder value.

saying that "there is only one best,



do not know what a real oyster or six minutes. Serve in the dish. crab or shrimp tastes like. Which fact may be true, but even shipped- 25 oysters.

Cost and Food Value.

vorably to the milk; and if one must cayenne and lemon juice, and serve at time, keep the food cost down very closely, once. no doubt oysters are an extravagance. Comparing the two foods per quart 1 T. fat. we find roughly:

Calories. Calories. Milk625 220

13c Oysters450 50c Interpreting the figures, the calories flour, milk and seasoning. Add are heat units, or the measure of fuel chicken, celery and oysters drained value to the body, and the protein from their liquor. Interpreting the figures, the calories calories represent the number of units of body building material.

Place of Oysters in the Diet. In spite of the evidence against them, when cost is considered, oyscan serve them with a clear con- urged to sign: science on festive occasions, as a first eon, or as a main course of a simple breads, celery, bacon, etc.

Cooking of Oysters. Oysters toughen readily, unless cooked for a very short time over a low flame. Hence in cooking oysters,

they should be removed from the flame as soon as they plump up and the edges curl. Pigs in Blankets.

until bacon is done.

Oysters and Macaroni.

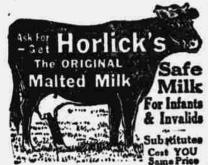
Arrange macaroni and oysters in other allied country. layers. Dredge oysters with flour, sprinkle with salt and pepper, and dot with fat. Cover with buttered crumbs and bake 20 minutes in a hot

Oyster Toast. Serve broiled oysters on pieces of white pepper and a little salt. Break milk toast. Sprinkle with finely in carefully as many eggs as the dish chopped celery

Broiled Oysters Creole. 25 oysters. Bread crumbs, 1 minced green pepper, Salt and pepper. 6 strips of bacon, 2 T. minced parsley,

Sprinkle the minced seasoning over Dust with bread oysters. crumbs. Broil 10 minutes, basting every three minutes with oyster liquid. Serve on buttered toast.

New Orleans Grilled Oysters. 25 oysters, Salt and paprika,
Melted butter, Minced green pepper.
Fine broad crumbs, % ib. sait pork minced Wash oysters and pat dry. Roll in



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equivalent. And you can eliminate lard by

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butter and crumbs. Dust with An inland person, such as a native paprika and salt. Lay each oyster mas trees will be used in Omaha this fine this year. Nebraskan, usually has to cultivate overlapping the other in a baking year as last," said the manager of a a taste for sea food. The far eastern- dish. Sprinkle with green pepper and er and far westerner alike tell us we salt pork. Place in a broiler and cook

Curried Oysters.

Put the fat into pan and add onion. A favorite comparison of foods as Shake until onion is soft; add curry arrived in Omaha this year and is day board. to food value is oysters with milk, powder and drained oysters. Cover The comparison always results fa- the pan, bring to a boil; add salt, oranges have been here for some

> Chicken and Oysters. 2 c. chopped chicken, /

1 pt. oysters, 4 c. chopped celery, Pepper, 1 t. salt, Cost. Cook oysters in their own liquor until plump and the edges begin to curl. Make a white sauce of the fat,

Kitchen Soldiers

Kitchen soldiers are the latest experiment in practical patriotism. Good Housekeeping, in co-operation with ters have a real place on our tables, the United States food administra- one of the stores be fortunate enough a luxury; yet they can take the place the latest issue of the magazine apof staples to a certain extent. We pears this pledge, which women are wife in the immediate neighborhood

"I, the member of the household course at a formal dinner or lunch- entrusted with the handling of food, keeper soon begins to doubt that he do hereby enlist as a kitchen soldier luncheon. The oyster lends itself for home service and pledge myself as he faces the eager demands of his specially well to combination with to waste no food and to use wisely other foods, such as chicken, sweet- all food purchased for this household, knowing that by so doing I can help conserve the foods that must be shipped to our soldiers and our al-

This is a movement for the woman tell where she got it. who is actually dealing in the food of American homes. Employers and buy sugar in a store of which she is with her brain or one who fights with |-New York Evening Mail. Select large oysters, drain from her hands the work of women in this their liquor and wrap each in a slice crisis. She may be one whose anof bacon. Broil or cook in a pan cestors have lived here for generations or she may be one whose parents have seen war's horrors pass their very door abroad, whose broth-1 pt. oysters. Flour.
1 c. cooked macaront 1/2 c. buttered crumbs. ers bear the arms of England, or Salt and pepper, 3/4 c. fat. France, or Italy, or Russia, or any France, or Italy, or Russia, or any

Eggs Baked with Cheese.

In a flat earthen dish melt one teaspoonful of butter and let it run over the bottom of the dish. Cover with thin slices of cheese and dust with white pepper and a little salt. Break will hold and place in a hot oven until whites are set, then serve at once.

Qmahans This Year Will Use $Half Usual Quota \, Xmas \, Trees$

5 cents a pound.

"Only about half as many Christ- among the latter and are especially large downtown store. "The reason, their old prices. Sweet potatoes are so far as we can see, is merely the also plentiful, both of the ordinary general war spirit of doing without variety and of some extra fine ones customers tell us.

There is a great plenty of such pronounced excellent. California

Apples of many kinds, both "cooking," and fancy ones, are abundant. Figs, dates and raisins are plentiful and make a wholesome and nourish- cents a pound.

Sugar Pickets Are Busy

will somehow or other learn the fact.

Then the rush starts, and the storewas fortunate in getting the sugar, customers. Most grocers have preferred patrons, and for these they manage to hide a portion of the skimpy stock. This they carefully wrap up tight to conceal its nature and beg the favored customer not to

employes are urged to join the forces. not a steady customer, for she is not A soldier may be one who fights just likely to be treated even with civility.



Give Our Foreign Born Women a Chance to Know Cause of War

With reference to the need for educational work, Mrs. Caroline Bartlett Potatoes are plentiful and hold to woman who is left behind, dazed and bewildered. She can not understand the unnecessary things. Christmas from California. The latter sell at the reason for war and knows only trees can be dispensed with, our 10 cents a pound, the former at 3 to that all of her men relatives across the sea are being killed in this terrible Cranberries, lettuce and all the war and that she is called upon here things as vegetables, fruits and nuts. usual kinds of nuts, excepting Italian in America to give her ousband in re-The first of the Florida orange crop chestnuts are here to grace the holisponse to America's call." Other arrived in Omaha this year and is day board. Beets, carrots, turnips and radishes, equally true of the less informed class fresh from southern gardens are of Americans. Such women have a available on local markets at about right to know why their husbands and 5 cents a bunch. Cucumbers at 25 sons are called from them. If they cents each are among the luxuries. did know we could then count upon

ing food. They are in various grades from the ordinary to the superior. Cluster raisins and layer raisins are timely vegetable suggestions.

Cauliflower, cabbae, egg plant, spinach and head leftuce are other timely vegetable suggestions.

New Jersey Women Prove Truth of Yankee Thrift Truth of Yankee Thrift

Women workers in Newark, N. J. will have the first opportunity to pur-Fishing in Samoan seas is often chase pure food put up this summer In New York Bronx done by the women, and without net, under the auspices of the mayor's One of the results of the scarcity of boats or hooks. They simply wade committee of national defense. This sugar in the Bronx is an invisible but into the water and form themselves that adopted in New York, each thoroughly efficient system of picket- into a ring. The fishes being so plen- woman receiving pay in canned food ing of grocery stores by women. Let tiful, they are almost sure to imprison for her labor, valued at 15 cents an some in the ring. These women are hour. In addition she has the right especially this year. They are clearly tion, is conducting the entire to get hold of some sugar and in an expecially they can take the place the p they catch a fish with their hands to her labor. The remainder will be they simply throw it, alive, into the sold to the public.

One of the features of great interest

Milk-Fed Chick- ens. per lb 191/2C	Round, Sirloin or Porter- house Steak, 20c	Liver— 10
4 lbs. Neck Bones, 25c Saturday only	Spare Ribs, Saturday, Ib	Veal Chops or Roasts, lb 15
Home Made Sausage, per lb 15c	Ditt. 1	Cotton Tail Rab- bits, each 20
Choice Steak, lb	Butterine, per lb 25c 10c pkg. Macaroni 7½c 10c pkg. Spaghetti 7½c 10c pkg. Cookies 5c Large pkg. Pancake Flour, at 10c Rumford or Calumet Baking Pewder 19C No. 3 can Sweet Potatoes, at 10c 15c can Baked Beans 12½c 25c can Baked Beans 12½c 25c can Baked Beans 12½c 20c can Tuna Fish 10c Tall can Milk 12c 3 lbs. Best Rice 25c 15c can Lima Beans 10c 10c can Peas 7½c 15c can Corn, Peas or Tomatoes, at 12½c	Onions, per peck 36 15 lbs. Potatoes 35 Cabbage, per lb 2½ Sweet Potatoes, lb 5 Oranges, per doz 15 Lemons, per doz 25 Bananas, per doz 35 Soda Crackers, lb 12½ Ginger Snaps, lb 12½ T-lb boxes Fancy Mixed Cookies, at 9 Dry Peaches, lb 10 Francy Brown Beans, lb 10 Francy Brown Beans, lb 12½ 8 bars Soap 25 Corn Flakes, pkg 7½ Quaker Oats, pkg 10 15c pkg. Maple Flakes 7½ Small Can Milk 5

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that's quite a while ago. There's an army of housewives who never trouble about dessert. That's our work and each week we have an attractive Sunday Special which just fills the bill. This week it's

Tutti Frutti A combination of Vanilla Ice Cream



Simours

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The second second second second
1917 Milk-Fed Spring Chickens, lb. 221/2
Choice Forequarters Lamb, Ib 141/2
Pig Pork Loins, lb
Steer Porterhouse Steak, lb 231/2
Steer Round Steak, lb 221/2
Steer Sirloin Steak, lb
Steer Pot Roast, lb161/2c and 181/2
Steer Boiling Beef, lb
Steer Shoulder Steak, lb 181/2
Steer Rib Roast, lb
Pig Pork Roast, Ib241/2
Pig Pork Butts, lb
Young Veal Chops, lb

Armour Shield No. 1 Bacon, lb. 41 2c Sugar Cured Bacon, lb. 37 2c Nice Fresh Rabbits, cach. 22c

MONEY-SAVING GROCERY DEPARTMENT

Tall can Carnation Milk, 2 cans for .. 25c Walter Baker's Chocolates, 1-lb. cake, per cake, at. 20c
Jello, assorted flavors, 3 pkgs, for, 25c
Domestic Oil Sardines, 4 cans. 25c
Tall cans of Pink Salmon, can. 20c

Extra Fancy Dried Prunes, lb. 15c 4-Crown Raisins, per lb15c Choice Sultana Raisina, per lb 15c Best Evaporated Peaches, per lb..., 20c | 15c quality Peas, per can. | 12c | 15c quality Corn, per can. | 12c | 15c quality Corn, per can. | 12c | 15c quality Tomatoes, per can. | 12c Imported Ford Dates, per lb......30c

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| Number | N lb. 16c

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Finited Tip Oleo, pkg. 32c White Tip Oleo, pkg. 31c Magnelin, 2-lb. roll 50c Mince Meat, lb. 11c Pork Chops, lb. 27c Pork Loln Roast, lb. 25c Round Steak, lb. 22c-25c Pot Roast, lb. 16c-18c Drinket, Kellogg's, lb. 21c Omaha.

Flakes, pkg.5c

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R egardless of inconvenience caused by stormy weather, I nnumerable advantages we have for you in price, Of this we are quite certain, so can make a sacrifice. The WASHINGTON MARKET you will be sure to find In all things patriotic, though their shelves are thickly lined, So when you are out purchasing, just step along this way; Make our store your headquarters; you are welcome any day.

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