

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Home Economics

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Immediate Need—Wheat

The loyal food conserver these days is the woman who is ready to adjust her food program to the immediate need. At the present time the call for wheat is sounded throughout the land. The 50-50 rule is all right, but it is not enough to meet the demand for wheat. Therefore the problem is not to make Victory bread, or 50-50 cake, but to substitute even up to 100 per cent. This may sound like a hardship to those of us who are just feeling friendly to the half and half substitution; but to the woman who can afford to use the more expensive flours, doing without wheat is not an impossible feat.

We are urged to adopt a new attitude toward cereal foods. Just because a product is not exactly like a wheat loaf is no reason why we should feel that the new result is failure. To be sure, certain characteristics will always mark the successful baked food—for instance, hot bread or cake should never be soggy and should always be fairly light and tender. But if it is granular instead of spongy there is no reason to condemn it.

Many of these problems must be worked out by the individual housewife by experiment, and in this work she must adopt new standards, and not be content to determine only how closely the result of experiment resembles the wheat flour product, but also whether it is in itself edible and attractive without regard to former standards.

Use of Cereals.
In the Chicago Tribune of Sunday, Miss Edgington makes some very sage remarks concerning the use of the various cereals. She emphasizes the fact that merely following recipes will never make one mistress of the new cookery. The thing to learn is the characteristics of the new flours, and draw your own conclusions from your general facts. For instance, it is a recognized fact that cornstarch adds a light dry quality to cakes—a quality similar to that obtained with the finest pastry flour.

One of my students said: "Why couldn't you use cornstarch with rye flour to make cake?" She had grasped the qualities of the two flours—the heaviness of the rye and the lightness of the cornstarch. I may add that I tried out her idea and it worked. Miss Edgington suggests that the cereals other than wheat take up more water

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.

than wheat—hence in substituting, more liquid should be used. She also says that increasing the amount of egg will help a batter to stretch and hold the stretched form.

Successful Wheatless Recipes.

The recipes discussed below have all been tested out by me personally or I have personal knowledge that the combinations suggested are absolutely accurate.

For bread making, rye may be used entirely alone. For steamed bread, half rye and half cornmeal is a good combination.

For biscuit, half rye and half corn-flour gives excellent results.

For muffins, all rye, half rye, half corn flour and half barley, half barley and half oatmeal, are all possible. When using rolled oats, they should be scalded with the hot liquid, or ground through the food chopper. Half rye and half cornmeal is also possible.

For pastry, half corn flour and half barley is good.

For gingerbread, any of the muffin substitutes are satisfactory.

For cookies, I think all the muffin substitutes would be good. I know 100 per cent barley flour in a spice cookie gives excellent results.

Flavor With Spices.

For plain cake, flavored with spices or lemon juice and rind, the muffin substitutes may be used. To make a lighter cake, use one-fourth cornstarch with the rye or barley. Rice flour may also be used in part with the rye or barley.

I realize the above list does not nearly exhaust the possibilities of other than wheat flour, but it is a list that I can personally vouch for. In all meat cookery where flour is required, use barley or rye without any hesitation. For thickening white sauce, one housewife suggests potato flour if the price is not prohibitive, another likes rice flour or corn flour. The corn flour is more apt to lump than wheat flour, but gives good results if one is careful.

Palatable Victory Meals

The United States Food Administration asks you to do one very definite thing—SAVE THE WHEAT. Here are suggestions of pleasant ways you can do it for seven complete days:

Breakfast.	Lunch or Supper.	Dinner.
Grape Fruit, Poached Eggs, Oatmeal Muffins, Jelly.	Welsh Rarebit served on Cornmeal Crackers, Plum Sauce, Barley Drop Cakes.	Roast Beef, Browned Potatoes, Gravy, Lima Beans, Asparagus, Date and Orange Salad, Steamed Biscuit Crumb, Pudding.
Stewed Prunes, Cornmeal Mush with Top Milk, Hashed Brown Potatoes, Toasted Oatmeal Muffins, Coffee.	Hopping John, (Pinto Beans and Rice.) Baked Apple.	Mutton Stew with Vegetables, (Many Potatoes.) Rice Pudding. Creamed Vegetable Soup, Cheese and Nut Roast, Mashed Potatoes, Dried Corn Baked in Milk, 100 per cent Oatmeal Biscuits, Baked Custard.
Oranges, Oatmeal, Onion-Creamed Potatoes, Coffee.	Salmon Loaf, Baked Potato, Creamed Peas, Prune Whip.	Vegetable Soup, Soy Bean Loaf with Tomato Sauce, Escalloped Potatoes, Spinach-Mashed Turnip, Apricot Tarts in Oatmeal Crust.
Bananas with Corn Flakes and Top Milk, Codfish Cakes, Toasted Biscuits, Coffee.	Leftover Cornmeal Mush and Meat, Fruit Ice, Barley Drop Cakes.	Corn Soup, Baked Beef Heart or Braised Tongue, Potatoes au Gratin, Carrots, Spinach Salad, Tapioca Pudding.
Oatmeal with Dates, Cornmeal Waffles, Corn or Maple Syrup.	Hominy and Cheese, Lettuce Salad, Radishes, Chocolate Blanc Mange.	Baked Fish, Riced Potatoes, Hominy, Beet Salad, Oatmeal Brown Betty, (With Apples and Nuts.)
Rice with Maple Sugar and Top Milk, Broiled Liver or Scrambled Eggs, Corn Flour Muffins, Jelly.	Baked Potatoes, Roman Gnocchi, Date Pudding.	Swiss Steak, Boiled Potatoes, Sweet Potatoes—Creamed Celery, Peas, Barley Cake with Honey Frosting, Coffee.
Stewed Apricots, Oatmeal, Potato Cakes, Toasted Muffins, Coffee.	Peanut and Potato Loaf, Corn Bread, Rice with Apples.	

Daughter of "Lucky" Baldwin is Held For Bag Theft



Mrs. Beatrice Anita Patterson, daughter and heiress of "Lucky" Baldwin, the California multi-millionaire, has been arrested by her husband, accused of stealing a suitcase. Mrs. Patterson, seeking to obtain evidence she needed in a suit for divorce, gained entrance to her husband's room at a New York hotel, and departed with a heavy bag containing some of her husband's most prized possessions. She has been held in \$1,000 bail for examination on the charge of larceny.

other commercial uses it will be put up in small jars for family use. Barreled condensed buttermilk is also packed for hog feeding. Malted buttermilk is said to be a satisfactory soda fountain drink.

"Americanizing" the Foreign Woman

"The woman who teaches one foreign man or woman English, who is the means of converting one alien to become a loyal American citizen, is in the fighting line as truly as the man who goes to the front," is the statement of Mrs. Frederick P. Bagley, chairman of the Americanization committee of the National American Woman Suffrage association. "Scattered effort, although useful, will not effect the great national assimilation of our foreign population; but working under a concerted plan, covering the country systematically state by state, district by district, doing the same thing all together at the same time, we can make ourselves felt in preventing division and distrust of the government."

The women of Massachusetts have a working machinery that reaches into the homes of the aliens, ready for the Americanization program of the government, Mrs. Bagley said. Every woman's organization in the state which does Americanization work is centralized in a room of the state house and works with the Bureau of Immigration.

Mrs. Bagley does not believe that the American woman can teach the foreigner much about food conservation. "The alien women are already using food substitutes. They set our American housewives a splendid example in economy." The "home-teacher" plan, which already is in existence in many cities, and by which the foreign woman is taught English in her home, is being encouraged by Mrs. Bagley all over the United States.

Rose geranium wool jersey is pretty with collar and cuffs of gray.

Condensed Buttermilk

A plant for condensing buttermilk has been established at Grand Forks, N. D., and during this year will use 6,000,000 pounds of buttermilk, making 35,000 barrels of the condensed article. This is part of a chain of buttermilk condensing plants projected for that section, and after the product has been introduced for baking and

WOMEN IN WARTIME

Red Cross Canteen Workers Will Form A Military Unit

Military organization for the Red Cross canteen workers, whose duties are to meet all troop trains at local railroad stations and dispense smokes, fruits, candies and post cards with the cheer of their presence, is the plan of Mrs. Luther Kountze, head of the service. The Omaha Woman's Press club, headed by Miss Elizabeth Kern, is the latest company to organize, the members having volunteered their time for night service.

Registration of Babies.

All the babies in the neighborhood were brought by their proud mothers to the Miller Park school for examination Monday, for in the morning 27 kiddies were examined by the nurses in charge of the child welfare campaign, and 142 in the afternoon. Today the examinations were held at the South Central school in the morning, and the South Franklin in the afternoon, and on Wednesday the registration will go on at Beals school in the morning and at Windsor in the afternoon.

Silk Quilt for Red Cross.

Proceeds from the sale of a silk quilt at an open meeting of Mecca Court Tribe No. 13 for members and friends Thursday evening, will be turned over to the Red Cross. Mrs. Florence Basler Palmer will give a musical program.

To Reach Federal Food Agent.

For the convenience of conservation council chairmen who may wish to reach Miss Nellie Farnsworth, emergency home demonstration agent, after business hours, it is announced that Miss Farnsworth may be found

at the home of Mrs. L. C. Marston, 3801 Farnam street, telephone Harney 3291.

How to Mix Substitutes

The following table showing the approximate percentages of barley or corn flours as substitutes which can be added to wheat flour for various purposes has been compiled by a large milling company, which gives as a general rule for the use of mixed flours "a little more weighting and a little less rising."

	Per Cent—Barley or Corn Flour.
Gravies	100
Dusting flour	100
Wheat flour	100
Rye bread	10 to 25
Graham bread	10 to 25
Whole wheat bread	10 to 25
Strain bread	10 to 25
Raisin bread	10 to 25
Fruit bread	10 to 25
Nut bread	10 to 25
The crumb	10 to 25
Brown cake	10 to 25
Coffee cake	10 to 25
Roll dough	10 to 25
The crust	10 to 25
Tea biscuit	10 to 25
Pried cakes	10 to 25
Crullers	10 to 25
Biscuits	10 to 25
Gridle cakes	10 to 25
Waffles	10 to 25
Pretzels	10 to 25
Muffins	10 to 25
Dark short cake	10 to 25
Dark cup cake	10 to 25
Dark cookies	10 to 25
Panninles	10 to 25

Cut this out!

What Nuxated Iron is Made From

Sworn Statement of Composition of Its Formula

It increases the strength and endurance of delicate, nervous, run-down folks in two weeks time in many instances.

The Board of Directors have authorized the broadest publication of the sworn statement of the composition of Nuxated Iron, one of the most widely used tonics, strength and blood builders in the world, so that the public may examine it for themselves and judge as to its merits.

It is conservatively estimated that this remarkable formula is now being used by over 4,000,000 people annually in America alone. Among those who have used and strongly endorse it are many physicians formerly connected with well-known hospitals, former United States Senators Wm. K. Mason and Charles A. Towne, former members of Congress; distinguished U. S. Army Generals (Retired), Judge Atkinson of the United States Court of Claims at Washington and former Health Commissioner Kerr, of Chicago.

Newspapers everywhere are invited to copy this statement for the benefit of their readers. It is suggested that physicians make a record of it and keep it in their offices so that they may intelligently answer questions of patients concerning it. Every body is advised to cut it out and keep a copy of the actual sworn statement which is sent to any one who desires such. It is as follows:

Iron Peptonate (Special specific Standard) Quantity given below.
Sodium Glycero-phosphates U.S.P. (Mononate).
Calcium Glycero-phosphates U.S.P. (Mononate).
P. E. Nut Women U.S.P.
Chocarin Bitter
Magnesium Carbonate
Po. Ginger U.S.P.
Old Cassia Cassianum U.S.P.
Calcium Carbonate Precip. U.S.P.

Each dose of two tablets of Nuxated Iron contains one and one-half grains of organic iron in the form of iron peptonate. Nuxated Iron is the only genuine of a special specific standard which in our opinion possesses superior quality.

Dr. A. J. Newman, late Police Surgeon of the City of Chicago, and former House Surgeon Jefferson Park Hospital, Chicago, says: "I have procured through my own tests of it to exceed any preparation I have ever used for creating red blood, building up the nerves and strengthening the muscles." Dr. J. W. Armstrong, Grove Hill, Ala., graduate of the University of Alabama School of Medicine, Mobile, 1895, says: "In the cases I used Nuxated Iron I have found more beneficial results than from any preparation I have ever used in 34 years' practice." Dr. R. B. Raugh, Falkville, Miss., graduate of Memphis Hospital College, Memphis, 1898, says: "I always prescribe Nuxated Iron where a reconstructive tonic is indicated." Nuxated Iron often increases the strength and endurance of delicate, nervous, run-down folks in two weeks' time.

NOTE: Nuxated Iron is not a secret remedy, but one which is well known to druggists everywhere. Unlike the cheap imitations, it is not made from iron filings, but from a pure, soluble, iron salt. It is not a medicine, but a food. It is not a stimulant, but a tonic. It is not a blood purifier, but a blood builder. It is not a cathartic, but a laxative. It is not a sedative, but a stimulant. It is not a poison, but a life-giver. It is not a waste of money, but a saving of it. It is not a failure, but a success. It is not a disappointment, but a satisfaction. It is not a loss, but a gain. It is not a curse, but a blessing. It is not a shame, but a glory. It is not a disgrace, but a honor. It is not a stain, but a mark of distinction. It is not a blot, but a proof of excellence. It is not a blemish, but a sign of perfection. It is not a flaw, but a mark of quality. It is not a defect, but a sign of superiority. It is not a weakness, but a sign of strength. 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