

Adelaide Kennerly
EDITOR

WOMAN'S SECTION OF THE BEE

Ella Fleishman
ASST. EDITOR

Men as Food Slackers

A woman writing in the March Woman's Home Companion asks men to stop scolding her sex and look to their own faults. "I'd like to see a count taken of the men who've given up eating butter and sweets to help win this war and the women who have given up

these two things! It might check some of these persistent scolders of the American housewife and her patriotism. Only a few days ago a friend of mine said to me: 'It would all be so easy if it were not for Arthur. He does so love heavy, sweet desserts, and he wants to have steak or roast beef every night for dinner and bacon every morning for breakfast. I can't make him see that it does

matter, even if we have the money to buy these things. I try to tell him that it's a matter of honor not to eat them all the time, so that there'll be enough to go around for everybody. But he only acts peevish and wants to increase my house allowance,' she says." Mrs. Selma Kempf, of Eagle, Colo., is an expert in mine prospecting.

Home Economics

Edited by IRMA H. GROSS
HOUSEHOLD ARTS DEPT. CENTRAL HIGH SCHOOL

Harriet Ruth's Cooking Lesson

Hamburger Cakes and Browned Parsnips.
"Mother, I wish I might help get dinner some day," said Harriet Ruth; "I mean cook the meat or do something important."

"Why not?" queried mother. "Would you like to try tonight?" "What are we going to have?" was Harriet Ruth's next question. "I hope it is something I specially like."

"Would hamburger cakes and browned parsnips suit your ladyship?" laughed mother. "O, goody! Let me get the recipe cards now."

"I don't believe I have recipe cards for those dishes, because they are rather easily prepared. Get paper and pencil to take down a few simple directions. You can remember most of what you are to do."

Browned Parsnips.
"You have helped me often enough with vegetables to know exactly what to do first," mother went on. "Yes, I know; I wash and scrape the parsnips, but what next?"

"Cut them into slices about an inch thick and cook in boiling salted water till tender. All vegetables should be started in boiling water. The parsnip will take a longer or a shorter time to get soft, depending on the age of the vegetable. Our slices will probably take 15 minutes, but you must try them with a fork to make sure that they are tender. Have the cover on the pot and use no more gas than just enough to keep the water boiling. Lots of people waste gas by letting everything boil in a furious fashion, which only breaks up the

Co-Operation

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

vegetable they're cooking. When the parsnips are done, drain them, keeping the water for the soup I intend to make tomorrow."

"But you haven't told me how to brown them, mother."

"Not quite so fast, daughter. Are you sure of all that I have told you?" "Yes, I am—just let me write down the time of cooking."

"To brown the parsnips, put them into the pan in which the hamburger cakes are cooked and turn them till they are a nice even brown. If there is not enough fat in the pan to keep the parsnips from burning, add a little meat drippings."

Hamburger Cakes.
"I know something about making the meat cakes, mother. Don't you work the meat into flat cakes and then cook it real fast?"

"That is the way I like to cook hamburger cakes. There are still people who add different things to the meat and then cook it in a lot of fat, but they don't know how nearly like a good beefsteak hamburger may be prepared. Do not even add salt to the meat until it is done, for salt toughens meat if it is added before the end of the cooking."

"Have the skillet very hot and grease it with a piece of suet held on the end of a fork. Put in the meat cakes, and turn very frequently. Let them brown quickly to sear or harden the outside. This searing keeps the juices in. Five minutes is long enough to cook the cakes as we all like them rare, but if we wanted them well done, you could cook them with a high flame for five minutes, then lower the flame and cook three or five minutes longer. Just before removing from the fire salt on one side, put the cakes on a hot platter, salted side down, and salt the other side. Put the platter where it will keep hot, turn the parsnips into the skillet, brown them, then put the browned slices on the platter around the meat just before serving."

"Shall I make the platter look pretty with some parsley?" "That's a good idea, only don't put too much parsley on, just two

or three sprays, not very large ones either." "When shall I start the things, Mother?" "Let's see—it will take about 10 minutes to prepare the parsnips and at least 15 minutes to cook them. Then about 10 minutes more to prepare and cook the hamburger cakes, and another 10 minutes to brown the parsnips and get them on the platter."

That is 45 minutes altogether, and we want to serve at 6:30. You ought to start at a quarter of six at the latest, and remember it is always a good plan for a new cook to allow extra five minutes for good measure. You know how they always say a new cook can't serve anything on time. Let's surprise father and sit down at 6:30 o'clock as usual." And they did.

For Booklovers

Fiction.
THE GIRL FROM KELLER'S. By Harold Bindloss. \$1.40. Frederick A. Stokes Company.

A young man, after two years of fruitless effort to win success on his prairie farm in Saskatchewan, gives way to reckless despair. Then a spirited western girl comes into his life and his love for her awakes the ambition to turn defeat into victory. There is plenty of human interest and excitement in the story of his struggle against hardship and treachery, helped by the brave determined girl, who dares everything for the man she loves.

SUNSHINE BEGGARS. By Sidney McCall. Little, Brown & Co. \$1.50.

"Beggars," the indignant townspeople called the poverty-stricken Italian family, the Bertellottis, when they set up their household goods in a tumble-down shack almost under the very eaves of the aristocratic Hopkins mansion. To Phil Merrill, however, a forlorn stepchild, hungering for sympathy and companionship, they were a wonderful family, possessing most fascinating and charming qualities, and to "Ma" Giddings they were heaven-sent objects on which she could lavish without restraint her boundless generosity. Phil's partisanship often led to dire results, but Ma Giddings' quaint and sunny philosophy never failed to restore peace.

THE LUCKY 7. By John Taintor Foote. D. Appleton & Co. \$1.40.

Here are seven splendid stories by the author of "Dumb-Bell of Brookfield." They are bits from real American life, humorous, dramatic, vivid, and written in a clear, swift, forceful style. The stories cover a wide range of subject and emotion. There is the story of the great musician and the little music teacher, with its blended tenderness and humor; tale of the pretty candy sales girl, "Goldie May," and the college man with whom she falls in love, and "Old Pastures," an account of a worn-out race horse's last days.

THE HOPE CHEST. By Mark Lee Luther. Little, Brown & Co. \$1.50.

Tom Ballantine, whose father was a millionaire candy manufacturer, maintaining a chain of candy stores notable for the youth and beauty of their clerks, went the rounds of the stores on an inspection trip. He decided Sheila Moore was the prize beauty and secretly married her after a tempestuous courtship of two weeks. When the marriage was disclosed Tom's father immediately took an active hand in affairs, with the result that young Tom was packed off to finish his course at Harvard and Sheila was sent to a fashionable finishing school at Miss Moore's—ward of the senior Ballantine. But there are complications to follow, so the reader is engrossed to the very end.

Miscellaneous.
IN OUR FIRST YEAR OF WAR. By Woodrow Wilson. Harper & Bros. \$1.00.

This book contains messages and addresses to the congress and the people by Woodrow Wilson, president of the United States. It opens with the second inaugural address and contains

the president's messages and addresses since the United States was forced to take up arms against Germany.

THE NEW SPIRIT OF THE NEW ARMY. By Joseph H. Odell. Fleming H. Revell company. 75 cents.

This book tells the folks at home what is happening to their boys, what Uncle Sam is really doing with them and for them. It gives people at home some idea of the life that these boys are living, what they have in these camps to take the place of their lodge or their church, their amusements, their old associations.

FIRST CALL. By Arthur Guy Empey. G. P. Putnam's Sons. \$1.50.

In his wonderfully vivid way made "Over the Top" so famous Sergeant Empey now goes on to tell the new soldier what confronts him all the way from training camp to trench. He shows the mother, the father, what their boy is doing each day, what they, what every American, can do to help him.

"EN LAIR!" By Lieutenant Bert Hall. The New Library (Inc.). \$1.50.

This book contains the most complete and absorbing view of the ways and means with which this stupendous conflict is carried on, as well as the most thrilling descriptions of trench and air fighting.

TEEPER NEIGHBORS. By Grace Coolidge. Four Seas company. \$1.50.

These are stories of the American Indian of those friendly tales of life on the reservation. Written by one who has spent most of her life among and for the Indians, who is married to a full-blooded Arapahoe and whose children were born on the reservation, these stories are a true picture of Indian life.

TRAINING AND REWARDS OF THE PHYSICIAN. By Richard C. Cabot. J. P. Lippincott Company. \$1.25.

Without bowing to any particular ideals of tradition, the author gives a great deal of wisdom in a short space to those considering entering the medical profession. He treats the subject in a fresh, vigorous fashion, so that it will appeal to not only the students and doctors, but also the public. This volume is of particular merit in that series of which all the volumes are worthy of being put into the hands of young Americans.

Magazine Notes.
"The Letters of James Whitcomb Riley," arranged with comment by Edmund H. Eitel; "Miss Amerikanka," a romance of Russia in war time, by Olive Gilbreath; "The Young Men's Christian Association in the War," by Francis B. Sayre, and several striking short stories are among the contents of the February issue of Harper's Magazine.

"The Autobiography of a Traveled Manuscript" opens the February number of "The Writer" and is followed by another installment of the series, "Common Errors in Writing Corrected," by Edward B. Hughes. The publication of "The Writer's Directory of Periodicals," giving the addresses of the publications that buy manuscripts and telling what kind of manuscripts they want, is continued and in addition there are several pages of fresh information about the present special needs of editors in the way of manuscripts and manuscript prize offers.

The feature of the February number of Physical Culture Magazine, which appears in a larger and more attractive size, is an article on "Rowevelt's Fighting Energy," by Richard M. Winans, including a statement by the colonel himself to Jack Cooper on physical training at a national need. Beattie McCoy Davis contributes an intimately personal story under the title, "My Creed, My Life and My Work."

Brand Whitlock, United States minister to Belgium, is well qualified by reason of his official position to tell the story of German tyranny that begins in the February issue of Everybody's Magazine. Another war authority, Second Lieutenant (now Major) Lufbery, American "ace" in the French flying corps, makes his first bow in print with an account of a bombing expedition and further adventures of Tam o' Scots, the Scotch aviator, whose quaint humor adds zest to the modest account of his extraordinary daring, are reported by Edgar Wallace. William Almon Wolff describes some ingenious co-operative schemes that are helping to win the war.

"River Navigation," a war measure that is likely to prove of permanent value, by W. F. Decker; "New York Canals a Transportation Resource," by M. M. Wilner; "Submarines and Coal," by Harrington Emerson, in which he tells how fuel famine in New York was produced by Germany; "The Failure of Germany's Second Peace Offensive," by Frank H. Simonds, and "Bolshevism," as a world problem, by Nicholas Goldenweiser, are some of the interesting articles contained in the February issue of Review of Reviews Magazine.

Oleomargarine an Alternative Food
Oleomargarine is recommended to all housewives by the United States government for table use and for cooking as one of the purest foods that it is endorsing.

All home managers, whether members of the housewives league or any other food conservation organization, have responded to the call of the president and Mr. Hoover to conserve food and eliminate waste. In this way, although they have had no sons to offer to their country, many have done their bit.

Women of unlimited wealth, with privilege to buy and serve expensive foods, have with a most commendable spirit ceased using the foods our government wishes to conserve. It is evident that a spirit of patriotism and a desire to share with others has prompted this denial among many of our citizens, and proves that we are all one big American family with one end in view.

Put it to the test with butter!

Farrell's A-1 NUT MARGARINE

made of delicious juice pressed from the white meat of coconuts, churned in pasteurized milk—

It contains no animal fats—

A purely vegetable food which we ask you to put to the test with best cow's butter—at much smaller cost!

A tempting spread for bread with a delicious taste. Made clean, absolutely wholesome—an economical, satisfactory food article that cuts the high cost of butter almost in two!

Order a print today



From Your Dealer

Be Sure to Get

FARRELL'S A-1 NUT MARGARINE

HARDING CREAM COMPANY
Distributors
Omaha

Honey Fruit
Strawberry Ice Cream, with Juicy Pineapple, Fresh Coconut, Maraschino Cherries and Pure California Honey.
Doesn't that make you wish it was time to serve Sunday dinner right now?
It's next Sunday's Special, and scores of dealers will have it ready for you.
Harding's
All Ice Creams

You want your full money's worth

in the foods you buy. And that is what you get always and all ways in Iten Quality Products.

You are certainly interested

not only in quantity, but in quality as well—and especially in food values, the real measure of money's worth.

Here are facts about the food value

of Iten Quality Wheat-Savers, as shown by analyses just completed by certified chemists:

Iten Corn Dodgers.....	1830	calories to the pound
Iten Corn Crackers.....	1884	" " " "
Iten Liberty Wafers.....	1901	" " " "
*Iten Oatmeal Biscuit.....	1928	" " " "
*Iten Graham Biscuit.....	1969	" " " "
*Iten Oatmeal Raisin.....	1980	" " " "
*Iten Scotch Bannocks....	2833	" " " "

These products contain only from 2% to 5% moisture. Most of the more expensive foods contain from 50% to 90% moisture.

When you compare the food value

of Iten Quality Products with other ready-to-eat foods, you find that you get most value for your money in Iten products. When you make the comparison with foods requiring preparation and cooking, you find the advantages even more strongly in favor of Iten goods.

No bran used in Iten Wheat-Savers—

just corn flour, corn meal, oatmeal, graham flour and barley flour, with a minimum of wheat flour, but a different blend in each. These combinations make nutritious and delicious foods—good eating from first to last bite—require no preparation—no fuel cost—always ready-to-serve.

When Iten Wheat-Savers are served

*morning, noon or evening—with jams, jellies or preserves—with peanut or other butter—with mild soft cheese—with hot or cold milk—with half-milk-and-half-cream—or in any of thirty different ways—you get ideal food combinations at reasonable cost. No sugar required in serving any of these Iten Wheat-Savers as they are sufficiently sweetened in baking.



Your Grocer can supply you with I-ten Wheat-Savers. Be sure to get the genuine I-ten Quality Products

BAKED AND GUARANTEED BY

Iten Biscuit Co. Snow White Bakeries

(REG. U. S. PATENT OFF.)



* United States Food Administration License No B9414.

Our Standards
Rigorous as the old Puritan standards is the inspection through which every one of our hams must go before it is passed for the Puritan brand.
That is why only one ham in ten is considered good enough to bear the Puritan label.
Ask for Puritan.
"The Taste Talk"
THE CUDAHY PACKING COMPANY
If your dealer doesn't handle Puritan telephons
F. W. CONRON, Manager,
1321 Jones Street, Omaha, Neb.
Telephone Douglas 2401.
PURITAN HAMS and BACON are smoked daily in our Omaha Plant, insuring fresh, brightly smoked meats at all times.

Puritan Hams and Bacon