

Bananas As Real Food

By LORETTA C. LYNCH. Too often we think of the banana as just a bit of fruit to be eaten at the end of a meal or between meals. We do not think of it as real food, but as something sort of extra.

Have you ever eaten baked bananas? They are delicious and should replace apples as a first course at breakfast or as a dessert occasionally. To prepare these remove a strip of skin one inch in width from desired number of bananas.

There is perhaps nothing to so tickle the growny palate as a well-made banana fritter. And here is the way to make them just right. Three bananas will be required for a dozen fritters. Peel them and divide the banana in half lengthwise. Then divide each half crosswise so as to make four portions out of each.

For a good fritter batter sift together one cup of flour (one-half pint) with one-fourth level teaspoon of salt and one teaspoon of baking powder. Make a well in the center and drop in an unbroken egg.

The portions are dipped into this batter several times and then fried in hot, deep fat until a delicate brown. The fritters should be drained on unglazed paper and served with a lemon or orange sauce.

Every housewife should have a simple recipe for a pudding sauce. The lemon sauce is a sort of standby and can be altered to fit the occasion by any clever woman. To the juice of a lemon, add the grated rind of one-half of it. Mix in two level tablespoons of sugar and one tablespoon of cornstarch.

of butter at the end, if the cost does not have to be considered. Even folks who do not care for fruit salad as a regular thing are fond of the banana and peanut salad. This salad should not be prepared much in advance, as bananas that stand long are apt to discolor.

This salad, however, is decidedly palatable if served with lemon juice only. But for those who enjoy a good cream mayonnaise, the following recipe is given. In a soup plate, put half a level teaspoon each of salt, mustard and a few grains of sugar and cayenne if liked. Stir in the yolk of one egg. Gradually stir in one-half to one cupful of oil, a single drop at a time until at least one-fourth of the cup is in.

After this the oil may be put in several drops at a time. As the mixture thickens, thin it with a few drops of vinegar or lemon juice. At the finish the mixture should be stiff enough to hold its shape.

This mayonnaise may be used as it is or, if cream mayonnaise is desired, whip up half a cupful of cream until stiff and cut it into the dressing just before serving.

Banana whip is a real delight if carefully prepared. Through a strainer press four bananas after the skin has been removed. Add the juice of half a lemon and half a cup of powdered sugar. Bake until clear and jelly-like in an earthen dish. Let cool. Whip until stiff, the whites of two eggs. Then cut and fold this carefully into the mixture. Chill. From the yolks prepare a soft custard. Flavor with a few drops of vanilla extract. Chill. Serve the banana whip on chilled dishes and pour the custard sauce around it.

Veal is divided like lamb and is becoming the most expensive of all meats. The shoulder and breast may be stuffed with a bread or potato and onion dressing. The neck is two for stew and the rump for pot roast or braising. The leg weighs about 11 pounds and contains about eight pounds of solid meat and three of bone. The fillet is cut from the leg and then cut up for roasting or into cutlets. The balance is used for stew or casserole. A large family can dispose of the whole leg of veal, but as comparatively few use the knuckle or end of the leg the butcher is compelled to charge a large price for the cutlets in order to make any profit.

Virginia Beauty Back With New Creation



MISS AUDREY C. NORMAN

Miss Audrey Carrington Norman, one of the six Virginia Beauty models who have returned from Europe wearing new creations. Miss Norman was attired in a lavender-wool and silk mixture knitted dress, with short skirt, lavender wool stockings and angora hat and a black and gold veil.

Recipes

Plum Batter Puddings. Perhaps no single recipe published in this department has had wider acceptance than that for little batter puddings—one batter with many variations by using different fruits. The formula is: One-half cup of sugar, one tablespoon of melted butter, one egg, one-half cup of milk, one cup of flour, two teaspoons of baking powder.

Put a tablespoon of this batter into a buttered cup, best in the broad, low cooking cups, add a tablespoon of fruit, raisins, or shredded dates or apple, but raisins are best for Christmas; cover with a tablespoon of the batter, sprinkle with shredded almonds, or decorate in a little pattern with one red cinnamon drop and two or four leaves of angelica. Bake for one-half hour.

Serve with a hard sauce if you like. Each cup may be brought to the table on a service plate, surrounded with holly or with a spray of holly on one side. These little puddings are good warmed up.

Roast Goose. Single the surface and rub off the burned hairs with a cloth. Rub hard! Wash the goose and scrape the skin with a small but not too sharp knife. If you choose to skin the goose so as to get the most service from its abundant fat, cut off the wings and neck close to the body. These, with the heart and gizzard and sometimes the first joint, are seasoned with salt and pepper, allowed to stand over night, and then prepared like any stew or in some special fashion like the sour stews.

the goose use waters until the inside comes clean, but work quickly, then wipe dry, and the goose is ready to season and truss. If the skin of the goose has been removed—always for economy's sake and only by those who know how to make profitable use of it—the skin of the neck or a pork or bacon rind or a real blanket of "larder bacon," which is a thin and large square of entirely fat salt pork, may be fastened with skewers over the breast before it is put to cook.

A stuffing of mashed potato is acceptable for goose, or one of meats ground up, seasoned well and pounded to a cream, but a bread dressing or stuffing is less acceptable with goose than with any other meat. If the idea is only to season the goose well in some way put into the body several onions, some stems of celery and an apple.

A bit of vegetable may be used under the roasting or baking goose, which will season the basting liquid. Some hot butter, or merely some hot water—a little—may be used at the start. Baste every 10 or 15 minutes until done. A good, solid, or even fire is needed, but it must be gradually lessened from so-called hot after the goose is thoroughly heated through, especially if this fowl is cooked in its skin.

Banbury Tarts. Chop one cup of raisins. Roll three crackers fine. Mix these two with one cup of currants, one egg, the grated rind and juice of an orange, and, if you want, add a bit of various spices. Cut out little rounds of well chilled pastry rolled thin, put a small ball of this filling on one side of the round, wet the edges all around with white of egg, press them together after doubling over one-half, run the pastry wheel around the joined edges to flute and fasten them. Bake in rather a hot oven. They are prettiest if glazed.

SPECIAL FOR SATURDAY

Table of meat and food prices for Saturday, including items like Prime Rib Rolled Roast, Choice Steer Round Steak, and various vegetables.

Washington Market

1407 Douglas Street

SATURDAY SPECIALS

Table of Saturday specials including Genuine Liebig Red Cross Bouillon Cubes, 60c Sunkist Navel Oranges, and various other goods.

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Table listing meat prices: Fresh Leaf Lard (13 1/2c), Choice Cut Chuck Roast (12 1/2c), Sugar Cured Picnic Hams Special at (13c), Choice Pork Loin Chops (22c).

Table listing various meat cuts: PORK CUTS (Choice Pork Loin Roast .20c, etc.), BEEF CUTS (Choice Rib Boiling Beef .9c, etc.), and SMOKED MEATS (Sugar Cured Strip Bacon .18c, etc.).

Table listing veal cuts: VEAL CUTS (Choice Veal Stew .14c, Choice Veal Roast .17c, Choice Veal Chops .22c, etc.).

Table listing specialties on canned goods: SPECIALS ON CANNED GOODS (Fancy Fresh Dressed Spring Chickens .32 1/2c, etc.).

Express and Mail Orders Filled From This List Promptly

BUEHLER BROS.

Advertisement for Schulze's Butter-Nut Bread, featuring 'Mother Goose Cards' and 'Schulze Baking Co.' logo.

Advertisement for Hard Roll Bread, stating 'Don't accept a loaf of bread that hasn't the maker's name on it'.

Advertisement for Hard Roll Bread featuring the Peteresen-Pegau Baking Co. logo and 'HARD ROLL BREAD' text.

Advertisement for Delicia Ice Cream, 'THE PERFECT Ice Cream', from The Fairmont Creamery Co.

Advertisement for Tutti Frutti Ice Cream, 'THE CLEVER craftsman who creates our famous Sunday Special Ice Creams'.

Advertisement for Omaha Printing Company, 'COMMERCIAL PRINTERS-LITHOGRAPHERS-STEEL DIE ENDOBSERS'.

Large advertisement for Central Market, 'Everything for the Table', listing various food items and prices.