

THE BEE'S PURE FOOD PAGE

Cheese Cutlets.

Put a pint of milk into a double boiler, add half a cup of corn-starch mixed to a smooth paste with cold water, and cook 15 minutes, stirring constantly. Remove from the fire and stir in four tablespoons of melted butter substitute, the beaten whites of two eggs, one saltspoon of salt and one cup of grated cheese. When thoroughly blended pour into a greased pan to cool.

with cheese and chopped parsley and reheat; serve with celery and potato chips.

Cheese Heartlets.

For these delicious little cakes, use a cream cheese, adding half a cup of corn sirup, two tablespoons of cream and three well beaten eggs; flavor with almond and beat the mixture until smooth. Bake in small heartshaped tins lined with puff paste.

The Bee's Household Arts Department

What You Can Do With a Can of Beans

One of the greatest problems confronting the home manager is that of being prepared at all times to serve good meals on short notice to unexpected guests or to her family. While many foods are high in price, there are always others to take their place, pork and beans being one of the most popular. Nine out of 10 people serving beans will either heat them by placing the can in hot water or by opening and pouring in a saucepan and heating. The former is to be preferred, because the contents are not as apt to be crushed.

There are so many excellent ways of serving pork and beans that every home manager should have a file of recipes or suggestions at hand ready for an emergency.

Pork and beans are substantial and nourishing, being one of the foremost protein foods, always ready to serve, and are frequently used as a meat-saver. They can be served at either lunch or dinner, and because of their convenience are very often found in the lunchbox.

When selecting the brand, always buy for quality; then try some of the following ways of serving:

For Lunch.

Pork and beans with crust.
Tomatoes stuffed with beans.
Bean croquettes.
Bean salad.
Bean puree.

For Dinner.

Bean loaf.
Bean soufflé.
Bean relish.
Bean Loaf—To one can of pork

and beans, mashed, or rubbed through a sieve, add one cupful of cold cooked potatoes, mashed; one well-beaten egg and one small onion chopped fine. Season to taste. Form into a loaf, dust with cracker crumbs and bake until nicely browned. Slice and serve either hot or cold with salad dressing.

Bean Soufflé—Press contents of one can of pork and beans through a sieve. Add to this one-fourth cupful of water and two tablespoons of flour. Cook together for five minutes; add well-beaten yolks of three eggs, mix and cool. Cut and fold in the whites of three eggs beaten stiff and dry; turn into a greased baking dish or shallow pan and bake in a medium oven for 30 minutes, or until the center is well set. The dish may be placed in a shallow pan of hot water and a hotter oven used. This will insure a more uniform baking of the soufflé.

If You Should Burn Meat

The first thing in any case of scorching is to empty the contents of the pan into another container immediately. Never add water or stir up a scorched food. If just the gravy is slightly scorched, the addition of a bit of brown sugar will kill the scorched taste. If badly scorched, rescue all the meat possible and make a new gravy well seasoned with onion and pepper.

Chop up an onion very fine and brown it in fat; add a tablespoonful of flour, stir smooth in the browned fat and onion until flour is brown. Make a generous cupful of beef bouillon with the extract of beef and boiling water and add to it the browned flour, stirring constantly; then heat the meat in it. This is not to be recommended as a proper ragout, but it makes a palatable dish and saves the meat that carelessness would otherwise have spoiled.

Recipes to Cut H. C. L.

H. C. L. Graham Bread.

Two-thirds cupful of molasses, one put sweet milk, one teaspoonful soda, one quart of graham flour, a little white flour, salt. Stir to a smooth dough and bake immediately.

—Mrs. John Bonine, Vandalia, Mich.

Pumpkin Pie.

One can pumpkin, two rounded tablespoons cornstarch, one cupful karo, two level teaspoons cinnamon, salt, two cupfuls milk (part cream if on hand). Fill two crusts, bake thoroughly. When nearly done place one marshmallow on top of each piece and return to oven.—Flora Cofer, Hardwood Farms, Barrington, Ill.

Apple Fritters.

Make a batter with one cupful of sweet milk, two cupfuls of flour, one heaping teaspoonful of baking powder, two eggs beaten separately, one teaspoonful of sugar, one saltspoonful of salt. Heat the milk a little more than warm, add it slowly to the beaten yolks and sugar; add flour and whites of eggs, stir all together, throw in slices of sour apples, dipping the batter over them; drop into boiling lard in large spoonful with pieces of apples in each and fry to light brown; serve with maple syrup.

Bananas, peaches, sliced oranges and other fruits may be used in the same manner.—Mrs. H. May.

Shortcake.

One-half cupful of sugar, two tablespoons of butter, one egg, one cupful of milk or water, or one-half of each; two teaspoonsful of baking powder, two cupfuls of flour. Bake in two layers. Slice bananas, sprinkle with sugar and spread between layers and on top. Serve with cream if desired.—Mrs. Ed C. Knipe, Nanook, Ill.

Apple Icing.

To two whites of eggs add two tablespoons of cold water. Beat until stiff, then add a cupful of sugar. Beat in the sugar and scrape a good sized juicy apple into the icing. Beat until stiff enough to spread on cake.

—Mrs. Isaac Watson, Jr., 1213 North Kennedy Street, Kokomo, Ind.

Butter

The best grade of butter is made from sweet pasteurized cream, fine flavor and sweetness being guarded by careful packing. It is an excellent spread, and gives flavor in cooking. Wisconsin and New York are the two best dairy states.

OMAR WONDER FLOUR

Lovely Spring Chapeau



Millinery Fashion, INTERVIEW

This simple and effective spring hat, one of the most recent innovations, has been selected as one of the stunning models to be exhibited at the great show of the Retail Milliners' Association of America, which opened in New York the first week of February. The crown of closely woven straw, topped effectively with satin, makes for a rather chic combination.

Cocoa Pudding.

Put one quart of milk into a double boiler and let it come to a boil. Put five tablespoonsful cornstarch into a bowl and mix it with enough milk to make a smooth paste; add this to the milk, stirring all the time; add one-half cupful sugar mixed with four tablespoonsful cocoa and let it cook for about five minutes. Rinse a mould with cold water, pour in the cocoa mixture and put it aside to set; when firm turn out and serve cold with red currant jelly syrup and whipped cream. By using sweet chocolate instead of cocoa the sugar may be omitted. Fruit may be used in place of the whipped cream if desired.

Ginger Bread.

One cupful molasses, two-third cupfuls sugar, half cupful lard or butter, one teaspoonful each of cinnamon, ginger and cloves, two teaspoonsful soda in a cupful of boiling water. Be sure to melt the butter. Batter not too thick.

Valentine Party



Dorothy Edwards

The sophomore class of the University of Omaha will entertain at a valentine party in the gymnasium Friday evening, following the basketball game. Dorothy Edwards is in charge of the arrangements.

"Ladies-In-Waiting" is the name of a new collection of short stories by Kate Douglas Wiggin. Just to run over some of the names of the heroines and the titles is to get the flavor of the author's delightful humor: "Huldah, the Prophetess," "Two on a Tour" and "Philippa's Nervous Prostration."

Cheaper Cuts of Meat

Cheaper cuts of meat are of interest to the housewife who wishes to buy wisely. But cheaper cuts of meat, given skill in preparation and serving are equal or even superior to choice steaks or roasts. Carefully planned cooking processes, casserole cookery, roasting, planking, and pan-broiling should be used in preparing cheaper cuts.

A prime essential in making cheaper cuts of meat attractive is the methods of serving. For your cheap-cut dinner, serve the vegetables combined with the meat dish. A few simple recipes, combined with attractive methods of serving, may prove an inspiration and urge you to use at least once or even twice a week a cheaper cut of meat.

Lamb Roast With Apricot Dressing.
Select a three and one-half pound rib roast of lamb. Trim the meat away from the ribs, exposing about one-half of the ribs. Into this slit place an apricot dressing. Roast in a moderate oven for two and a half hours, basting frequently. Serve on a large platter attractively garnished with head lettuce; around the roast place a border of apricots.

Apricot Dressing.

1 can apricots
1/2 loaf stale bread (crumbed)
Salt and pepper
1 egg
Chopped mint leaves
3 tablespoons oleomargarine.
Method: Mix bread crumbs with the apricots; use apricot syrup for liquid. Add seasoning, beaten egg and chopped mint leaves. Add to this mixture the melted butter or substitute.

Chopped Beef Au Casserole.
1 1/2 pounds cold, ground
1/2 cup tomato relish
Tabasco sauce
1 can beans

Method: Mix chopped beef with tomato relish; add three teaspoonsful of Tabasco sauce. Season well with salt and pepper. Put into a glass casserole and bake for two hours, basting frequently with a high-quality table sauce.

Serve garnished with one can of beans cut into quarters.

Fresh Pork With Vegetables.
1 pound of pork (belly)
1 small cabbage
4 large carrots

Method: Cook fresh pork in place one and half hours in boiling salted water. Cook cabbage and carrots in small kettle until soft. Remove from kettle, and finish cooking the meat.

Cut up the pork into thin slices. Arrange side by side down the middle of a large platter. Around the meat serve carrots and cabbage quartered.

Scatter chopped parsley over all and dot meat slices with a high-quality meat relish.

Planked Regular Roll.

2 1/2-pound regular roll.
A regular roll may be secured upon application to your local butcher.

Method: Place upon a small, well-seasoned plank, which has been well greased with butter or substitute. Place beneath a broiler and broil for two and a half hours, basting frequently with oleomargarine. Remove from broiler and finish, roasting in moderate oven.

To Garnish: Around edge of plank arrange a border of duchess potatoes. Duchess potatoes are mashed potatoes to which an egg yolk has been added. This mixture is forced through a pastry bag, forming rosettes around the roll. Garnish with canned peas and canned asparagus tips. Serve on the plank.

These combinations and cheaper cuts of meat should be an incentive to you, Madam Housewife, you to whom the food bill is a constant source of worry. Prepare these and other cheaper cuts, and do your share in doing away with this tremendous extravagance that has so recently beset this country.

Broiled Ham.

Cut the ham very thin. Broil over bright coals or under the broiler in the gas oven for three to four minutes. This method is used with the mild sugar-cured hams which come in a special wrapping that is used to hold in the juices and delicate flavor. For fried ham, proceed in the same way, using a hot frying pan in place of the broiler.

Baked Half of Ham.

After removing the slices of ham for broiling, baking in slice and creaming, remove the protruding bone, remove skin, stick the ham with cloves, rub with brown sugar, and cover with a thick paste made of flour and water. Bake four hours in a moderately hot oven. Remove paste before serving.

Baked Bean Soup.

(Broth Made from Ham Bone.)
After removing the bone from the ham, make a broth from the scraps and bone by cooking in a large amount of water two or three hours. Strain. To this broth, which should measure about four cupfuls when finished, add two small cans of beans pressed through a sieve.

One cupful sugar, one-third cupful molasses, two teaspoonsful soda, two and a half cupfuls milk or buttermilk, two cupfuls graham flour, two cupfuls white flour, pinch of salt. Let rise 35 minutes. Bake one hour.

Are made from highly refined vegetable oils, hardened by special processes. These are used in place of butter or lard in cooking or baking.

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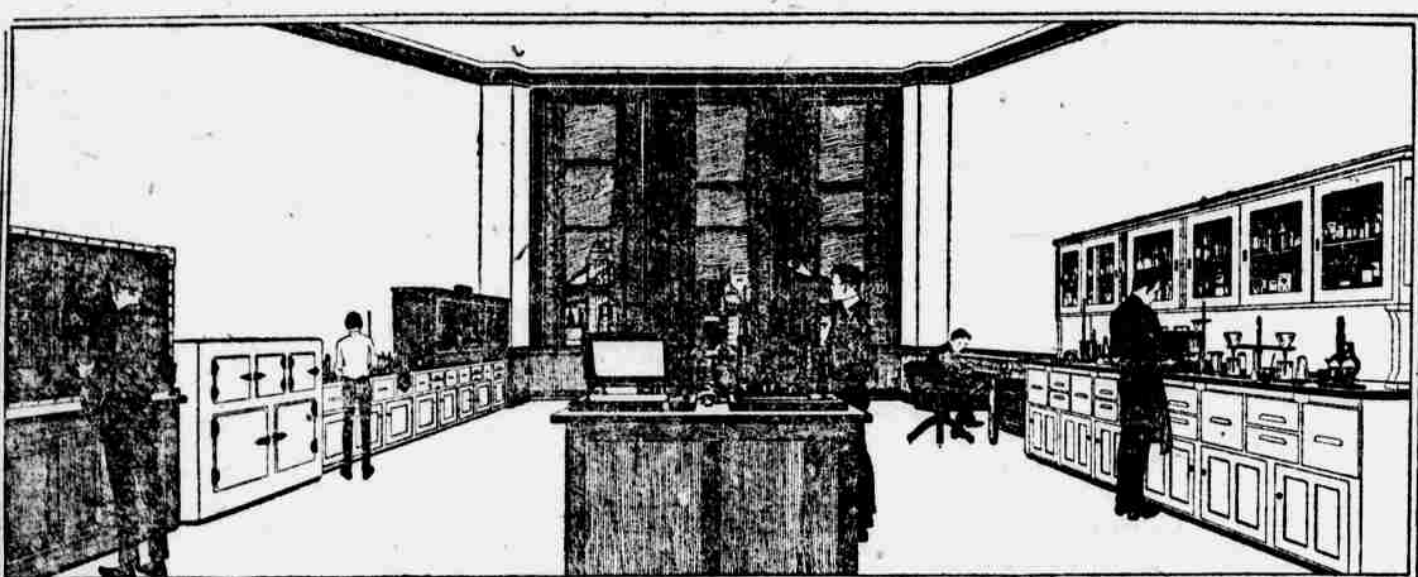
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The Story of Modern Bread Making—Chapter I.



Buying the Flour

Chemical Analysis Eliminates Guess-Work

WHEN you want high quality flour you ask for some well-known brand, which is possibly a little higher priced than the average and assume that you are getting unusual quality.

But when we buy flour for **BETSY ROSS** Bread we don't assume anything. We know exactly what we are buying before we buy it.

The quality of wheat varies from month to month, in the different sections. The quality of every mill's product varies considerably during the year, in spite of the mill's best efforts to hold it standard.

Our only safeguard is to compel the mills to submit samples of flour from each carload we consider buying. Our

chemists analyze the samples and unerringly pick the best flour. They learn the exact amount of moisture, ash, gluten, acidity, etc. They make an actual baking test. We then order. And when the shipment arrives a second analysis is made to check up and make sure there was no mistake.

We thus know the exact food value of the flour which goes into **BETSY ROSS** Bread. And by keeping in constant touch with many sources of supply, we are always able to get strictly highest quality flour—properly milled and of maximum food content.

Scientific selection of flour constitutes reason number one, why you will always find **BETSY ROSS** Bread standard in quality, fine in flavor, and of maximum food value.

BETSY ROSS Bread is truly
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Country Butter Per Lb. 57 1/2c	Creamery Butter Per Lb. 63c	No. 1 Select Storage Eggs, Per Doz. 39c
Veal Stew Per Lb. 10c	Veal Roast Per Lb. 15c	Veal Chops Per Lb. 17 1/2c
Lamb Stew Per Lb. 10c	Lamb Roast Per Lb. 15c	Lamb Chops Per Lb. 17 1/2c
Pure Lard Per Lb. 27 1/2c	Sugar Cured Breakfast Bacon 27 1/2c	Sugar Cured Skinned Hams 27 1/2c
Fresh Liver Sausage 15c	No. 1 Corn Fed Beef Steak 17 1/2c	Fresh Made Hamburger 15c

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