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EDITOR

# WOMAN'S SECTION OF THE BEE

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ASST. EDITOR

## Wonderful Discovery--Learn How to Knit Two Socks at One Time

The latest art in the knitting business is doing two socks for the Sammys at one time.

The secret was discovered by Mrs. George L. Watson of Cherokee, Ia., a sister of Mrs. John Campbell wife of the local abstract man, and has the old system beat a hundred ways. Mrs. Campbell declares. Her sister wrote telling how to do it, and for the benefit of other knitters Mrs. Campbell has given explicit instructions how to proceed.

Here they are:  
Five needles are used, four in socks and fifth for knitting. Two different balls of yarn are used. Knit plain knitting with one thread in left hand, and purling with other thread in right hand.

Cast 15 stitches on each of four needles.

First knit the top of sock (purling) of four inches of both socks on separate needles. Then slip one sock inside the other. Then cast the stitches from both socks onto one set of needles, beginning with outside sock, take off first stitch, then first stitch on inside sock, then second stitch on outside sock, and so on until all around are on one set of needles, making 30 stitches on each needle. Then purl the first stitch on outside sock with right hand with thread outside of needle. Then knit first stitch of inside sock with left hand with thread outside of needle, and so on, being careful to keep thread in right hand in front of needle, and thread in left hand back of needle. By purling with right hand and knitting with left hand brings the socks both inside out (that is) the right sides are inside.

Knit in this manner until ready for the heel. Then take one-half of stitches (60) for the heel. Purl one

side and knit the other, and for outside heel, same as you would in knitting a single sock, and if knitting Kitchener heel, take off and separate needles to turn for (perfection). Then after taking up stitches on side of heel join together again.

To narrow, take first and third stitches, purl them and slip the needle out, which leaves one stitch from opposite sock, which slip on to your needle and narrow knitting. When ready to narrow for Kitchener toe, separate the socks and finish by narrowing every sixth stitch all around, then knit six rounds plain, then narrow every fifth stitch, and so on until 24 stitches remain.

Finishing with regular Kitchener form.

### Hobble Skirts and Brown Veils From Paris

"Carte blanche" is the spring edict that has passed the Paris clothes censor. Milady may choose for her Easter drive on the young man's fancy any hue of the rainbow and any collection of curves and perpendiculars. That is, above the ankle. For all lines positively must meet at her feet in the smallest circumference possible in a world of traffic regulations. In plain words, femininity is in for a season a la the well know hobble.

And she must be veiled. In brown. Camouflage, which was reduced to a science in the winter's modes, has now been raised to an art. "Illusion" it is called in couturier circles. "There is not a chic woman in Paris who is not draped in brown malines," said a foreign buyer who has just returned in the battalion of scouts from the fashion front. "They often reach to the knees. Every face looks younger, softer and beaming, set in the cloud of brown."

## Red Cross Work at Edward Rosewater School



At the Edward Rosewater school the women who come to the community center there have formed a fine big Red Cross auxiliary. They have turned out a large number of surgical dressings. In the picture they are making gauze compresses.

The work is under the direction of the Board of Public Recreation. Mrs. Paul Gallagher is the instructor.

### Prominent Suffrage Leader.

Mrs. George Madison Lee of Denver, who is to serve on the woman's national advisory committee of the democratic party, is a Michigan

woman who settled in Colorado after her marriage, and has since been prominent in equal suffrage propaganda work and as a leader in the women's club organization.



MRS. PAUL GALLAGHER, Instructor

## Home Economics

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

### Small Quantity Cooking

In our first discussion about small quantity cooking, the main difficulties in the way of the cook who must divide her recipes were pointed out. She must be very accurate in her arithmetic of dividing; she must measure very accurately after she knows her quantities; she must allow for differences in time of cooking some foods; and for greater evaporation in others. This article will take up the special points to consider in dividing different types of recipes.

### Soups.

It is a futile task without the aid of a fireless cooker, to cook small amounts of soup stock. The time of cooking is so great that the wiser plan is to cook enough soup for at least two or three meals—or even more in the winter time.

In making cream soups it is well to remember that two-thirds or three-quarters of a cup of liquid is a large enough serving for one person, unless the meal is very plain and consists mainly of the cream soup. In the latter case, one cup per person should be allowed. If you have a favorite recipe, then, divide on the basis of the liquid; but if you want to make up a cream soup from any sort of vegetable except potato, remember that equal amounts of milk and vegetable water should be used, and that three-quarters tablespoon each, fat and flour, is needed for one cup of liquid. The vegetable itself may be run through a colander and added or just the vegetable liquid may be used.

### Meats.

It is better economy even for two people to buy a fairly thick steak and use it more than once, than to try to purchase just enough for a meal. Of the more tender cuts, the short cuts may be purchased in the smallest amount and still be reasonably thick.

For stews, one-fourth pound of meat is sufficient for one person; but it is difficult to buy less than one pound of stewing meat. Left-over stew lends itself to a variety of uses. One of the easiest is to combine it with cooked macaroni, hominy or rice to make a scalloped dish. The cereal, meat and vegetables are arranged in layers, the gravy poured over the whole and the dish topped off with greased crumbs. It should be baked about 20 minutes in a moderately hot oven.

### Cereals.

All breakfast cereals that require cooking are either flaked or granular. The most familiar flaked cereal is rolled oats, though other grains may also be purchased in rolled form. The rolled cereals take up about two and one-half times their bulk of water—thus three-fourths cup flaked cereal will take up about two cups water, and will make two servings. If the cereal is made specially for molding and frying, only twice as much water as cereal should be used.

A granular cereal, like oatmeal, farina, etc., will take up at least four times its bulk of water. Thus half cup granular cereal requires two cups water, and will make two generous servings when cooked.

### Creamed Vegetables.

In creaming vegetables, or preparing scalloped dishes, like macaroni and cheese, it is well to remember that twice as much solid material as sauce should be used, and that one-fourth cup white sauce is ample for one person, or even one-third cup will do for two persons. A easy white sauce rule is one tablespoonful each fat and flour to one cup milk for thin sauce, and two tablespoons each fat and flour to one cup milk for a medium sauce. A medium sauce is generally used for vegetables. A thin sauce may be used for potatoes, rice and other starchy foods.

### Puddings.

Puddings, such as gelatines, cornstarches, tapiocas, custards, etc., are based on liquid as to quantity. One-half cup of liquid will make a good serving, hence the recipe should be divided on that basis, allowing one-

### 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.

half cup liquid for each person to be served. When making only two or three portions of a pudding that is cooked for some time in a double boiler, extra liquid should be allowed, because the evaporation is greater in proportion. Thus, suppose one were making a cornstarch mold using one cup milk, at least two tablespoons extra of milk should be added, or the pudding will be too stiff.

### Cookies and Cakes.

In making cookies and cakes it is never desirable to make only enough for one time, because of the labor involved. On the other hand, a small family gets very tired of a large cake or a large batch of cookies which, become a drug on the market before they are used up. Cookies are indefinite things to get into accurate numbers; but I may hazard a guess that one cup of flour in a cookie recipe will make about two dozen medium sized cookies.

Cakes are more definite. For a layer cake, two cups of flour is about the minimum amount for any standard sized cake tins on the market. This same amount will make a loaf cake in a medium-sized bread tin, or eight cup cakes, good size.

### Hot Breads.

Under hot breads I include all griddle cakes, waffles, muffins, corn-bread, etc., which may or may not be technically hot breads, according to a standard cook book. In making such recipes, the flour should be the basis of division. One-half cup flour per person will make enough biscuits, muffins, or other breads, to satisfy the average appetite. Of course, there probably is no such thing as the "average appetite" for if a person wants more than two good-sized muffins, he will require more than one-half cup flour allowance.

### Interesting Recipes

#### Stuffed Baked Potatoes.

When potatoes are thoroughly baked remove from the oven, scoop out the inside into a dish. Add milk, a few gratings of cheese (about one teaspoon to a potato) and salt. Mix thoroughly, but do not mash the potato; repack into the shells. Replace in the oven and heat for 10 minutes.

#### Potato Turnovers.

Boil and put through ricer enough potatoes to measure a pint. Add one well beaten egg, one tablespoon flour and season with salt. Turn on a large spoonful of dry hash seasoned with onions and parsley chopped fine. This hash should be dry or bound together with thickening. Double over and pinch together like a turnover. Place on greased baking sheet and brown in hot oven. Serve with a thickened sauce made from the gravy in which the meat was cooked or with a tomato sauce.

#### Potato Stuffing for Roast Fowl.

3 c. hot mashed potatoes, 1/2 c. bread crumbs, 1/2 c. well beaten fat, 1/2 c. chopped onion, 1/2 t. salt.

Mix well together in order given and use as dressing for fowl.

#### New Ideas for Housework

Milk which has been changed may be sweetened and rendered fit for use by stirring in a little soda.

A tablespoonful of turpentine boiled with your white clothes will greatly aid the whitening process.

To remove stains of ink from books or engravings, apply a thin solution of oxalic acid, citric acid or tartaric acid.

Odors from boiling ham, cabbage, onions, etc., may be prevented by putting a piece of charcoal into the kettle.

To preserve flowers place a little saltwater in the water.



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