Recommendation of the second s

# Jome Economics Edited by IRMA H GROSS ROUSZHOLD ARTS DEPT CENTRAL HIGH SCHOOL

## A Surprise

I had a new experience today. I walked into a cooking laboratory in the home economics building at Iowa state college in Ames (where I am teaching for part of the summer), and saw a plate of biscuits on the table. I picked up one-it looked quite like an ordinary biscuit, though perhaps a

little rougher and darker.

I thought to myself, "queer for a cooking class to be making biscuit with so little substitute flour." I tasted the biscuit. It was feathery light and had a real "before-the-war" taste. I felt almost guilty to eat it. When the instructor came up, I looked at her in a puzzled fashion, perhaps a little disapprovingly. "How much substitute flour have you in these biscuits?"

l asked. ,She smiled, "How much? Well how much do you think?"

"Not very much, if I know anything about war cooking." "Well, dear lady," she said "In this case you certainly do not know much. They are absolutely wheat-

I looked incredulous, "Indeed they are," she repeated. "They are made by a new government recipe." And here is the recipe. Try it. readers all, and you may revel in biscuit and shortcake once more, with a perfectly clear conscience, for you will be "saving the wheat:"

Corn Flour-Rolled Oat Biscuit. 1 c. liquid. 3 T. fat.
1 1-3 c. corn flour. 6 t. baking powder.
1 t. sait. 1 c. ground rolled oats. Sift baking powder, salt and corn flour. Mix with oats and rub in fat. Add liquid to make a regulation biscuit dough, handling as little as possible. Toss onto a floured board, pat to three-fourths inch thickness and cut out with a floured cutter. Bake in a hot oven.

#### Meatless and Wheatless Menus

One more we are asked to restrict 6 t. baking powder. 6 to 8 T. fat salt.

22-3 c. corn flour. 1 t. sugar.
6 t. baking powder. 6 to 8 T. fat salt.
1 t. salt. 1 c. liquid. our use of wheat. Here are two lunches and two dinners which show Method of Making These Shortcakes. you how it is possible to have them wheatless and at the same time to fat and add liquid. For individual save meat.

LUNCE OR SUPPER. Hominy and Cheese Souffle. Boston Brown Bread. Boston Brown Bread.
(Uses no wheat or rye.)
Vegetable Salad With Garnish of Olives
Baked Apple With Cream.
LUNCH OR SUPPER.
Sheplerd's Pie With Potato and Fish
Parsnip Cakes.
Squares of Corn Bread.
Maple Syrup.
DINNER.
Broiled Shad With Water Cress.
Belgian Baked Potatoes.
Creamed Peas.
(Use corn flour to make white sauce.)
Cabbage and Cucumber Salad.
Indian Pudding.
DINNER.
Cream of Lettuce Soup.
Baked Soy Beans.
Mashed Potatoes.

Baked Soy Beans.

Boston Brown Bread.
(Without wheat or rye.)
Cottage Cheese Salad.
Strawberry Ice Cream.
Barley Cookies. Hominy and Cheese Souffle.

t cup cook hominy. Salt, paprika.
14 cup hot milk. 1 sup grated cheese.
Grated rin of half 2 eggs.

With a fork beat up the cold homsmooth. Add seasonings and grated cheese. Separate the whites and yolks of eggs, beat the yolks until thick and light, and stir into the mixture. pour into a greased baking dish, and Journal,

CHAPTER II.

how on the way there they were attacked by the Pirate of the Sky.)

him. Taking a long breath, she dove

My, what a plunge it was Peggy felt her heart flutter and almost stop.

It was like dashing down a roller-coaster incline, only a hundred times faster and farther. What if she

Impulsively Peggy put her hand out

to where a machine gun would nat-urally have been if the airplane had

had one. It touched something that

felt like a gun. Peggy quickly looked down. It was only a toy automibile horn which she had put on the air-plane because she didn't have any

She was disappointed, but the horn

gave her an idea. Ordinarily it made

only a little squawk. Perhaps the fairy ring grass would have the same

effect upon it that it had upon the airplane, and cause it to act like a real

ond thought, but pressed the auto horn button. Instantly the horn let

The Pirate, sailing triumphantly homeward with his prey, was start-

led nearly out of his wits. He glanced

back and saw a strange object hurling

out a piercing shriek.

nobile siren. She was now plunging down upon the Pirate at terrific speed. She didn't take time for a sec-

couldn't stop!

Co-Operation

Mis. 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.

bake in a hot oven until firm in the center about 20 minutes. Serve at

### Boston Brown Bread.

1½ c. cornmeal. tenspoon ginger. 1½ cup barley flour.1 tenspoon soda. 2 cups sour milk. teaspoons baking

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

#### On Shortcakes

Strawberry shortcake time is here wheatless time arrived before. Nevertheless we can have strawberry shortcakes if we use such recipes as these all of which have been tried out in the experimental kitchen of the United States food administration These shortcakes can be used for other fruits as well as strawberries.

All Measurements Are Level. Barley-Cornflour Shortcake.

2 c. barley flour. 1 T. sugar. 11-3 c. corn flour. 6 T. fat. 6 t. baking powder. 1 c. liquid. Barley-Ground Rolled Oats Shortcake
1 c. barley flour, 1 t. sait.
1½ c. ground rolled 1 T. sugar.
oats. 4 T. fat.

t. baking powder, 1 c. liquid. Corn-Ground Rolled Oats Shortcake. 11-3 c. corn flour. 6 t. baking powder 1½ c. ground rolled 1 t. salt. oats. 1 c. ilquid. oats.

Corn Flour Shortcake,

Mix the dry ingredients, cut in the servings, place dough on slightly floured board, pat to 3-4-inch thickness and cut as for biscuit. For family sized portions, place dough in well greased pan and pat to desired thickness. Bake in a hot oven. Egg may be added to dough if desired.

Old Glory Bread. e. liquid. t. salt. 2 to 4 T. fat. 4 T. syrup. 1% c. corn flour, 1% c. ground rolled 2 eggs. 6 t. baking powder.

Home Defense Bread. t c. liquid.

to 4 T. fat.
T. syrup. Method of Making.

Mix the melted fat, liquid, syrup and eggs. Combine the liquid and well mixed dry ingredients. Bake as a loaf in a moderately hot oven (4000 F.) for one hour or until

thoroughly baked. Nuts, raisins or dates may be added, making the breads more nutritious and very palatable.

Little Henry's Come Back. Teacher—Henry, can you tell me why Thomas Jefferson wrote the declaration of independence?

"Dreamland Adventures

Peggy knew that it would not do to

let the Pirate remain above her, so,

like the American aviator, she turned

like an unexpected bolt of lightning, down.
took away her breath. The airplane "Oh, if I should fall now I'd be of Birdland. His greeting was in

again, and once more she plunged

ing to earth by getting above and be- home. Peggy was close behind him. thought it a bit silly. "But it's true

his own medicine. She turned the air-plane upward until she was far above woods.

screamed and fell fluttering into the and all your wisdom now, our prin-cess, for the Giant of the Woods has

he was called the pirate of the sky.

What would she do when she got to the Pirate? The American aviator, she could not possibly escape from the mouth to answer, a dreadful howling

German down by pouring bullets into him with a machine gun. But she had no machine gun—just a hatpin jave-lin. O, if she only had something to

Peggy turned back to look after gone mad.

She found him

"You saved me from that terrible "Dippy, batty, eccentric or whatever you want to call it. He's been raging

So that was a Hawk. No wonder around ever since you freed the cap-ne was called the pirate of the sky. tives from his dungeons. Will you

hawk. She was frantic with joy rang through the forest. when Peggy brought Homer safe "The Giant!" cried Mr. Wood

Simple Simons Signs.

"My brave princess!" he sobbed. "Crazy," an

The Pirate, his victim clutched harshly in his huge claws, was already far away, making swiftly for a distant forest. As Peggy sped after him she thought of an airplane battle. Was something new to him. It is made a made and she are was not coward. Indeed, he was noted as a fighter. But this was with pajamas."

Homer Pigeon.

Hawk.

By Daddy—"The Mad Giant"

D EGGY was scared. The flash of the airplane upward and looped the

from attack. But she had no would any one that I fell on."

idea of leaving Homer Pigeon to his But she didn't fall. The loop

fate. She wheeled around to see if brought her around behind the Pirate

him she thought of an airplane battle was something new to him. If it was about which her father had read to her as fierce as its shriek he felt himself

speeding on carried her quickly out of smashed flat," she thought, "and so verse:

# Mrs. A. G. Vanderbilt to Wed Raymond G. Baker June 12



Mrs. M. E. McK. Vanderbilt, widow of Alfred Gwynne Vanderbilt, who lost his life in the sinking of the Lusitania by a German submarine, has announced her engagement to Raymond T. Baker, director of the United States mint at Washington. Senator Pittman of Nevada, is to be best man at the wedding, which will take place June 12, at Homewood, the country place of Mrs. Vanderbilt at Lenox, Mass.

Raymond T. Baker is a young man who has come out of the west and risen to high station in national public affairs. Mr. Baker hails from Nevada, where he still has mining and business interests. His father was a California lawyer, for many years chief counsel of the Southern Pacific railway system, and his brother was attorney general of Nevada. Mr. Baker made his first appearance in public life about four years ago, when he went to Russia as secretary of the American ambassador at Petrograd. Upon his return to this country, a little more than a year ago, he was appointed director of the mint.

# Library Notes

Men in uniform always ask for new fiction, according to Miss Edith To- lished novels to read during summer bitt, in charge of the Omaha public li- hours on boats, in camp or at home. brary, who has gone east to see her sister, Miss Ada Tobitt, off for war kindness to pass them on to the solservice abroad, and to attend the diers, sailors and marines who are American Library association conven-eager for "that new book I saw ad-

Miss Tobitt's testimony is borne out by a camp librarian, who wrote to li- camps and stations where they are brary war service headquarters:

"The soldiers persistently ask for new novels, which never seem to be part of the gift shipments." "I find a special need among the pa-

tients for up-to-date reading matter," writes the chaplain of a base hospital, and from a hospital librarian comes an appeal for new fiction. In the 3,000,000 books given by the

Then fold in the stiffly beaten whites, stenographer, I suppose.—Oregon American people for camp library use, there are few 1918 novels. It is true

Of all fair maids from China's down

There's none so sweet as Peggy in

Peggy thought this a rather rude

welcome and she answered tartly:

'A real poet wouldn't rhyme Pan-

"A real poet couldn't afford pa-

jamas," answered Judge Owl, winking at her so comically she had to

"Mad?" questioned Peggy. "What

"Crazy," answered Judge Owl.

to Panama's,

pajamas.

that old books, like old friends, are always welcome, but the new ones are wanted, too.

With vacation days at hand, many people will be buying recently pub-

vertised." Books taken to any public library will be forwarded promptly to

Books contributed by Omahans will be accepted at the local library, Nineteenth and Harney streets.

Miss Blanche Hammond is acting librarian in the absence of Miss To-

## Standardize Macaroni Packages

After August 1, 1918, according to an order of the Canada food board the sale in Canada of macaroni and other alimentary pastes will be forbidden in packages of lesser weight than 16 offices. The investigation of the Canada food board convinced them that this action would be in the horn let out a second strident | All the birds that Peggy had met It was found that the net contents The Pirate of the Sky.

(Yesterday it was told how Peggy was summoned by two carrier pigeons to protect Birdland from the Glant of the Woods, and how on the way there they were there they were they at the transfer of the public as a whole. It was found that the net contents of the packages of alimentary pastes, as offered for sale, range from six to the canaries, Blue Heron and the of the packages of alimentary pastes, rest. Judge Owl, looking very wide-awake and chipper, for it was same packages, if properly filled, would contain 16 ounces. It is bestill early morning and not yet his bedtime, greeted Peggy and conductlieved that this regulation will result the Pirate from the clear heavens, loop, running for a few seconds upside ed her to the mound of flowers on in a lower cost to the consumer. which she had been crowned Princess

#### The New Home Treatment for Ugly, Hairy Growths

Here is a simple, yet very effective method for removing hair and fuzz from the face, neck and arms: Cover the objectionable hairs with a paste made by mixing some water with a little powdered delatone. Leave this on for 2 or 3 minutes, then rub off, a few nights before. In it an American a goner. Dropping Homer Pigeon ing at her so comically she had to wash the skin and the hairs have vanished. No pain or inconvenhind him, and then pouncing down, so close she felt she could touch him. She leaned forward and gave him a tinued, "and brave and wise, and resolved to give the Pirate a dose of jab with her hatpin. The Pirate you're going to need all your bravery to get real delatone.—Adv.

# You Can Beautify your Complexion

-and rid the skin of unsightly blemishes, quicker and surer, by putting your blood, stomach and liver in good order, than in any other way. Clear complexion, bright eyes, rosy cheeks and red lips follow the use of Beecham's Pills. They eliminate poisonous matter from the system. purify the blood and tone the organs of digestion-Use

Their Efficiency

Italian Women Prove

of their activity," Count V. Macchi de the factory . Cellere said in an address before the Continental Congress of the Daugh- Standardization for ters of the American Revolution. "Our women in Italy, though not pominds the heredity tradition of the struggle for liberty and nationality and have stepped forward, falling into line with marvelous efficiency and be released from the slavery of clothes

unanimity, backing the men in the army from royal palace to peasant's home, from hospital to munition plant. "Practically every woman in Italy looking after the soldiers' families, as from 16 to 60 is a war nurse or a well as reconstructing and refitting for volunteer war worker, and the whole useful lives the disabled men, of givnation is feeling the beneficent throb ing hands to the fields as well as to

The Women's Dress

litically organized or prepared for is discussed as a measure of war econ- from all the dainty fabrics those inservice, had within their hearts and omy by the Women's Century, official dividual designs that bring out the

-men have had a standard since the American revolution, differing in detail but not in form-why can not women be equally free?" asks the Women's Century. "Women are slaves to fashion, which has been the leader and dictator in the past, instead of good taste. The appropriateness or our own common sense has not been consulted, consequently clothes are often inartistic and utter! unsuitable to the occasion.

"Can we not have a standardized Standardization of women's clothes style of suit for the street and select

# Would You Invest \$30 To Make \$36,500 Yearly?

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Complete the letters of Simon's sign-they will spell the name of an American city. (Answer given tomorrow)

itself at him. At the same moment Answer to yesterday's puzzle-TAFT.