

# THE BEE'S PURE FOOD PAGE

**PURE AND DELICIOUS**



**BAKER'S COCOA**

Is a most satisfactory beverage. Fine flavor and aroma and it is healthful.

Well made cocoa contains nothing that is harmful and much that is beneficial.

It is practically all nutrition.

Choice Recipe book free.

**Walter Baker & Co. Ltd.**  
Established 1780. Dorchester, Mass.

## The Bee's Household Arts Department

"Eat fish; there is plenty in the sea," the government says. This seems to be a true statement, as most fish are in the sea rather than on land. The weak-enders who do land in our markets are good, but not as varied as formerly and have gone up in price, like everything else. Yet even with the advance they are enough lower than meat prices to tempt the economical.

When purchasing halibut or swordfish, where the head and fins have been removed, the test is pearly white or shining gray skin, firm flesh and good odor. It is an excellent rule never to buy fish which is out of season.

It is an excellent plan to post one's self thoroughly on the fish which are in season all the year round and purchase accordingly. Decide when you order a fish how you will cook it. The fish dealer can prepare it for broiling or broiling better than you can. The cheapest fish is not always the most economical. Five pounds of cod will contain about two pounds of waste in the shape of skin, head, tail and bone, while two pounds of halibut is solid fish with scarcely an ounce of waste.

The cooking of fish depends very largely on taste for various methods frequently apply most appetizingly to the same fish. Halibut, for instance, may be baked, broiled, fried or boiled and be quite as delicious in one way as another.

This is also true of cod, haddock and nearly every kind of white-fleshed fish. What a cook or a fish dealer calls dark fish (bluefish, mackerel, herring, salmon, eels and

shad) are best suited for baking, broiling or planking. They contain so much oil distributed through the flesh that requires a dry, intense heat to make them palatable. Salmon is an exception to this rule, being at its best when broiled.

An old saying, "small fish should swim twice, once in water, once in oil," is a good proverb for the cook to remember, because it is true of all tiny fish, such as smelts, trout, perch, sunfish, catfish and white-bait. Sometimes these small fish are sautéed, but they are not so good as when they "swim in oil."

An oily fish, such as mackerel or bluefish, needs no enrichment of fat before broiling; a white flesh fish does. If it is cut into stakes saturate it with oil or melt butter (bacon grease is excellent) and a good seasoning of pepper and salt, then put between the wires of the broiler. Lay the thickest end in the center of the broiler over the hottest part of the fire, skin side up. Let it get perfectly crisp and brown on the flesh side before turning. Broil the skin side carefully; it is apt to burn. Set it in a hot oven for five minutes to thoroughly finish the cooking.

When baking halibut pour milk over and around it before setting it in the oven. It keeps the fish moist, improves the flavor and browns it more thoroughly.

The fish which plank to perfection are shad, whitefish, mackerel, bluefish, snapper and pompano. There are a number of real advantages to this method of cooking; it is so easy it may be done in any hot oven, and the wood imparts flavor to the fish which can be obtained in no other way. Then there is no difficult task of sliding it from a broiler or bake pan to the platter, because it is the correct thing to send the plank straight to the table laid on a folded towel. If you have to prepare a fish yourself for planking, remember it must be cut down the back instead of down the stomach, the thin portion of the flesh going on the middle of the plank.

If you have no fish kettle improvise one. Line a wire basket with a napkin, allowing the linen to fall over the edges; put in the fish, coiling it slightly if it is large, and drop

## Keep Your Own Dairy



Why worry about price of milk.

One of the attractions at the big live stock show being held by California breeders in the exposition grounds in San Francisco was Miss Davis and her milk goat. "Why worry about the price of milk," says Miss Davis, who is rather a charming milkmaid.

three cupsful of water; stir until boiling, then add two cupsful of cranberry sauce, made less sweet than usual; replace meat in pan with this gravy sauce and proceed with cooking in ordinary way, adding salt and pepper to taste when cooking is about half finished.

Use this pudding with your pot roast dinner, or if you consider it too heavy, try the cranberry gelatin or the cranberry snow pudding; all three are delicious, and once tried will mean they will be sure to be permanently added to your winter menus.

**Cranberry Pudding.**  
Cream, one cupful of sugar (white corn syrup may be substituted successfully for sugar, in whole or in part) with three teaspoonfuls of butter. Add slowly one cupful of sweet milk, two cupfuls of flour, sift with two teaspoonfuls of cream of tartar and one teaspoonful of soda. Add one and one-half cupfuls of cranberries and take one-half hour in a moderate oven. Serve with any sauce.

**Cranberry Gelatin**  
Soak two and one-half table-spoonfuls of gelatin in three table-spoonfuls of cold water. When soft, add one-half cupful of boiling water, one and one-half cupfuls of cranberry juice, one-half cupful sugar, one-half cupful corn syrup and one table-spoonful lemon juice. Strain and turn into a mould and chill. Serve with whipped cream. Whipped cream may be beaten into the jelly as it begins to set.

**Cranberry Snow Pudding**  
Use plain cranberry gelatin given above. When it begins to stiffen beat with Dover egg beater until frothy. Add two or three stiffly beaten egg whites and continue beating until mixture holds its shape. Turn into moulds and chill. Serve with custard sauce.

You will agree by this time that to have plenty of cranberries on hand means delicious desserts and good pot roasts. Now is the time to order cranberries for canning (the early berries are best for canning) and this is the best way to can them—

Pack jars with sound raw cranberries, then fill with cold water

that has been boiled, seal and put away for future use. They will be as fresh and juicy as when purchased. Order them today, for they are no trouble to can. Always cook cranberries in porcelain lined enamel or aluminum utensils.

**Lemon Curd Sandwiches.**  
—Take one pound sifted sugar, the rind and juice of three large lemons, six ounces clarified butter and yolks of 12 eggs. Melt sugar and butter by very gentle heat. Stir in the rind and strained juice of the lemons. Stir all together until it is like honey. Have ready in a basin the yolks of the eggs, carefully beaten and strained. Add the warm mixture to the eggs by degrees; beat it for several minutes.

If not sufficiently thick, return it to the pan for a few minutes. When quite cold it should be put in small jars, covered with bladder or vegetable parchment and stored like jam until ready for use. For the sandwiches use brown bread and spread with lemon cheese-curd mixture.

**Brown Sugar Gingerbread.**  
Two-thirds cupful sifted sugar, two cupful brown sugar, one table-spoonful ginger, two eggs, one cupful milk, three cupfuls flour, two table-spoonfuls baking powder. Mix in order given, putting the baking powder in the flour, sifting both well. Spread on shallow pans, well buttered. When baked cut it into rectangular pieces.

**Cinnamon Buns.**  
Put one pound flour into a pan, make a hole in the center, into which pour one table-spoonful of yeast and one cupful of milk, slightly warmed and flavored with a little cinnamon. Mix these together with a little of the flour and leave it near the fire to rise. Dissolve six ounces butter

and heat up four eggs; add this to the sponges, knead all together. The dough must be again allowed to rise. When it has risen well, in about an hour's time, put small balls of this mixture on a well-greased oven tin two or three inches apart. This dough being light, will fall into required shape. Sprinkle loaf sugar and cinnamon on top. Bake in a moderate oven.

**Corn Chowder.**  
Take one quart of potatoes, two onions, cut in small pieces; put on to cook in water enough to cover them; one teaspoonful salt, one teaspoonful sugar, piece of butter the size of an egg, one can corn, a pinch of black pepper. When cooked put in one quart of fresh milk and let all come to a boil; then take off the stove to cool; put more milk if needed. Enough for seven persons.

**Molasses Taffy.**  
Mix together one cupful molasses, three cupfuls granulated sugar, one cupful boiling water, three table-spoonfuls vinegar.

Cook until it begins to boil, then add one-half teaspoonful cream of tartar. Boil until crisp when trying in cold water. Just before taking from fire add one table-spoonful butter and one teaspoonful soda. Add a little vanilla. Pull, cut in pieces, fold in wax paper.

**Puree of Pea Soup.**  
One cupful of dried split peas, one quart of water, 1 1/2 quarts of ham liquor half onion, three table-spoonfuls butter, half teaspoonful salt, one-eighth teaspoonful pepper. Pick over peas and cook several hours, drain and add cold water and onion; simmer two or three hours or until soft, rub through a sieve, put into the ham liquor and blend with butter, flour and seasoning; then allow to heat through; serve with crisp crackers.

Serve

# Hard Roll Bread

At Every Meal!



Serve plenty of it—feed it to the Kiddies between meals for it contains ALL the food elements so necessary for the Body and Brains. And, too, HARD ROLL BREAD is the most ECONOMICAL and most NUTRITIOUS food obtainable.

**Demand the Genuine!**

There is bread of inferior quality being sold in the city as HARD ROLL BREAD. BEWARE OF THIS IMITATION—insist upon seeing the little RED, WHITE and BLUE LABEL—it's on every GENUINE loaf of HARD ROLL BREAD.

**PETERSEN & PEGAU BAKING CO.**

## SATURDAY SPECIALS

24-lb. sack Omar Flour, for ..... \$1.65

Campbell's Assorted Soups, per dozen ..... \$1.39

Curtice Bros. or Little Dot Succotash, per doz. \$2.63

Large Carnation or Pet Milk, 6 cans for. . . . .93c

Genuine Jersey Sweet Potatoes, 4 lbs. for. . . . .28c

Grape Fruit, regular price 10c each. Saturday, per dozen .....88c

American Beauty Macaroni or Spaghetti, 3 pkgs 25c

Johnston's Chocolate Covered Almonds, reg. price \$1.25. Saturday, per pound .....85c

Fancy Spring Lamb Legs, at, per lb. ....30c

## SOMMER BROS.

28th and Farnam Streets. Harney 188.

# OMAR WONDER FLOUR

When Shopping

for good things to eat, you will eventually come to this store. Here you will find everything in domestic and imported delicacies—

**Not Just as Good But the Very Best**

Whether it be beautiful and delicious fruits—a box of candy—fresh or salted nuts—or anything at all, to please the eye or satisfy a discriminating taste, the very best to be had is here. Here are a few of the late new arrivals:

**New Figs Turkish Delight**  
**Stuffed Prunes Cluster Raisins**  
**Orange Sweets Budded Walnuts**  
**Lemon Sweets Fruit Cakes**  
**Preserved Ginger**

A Fruit Basket from this store is an appreciable gift.

**Sommer's Specialty Shop**  
CANDIES FRUITS DELICACIES  
203 1/2 11th Street  
TEL. DOUGLAS 725 BRANDEIS THEATRE BLDG.

## BASKET STORES SPECIALS

For Six Days, Saturday, November 15, to Friday, November 21

QUAKER ROLLED OATS, Large size, fresh and clean. SPECIAL. .... 26c

BASKO MACARONI AND SPAGHETTI, Full 8 ounces. Choice, per package, SPECIAL. .... 7c

DOMINO GOLDEN SYRUP, Pure cane sugar flavor, No. 10 size cans. .... 1.39

BASKO MARSHMALLOW CREAM, For icing and filling. Pint jars, SPECIAL. .... 25c

**OTHER MONEY-SAVING ITEMS**

AUNT JEMIMA PANCAKE FLOUR—1 1/4-lb. sacks, 14c; 4-lb. sacks. .... 45c

AUNT JEMIMA BUCKWHEAT FLOUR—1 1/4-lb. sacks, 16c; 4-lb. sacks. .... 49c

SWAN DOWN PREPARED CAKE FLOUR. .... 35c

TIP BAKING POWDER—Full 1 lb. .... 19c

QUAKER CORN FLAKES, 3-oz. pkgs. .... 10c

BASKO JAPAN TEA, none better—1-lb. carton, 68c; 1/4-lb. carton. .... 35c

CASH HABIT JAPAN TEA—1-lb. carton, 60c; 1/4-lb. carton. .... 31c

INDEPENDENT COFFEE, 1-lb. cans. .... 52c

BASKO COFFEE, bulk, per lb. .... 47c

CASH HABIT COFFEE, bulk, per lb. .... 43c

MAZOLA, quarts, 75c; pints. .... 38c

NONE SUCH MINCE MEAT—fresh. .... 13c

SYRUP MAY BE SCARCE—BUY NOW—CORN SYRUP, 10-lb. cans. .... 82c

WHITE SYRUP, 10-lb. cans. .... 93c

5-lb. cans, 45c; 1 1/2-lb. cans. .... 15c

CAMPBELL'S PORK AND BEANS, can. .... 13c

CASH HABIT CORN, extra standard. .... 16c

THRIFT CORN, good quality. .... 21c

BASKO PEAS, highest quality. .... 21c

CASH HABIT PEAS, extra standard. .... 18c

CASH HABIT TOMATOES, No. 2 can. .... 14c

CASH HABIT TOMATOES, No. 3 can. .... 20c

KIDNEY BEANS, per can. .... 14c

FUMPEIN, large sized can. .... 12c

RUB NO MORE WASHING POWDER—Large. .... 23c

CIDER VINEGAR, pint bottles. .... 15c

FANCY BEEF POT ROAST, per lb. .... 11c

FANCY ROUND STEAK, per lb. .... 20c

FRESH CUT HAMBURGER STEAK, lb. .... 14c

FANCY VEAL POT ROAST, per lb. .... 13c

FANCY VEAL ROUND STEAK, per lb. .... 22c

FANCY VEAL CHOPS, per lb. .... 25c

Specials Daily—It Will Pay You to Watch Basket Stores' Windows

One Million Dollars Increase—Basket Stores' Goal for 1919.

Basket Stores' Guarantee—Money's Worth or Money Back.

## CENTRAL MARKET

1608-10-12 Harney Street Douglas 1796

Jersey Yams, Sweet Potatoes, per lb. 10c, 2 for 15c

Whenever an institution renders the people a definite service then, and then only, does that institution become a public necessity.

The Central Market combines for you: Meat and Fish Market, Dairy, Grocery, Bakery and Delicatessen Stores.

Here you find "everything for the table" without that weary shopping from place to place, without even climbing stairs.

Shop with ease and economy in the most complete SANITARY Market in the middle west. Come once and you will come always.

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|--|--|---|
| Extra Fancy Steer Pot Roast, lb. .... 12 1/2c                    | Prime Rolled Rib Roast, per lb. .... 25c                           | Pig Pork Roast, per lb. .... 19 1/2c                          |
| Fancy Young Veal Shoulder Roast, per lb. .... 15c                | Fancy Young Veal Breast, per lb. .... 12 1/2c                      | Fancy Young Mutton Shoulder, per lb. .... 11 1/2c             |
| Armour's Star or Swift's Premium Half Hams, per lb. .... 32 1/2c | Armour's Shield Lean Breakfast Bacon, per lb. .... 36 1/2c         | Young Mutton Stew, per pound, at. .... 7 1/2c                 |
| Best Granulated Sugar, per lb. .... 12 1/2c                      | Crisco, all sizes, per lb. .... 35c                                | Central Market Flour, 48-lb. sk. .... \$2.98                  |
| Rye Flour, 24-pound sack, per sack, .... \$1.50                  | Pure New York Buckwheat Flour, per sack. .... 50c                  | 16-oz. Jar Pure Sunkist Preserves, per jar. .... \$1.00       |
| No. 3 can J. M. Apricots, per can, .... 38c                      | No. 3 can Extra Fancy Sliced Peaches, heavy syrup. .... 43c        | No. 3 can half Peaches, Extra Fancy, in heavy syrup. .... 43c |
| Monarch Corn, per can, 22 1/2c. Per dozen ..... \$2.50           | Advo Sweet Corn, per can, 22 1/2c. Per dozen ..... \$2.50          | Country Gentleman Corn, per can, 20c. Per dozen ..... \$2.20  |
| Central special 60c grade best Coffee, Per pound ..... 45c       | Fresh baked Iden Graham Biscuits and Fancy Sodas, Per lb. .... 19c | Assorted Cookies, Per pound ..... 30c                         |
| Extra Fancy Creamery Bulk Butter, Per pound ..... 63c            | Strictly Fresh Checked Eggs, Per dozen ..... 49c                   | See our fresh stock of package goods.                         |
| Full Cream Brick Cheese, Per lb. .... 40c                        | Best quality Peanut Butter, per lb. .... 20c                       | Fancy April Storage Eggs, Per dozen ..... 54c                 |
| Extra Fancy Large Grape Fruit, each 10c; 3 for. .... 25c         | Extra Fancy Celery Cabbage, 10c and 20c Per bunch                  | 5-lb. pail Swift's Snowflake Oleo \$1.85                      |

# ANCHOR Brand Nut MARGARINE



Were you served with Anchor Nut Margarine on toast and pancakes this morning?

Churned in the Country.

**D. E. Wood Butter Co., Evansville, Wis.**

## Fairmont Creamery Co.

Distributors.

# OMAR WONDER FLOUR