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WOMAN'S SECTION OF THE BEE

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Wome Economics

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Possibilities of a Souffle

A souffle is either a luxury or a legitimate part of our diet, according to the place it is accorded in a meal. The introduction of a souffle before, during or after a meat course is an unnecessary extravagance, because the souffle is especially rich in body building food and the meat is likewise. But a souffle as the main dish at luncheon or supper, or for an invalid's dinner, is an excellent meat substitute, or may be the means of

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.

making a small amount of meat go a long way.

Souffle and Whole Egg.

The whole egg souffle is almost a fluffy omelet, though it has slightly more body, due to the white sauce

used, and more flavoring. This is the kind of souffle which may take the place of meat. It takes its special name from the flavoring used—thus we have "cheese souffle," "meat souffle," etc. There are names and kinds galore; but there is just one basic recipe. If that is mastered, you may vary your flavoring at will.

Souffle.

2 T. fat. Few grains cayenne.
2 T. flour. 1 c. finely cut flavoring material.
1/2 c. milk. 1 egg.
1/2 t. salt.

Make a white sauce by melting fat, adding flour, then milk, and stirring to boiling. Add salt, cayenne, beaten egg yolks, and flavoring material, and cool. Fold in stiffly beaten egg whites, turn into a greased baking dish and bake 25 minutes in a moderate oven. A souffle must be served immediately.

Suggested Flavorings.

Cheese. Corn.
Cooked meat. Carrots or any cooked vegetable.
Cooked or canned fish. Vegetable.
Peas (run through a ricer, cooked, and sautéed).

Souffles as Desserts.

Souffles made with whole egg may be sweetened and used as dessert. They are just as rich in body building material whether sweet or not, hence should not be used after a very heavy meal course. Melted chocolate may be added as flavoring, or coffee used in place of milk, or just vanilla added to a plain sweet souffle. One-third cup sugar will sweeten the regular recipe.

Souffle with White of Egg.

A very delicate dessert is a white of egg souffle, flavored with fruit pulp and sugar. Prune, apricot, peach, etc.—any thick pulp—will work well.

Fruit Souffle.

(Two portions.)
1 egg white. Sugar, depending on acidity of fruit.
1/2 c. fruit pulp.
1/2 c. fruit pulp.

Beat egg till stiff with the salt. Fold in sugar and fruit pulp. Bake in greased molds in a very moderate oven till souffle is firm—about 25 minutes. The molds may be set in hot water. Serve at once with cream or a sauce.

Paris proposes to rename one of its streets in honor of the queen of the Belgians.

Women Sell Liberty Bonds in Hotel Booths



Left to Right—Joe Keenan, Mrs. Charles E. Fanning, Miss Ethel Padmore, Mrs. A. S. Ritchie and Mrs. Frank C. Best.

Even waging a war is done pleasantly at times. Here is one way in which the "stay-at-homes" can fight the beast of Berlin and get the immediate reward of a dimpled smile. Joe Keenan is buying a Liberty

bond from the women who are stationed in the Henshaw hotel lobby and really enjoying the event.

When the members of the women's division of the Liberty loan committee selected the women to "man"

booths in the downtown district, they chose their prettiest and youngest workers for the hotel lobby.

From the amount of the subscriptions turned in Monday and today, the choice was a good one.

Wheatless Day Helps You Use Up Other Half

Housewives must now purchase wheat flour with other flours and cereals. Pounded for pound.—News Item.

BREAKFAST.
Hominy Grits with Top Milk.
Oatmeal Muffins. Apricot Sauce.

LUNCHEON.
Cornmeal and Cheese Polenta.
Barley Drop Cakes. Cocoa.

DINNER.
Vegetable Soup with Barley.
Belgian Baked Potatoes. Mutton Chops.
Green Peas. Oatmeal Betty.

RECIPES.
Oatmeal Muffins.
2-3 c. rolled oats. 2 T. melted fat.
1 c. scalded milk. 1 1/2 c. flour.
3 T. sugar. 1 1/2 T. baking powder.
1/4 t. salt. 1 well beaten egg.

Add scalded milk to rolled oats and let stand 30 minutes. Add sugar, salt and melted fat, the flour sifted with the baking powder. Mix well. Add

the well beaten egg, and beat the mixture thoroughly. Drop by spoonfuls into well oiled muffin tins and bake from 25 to 30 minutes in a moderately hot oven.

Polenta.
1 c. yellow cornmeal. 1/2 t. mustard.
3/4 c. boiling water. 1 c. grated American cheese.
1 t. salt. 1/4 t. pepper.

Boil meal in the water with the salt for two hours. Add pepper, mustard and three-quarters cup cheese. Cook one minute, turn on greased square tin and cool. Cut in square pieces; put rest of cheese on top. Bake 15 minutes.

Barley Drop Cakes.
1/2 c. fat. 2 c. barley flour.
1 egg. 2 t. baking powder.
1/2 c. sugar. 1/4 t. salt.
1/2 c. water or milk. 1/4 c. chopped nuts.

Cream fat and sugar. Add beaten egg and milk. Sift dry ingredients and add with chopped nuts. Mix thoroughly. Drop by tablespoonfuls

on a well oiled baking sheet and bake in a moderate oven.

Oatmeal Betty.
2 c. cooked oatmeal. 1/2 c. corn syrup.
1 c. cooked apricots. 1/4 t. cinnamon.
1/4 c. raisins.

Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates or ground peanuts may be used instead of apricots. This recipe will serve five persons.

Get the Sleeveless Habit

Increasing calls from the government for women to take the places of men has caused the Intelligence (Intercollegiate) Bureau in Washington, to establish a division which will place college women and women of the college type in positions of war service. Dr. William McLellan, dean of the Wharton school of finance of the University of Pennsylvania, and director of the bureau, announces the appointment of Miss Louise Shepherd of Vassar college to organize this work. Miss Shepherd is the associate warden of Vassar. She will use the experience she gained in organizing the Vassar alumnae records and the Vassar college appointment bureau.

Mrs. Lois Kimball Mathews, dean of women at the university of Wisconsin and president of the association of collegiate alumnae, is a member of the war council of the bureau.

Dr. McLellan said: "A number of calls from the government for college men cannot be filled, and women will have to be called upon."

The Intercollegiate Intelligence bureau has been in active existence since February, 1917, and has furnished to the government more than 3,000 men of many kinds of specialized training. In 1,700 institutions there is an adjutant who acts for the bureau. When the bureau receives a call from the government it is sent, together with the specifications of the particular type of man required, to the colleges. The adjutants return to the bureau for transmission to the government the names, addresses and description of recommended men who would accept the call if offered. This system will be followed in obtaining women.

Bryn Mawr, Smith, Vassar, Wellesley and Barnard are among the women's colleges co-operating with the Intercollegiate Intelligence bureau.

The woman's committee of the Nebraska State Council of Defense has already, through its chairman, Prof. S. A. Herkova, and through Mrs. May Field, chairman of the local branch of the American Collegiate Alumnae, offered the services of Nebraska college women to the United States government for war work in the lines open to college women having specialized training.

Y. W. C. A. Hotel for Women in Paris

"No longer will any American girls or women in Paris be condemned to a cheerless, unheated room in leisure hours," states the Young Women's Christian association. "A hotel established by American women expressly for them is already filled with guests, who are enthusiastic in its praise. The social rooms of the new hotel, like those of all association buildings wherever they may be, are free to all girls and women at any time of the day or evening, whatever their nationality. They may go there to read, to write letters home, to meet a man or woman friend for a quiet visit, or to join in fun and frolic.

"The restaurant and tea room also are open to those living outside as well as to guests of the house. Besides all this, living accommodations at reasonable prices are furnished to between 200 and 250 girls and women. Every bedroom in the house has an open fire in addition to steam heat, and is furnished in old mahogany, which came with the house. Hot baths without charge at any time for those who live in the house are a feature irresistible to Americans.

"Hotel Petrograd, on the Rue Caumartin (the hotel of the Young Women's Christian association) is in the heart of Paris within five minutes' walk of both the Madeleine and the opera. The building itself is of almost classic plainness, the big open court around which it is built being the chief exterior feature."

Portland, Ore., has added women to its police force.

Diet Kitchens for French Hospitals

Diet kitchens have been established by the American Red Cross in France for the use of base hospitals. "Miss Ruth Morgan, who has been active in developing this service, has worked chiefly with the French authorities, and the French doctors are fully aware of its possibilities," states W. S. Patten, director of the department of military affairs of the American Red Cross in France.

"Our diet kitchens could not be established in a moment; data had to be collected, lists of delicacies made out, and, as we wished to work with the French, the proper negotiations had first to be concluded," says Mr. Patten's report. "While negotiating with the French Bien Etre des Blesses to establish diet kitchens of a more or less experimental character in French hospitals, we ordered in American special diet delicacies for our own base hospitals, with the result that today we have in our warehouses delicacies for the United States base hospitals against the time when the military authorities will requisition them.

"Far from being a luxury, the diet kitchen is an invaluable time-saver, not to say a necessity. In few cases, to cite one instance, doctors have been handicapped in some hospitals by being forced to give their patients, not what was best for them, but simply the best that the hospital, lacking a diet kitchen, had on hand."

Here's A Gentle Laxative For Elderly People

A daily free movement of the bowels becomes a serious problem as you step from middle-life into old age, and much dependence can no longer be placed on nature herself. The bowels find artificial aid necessary.

The stronger the physic, as old people soon learn, the greater the contraction of the bowels thereafter, and so the wise purposely avoid salt waters, pills and other harsh purgatives. Many have learned to place absolute reliance on the gentle but positive action of a combination of simple laxative herbs with pepsin sold by druggists under the name of Dr. Caldwell's Syrup Pepsin.

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