excellent in quality. Oranges of all sizes and of both the navel and the

Florida kinds are on the market in

large quantities. Grape fruit is also

Holes in Macaroni

abundant. Pineannles are here.

ome Economics Edited by IRMA H GROSS HOUSEHOLD ARTS DEP'T CENTRAL HIGH SCHOOL

What Can You Do With Prunes?

Adelaide Kennerly

Adelaide Kennerly

O EDITOR

In these days of high prices for verything and several foods stricken if our list for patriotic reasons, the essert problem looms up large. resh fruits are limited to a few arieties but we can rely upon the uits canned last summer and upon ried fruits. It is in the hope of aswering a few dessert questions that hese prune recipes are gathered to- apples into small sections and cook days. ether. They are not entirely conervation dishes unless one substiutes corn syrup for sugar throughut-which is a possible thing to do.

but few of the recipes use large mantities of sugar, none call for starch over fruit and set aside to cool such fat and only one for the and harden. Serve with cream. recious wheat.

Value of Prunes in the Diet. The prune in itself is a very good od. For 20 cents, the price per pund of very good prunes one gets ound of very good prunes, one gets particularly rich in iron, which makes oven 40 minutes. Serve with them valuable for the blood,

Norwegian Prune Pudding.

c. sugar.
11.3 c. boili.; water,
1-3 c. cornstarch.
1 T. lemon juice. 1b. prunes. cold water. noh piece stick cinnamon,

Pick over and wash prunes, then soak one hour in cold water and boil until soft; remove stones, obtain meat from stones and add to prunes; then add sugar, cinnamon, boiling water and cornstarch diluted with enough cold water to pour easily. Cook 15 minutes. Remove cinnamon, add lemon juice, mold, then chill before serving.

Baked Tapioca With Prunes.

2 c. milk, 1 egg. % c. cooked prunes, ½ t. salt, drained and cut, ½ t. cinnamon, % c. minute taploca, ¼ c. sugar.

Cook tapioca in milk until clear

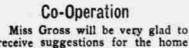
(about 10 minutes); add egg yolk bear with sugar, salt and cinnamon. Add fruit, turn into a baking dish and cover with a meringue made of the egg white and 1 T. sugar beaten until stiff. Bake in a moderate oven until meringue browns.

Prune Puree. T. cornstarch, S T. sugar or corn c. milk, syrup, 1 c. stewed prunes, 1 t. lemon juice, 1 egg, if desired,

Mix cornstarch with 1/4 c. milk and add to rest of milk heated. Cook in double boiler 20 minutes, then add sugar or corn syrup and egg and cook two minutes. Rub prunes through a sieve, then add with lemon juice to the cornstarch mixture. Mold and chill before serving.

Prune and Apple Compote. prunes 2 T. corpstarch sugar 2 c. cold water 16 lb. prunes T. sugar apples

Wash prunes and soak overnight in the cold water. In the morning, add sugar and boil gently till prunes are tender. Remove prunes from syrup



receive suggestions for the home economics column or to answer, as far as she is able, any questions that her readers may ask.

to a serving dish. Pare, core and cut unt'l tender in the prune syrup. Drain apples and place on top of prunes. Thicken the syrup with the cornstarch mixed with a small amount of cold water. Pour thickened corn-

Prune Pudding With Nutmeg Sauce.

Few grains solt ¹/₂ t. nutmeg Put bread into a pudding dish, cover about 1,100 calories or heat units, and with prunes that have been drained, in addition, some very valuable min- stoned and cut. Beat egg yolks, add eral matter which aids in keeping the milk, sugar and flavoring and pour body in good condition. Prunes are over bread and prunes. Bake in a slow

Nutmeg Sauce. 1 c, prune liquid 2 T. sugar (water added if nec-1 t, butter 1 T. cornstarch 1/5 t. nutmeg 1 Tl cornstarch 1 erg white

Heat prune liquid to boiling, add cornstarch mixed with a little cold

water, cook two minutes. Add other mixture gradually to the boiling point ingredients just as the sauce is re- and cook 20 minutes in a double boiler

moved from the stove. The egg white should be beaten stiff. Question Box. Mrs. George W. Cappers, Kearney, With the rest of the With the rest of the store with the rest of the water. Mold thoroughly, let rise till Neb .- The best information on war it doubles its bulk, make into a loaf. bread may be obtained by writing to place in a pan, allow to rise till it extension department. University of nearly fills the pan and bake 45 to 50 Nebraska, Lincoln, Neb., for special minutes.

"OVER THE TOP" WITH LOWEST PRICES Boston Market Cuts the Prices On All Goods It Sells. Prices Good All Week. Hindquarters Young Mutton .. 161/20 Lb. can Calumet Baking Powdar 19c 25c lb. can Ta'-25c cum Powder. 10c Baking Powdar. Young Veal Roasts or Chops. 161/20 4 -lb. sarks Blue Bell Pan-calle Flour, 250 6 pkgs. Matches or Toilet Parer.... 25c

	ner sack.	ZOC	Tollet Paner
Steer Beef 190	Qunker Oats or Pancake Flour	10c	
Choice Rex Bacon Backs, Ib. 341/20	Macaroni, Spaghetti or Corn Flakes	71,2	Soda Crackers, Ib 30c Monarch Catsup 15c Bott'e Olives
Home Made Sausage, per lb., at	Tall cans Milk or Tomatres		3 lbs. Tapioca Swift's Cleanser, can
Liver, per lb10c Neck Bones, lb71/2c Frankfurters, lb171/2c	No. 3 can Tomatoes, Pears or Peaches	14c	8 bars Soap Navy Beans, Ib Lima Beans, Ib
Beef Boil, lb 131/2c Beef Rosst, lb 161/2c	Gallon can Syrup	69c	Sawtay, per can Crisco, per can
Bacon, per lb	No. 3 can Sweet Potatoes, Pumpkin	100	Sc phgs. Tooth Picks. Nood'es, per pkg Celery, per bunch
Salt Pork, Ib25c Minced Ham, Ib20c	Fancy Prunes, Peaches, Raisins, Ib.	10c	Lettuce, per bunch Onions, per peck
4 lbs. and 12 ozs. can Saw-	3 lbs. Fancy Barley		Fancy Large Potatoes,

Midwinter Markets Are Filled With Delicacies

Plenty of good things in the line are also plentiful. of fruits and vegetables are displayed Cabbage, onions and cauliflower

on the Omaha markets these midare fine. Cranberries are an ecowinter days. From the gardens of nomical and wholesome tood also, the south come various fresh vegetaselling about 15 cents a pound. bles like those you pick from your Dried fruits are especially wholeown garden in the good old summer some. Prunes, peaches, apricots, time. Fresh beets, radishes, turnips, cooking figs, evaporated apples and carrots and lettuce are plentiful as raisins are on the market selling from 12 to 25 cents a pound. in July. Some specially fancy head lettuce is ready for your table. Cel-The fruit market is still flourishery is cheap and crisp and fine nowaing with a variety of good things. Apples are especially plentiful and

Old vegetables from last summer's crops are down, selling about 3 cents a pound for beets, carrots, turnips and rutabagoes, about the same price as potatoes. The lowly but useful "spud" is selling at 35 cents a peck. Last year at this time it was close to \$1 a peck. Sweet potatoes

pamphlets on the subject; or by writing for Farmers' Bulletin No. 807 to the United States Department of Ag riculture, Washington, D. C. Until you receive your material, it might be wel to make bread from graham four, or to mix rye or corn flour with white flour, up to 25 per cent.

Cornmeal and Wheat Bread. 1% c. liquid 1% t. sait % cake compressed T. sugar yeast 1 T. fat 1 c. cornmeal 2 c. flour

meal, salt, sugar and fat, and heat the

. 10c . 19c . 7c . 25c . 25c . 25c . 15c . 25c . 25c . 25c . 3c . . 5c . . 30c

placed before the public.

chine it is ready to form into maca- liameter arranged in groups. roni, which is of a tube shape about | When macaroni and spaghetti come

Pour 1/4 c. water over the corn- about one-eighth inch in diameter. depending upon whether the curing This is done by forcing the dough or drying is to be done on traps or under hydraulic pressure through a by hanging over rods.

Saturday Specials at the New Public Market

917 MILK-FED SPRING CHICK IG PORK LOINS, PER POUND.	ENS, AT WHOLESALE PRICES.
teer Portarhouse Steak, lb	Young Veal Stew, lb

Coffee Department

Hotel Blend, a fine old crop, mellow coffee, lb., 35c-3 lbs.....\$1.00

Money-Saving Grocery Department

Fresh Fruits and Vegetables

Butter, Eggs and Cheese Department

Many Thanks

This world is such a pleasant place Some happy years to stay.

So many blessings He has sent To make earth glad and fair. And, best of all, He gives to me Each day His loving care.

He gives me home and friends and food.

And Sunday school I love-Oh, I can't tell you half the things He sends me from above. So I am glad that once a year

We all can stop and say A whole day full of praise and thanks Upon Thanksgiving day. -Louise M. Oglevee.

cylinder with a flat circular bronze die or mould at the bottom, says an exchange.

The macaroni die is full of holes about one-fourth inch in diameter, and each hole has a small pin in the center Haven't you often asked, "How do of it, which is attached to one side of hey get the holes in macaroni?" Yes. the hole,

you undoubtedly have, and unless you The pin forms the hole in the macahave visited a macaroni factory you roni and divides the dough on one side are probably still in doubt. Interesting as it starts through the hole, but bemethods are employed in bringing this fore the dough reaches the end of the food into the form in which it is hole the divided side contes together and remains so making a perfect tube. After the dough has been well The spaghe tti die contains only mixed and kneaded in a powerful ma- plain holes about one-eighth inch in

one-fourth inch in diameter, or spag- from the presses or cylinders they hetti, which is a solid stick shape of are cut into certain lengths, the length

Choice Round Steak, Ib 20c California Apricots, Plums, Peaches in Choice Pot Roast, 1b 15c, 171/1c Large Mason Jars Olives, each 25c Large Mason Jars Mincement, each ... 25c No. 2 cans Tomatoes, 2 cans for 25c Nomis Sifted Peas, can15c Extra Fancy Veal Ro Lamb Stew, B. Lamb Chops, per Ib. Lamb Legs, per Ib. Pork Tenderloin, per I Try Our Home Made sage, per Ib..... Ground Bones, for chi Nordi, Panacke Flow

Every Day is Bargain Day at the Washington Market

These prices are good for the following week.

L'bby's Kraut, per can
Calumet Baking Powder, 1-lb. can 2
Gallon cans Syrup, each
Bulk Oatmeal, 4 lbs. for
Corn Flakes, 3 pkgs. for
Regular 35c Coffee, per 1b
Tea Siftings, per lb
Extra Fancy Head Rice, per Ib 91/
Hand Picked Navy Beans, per 1b1

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ne were the second state of the

Ella Fleishman

ASS'T EDITOR

All Brands Creamery Butter, Ib. 49c

One of the Largest Mail Order Houses in the Middle West. United States Food Administration License Number G-27634.





CASH AND JOY-DEBT AND WORRY

Rich, Juicy Mince Pie! How its spicy aroma adds zest to the whole meal. And when you come to the pie itself-how you wish you could eat more. Such pies are made from Armour's Veribest Condensed Mince Meat. It's economical, too, for you add as much water as you use of the Condensed Mince Meat.

A 3 Lb. Pail Makes 56c* 11/2 Lb. 6 Good, Thick Pies 56c* Pail 31c

We also have bulk wet mince meat at, lb., 11c.

Premium Salted Crackers, lb. 17c Soups, Campbell's, 12c, Van Camp's or cheaper potatoes. Milk: Wilson or Iowa, 16 oz. Chocolate or Cocoa, ½ lb. W. H. Baker's. 21c Standard Corn, No. 2 can...12c Standard Peas, No. 2 can...13c Large Ivory Soap11c

Meat Department

CRISCO^{11/2} ^{Ib.}40c 3 lb. 80c 6 lb. \$1.60

-

Nomia Pancake Flou

Choice Porterhouse Steak, ib 221/1c

OLEOMARGARINE Our Tip brand is the best quality made by a manufacturer famous for quality goods. Per pound carton, white 31c

Per pound carton, natural

From Choice Beeves, 25c Hawkeye Catsup, a splendid purchase enables us to price this extra big 18 oz. battle of finest quality catsup 25c finest quality catsup

P. & G. Naphtha Soap, 7c, 3

Vanilla or Lemon Extract, Tip brand is the highest quality, everyone. .1 Ib., 35c can .. 29c Cash Habit Tea is an extra fancy



