

How Often Do You Eat Rice

By LORETTA C. LYNCH.
An Expert on All Matters Having to Do With Domestic Management.

How often do you have rice? Let me pass on to you some information gleaned from a visit to the bungalow of a film actress in Los Angeles. As an aid to a clear complexion rice is invaluable, yet it might easily become monotonous.

Voicing this sentiment, my hostess invited me into the kitchenette to learn some of the delights of the rice bowl.

To prepare plain boiled rice, set to boil about two quarts of water. Pick over and wash one cupful (one-half pound) of rice. Drop into the rapidly boiling water slowly so as not to stop the water from boiling. Occasionally lift the rice from the bottom with a fork. Rice requires about twenty minutes boiling.

Remove a grain and crush it with the finger. If no hard center remains, it is done. Drain it from the water. Rinse thoroughly in a strainer with running water. This will give about four cups of cooked rice. Spread it out on a shallow plate and set it to dry in an oven with door ajar, or on top of an asbestos plate on the gas flame. When dry, it is ready for serving in the many delightful ways the people of the world have invented for this staple article of diet.

One of these simple ways is to reheat the portion desired in a very generous quantity of fresh milk in a double boiler. It may be sprinkled with a dusting of powdered sugar and a few grains of powdered cinnamon.

For a change add a very few nice, fat California raisins, or serve without milk but a little meat gravy to give variety to the flavor.

There are a number of dishes founded on rice not especially designed to meet the requirements of a defective complexion. Rice, prepared as previously directed, may after it has dried, be combined with canned tomato and minced onion and green pepper and seasoning and cooked to a turn. The men folks are always fond of this.

Then there is a glorious dish taken from the Dutch East Indies. It is rice cooked with minced or diced chicken and pieces of boned whitefish, with a dash of curry as well as the regular seasonings.

But the housewife who would use rice for her family must first learn to cook it correctly. Salt in the proportion of one level teaspoon to two quarts of water may be cooked with the rice. Some folks like a very little salt pork cooked with the tomato, onion, etc., and served with the rice. If your family does not like rice, look to your method of cooking it. The directions given in the beginning of this article give excellent results.

Of course, a diet of rice and milk, if persisted in for a great length of time, might not become tiresome, but it might also be insufficient for body requirements. But for a month or so, for those who would cool down and for those who confess to overindulgence in the richer foods, you will find it a welcome change.

Mayonnaise Recipe.
Regular mayonnaise may be used for this salad, but a special mayonnaise recipe follows: Take a piece of butter the size of a walnut, 1-2 teaspoon of mustard, 1-2 teaspoon of salt, 1 tablespoon of sugar, 1 tablespoon of flour or cornstarch, the yolk of 1 egg, 1-2 cup of vinegar and 1-2 cup of water. Cook in a double boiler, beating constantly, as this makes the dressing more fluffy.

Here is a salad that requires very little preparation. Cut through a firm head of lettuce lengthwise, slicing off a section about an inch thick. On this lay, alternately, segments of orange and grapefruit from which every vestige of tough skin has been removed. Serve with a French dressing—but the mystery of the dressing is that into it should be beaten a spoonful or two of ketchup.

The ketchup gives the dressing a delicious new flavor.
An unusual salad is made by dissolving a package of lemon-flavored gelatin in a pint of boiling water. When cold put a shallow layer in a mold and when partially set place in sliced tomatoes. Fill the mold with alternate layers of salmon, cooked peas and more gelatin. Serve on a bed of crisp lettuce or dandelion greens garnished with tomatoes and mayonnaise.

Rice Soup With Tomato.
Two cups rice, 1 teaspoon salt, 1 quart water; or water and milk. Put rice into rapidly boiling water and boil 30 minutes; drain in colander, but save the water; put over rice 1 quart of cold water and let drain; use rice as a vegetable. Into the liquor put 1-2 cup of rice, 1 cup of tomato puree or strained tomatoes, butter size of egg, 1 tablespoon of flour (omit flour unless you want a thick soup—the rice and water afford enough starch), salt and pepper to taste.

Baked Stuffed Cucumbers.
Peel small cucumbers; cut a slice from the top and scoop out the inside. Fill with chopped meat or fish mixed with cooked rice and seasoned well. Sprinkle the top with buttered crumbs of stale bread. Bake until cucumber is soft and the crumbs brown. Be sure to grease the baking dish before putting the cucumber on to bake. Serve with a drawn-butter sauce flavored with lemon or tart sauce. This makes an inexpensive and attractive luncheon dish.

Corn Pudding.
One can corn, two eggs, salt, pepper, sugar, two tablespoonfuls oleomargarine, one pint milk.
Method: Beat the eggs (not separating yolks and whites). Add them to the corn; then add to this milk and oleomargarine. Season to taste with salt, pepper, and sugar (if desired). Bake until firm.
—E. B.

Cinnamon Rolls.
When making bread take out a piece of dough after it has been kneaded and has risen once as large as a medium-sized loaf of bread; roll as nearly square as possible; spread it with half a cupful of butter or lard, working it in well; sprinkle with two-thirds of a cupful of sugar, dust with cinnamon, roll up and cut in one or two-inch pieces.

Flowered Voile With Organdie



By GERTRUDE BERESFORD.

Here is a charming frock for the pleasing affairs that speed the summer afternoon. The tunic is made of a very pretty flowered voile. The ground is peach color and the flowers are pale blue, lavender and gold, with green foliage. The narrow underskirt is of peach-colored organdie. This material is also used to bind the overdress, short sleeves and collar. The roses that are placed in the corners of the tunic and also at the collar are fashioned from the organdie. The long vest that extends well below the organdie sash is cut from white organdie. White organdie is used for the large rose and narrow bands that adorn the huge blue straw hat.

Place in well-greased tins and let rise until light and twice its size. Put in hot oven and bake.
Quick Rolls.
Two cupfuls graham flour, one cupful white, half a teaspoonful salt, two rounded teaspoonfuls baking powder, two rounded teaspoonfuls butter or lard and about one and a half cupfuls of milk.

Rye Gems.
One cupful rye flour, two cupfuls white flour, one-half teaspoonful baking powder, one teaspoonful salt, one tablespoonful sugar, two tablespoonfuls melted butter or lard, two cupfuls sour milk, one teaspoonful soda in a little hot water. They are nice, too, with corn or graham flour.

The Cook Book

By Jane Eddington

Jelly Making and Canning.

The United States Department of Agriculture, for the benefit of all who will heed its suggestions, argues thus: Home canning is of the utmost importance this year. The shortage of labor on the farms makes it necessary for the canneries to pay high prices for the commodities that will be canned later in the season. Labor in the canning factories is expensive and difficult to obtain. Everything, from cans to cartage costs, has increased in price and transportation is slow and more expensive than it was in wartimes. All this increase must be paid by the ultimate consumer; and there is not even assurance that there will be enough canned products to go around. The solution is home "canning."

The department advises that thinner syrups be used than formerly, and says that a 10 per cent syrup, made of one part sugar and nine parts water, will make palatable any of the acid fruits.

The hard fruits, like apples, pineapples and the like, can be put up in boiling water, but the department says that a palatable syrup is made by mixing one-half cupful of sugar, one cupful of glucose (you may substitute white table corn syrup) and eight cupfuls of water. Of course, the juice of apple may be put up without any sugar.

Corn Syrup Jellies.
Corn syrup and apple jelly will do very well with meat, but is likely to be rubbery. Perhaps this is because we have to cook a jelly so made longer than one made with sugar. And perhaps the person who will learn how to cook out the per cent of water in a corn syrup and add it to a hot fruit juice, and cook the two together almost no time at all, may be able to get a jelly in which the fruit flavor has not been overshadowed by that of the corn syrup. Even when cooked with sugar for a long time a fruit juice loses most of its delicate flavor, and the jelly so made when old will not have the

characteristic taste of any fruit. An ideal jelly must be firm but not solid, as a rubbery jelly is; it must be tender enough to quiver, but should retain definite angles when broken or cut.
There are a number of fruit juices which will, like tomato juice, if boiled down enough, jelly of themselves, but the jelly will be tough and gummy. But for flavoring they might, like tomato juice so cooked down, be worth while.

Canning any fruit juice until such time as the making of jelly seems less expensive is always possible. It should be strained as carefully as though jelly was to be made at once, then sterilized in the bottles. The best sterilizing temperature is probably 160 degrees, but at any rate it has been agreed that fruit juices should never be heated above 200 degrees in canning them. At this temperature the work is done in 30 minutes. The bottles must be sterilized first and the person who wishes to do the work well informed.

Completion Temperature 220 Degrees.
Applying this idea of low temperature to jelly making, we might conclude that only sun-made jellies can retain delicate qualities that the jelly making temperature of completion, which is 220 degrees or 221 degrees, must drive off.

July is one of the chief jelly making months. Make jellies now! The widespread knowledge of what pectin is and what it does is now solving the jelly making problem for many housewives, but some people are making the mistake of thinking that pectin is of the nature of a gelatin. It is not, but is more like a cooked corn starch as a thickener.

A bottle of sterilized sour apple juice is as ever-ready a supply of pectin as that made of the white part of the orange, to which is added some lemon juice, and more easily prepared, that is, it can be finished and canned for future use all at one period of work. A number of jellies can be made of pectinless fruit juices combined with the apple juice.

Marmalade, Poached and Pickled.
Prune Marmalade—Prunes glazed by cooking away the liquid in soaked prunes, put through a sieve, the cooked syrup added, make a marmalade of the type of the French conserves, which are used as thin layers over pastry, etc.

Poached Prunes.—When the liquid in which prunes have soaked for 24 hours is wanted for beverage, prepare the following or a multiple of it, according to need, and poach or just simmer the prunes in it: Mix one-half cup of water with one-half cup of white table corn syrup and cook until well blended, add one teaspoon of vanilla and a cup of prunes.

Sweet Pickled Prunes.—Prepare in the same way as poached prunes, but instead of vanilla use two tablespoonfuls of vinegar, a teaspoon of cinnamon, and a half a teaspoon of ground clove or spices to taste. These may be served with meat, like any other sweet pickle. They are no more objectionable dietetically than any other sweet pickle.

Prune Breads.—A rather dry prune puree may be substituted for raisins, or part raisins, in any raisin bread recipe.

Rice Omelet.
Two eggs, 1-2 teaspoon of salt, 2 tablespoonfuls of butter or butter substitute, 1 cup of warm boiled rice. Beat the eggs and add the salt and rice; the grains of rice should be whole and each held separately in the egg mixture; if the rice is very dry, add two tablespoonfuls of milk. Cook as a puffy omelet.

RUPTURE EXPERT HERE

Seeley, Famous in This Specialty, Called to Omaha.

F. H. Seeley of Chicago and Philadelphia, the noted truss expert, will personally be at the Paxton Hotel and will remain in Omaha this Tuesday and Wednesday only, July 27-28. Mr. Seeley says: "The Spermatic Shield will not only retain any case of rupture perfectly, but contracts the opening in 10 days on the average case. Being a vast advancement over all former methods—exemplifying instantaneous effects, immediately appreciable and withstanding any strain or position. This instrument received the only award in England and in Spain, producing results without surgery, injections, medical treatment or prescriptions. Mr. Seeley has documents from the United States Government, Washington, D. C., for inspection. All charity cases without charge, or if any interested call he will be glad to show same without charge or fit them, if desired. Business demands prevent stopping at any other place in this section.

P. S.—Every statement in this notice has been verified before the Federal and State Courts.—F. H. Seeley.

Do You Know—VI.

1. Why is it economical for the housewife to substitute rice at seventeen cents a pound for potatoes at ten cents a pound (current prices) in the daily bill of fare?
2. How to open clams without a knife?
3. What to do to remove paint from clothing?

(These questions will be answered this week by the Housekeeper.)

Answers to Friday's Questions.

1. Water or milk is added to baking powder, carbonic acid gas or carbon dioxide is given off, just as it is given off from fermenting yeast. This causes the dough to rise. The residue of the baking powder left in the cake is rochelle salts.
2. You can keep cauliflower white by letting a piece of butter melt on it when you first put it on to boil.
3. If you have no starch and wish to wash and iron a blouse or collar, you can stiffen it by adding a lump of sugar to the rinsing water.

(Each of these household problems has been worked out by the author, who has not only taken a course in scientific housewifery and dietetics at Columbia University, and written and edited women's newspaper and magazine features for years, but is a practical housekeeper as well.)



See How Essex Proved Economy

A Nation-Wide Demonstration No Motorist Can Overlook

Connecticut—With 12 cars over Mohawk Trail and Hoosick Mountains and 12 over a coast route—many owner driven—216 miles average distance per car, 18.7 miles per gallon were shown. One car with 35.000 miles service averaged 21.4 miles per gallon.

Nebraska—A Hastings, Neb., woman drove her Essex from Lincoln to Hastings, 109 miles, averaging 28 miles per gallon.

California—Four women drove from Los Angeles to San Francisco and return averaging 23.3 miles per gallon. A San Francisco Essex made the round trip, 846 miles, in 38 hours with 23 miles per gallon. Hood and radiator sealed.

San Antonio, Tex.—In a 166 mile run to Austin and return, Essex averaged 28.5 miles per gallon.

Sacramento, Calif.—Defeated 19 entries and took Tallie Cup for highest gasoline, oil and water mileage in Sacramento Dealers reliability run.

Baltimore, Md.—Essex sejan, on original tires with 15,000 miles service, traveled 221 miles over Maryland hills, averaging 23 miles per gallon.

Florida—On a measured gallon an Essex covered 23 miles and without change or adjustment of any kind showed speed of 68 miles per hour.

48 Cars Average 18.9 Miles Per Gallon—Records cover every kind of test at a speed of from 5 to 72 miles per hour.

Los Angeles, Calif.—To San Francisco over 828 mile route of steep grades and frequently far from water supplies Essex which had previously gone 28,000 miles and under U. S. Marine observation made trip sealed in high gear with sealed hood and sealed radiator. Average 22.8 miles per gal. gasoline.

Also Broke World's Dirt Track Record—1261 Miles Made at Dallas, Texas, by a Car That Had Already Gone 12,000 Miles

From the mere standpoint of gasoline mileage, Essex in its nation-wide tests showed a performance worthy of cars which possess that advantage as their principal quality.

Records were kept on 49 cars. They averaged 18.9 miles to the gallon.

But bear in mind this was not done by taking advantage of every device possible to increase gasoline mileage. Under conditions of that sort, Essex showed as high as 37 miles to the gallon. However, men don't drive that way. How obviously unfair it would be, therefore, to offer such carefully economized fuel mileage tests as typical of all Essex cars.

In the Essex tests, conditions and performances adverse to gasoline economy obtained.

These cars were being driven at speeds from 5 to 72 miles per hour. They were reeling off

thousands of miles over all sorts of roads in inter-city runs that set new time marks. They were making new hill-climb, acceleration and endurance records.

Many were owner cars—owner driven. Women piloted some.

Some of the Essex cars used had already traveled upwards of 30,000 to 35,000 miles.

So you must not view Essex economy merely by its gasoline consumption. You must also consider its endurance and reliability.

If there were nothing more striking about the Essex than its gasoline mileage, it would be a worthy subject of our advertising. But important and impressive as that fact is, does not its other qualities take first rank in your consideration?

GUY L. SMITH

"SERVICE FIRST"

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WATCH the ESSEX

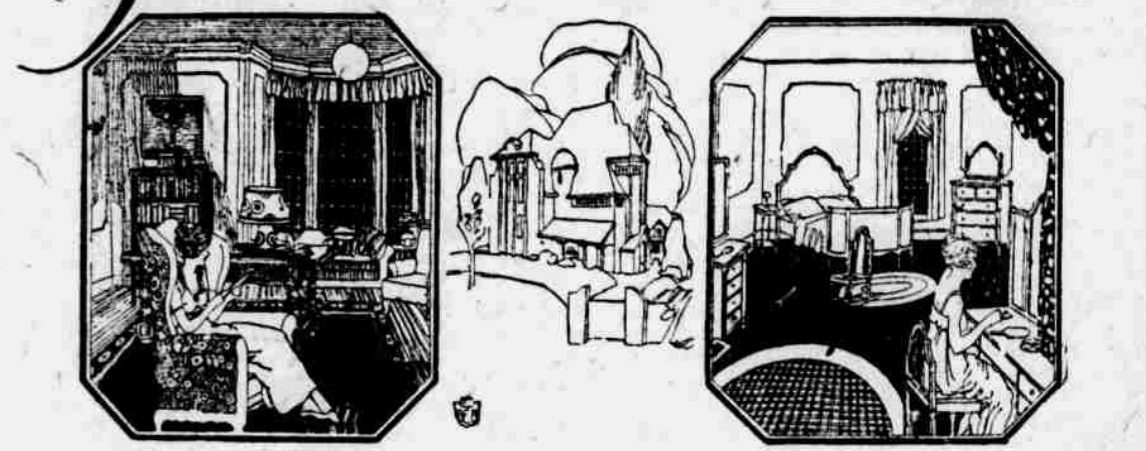


The People's Store

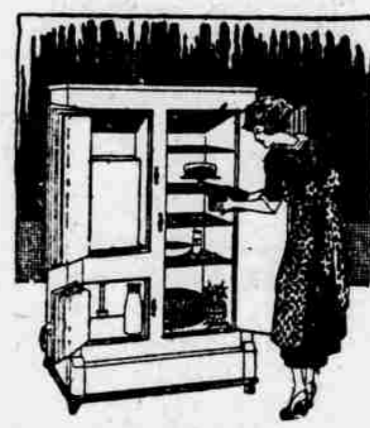
Out of the High Rent District



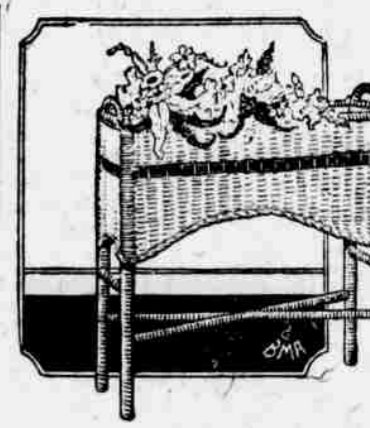
JULY Furniture Sale



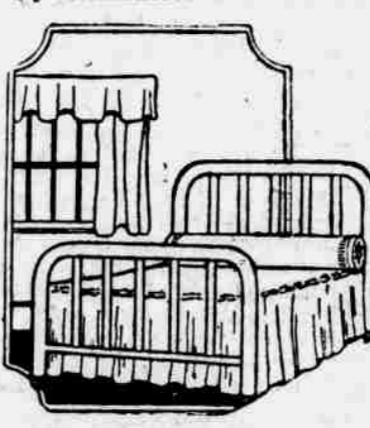
The final week of this great July Clearance Sale brings the money-saving opportunity on GOOD furniture you have long sought. The most beautiful Period Suites for Living Room, Bedroom and Dining Room are featured at real economy values.



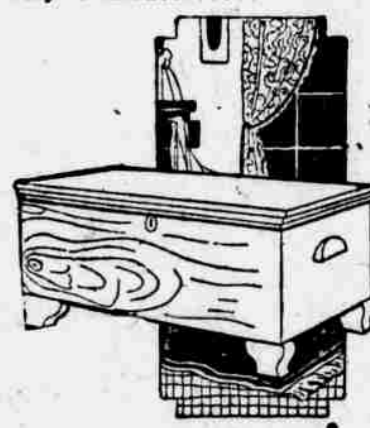
Side Icing Refrigerator—A three-door model, with large provision chamber that will maintain a constant circulation of cold dry air, special in the July Clearance... **\$32.50**



Fiber Fernery—An attractive design built of closely woven fiber with heavy galvanized pan on the inside that will give years of service, in the July Clearance... **\$9.75**



Simmons Steel Bed—A substantial bed with 1 1/2-inch posts and 1-inch fillers that will insure a restful night's sleep—this July Sale, only... **\$14.50**



Tennessee Red Cedar Chest—With reinforced corners and lock that will protect your wearing apparel year after year—this July Sale... **\$17.50**



Delicia ICE-CREAM
With Sunshine Biscuits
You have often heard of Delicia Ice Cream and Loose-Wiles Cookies—now come and taste them FREE of charge.

You will be delighted with the richness, the smoothness and lingering flavor of "Delicia" Ice Cream and the tempting, appetizing crispness of "Sunshine" wafers.

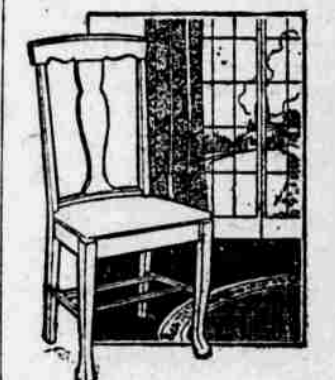


Large Buffet—Built of solid quartered oak, in a very good looking Queen Anne design, with large drawers and roomy linen compartments, in this July Sale for only... **\$57.50**



Beautiful Living Room Suite—in period design with solid mahogany frame and full cane backs, each piece luxuriously upholstered in a rich black and gold damask, only... **\$395**

Children's Lawn Swing \$3.45



Dining Chair—A comfortable and attractive style, well built in solid oak with genuine leather slip seats, special in this July Clearance Sale **\$6.95** at



Dining Table—Built of solid quartered oak in the popular Queen Anne period with beautifully polished top, in this July Clearance Sale for only... **\$47.50**

Select Your Home Outfit In This July Clearance

Naturally a sale of this kind is just the thing for newlyweds and those who expect to be married soon—it brings the chance to fit out the home with guaranteed, dependable furniture at a substantial saving over regular prices. And, as always, you make your own terms.

3 ROOM Outfits \$179.50 | **3 4 ROOM Outfits \$239** | **4 5 ROOM Outfits \$298** | **5 ROOM Outfits \$395**



A Sturdy Built Trunk—Reinforced with hardwood slats, double straps and lock, is marked in this July Sale **\$27.50**
Traveling Bags... \$7.95
Suit Cases... \$6.50 Up