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WOMAN'S SECTION OF THE BEE

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Home Economics

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HOUSEHOLD ARTS DEPT. CENTRAL HIGH SCHOOL

Nebraska Women Mobilize Forces for War-Time Food Production

Mrs. Charles A. Lotz, chairman of the home economics department of the Omaha Woman's club, is one of the food production captains attending the school of intensive gardening training which opened in Lincoln today under the auspices of the women's committee, State Council of Defense. Mrs. Paul Rivett is another Omaha captain. The food production captains will mobilize the women of the state into a mighty army of gardeners to produce quantities of that food which will be of most value for war-time needs. School will be held three days at the university farm. Mrs. F. M. Dewese, Hilaire farm, Dawson, is general in the food drive.



Mrs. C. A. Lotz

Sarka Hrbkova, woman's committee chairman; George Copland of the council of defense; G. W. Wattle, state food administrator; C. W. Fugley, university extension director; M. M. Fogg of the four-minute men, and specialists in gardening, poultry, dairying, bees, food conservation, home demonstrations and junior extension services.

Among the captains who will mobilize the women of the state are: Mrs. Lulu Kertz Hudson of Simeon, a ranchwoman, who is well known for her work among rural clubs; Mrs. T. J. Gist of Falls City, who has served as president of the Nebraska Federation of Women's clubs, and Mrs. Harry Keefe of Walthill, who served as secretary of the National Federation of Women's clubs.

Save Fats for Soldiers and Allies—Use Oil Substitutes

We must cut some fat in order to live. It gives us energy and is an absolutely necessary part of our diet. This is the reason that the problem of saving fats is more serious than that of saving some other kind of food. Nothing can be substituted for it. Yet we must give an enormous amount of fat from our national larder to our soldiers and the allies if they are going to have the necessary energy and physical strength to continue this war.

seed oil, olive oil, and peanut oil may also be used in place of butter. Fourteen and one-half tablespoons of these fats equal 16 tablespoons of butter. Another way to save fat is to use the clean, sweet fat around the gizzard and intestines of a chicken. French housewives think this is the finest shortening for pastry and cakes.

How are we going to do it, since we cannot get along without fat ourselves? The answer is that although we cannot get along without fat, we can get along with less than we are now using. Experts tell us that the American people consume three times as much fat per person on an average as they should. Certain it is that Americans eat and waste more than do the people of any other country, and it seems reasonable that if other countries can get along with less, we can.

To prepare it, try it out in a double boiler or in another vessel set in hot water until the fat just melts away from the tissue and can be poured off. As it becomes rancid easily, it should be kept in a cool place and covered like butter. This chicken fat may be used for shortening cakes, like spice cakes, where the seasoning will cover any flavor the fat may have. It may also be used for frying the chicken itself or other meats or warming vegetables.

Let it be remembered that under the name fat are included butter, meat fat, cream, egg yolks, cheese, nuts, olive oil, bacon, suet, lard, tallow and salad oils and vegetable fats. Butter and meat fats, especially all forms of pork, are especially needed for the soldiers.

Home-Made Substitutes. To make a home-made substitute for butter, fats left from cooking should be saved. These then should be clarified by mixing with water and heating, with constant stirring, until the steam from the boiling water has carried off some of the odors of the cooked fat. Then allow the fat to cool, remove from the surface of the water and eat with sour milk in the proportion of one-half cup to six pounds of fat. Strain through a cloth and the fat will be found to have acquired some of the milk or butter flavor and may be used in place of butter.

In Orange Season

The season is upon us when oranges are at their best. I cannot remember a season when they have been more beautiful and delicious; but unfortunately I can remember many seasons when they have been more within the reach of our pocketbooks. With their price from 50 to 70 cents per dozen they immediately put themselves in the class of luxuries; yet because their flavor is so delicious, they can be combined with many other things which bring down the cost of the prepared dish, while retaining the orange flavor. The recipes given below are all of that type.

The food value of oranges is very apparent. They provide mineral matter, milk and water—all of which are so necessary to keep the body in good condition. The acid of the orange aids in digestion; and the sugar in the fruit gives the body heat and energy.

Orange Shortcake.
1 c. white flour.
1/2 c. substitute flour, 1/2 c. milk.
4 t. baking powder. 2 or 3 oranges, sliced.
1 t. sugar. Coconut.
1 t. salt.

Sift dry ingredients. Work in shortening, then milk. Divide dough into two parts. Pat or roll each to the size of a pie tin, and bake one on top of the other, greasing the lower piece. Split and put together with sliced oranges between and on top. A sprinkling of coconut on top improves the appearance.

Orange Mold.
Make a corn starch pudding, according to any favorite recipe. Turn into wet molds, in which have been placed small amounts of sliced oranges. When the molds are turned out the orange will be on top, and make a very attractive dessert.

Oranges in Snow.
3 oranges. 1/2 c. tapioca.
1 c. corn syrup. 2 egg whites.
1 c. water. Few grains salt.
Peel and quarter the oranges, cook slowly in the corn syrup and water for 15 minutes. Lift out oranges and

Co-Operation

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

add tapioca. Cook till tapioca is clear, about 30 minutes. A double boiler is good for this stage of the cooking. When tapioca is done, fold in the egg whites which have been stiffly beaten with the salt. Turn into a serving-dish and arrange the orange sections on top.

Orange Compote.
3 oranges. 1/2 c. canned fruit
1/2 lemon. Juice.
1 c. corn syrup. Grated rind of orange.
Boil corn syrup, grated rind, lemon juice and canned fruit juice for five minutes. Add the peeled and quartered oranges, cover and cool. This compote may be used with boiled rice, or as a cottage pudding sauce.

Orange Meringues.
Stale cake. 1 egg white.
Orange compote (see 12 sugar above). Few grains salt.
Cover stale cake with orange compote. Make a meringue of the egg white, sugar and salt. Pile it over the cake and brown in a moderate oven.

Orange Pie.
1/2 c. sugar. 2 egg yolks.
1/2 c. corn syrup. 1 1/2 lemon juice.
1/2 c. boiling water. 3 T. orange juice.
1/2 c. cold water. Grated orange rind.
4 T. corn starch.
Mix syrup and boiling water. Add corn starch that has been thinned with the cold water. Stir constantly till mixture thickens, then cook in a double boiler 15 minutes. Mix egg yolks and sugar, add to corn starch mixture, and cook 2 minutes. Remove from fire, and add lemon and orange juice and orange rind.

Turn into a baked pie shell, cover with a meringue made with the whites of the eggs, a few grains of salt, and two tablespoons of sugar. Bake in a moderate oven long enough to brown the meringue.

Conservation Suppers For Sunday Nights

(Recommended by the United States Food Administration.)

1. Fishy rabbit served on cornmeal wafers.
Fruit ice.
Coffee.

2. Oysters with mushrooms.
Rye war bread and butter sandwiches.
Oatmeal macaroni.
Cocoa.

3. Sweetbread ramekins.
Cornmeal bread with marshmallow sauce.
Lemon jelly with marshmallow sauce.

Cornmeal Wafers.
1/2 cup cornmeal.
1/2 cup wheat flour.
1 tablespoon fat.
1/2 teaspoon salt.
2 tablespoons milk.
Cut fat into flour and meal. Add salt, stir in milk and roll out very thin. Bake in quick oven until golden brown.

Swiss Honey Cakes.
1/2 cup shortening.
1 lemon.
1 pound strained honey.
1/2 cup almonds.
1/2 teaspoon nutmeg.
1/2 teaspoon soda.
Flour enough to make dough.

Melt the shortening, add the honey and stir well, remove from the fire at once and cool. Add the grated rind and juice of the lemon and flour enough to make a dough stiff enough to be handled. Sift the soda into the flour. Mix all well and set away in a cool place overnight. Roll out one-fourth inch thick, cut in squares, diamonds or circles with doughnut cutter, sprinkle with finely chopped nuts and bake in a moderate oven.

Oatmeal Macaroni.
1 tablespoon fat.
1/2 cup corn syrup.
1 beaten egg.
1 1/2 cups rolled oats.
1/2 teaspoon salt.
1/2 teaspoon baking powder.
1 1/2 teaspoons flour.

Combine the fat and the syrup, add the egg and stir in the other ingredients. Drop from a teaspoon on greased baking sheet or pans and bake in moderate oven about 15 minutes. This makes 25 to 28 cookies about 2 inches in diameter.

A Victory Menu

This menu was prepared by the home economy department of Cornell university in co-operation with the New York State Food commission:

Breakfast.
Sliced oranges.
Oatmeal cooked in milk.
Rye biscuit.

Lunch or Supper.
Scalloped potatoes.
Apple and raisin salad.
Cookies.

Dinner.
Turkish pilaf.
Home-canned corn.
Mashed potatoes.
Plum pudding.

Milk for the children to drink at each meal.

Turkish Pilaf.
One-half cup rice, three tablespoons fat, one-half cup tomatoes, one cup cooked chicken, one cup white stock from chicken bones; salt, pepper.

The Soldier's Shelf
The Georgia division is much interested in setting aside every tenth jar of material put up this year for the soldier's shelf, to be given to convalescent hospitals.

Mrs. Emily R. Weisberg, an active suffragist, is one of the first women in New York City to be appointed a receiver by a justice of the supreme court.

Current jelly will flavor and color icing delightfully.

Just received!
Sunshine Biscuits
which meet requirements U. S. Food Administration for Wheatless Meals
Your Grocer



We Have solved the problem with

Sunshine Oats-a Crackers

Made largely from Oats

Sunshine Oats-a Crackers are a contribution from the Laboratory of the Sunshine Bakeries to help the Food Administration.

Flavorful and appetizing—unusually nourishing, they should have a permanent place on your table.

Serve with soups, salads, for luncheon—in fact for any cracker use.

At your Grocer—by the pound and in triple-sealed packages.

LOOSE-WILES BISCUIT COMPANY

Bakers of Sunshine Biscuits Omaha Branches in over 100 Cities.

Bacon, Bread and Beans to Whip Germany.

These are three of our most important kinds of ammunition. The first two we must place in the hands of the allies. The third is for our own defense.

Putting bacon into the hand of the allies is one of the most important ways in which we can help fight this war. Bacon is a highly concentrated food and can be shipped abroad readily and economically. If we can send large quantities of it abroad, it will go a long way toward keeping the soldier in tip-top fighting condition and the wolf from the doors of their families.

But to do this means a sacrifice by every one of us. It means that each of us must be particularly careful in our use of bacon, pork and pork products, for our hogs have decreased alarmingly in number during the past year. Yet, if we are going to meet even the minimum demand made on us, we must increase our exports of bacon and pork 100,000,000 pounds over pre-war averages.

Think this over before serving bacon for breakfast tomorrow.

Reduce Wheat Consumption.
The second "B" is bread. A slice of wheat bread is as scarce in any of the allied countries today as a German soldier in uniform is here in America. For two years, rich and poor alike have been eating war-bread. But even this war-bread cannot be made without some of our wheat. We must reduce our wheat consumption to 30 per cent normal until next harvest, if the allies are still to have bread.

This means sacrifice and substitution on our part. We must eat corn and oatmeal bread, barley scones, rice and potatoes. We must eat less cake and pastry and save our bread crumbs for puddings, muffins, baked dishes, and griddle cakes. Save one pound weekly of wheat for everyone in your family and you will put bread into those out-stretched hands across the water that plead for our help.

And now for the last "B"—Beans. They are one of the most valuable kinds of ammunition we have for our own defense. By using beans more freely we can save thousands of pounds of meat for our soldiers and the allies.

Eat Beans.
Eat beans dried and canned. Eat them boiled and baked. Eat them in muffins, timbales, sandwiches, baked loaves, soups, salads, croquettes, and souffles. Eat them for breakfast, lunch, and dinner. They are always nourishing, always satisfying, always healthful. Get acquainted with all the varieties—the navy, lima, and kidney beans, string beans, pinto beans, and soy beans. The pinto is a variety not yet known in our markets. It is equal in value to any of the others, however, with the added advantage of being low in price. The soy bean is a native of Japan, but has recently been grown here and is now on the market as an American product.

In most parts of the country both soy beans and pinto beans are cheaper than navy beans. When mixed with navy beans and baked in the following manner it is difficult to distinguish soy beans from the universally liked "Boston Baked Beans."

A Triumphant Return
An absent-minded man came home one evening and gaily waved an umbrella before his wife: "Well, my dear," he said, "you see, I didn't leave it anywhere today. I see," said his wife. "The only trouble is that you didn't take one from home this morning."

The War Spirit
Thorne's
In a Busy Store
New Spring Suits
Men's Wear Serges
FEATURING extraordinary values in navy serge suits—"true blues"—exploiting the newest "Flares" and the latest "Ripples"—some lavishly trimmed with silk buttons—other carry quantities of silk braid.
AS ONE style sells out another steps bravely into the ranks—just a little newer—just a little more for you to wear and enjoy, and so long as the war continues we're selling on half "rations."
\$30.00 Suits, during the war \$24.75
\$35.00 Suits, during the war \$27.75
\$40.00 Suits, during the war \$29.75
Avoid Waste in Buying Fashions
Tell Your Friends of This Win-the-War Fashion Store
J. W. Thorne Co.
AT WELCOME ARCH
1812 FARNAM STREET

NEW SPRING FOOTWEAR
EVERY new conception of the newest styles for Spring is represented in this advance Spring showing of women's fashionable footwear. The most predominating features of this showing are the new, dainty glove-fitting military styles, in the smart new suit shades. The assurance of Fry quality and workmanship make them specially preferable.
Why not acquaint yourself with the newest models for the coming Spring season by visiting this store tomorrow?
See Our Windows
FRY SHOE CO.
1412 & DOUGLAS

How Rice and Coffee Hold Down the Price of Porterhouse!

RICE, coffee, canned fruits and vegetables, peanut butter and packaged fish—why does Armour sell these foods? Soaps, oils, drugs, banjo strings, curled hair and fertilizer are logical for Armour to sell; for they are by-products of the meat business. But why should Armour handle so many food lines which have nothing to do with meats?

THE answer, if you will but consider, is simple. It is a question of sales costs. When Armour buys livestock from producers, the cost of its preparation for your use represents but one stage in making it ready for you. Getting it to you is fully as important. And that represents another cost.

Selling Expense Reduced
WITH the expense of factoring meat products reduced to the finest point that scientifically designed machinery and skill can bring it, the problem becomes one of getting these goods to you with the absolute minimum of charge.

To do this, Armour maintains some four hundred Branch Houses in the more important population centers, each in charge of a food expert and each with a corps of salesmen. Over these Branch House organizations, working much as a train dispatcher might, is the Home Office sending supplies here today, there tomorrow, somewhere else the next day—keeping the supply equalized throughout the country so there is no surplus or shortage, no glut one day, no prohibitive prices the next.

As a result, each salesman cannot be selling meat to his full capacity every day. But his salary must go on. And were it not possible for him to profitably employ his surplus time, that portion of his wage which represents unused time would have to be added to the cost of your meat. For the number of salesmen cannot be cut; there are times when the full force is needed.

Hence, the fact that Armour does sell these additional food products, keeps down the cost of your chops, steaks and roasts.

All Costs Kept Down
BUT the cost-reducing influence goes farther still. Just as selling fruits and vegetables keeps down the cost of meats, so does selling the two together keep down the cost of the fruits and vegetables. And, thereby, Armour can sell the highest quality at ordinary prices.

Moreover, because a test of one proves the quality of all these products offered under a single mark—the famous Oval Label—they sell almost automatically for the dealer and permit him to hold his prices down to fair figures.

Thus, when you insist upon Armour Oval Label Products, you share in these economies—and make it possible to pay maximum prices to the producer and still keep prices lower to the consumer.

Armour's QUALITY PRODUCTS
ARMOUR AND COMPANY
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