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WOMAN'S SECTION OF THE BEE

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Home Economics

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Preserving Eggs

This is the season of the year when eggs are at their very best. Unfortunately, their price is not low enough this year to put them into the class of low cost food; still I think they have probably not risen more in proportion than other foods have. At 35 cents per dozen they compare rather favorably with meat in cost, taking the food value into consideration. One dozen large eggs weigh about one and one-half pounds. About 14 per cent of egg is body-building material, and one pound of eggs gives about 900 heat units to the body. Lean meat has a larger per cent of body-building material, as high as 20 per cent; but gives fewer heat units to the body. Hence eggs are not a bad investment as meat substitutes, and their digestibility for the average person must also be taken into account.

Seasonal Price.

The hen evidently does not realize that she should be on the job the whole year round, for the winter season is her rest period. Cold storage has helped somewhat to equalize prices the year round; but cold storage prices are not so low as to put eggs within the reach of every one in the winter time. It is perfectly possible for the housewife to overcome seasonal prices to a certain extent by preserving her own eggs for autumn and winter use.

Ways to Preserve Eggs.

The principles of preserving eggs are very simple. A good egg is one which has kept its original water content, and which has not undergone change, due to bacteria. Some bacteria enter through the shell, which is porous. If the shell can be sealed, the eggs will keep for a reasonable length of time. I think no one claims that home preserved eggs will last longer than eight months.

The simplest way to preserve eggs is to pack them in sawdust or salt, or coat them with paraffine or some other air proof preparation. The more satisfactory way is to cover them with a water glass solution, or a lime water solution.

Water Glass Method.

Select perfect eggs, as fresh as possible. Do not wash, for the water will remove a gelatinous covering which helps to preserve the egg. Scald an earthen jar, and prepare a solution of nine parts cooled boiled water to one part of water glass. The mixture should be beaten with an egg beater if it will not mix easily. One quart of water glass is sufficient for one-half case of eggs (15 dozen). Pack the eggs into the jar which has been placed in a cool place where it need not be moved. Cover the eggs with the solution to the depth of two inches above the eggs, and as the water evaporates it should be replaced with fresh cold boiled water. The boiled water should always be used, because other water is not sterile.

Success of the Method.

As stated above, it is not claimed that home preserving will keep eggs

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.

longer than eight months. Toward the end of that time the white and yolk cannot be separated and the egg is only fit for general cooking. The housewife, then, should put down only enough eggs now to last during the autumn and rely on summer eggs for her winter supply. It is better to preserve some eggs now, for the spring eggs are by far the best of the whole year, both in flavor and in keeping qualities.

Lime Water Method.

The United States Department of Agriculture gives the following directions for the lime water method: Lime water is also satisfactory for preserving eggs and is slightly less expensive than water glass. A solution is made by placing two or three pounds of unslaked lime in five gallons of water, which has been boiled and allowed to cool, and allowing the mixture to stand until the lime settles and the liquid is clear. The eggs should be treated as for the water glass method.

Italian Eggs.

5 eggs 1/2 c. strained tomato
1 t. salt 1/2 t. finely chopped
2 doz. olives, chopped onion
1 t. chopped parsley
Beat the eggs, add other ingredients, mix well and scramble in a hot pan in which 1 t. fat has been melted. This is a good chafing dish recipe.

Madrid Eggs.

1/2 c. cooked rice 1 t. vinegar
1/2 c. brown sauce Salt and Pepper
1 t. fat. Chopped parsley
6 eggs
Poach the eggs in water to which the vinegar has been added. Season the rice, which should be hot, with the salt, pepper and fat, and arrange as a bed on a hot plate. Make six depressions in the rice, slip a poached egg in each, garnish with the chopped parsley, and pour the brown sauce around the dish. Serve hot.

A Hoe for Every Home

The hoe has become a weapon of war. The food situation was never more serious than now. Saving food is one solution of the world shortage; substitution is another, but equally important is the spring edict from the United States Department of Agriculture and the United States food administration that the country must plant and produce more food this year than ever before.

The urgency of this demand must be appreciated and acted upon promptly by every home in America. Every householder with even a little land to spare should buy a hoe. The hoe should become the symbol of a self-sustaining household as regards garden foods. Every peck of potatoes and every pint of peas brought in from the back yard releases that much more for the current market and saves that much to ship abroad. Almost every home has some member who can devote a little time each day to the hoe. This should be considered as much a part of patriotism

Potatoes Take Place of Bread

The United States food administration is continuing to preach potatoes instead of bread. Eat potatoes now while they are good.

Breakfast.
Stewed Fruit
Scrambled Eggs
Potatoes Patties
Coffee or Milk
Lunch.
Baked Potatoes
Creamed Left-over Meat
Radishes
Fresh Fruit Sauce.
Dinner.
Halibut Steak
Roed Potatoes,
Sweet Potatoes
Vegetable Salad
Apricot Oatmeal Betty.

Potato Patties.
Shape cold mashed potato in small cakes and roll in flour. Grease hot omelet pan, put in cakes, brown one side, turn and brown the other side, adding a little fat if needed to prevent burning.
Apricot Oatmeal Betty.
2 cups cooked oatmeal.
1 cup stewed apricots.
1/2 cup raisins.
1/4 cup corn syrup.
1/4 teaspoon cinnamon.
Mix and bake for one-half hour. Serve hot or cold. This recipe will serve five persons.

No Bread at Dinner

Girls in two large dormitories at the University of Wisconsin have of their own accord voted to have no bread served at dinner. Why not adopt their plan in your home? Bread is quite unnecessary with such menus as the following:

Vegetable Soup with Rice
Mutton Chops Mashed Potatoes
Lima Beans Creamed Cauliflower
Stuffed Prune Salad
Oatmeal Betty
Clam Soup
With Oatmeal Flap
Riced Potatoes Juiced Rabbit
Dried Corn Baked in Milk
Spinach
Indian Pudding
Creamed Potatoes
Corn, Oysters
Cabbage Salad
Rice Pudding
Oatmeal Betty.

1/2 cup corn syrup 2 cups cooked oatmeal
1/2 t. fat 4 apples cut up small
1/2 teaspoon 2 cups raisins
Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dried or ground peanuts may be used instead of apples.

Jugged Rabbit.
Forequarters of rabbit lay flat
2 tablespoons fat Water
Dash thyme Salt
1 sliced onion 3 tablespoons vinegar
Grated rind 1 lemon 1 cup of gingerbread crumbs
Cut rabbit into pieces, place in saucepan with fat, thyme, sliced onion, lemon rind and bay leaf. Add enough water to cover rabbit an inch from top, salt, cover and stew, when rabbit is nearly done, take out, strain the liquor, add vinegar and then rubbed with an equal quantity of flour. Add the gingerbread crumbs to the gravy. Pour this gravy over the rabbit, simmer awhile and serve.

Corn Oysters.
Soak dried corn in water over night or use canned corn. To each cup allow one egg beaten light, one tablespoon milk, one-half teaspoon salt. Mix all together and drop by spoonful on hot greased griddle and brown on both sides.

Miss Ruth McCall, eldest daughter of the governor of Massachusetts, has chosen for her life work architecture and landscape architecture.

as to buy thrift stamps or to knit for the soldiers. It is necessary to do our part to finance this war, but of what avail to furnish money if we fail to feed the my and the civilians who are waging it?

Orange Crop Shortage is Cause of Big Rise in Price

The unprecedented rise in the price of oranges is the feature of the local fruit market that is astonishing the marketmen. Oranges that sold at 30 cents a dozen last year are now commanding \$1 a dozen, and the biggest size that sold at 50 cents now cost \$1.50 a dozen. Marketmen say the producers claim there is a big shortage in the crop.

Potatoes hold down to 25 cents a peck for the best kinds. "We have in some extra fine genuine Red river seed potatoes," said Omaha marketmen. "These are in branded sacks and the government guarantees them genuine." The price is \$1.25 a bushel. Last year these potatoes sold at \$3.50 a bushel.

One of the most remarkable lowering of prices is that of red onions, which sell at 1 1/2 cents a pound now and sold last year for 10 and 12 cents a pound. Onion sets are selling at a large department stores for 10 cents a quart.

New, fresh rhubarb from California is arriving in Omaha in liberal quantities and sells around 7 1/2 cents a pound. Strawberries are somewhat higher

than last week. A carload from Louisiana supplied local demand at 17 1/2 cents for the pint boxes and 35 cents for the quart boxes.

Wax and green beans, fresh from the southern gardens, sell for 20 cents a pound. Green peas arrived on the market for the first time this spring. They come from California and sell at 15 cents a quart.

Saving Shoe Leather

Making two pairs of shoes do the work of three, while leather maintains its wartime scarcity and price, is the advice of the United States bureau of standards.

"It is apparent," says the bureau, that it is a matter of economy to keep two or more pairs of shoes, wearing them in rotation. Some manufacturers claim that two pairs of shoes worn alternately will outlast three pairs worn consecutively. Wet shoes should be dried slowly, and, if possible, shoe trees should be inserted to prevent their losing shape and becoming uncomfortable, and also to prolong the life of the shoe."

Dehydrated Cabbage

Four pounds of dehydrated cabbage will feed 300 men with an accustomed army ration as provided by experiments conducted at Walter Reed army hospital, Washington, D. C., with several kinds of fruits and vegetables. These showed that dehydrated products enough for a large number of men could be stored in a small space. A considerable army. These will be employed not

only in feeding the troops in France, but also served in the rations in the cantonments in this country.

Dehydrating processes have been studied by Department of Agriculture scientists for several years past. This study has shown that dehydrating, a process which extracts the water content of fruits and vegetables without changing them chemically, has many advantages to recommend its use in war.

Saturday Specials at the Empress Market

Pig Pork Loins, per lb.	21 1/2 c
Pure Cone Leaf Lard, per lb.	25 1/2 c
Steer Shoulder Steak, per lb.	19 1/2 c
Steer Pot Roast, per lb.	19 1/2 c
Steer Rib Roast, per lb.	22 1/2 c
Young Veal Roast, per lb.	18 1/2 c
Young Veal Stew, per lb.	13 1/2 c
Extra Lean Pork Butts, per lb.	24 1/2 c
Extra Fancy Lamb Stew, per lb.	3 1/2 c
Swift's Premium Regular Hams, per lb.	27 1/2 c
Extra Lean Regular Hams, per lb.	27 1/2 c
Sugar-Cured Hams, per lb.	22 1/2 c
Extra Lean Bacon, per lb.	43 1/2 c
Sugar-Cured Bacon, per lb.	36 1/2 c
SPECIAL—From 10 to 11 A. M.—Omaha Family, Star or Ivory Soap, each 5c	
Diamond C Soap, 7 bars for 25c	
Strictly Fresh Eggs, per doz. 33c	
Good Butterine, per lb. 25c	
Tall Cans of Salmon, per can 15c	
Sweet tooth pancake flour or quality macaroni, 3 for 25c	
California Prunes, 3 lbs. for 25c	

THE EMPRESS MARKET
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SATURDAY SPECIALS AT NEW PUBLIC MARKET

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Strictly Fresh Eggs, guaranteed, select, per dozen, at 33c	Radishes, per bunch 5c
Fancy Creamery Butter, in pound packages, per lb., at 41c	Fancy Leaf Lettuce, 3 for 10c
Wisconsin Cream Cheese, lb 27 1/2 c	Fancy Nebraska Potatoes, 15 lbs. to the peck, per peck 18c
Large cans of Milk Hominy, special for Saturday only, 3 cans for 28c	Sunshine Ginger Snaps, lb 12 1/2 c
New Asparagus, home grown, bunch 8c	Sunshine Cookies, mixed, lb 20c
Pig Pork Loins, lb 21 1/2 c	Steer Shoulder Steak, lb 19 1/2 c
Pure Cone Leaf Lard, lb 25 1/2 c	Steer Pot Roast, lb 19 1/2 c
Eagle Brand Peas, not soaked, can 10c	Steer Rib Roast, lb 22 1/2 c
Diamond C Soap, 7 bars for 25c	Young Veal Roast, lb 18 1/2 c
Tall Pink Salmon, per can 15c	Young Veal Stew, lb 13 1/2 c
California Prunes, lb 12 1/2 c	Extra Lean Pork Butts, lb 24 1/2 c
4-Crown Muscatell Raisins, lb 12 1/2 c	Extra Fancy Lamb Stew, lb 3 1/2 c
Fancy Cauliflower, lb 7 1/2 c	Swift's Premium Regular Hams, lb 27 1/2 c
Young Carrots, Turnips, Shallots or Sugar Cured Bacon, lb 36 1/2 c	Extra Lean Regular Hams, lb 27 1/2 c

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At this time when food prices are higher than ever before, you can't afford to take chances on unknown brands. Efforts toward economy may be even more wasteful, more extravagant, than to continue the food habits already formed by your family during normal times. Above all things don't overdo in your efforts to buy cheap foods. This is seldom true economy. It isn't what you pay, but what you get for what you pay that counts. Always buy Armour Oval Label foods. Buy foods you know—foods that are marketed under a name that carries with it a responsibility for quality. Ask for the foods by the brand name as well as the food name, and in your buying, follow the advice of the Food Administration. This is the right war policy for American housewives.

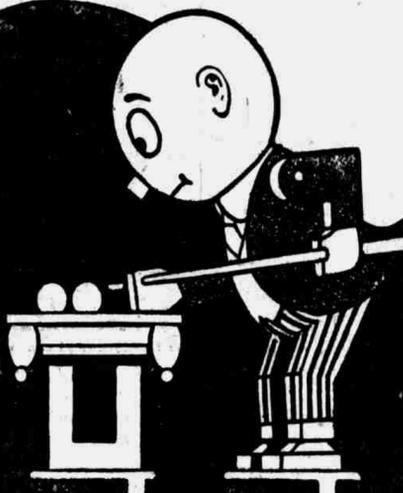
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Our Domestic Science Department has prepared a book on modern home management. It tells how to prepare the best meals and save time, labor and money. Send ten cents (coin or stamps) to cover postage and packing charges, and we will mail your copy. Address Domestic Science Department, Desk 4, Armour and Company, Chicago.

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