

Whatever else the war is doing for us, it is surely enlarging our food horizon. Two or three years ago, a bean was a bean; just a plain white navy bean; or you might have in-cluded the idea of the lima bean in your mental vision of the word Now we have the soy bean, the Swedish brown bean, the kidney, the Mexican bean, the black bean, the blackeyed bean, the chili beanall coming into their own on our ables. The navy bean has largely peen drafted for military servicewhich fact has meant that we at home are relying more on the less known as tested recipes for the use of pinto

Food Value.

As far as I know, there is a great As far as 1 know, the food value of the 1 th. Mexican pintol small onion. warious kinds. All are valuable as meat savers, for they contain protein or body-building food material; and it is for contain the formatter that it is for protein that we value meat chiefly. The soy bean is much richer in fat and poorer in starch than the white bean. They are all probably similar in their digestibility.

Beans, in general, are difficult of di-

gestion for some people; but that difficulty of digestion is removed to a certain extent if the skins are taken off the beans. If the beans are soaked overnight, it is possible to rub the skins off. The person with a strong the transfer of the transfer of the skins off. The person with a strong the transfer of th digesting of the beans.

Cooking of Beans.

The cooking of beans is silimlar. as far as I have discovered, with the exception of the soy bean. The main objection to its use is the great amount of time necessary to soften it. The fireless cooker is an aid, or the pressure cooker; but soaking is necessary even with these cooking devices. The other beans that I have worked with-namely, the black-eyed bean, the black bean, the Swedish brown bean and the pinto bean seem to cook about as the white bean. In fact. the other day, some navy beans were cooked in the same fireless cooker with pinto beans, and the pinto beans while baking. Bake one hour. Tomawere better done in the given length

Special Value of Pinto Beans.

The special reason why pinto beans otherwise not be cultivated. Colorado grows them, and I think some parts of Nebraska. Their flavor is good and they are cheaper than white beans. Some people object to the speckled brown appearance, but the speckles wiches with white, brown or whole seem to "cook off;" for the cooked wheat bread. bean is a uniform brown color.

Mexican Baked Beans.

in warm water over night. Parboil in One-half hour before ready to serve soda water and drain. Boil gently add one pint of tomatoes, two tea-southern California, has a live-saving until tender. Place in baking dish.

Wheatless Breads

Barley Baking Powder Biscuits. 3 T. fat, 2-8 c. milk.

Sift the dry ingredients together, rub in the fat, and add the liquid until a soft dough is formed. Roll to about three-quarters of an inch thick, cut with a cookie cutter and bake in

Pinch salt. c. oatmeal.

Little warm water, Mix the oatmeal, warm water and salt together into a firm dough. Do not roll out but pat it with your hand into a thin, flat cake. Then sprinkle the top with oatmeal flour and toast in front of the fire.

Hominy Muffins.

c. cooked hominy, t. salt, 2 c. corn flour, 5 T. shortening, 5 t. baking powder.

Mix together hominy, salt, melted shortening, beaten egg and milk, Add flour, which has been sifted with baking powder. Beat well and bake in greased muffin tins or shallow pan in hot oven 25 to 30 minutes.

Corn Dodgers.

1% c. boiling water, 1 t. salt, 2 c. cornmeal, 2 t. fat. Pour the boiling water over the other materials. Beat well. When cool, form into thin cakes and bake 30 minutes in a hot oven. Makes 14 biscuits. These crisp biscuits are good with butter or gravy.

Community Kitchens

The profits from a patriotic food show held recently in St. Louis are being invested in two community food kitchens, to be conducted by the woman's central committee on food conservation. These kitchens will be estable lished first in populous industrial sections of the city, and modeled after semi-community kitchens in Europe, with the object of conserving fuel at central cooking plants, conserving food by cooking it efficiently in large quantities and conserving human labor. Soups, spaghetti, cereals, and cheaper cuts of meats will be cooked first, and dried fruits and slow-cooking vegetables added later. Food will be sold to families of limited means at cost, plus a small maintenance

Third Liberty Loan

Join the parade, but order from Green's Pharmacy early, We close for the parade Saturday, 2 to

· Let's all join the big procession and help to



16th and Howard. Douglas 846.

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

Add a small amount of molasses, mustard, chili sauce or catsup. Add salt and cayenne pepper to taste. Place slices of salt pork on top. Bake slowly for three hours.

Recipes for Pinto Beans.

The recipes given below are offered beans, but any other beans might be used in their stead if desired.

Chili Can Carne.

Method: Pick over the beans, wash and soak over night. Parboil in soda water, drain, boil until tender. Mash slightly. Add strained tomatoes. Fry steak in fat, grind and add browning of fancy dishes. Oil conto bean mixture. Add seasonings and tent averages about 5 per cent of the cook one hour.

Baked Beans Without Meat.

spoon of soda over night. In the oil, free from odor, possessing a pe-morning boil and drain. Fill bean culiar sweet flavor and keeping withvessel with cold water and stir all out rancidity for many months. ingredients thoroughly. Bake in covered vessel about six hours. Simmer partially dry before they are done.

Bean Loaf. 1 lb. pinto beans. Cream or milk. 1 c. cheese grated. Salt and pepper to c. cracker crumbs. taste. egg. 2 T. pimento,

Method: Parboil in soda water beans which have been soaked over night. Drain. Boil until tender. Mash and add to other ingredients. Form into a loaf. Cover top with fat and baste with fat about every 15 minutes toes or the bean liquor may be substituted for milk. Bean Loaf With Peanuts.

c. pinto beans2 c, peanuts chopped cooked and drained. fine.

Bean Sandwiches.

Left over pinto berns may be com-bined with cheese, pimento, chopped

Colorado Pinto Beans to Boil. Let soak over night or 24 hours. Pick over the beans, wash and soak Cook with pork or season with fat.

spoons chili powder and one onion.

Hardware and Tools

Cooking Advantages

By Use of Corn Oil

Smokeless cooking is a possibility with corn oil, which has a burning point of 650 degrees fahrenheit, as apolis Tribune. The high burning point of corn oil enables the cook to bring it to 60 degrees before putting in food for frying, and the hot oil instantly seals in food juices, retaining flavor and aroma, the food being cooked in its own juice instead of saturated with grease. In one experiment, an onion, a doughnut, a meat ball, and a codfish ball were all fried together in the same corn oil, none of them absorbing flavors from the others, an illustration of this sealing.

Corn oil also has a lower congealing point than any other salad oil, was this right?

In they ask us for a date nearly every night. We don't like to 'turn them down' but we must get our lessons. What shall we do? They ask us for a date nearly every night. We don't like to 'turn them down' but we must get our lessons. What shall we do? They ask us for a date nearly every night. We don't like to 'turn them down' but we must get our lessons. What shall we do? They ask us for a date nearly every night. We don't like to 'turn them down' but we must get our lessons. What shall we do? They ask us for a date nearly every night. We don't like to dispand they do better if the invitation came from them.

There is one boy who is quite old but small and homely who insists on us wearing his rings and going to the show with him. It am 26 and have been going about with a man two years my senior for five years. When we first met he was not making enough to support a wife, but now that he has advanced he says he would never marry, as he sees too much unhappiness among married people.

The other nich them down' but we do?

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It is it proper for us to go out auto riding with them?

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remaining clear and fluid down to 14 degrees fahrenheit, and so makes salad dressings which are iree from Jumps. Olive oil becomes cloudy and solidifies at 32 degrees, as does peanut oil. It is said that nothing equals corn grain, so that a 3,000,000,000-bushel corn crop holds potentially 400,000,000 gallons of corn oil. The Ib. pinto beans. 1 T. fat.

small onions. 1 small bottle cate oil is extracted from the corn germs, purified by filtration and steaming, which sterilizes it and turns it into a Method: Soak beans with one teat clear, limpid, pale straw-colored food

candy by the public, the candy dealer is advised to turn his attention to fresh fruits as merchandise, and build up a thriving fruit department. All confectioners have handled fruit, says the northwestern confectioner, but chiefly as a side line. Now it should be shoved to the front and advertised, to let the public know that it is healthful, and that many fresh and dried fruit products are fairly satisfactory substitutes for sugar in the diet. Featuring a different fruit each week is recommended, choosing some speare offered for our use, is that they will grow in arid soil that would otherwise not be cultivated. Colorado ing with malted fat occasionally. vertising, window displays, show cards and the like.. Most fresh and dried fruits may not only be eaten out of hand like confectionery, but also nuts or pickles and used in sandserve as a basis for salads, desserts and cooked dishes, recipes for which can be distributed by dealers and demonstrations or preparing and servbe given in the store.

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Advice to the Lovelorn

By BEATRICE FAIRFAX.

Dear Miss Fairfax, Omaha Bee: We are

selves by so doing far more than you realize. your heart over him.

Good Friends.

Dear Miss Fairfax. Omaha Bee: We are two friends that are going with boys a year and a half our senior. We are 16 years appreciation upon being escorted home from of age, and would like your advice concernations. Fruit in Candy Store

With prospects of reduced sales in candies, due both to sugar conservation and reduced consumption of candy by the public, the candy dealer.

rather no one knew it. Please print this in The Omaha Daily Bee. Thanking you for the advice, From BROWN AND BLUE EYES. Dear Miss Fairfax. Omaha Bee: We are considered the best looking grees for cottonseed soil, 600 degrees for polive oil, and 620 degrees for peanut oil. The low burning point of lard and butter fills the kitchen with burning grease smoke, according to Dr. Ralph St. J. Perry, in the Minnerapolis Tribune. The high burning and burning grease smoke, according to Dr. Ralph St. J. Perry, in the Minnerapolis Tribune. The high burning state of the salves of the salves of the salves. The same was a soil to sand we of them. They are not very good looking but very apolis Tribune. The high burning state of the salves of the salves of the salves. The same of the salves of the salves. The same of the salves of the salves

What colors are most suitable for a brunette? Should we wear high heels? How guarantees." When a girl has given a man long should we wear our dresses? Should twe put our hair up? If so, how? Should we wear ribbons?

Hoping to see the answer to this letter something after he does make good, soon and oblige, BROWN EYES.

If your selfish sultor has no idea in the I would let my friends know that I could world other than to amuse himself and not go out on a school night. Your studies assure himself of your companionship withshould come first and if you are out until out having to assume the obligations of late your brain will be tired and your marriage he is not the sort of man for thoughts will stray from your books. I you to waste your life on. If he loves would not take these boys seriously and you naturally he will want you for his would not, under any circumstance, allow wife, and if he doesn't, have the courage them any libertles, for you cheapen your- to break away from him and not to break

and I am sure that he will not ask you

Try to Help Him.

they cared to go to church, but I think it My dear girl, don't you realize that you his bad points for the sake of his good would be better if the invitation came from are a snob at heart? I cannot print all of anes.

young man how you feel about such things whom you would probably care if you

Greatly Benefited

"I have derived such wonderful benefit from the use of Chamberlain's Cough Remedy that I cheerfully recommend it to anyone in need of such a medicine," writes Mrs. P. E. Matteson Roseville, Ohio.

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It is as nutritious as butter and even more digestible. Like butter it is energy food of the highest value.

You will use Troce in place of butter solely for quality - because you rarely find butter so pure and sweet. Your dealer will supply you with a capsule of the vegetable coloring used by butter makers.

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