

THE BEE'S PURE FOOD PAGE

The Bee's Household Arts Department

Catering for the Convalescent

COOKING for the sick may be considered a timely topic, and an important one, as much more care and effort are needed in preparing sustaining and nourishing food for them than for the normal and healthy.

Though the most anxious days in nursing are when the illness is at its height, the most trying time is undoubtedly during convalescence. Relapse is often due to overfeeding, therefore the diet is a very important factor in the treatment of those who are recovering from illness. On the other hand, the necessity for building up the debilitated system with nourishing food is so great that much thought and patience are required in considering the whims of the patient, her likes and dislikes.

When on a liquid diet, milk, except under certain conditions, is the best food, as it contains in a diluted form all the constituents of solids, namely: Albumen, fat, sugar, water and the inorganic salts of lime and potash. If milk cannot be properly digested, try diluting it with seltzer. The addition of a small amount of bicarbonate of soda renders it easier on digestion, or again it may be peptonized. Kummys is plain milk, with equally good results.

A Light Diet.

Egg albumen is a good substitute for milk. To prepare it, beat the white of the egg to a froth, not stiffly, and add an equal quantity of water. Flavor with lemon juice.

Beef tea and broths do not contain sufficient nourishment to be depended on altogether, but may be given occasionally for a change. When patients are on a fluid diet they may, as a rule, be given six ounces every two hours, or, if prepared, three ounces every hour; but it is imperative to give it at stated times and regular intervals.

A convalescent should be given solid foods by degrees only, beginning with what is called a "soft diet." This includes broths, strained vegetable soups, soft cooked eggs, milk toast, jellies, custards and junkets. Then follows a "high diet," which means the addition of chicken, chops, steaks, baked potatoes and puddings. Pastries and all rich foods should be forbidden until the patient has entirely recovered and returned to normal life again.

When heating milk for drinking it should never be allowed to boil, but it should be kept covered while on the fire. Boiling renders it indigestible as well as unpalatable.

Peptonized milk is prepared by mixing five grains of pancreatic extract and 15 grains of soda bicarbonate with cold milk; warm a pint of milk and add, stir well and put on ice.

Kommys is made with one quart of perfectly fresh milk, one-fifth of a cake of yeast and one tablespoonful of sugar. Dissolve the yeast in a little water and mix it with the sugar and milk. Pour the mixture into strong bottles and cork them with tightly fitting stoppers; tie down securely with stout twine. Shake the bottles for one minute and place them on end in a refrigerator. At the end of three days lay them on their sides; turn them occasionally. Five days are necessary to perfect fermentation. Kept in the refrigerator and well corked, kommys will keep indefinitely.

Egg-nogg, which in these "dry" days may have to be made without brandy, can be rendered more palatable by the addition of a little vanilla. Break an egg into a bowl, add one tablespoonful of salt and two teaspoonfuls of sugar; whip with a Dover egg beater until light and add a cupful of milk. If vanilla is disliked by the patient try grated nutmeg.

Milk Lemonade—Pour half a cupful of boiling water over half a teaspoonful of sugar and stir until dissolved. Add two tablespoonfuls of lemon juice, two tablespoonfuls of sherry and three-quarters of a cupful of cold milk. Stir until the milk curdles; strain through cheesecloth, chill and serve.

To make barley gruel, mix one tablespoonful of Robinson's patent barley with half a teaspoonful of sugar and pour over it a cupful of boiling water; boil 10 minutes and then add a cupful of milk, and bring the mixture to the boiling point; then remove and serve very hot.

Arrowroot gruel is made with half a tablespoonful of arrowroot, a half-teaspoonful of salt, half a teaspoonful of sugar. Wet with two tablespoonfuls of cold water, pour on a cupful of boiling water and boil for 20 minutes, stirring constantly. Add milk, and bring to the boiling point. Strain and serve at once.

Beef Tea—Chop two pounds of round steak into six squares. Put in a double boiler with one quart of water and let stand for an hour. Then put it on the stove and let simmer for two hours. Salt to taste.

Chicken Broth—Cut a small fowl into pieces and add a quart and a half of cold water and let this stand for one hour. Then let it simmer for two hours and boil gently for one hour more. Flavor to taste.

Mutton Broth—Cut one pound of neck mutton into small pieces, add a teaspoonful of chopped onion and a quart of water. Let stand one hour, and simmer for three. Cool, strain and remove fat. Season with salt and white pepper.

Old-fashioned flaxseed tea is still sometimes called for. To make it, boil one tablespoonful of flaxseed in a pint of water for one hour, add one tablespoonful of lemon juice for one tablespoonful of sugar. It may be served either hot or cold.

For barley water boil together for

15 minutes one tablespoonful of barley flour, one teaspoonful of sugar, one saltspoonful of salt and a quart of water, strain and flavor with lemon juice.

Milk Toast—Toast two slices of bread a delicate brown, butter and place them in a covered cereal bowl. Bring some milk almost to the boiling point and pour it over the toast.

Soft Cooked Eggs—For the sick, eggs should never be boiled, but are best prepared in the following manner—Boil sufficient water to cover the eggs, put them in and remove the saucepan to the back of the stove where the water will not lose its warmth too quickly, and let them stand 10 minutes before serving.

Omelet makes a light yet nourishing dessert much liked by most sick persons. Separate the yolk and white of an egg, and beat the white stiffly; beat the yolk also and add to it a level tablespoonful of powdered sugar and a tablespoonful of milk. Mix in the white, whip once more and pour on a hot buttered fryingpan. Cook on both sides to a delicate brown, fold over and sprinkle with powdered sugar, or serve with currant jelly.

To make soft custard beat together the yolks of two eggs, a tablespoonful of salt and two tablespoonfuls of sugar; add this slowly to a pint of milk which is at the boiling point and boil three minutes. Flavor with vanilla and serve cold.

Home-made ice cream is vastly more nourishing than what is bought and is safe to give in most cases to the sick. Whip one cupful of rich cream stiffly, sweeten to taste and add vanilla. Whip the whites of two eggs also very stiffly and add to the cream, pour into the freezer and pack in ice and salt and turn until frozen sufficiently. Remove the dasher, but leave the cream in the freezer until ready to serve. Whipping the mixture before it is frozen adds greatly to the deliciousness of this ice cream.

Temporarily Served.

Orange jelly is another light dessert that is usually well liked. Soak a quarter of a box of gelatine in a quarter of a cup of cold water. Add half a cupful of boiling water and half a cupful of sugar. When this has been cooled, add one cupful of orange juice and the juice of half a lemon. Orange sponge makes a very dainty dessert served with custard, and is made the same as above, but that as soon as it starts to jell it is whipped until it stiffens.

It must be remembered above all in serving the sick to vary the appetite not only with variety, but by the attractiveness with which the meals are set before them. Food should be tempting to look at, pleasing to the eye, as well as excellent in quality. What is meant to be hot should be piping, and the cold dishes thoroughly chilled. It requires very little more time to make the invalid's tray look dainty. Use the prettiest china you own, the loveliest linen and the best silver. The convalescent's pleasure will repay you for the extra trouble involved. If even a single flower is available, place it in a tiny vase and let it brighten the tray and be a little token that marks the difference between the duty that is performed perfunctorily and loving service.

Brown Betty.

Parse, core and slice six or seven apples. Put a layer of stale breadcrumbs in the bottom of the baking dish, then a layer of apples, then another layer of breadcrumbs and another layer of apples and so on until all is used, having the last layer breadcrumbs. Add a half cupful of water to a half cupful of molasses, stir in two tablespoonfuls of brown sugar. Pour it over the breadcrumbs and bake in a moderate oven for one hour. Serve hot with sweetened cream or hard sauce.

Baroness Here to Apply for Return of American Citizenship.



Baroness Speck von Sternberg, the former Lillian May Laugham, of Louisville, Ky., returned to the United States recently aboard the Frederick VIII. The Baroness is here to apply for the return of her American citizenship, which she lost by her marriage to former German Ambassador Speck von Sternberg during the Taft administration. By her marriage she became a subject of the German empire. The Baroness returned, it is said, penniless, and after having suffered many hardships and indignities in Germany during her enforced sojourn in that country after the United States entered the war. Her property here was seized by the alien property custodian.

The Massachusetts minimum wage commission has set \$12.50 a week as the minimum required by a self-supporting woman to live in decency and comfort.

Recipes

Cheese and Nut Sandwiches.

1 c. grated cheese
1 c. finely chopped
Mycrinalin dressing
or cream to moisten.

Mix the cheese and nuts with sufficient cream to moisten. Spread between very thin slices of buttered bread. Cut the crust off, and cut in triangular and oblong sandwiches.

Fruit Salad.

Apples
Oranges
Grapefruit
Custard

Cut the fruit in cubes of uniform size. Serve on a lettuce leaf with whipped cream dressing or a cupful of mayonnaise dressing to each cup of fruit. To make the dressing, add two tablespoonfuls prepared mayonnaise dressing to each cup of fruit, but pile on top of the salad.

To crisp lettuce, wash carefully and wrap in a wet tea towel three hours before using; keep in a cool place.

As cheese is a product of milk, it becomes tough and stringy from long cooking and too fast cooking, just as the curd of the milk will toughen or as the white of an egg becomes tough when not properly cooked.

Whenever possible, a double boiler should be used for such cheese dishes as are prepared over the flame or on top of the stove. If a double boiler is not available, the saucepan in which the cheese is cooked may be placed in a larger pan of hot water. For baking cheese dishes have a very moderate oven.

Select a brand of cheese that stands for quality, and be assured that with proper cooking you will have a dish to please the most discriminating.

Simple Recipe for Welsh Rarebit.

1 lb. soft American cheese
1 tsp. Worcestershire
1 tsp. flour
1/2 tsp. salt
Spice of red pepper

Melt the butter over hot water, add cheese. When soft, add eggs slightly beaten, milk and seasoning, and stir until creamy. If overcooked, the mixture will separate. Cook at once.

The above recipe may be used for

Shower Luncheon.

Cheese and Nut Sandwiches.
Brick Ice Cream or Mousse.
Lady Fingers.
Coffee.
Nuts.

The melted cheese sandwich, and the following American rarebit recipe may be used for the filling:

1/2 cup butter
1/2 cup flour
1/2 cup milk
1/2 cup white pepper
1/2 lb. cheese, cut fine

Melt the butter and add flour and seasonings. Cook until smooth, add liquid. After this becomes creamy, stir in the cheese. When melted and well mixed, serve.

Orange Cake.

One-third cupful butter, one cupful sugar, two eggs, one-half cupful orange juice, grated rind one orange, one tablespoonful lemon juice, one and three-quarters cupfuls flour, one-half teaspoonful soda.

Cream butter, add sugar gradually, and eggs, beaten until thick and lemon colored. Sift flour and soda together four times; add alternately with combined fruit juices and orange rind to first mixture. Put in buttered and floured cake pan and bake in a moderate oven 25 to 40 minutes. Cover with boiled orange frosting.

Orange Sherbet.

Juice of two oranges and one lemon, one and a half cupfuls of sugar, one pint water, white of one egg. Mix all but egg together and strain. Freeze until it thickens slightly, add the egg beaten to a stiff froth and freeze.

Banana Frappe.

Three large bananas, two cupfuls sugar, one pint water, juice of two oranges, one lemon and one pineapple. Cook bananas, sugar and water until it is a thin syrup. Strain and cool. Add fruit juice and freeze.



Sunday Night Suppers

The tendency of young couples to entertain outside of the home at a restaurant or club is becoming less and less popular. It is most expensive in the first place and it also fails to provide the young housewife with the experience she needs in the art of being a hostess, or the young husband the opportunity of being proud of his wife's achievements.

If the young home manager must cook and serve the meal without the help of a maid, a dinner is rather a formidable undertaking, although with a little practice it is easily possible. I have dined at many tables where a dinner consisted of soup, meat and two vegetables, followed by salad, dessert and coffee, and was perfectly cooked and daintily served by the hostess.

For her first entertaining, the bride would do well to confine herself to an easier meal, say a Sunday evening supper. There is always something rather informal

about this meal. As most people dine in the early afternoon hours on Sunday, supper may be served later than usual, and it may follow music or some entertainment suitable to the occasion.

The meal may properly consist of only one hot dish, which can easily be popped into the oven or made in a chafing dish on the table. Aside from this, sandwiches may be served, and a fruit salad makes an excellent dessert. For a beverage, serve hot tea or coffee, and grape juice punch.

Chafing-Dish Dishes.

Creamed shrimp in patty shells.
Chicken a la king.
Creamed sweetbreads.
Scrambled eggs with tomatoes.
Tenderloin steak sandwiches.
Welsh rarebit.

Rice Pudding.

One-half cupful rice, one quart milk, one-half cupful raisins, three teaspoonfuls sugar, one-half teaspoonful salt, a little butter and bake two hours.

Orange Sponge.

Juice of five large oranges, one cupful of sugar, one pint of boiling water, one-half box of gelatine, four eggs.

Cover the gelatine with a half cupful of cold water and soak for an hour, then pour over it the boiling water, add the sugar and stir until dissolved. Add orange juice and strain into tin basin. Put the basin in pan of cracked ice or snow to stand until cold and thick, stir occasionally. Then beat to stiff froth, add well beaten white of eggs and beat until smooth. Turn into fancy pudding mould to harden. Serve with vanilla sauce poured over it.



1608-10-12 Harney St. **CENTRAL MARKET** 1796 Douglas

ABSOLUTE DEPENDABILITY
That is what the Central Market means to you. Whatever you might select for your menu, whether it is a rolled rib roast or a box of luscious ripe strawberries, we have it. And besides, it's economy to shop in the biggest sanitary market in the middle west. Come once and you will come always.

Fancy Roasting Chicken, per lb.	33 1/2c	Best Cuts Fancy Steer Pot Roast, per lb.	16 1/2c	Fancy Young Veal Breast, per lb.	13 1/2c
Pig Pork Loin Roast, per lb.	28 1/2c	Prime Rolled Rib Roast, per lb.	30c	Pure Pork Breakfast Sausage, per lb.	25c
Steer Shoulder Steak, per lb.	16 1/2c	Fancy Young Veal Roast, per lb.	20c	8-lb. sack Pure Buckwheat Flour	75c
Central Market Flour, 48-lb sack	\$3.18	Sugar-Cured Bacon Backs, per lb.	27 1/2c	1/4-lb. can Pink Salmon	15c
35c grade Fancy Salmon, per can	28c	24-lb. sack Pure Rye Flour	\$1.40	7 pkgs. Iken's Cakes	\$1.00
No. 3 can Hart Brand Spinach	20c	30c grade Booth's Sardines in Tomato Sauce, for	20c	Mayflower Corn, per can	15c
Monarch Corn, per 22 1/2c	22 1/2c	Mayflower Peas, per can	18c	Tall cans Snider's Baked Beans	12 1/2c
No. 3 cans Fancy Peaches, in syrup, can per Dozen	43c	Extra Fancy Advo New York Peas, can per Dozen	\$5.90	16-oz. Bottle Snider's Ketchup	28c
Monarch Brand Ketchup, per bottle	23c	22-oz. Jar Pure Preserves, for	35c	Extra Fancy Prunes or Peaches, per lb.	25c
10 bars Classic or Electric Spark soap	65c	3 Jars	\$1.00	We are still selling our 60c grade bulk Coffee, per lb.	45c
McComb's Home-made Chocolates, 70c Quality, special, per lb.	59c	5-lb. Bulk Oatmeal	25c	Our Crispy Home-made Peanut Brittle and Peanut Candy, special Saturday, per lb.	39c
Extra Fancy Country Butter, 2-lb rolls, lb.	54c	Raisin Cookies, per lb.	30c	Fresh Creamed Cottage Cheese for your Lenten Meal, per lb.	25c
5-lb. pails Swift's Snowflake Oleo, per pail	\$1.85	Strictly Fresh Large Selected Country Eggs, per doz.	55c	Whipping Cream, Cofeed Cream and Fresh Milk received daily.	
Fancy New Cabbage, per lb.	7 1/2c	Best Creamery Package Butter, per lb.	68c	Extra Fancy Rhubarb, per lb.	20c
Extra Fancy New Potatoes, per lb.	12 1/2c	Extra Fancy Juicy Lemons, per doz.	29c	Strawberries, Grapes, Tomatoes, Mushrooms and Fancy Fruit and Vegetables of all kinds.	

SATURDAY SPECIALS
Gordon & Dilworth, Curtice Bros. or Kamo Jams and Preserves, assorted, doz. \$5.25
20-oz. Jar Farmhouse Chow Chow, per bottle 31c
All flavors of Jello, 6 packages for 75c
George Washington Soluble Coffee, in three sizes:
Small size, regular price 50c, Saturday 38c
Medium size, regular price 85c, Saturday 72c
Large size, regular price \$1.40, Saturday \$1.18
Walter Baker's Chocolate, per lb. 48c
Large, fat Salt Mackerel, per lb. 33c
Medium Salt Mackerel, lb. 25c
Extra Fancy Head Lettuce, large size, per head 10c
Small size, 3 for 25c
Pillsbury's Best Flour, 24-lb. sack for \$2.00
Choice Corned Beef Shoulder Roasts, per lb. 20c

ORDER HARD ROLL BREAD
HARD ROLL BAKING CO.
ST. LOUIS, MO.

CONSIDERING QUALITY AND PRICES
—EVERY DAY IS A BARGAIN DAY AT THE WASHINGTON MARKET

Fresh Dressed Spring Chicken, per lb.	32 1/2c	Hand-picked Tomatoes, 2 cans for	25c
Boiling Beef Tongue, lb.	7 1/2c	Fresh Country Butter, lb.	55c
Fresh Beef Tongue, lb.	27 1/2c	Fancy Veal Chops, lb.	20c
Spring Lamb Forequarter, per lb.	18c	Fancy Veal Roast, lb.	17 1/2c
Spring Lamb Hindquarters, per lb.	25c	Beef Roast, lb.	12 1/2c
Spring Lamb Chops, lb.	25c	Fresh cut Hamburger, lb.	17c
Young Mutton Chops, lb.	20c	Home-made Pure Pork Sausage, per lb.	22 1/2c
All brands Creamery Butter, per lb.	68c	Tall Milk, 2 cans for	25c
		Strictly Fresh Country Eggs, per doz.	51c
		Chow Chow Pickles, qt.	35c

Peerless Laundry Tablets, washes clothes without rubbing. 16 tablets to the box, per box. 25c
Full line of fruits and vegetables at the lowest prices.
WASHINGTON MARKET
1407 Douglas Street

OMAR WONDER FLOUR

OMAR WONDER FLOUR

BUEHLER BROS. Please Shop EARLY
Four New Cash Meat Markets
For Quality Meats, Service and Low Prices
18 1/2c

212 North 16th Street Omaha, Neb.	Sugar Cured Breakfast Bacon (1/2 or whole)	32c	Choice Beef Chuck Steak	16c
2408 Cuming Street Omaha, Neb.				
4903 South 24th Street South Omaha				
634 Broadway Council Bluffs				

BEEF CUTS.	PORK CUTS.	VEAL CUTS.
Choice Rib Boiling Beef09	Fancy Pork Loin Roast24	Fancy Veal Breasts16
Choice Beef Pot Roast11	Fresh Boston Butts25	Fancy Veal Roasts17
Choice Rib Roast18	Fancy Small Pork Shoulders20	Fancy Veal Legs (1/2 or whole)21
Choice Round Steak20	Fresh Spare Ribs21	Fancy Veal Loins21
Choice Sirloin Steak24	Fresh Side Pork26	Fancy Veal Chops22
Choice Corned Beef17	Fresh Leaf Lard24	
Fresh Cut Hamburger18	Fresh Neck Ribs, 4 lbs.25	SMOKED MEATS.
Choice Beef Chuck Roast12 1/2	Fresh Pig Feet, 4 lbs.25	Sugar Cured Strip Bacon23
SAUSAGE AND COOKED MEAT.	Fresh Pig Sausages, 4 lbs.25	Regular Hams26
Choice Wienies18	Fresh Pig Snouts12 1/2	Cudahy Puritan Bacon41
Choice Frankfurts18	Fresh Pig Tails14	CHEESE.
Choice Garlic and Polish Sausage18	Fresh Pig Kidneys, 4 lbs.25	Fancy Cream Cheese37
Fresh Liver Sausage18	Fresh Pig Liver05	Fancy Brick Cheese37
Choice Mince Ham25	Pure Lard (special at)24	Fancy Summer Sausage25
Choice Pressed Hams25		Fancy Salomi Sausage28
Choice Boiled Ham50		Fresh Bologna17

OMAR WONDER FLOUR

OMAR WONDER FLOUR

HARD ROLL BREAD

HARD ROLL BREAD

OMAR WONDER FLOUR

OMAR WONDER FLOUR