

THE BEE'S PURE FOOD PAGE

The Bee's Household Arts Department

Pumpkin Possibilities

Not every housewife realizes the possibilities of pumpkin, yet there are any number of desserts besides pie that may be concocted from it, and delicious ones, too. Here are a few ideas that are well suited to the November menu:

Pumpkin Bread Pudding.

Two cups of stale bread crumbs, three cups of milk, one-quarter cup of sugar, three-quarters cup of pumpkin, one-half teaspoonful of cinnamon, one-quarter teaspoonful of ginger, one-quarter teaspoonful of salt, one teaspoonful of grated lemon rind, two eggs.

Cook the crumbs, milk, sugar and pumpkin for half an hour. Cool slightly; add the spices, salt, lemon rind and beaten eggs. Pour into a greased baking dish and bake in a moderate oven for 45 minutes. Serve hot with hard sauce.

Pumpkin and Prune Roll.

Two cups of flour, one-quarter cup of sugar, four teaspoonsful of baking powder, one-half teaspoonful of salt, two table-spoonsful of fat, one-quarter cup of milk, one-half cup of pumpkin, one-quarter cup of sugar, one-quarter teaspoonful of cinnamon, one-quarter teaspoonful of nutmeg, one cup of stewed and sweetened prunes.

Mix and sift the flour, sugar, baking powder and salt. Rub in the fat with the tips of the fingers and add milk until the dough is of consistency to roll out. Roll into an oblong sheet half an inch thick. Mix the pumpkin, sugar, spices and the prunes, which have been stoned and cut into pieces. Spread the dough with the mixture and roll like a jelly roll, being careful to roll as tightly as possible, moistening the outside edge to make it hold in shape.

Put the liquid from the prunes into a greased baking pan and bring to the boiling point. Put in the roll and bake in a moderate oven for 45 minutes, basting it twice with the liquid in the pan. Serve, cut into slices, with whipped cream.

Indian Pumpkin Pudding.

One-quarter cup of cornmeal, two cups of milk, one cup of pumpkin, one-half teaspoonful of cinnamon, one-quarter teaspoonful of salt, one-half teaspoonful of ginger, one-quarter teaspoonful of nutmeg, one-quarter cup of molasses, one cup of seedless raisins.

Cook the cornmeal and milk together in a double boiler for 20 minutes. Add all the other ingredients except the raisins, pour into a greased baking dish and bake slowly for half an hour; add the raisins stir until thoroughly mixed and bake for half an hour longer, or until the pudding is firm. Serve hot or cold with cream.

Pumpkin Pudding.

Three-quarters cup of pumpkin, one-half cup of sugar, one-quarter teaspoonful of nutmeg, one-half teaspoonful of salt, one-quarter teaspoonful of ginger, one-half teaspoonful of cinnamon, one cup of sugar, two egg whites. Mix the pumpkin with all the other ingredients except the egg whites. Pour into a greased baking dish and bake in a slow oven, until firm. Beat the egg whites until stiff; add two table-spoonsful of powdered sugar, one-half cup of sugar, and mix well. Brown quickly in a hot oven and serve hot or cold.

Pumpkin Tapioca.

One cup of pumpkin, one-half cup of tapioca, two cups of milk, one-half cup of sugar, one-quarter teaspoonful of cinnamon, one-quarter teaspoonful of salt, one-half teaspoonful of ginger. Cook the pumpkin, tapioca and milk in a double boiler until the tapioca is tender and transparent. Add the sugar, salt and spices, and cook for five minutes. Pour into serving dish and chill. Serve with cream.

Steamed Pumpkin Custard.

One cup of pumpkin, one and one-half cups of milk, one-quarter teaspoonful of cinnamon, one-quarter teaspoonful of salt, one-quarter teaspoonful of nutmeg, one-quarter teaspoonful of allspice, three-quarters cup of sugar, three eggs. Heat the pumpkin, milk and spices in a double boiler. Add the sugar to the beaten eggs, and add to the heated mixture. Pour into greased custard cups, set in a pan of water and bake in a slow oven until firm.

Boiled Cider.

The boiled cider that one buys has been boiled down from six gallons to one. Add one part water to two parts of cider, but do not use quite enough of the reduced cider to come to the top of the apples. Use sweet apples peeled, quartered and cored. Cook the apples until well soft, but not mushy, and can some in glass jars. Put some in any earthen glass or porcelain dish convenient, preferably with a small top. The apple will absorb some juice after standing a day or so; then

cover with par-o-wax. In a cool place this should keep some time. If the boiled cider is not used as strong it will not keep as well. If one has a place to keep it frozen most of the time it may be placed in a wooden container and the quality will not be impaired.

What to Serve With Cheaper Cuts

SAUCES.
With the Cheaper Cuts of Beef. Tomato sauce. Creole sauce. Carrot sauce. Horseradish sauce. Chili sauce. Worcestershire sauce. Extract of beef gravy.

With the Cheaper Cuts of Pork. Chili sauce. Tomato sauce. Ketchup. Curry sauce. Apple sauce. Parsley sauce. Sliced pineapple.

With the Cheaper Cuts of Mutton. Capersauce. Mint sauce. Pepper sauce. Orange sauce. Chili sauce. Currant jelly.

VEGETABLES.
To Serve With Beef. Escalloped tomatoes. Escalloped corn. Spinach. Peas. Asparagus.

To Serve With Pork. Cabbage. Turnips. Tomatoes. Spinach. Onion. Sauerkraut. Celery. Hominy.

To Serve With Mutton. Turnips. Celery. Carrots. Peas. Asparagus. Tomatoes.

There is no limit to the variety of vegetables which may be had in winter by selecting from high grade canned varieties. For the best flavor in the canned vegetables, remove from the can and let stand in the air one hour before using. Always save the juice from around canned vegetables to be used in sauces and soups.

Kraut Time

Many families are fond of sauerkraut, but they object to the odor while cooking. A high grade of canned sauerkraut obviates this difficulty. It is only necessary to place the can in the oven or in a kettle of hot water until heated through and it is ready to serve.

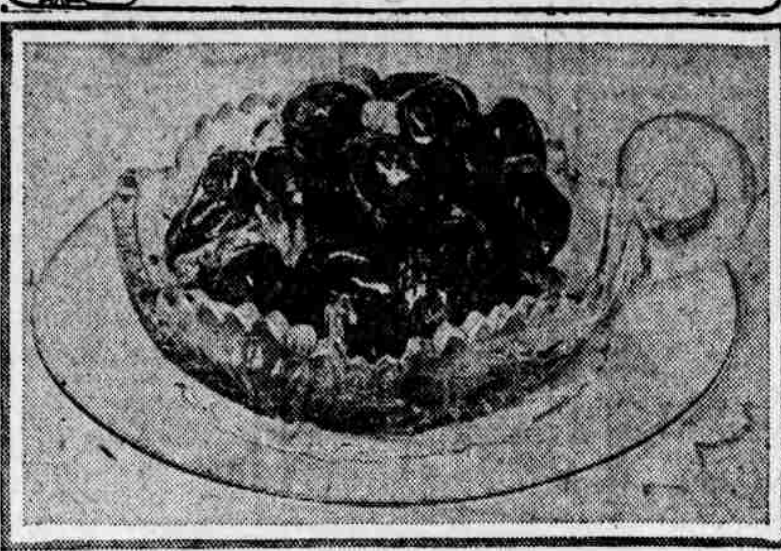
This demonstration given weekly in some of our best cooking schools last winter attracted much attention and proved that the idea was new to the majority of the women throughout the country.

"I'm going to have sauerkraut tomorrow for dinner. My husband is very fond of it and we all like it but I hate to smell up the house while cooking it" is a sentiment frequently expressed. Heating in the can eliminates all this unpleasantness.

Sauerkraut has a dietetic value all its own. It gives the requisite bulk to the diet while furnishing a characteristic acid and also mineral salts so much needed in the system. It has the advantage of being available at all seasons and in all places, and compares favorably in mineral content with the green vegetables which are seasonal and therefore not always available.

TODAY'S DAINTIEST DISH

COOKERY IS BECOME A NOBLE SCIENCE



Steamed Spiced Prunes

By CONSTANCE CLARKE.

Wash half a pound of prunes, scald and steam them for thirty minutes; then remove the stones, and put them into a syrup made as follows: Boil one cup of sugar with one-half cup of water together for fifteen minutes, carefully removing the scum as it arises; add one-fourth

a teaspoonful of powdered cinnamon and cloves and half a cup of English walnuts. Place the prunes in a glass dish, pour the syrup over them, and when cold serve with whipped cream. Whipped Cream—Whip a cup of cream stiff, sweeten it with four table-spoonsful of sugar, flavor it with a few drops of vanilla.

Cheese All'Round Food

All good cheeses are pure, healthful foods, the high flavors being due to natural ripening processes. Cheese and bread is a very popular form of food in England, and it is eaten by all classes. Being an economical food, it is eaten to a larger extent by the laboring classes, who, owing to the sort of work they do, require a good tissue-builder at a moderate price.

Many people do not eat cheese because they find it constipating. However, when bran bread and fruit are added it will be found that this trouble will usually be overcome.

The majority of the cases of indigestion and constipation are largely due to the fact that the average American is in such a hurry to eat his meals that he does not properly masticate his food. If the growing boy or girl, who is so active, were given a luncheon of cheese, bread and fruit in place of cake and sweets (which is the common habit among the American people), there is no doubt that they would develop a more robust constitution.

Cheeses figure most attractively on the printed club or church menu. As they are generally named for the town or district from which they come, they give an interesting foreign suggestion. American cheese is the name used for that form of the English Cheddar generally liked in this country. Brie, Camembert, Colommier, Neuchatel and Rommefort are French cheeses from different parts of France, and differing in some cases very much in flavor and appearance. Edam and Gouda cheese are of Holland origin. Gruyere, the cheese of many holes, is from Switzerland, and the strongly-smelling Limburger comes from Belgium and not from Germany, as is often supposed.

Cheese, whether cooked or raw, is soft in texture, therefore better served with crackers, or the harder kinds of bread. Cheesemaking is now one of the important and growing industries of America. The use of cheese is increasing both in families that demand a bountiful table and those of frugal taste. Cheese and dishes in which cheese is used should both figure in up-to-date menus.

How to Select Meat

Beef should be bright red in color, streaked with fat and firm and elastic to the touch. Mutton flesh is firm and dull red in color; the fat hard and white or slightly yellow. Pork is dark pink in color and the fat is less firm than that of beef or mutton.

The modern system of refrigeration has made world-wide distribution of fresh meat possible. The large Armour refrigerator cars, iced enroute in such a manner that the contents are kept always in a current of cold air, make it possible to carry the products of the packing house to remote parts of the country and deliver them in sound condition.

XMAS

Throw away the old dangerous candles and buy an electrical equipment for the kiddies' Xmas tree.

Eight Light Outfits for \$2.30

H. H. HARPER CO. 17th & Howard, Flatiron Bldg.

Health Suggestion

It is one of the essential fundamentals of health that a person should at all times maintain the proper mental attitude; and if there is one place more than any other where this is necessary, it is at the table, for if there is anger, hatred or disturbance at the dinner-table, the whole body is thrown out of the harmonious condition. When this is the case, digestion is not carried on properly. This has been known to cause even acute indigestion which sometimes proves very serious. Therefore, above all, let every parent make the meal-table a place of sunshine and happiness for the children, avoiding all disputes. If arguments must take place, they should be had away from the table.

A Timely Hint.

Did you know that you could can plums, peaches and other fruits, and they will keep just as well without sugar as with it? You simply proceed in the ordinary manner by placing your jars filled with the prepared fruit in the boiler with a wooden rack or piece of shaped wood under them, and, instead of filling the jars with syrup, use cold water. Then, as usual, fill the boiler with cold water up to the shoulder of the jars, bring to a boil and boil twenty minutes or until the fruit is tender.

Add sugar to the fruit as you use it. In these days of sugar shortage this is worth knowing. If a soft piece of homemade bread is rubbed on a scorch on woollen goods it will remove it entirely.

Bacon is much more crisp and evenly done when cooked in the oven and it does not require turning. Sliced banana added to the white of an egg and beaten stiff makes a good substitute for whipped cream.

Bread crumbs will keep better when put into a glass jar with a piece of cheesecloth tied tightly over the top. Bacon will be more crisp and dainty if, before cooking, boiling water is poured over it and poured off at once.

Equal parts of cold potatoes and cold chopped chicken with proper seasoning will make excellent hash. Grind your tea leaves before using. They go twice as far, and some think the flavor more delicate after grinding.

Investigation has shown that wherever the labor of women approximates that of men, the death rate of women rises.

The Woman's club of Topeka is to have a new \$100,000 home.

The Lincoln Highway By WOODBURY PULSIFER.

Three thousand miles from sea to sea, A great highway is built to span The continent where man is free And no man bends the knee to man.

Broad and straight and smooth and fine, It binds the East unto the West, And both may pass in God's sunshine, And each may learn it is not best.

But all is good in this fair land, Tho' West is West and East is East, And Mother Nature's lavish hand Has set no Barmedical feast.

No royal coach shall pass this way, Nor lord of war in triumph ride; No juggernaut of "kultur" prey And cast its human wrecks aside.

But they who use this way shall see, In plain and mountain, lake and glen, A country fit for liberty— For men who love their fellow-men.

And as they pass may truly sing "Land of the Free," since Lincoln taught, And to his shrine a tribute bring, And thank their God a Lincoln wrought.

Tongs for Hot Potatoes. Hang your tongs for handling hot fruit jars in a convenient place and use them to remove baked potatoes from the oven. No more burned fingers. They are fine also to remove hot corn from the water in which it has been boiled.

On the evening before an Armenian wedding presents are exchanged between the bride and bridegroom.

Investigation has shown that wherever the labor of women approximates that of men, the death rate of women rises.

The Woman's club of Topeka is to have a new \$100,000 home.

HOLIDAY NUTMARGARINE

Made from the oil pressed from the white, tender meat of the cocconut—peanut oil also furnishes a part and with these two wholesome and highly nutritious oils, sweet milk and salt is added and the whole churned into a snow-white nut butter—a most delicious and satisfying spread for biscuits, toast and bread.

To comply with an old law the name—oleomargarine—must appear on the carton, although it contains no oleo or animal fats.

Don't let yourself be confused in your purchase. Ask for Holiday because it's the best and be sure to get the capsule of vegetable coloring.

Sold by the leading Grocers, Markets and Delicatessens!

Northern Cocoanut Butter Co. MANUFACTURERS, MINNEAPOLIS



DEALERS SUPPLIED BY OMAHA COLD STORAGE CO. WHOLESALE DISTRIBUTORS.

THE ADVERTISING COLUMNS OF THE OMAHA BEE OFFER MOST UNUSUAL OPPORTUNITIES FOR BIG BARGAINS

CENTRAL MARKET

1608-10-12 Harney St. Douglas 1796.

Special for Saturday Selling

Fancy Fresh Dressed Spring Chickens, per lb. 30c	Fancy Young Veal Roast, per lb. 16c
Fancy Steer Pot Roast, per lb. 12 1/2c	Prime Rolled Rib Roast, per lb. 25c
Fancy Young Veal Breast, per lb. 10c	Fancy Turkeys, Geese and Ducks at Lowest Prices.
18-lb. sack Central Flour. \$2.98	24-lb. sack Rye Flour. \$1.50
Large bars White Classic Soap, 10 bars, 65c	P. & G. Soap, per doz. \$1.00
Navy Beans, per lb. 10c	22-oz. jar assorted Jam. 25c
Assorted Sunkist Jams, 3 jars for. \$1.00	Fancy Dried Apricots, per lb. 35c
Central Special 60c Coffee, per lb. 45c	Item's fresh baked Fairy Sodas, lb. 19c
McComb's Made Chocolates, per lb. 59c	Item's fresh baked Graham Biscuits, lb. 19c
Fresh checked Eggs, per doz. 50c	Fancy Creamery Bulk Butter, per lb. 65c
Extra fancy, large, juicy Grape Fruit, each, 10c—3 for. 25c	Extra fancy Cranberries, per quart, 10c—8 for. 25c
	5-lb. pails Swift's Snowflake. \$1.85
	Extra fancy, large, sweet Oranges, each. 4c

Fresh Fruits, Nuts and Vegetables of All Kinds.

Boston Meat & Grocery Co.

113 NORTH 16TH STREET DOUGLAS 1089 Largest Cut Price Mail Order House in the State. Deliveries on \$5.00 Orders. Write for Our New Price List.

PURE LEAF LARD 28 3/4c

Fresh Pork Loins 22 1/2c	Young Veal Roast 11 1/2c
Fresh Pork Chops 24c	Young Veal Stew 9 1/2c
Fresh Small Hams 18 1/2c	Hindquarters Lambs 15 1/2c
Steer Pot Roast 9 1/2c	Lamb Stew 5c
Steer Porterhouse Steaks 22 1/2c	Fresh Liver 8c

Extra Lean Skinned Hams 23 1/2c

Milk-Fed Spring Chickens 27c

Fresh Dressed Chickens 24 1/2c

Sugar Cured Picnic Hams 18 1/2c

Sugar Cured Bacon 28 1/2c

A Tempting Delicacy

If you are fond of Ice Cream—and of course you are!—you will be delighted with the smoothness and delicate flavor of

Peach Marmalade
Vanilla Ice Cream with best Puyallup Peaches.

It's our Special for this Sunday—at all good dealers.

Hardings One Cream of all ICE CREAM

212 North 16th Street

BUENHLER BROS.

2408 Cuming Street

PLEASE SHOP EARLY

Two New Cash Meat Markets

Where Quality Meats and Provisions Can Be Bought at Lowest Prices

Fresh Killed Chickens	Choice Rump Roast Beef	Sugar Cured Skinned Hams	Choice Round Steak	Choice Beef Chuck Roast	Choice Rib Boiling Beef	Sugar Cured Regular Hams
29c	16c	22c	17c	11c	9c	25c

PORK CUTS	VEAL CUTS	BEEF CUTS
Choice Pork Loins 26 1/2c	Fancy Veal Breasts 11c	Fancy Beef Rib Roast 15c
Fresh Pork Shoulder 18 1/2c	Fancy Veal Roast 14c	Choice Beef Chuck Roast 11c
Fresh Boston Butts 24c	Fancy Veal Chops 18c	Choice Sirlon Steak 20c
Fresh Neck Bones, 4 lbs. 25c	Choice Leg Veal (1/2 or whole) ... 18 1/2c	Fresh Cut Hamburger 16c
Fresh Pig Tails, 2 lbs. 25c	Choice Loin Veal 18 1/2c	Fresh Beef Tongues 28c
Fresh Leaf Lard 29c		Fresh Ox Tails 5c
Fresh Pig Liver 5c	SMOKED MEATS	Choice Boneless Corned Beef 16c
Fresh Pig Feet, 4 lbs. 25c	Sugar Cured Breakfast Bacon, (1/2 or whole) 33c	Smoked Sausage, Choice Wienies and Frankfurts 18c
Fresh Pig Ears, 3 lbs. 25c	Sugar Cured Strip Bacon 27c	Choice Garlic and Polish ---h Bologna and Liver Sausage. 18c
Fresh Pig Snouts, 3 lbs. 25c	Sugar Cured Picnic Hams 18 1/2c	Choice Minced Ham 25c
Fresh Spare Ribs 20c	Morris Supreme Bacon 45c	Choice Pressed Ham 25c
Fresh Link Sausage 20c	Morris Supreme Hams 33c	
	Fancy Forequarter Spring Lamb. 12c	
	Fancy Hindquarter Spring Lamb. 18c	
PURE LARD		
10-lb. pails \$2.95		
5-lb. pails \$1.50		
Compound Lard 27c		

SNOW SHOVELS

Special for Saturday and Monday

50c Each while they last

H. H. HARPER CO. 17th & Howard, Flatiron Bldg.

OMAR WONDER FLOUR