

Adelaide Kennerly EDITOR

WOMAN'S SECTION OF THE BEE

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EAT SKINNER'S THE BEST MACARONI

MY FAVORITE FOR EVERY MEAL

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

"Plain Cake" in War Time

Many of us feel that it is necessary to put aside our tried and true cook books until the war is over, and adopt new and strange methods of cooking. To a certain extent it is true that some things are taboo in every patriotic American kitchen; but we can utilize more of our own recipe than would appear at first thoughts.

To prove this idea, my high school

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.

classes took a familiar cake recipe and changed it until it could look like Mr. Hoover himself square in the face! Cake has three counts against it—it used to call for butter, it takes much sugar, and it calls in general for white flour. The recipe originally read as follows:

Plain Cake, 1915.

- 1/4 c. butter.
- 2 c. flour.
- 1/2 c. sugar.
- 1/2 t. vanilla.
- 1/2 c. milk.
- Few grains salt.

Fat Substitution.

The fat substitution was an easy problem, for fat substitute fat's in cooking, while new to the majority of people, have been in use for several years. You may use any of the oleomargarines or nut margarines to be found on the market, using an equal amount; or you may use any of the vegetable fats or oils, using one-fifth less. The reason for using less of the vegetable fats is that they are nearly 100 per cent fat, while butter and margarine is only about 85 per cent fat. The cooking oils make excellent cakes, though they cannot be handled quite so easily by the novice. Suet may be used in part or entirely if the cake is spiced. Otherwise its flavor is not quite so pleasant in cake.

If one wants to be especially conserving of all fats, it is possible to reduce the amount of fat used to one-third cup, even if margarine is used, and to increase the milk to two-thirds cup. For the fat and milk are related to each other in proportions—so the one goes up, the other goes down.

Sugar Substitution.

Sirup may be substituted up to one-half the amount with excellent results. The only point one needs to remember is that for each cup of sirup used omit one-fourth cup of liquid. One-fourth proportion of sirup is scarcely noticeable, and one-half proportion is very pleasant. The drawback to the use of sirup is its cost. Even in large cans it costs nearly as much per pound as sugar does, and it weighs half as heavy again. So that substituting for sugar runs up the cost of the recipe. Still one ought either to cut down on sugar re-ces-

or be willing to pay the additional price. Of course plain cake in war time is unfrosted. It may be baked as cup cakes, loaf cake, or layer cake, put together with jelly or jam. In all cases, the top should go unfrosted. So far I have not been able to find satisfactory icings made entirely of sirups or honey. Apropos of frostings, the patriotic housewife should remember that it is just as disloyal to buy frosted cake or cookies, as it is to make the frosting at home. Incidentally one should remember also that frosted dainties will be on the market just as long as you and I buy them—and no longer!

Flour Substitutes.

We tried out many of the substitute flours in the plain cake. As I remember, the list included corn flour, white corn meal, rice flour, barley flour, potato flour, cornstarch and rolled oats, ground fine in the food chopper. The potato flour and cornstarch were used half and half, and produced excellent results, though some of the girls objected to the flavor of the cornstarch. Again we find the practical drawback to these substitutes, the cost. It may be that potato flour will cost less, if we have new mills, but at present it is clearly in the class with luxuries. However, it is not greatly higher than the best grade of pastry flours, and it does make excellent cake.

The other substitutes were tried in one-fourth and one-third proportions. In the case of cornmeal and oatmeal, more than one-fourth made a somewhat crumbly cake, though the flavor was excellent. The barley makes a good cake if one disregards color, which, of course, is entirely masked in a chocolate or spice cake. But our problem was to see what could be done without any high flavors and colors to mask changes.

As a result of our experimenting, a recipe for plain cake might read now:

Plain Cake, 1918.

- 1/4 c. oleomargarine or nut margarine
- 1 c. cornstarch or potato flour,
- 1/4 c. milk
- 1/2 c. sugar
- 1/2 t. vanilla
- 1/2 c. sirup
- 3 eggs
- 1/2 c. milk minus 3 t.
- 1/2 t. vanilla
- Few grains salt.

An Equal Quantity.

"Good gracious, Jane, where did you get that pile of magazines?" "At the grocer's. His wife is crazy about continued stories, and he didn't know what to do with the pile, so I told him when I bought the flour I would take an equal quantity of these serials."

Democratic Consideration is Due All Your Fellow Workers

By BEATRICE FAIRFAX.

Make friends with your fellow workers. From a utilitarian point of view of humanity you actually owe them a friendly and democratic consideration. And from an ideal viewpoint perhaps the friendliness you have to give may have almost unguessed value in their lives.

When Robbie came to our office he was the sort of office boy in whom cartoonists delight. Collars and fingernails left almost as much as he desired as did his habit of forgetting two-thirds of the things he was asked to do. Robbie was an unattractive urchin, whom everybody shunned or snubbed. Then Jimmie Hale came to work in our place as stenographer to the chief. Jimmie was an immaculate soul, smiling, friendly and always well groomed.

One day he took Robbie with him for a soda fountain lunch of hot tomato bouillon and sandwiches. After that the youngster made a point of remembering whatever his idol asked of him and pretty soon he got the "remembering habit."

Robbie began imitating his idol's manner of speech—of dress, and suddenly he turned into a clean little chap. He worked all these miracles in himself. And it was because someone treated him like a human being instead of the grubby little animal he looked.

The Friction.

You have to live in contact with your fellow workers at least eight hours of every day. The friction which comes from having them block you instead of helping you is great. The atmosphere which unfriendliness creates is antagonistic, to good work as well as to mere happiness.

Friendly fellow workers can aid you with bits of advice, angles of vision, crumbs of information—all sorts of little leads which you alone might never have found.

The good will of the people you work with is distinctly worth having. Test this.

Every member of an organization does his part toward keeping it well oiled and smoothly running.

When Mary Jones of the telephone switchboard is not quite "good enough" for Betty Malloy and Eleanor Smith to include in their little luncheon parties, Mary becomes more than an unhappy girl who feels snubbed. She becomes a worker whose daily task is unpleasant to her because of the little humiliations the other girls put on her.

Perhaps she leaves the position she

might have well filled; perhaps she does her work in a half-hearted manner and is dismissed. Betty and Eleanor do not dream they have cost another girl her job!

A Little Office.

I know of a little office whose force consists of a business manager, his assistant, their secretaries, two other stenographers, an office boy and a telephone operator. Eight people. The general manager of the company for which they work is always laughing over the tragic necessity of raising salaries in that little branch office.

"They do the work of sixteen," he told me recently. "And yet none of them ever seems tired or grumpy, and if one of them gets sick the work goes on as before. The others get it out. It's too good to be true, and I don't understand it unless it is that those folks all like each other so well and do such good team work that they pull together in harness about twice as well as they could working as individuals."

Yes—there lies the secret—team work! Team work always succeeds where individual effort is not capable of conquering. Team work is the chain that is as great as the sum of its links.

Go Back to Simple Life to Win War

If we had not grown so far away from the ideal that built this nation we would find saving food a much easier task.

From a little group of frugal, thrifty settlers huddled together on the barren shore of Massachusetts, we have grown into a mighty nation, rich, luxury loving, and spendthrift. We have not been satisfied with the simple life of our ancestors. While they were content to make a whole dinner of Indian pudding, we must have at least three courses for dinner. We demand elaborately prepared food. We have cultivated a taste for fancy brands and imported products. We turn up our noses at food grown in our own locality and select instead that transported to us from a distance.

No wonder foreigners traveling here have gone back to their own countries filled with tales of our thoughtless extravagance and waste! But now we have a mighty task to do. We must win this war if it takes our last ounce of strength. In self-defense, we must save food to feed the people who are helping to fight our fight. Even if you can afford to live extravagantly, your country cannot afford to have you. Be content with simple fare. Buy native food, when it is in season, and as far as possible buy the products that are grown in your own locality.

Go back to the simple life, be content with simple food, simple pleasures, simple clothes. Work hard, pray hard, play hard. Work, eat, recreate and sleep. Do it all courageously. We have a victory to win.

The Woman's Democratic club of New York City is to hold a Jefferson day dinner.

Varied Donations To Belgian Refugee War Relief Pile

False hair, dolls and safety pins are among many donations sent to the Red Cross workers who are gathering clothes for the refugees of Belgium and northern France.

The store room is located in the basement of the municipal Auditorium. Huge piles of clothing—good, bad and indifferent—are placed on the cement floor. The workers are unwrapping, sorting and packing. Arthur Guiou and Herbert Wreter were placed in charge. They found that by Thursday they were doing such a rushing business that they had to call on the services of the women.

Mrs. Arthur Guiou heads the women. She has among her assistants a number of Vassar alumnae members who have been doing the same kind of work with the Duryea Relief society.

There is an urgent need of cars with which to collect the clothes. Any one who can drive a car will find plenty of work to do in this department. Sorters and packers are also wanted. Twenty-three boxes of wash clothes are ready now for shipment. More packing cases are wanted.

Among the workers are Mrs. F. B. Bryant, Mrs. Marie Piernian and Mrs. J. G. Furstenberg.

Plan Your Garden Now

"The production of food is going to be one of the most crucial occupations connected with the war," announces Mrs. Fred Dewese of Dawson, chairman of the food production department, woman's committee, Council of Defense, in a message to the women producers of Nebraska. "If you can be assured of making connections with a consumer, it is going to be one of the most profitable activities in which you can engage. Be sure of your market by being producer and consumer yourself. Serve your country, improve your health, spare your pocketbook and better your living by raising a garden."

Some of the things which Mrs. Dewese advises for immediate garden preparations are: Secure your land, fairly level and well drained, clear it of old vines, plants and weeds and burn them, and treat with well rotted manure. Plan your garden on paper, providing for the constant use of the ground by using early and late vegetables. Get your tools in readiness, buying too few rather than too many. Study the tool question to avoid mistakes.

Milk Conservation

In several counties the woman's committee, Nebraska Council of Defense is co-operating with the university extension department in holding milk conservation demonstration schools. In these schools lessons are given in soft cheese making, in the value of milk in feeding children, the utilization of waste, the production and care of milk and use of cheese in cookery.

The National League for Women's Service is arranging to give a great patriotic food show in New York next month.

THEY ALL "GO FOR IT"

You'll never be undecided as to which beverage to order for self—friends or family—after you've tasted

GUND'S BEVERAGE
THE EVERY DAY SOFT DRINK

Not for a single second. Right off sudden your selection will be GUND'S—every time—no matter what time of life your year registers. It's different—better.

Try it. Have a case sent home. Watch how everybody "goes" for it.

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It's made from the juice of the white meat of coconuts. 3590 calories, or energy units to the pound. Nutritious and wholesome.

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It saves you almost half the cost of butter and we only ask you to put it to the test with the best cow's butter!

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War-Saving Stamps are the topic of today. A rise, all true Americans, and make a grand display. Reserve the extra dollar you were going to spend in smoke. Saving stamps are here to buy, this is no time to joke. America is the big I-T in this dreadful war; Vigil watch the enemy keeps on us as never before. Increase our government's supply of money if you can; Never such opportunities has been given an American. German militarism we must quash, there is no time to lose. Send for war-saving stamps right now. How can you refuse? Today they are making a big drive for a Million Dollars or more. Assist in this noble effort, no matter what you've done before. Make up the cash by trading at the Washington Market, and see prices so low, and values so great, and exceptional quality.

Shoulder Roast, lb. . . . 17 1/2 c, 20c
Rump Roast, lb. . . . 20c
Prime Rib Roast of Beef, lb. . . . 20c
Pork Tenderloin, lb. . . . 33 1/2 c
Spare Ribs, per lb. . . . 15c
Home Made Hamburger or Sausage, per lb. . . . 17 1/2 c
Pure Lard, per lb. . . . 30c
Compound Lard, per lb. . . . 25c
Sugar Cured Skinned Hams, half or whole, per lb. . . . 27 1/2 c
Sugar Cured Breakfast Bacon—per lb. . . . 34 1/2 c
Del Monte Ketchup, large bottles, per bottle . . . 25c
Ground Bone, for chickens, 6 lbs., for . . . 25c

Tomatoes, per can 10c
Extra Fancy Potatoes, peck . . . 20c
Leaf Lettuce, 3 bunches . . . 10c
Extra Fancy Head Lettuce, 2 bunches for 15c
Red Globe Onions, 3 lbs. . . . 10c
Extra Fancy Celery, stalk . . . 5c, 10c
Strictly Fresh Eggs, dozen . . . 35c
All Brands Creamery Butter, per lb. at 44c
Good Oleomargarine, lb. . . . 25c
Extra Fancy Peaches or Plums, in syrup, 2 cans 25c
Kama Soup, all flavors, 3 cans, 28c
Extra Fancy Strawberries, 2 boxes for 35c

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PIG PORK LOINS, PER LB. 22 3/4 c
CONE LEAF LARD, PER LB. 25 3/4 c

We have the finest and most complete fruit and vegetable department in Omaha and are buying in large quantities direct from the grower. No middle men's profits.

Nebraska Grown Potatoes, 15 lbs. to the peck, per peck 15c
Extra Fancy Cauliflower, lb 7 1/2 c
Extra Celery, per bunch 10c
Strictly Fresh Eggs, packed in cartons, per dozen 35c
Fancy Elgin Creamery Butter, in pound cartons, per lb. 40c
Wisconsin Cream Cheese, lb. 30c
White Russian Soap, 6 bars for 25c
Sunbrite Cleanser, 6 cans for 25c
Fancy Head Rice, per lb. 7 1/2 c
Rumford Baking Powder, lb. can . . . 18c
15c quality Corn, Peas and Tomatoes, per can, at 11c

Steer Sirloin Steak, lb 22 1/2 c
Steer Porterhouse Steak, lb 24 1/2 c
Steer Pot Roast, lb 18 1/2 c
Steer Rib Roast, lb 18 1/2 c
Young Veal Roast, lb 17 1/2 c
Young Veal Steak, lb 12 1/2 c
Extra Lean Pig Pork Butts, lb 24 1/2 c
Swift's Premium Regular Hams, lb . . . 31c
Extra Lean Sugar Cured Hams, lb . . . 28 1/2 c
Extra Lean Bacon, lb 41 1/2 c
Sugar Cured Bacon, lb 34 1/2 c
Sugar Cured Hams, lb 23 1/2 c
Sunshine Ginger Snaps, lb 12 1/2 c
Sunshine Southern Fingers, lb 18 1/2 c
Sunshine Plain Household Cookies, per lb. at 17 1/2 c

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SPECIAL INCUBATOR DEMONSTRATION
Mr. E. P. Tinker, poultry expert, will be in this department all day Saturday to demonstrate Buckeye Incubators and Brooders—5% discount on all orders placed that day.

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