

THE BEE'S PURE FOOD PAGE

Bread Can Be Made A Perfect Balanced Ration

But that doesn't mean it is so made.

Some bread which sells at a good market price is far from being a balanced ration. It is made of flour from inferior wheat, with cheap shortening and a general poverty of ingredients, is not properly baked so as to develop the food value, and may even be unclean. It may put up a very good appearance and have a fair flavor when fresh and yet be sadly lacking in nourishment value.

How different the case with bread which is correctly made, of high quality ingredients, in a modern sanitary bakery.

Would you like to read the true story of modern, high quality, scientifically made bread—of bread which is made so as to form, in itself, a perfect balanced ration—a complete food?

We are going to tell the public this story—the story of modern bread-making. We are going to tell it in all its scientific detail.

It will not be a story for children. It will be a study in modern food science.

It will not be mere ordinary advertising.

It will be worth reading.

Insist on having BETSYROSS Bread—baked only in large loaves

Jay Burns Baking Co.

The Bee's Household Arts Department

Nothing really good ever loses in favor by repetition. Here are a number of dishes that are particularly appropriate for the midwinter Sunday night supper. They have previously appeared in these columns, but at the request of our readers are here republished:

Eggs with Cottage Cheese.

One cupful milk, one tablespoonful flour, four eggs, one cupful cottage cheese, one-quarter teaspoonful salt, one-half teaspoonful butter, one-eighth teaspoonful pepper, one-half teaspoonful salt, paprika, parsley or pimentos. Make a thick sauce with milk, flour, butter and seasonings. Cook five minutes and pour gradually on the cheese, which has been neutralized with soda dissolved in a little of the milk.

When the cheese and sauce are well blended return them to the top of the double boiler and reheat over hot water. Beat the eggs lightly, pour them into the warm sauce and mix well. As the mixture sets in a cup, constantly on the bottom and sides of the boiler, scrape it up carefully, forming large, soft curds. The mixture is cooked when it is of a creamy consistency throughout. Enough for eight people.

English Monkey.

One cupful of diced Victory bread, one and one-half cupfuls of milk, one-quarter pound of pimento cheese, two eggs, one-quarter teaspoonful of mustard, two tablespoonfuls of butter, salt, paprika, crackers. Soak the bread in the milk. Mix the cheese and butter together in a pan and in another pan of boiling water over the fire. Stir in the bread and milk with the salt and mustard. Cover until it is heated thoroughly, then toss lightly together to blend the cheese with the bread and mixture. Add the eggs, well beaten, stirring the mixture, but not stirring until it is the consistency of scrambled eggs. Serve in crisp hot crackers, dusting with paprika. Serve no other bread.

Cream Tartar Biscuit.

One quart flour (sifted twice), two heaping teaspoonfuls cream of tartar, one good teaspoonful soda. Piece of butter size of an egg. Mix butter and flour with tips of fingers until fine and powdery. Then put in cream of tartar and mix thoroughly. Dissolve soda in one-half cupful milk, pour into dry ingredients. Take enough more milk to stir up soft. Knead on a floured board, cut so lightly enough to cut in good size biscuits. Bake in a quick oven a half hour.

Peanut Bunnie.

One tablespoonful of butter substitute, one tablespoonful of barley flour, one cupful of hot milk, one-half teaspoonful of salt, one cupful of peanut butter, one-half teaspoonful of grated onion or onion juice, one tablespoonful of lemon juice, paprika, crackers. Make the white sauce by blending together the butter substitute and flour, adding hot milk and salt and stirring over hot water until smooth. Blend the peanut butter, lemon juice and onion, and add, stirring con-

stantly. Serve on crackers which have been buttered and crisped in oil, with a dash of paprika on each.

Indian Rabbit.

One cupful of hot Indian corn mush, salted, one cupful of rich cream cheese, two hard-boiled eggs, two tablespoonfuls of butter substitute, one-half teaspoonful of paprika, toast triangles.

Cut the cheese into bits and add to the hot mush, with butter and finely chopped eggs. If necessary thin with hot milk until the consistency of ordinary Welsh rabbit. Put it by spoonfuls on hot toast. Add a dash of paprika to each. No other bread should be served.

Supper Rolls.

Make a batter with two pounds flour and as much warm milk and water, with about one-quarter pint of fresh yeast and as little salt as will smooth it. Have ready a little flour and butter well rubbed together and make the batter with this, and as much flour as may be required for a light dough. Make it into rolls, and bake in this way, and have them warm in warm milk or water. Time, 15 to 20 minutes. Sufficient for 12 ordinary sized rolls.

Pineapple Brown Betty.

Take a can of sliced pineapple and drain the fruit from the syrup. Cut into pieces. In a quart-pudding dish arrange alternate layers of the pineapple and rice bread crumbs, using each layer of bread crumbs with bits of butter and a pinch of cinnamon if desired. When the dish is full pour over the contents one cupful of pineapple juice, to which has been added a little lemon juice. Cover the top with crumbs. Place the dish in a pan containing hot water and bake for three-quarters of an hour.

Rice Birds on Toast.

One cupful of cold cooked rice, one cupful of cold cream, one cupful of chopped pecans, one egg, well beaten, one tablespoonful of nut margarine, pepper, salt, nutmeg. Victory bread squares, toasted, one cupful of white sauce. Toss lightly together with a fork the rice, nuts, margarine and pepper. Melt in the shape of small birds. Place on an oiled pan, dot with bits of nut margarine and bake in a hot oven until a golden brown. Serve on hot toast. Insert toothpicks with little paper trails to imitate drumsticks. Serve no other bread.

Turkish Delight.

One ounce of sheet gelatin, one-half teaspoonful of cream of tartar, one pound of granulated sugar, one cup of water, the juice and rind of one orange and juice of one lemon. Soak gelatin in one-half cupful of water for several hours. Boil sugar in one-half cupful of water when boiling add gelatin and boil 20 minutes. Remove from fire, add flavoring, strain and pour into pans lined with cold water. Roll in icing, sugar and corn flour mixed and pack in tin boxes. Fifty years ago Rev. Thos. H. Hafford was chairman of the committee on legislation, the first woman to serve in such a capacity.

CANNING FOR ECONOMY



Methods of canning and preserving fruits and vegetables were unknown to this housewife, helpmate of a Pennsylvania coal miner, until Community Service expert showed her the way. Since taking the canning lessons, the woman has hoarded the value of conservation of foodstuffs. Nothing goes to waste in her home now.

The Tray Wagon

"I would not know what to do without my tray wagon," said a well-known cooking expert recently, as she wheeled the device into the kitchen, after filling it with neatly piled dishes that had been used at the luncheon table. "This is what I do after every meal. I place all the used dishes on the upper shelf, and put the food which must be returned to the kitchen on the lower. Thus I have everything removed in a single trip. When I reach the kitchen I pile the things in the side of my sink, and after I have washed the dishes I replace them on the wagon and take them into the dining room again. If I wish to save time then I set the table for the next meal without unloading the extra work of putting them in the china cabinet and taking them out in a few hours. This is a great saving to the busy housekeeper, and I wonder that it is not used more often."

"I make it serve me whenever I have to carry things about the house, as well. When the laundry is being done I load it with freshly ironed pieces destined for various rooms along the hall, and deposit them as I pass. If I wish to sit on the veranda I put my work on it, take the wagon outside and knit or stitch in my rocking chair. "If I am making things about the house, in changing bedrooms, for instance, I use the wagon to help me carry small articles which require so many trips. I always use it to move books from room to room, and of course it is invaluable for taking in a breakfast to a privileged member of the family who may enjoy it in her room some morning."

Winter Salads

Tuna Salad. Fillet one can of tuna, chop one-half cup of celery, one green pepper and a few pimientos and olives. Season with salt, pepper and six or eight grains of onion salt. Dress, not too generously, with mayonnaise dressing, and let stand on ice for an hour. Garnish with pimientos, olives and hard-boiled eggs.

Chicken Salad. Chop one cup of canned bound chicken and one cup of English walnut meats. Add one cucumber, pared and cut in cubes, or an equal amount of celery. Marinate with French dressing and garnish with mayonnaise, in a bowl lined with lettuce leaves.

Cheese and Cherry Salad. 1 lb. cheese, grated. 1/2 lb. cherries, cut fine. 1/2 cup mayonnaise dressing. 1/2 cup whipped evaporated milk. Mix cherries, cheese and salt. Mix mayonnaise with whipped cream. Combine with the cheese. Arrange in molds on lettuce and serve very cold with dressing.

For 200 years lettuce has been recognized as the salad plant, and some of its varieties form the basis of almost every known salad. But, just as there is nothing more appetizing than tender, crisp lettuce, so is there nothing less desirable than wilted or raked-looking leaves. For this reason the very first essential in preparing a salad is the proper cleansing of the salad plant.

Mutton Recipes

Baked Shoulder of Mutton. 1 shoulder of mutton, small green pepper, 2 hard potatoes, 2 eggs, 1 cup flour, 1 tsp. salt, 1 tsp. vegetable. Cut the shoulder into two pieces. Arrange in baking dish. Add potatoes, onion and seasonings. Thicken stock by mixing flour and vegetable and adding to stock. Stir until it boils. Pour over ingredients in pan, and bake three hours or until tender, basting frequently.

Stuffed Shoulder of Mutton. 1 mutton breast, 1 cup onion, chopped, 1 cup chopped celery, 1/2 cup minced olives, 1/2 cup minced mushrooms, 1/2 cup minced parsley. Remove the bone from a shoulder of mutton. Stuff the space with a dressing made from crumbs, celery, onion, minced olives, mushrooms and seasonings. Dress with flour, season with salt and pepper, and bake or broil.

Ham Patties. 2 eggs, 1 cup hot milk, cut in cubes. 2 cups white sauce, 1/2 cup salt and pepper. Make a white sauce of milk, or diluted evaporated milk, thickened to the desired consistency, and with the addition of a small amount of butter or oleomargarine for flavor. Add the hot milk, pimento and seasonings. When thoroughly heated serve in patty shells. These shells may be made according to the

The Palatable Potato

The potato was introduced into this country long before the discovery of America, and it is said that the Spaniards introduced it into America in 1492. It was divided between Sir Walter Drake and Sir Walter Raleigh. Sir Walter Drake was a very old man, and the discovery, that now that so many things are so very scarce in this country, it does its duty nobly as a nourishing and palatable food.

Starch and not protein is its main substance so it is not a substitute for meat. But whenever extreme stomachs make it necessary to reduce the meat supply, potatoes will be employed to form the basis of the main dish served at a meal. The home economic department of the United States Department of Agriculture, compiled for the winter of the suggestions that are here appended.

Potatoes With Cheese and Green Pepper.

Two cups dried cooked potatoes, one tablespoon flour, one tablespoon fat, one-half cup of milk, one spoonful salt, one-tenth teaspoon pimento, one green pepper, cooked and chopped, one-half cup ground American cheese, one-half cup crumbs. Make the sauce by mixing one cup flour, milk and seasonings. Mix the potato and the green pepper in a white sauce and cheese. Put in a baking dish and brown with a broiler.

Ground beef or pimento can be used in place of the green pepper.

Potato Souffle.

Three tablespoonfuls potato starch, one-half cup milk, one-half cup potato, one-half cup cream, one-half cup butter, one-half cup sugar, one-half cup salt, one-half cup onion, one-half cup green pepper, beaten stiff, three eggs, well beaten.

Mix ingredients in order given and bake in a buttered dish in a hot oven. Sprinkle with paprika.

Potato Omelet.

One cup mashed potatoes, three tablespoonfuls cream or milk, one-quarter teaspoonful paprika, three eggs, one teaspoonful salt. Wash, peel and separate the whites and yolks. Add the yolks to the potatoes and beat until there are no lumps. Season with onion juice if desired, and chopped parsley. Place the whites apart stiff and fold into the potato mixture. Put in a well-greased frying pan and bake in even hot broiler. Turn once and hold on hot platter. Serve at once.

Potato and Cheese Molds.

Two cups mashed potatoes, one-quarter cup milk, four tablespoons cream, one-half cup salt, two tablespoonfuls fat. Melt fat in saucepan, add potatoes and mix well; then add the milk and half the cheese and seasonings. Put into a greased baking dish, small raincoats or baking cups. Sprinkle the rest of the cheese on top and bake in a fairly quick oven about 10 minutes.



MR. GROCER: We Have Created a Demand for: Anchor Nut Margarine. Have You A Supply? Distributed by Fairmont Creamery Co. AT ALL GROCERS

OMAR WONDER FLOUR logo with a cat.

Basko Basket Stores Basko Eggs, 56c Dozen. Four dozen limit to customer. Every egg GUARANTEED STRICTLY FRESH. ANOTHER SNAP. Extra fancy Cornfed Beef Pot Roast, lb. 12 1/2c. There's a BASKET STORE Near You. PAY CASH and SAVE MONEY.

The most wonderful thing in the world is the spirit of understanding between the little kiddies and their pets—But perhaps, the most enjoyable time to watch them is when you've prepared that between-meal slice of Bread and Butter with jam on it. Think of the love—the unselfishness of the little kiddie when old Tom comes purring for a taste, and then—Isn't it worth the insisting to get the BEST bread—no it don't cost you any more—but think of the pleasure and satisfaction. Don't go on taking just any kind of bread—INSIST that your grocer sends you only Hard Roll Bread. OMAR WONDER FLOUR logo with a cat.

Dear Madam. If you will serve Puritan Ham in your home just once, you will fully appreciate the possibilities of carefully selected and expertly cured ham. "The Taste Tells". Puritan Hams and Bacon. THE CUDAHY PACKING CO. F. W. CONRON, Manager. Phone Douglas 2401. 1321 Jones St., Omaha, Neb. Puritan Hams and Bacon are smoked daily in our Omaha plant, insuring fresh, brightly smoked meats at all times. OMAR WONDER FLOUR logo with a cat.