

Good Things for the Table---Offerings of the Market---Household Hints

Market Has Plenty of Good Things For Table

The hot and dry weather is beginning to show its effects on the fruit and vegetable markets of Omaha.

"The heat is just burning things up," said the vegetable man gloomily. "Tomatoes are in bad shape and are bringing five times the price they ought to."

"There's less than half a crop of peaches, take it all over the country. Apples are poor and less than half a crop. The farmers, most of them, don't know how to take care of their apples. They don't spray them, they don't cultivate their orchards and they let the apples load down their trees too much. If they'd thin them out they would get better results."

However, there are many good things in the line of vegetables and fruits that the housewife can get on the local markets at small prices.

Sweet corn, for example, is of fine quality and selling around 15 and 20 cents a dozen ears.

Wild plums are in and they're fine and cost only about 25 cents a basket.

Red raspberries from Colorado and Washington are plentiful and cost only a dime a box.

Cucumbers are fine and cheap. Little pickles have put in their appearance on the market, the kind that are intended for pickling at home.

Watermelons are at the height of their goodness, luscious, juicy, sweet and so plentiful that they're cheap. They all come from Texas. Home-grown watermelons rarely get to the Omaha markets.

Cantaloupes are also good and plentiful and moderate in price.

Blueberries from Michigan and cherries from Colorado may be secured.

Most of the staple vegetables are on hand excepting peas, which are about gone. Denver cauliflower is a vegetable dainty on the market at present.

Outing Party Sandwiches

Sandwiches may be made hours before they are wanted and kept fresh by wrapping them in paraffin paper or in a cloth wrung dry from hot water. The most important don't to be observed in their making is this: Don't have a dry sandwich, or one with a stinky filling.

Here are some recipes for delicious fillings:

Windsor.
One-half cupful butter; two-thirds cupful cooked chicken; one-third cupful finely chopped, cold boiled ham. Salt and paprika.

Cream the butter and add the chicken mixed with the ham. Season to taste with salt and paprika.

Florida.
Six tablespoonfuls chopped chicken, two tablespoonfuls chopped green peppers, one-half tablespoonful chopped parsley, two tablespoonfuls mayonnaise, salt.

The peppers should be parboiled until soft. Mix ingredients thoroughly and season with salt.

Eggs.
Chop whites of hard-boiled eggs very fine. Run yolks through a sieve, mix with salad dressing or cream, and add seasoning.

Fairmont.
Three-fourths cupful finely chopped breast meat of chicken, one cupful rich milk, one onion, two tablespoonfuls butter, one-fourth cupful finely chopped celery, three tablespoonfuls flour, two egg whites, salt and pepper, one teaspoonful lemon juice.

Heat chicken, celery, and milk to boiling point. Add the onion, which has been previously boiled and forced through a puree strainer. Cream butter and flour together, add to mix-

The Ever-Useful Herb

The best herbs for drying are basil, marjoram, sage, savory, balm and common lemon thyme.

They should be picked just before they flower and on a fine, warm day, never when they are wet.

Spread them on paper to dry in the sun, or in a cool oven, or on the rack over the fire. The drying must be done quickly or the herbs lose their color.

When they are thoroughly dried pick the leaves from the stalk, and if you think it necessary, dry again, then rub them through a fine sieve.

The powder must be put into quite dry bottles and corked tightly. Of course, the powders must be kept separate and their bottles carefully labeled and stored in a dry place.

When wanted for flavoring, tie up as much powder as you need in a piece of muslin.

If you want to preserve parsley for decorating cold meat dishes and so on, pick some large sprays of parsley and divide them into sprigs of a suitable size for garnishing. Dip them for a few moments in salted boiling water, then strain off all the water, dry very thoroughly in a cool oven, and store in a well-corked, wide-necked bottle.

"A bouquet garni," such as is used for flavoring meat dishes, is generally composed of a bay leaf, a sprig each of thyme, basil and marjoram, with some parsley tied together.

Mint is very cheap when in the height of its season, but at other times it is difficult to procure. It dries very well, but mint vinegar is a nice thing to have in the storeroom. This is easily made. Fill a large-mouthed bottle with some coarsely chopped mint leaves, and cover with good vinegar. Place in a warm storeroom for three weeks, then strain off the vinegar for future use.

Mint sauce is another useful store sauce. Take a handful of mint and dip it into a pan of boiling water in which a teaspoonful of bicarbonate of soda has been dissolved. The mint must only just be dipped in and out. This sets the green color. Dip it into cold water and then chop very finely. Put an inch layer in a big bottle, then a teaspoonful of granulated sugar; repeat this until the bottle is three parts full. Fill up with good strong vinegar and cork very tightly. Cover the top with brown sealing wax to keep out the air. When required for use shake the bottle and pour out two tablespoonfuls, add an equal quantity of water, and the mint sauce is ready for use.—Philadelphia Ledger.

Weather Fashions' Winds Blow

Shot taffeta is favored for silk petticoats.

The ribbon weaves are as much liked as ever.

Camisoles with ribbon shoulders are preferred.

Green is said to be one of the coming colors.

Scarfs and stoles are of velvet as well as of fur.

Chinese designs in color on net foundations are a feature of the new laces.

Clinging effects are still seen in evening gowns.

Gored capes are among the latest Parisian whims.

The marquise is a favorite shape for the new hats.

Satin spots are seen on large black velvet hats.

Machine pleatings continue to be extensively worn.

White silk shoes are hand-embroidered in silks.

Fancy metal bands are coming in for millinery purposes.

1916 Milk-fed Spring Chickens.....	25c
1916 Choice Hindquarters Lamb, lb.....	15 ³ / ₄ c
Steer Pot Roast, lb.....	11 ¹ / ₄ c
Young Veal Roast, lb.....	11 ¹ / ₄ c
Young Veal Chop, lb.....	14 ¹ / ₄ c
Porterhouse Steak, lb.....	18 ¹ / ₄ c
Pig Pork Roast, lb.....	12 ¹ / ₄ c
Pig Pork Butts, lb.....	12 ¹ / ₄ c
Spare Ribs, lb.....	9 ¹ / ₄ c
Extra Lean Regular Hams, lb.....	17 ¹ / ₄ c
Sugar Cured Hams, lb.....	12 ¹ / ₄ c
Extra Lean Breakfast Bacon, lb.....	19 ¹ / ₄ c
Sugar Cured Bacon.....	16 ¹ / ₄ c

EMPRESS MARKET
113 South 16th St. Phone Douglas 2307.

1916 Milk-fed Spring Chickens.....	26c
1916 Choice Hindquarters Lamb, lb.....	16 ³ / ₄ c
Steer Pot Roast, lb.....	11 ¹ / ₄ c
Young Veal Roast, lb.....	11 ¹ / ₄ c
Young Veal Chop, lb.....	14 ¹ / ₄ c
Porterhouse Steak, lb.....	18 ¹ / ₄ c
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PUBLIC MARKET
1610 Harvey Street. Phone Douglas 2793.

Novel Ways of Serving the Cucumber These Days

Cucumber Dishes.
The cucumber appeals to the most jaded of palates, but it has been maligned as the cause of indigestion. By following a few simple rules it loses its gastric-disturbing qualities.

Cucumbers gathered early in the morning are sweeter and less liable to cause indigestion. Never eat a cucumber gathered during the heat of the day.

Lay the cucumbers for the table on ice, not in the refrigerator simply, till ready to use; then remove a thick paring, for the bitter principle lies next to the skin, so do not leave a particle of green; slice thin and serve on a dish with crushed ice, soaking in cold water before they go to the table. Many persons partake of them cooked who cannot enjoy them raw.

Cucumber Sticks.
Pare some chilled cucumbers and cut them their full length into sticks about as thick as a pencil; serve them on a dish of chopped ice; to be eaten with salt as celery.

Cucumber Sauce.
Turn into a colander a cupful of peeled and chopped cucumbers and drain, then put in a bowl that has been rubbed on the inside with a clove of garlic. To a pint of whipped cream add a pinch of soda and beat in the cucumber; add half a teaspoonful of onion juice, salt, a pinch of red pepper and teaspoonful of vinegar. Keep on ice till needed.

Stewed Cucumber.
Peel a large cucumber, cut it up in slices and soak in two teaspoonfuls of vinegar, with salt, and an onion stuck with two or three cloves. Stir these every now and then, and in an hour's time dry each piece of cucumber carefully on a cloth, flour slightly and fry in good drippings with a sliced onion until quite brown. Then moisten with a cupful of stock and let simmer gently for thirty minutes; afterward add pepper and salt, a little coloring or thickening if water, and a few spoonfuls of tomato catsup. Put in some slices of cold beef, shake thoroughly for fifteen minutes and serve.

Cucumber Salad.
Peel two medium-sized cucumbers, cut in thin slices one carrot, add one slice of onion, a teaspoonful of salt and a little cayenne. Cover with a pint of boiling water, simmer till soft. In the meantime, soften a tablespoonful of granulated gelatin in cold water, dissolve in water, add a tablespoonful of boiling water, add a tablespoonful of lemon juice to these vegetables, stir in the gelatin, strain all while hot through cheese-cloth. Line a mold with slices of fresh cucumbers and fill in with the jelly; set away on ice for several hours. When ready to serve turn on to a salad bowl, garnish with slices of fresh tomatoes and serve with French dressing.

Cucumber Sandwiches.
Pare as many cucumbers as will be required, split open, remove the seeds and, with a very sharp knife, cut into thin slices; soak for twenty minutes in ice water, drain and dry on a towel; then dip each slice into a rich mayonnaise dressing, sprinkle with salt and arrange on thinly sliced bread; cover with a lettuce leaf and a second slice of bread, and serve at once.

Cucumber Soup With Toast Sticks.
Simmer in a quart of water nine sliced cucumbers and four small onions until very soft, then press through a sieve; to this add a pint and a half of scalded milk, a thickening of two tablespoonfuls of butter with three of flour, some salt and pepper and simmer slowly. Serve hot with buttered toast sticks.

Creamed Cucumbers on Toast.
Stew the cucumbers as described above, drain off the water in which they are cooked, then pour over them a rich cream sauce thickened with butter and flour and serve hot on toast or in pastries.

Cucumber Fritters.
Carefully peel and grate ripe cu-

Kitchen Conveniences

Where breadcrumbs are needed in a recipe put crust and crumbs twice through the mincer. It does just as well, and is more economical than ordinary breadcrumbs.

After polishing windows moisten a clean rag with a very little glycerine and rub it over the glass. Windows done this way do not "steam" and remain clean much longer.

Never put the sugar from lemon peel into cakes. It is likely to make them heavy. Save it for sweetening milk pudding or custard, to either of which it is a great improvement.

A knife designed particularly to serve as a dish scraper is made of ivory celluloid. It will not scratch the finest aluminum or china. It has an angle for every corner, a little notch at one end for cleaning around the tops of fruit jars and similar articles. Other things to be said in its favor are that it does not make the harsh noise caused in the scraping of metal, and that it is small, light, easy to handle, will not rust, and is very useful for removing all matter from pots and pans after cooking.

One of the newest kitchen cabinets has a refrigerator base. The upper part is fitted out in the usual way, with compartments and receptacles for holding spices, staple groceries, flour, seasons and baking essentials—kneading board, rolling pin and the like.

Another unique icebox is a refrigerator which hangs on the wall. It holds twenty-five pounds of ice and is twenty-six inches wide, twenty-two inches high and thirteen inches deep, with quite a number of conveniences.

Public Vacation School Term Comes to a Close

One thousand boys and girls have completed the six-week term of the public vacation schools, which were closed Friday. The pupils were given review work, that they may make their grades in September. The heat did not deter them from finishing the term. Five schools were used for this work.

These youngsters will now begin their summer vacation of five weeks before the opening of the next school year.

Big Barn Burned Near Bee

Seward, Neb., July 27.—(Special.)—The large barn on the Howard Dickinson farm, near Bee, this county, burned to the ground Tuesday night, together with all corncribs and outside buildings. One Shetland pony was burned to death. All of the other stock was removed in time. The mow was full of timothy hay.

The Good Old Summer Time BRINGS US

Delicious, Sweet, Red WATERMELONS
1¹/₂ lb.

Or 1¹/₂c per lb. if guaranteed ripe. We recommend that you buy them not guaranteed and get the low price, as practically every one is good.

COOLING EVERY DAY NEEDS

LEMONS A worth while public service to get in carloads so we can sell at this price. **360 size, doz., 23c**

TEA
A most economical drink—Hundreds of cups from a pound.
Ice Tea, a satisfying blend, per lb., at..... **23c**
Blue Ribbon, pan fired uncolored Japan. We hear others sell the same tea under another name for 75c lb. Our price, per 1/2-lb. pkg. **12c**
Mayflower is a natural leaf uncolored Japan of cup quality, equal to regular 60c or 70c teas. Our price, per sanitary 1/2-lb. pkg. **20c**
Lipton's Yellow Label, 1/2-lb. tin for..... **31c**
Pink Label, 1/2-lb. tin. **25c**
Tetley's Tea—1/4 lb. **15c**
1/2 lb., at..... **29c**
1 pound, at..... **55c**
Macaroni or Spaghetti, 10c pkg. Climax for..... **7c**
3 pkgs., for..... **19c**

SALT
Fine Table Salt, 3-lb. bag. **3c**
5-lb. bag, at..... **5c**
14-lb. bag, at..... **13c**
Bulk, barrel, 280 lbs. **\$1.47**
100-lb. bag, at..... **49c**

BASKET STORES IN ST. JOE.
Friends and Boosters of the Basket Stores will be interested to know that we have contracted for the controlling interest in The United Cash Stores of St. Joseph, Mo. There are nine stores in that chain. The present plan is for us to take charge and turn them into Basket Stores early in August.

THE BASKET STORES
No. 40 is doing business at 4001 Cuming.—Come In.

PINEAPPLES
Princess Brand, extra fancy quality, 2 1/2-lb. can... **20c**
No. 2-lb. can... **15c**
3 for..... **43c**
No. 1 size... **10c**

FRUIT JARS
Mason Jars, Lacquered Lids—Pints, per dozen..... **40c**
Quarts, per dozen..... **44c**
One-half gallon..... **65c**
With zinc lids, 4c dozen more.
Mason Jar Lids, zinc, doz. **23c**
Lacquered, per dozen... **15c**
Jar Rubber, heavy white, per dozen, at..... **5c**
Asparagus Tips, very tender and good flavor, square can, **23c**

COCOA
Our High Grade Tip, 1/2-lb. tin for..... **18c**
COFFEE—NECTAR OR INDEPENDENT—35c grade, steel cut, per lb. **28c**

FLOUR
Cash Habit for uniform satisfactory bakings, 48-lb. bag, at..... **\$1.55**
24-lb. bag, for..... **80c**
Thrifty Habits, a great bargain, 48-lb. bag..... **\$1.30**
24-lb. bag..... **68c**

deep, with quite a number of conveniences.

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Economy With Satisfaction to MILK BUYERS

It is a wonderful thing for a concern that has been in business ten or twenty years to have the complete confidence of the public. That, dear people, is the proud position we are striving to attain.

Every day, week and year we see progress, because we do something which makes it possible to accomplish this high standard. We are delivering safe, pasteurized milk products. Recently we have taken our ordinary buttermilk off the market because it wasn't as good as we thought it should be, and in its place we offer "Locust Lane Buttermilk," because we can vouch for its quality.

Because of the increased cost in the country and of handling we cannot put into our 8c pasteurized cream more than the standard amount of butterfat, nor can we give our customers the satisfaction with a cream that barely passes the test, but we are especially proud of our Special or Jersey brand and of our "XX Exceptional Cream," and recommend them to our customers. It costs more to produce these richer and better brands and we have to charge more for them, but they are worth the difference and are really more economical to the customer.

Order Alamito Milk from your grocer, one of our drivers or telephone.

ALAMITO "MILK-WHITE" DAIRY

DOUGLAS 409.

BREAD FACTS

EVERYBODY should eat plenty of good white bread. It is wholesome, nutritious and very easy to digest.

It is easy to bake bread along with your other cooking. Made in your own clean kitchen, from your own selected materials, you can be sure of its purity, wholesomeness and fine flavor.

Bread is the cheapest food in the world because it supplies the most nutriment for the least money.

Ten cents' worth of flour contains more nourishment than ten cents' worth of any other food you can buy.

The amount of heat and muscular power furnished the body is measured in calories or fuel units. The table below (prepared from U. S. Dept. of Agriculture Bulletin No. 142) shows the amount of energy (in calories) that ten cents will buy in flour and five other staple foods:

Wheat flour	10 1/2 lb.	5400
" "	5 1/2 lb.	4080
Rice	5 1/2 lb.	2025
Potatoes	30 1/2 bu.	1970
Cheese	2 1/2 lb.	750
Salt Codfish	7 1/2 lb.	485
Beef; sirloin	2 1/2 lb.	410

All these foods are wholesome and desirable but, as the figures show, wheat flour gives far more for the money. Cut down the food bill by eating more bread and biscuits and less of the more expensive foods.

BEEF
RICE
CHEESE
FISH
POTATOES

No guess work You can know

You will get good results and have healthful, wholesome foods by using

KG BAKING POWDER

Ask your grocer—he knows

Armour's Grape Juice

100% PURE

Crushed from full-bodied, luscious Concord—bottled at the vineyards, right where the best grapes grow—delivered to you under the purity-protection of the Oval Label—that's Armour's!

The health-pleasure drink for all ages.

Unfermented, unsweetened, clarified. The delicious thirst-quenching smack of rich, fruity goodness. Dilute it to your taste.

Buy Armour's in the Family Case of six one-pint bottles.

ARMOUR COMPANY
303 ROBT. BUDATZ, Mgr., 13th and Jones Sts., Phone Douglas 1065, Omaha, Neb.
W. L. WILKINSON, Sales & Q. Tel. Co. 1740.

The Oval Label Guarantees Quality