THE BEE: OMAHA, SATURDAY, MAY 18, 1918.

ome Economics Edited by IRMA H. GROSS HOUSEHOLD ARTS DEPT CENTRAL HIGH SCHOOL

#### Serve and Preserve

It is not too early in the season to sound the call for conservation through canning and preserving. A year ago at this time the cold pack method was a term which conveyed little meaning to many of us-perhaps most of us. Now, most of us feel like old-stagers in the art; and if there be any housewives who are still novices that state this summer.

Success of the Method. As I think back over last year's and to start the flow of the coloring truthful to say that everyone had uniform success. The cold pack method has been rather accurately worked (Two-thirds peck makes one pint jar.) the year. out and depends for its success on following directions very closely. We Pick over and wash spinach. Put into were told that the vegetables must be freeh from the garden-a rather dif-ficult wing to achieve in a city, and ficult wing to achieve in a city and fic

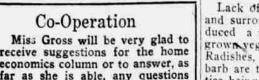
tops must be perfect; and in this teaspoon to each quart jar. Place on a good rubber and cover. Adjust the luck" and used our old jars and lids. We were told to count time of boiling bottom in a wash boiler of warm the minute when the water was water. Boil one and one-half hours bubbling violently; some of us may have miscalculated our time. In these water in the boiler should cover the and many other ways we substituted tops of the jars two inches.

hit or miss methods for accurate fol-lowing of directions-and our food move the jars from the boiler one by spoiled.

lus to later successes, if we are the are partially empty. Invert the jars right sort; and very few housewives to cool and test for leakage. Store will be too discouraged to try again. in a cool, dark place. A woman would hate to admit to herself that her neighbor, who is not a

bit more intelligent, can do more than she herself can.

Principles of cold pack canning, preliminary cooking of the food, called through the publishers, Houghton "blanching;" thorough chilling, called Mifflin company, Boston, Mass., for "cold dipping," then complete cook- 80 cents.



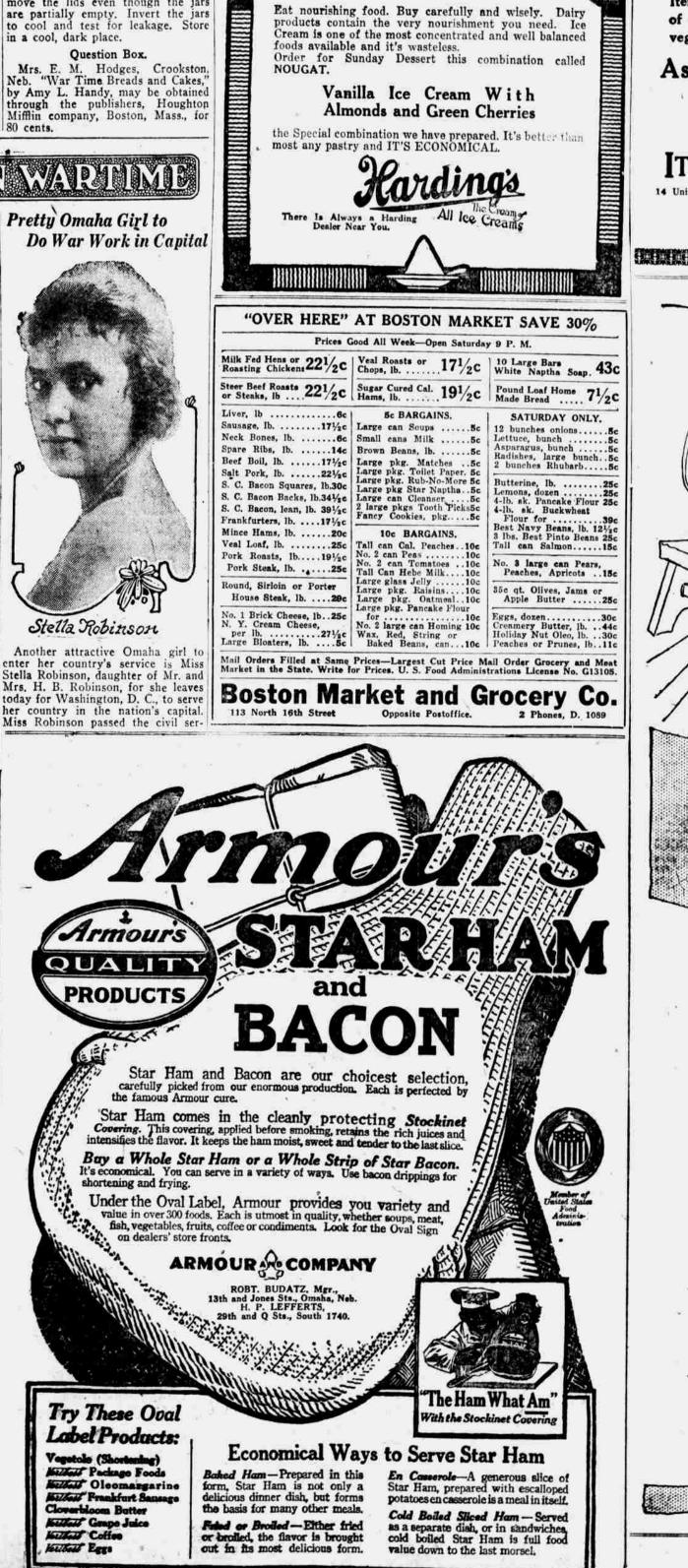
economics column or to answer, as far as she is able, any questions that her readers may ask.

I am sure they will graduate from material is packed in jars, called "pro- were received. Missouri strawberries a pound; tomatoes, 15 cents a pound; cessing." The preliminary cooking or are expected to arrive early next cucumbers, 5 cents, and old potatoes, blanching is done to eliminate acids week and this will relieve to a great No. 1 quality, 25 cents a peck, and acrid flavors, to reduce the bulk extent the shortage along this line. successes and failures, I believe most of us had rather good records, though of us had rather good records, though of us had rather good records, though color and produces a firmer product. Cuba and the difficulty in transportawould be more optimistic than The processing sterilizes the food tion is given as the cause of the de-

completely. To Can Spinach and Other Greens. lay. The pineapple market is gen-erally well advanced by this time of Wash jars and lids and sterilize.

one and tighten the lids. Do not re-After all, failures are just a stimu- move the lids even though the jars

Neb. by Amy L. Handy, may be obtained



## Lack of Rain Causes Dirth of Home-Grown Vegetables

**KEEP FIT** 

ties being received.

The price of bananas continues to

some of us "trusted to luck" that our excess water. Pack spinach tightly in sterilized jars to one-half inch from only son, Walter E. Robinson, is now with the United States engineers in

Lack of rain throughout Nebraska | soar amongst the highest realms. and surrounding territory has pro- Bananas are now 35 cents a dozen. duced a noticeable dirth of home- The prices on various vegetables grownyegetables on Omaha markets. now on the market are: Onions, six Radishes, spinach, onions and rhu- bunches for 5 cents; radishes, four barb are the only home grown varie- bunches for 5 cents; rhubarb, four bunches for 5 cents; spinach, 20 that her readers may ask. ing in a hot water bottle after the metarial is peaked in increased and in the second second

### **Belongs to Red Star**

"Abie" the post mule at Fort Omaha, now belongs to the Red Star animal relief society. Mrs. A. A. Wedemeyer, wife of Captain Wede-meyer, bought the membership. Several afternoons a week are de-

voted to bandage making for the Red Star by the National League for Woman's Service. Saturday afternoons are devoted to mending clothes of the men at both posts. More workers are needed. Many of the garments will need to be taken home because machine stitching is required. The motor division is working for

the Red Cross war fund drive in addition to the call for civilian relief work.

# Every day you can save and satisfy---by serving

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Conducted by Ella Fleishman



#### Stephell and the

6

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Use these good crackers at every meal and **HELP SAVE THE WHEAT!** 

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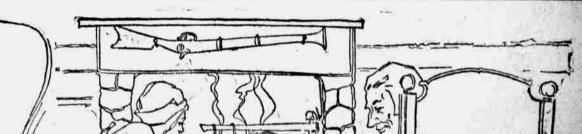
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### WOMEN IN WARTIME South Side Girls

Decorate K. of C. Hut in Fort Crook

Similar to the Comrade club is the Isabella club, composed of young women from the South Side. This club was founded and is sponsored by Mrs. James F. Burke, wife of the secretary of the Knights of Columbus building at Fort Crook. The young ladies, assisted by their friends, raised a fund with which they have furnished the ladies' parlor and curtained the windows at the Knights of nhue huilding at Fort Crool They also collected numerous sofa pillows for the cozy corner around the fireplace and gathered magazines, sheet music and victrola records. They are now raising more funds to buy some needed things for the altar and sacristy. Last Friday night they gave a dancing party at the hut for men of the 41st regiment. The success of this party cannot be questioned since the secretaries at the hut have been bombarded by requests for another such party Miss . Teresa M. Kopietz is presi-dent; Blanche Wallweber, secretary, and Bertha Lichnovsky, treasurer.

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### How Red Cross Work **Reaches Rural Centers**

The Red Cross chapter of Frank- Stella Robinson, daughter of Mr. and lin, Pa., has solved the problem of reaching the hitherto unorganized today for Washington, D. C., to serve farmers' families in its vicinity. The her country in the nation's capital. chapter inserts in the local papers an advertisement stating its willingness to help out-of-town groups, and then awaits results. Invariably a call is received sooner or later to meet some interested women. There may not be more than four or five persons present, but the news that such a meeting has been held and that others have been arranged for is printed in the nearest paper; and, once started, the work grows of itself. One of these country clubs now numbers 70 women.

The Franklin chapter members found the farmers' wives interested and eager to help and to learn, though somewhat timid about starting out by themselves. They supply the needed initiative, and, once the work is under way, arrange evening meet-ings now and then. A feature of these evening gatherings is the presence upon the platform of a woman industriously knitting. It has been found that knitting is contagious; no sooner does one person do it than an-

other wants to try. Franklin chapter has a director of instruction, who has aides who can be sent to these extension centers, regularly if necessary. It also has 10 sets of model garments which it loans to these new branches until the women make a set of their own. The aid societies in all of the churches of the locality are doing Red Cross work, and instead of a monthly meeting for one afternoon they take a whole day every week. The women of one col-ored church have organized a Red Cross branch under the plan and are doing good work.

#### French Orphan Fund.

Approximately \$200 was realized on the opening day from the Sacrifice sale which is being conducted by women of the First Methodist church at Thirteenth and Howard streets. The sale will probably continue all week as such a quantity of articles have been donated. The money will be given to the French war orphan



# 12 Hams and Bacon FOOD-Buy It With Thought To buy food with thought means to buy it with knowledge of food values. There is a great difference between foods, according to their actual food value in relation to gost. Many foods with a low price per pound are so deficient in nutritive properties as to be really expensive. Puritan Hams and Bacon are foods with high calorie content. There is comparatively little waste in them - practically no waste at all in their preparation. Ask your dealer for PURITAN. "The Taste Tells" THE CUDAHY PACKING COMPANY

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