Adelaide Kennerly

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ome Economics

The One-Dish Dinner

The one-dish dinner, or, as I have heard it humorously called, the "onepiece" dinner, is not a new idea at all, but rather a return to the simpler meals of our grandmothers. Whatever else the war may bring, it does give one a sense of values and the right viewpoint about spending time and energy on the preparation of every-day meals.

Women, who are working devotedly with the Red Cross must simplify their meal preparation, or their energy will not last. Women who are practicing conservation have welcomed the one-dish dinner, because fuel is saved and even food material is saved. It is a truth that one's appetite is a better guide to quantity of food needed if the number of dishes is few than if there is a variety of foods on the table. The reason is that, with a variety of foods, we are very apt to eat for the sake of flavor and not for the sake of our bodily needs. Hence a family will only eat what they really need if there is but one

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

tend to be new-they are merely a collection of good one-dish dinners. Jungle Stew.

1 c. macaroni, broken into pieces; pt. beans. T. fat, chopped onions, pt. tomatees,

Soak the beans over night, cook until tender. Brown the onions in the fat, add to beans with tomatoes and macaroni. Simmer till macaroni is tender and season with salt and

Vegetarian Toad-In-a-Hole. 1 c. substitute flour, 1 t. baking powder, potatoes, 4 T, fat. 2 T. oatmeal, I t. sait.

Fry onions and potatoes in the fat, season with salt, pepper and herbs; then turn into a greased baking dish. Mix dry ingredients, add yolks of eggs and milk; then fold in stiffly beaten egg whites. Bake in a moderate oven 50 minutes. Serve with

Pearlo.

1 c. tomatoes, 1 c. rice, washed; 2 c. hot water, 1 lb. round steak, cut into pieces; T. fat. 1 onion, sliced; Salt and pepper.

Brown the steak and onions in the fat, add other ingredients and simmer till rice is tender. Season with salt and pepper.

Torkington Meat Pie.

2 c. cooked meat, cut 1-in. pieces; 2 hard bolled eggs. sliced; Salt and pepper, 4 onions, parboiled; 5 potatoes, parboiled; 8 c. water or gravy. Mix ingredients (the potatoes and onions should be cut) and place in a

Barley Recipes Which Who has been asking for a steamed

brown bread which is both wheatless and ryeless? 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 % c. cornmeal.
1 % c. barley flour.
2 t. baking powder.
4 t. salt.
4 t. salt.
5 t. c. molasses.

Sift cornmeal, barley flour, baking powder, salt and ginger. Dissolve soda in a little cold water add the sour milk and molasses. Combine the liquid with the dry ingredients, beat well, and steam in well greased brown bread tin or baking powder cans from five to six hours, depending upon the

Hermits. 2 t. baking powder. 1-3 c. chopped raisins. 14 c. chopped nuts. 14 t. cinnamon. c. sugar. 1 egg. 3 T. milk. t. cloves.

size of the tin.

2 c. barley flour. Combine the ingredients as for cake, add enough barley flour to make a dough stiff enough to be rolled. Roll thin, shape with small cookie cutter and bake on tin sheet.

Steamed Barley Pudding.

\$ c. cornmeal.
1 c. barley flour.
14 t. sait.
1 c. chopped raisins. Beat egg, add molasses, milk and

soda dissolved in a little cold water. Sift cornmeal and barley flour and salt together and combine with first mixture. Add chopped raisins and pour into well greased baking powder tins or popover cups. If the latter are used, cover each cup with a well greased paper. Steam two hours. Barley Waffles.

barley flour.

4 t. salt. 2 eggs. 3 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 Atchison, Topeka & Santa Fe Rail-

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.

baking dish. Cover with crust, made as follows:

% c. water, t, baking powder,

Mix to a smooth dough and spread over the pie. Smooth with a wet knife and sprinkle with grated cheese. Bake in a hot oven 40 minutes.

t.—Teaspoon. T.—Tablespoon.

Advice to Lovelorn By BEATRICE FAIRFAX.

The Last Word.

Dear Miss Fairfax, Omaha Bee: The "Bachelor Man" has answered, but a woman must have the last word, so here is mine: Thank you, Mr. Bachelor Man, for your they really need if there is but one main dish at dinner.

Eoundation 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. In addition there should be some raw food; hence a simple salad or fresh fruit dessert should be added to the one-dish dinner. The desire for sweets may be met in a simple dessert—though a "desire" is not a "need." Strictly speaking, even bread is unnecessary, Lonely Bachelor.

The Old Prejudices.

Dear Miss Fairfax: I am 20; employed as a stenographer. For some time I have been going out with a young man who holds a reliable position with the same firm.

He lives with an old mother, being the main support of that household. He has a well-balanced character and compassion for resolveness. In his fellows is very strong. well-balanced character and compassion for weaknesses in his fellows is very strong. Taking all in all, I would class him as "A perfect man." I have acquired a great deal of knowledge through our little discussions such as topics of the day and occasional business matters. He has helped me above all to be broad-minded.

The recipes given below do not present my him as American of Hebrew estant while I am an American of Hebrew estant while I a descent. My parents object to my going out with him, and have told him so.
PEGGY H.

If this man is the fine, splendid, loyal and general individual your letter describes, and you have the gift of appreciating all he is that the old predudices should separate you, stress on the fact that the Jewish religion marked an actual racial distinction, and that Jew and Gentile was separated not merely by creed, but by differences in environment, training, ideals and by all the contrasting generous views, which are actually part of our life today. I wish they would think over the situation carefully and see whether in this man's respect for the old, compassion for the weak, consideration for others and fine admiration for their own daughter they do not recognize their own best ideals.

She Needs Friends.

Dear Miss Fairfax, Omaha Bee: I have been going about with a girl, therefore mak-ing it impossible for other boys to court her. She has given up all her friends and is very much attached to me. I am in the draft, and whenever the thought comes to what manner would you advise me to com-fort her? GEORGE T. I do not believe in young people giving up all friendship for the sake of love. This is very narrowing in its influence and even when the love culminates in marriage it doesn't mean happiness. Married couples need outside interests, stimulating friend-

Are Absolutely Wheatless ships in order to keep their lives from becoming dull and narrow. Set about making a group of friends. Take your sweetheart to social affairs where there will be people you know. Introduce her to them and try to get her interested in them. Then let her find war relief work to do. Her world mustn't be narrow and selfish and composed of just you two. If it is of course there will be ugly emptiness in it when you are away. But if she cultivates friendship and helpful interests she will find herself ready to bear separation-when separation comeswith a splendid courage the rest of our women show.

Hold to Your Ideals.

Dear Miss Fairfax, Omaha Bee: We are two young girls, members of a club, and, although the girls seem to be very nice, still they allow privileges which we do not approve, such as kissing the boys good night, We feet as though we have no right to judge them, so we are asking your advice. "PUZZLED TWO."

No, you have no right to sit in judgment on your girl friends. Perhaps their home training has not been as good as yours. Perhaps they have not as much strength of character or dignity in their very natures. Don't judge them, but don't copy them. What is cheaply acquired is never highly valued. Girls who let their boy friends kiss and caress them make those boys feel that a kiss is nothing much, and that a girl who bandles her kisses about lightly is nothing much, either. Not only this, but cheap love-making dulls the capacity for tender feeling. You know perfectly well that beautiful scenery startles and enthralis you the first few times you see it and that after awhile you take it for granted. That is life and human nature. Save your lovemaking for love itself. Don't cheapen your capacity for sacred and fine feelings. If your girl friends are too undignified and hold in their manners eventually association with them may lower your standards or

give you unpleasant reputations. Suppose you show the girls my letter to ou, talk the thing over with them and try to influence them toward finer ideals.

One of the most responsible positions in the general offices of the

way company is filled by a woman

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 Pure Cone Leaf Lard, per pound
 22 ½

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 18 ½

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 22 ½

 Extra Lean Pork Butts, per pound
 24 ½

 Swift's Premium Regular Hams, per pound
 27 ½

 Sugar Cured Hams, per pound
 22 ½

 Extra Lean Bacon, per pound
 43 ½

 Sugar Cured Bacon, per pound
 36 ½

EMPRESS MARKET

Bean Curd a Staple

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, been 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.

In an article in the Yale-in-China Student, John E. S. Han states that improvements in the native processes should be made. "The serious drawback in native factories," says Mr. ters for the native manufacturers is suggested.

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 condi-tions 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 orphanges 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 have suffered the war blight. They are undersized, 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 lous 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."

Acre Dau

A state-wide "Acre day" is being suggested as a means of increasing me, "What will my girl do when I am away?" I am troubled. She has no one to turn to, and I fear my absence will depress her. Time and time again I have told her not to worry, but it is useless. In it during the summer. One day every week would be observed as 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.

Chinese Food Green Vegetables From South Appear in Omaha

and all other kinds of green vegetables carrots, turnips, radishes and shafrom Louisiana make an attractive lots, all for 5 cents a bunch. Showing on the market tables of the Omaha stores. The beans are selling oranges 60 cents a dozen for the 80 showing on the market tables of the for 20 cents a quart, while fresh peas size. are two for 25 cents, and rhubarb 71/2 cents a pound. Asparagus has taken commodity on sale in the stores where a slump in price and is selling at 15 you buy for the table, which are just cents a pound and it is fine for this as cheap as last year. In these war season of the year, when the Omaha days, when the consumer is expecting beds are just beginning to yield their

fine and are selling for 71/2 cents a as last year. Potatoes cost about one-

Wax and green beans from Texas | From Louisiana come fresh beets

Fresh vegetables are the only everything to soar in price, comes the bright fresh vegetables from southern Cauliflower and head lettuce are climes and sells for just the same price fourth what they did last year.

When Housewives Plan Houses; Coming of Woman Architect

have to live and work in them. From out tenants rehoused; and that dwell-Han, "is the enormous amount of palace to tenement the plaint is the ings, should be built wherever there is manual labor that is required for such same: "We have no say in the build- a shortage. The government is prea small output. In the bean-curd fac- ing of our homes; if we had do you pared to make large grants of the tories in Paris many scientific im- suppose we would allow for one necessary funds to the local authorprovements already have been put into moment the awful waste of work ities, who are encouraged to prepare practical use." The use of hydromethat goes on as things are now?" ters for the native manufacturers is 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, 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 domes-tic 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 work is, of course, in connection with the government housing scheme, recently announced, in which it is pro-posed to build about 300,000 dwellings Scotland directly demobilization

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

Lemon jelly is good served with sliced bananas. A little olive oil taken at meals re-

laces 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 keepng 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.

Women have often bemoaned the pulled down; that the slum areas fact that men build houses and women should be sweetened and the turnedtheir plans in order that building may begin the moment the war ends,

Now that the reconstruction ministry has enlisted the help of "housewives" the day of the woman architect is dawning. At present there are only three who are fully qualified by examination and who have practised on their own account-the two Miss Charles, each associates of the Royal Institute of British Architects, and Miss Annie Hall, member of the Society of Architects, who works in Gloucestershire. Ireland boasts one woman licentiate of the R. I. B. A. (not corporate membership), and there are a few others not connected with the professional societies.

Rooms Without Corners. If women designed houses they would make all their rooms with

rounded corners, like the hospitals, Even an inch or so would do the trick and prevent the dust collecting in that tiresome way it has. They would have washable walls and built-in furniture, stained so as to save cleaning paint or wasting elbow greaf in rubbing and polishing. The bedrooms would have their basins fitted with hot water taps, the pipes for which would form the towel rail. Bathrooms would be bigger, and offer every encouragement to

Central heating, I think, is apt to be stuffy, and there is no doubt that nothing will kill our cheerful English open fire, except lack of coal. It will die hard, in spite of the dirt it makes. But if we must have fires, why not have our fireplaces as they do in Canon the stage of one theater the war drive of the Knights of Columbus was held. And on the stage sat together in friendly unity an Episcopalian minister, a Jewish rapht or twice a year?

They have all these labor-saving contrivances in Canada and the states, in England and Wales and 50,000 in and many more besides, yet in England we go on building in the same silly old way. Who does not know that tall and narrow town house, with rooms on each floor, 2x2, like animals in the ark? I have known maids to give notice at sight of such, and others who refuse the situation when they see the stairs.

It should not be beyond the brains now concentrating on housing schemes to allow rich and poor alike to profit by practical house-planning. The artisans' dwellings of the future, and those of the well-to-do, will depend on the success of the new national kitchens; if so, the thousands of fires in the thousands of homes, with thousands of cooks possibly spoiling the broth, could be done away with, and the cost to the community curtailed.

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