

### Why Not Use Dried Fruit?

By LORETTO C. LYNCH.

Some folks have the idea that in order to be effective fruit must be both juicy and acid. They pass by delicious dried fruits plentiful and cheap enough to delight the heart of the most economical.

All dried fruits, as well as all Oriental fruits, like figs, dates and the like, are horribly dirty. Under the microscope this dirt is highly visible. Therefore, dried fruits must be thoroughly cleaned with a small brush and warm water. I find a new toothbrush desirable.

Then put the fruit to soak in clean cold water in a covered vessel. The fruit may be stewed in this same water when plump and much of the mineral matter that soaks out into the water may thus be conserved. Figs and dates, as well as raisins, should be scalded several times with boiling water and then spread out on a platter to dry.

In cooking any of the "dried and soaked" fruits arrange to cook slowly. This will aid in developing the natural flavor and sweetness. If you must add extra sugar, add it toward the end of the cooking. Less sugar is needed to give the desired sweetness if added at the end of the cooking.

A combination of prunes stewed with raisins and a very little lemon is a pleasing change. A delicious company dessert may be made of prunes combined with lemon gelatine. A pint of lemon gelatine is prepared and allowed to cool, but not necessarily harden. It is then whipped to a spongy consistency with a Dover egg beater and a cupful of stewed, stoned and mashed prunes is folded in, as well as half a cup of cream whipped until stiff.

A dozen nut meats chopped may be added. The mixture is set aside to thoroughly chill, or it may first be packed into molds. It is served with additional whipped cream. This makes 12 servings.

A novel frozen dessert is made by adding a cupful of apricot pulp, obtained by forcing stewed apricots through a strainer, and a cupful of banana pulp to a quart of very sweet lemonade, and then freezing. The lemonade must be over-sweet, as the tongue does not recognize the sweetness of frozen dishes so readily as others.

There are for sale some stoned cherries. Have you seen them? Ten cents worth of these, cleaned and soaked and stewed and sweetened, and their juice thickened with ever so little cornstarch, will make the filling of a pie such as the caterer sells for \$1. Try it.

The string figs are cheaper than the ones in pretty boxes. First, scrub these and then put them to soak. Stew slowly, adding a little lemon skin if liked. Taste. If not sweet enough, add a little sugar. These are excellent for the first course at breakfast or as a simple dessert topped with whipped cream.

### Appointed on Disarmament Conference Committee



Left to right: Mrs. Katherine P. Edson, California; Mrs. Thomas G. Winter, Minnesota; Mrs. Eleanor P. Eagan, New York; and Mrs. Charles S. Bird of Massachusetts. These distinguished women are members of an advisory committee to the United States delegates at the conference to limit armaments now meeting in Washington, D. C. They were photographed leaving the White House after being received by the president.

### Recipes

**Stewed Cabbage and Celery.**  
Cut into shreds equal quantities of cabbage and celery. Lay for a few minutes in cold water, then drain and put into salted boiling water. Boil gently for 20 or 30 minutes, according to the season. Meanwhile prepare a rich cream sauce. Drain the cabbage and celery as dry as possible and stir into the cream sauce. Let it stew very gently for 10 minutes and serve.

**Corn Bread.**  
One cup cornmeal, one-half cup boiling water, two cups whole wheat flour, one teaspoonful salt, three-quarters teaspoon soda, three teaspoons baking powder, one egg, two tablespoons cooking fat, one-third cup sugar, one and three-quarters cups sour milk. Sift cornmeal, moisten with boiling water, cover and let cool (over night if desired). Sift dry ingredients together. Beat egg light. Stir with liquids into cornmeal, then stir into dry ingredients. Put in pan oiled with Mazola and bake in moderate oven.

**Apple Fritters.**  
Make a batter of two eggs, one cupful of milk and two cupfuls of flour. Add one-fourth teaspoon of salt and one teaspoon of baking powder. Have ready a cupful of apples peeled and sliced in thin pieces. Dip each piece in the batter and then fry in hot lard.

**Baked Apple Roll.**  
Make a paste, roll out thin. Spread over it apples cut in thin slices. Sprinkle sugar, and put bits of butter all over this. Roll it up, place it in a baking pan. Pour in water and put sugar and butter around it, grating over all a nutmeg. Any other kind of fruit can be made into the same kind of roll.

**Widow Was Waiting.**  
Blackstone—What cured him of the practical joking habit?  
Webster—A young widow to whom he proposed in a spirit of fun.—N. Y. Sun.

### Ancient Customs in Dress Unearthed in Bee Files

The well-dressed man of today may think that a snappy colored handkerchief in his breast pocket is de rigeur. But his almost prehistoric ancestors, as far back as 1910 can give him pointers. The following is quoted from "Fashion Notes for Men," in the Omaha Bee for August 17, 1910:

"The practice of allowing the handkerchief to protrude from the breast pocket is dying out. It seems to be tacitly understood that a gentleman carries a handkerchief, whether he displays it or not.

European authorities differ as to whether pocket flaps shall be worn inside or outside this season. If a decision is reached, we shall stop the press to announce it.

The newest collars have clever elastic bands which are intended to enclose the whiskers on windy days.

The dietarian waistcoat is a new offering. It contains a belt which may be set to the required dimension. When you have eaten sufficient to fill out to the dimension, the tension on the belt releases a small alarm bell and you order your coffee.—Men's Page, The Delineator."

The Fields Are Brown.  
The corn is down.  
The stocks are gone,  
The fields are brown,  
And the early dawn  
Grows slowly behind  
Where the mountains frown.

The farmer can grin,  
As he rubs his hands,  
For the crops are in  
From the resting lands;  
And the wheat is stored  
In the oaken bin,  
And the farmer's wife  
Makes merry within.  
—James Stephens.

A small quantity of carbolic acid added to paste, mucilage and ink will prevent mould. An ounce of acid to a gallon of whitewash will keep cellars and dairies from the disagreeable odor which often taints milk and meat kept in such places.

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**Sloans' Liniment**

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Basko Baking Powder, 1 lb. 21c	1 1/2 lb. Blue Karo Syrup ..... 10c	Pint Size ..... 29c
Basko Coffee, 3 lb. .... \$1.00	5 lb. Blue Karo Syrup ..... 28c	Quart Size ..... 54c
Basko Cocoa, 1/2 lb. .... 24c	10 lb. Blue Karo Syrup ..... 53c	Half Gallon Size ..... 98c
Basko Chocolate, 1/2 lb. .... 21c	1 1/2 lb. Red Karo Syrup ..... 11c	Gallon Size ..... \$1.84
Basko Pancake F., 1 lb. 4 oz. 11c	5 lb. Red Karo Syrup ..... 31c	<b>Crisco</b>
Basko Pancake F., 4 lb. .... 32c	10 lb. Red Karo Syrup ..... 59c	1 lb. Size ..... 18c
Basko B'wheat F. 1 lb. 4oz. 12 1/2c	1 1/2 lb. Maple Flavor Karo ..... 19c	3 lb. Size ..... 52c
Basko Butter, per lb. .... 38c	12 oz. My Wife's Maple Flav. 26c	6 lb. Size ..... \$1.02
Basko Potato Chips, 3 1/2 oz. .... 18c	20 oz. My Wife's Maple Flav. 44c	Cream Cheese, lb. .... 30c
Basko Maine Corn, 11 oz. .... 13c	P. & G. Naptha Soap, 4 bars, 25c	Swiss Leaf Cheese, lb. .... 47c
Basko Maine Corn, No. 2 ..... 19c	Pearl White Soap, 5 bars, 22c	Brick Cheese, lb. .... 30c
Basko Cut Wax Beans, No. 2, 27c		Fresh Eggs, per dozen ..... 50c

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### Dishes Prepared From Flank Steak

**Stuffed Flank**—Make a pocket in a thick flank steak to hold the dressing, or, if the meat is thin, fold one-half over the other and skewer together after it has been filled. To make the dressing crumble one pint of bread, soften it with cold water and drain well after it is moist throughout. Season the crumbs with salt and pepper, onion salt and celery salt, a little poultry seasoning and two tablespoonful of drippings. Pack the dressing closely into the meat, pat it into shape and bake for one hour in a covered roaster, or for an hour and a quarter in an open pan. In the latter case it is necessary to baste several times. A few

slices of bacon placed on the top of the meat 10 minutes before serving improves the dish.

**Flank Steak, Pan Broiled**—Put into a hot frying pan. Do not add any fat. Cook quickly at first, turning the steak as soon as it is browned, then reduce the heat and cook from 5 to 10 minutes. The result is a juicy, palatable piece of meat. Place the meat on a platter. Put two or three tablespoons of water and a little beef drippings into the pan, bring to a boil and pour over the meat. Add pepper and salt to season.

**Flank Rolls**—Cut flank steak length of the meat into inch strips and pound to uniform thickness. Spread with bread dressing minced onion and a bit of bacon. Roll up each strip carefully and skewer into shape. Cover them with flour and brown quickly in a little fat; then add flour and a pint of water to the fat and simmer for an hour or more until tender. Remove skewers, strain gravy and serve.

**Menu.**  
Casserole of Lamb.  
Hot Biscuits.  
Lettuce and Celery Salad.  
Banana Tapioca.  
Casserole of Lamb.  
2 lbs. breast of lamb, cut small  
2 cups diced potatoes  
1 cup canned tomatoes  
2 cups diced carrots  
Seasoning  
Cut lamb in small pieces, roll in flour and brown well in hot bacon fat with the onion.  
Put in a greased casserole with the tomatoes and 1 cup hot water. Bake 2 hours. Add potatoes and carrots, and bake 1/2 hour longer. Add little more water from time to time and thicken the gravy with its hot thin.  
Serve very hot, with fresh baking powder biscuits.  
In using stale bread crumbs to make meat pate, soak crumbs in milk first.

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Choice Fresh Pig Feet, 4 lbs. 25c  
Choice Pig Tails, 2 lbs. .... 25c  
Choice Pickled Pig Feet, 3 lbs. at ..... 25c  
Choice Fresh Pig Snouts, 3 lbs. at ..... 25c  
Choice Fresh Pig Ears, 4 lbs. at ..... 25c  
Choice Fresh Pig Hearts, 3 lbs. at ..... 25c  
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Cudahy's Puritan Lard, 100% Pure Leaf, 10-lb. pail. \$1.65  
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Choice Veal Shoulder ..... 15c  
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Fancy Pork and Beans, No. 2 can, 3 for ..... 30c  
Evaporated Milk, tall cans, 3 for ..... 30c

**BEEF CUTS**  
Fine Boneless Corned Beef 15c  
Prime Beef Rib Roast . . . 18c  
Choice Beef Pot Roast . . . 10c  
Choice Rib Boiling Beef . . . 9c  
Choice Fresh Hamburger Steak at ..... 15c  
Choice Fresh Beef Tongue .20c  
Choice Fresh Ox Tails . . . 8c

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Armour's Star Breakfast Bacon ..... 35c  
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