

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

Cocoanuts Make Debut On the Omaha Markets

There are some interesting rare fruits and other delicacies on the Omaha markets just now.

Their native state. They are shaped like a pear and look like a pear, but they don't feel like a pear, being softer.

Nuts Are Nourishing

The sharp winds of autumn are bringing in their train not only sparkling cheeks and increased appetites, but a harvest of rich food value.

Shell them at home. It is far wiser to use nuts as food than to combine them in cake and sweet dishes.

Until recently always regarded as a delicacy or a confection, nuts are at last taking their place as true food, giving us the highest food value.

It is much wiser to crack nuts at home than it is to buy the shelled nuts put up, as it frequently happens that these nuts are shelled under most unsanitary conditions.

Although nuts may have been considered indigestible, these unpleasant results have been due generally not to the nut itself, but to the manner in which it was eaten.

Happens Every Night. She (upstairs)—Clarence! He—Yes, love.

It is also an easy matter to grind nuts through the meat chopper, either in coarse particles or in the form of a "butter," which can then be spread on bread.

She—Have you locked the icebox? He—Uh-huh.

The old-fashioned method of cracking nuts with the edge of a flintiron or a hammer resulted not only in loosened kernels, but in bruised fingers, so it has always been considered that nut-cracking is an unpleasant, untidy proceeding, better to be done at some other place than the family table.

She—Have you brought in the silver under the bathtub? He—Yes.

Another novelty is a bowl of polished wood with a permanent sheller, operating by the pressure of a screwing handle, which bears down on the nut, thus bursting it and allowing the nut meats to fall out whole.

She—Did you hang up the key back of the hall clock? He—Yes.

Making Fresh Sausages

Nearly every nation is said to have a national sausage. American food producers sent experts abroad to find out just how these various sausages are made.

Italian Favorites

There is no country where the cooking is more intensely national than Italy. One cannot think of Italy without immediately calling to mind "risotto," "polenta," the universal macaroni, little stuffed green peppers, and the candied fruits strung on straws and eaten in delightful picnic fashion.

tablespoon and a half of butter can replace the oil in the recipe, although the Italian cook would probably substitute a good pure lard. A cap of tomatoes puree may be substituted for the fresh vegetable.

There was no need to send abroad for this formula. The method of making has been handed down from the days of our hardy forefathers. There is one important improvement, however, due to the progress of the times.

A Nourishing Combination. At the present ratio of production and consumption, it is doubtful if we ever again see cheap meat in this country. Americans will always eat it at least once a day, but it is time that the American housewife begins to look about for a less expensive protein.

Every one who hopes to again enjoy a breakfast of savory, delicately browned sausages and cakes is as interested as the writer in the story of how sausages are made.

To make a cheese sauce, put in a saucepan two tablespoons of flour and the same of butter, cooking slowly until the flour has lost all raw flavor.

The less meat used for high grade sausages is from the select, lean, California hams. The fat is from the choice pork shoulders.

The sauce, to be attempted next, if we are to learn Italian cooking from its foundation, is tomato sauce. Mince the heart of an onion, a few sprigs of parsley, a celery stalk and few sweet basil leaves (Italian mint) with a half cup of olive oil, salt and pepper.

The commercial cuts of choice pork that are to be converted into sausages are cut in a room under refrigeration all of the time.

REDUCE THE MEAT BILL. THE BEST HOTELS IN OMAHA buy their FANCY MEATS from us. They use almost exclusively RIBS and LOINS from the FINEST GRADE OF BEEF.

Before these cuts are made the pork has passed four varieties of government inspection. The rooms in which the cutting, chopping and all processes of sausage making is carried on are under the direct supervision of inspectors employed by Uncle Sam for the protection of the consumer.

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The grocer is instructed to urge the grocer not to take more than he is sure of selling. The producer does his best to assure the consumer fresh product in perfect condition.

To make a sausage roll requires one or more pounds of bulk sausage. Wrap each pound separately in thin white muslin, fastening the muslin carefully so that the pounds will retain their shape.

Ask for and Get SKINNER'S THE HIGHEST QUALITY SPAGHETTI

Remove muslin and put in a hot oven to brown slightly on top. Serve on platter with large spoonfuls of cranberry sauce.

ASK FOR and GET HORLICK'S THE ORIGINAL MALTED MILK

Trade at the Washington Market, the Most Sanitary and Up-to-Date Market in the West

YOUR GROCERY BILL. Do you enjoy looking it in the face this first of the month? It is bigger than you expected? Wouldn't you be happier if you had paid cash?

MEATS. Home Dressed Spring Chickens, lb., 18 1/2c. Home Dressed Hens, lb., 14 1/2c.

Lay in Your Flour Supply Now. 48-lb. sack Washburn-Crosby Gold Medal Flour, Saturday, only \$2.49.

truthfulness—the case of a husband who had disappeared.

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Armour's SILVER CHURN OLEOMARGARINE. is more than a mere matter of economy—it's a matter of genuine satisfaction—good to the taste and easy on the pocketbook.

And now, madam, tell me—this is very important—tell me what your husband's very last words were when he left?

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Which Kind Do You Prefer? As Ye Eat So Shall Ye Grow. 10 Cents At Grocers

"O-EAT-IT" is a new combination fully baked, ready-to-eat, pure, delicious, nourishing bread food.



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

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