

Adelaide Kennerly
EDITOR

WOMAN'S SECTION OF THE BEE

Ella Fleishman
ASST. EDITOR

EAT KINNER'S
THE BEST
MACARONI

Home Economics

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

Harriet Ruth's Cooking Lesson

EGG A LA GOLDENROD.

Dear Lillian:

I just remembered that I did not give you the recipe you wanted the last time you were over for lunch. I meant to telephone it to you before you went to your grandmother's for spring vacation, because it is just a dandy recipe to use at this time of year, and especially on a farm, where you can get all the fresh eggs you want.

Mother let me make anything I

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.

wanted to when you were over, and I decided on Egg a la Goldenrod, because it is so pretty. Don't you think it is? Mother thinks making a dish pretty is the easiest way to get people to like it and I think so too. Don't you?

Here is the recipe just as it is on mother's recipe card:

Egg a la Goldenrod.

3 eggs, hard cooked
1 teaspoonful fat
1 teaspoonful flour
1 cup milk
1/4 teaspoonful salt
1/4 teaspoonful pepper
4 slices toast

Melt the fat, stir in flour, then add milk and stir to boiling. Add seasoning. Separate yolks and whites of hard cooked eggs. Chop the whites and add to sauce. Pour over the toast which has been neatly arranged on a platter. Force the egg yolks through a strainer over the sauce. Garnish with parsley. Paprika may be sprinkled over the egg yolks.

If you want to make things get done together start the eggs cooking first. Mother says people used to think it made eggs hard to digest if they were really boiled, so people would put them in hot water and just keep them hot for a long time—at least half an hour. But now we can boil them if we want to; but we should boil eggs at least 20 minutes

to have them really done. So you'd better start your eggs 20 minutes before you do the sauce, because it is hard to handle eggs if they are just out of the boiling water.

Sauce and Toast.

When the eggs are done and cooling get the materials ready for the sauce and cut the bread for the toast. If you cook on a range at your grandmother's, Lillian, you might make the toast next and let it stand at the back to keep warm. In our city kitchen it is hard sometimes to keep the toast warm. I have seen mother make the toast and the sauce at the same time but I'd be scared to try two things at once! And be sure to have your parsley washed and broken into sprigs before you start the sauce. And the platter should be where it will get warm. By the time you have everything out, the eggs ought to be cool enough to handle; the whites and yolks should be separated and the whites chopped. Have the strainer ready near the stove. About five minutes before lunch start the sauce.

Have you ever made cream sauce before? The first time I ever tried it mother said: "Don't let the fat and flour brown, and stir, stir, stir!" So be sure you just let the fat get hot, but not brown and that you just mix in the flour, but don't let it brown. Then as you add the milk, stir constantly and steadily. Mother says to cook cream till it bubbles all over but don't let it boil. Milk is supposed to do better for you if it doesn't boil.

I hope your grandmother likes your cooking. Maybe she will show you something nice and easy to cook that you can try when you get home. I want to try lots of things while I have vacation this week. With lots of love.

HARRIET RUTH.

The Mount Holyoke college girls are eating war bread six days out of the seven, and have voted to use no butter, the saving thus effected to go for the benefit of the Red Cross.

Women With Legal Experience Needed for Government Work

Positions that offer opportunities for advancement in work and salary and an exceptionally fine opportunity for acquiring experience and knowledge of court procedure and practice in both federal and state courts are covered by a civil service examination that is open to women as well as to men.

A rather wide and complete knowledge of law is required, the announcement of the civil service commission stating that the examination in law will consist of practical questions upon nearly the entire field of jurisprudence, excepting technical rules of practice and statutory laws not common to all the states. A knowledge of stenography and typewriting is also necessary.

The vacancies to be filled by this examination, which is to be held April 23-24, are in the Bureau of Naturalization, Department of Labor, for duty in Washington or in the field, the entrance salaries ranging from \$1,000 to \$1,400. To be eligible, applicants must have reached their 27th birthday on the date of the examination; but, the commission states, no person who is under 27 years of age will be certified to the position of naturalization examiner and no person who is under 24 years of age will be certified for appointment to a position in the field service.

Luminous Paint, Not Electricity

A Boston hotel with a large electrical sign, when compelled to cut off its illumination under the recent fuel administration order prohibiting such uses of current, had the sign painted with luminous paint, which is said to be a fairly satisfactory war-time substitute.

Scotch War Nurse to Speak Here Monday



KATHLEEN BURKE.

Miss Kathleen Burke of the Scottish Women's hospitals and Dr. Robert M. McElroy of Princeton university will be the speakers at a patriotic rally Monday evening in the Chamber of Commerce. The meeting is under the auspices of Omaha branch of the National Security League, of which Dr. McElroy is educational director.

Miss Burke made four separate tours of the western fighting fronts and wears the decorations of Serbia, France and Russia. Her French decoration contains the title: "The knight of tenderness and pity across the world." She has raised thousands of dollars for the American Red Cross.

Miss Burke has just returned from Europe, where she visited the three fronts, and was admitted to the British first line trenches, the first woman to whom this honor has been accorded. Just before leaving England she received her fourth decoration, that of commander of the British empire.

Colleges to Train In Food Saving

Because there is a definite shortage of educated women familiar with the food situation, capable of serving on state food administrations the United States food administration has planned three college courses which will be given to women students throughout the country between now and graduation time. Courses are as follows:

1. Food and the war—Sixteen lectures. Open to all students. A general survey of the world's food problem in its geographic, economic, and nutritional aspects. This course includes a study of the effect of the war upon the food of Europe and America, and the necessity of food control. It will give a basis for intelligent co-operation with the work of the food administration in its different branches. Students taking this course should be qualified to assist in the direction of public opinion.

2. Fundamentals of food and nutrition in relation to the war—Forty-eight lectures or recitation periods. Open to students taking course 1. Primarily for juniors and seniors. Previous courses in chemistry, physiology and economics useful but not required. A development of the subject matter of course 1 with greater emphasis on its nutritional aspects and their relation to national and individual food conservation. Students completing this course successfully should be sufficiently informed to speak or write on the aims of the food administration, and to assist otherwise in the food conservation campaign.

3. Laboratory course in use and conservation of foods—Sixty-four laboratory hours. Open only to students taking courses 1 and 2. The practical application of the principles presented in course 2, designed to give the information and to develop the skill which will prepare the student to act as assistant to official demonstrators. By the addition of some equipment to chemical, physical or physiological laboratories, this course may be given in institutions having no department of home economics.

It is estimated that 200,000 women students are eligible for these courses and that a large proportion of them will respond to the need for trained workers and take tuition which, upon graduation, will fit them for assignment to state and county food administration work in their own localities all over the nation. Further details concerning these courses can be obtained from the division of home conservation, United States food administration, Washington, D. C.

Soy Bean Griddle Cakes.

If Bobby doesn't like his cereal with milk, serve it to him with a little syrup, jelly or fruit and never whisper the fact to him that it was cooked in milk instead of in water. Skim milk may often be used for cooking cereals and many of them will absorb many times their own volume when cooked in this way.

1 1/2 c. soy bean meal, 1/4 c. sugar,
1 1/2 c. flour, 2 c. milk,
1 t. baking powder, 2 egg,
1 t. salt, 2 T. melted fat.

Mix and sift dry ingredients in a bowl; add milk and egg beaten together. Beat well and add melted fat. Cook on a hot griddle.

Corn Flour Griddle Cakes.

If by tears or pleading or argument it is possible to swerve a man from his duty, to interfere with his absolute right to do his duty, it may be that in this way his life will be saved—but such a life is not worth saving.

1 1/2 c. corn flour, 1 c. sour milk,
1/2 t. soda, 1 egg,
1/2 t. salt.

Sift the dry ingredients together add the milk and the beaten egg. Mix well and cook on a hot griddle. The batter must be very thin.

Puritan Hams and Bacon

EASTER—A Day of Rejoicing

Apart from its deeply religious import, EASTER marks escape from the clutches of The Frost King.

So named after Eastre the Goddess of Spring, all nature conspires to make it truly "a day of rejoicing" and with her fresh new raiment gives abundant evidence of world rejuvenation.

—And Easter is a festal day. What more fitting time to repair the waste of an enervating Winter and to get away from the sameness in foods?

PURITAN Hams and Bacon contain more nutriment per pound than fish, fowl, or any other meats except clear pork fat.

PURITAN Hams and Bacon are selected young, tender, finely grained meats, given an exclusive curing and smoking process, producing uniform excellence of flavor.

Countless are the ways of serving, but you might try these:

BAKED HAM
Roll Puritan Ham 4 hours; remove skin. Mix a cupful of the juice with a 1/2 cupful of cider vinegar; pour over ham and set in pan to bake. Cook 3 hours in moderate oven; baste often. Insert cloves in fat where skin has been removed. Mix 1/2 cupful each of brown sugar and bread crumbs and 1/2 teaspoonful of pepper; sprinkle over ham. Bake 1 hour longer.

BACON SANDWICH
Cut slices of Puritan Bacon thin and score the outer edge. Brown quickly in a hot pan. Then place between the fingers the wide strips of bread. Dip the bread into a beaten egg, then into fine crumbs, then fry it a golden brown in hot fat.

EMINCE OF HAM
Cut as many slices as possible from the cooked butt of Puritan Ham, and lay them aside for cold cuts. Mince fine sufficient end bits of ham to measure 1 1/2 cups. Place in a saucepan and add 4 tablespoons of water, 1 tablespoon of lemon juice, 1 tablespoon of catsup. Heat until hot. Then lift a slice of toast. Pour over the Emince a thick sauce. Garnish and serve.

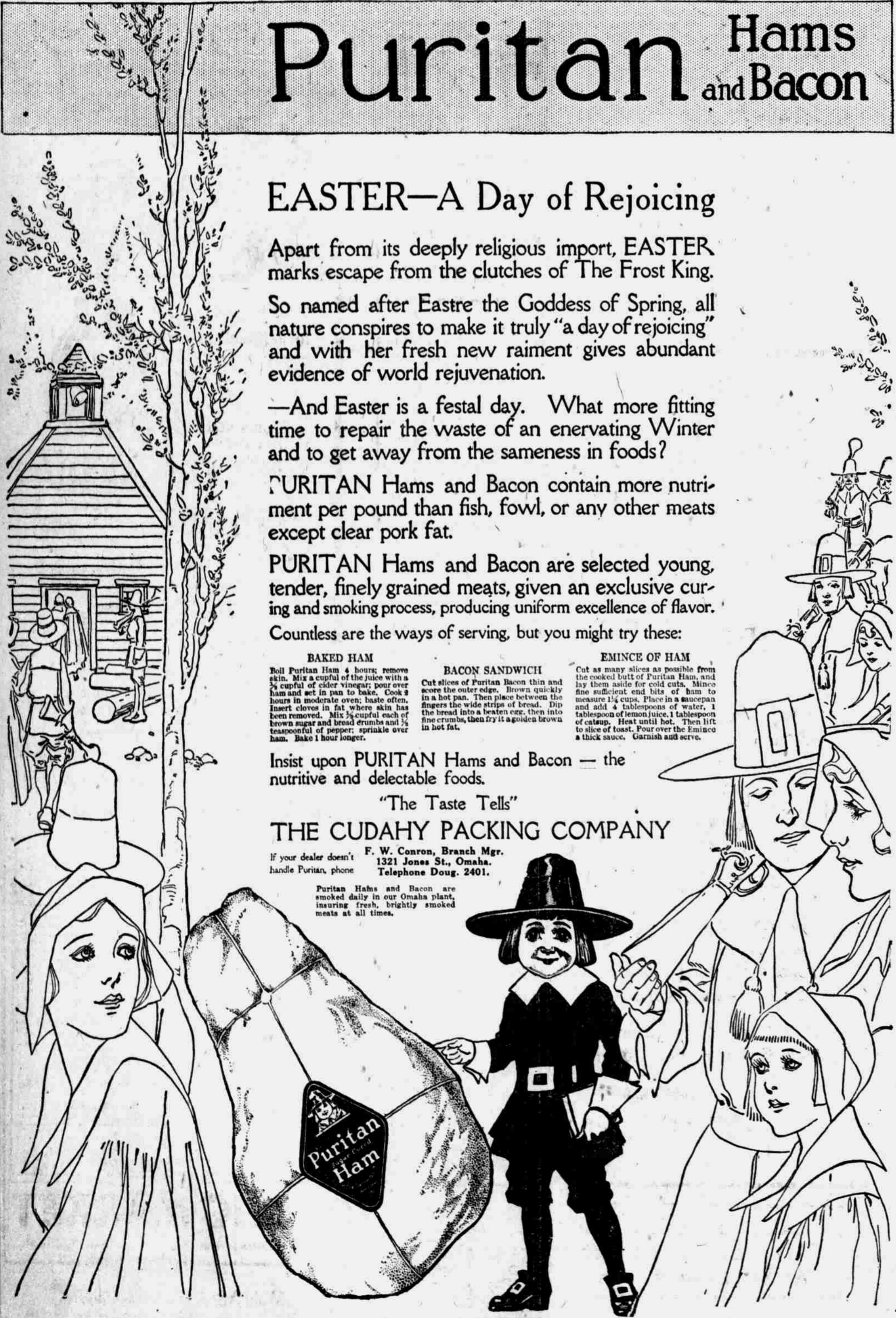
Insist upon PURITAN Hams and Bacon — the nutritive and delectable foods.

"The Taste Tells"

THE CUDAHY PACKING COMPANY

If your dealer doesn't handle Puritan, phone F. W. Conron, Branch Mgr. 1321 Jones St., Omaha. Telephone Doug. 2401.

Puritan Hams and Bacon are smoked daily in our Omaha plant, insuring fresh, brightly smoked meats at all times.



His Best Treat

Does he look as if he likes it? He surely does and it's so with every boy and girl who shares a feast of bread and

HOLIDAY NUTMARGARINE

It is just the finest and most healthful spread that anyone, young or old, can want.

It is delicious, sweet, wholesome—a purely vegetable nut butter—cocoanut oil, peanut oil, milk and salt—not a particle of any other ingredient, preservative or animal fat.

Equally fine for the table and cooking and cost fully a third less than creamery butter.

Holiday comes to you a snow white, with a capsule of vegetable coloring—the same as used by all butter manufacturers.

We are required by law to label this product oleomargarine because there exists as yet no law that distinguishes between oleomargarine made of animal fats and this newly discovered nutmargarine made of vegetable oils.

NORTHERN COCOANUT BUTTER CO.,
Manufacturers, Minneapolis.

Your Grocer, Delicatessen Store and All Dealers in Pure Food Products sell the Holiday Brand.

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