

Adelaide Kennerly EDITOR

WOMAN'S SECTION OF THE BEE

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The One-Dish Dinner

The one-dish dinner, or, as I have heard it humorously called, the "one-piece" dinner, is not a new idea at all, but rather a return to the simpler meals of our grandmothers.

Women, who are working devotedly with the Red Cross must simplify their meal preparation, or their energy will not last.

Foundation of a one-dish dinner to satisfy all the needs of the body, a meal must furnish body-building material, called protein; energy-giving food, such as starch, sugar and fat; and body-regulating food, such as vegetables or fruits.

The desire for sweets may be met in a simple dessert—though a "desire" is not a need. Strictly speaking, even bread is unnecessary, for it is good only as a source of energy and some protein, and those foods are supplied in the main dish.

The body-building material may be supplied by fish, meat, eggs, cheese, nuts, peas, beans or lentils. The typical energy foods in one-dish dinners are the starches, such as potatoes, rice, hominy, macaroni or dumplings, and the fats which are generally added.

The recipes given below do not pretend to be new—they are merely a collection of good one-dish dinners.

Jungle Stew

- 1 pt. beans, 1 c. cornmeal, 2 T. fat, 1 c. rice, 2 chopped onions, Salt and pepper, 1 pt. tomatoes, 1 T. salt, 1 c. white flour, 1 c. milk.

Vegetarian Toad-In-A-Hole

- 5 potatoes, 1 c. substitute flour, 2 onions, 1 c. baking powder, 4 T. fat, 1 T. oatmeal, Salt, pepper and 1 T. salt, 2 herbs, 1 c. water, 1 c. white flour, 1 c. milk.

Barley Recipes Which Are Absolutely Wheatless

Who has been asking for a steamed brown bread which is both wheatless and yeastless? Who was it wanted a new cookie? Who wanted a dessert which should be a real pudding, but made without any wheat flour? Here is just what you want:

Steamed Brown Bread

- 1/4 c. cornmeal, 1/4 c. ginger, 1/4 c. barley flour, 1 t. soda, 1 c. sugar, 1 c. chopped raisins, 2 t. baking powder, 2 c. sour milk, 1 c. salt, 1 c. molasses, 1 c. water or gravy.

Stewed Barley Pudding

- 1 egg, 1 c. cornmeal, 1 c. sugar, 1 c. barley flour, 1 c. molasses, 1 c. water or gravy, 1 t. soda, 1 c. chopped raisins.

Barley Waffles

- 2 c. barley flour, 1 c. milk, 1/4 t. salt, 2 eggs, 1 t. baking powder, 3 T. melted fat.

Sift dry ingredients together and add slowly the milk, beaten egg yolks and melted fat. Fold in stiffly beaten whites. Beat thoroughly for a minute and cook in hot well greased waffle irons.

SATURDAY SPECIALS AT EMPRESS MARKET

- Pig Pork Loin, per pound, 22 1/2c; Pure Corn Lard, per pound, 25c; Steer Pot Roast, per pound, 19c; Young Veal Roast, per pound, 18c; Young Veal Stew, per pound, 13c; Extra Lean Pig Pork Butts, per pound, 24c; Swift's Premium Regular Hams, 31c; Extra Lean Regular Hams, per pound, 27c; Sugar Cured Hams, per pound, 27c; Sugar Cured Bacon, per pound, 43c.

THE EMPRESS MARKET 113 South 16th Street.

Bean Curd a Staple Chinese Food

The most characteristic article of diet in China is bean curd, which enables every Chinese to be a real food conservationist. Bean curd is one of a number of products derived from soy beans; among these are bean meal, a kind of spaghetti, bean cheese, bean sauce, bean milk and bean oil, all of which are used by the Chinese as food.

The nutritive value of bean curd is equal to that of meat and its cost is much less; when properly cooked its flavor compares favorably with meat. It is an ideal food from a scientific point of view. Yellow beans form the chief raw material for bean curd.

When ground they yield a milky fluid, which is coagulated by adding certain chemicals. To form the curd of commerce the coagulated mass is subjected to pressure to remove the excess of water. It can then be sliced with a knife.

Repatriating French Women and Children

Three hundred and fifty thousand helpless French women and children, taken from their homes in the occupied provinces, have been returned to France through Evian, in Switzerland, according to Dr. Esther Lovejoy, of the Red Cross commission, who has just returned from a survey of conditions among people from the invaded territory.

In a report to the woman's committee of the Council of National Defense, Dr. Lovejoy tells of the repatriation of these unfortunates. "About 50 per cent of these convoys are made up of children between 3 and 14 years of age. Sometimes whole orphanages are emptied and trainloads of children sent alone. Some of these children have been lost by their mothers in the confusion that attended the invasion three and a half years ago. They are unsized, ill-nourished and afflicted."

In November, at the request of the French government, the Red Cross established a hospital and inspection service at Evian. In two months 13,708 children had been examined to prevent the spread of communicable diseases. Before the inspection service was instituted, one child infected with diphtheria passed through Evian to Lyon, and an epidemic followed which had not been checked when I left France. Of the children inspected, 248 were found to have contagious diseases. If any of these children had been allowed to pass into the populous districts of France, an equally bad epidemic might have followed.

"The French government and the refugee department of the American Red Cross are co-operating in caring for these people. In 20 places in France there are delegates to receive convoys and help them in every possible way to begin life in a new place. Lord Kitchener's sister is one of these delegates at Cote du Nord."

She Needs Friends

Dear Miss Fairfax, Omaha Bee: I have been going about with a girl, therefore making it impossible for boys to court her. She has given up all her friends and is very much attached to me. I am in the street war, and time again I have told her not to worry, but it is useless. In what manner would you advise me to comfort her? PEGGY H.

Acres Day

A state-wide "Acres Day" is being suggested as a means of increasing Nebraska's food supply this summer. Under the plan the men in the small towns in the state would each rent an acre of ground and agree to care for it during the summer. One day every week would be observed as "Acres Day," when the stores and business houses would close and every man spend the day working on his acre. It is believed that during most of the summer business is not pressing enough but that the business week could be shortened one day. Besides helping out the food supply of the nation, each man would derive a nice income from his summer's work. The agricultural extension service suggests that some of the extra labor of the towns might be made available to the farmers, either by offering workers part time during rush seasons or arranging town work so that a portion of town workers could move to the farm.

Pennsylvania has nearly 500 women physicians.

Saturday Specials at New Public Market

Everything Strictly Cash—Deliveries on Orders of \$5.00 and Over. PAY CASH—CARRY YOUR BUNDLES AND HELP WIN THE WAR

- Just received a carload of extra fancy, juicy Oranges. The largest grown in California; regularly 10c each, special Saturday only, each, 5c. We Buy Our Fruits and Vegetables Direct From the Growers. No Middle Men's Profits. Come Early and Take Advantage of This Special. Strictly Fresh Eggs, guaranteed, per dozen, 29c. Full Cream Brick Cheese, per pound, 27 1/2c. Troco, the Best Nut Butter Made, special Saturday only, per pound 32c. Large Cans of Sautay, per can, 25c. Fancy Creamery Butter, in cartons, per pound, 41c.

MEAT DEPARTMENT

- Pig Pork Loin, lb., 22 1/2c; Pure Corn Lard, lb., 25c; Steer Pot Roast, lb., 19c; Steer Rib Roast, lb., 18c; Young Veal Roast, lb., 18c; Young Veal Stew, lb., 13c; Extra Lean Pig Pork Butts, lb., 24c; Swift's Premium Regular Hams, lb., 31c; No. 1 Extra Lean Hams, lb., 28c; Sugar Cured Hams, lb., 27c; Extra Lean Bacon, lb., 12 1/2c; Sugar Cured Bacon, lb., 36c; Steer Shoulder Steak, lb., 19 1/2c; Fancy Spinach, per peck, 25c; Large Fancy Celery, bunch, 5c; Young Onions, Radishes, Turnips or Leaf Lettuce, per bunch, 5c; Extra Fancy Strawberries, 10c; Pancake Flour (Nomis Brand), pkg., 10c; Fancy Peas, per can, 10c; Large California Prunes, lb., 13 1/2c; 4-Crown Muscatell Raisins, lb., 13 1/2c; Extra Lean Corn, per can, 12 1/2c; Mallo, per can, 10c and 25c.

COFFEE DEPARTMENT

- Fancy Santos, per pound, 25c; Public Market Special, per pound, 23c.

SEED DEPARTMENT

Strong, Well Rooted Plants of Hydrangea and Spiraea, each, 10c.

THE NEW PUBLIC MARKET PHONE DOUG. 2795 310-12 S. 16th St.

Green Vegetables From South Appear in Omaha

Wax and green beans from Texas and all other kinds of green vegetables from Louisiana make an attractive showing on the market tables of the Omaha stores. The beans are selling for 20 cents a quart, while fresh peas are two for 25 cents, and rhubarb 7 1/2 cents a pound. Asparagus has taken a slump in price and is selling at 15 cents a pound and it is fine for this season of the year, when the Omaha beds are just beginning to yield their sprouts.

Cauliflower and head lettuce are fine and are selling for 7 1/2 cents a head.

From Louisiana come fresh beets, carrots, turnips, radishes and shallots, all for 5 cents a bunch. Potatoes are 25 cents a peck and oranges 60 cents a dozen for the 80 size.

Fresh vegetables are the only commodity on sale in the stores where you buy for the table, which are just as cheap as last year. In these war days, when the consumer is expecting everything to soar in price, comes the bright fresh vegetables from southern climes and sells for just the same price as last year. Potatoes cost about one-fourth what they did last year.

When Housewives Plan Houses; Coming of Woman Architect

Women have often bemoaned the fact that men build houses and women have to live and work in them. From palace to tenement the plaint is the same. "We have no say in the building of our homes; if we had, you suppose we would allow for one moment the awful waste of work that goes on as things are now?" Writes Stella Wolf-Murray in the London Chronicle.

So it is welcome news that women are to have a chance at least of advising on building schemes after the war. The ministry of reconstruction has invited their co-operation in connection with its advisory council, and with one of its 87 committees appointed to deal with postwar problems. The housing (building construction) committee, which hereto has consisted only of men, is now to have the advice of a number of well-known women, who, with Lady Emmott at their head, will visit model tenements and artisans' dwellings, both urban and rural, all over the country. They will study the question purely from the housewives' point of view, report fully on it, and make recommendations for building after the war.

The Housewife's Future Home

If their plans are practical and profitable from the building standpoint, the working class wife of the future will no longer weep from sheer weariness at the end of washing day; the suburban wife will be saved many a weary walk along needless passages, laden with a heavy tray on which is poised the family dinner, and domestic service will be less shunned. One and all will spend less time sweeping or doing dusting, which the daughter of the house finds so detestable, and there will be more time to serve the state outside the home.

The Kennington estates, in the Duchy of Cornwall, of which the prince of Wales is the landlord, were the first to be visited by Lady Emmott and her sub-committee, whose work is, of course, in connection with the government housing scheme, recently announced, in which it is proposed to build about 300,000 dwellings in England and Wales and 50,000 in Scotland directly demobilization starts.

Some of the proposals for London are almost Utopian in character. The suggestion is that big families should have preferential treatment, consumptive families should live in specially designed blocks set apart from the rest; the houses unfit for human habitation should be closed, if necessary.

Tips from the Chef

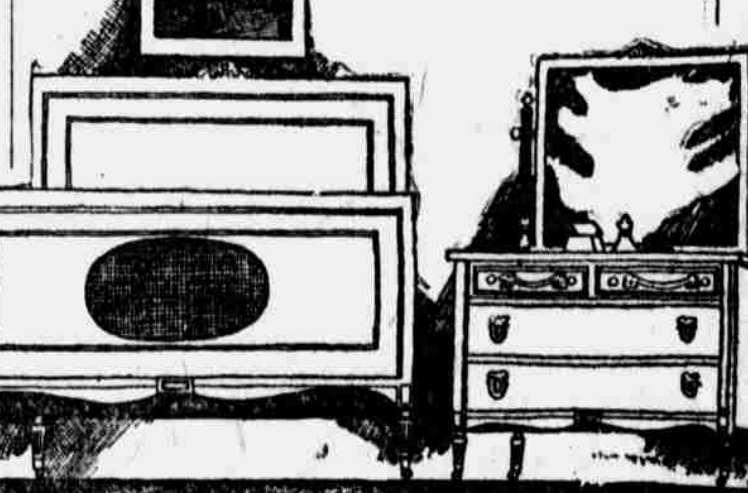
- Excellent biscuits are made with barley flour. Be sure to give the children whole milk. Lemon jelly is good served with sliced bananas. A little olive oil taken at meals replaces bacon. Rice boiled in milk makes a good breakfast cereal. Prunes are more wholesome if stewed without sugar. Good bread pudding is made with apples and brown bread. Vegetables are necessary for keeping the body in health. Try potatoes in some new way two or three times a week. Pickled cabbage, white or red, is wholesome and appetizing.

Clean Plate Patriots!

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ESCADRILLE Chocolate Ice Cream with assorted French Fruit and Nuts for Sunday Dessert and see how much is refused. Nearly every city block contains a Harding dealer. Hardings All Ice Creams

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