

THE BEE'S PURE FOOD PAGE

The Salvation of the Servantless Home.

From squirrels to housewives, we all like to have a store of food conveniently arranged for winter consumption. The woman who has a well stocked pantry shelf, a sort of reserve shelf for the foods she is not serving daily, has no need to worry about winter entertaining. If the party is an impromptu one, she knows she has something at hand that can be quickly converted to ap-

petizing "eats" if she is preparing her refreshments in advance, her stock of ready prepared good things gives her ideas for the menu and, by eliminating cooking, does away with the greater part of the hard work of having company. Sandwiches and a hot and a cold drink are always acceptable and need never be monotonous if the sandwiches are varied. An infinite variety of good sandwich fillers comes in package form, such as pot-ter ham and chicken, thin slices of tongue; salmon, tuna fish or lob-

ster made into a salad; peanut butter, cream cheese, jams and jellies. If fresh bread gives out the "emergency shelf," of course, provides a package of crackers with which to make canapés, or open sandwiches. For beverages, have hot coffee and grape-juice punch. If you wish to serve plate refreshments, Waldorf salad is sure to be popular, or you can make a delicious salad of California canned fruits and serve with cake and marshmallows topping. If many men are present, we suggest a salad of chicken, tuna fish or lobster made of the canned product, with thin circles of hard-boiled eggs and olives. This may be served with hot rolls or with toasted crackers. Follow this with hot mince pie and slices of cheese, which combination, whether it is dietetically correct or not, is apt to make a hit at a late supper on a cool evening.

Uses of Honey.

In the days before trade with the tropics introduced cane sugar into the temperate regions, honey was by far the most common sweet substance available for human food. In many localities it still is plentiful and cheap enough to allow of its liberal use in cooking, and better practices in bee keeping are increasing the supply. As honey retains enough of the perfume of flowers from which it comes to impart a distinct flavor to the dish it forms a part of, it is much prized by good cooks. Cakes made from honey keep soft for months, as does honey icing. Honey is slightly acid, and better results are obtained by using baking soda rather than baking powder in recipes which contain it. It may be substituted for sugar in any favorite recipe, replacing cup for cup. As a cup of honey contains, besides the equivalent of a cup of sugar one-fourth cup of water, use that much less liquid than is called for in the original recipe.

Honey Icing.

One cupful granulated sugar, one-quarter cupful water, one-quarter cupful honey, one egg white. Boil together the sugar and the water for a few moments and then add the honey, taking precautions to prevent the mixture from boiling over, as it is likely to do. Cook until drops of the syrup keep their form when poured into cold water, or to about 250 degrees Fahrenheit, and the white of the egg unit stiff and when the syrup has cooled slightly pour over the egg, beating the mixture continuously until it will hold its shape. This frosting is suitable for use between layers of cake, but is rather too soft for the top. It remains in good condition and soft enough to be spread for many weeks and, therefore, can be made in large quantities for use as needed. After eight months such icing has been found to be in good condition and soft enough to eat.

Honey Sauce for Ice Cream.

Two tablespoonfuls butter, two teaspoonfuls cornstarch, one-half cupful honey. Cook together the cornstarch and butter thoroughly, being careful not to brown them. Add the honey and cook the mixture until it becomes hard when dropped into cold water and until all taste of raw cornstarch has been removed.

Orange Frosting.

Grated rind one orange, one teaspoonful lemon juice, one egg yolk, one tablespoonful orange juice, honey.

Mix all ingredients but the honey and allow the mixture to stand for an hour. Strain and add honey until the frosting is sufficiently thick to be spread on the cake.

Nougat Wafers.

One-half cupful butter, one cupful brown sugar, one-half cupful milk, seven-eighths cupful bread flour, four teaspoonfuls ginger or two teaspoonfuls powdered cardamom or aniseed. Rub together the butter and the sugar and add alternately the milk and the flour sifted with the spices. Spread in a very thin layer on the bottom of an inverted dripping pan or on fat tins made for the purpose. Mark off into pieces about an inch wide and four inches long and put together in pairs with honey nougat filling.

For the Invalid.

The following drinks are considered very soothing and healthful for the invalid:

Orange Syrup—Squeeze the juice of thin-skinned oranges through a sieve, and to every pint add one and one-half pounds of powdered sugar and the juice of one lemon. Boil the syrup 15 minutes, skim as long as scum rises, strain into bottle, seal up tight and it will keep a long time. Added to a glass of water it makes a delicious drink for an invalid.

Hot Milk—One cup of milk and two tablespoonfuls of boiling water; put in a double boiler and heat. Is excellent in low fevers and after fatigue from exertion.

Oatmeal Nectar—Put into a bowl one-quarter pound of finely ground oatmeal, three tablespoonfuls of sugar, the juice of one-half lemon. Mix to a paste with a little warm water, then pour over it two quarts of boiling water, stir well together, strain, let stand until cold.

When you wish to wrap presents in the prettiest, most unique fashion, use raffia in several shades.

Little Folks' Corner

What Shall I Be?

Answered for Girls

The Saleswoman.
BY ELIZABETH MATHER.
"Mother, what do you think? I'm to be excused from school for two whole weeks to clerk down at Jordan Marsh's during the Christmas rush," Edith burst out as she came in from school.
Edith was one of the hundreds of girls in the Boston high schools who had taken salesmanship as a senior elective. On Saturdays and



Mondays, these girls are given practical experience clerking in Boston department stores where they earn several dollars a day. Those who make a high average in school are excused during the holiday seasons to help out in the stores.

This co-operation of school and stores has also been successfully tried out in Minneapolis. It means that many girls, upon graduation from high school, walk into positions that it would have taken them several years to get had they left school and started to clerk.

Stores all over the country recognize the need of educating their clerks. Most of them have educational departments which provide classes and lectures for all grades of clerks. Many have opened continuation schools for young clerks who have left school between 14 and 16 years of age.

There is a real science in salesmanship which every girl should recognize. A genuine smile and good health are natural assets, but a knowledge of how to approach a dyspeptic customer is invaluable. Study and application are being made the basis of promotion in many stores. This gives the wide-awake young clerk an equal chance with the indifferent one who while of long experience, is too stubborn to learn new methods.

Many lines of promotion are open to the ambitious saleswoman. She may become head of stock or assistant buyer; she may advance to a position in the educational department or become a teacher of salesmanship; she may be put on

What Shall I Be?

Answered for Boys

A Worker in Concrete.
BY R. S. ALEXANDER.
"Geel! That's a big bridge they are building, Uncle Harry."
"Yes, Bob, and it's all concrete, too. A lot of that kind are being built now."
"Who's that busy guy up there running the job?"
"That's Brick Young, a fellow I went to high school with. He's a concrete expert. Works on jobs like this all the time. In high school he was a shark at mathematics and chemistry and he liked to build things. Was always figuring out how to build houses and such stuff."

"After he graduated from high he went to a technical school to get his training as an architect. There he got interested in concrete. Reinforced concrete was just then coming pretty extensively into use in construction work. So he specialized in the study of that kind of construction. After he graduated he got a job for a while as an inspector for one of the large cities on a big concrete job it was having done. Then he worked for a time in the testing department of a big cement manufacturing company."

"Later he got into this kind of work and is now chief of operations for this Mills Construction company. He claims there is a big chance in

the concrete construction game for a young man; because concrete is being used more and more in construction work."
"Geel, Uncle Harry, you've got me interested."
The girl who looks upon salesmanship as a profession that requires training just as do teaching, nursing, and the arts should send to the United States bureau of education for Bulletin No. 34, 1916, and No. 9, 1917.



(Next Week: "The Buyer.")
Boys' and Girls' Newspaper Service. Copyright, 1919, by J. H. Miller.

"Well, if you want to read up on it there are a number of good books you can get. A couple that you might begin on are 'Popular Handbook for Cement and Concrete Users,' by M. H. Lewis; 'Cement and How to Use It,' by W. A. Radford, and 'Elementary Principles of Reinforced Concrete,' by Andrews. 'Concrete,' published by the Concrete Publishing company of Detroit, is a magazine that might be worth reading. I was talking with Brick last night and he told me they were good books to give one a general idea of the subject."
(Next Week: "The Plumber.")
Boys' and Girls' Newspaper Service. Copyright, 1919, by J. H. Miller.

Pumpkin Recipes.

Fried Pumpkin.

One cupful of pumpkin, one tablespoonful of molasses, one-quarter teaspoonful of salt, one-eighth of pepper, one-half cupful of milk, two eggs.
Mix pumpkin, milk, molasses and seasonings with the eggs, which have been well beaten. Melt two tablespoonfuls of fat in a hot frying pan. Spread the mixture evenly in the pan and fry over a low fire until a brown crust has formed on the bottom. Fold like an omelet just before serving.

Scalloped Pumpkin.

One cupful of pumpkin, one-quarter teaspoonful of salt, one-eighth teaspoonful of pepper, one-eighth teaspoonful of nutmeg, one-eighth teaspoonful of ginger, two tablespoonfuls of melted butter, one cupful of fine crumbs, two eggs.
Mix the pumpkin, seasonings, butter and one-half the crumbs; add the eggs, well beaten, and spread in a shallow greased baking dish. Sprinkle the remainder of the

crumbs over the top. Bake for 40 minutes in a moderate oven.

Pumpkin Croquettes.

One cupful of pumpkin, two tablespoonfuls of molasses, one-quarter teaspoonful of salt, one-eighth teaspoonful of pepper, one-half cupful of fine crumbs, one-half teaspoonful of celery salt or two tablespoonfuls of finely chopped celery, fine crumbs and eggs.
Mix the pumpkin, molasses, seasonings and crumbs and form them into croquettes. Beat the egg with two tablespoonfuls of cold water. Roll the croquettes in crumbs, then in egg and last in crumbs. Fry in deep fat. These are delicious served with tomato sauce.

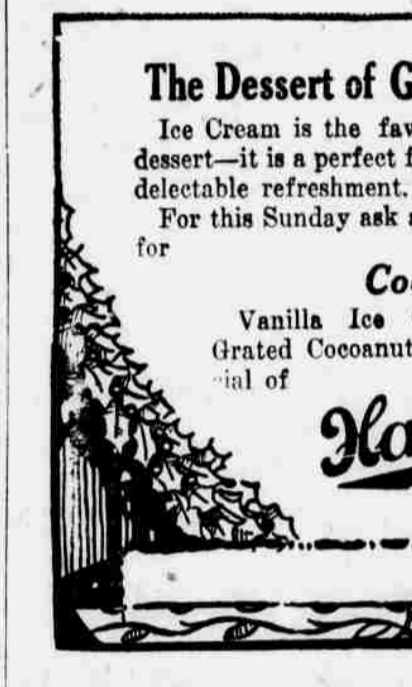
Pumpkin Souffle.

One cupful of milk, one tablespoonful of butter, one-quarter teaspoonful of salt, one-eighth teaspoonful of pepper, three-quarter cupful of pumpkin, three-quarter cupful of fine crumbs, three egg yolks and three egg whites.
Heat the butter in the milk until it melts. Add the seasonings, pumpkin, crumbs and the egg yolks, well beaten. Then fold in stiffly beaten egg whites; pour into a greased baking dish and bake for 40 minutes in a moderate oven.

Let potatoes lie in cold water for a little while before paring them if you wish of them to be white.
The use of paper towels in the kitchen will save both time and laundry.
When fruit leaves a stain on the teeth it should be removed at once by rubbing on a little salt.

The Dessert of Good Cheer

Ice Cream is the favorite American dessert—it is a perfect food as well as a delectable refreshment.
For this Sunday ask at your dealer's for



What would be more appropriate as a Christmas gift than something that the whole family may enjoy.

A box of Imported Figs from Turkey.	A box of Raisins from Spain.	A box of Selected Choice Grape Fruit.	A box of Delicious Apples.
Imported Malaga Green Grapes.	A box of Canned Fruit.	A box of Navel Oranges.	5-lb. box Johnston's Chocolates.
Box of Chocolate-Covered Glace Fruit.	Fancy Empress Grapes.	Bottle of Esquiline Giant Green Olives.	Large Budded English Walnuts.
Cross & Blackwell's Crystallized Ginger.	Bottle Gordon & Dilworth Mince Meat.		

SPECIALS FOR SATURDAY

1919 crop Guaranteed Soft Shelled Pecans, per lb. 25c	Monarch Coffee (guaranteed by Reid & Murdoch Co., to be the best 60c coffee on the market.) Saturday, per 3-lb. can. \$1.38
Extra Fancy large Grape Fruit, per dozen 89c	Yellow Label Lipton Tea, per 1-lb. can 82c
8 bars Palm Olive Soap, per 25c	3 cans Norway Kipperd Herring, 5-oz. cans 50c
14-oz. Pickled Cooked Tongue, per 55c	Campbell's Soup, dozen cans \$1.43
9 oz. White Cross Ripe Olives, per 40c	Sunkist Lemons, dozen 25c
Walter Baker's Chocolate, lb. 48c	

SOMMER BROS.
Telephone Harney 168. 28th and Farnam Sts.

SPECIAL FOR SATURDAY AT THE Washington Market

Choice steer round steak, per lb. 20c	Fresh pork roast, per lb. 19 1/2c
Choice steer sirloin steak, per lb. 22 1/2c	Young veal roast, per lb. 15c
Choice steer beef roast, per lb. 12 1/2c	Young veal breast, per lb. 12 1/2c
Choice steer boiling beef, per lb. 10c	Young veal chops, per lb. 17 1/2c
Sugar-cured skinned ham, half or whole, per lb. 24 1/2c	All brands of creamery butter, per lb. 73c
	Peerless laundry tablets, washes clothes without rubbing; 16 tablets to the box, per box, for 25c

A Full Line of Fresh Fruits and Vegetables at Lowest Prices

Washington Market

1407 DOUGLAS

OMAR WONDER FLOUR

PURE LEAF LARD, lb., 26 1/2c	BEST BUTTER, lb., 67 1/2c	BEST SELECT EGGS, doz., 57 1/2c
LARGE FRESH JACK RABBITS, each, 20c	PORK CHOPS, per lb., 25c	PORK SHOULDER ROAST, lb., 16 1/2c
GOOD THICK BACON, lb., 25c	GENUINE LAMB LEGS, lb., 17 1/2c	FRESH SPRING CHICKENS, lb., 29 1/2c

Fresh Pork Cuts	Genuine Lambs
Pork Loin Roast, per lb. 22 1/2c	Genuine Lamb Stew, per lb. 5c
Fresh Hams, lb., 24 1/2c	Genuine Lamb Shoulder Roast, per lb. 10c
Fresh Ham, sliced, per lb. 32 1/2c	Genuine Lamb Chops, per lb. 12 1/2c
Fresh Spare Ribs, per lb. 21c	Genuine Milk Fed Veal Stew, lb. 12 1/2c
Fresh Pig Feet, lb., 7 1/2c	Veal Roast, lb. 17 1/2c
Fresh Pig Tails, lb., 15c	Veal Chops, lb. 20c
Fresh Boston Pork Butts, lb. 22 1/2c	Veal Steak, lb. 25c
Fresh Liver, 4 lbs., 25c	
Compound Lard, per lb. 27 1/2c	
Corn Fed Beef Cuts	Smoked Meats
Round Steak, lb., 22 1/2c	Sugar Cured Skinned Hams, 1/2 or whole, per lb. 22 1/2c
Sirloin Steak, lb., 22 1/2c	Sugar Cured Skinned Hams, center slices, per lb. 32 1/2c
Short Cuts Porterhouse, per lb. 25c	California Sugar Cured Hams, per lb., 19 1/2c
Best Chuck Steak, per lb. 17 1/2c	
Beef to boil, lb., 11 1/2c	

Special Sale on Butterine
Wilson's Nut Oleo, special for Saturday, lb. 32 1/2c
Wilson's Diamond A, special for Saturday, lb. 33c
Sweet Mixed Pickles, high-grade, per qt. 25c

Mail Orders Filled at Above Prices

OMAHA MARKET

115 South 16th Street

OMAR WONDER FLOUR

BOSTON MARKET

113 North 16th Street DOUGLAS 1089

Fresh Pork Loin, lb. 22 1/2c	Steer Pot Roast, lb. 11 1/2c
Pig Pork Roast, lb. 19 1/2c	Choice Rib Boiling Beef, lb., 9c
Fresh Pork Chops, lb. 24c	Steer Rib Roast, lb. 17 1/2c
Pure Leaf Lard, lb. 26 1/2c	Steer Porterhouse Steak, 25c
Fresh Neck Bones, 4 lbs., 25c	Fresh Liver, lb. 5c
Extra Lean Skinned Hams, per lb. 23 1/2c	Young Veal Roast, lb. 11 1/2c
Swift's Premium R. Hams, per lb. 32c	Young Veal Stew, lb. 10 1/2c
Sugar Cured Bacon, lb., 29 1/2c	Young Veal Chops, lb. 14 1/2c
Milk Fed Chickens, per lb. 28 1/2c	Hindquarters Lamb, lb., 15 1/2c
Fresh Dressed Chickens, per lb. 28 1/2c	Forequarters Lamb, lb., 13 1/2c
	Lamb Stew, lb. 7 1/2c
	Compound Lard, lb. 25 1/2c
	Silver Leaf Pure Lard, per lb. 28 1/2c
	Fresh Rabbits, each, 15c

BUEHLER BROS.

212 NORTH SIXTEENTH STREET CASH MEAT MARKET For Quality Meats—Quick Service

Fresh Pork Shoulders, Small and Lean, 18c	Fresh Pork Boston Butts, Special at 22c	Small, Lean Pork Loin, 1/2 or whole, Special at 24c	Choice Leaf Lard, Special at 25c	Fancy, Small, Lean Pork Chops, 28c
GENUINE SPRING LAMB	BEEF CUTS	SMOKED MEATS		
Hindquarters 18 1/2c	Choice Beef Chuck Roast 12 1/2c	Sugar Cured Regular Hams 25c		
Forequarters 12 1/2c	Choice Beef Pot Roast 11c	Sugar Cured Picnic Hams 20c		
Choice Lamb Chops 20c	Choice Beef Rib Boiling Beef 9c	Sugar Cured Breakfast Bacon, 1/2 or whole sides 33c		
Choice Lamb Stew 10c	Prime Beef Rib Roast 17c	Fancy Strip Bacon 26c		
VEAL CUTS	Choice Cut Round Steak 20c	Swift's Premium Regular Hams, at 32 1/2c		
Choice Veal Roast 15c	Choice Cut Sirloin Steak 20c	Morris' Supreme Bacon, 1/2 or whole sides 46c		
Choice Veal Chops 20c	Fresh Hamburger Steak 18c	Cudahy's Puritan Bacon 46c		
Choice Veal Stew 14c	Choice Fresh Spare Ribs 20c	Choice Frankfurts 20c		
POULTRY	Choice Fresh Neck Ribs, 4 lbs. 25c	Choice Bologna 18c		
Fancy Fresh Spring Chickens 30c	Choice Fresh Pig Feet, 4 lbs. 25c	Fresh Liver Sausage 18c		
Fancy Fresh Dressed Geese 32c	Choice Fresh Pig Ears, 4 lbs. 25c	Fresh Breakfast Sausage 20c		
Fancy Fresh Dressed Ducks 35c	Choice Fresh Pig Tails 12 1/2c	Fancy Summer Sausage 25c		
Orders Now Taken for Xmas Poultry	Choice Fresh Kidneys, 4 lbs. 25c			
	Choice Fresh Brains, 3 lbs. 25c			
	Special Pork Tenderloin 40c			

Stores Open at 7 A. M. Please Shop Early. 2408 CUMING STREET