

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Home Economics

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Three New Books for Housewives

The Home and Its Management—Mabel Hyde Kittredge (The Century Company.)

The name of the author of this book is a very familiar one to people who have been interested in home economics work from the standpoint of the social worker. Mabel Hyde Kittredge has established housekeeping centers in the poor districts of New York, where the women of the neighborhood may come to learn all the principles of housekeeping. No doubt the primary purpose of her new book is to fill the needs of such a center. The information is very simple, clear and concise, and without accurate.

The scope of the book includes the whole field of home economics. The house itself is discussed in regard to its choice, sanitation, furnishing and care. The handling of the household finances is also discussed. The food problems include food values, principles of cooking with simple inexpensive recipes, and special instruction in food for children and sick people. Some information on home care of the sick is also found.

It seems to me that this book would be of special value to the women who are interested in civilian relief at the present time, and in general any housewife would be interested in the material which it offers.

War Time Breads and Cakes—Amy L. Handy (Houghton Mifflin Company.)

This little volume, in its kitchen binding of white oilcloth, comes to us with a special recommendation from Sarah Louise Arnold, the dean of Simmons college, who says, "I am very glad to welcome Mrs. Handy's book of recipes entitled 'War Breads.' I have talked many times with Mrs. Handy concerning her work and have read her manuscript. She has been an able and interested contributor of experiences in food conservation, testing out in her own kitchen the various compositions of cereals in bread. Mrs. Handy has brought to this experiment intelligence, ability and enthusiasm. If all kitchens were in the same way made experimental laboratories we should surely have ample instruction for all who need help in choosing their food."

Mrs. Handy's book lives up exactly to its title. It includes many war breads and cakes, the chief value of which is that they have been worked out in her own kitchen and have proved successful. One of the best parts of the book is the chapter on Suggestions for the Making of Bread Without White Flour. She includes there general points that she has discovered, for instance, "The oven should not be as hot as for white bread; it should be at a temperature so that a small loaf will not be overdone in an hour and a quarter." Such information is exactly what we all need; for it is just such pointers that make the difference between success and failure with the unfamiliar flours. Everyday Foods in War Time—Mary Swartz Rose (The Macmillan Company.)

It is always a pleasure to read anything from the pen of Mrs. Rose, for her writings have that rare combination, accurate scientific information and readability. About a year ago "Feeding the Family," by the same author, was reviewed in this column. That volume presented the best information available on family dietaries and presented it in a way to interest every intelligent housewife. This new book discusses food problems in the special light of the war situation.

The book includes a discussion of the principles of food conservation with the bearing that the new foods have on health. The interesting style of the book may be judged from the titles of a few of the chapters: "The

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.

"Milk Pitcher in the Home." Sugar and Spice and Everything Nice," and "On Being Economical and Patriotic at the Same Time."

The sound common sense of the author is shown in her attitude toward food, as the following passages, selected at random, bring out:

"A chocolate layer cake that takes two hours out of a day is no more nourishing than the same materials served as poached eggs, bread and butter, and a cup of chocolate. It is worth while to train a family to enjoy the flavor of simply prepared foods, and to realize that the food is the thing which counts and not the way it is dressed up."

"Some people discriminate against canned and dried vegetables because they do not taste like fresh ones. This seems rather unreasonable, as we want a variety of flavors in our diet and might welcome the change which comes from this way of treating food as well as that which comes from different methods of cooking. Nobody expects a stew to taste like a roast, and yet both, may be good, and we would not want either one all the time. Instead of regretting that canned peas do not taste like those fresh from the garden, let us be glad that they taste as good as they do. Would

New Potatoes Appear and Old Crop Rises in Price

New potatoes are on the market and may be had at 8-13 cents a pound. Simultaneously with the appearance of new potatoes, the old crop starts to rise in price, the jobbers already making an upturn and the retailers preparing to follow suit. Cauliflower is now off the market, only the tail end of the crop being found in the stalls. Head lettuce has risen in price to 12½ to 15 cents per head, just double what it has been selling at for the last week.

Peas, wax and green beans are 15 cents a quart, and asparagus has taken a jump, being 7½ cents a bunch,

feel any personal inconvenience. But the magic table of the fairy tale is not for a nation at war; food is not going to come at the pressing of a button during this conflict. If we are to escape bankruptcy and win the war we must eat to be nourished and not to be entertained."

whereas it was 5 cents. "The cold has retarded its growth locally, and this is the reason for the increase," says Al King, manager of the grocery department at Hayden Bros.

Southern beets, carrots and turnips are selling for 5 cents a bunch, and water cress, grown locally and nice and fresh, is selling for 4 cents a bunch.

Mushrooms are selling for 25 cents a pound, the cheapest they have ever been in Omaha. Their plentifulness is the reason for their cheapness.

Cabbage is high, selling for 6 cents a pound.

Save all wheat for our Allies abroad, All do your bit—let none of us hoard; Very good bread from substitutes, Expert critics have settled all disputes. America is learning new methods each day, Let all avail themselves—do not delay; Lift up your voices where 're you be. When victory crowns Democracy, Help in this struggle—buy cheap and good, Every one must help this war with food; A store where patriotism reigns supreme, The Washington Market, the best ever seen.

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Fancy Sirloin Steak, per lb.	32½¢	Sawtaw, per can	25¢
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Choice Steer Rump Roast, per lb.	25¢	Extra Fancy Brick Cheese, by the brick	25½¢
Extra Fancy Veal Roast, lb.	25¢	All kinds of American Cheese, per lb.	27½¢
Extra Fancy Young Veal Round Steak, per lb.	35¢	Good Oleomargine, per lb.	25¢
Extra Fancy Young Veal Chops, per lb.	28¢	Troco Nut Oleomargine, lb.	32¢
Extra Fancy Young Veal Breast with pocket for dressing, lb.	20¢	Extra Fancy Mushrooms, lb. boxes, per box	27½¢
Fresh Spare Ribs, per lb.	16¢	Green Onions, 4 bunches, for	5¢
Fresh Sweet Breads, per lb.	32½¢	Large Bunch of Radishes, per bunch	5¢
Sugar-Cured Breakfast Bacon, per lb.	37½¢	Fresh Asparagus, 3 bunches	25¢
Kosher Salami, per lb.	38¢	All Brands Creamery Butter, per lb.	44¢

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