

TABLE AND KITCHEN.

Practical Suggestions About Food and the Preparation of It.

Mixing and combining ingredients in proper manner is of prime importance, after they are carefully measured. Have all materials to be used near at hand and measured.

Preparations means to turn the ingredients over and over with a decided and rapid motion, allowing your mixing spoon or paddle to bring the under part to the surface with a quick downward and upward stroke.

Cutting and Folding. This method is employed when materials such as beaten whites of eggs or whipped cream are to be added to a heavier mixture.

Beating. This term applied to batters, eggs or liquid.

Pure Food. None but Advertising of Thoroughly Reliable, Pure and Healthful Foods Will Be Accepted for These Columns.

Gladstone Bros. & Co. Fancy Groceries, Wines, Liquors and Cigars. 1309-1310 Douglas St. OMAHA, NEB.

Monday Breakfast: Cream of Wheat, Sugar and Cream, Scrambled Eggs, Fried Potatoes, White Corn Muffins, Coffee.

Tuesday Breakfast: Cream of Wheat, Sugar and Cream, Scrambled Eggs, Fried Potatoes, White Corn Muffins, Coffee.

Wednesday Breakfast: Cream of Wheat, Sugar and Cream, Scrambled Eggs, Fried Potatoes, White Corn Muffins, Coffee.

Thursday Breakfast: Cream of Wheat, Sugar and Cream, Scrambled Eggs, Fried Potatoes, White Corn Muffins, Coffee.

Friday Breakfast: Cream of Wheat, Sugar and Cream, Scrambled Eggs, Fried Potatoes, White Corn Muffins, Coffee.

Saturday Breakfast: Cream of Wheat, Sugar and Cream, Scrambled Eggs, Fried Potatoes, White Corn Muffins, Coffee.

Sunday Breakfast: Cream of Wheat, Sugar and Cream, Scrambled Eggs, Fried Potatoes, White Corn Muffins, Coffee.

R. E. Welch, 24th and Farnam Sts. Phone 1511 For Meats, Phone 1569 For Groceries.

as it is much more delicate than when served with the meat and rice.

Monday Dinner: Cream of Potato Soup, Breadcrumbs, Tomato Sauce, Peas, Cauliflower, Beef Salad, Fried Cantaloupe, Coffee.

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Dr. Pierce's Golden Medical Discovery Cures Weak Lungs. Illustration of a man and a woman.

"GO SOUTH," SAYS THE DOCTOR. "Change of climate is the only thing that will help your lungs." To many a sick man and woman those words are equivalent to a death sentence.

"SAVED FROM AN UNTIMELY GRAVE." "I do not it my duty to inform you concerning the wonderful restoration of my sister's health."

The Richard Cobden 5-cent Cigar. WELL MADE and WELL NAMED. The Richard Cobden 5-cent Cigar is an honor—not a reproach.

The Girl with the Frying Pan. Wesson's Odorless Cooking Oil. IS THE ENGINEER OF OUR FATE. If she uses Wesson's Odorless Cooking Oil, she is able to be affected by the ailments to which the animal whose fat is taken are subject.

Give teething baby the celebrated BATTLE CREEK SANITARIUM FOODS. The crisp, light particles set lightly on baby's little stomach, which is learning its primary lessons in activity.

EDUCATIONAL NOTES. Princeton opened with a freshman class of 1,000 students. The youngest of all professors at the universities of Germany is Dr. Siegfried...

Queer Orders for Booz. Here are some orders recently received from a certain city. "You will bring me the little red 5-cent bottle of 'Sarsaparilla' for my gargle baby's throat and cough."