

Potato Boycott Is Here; Cuts Sales But Not Prices

A great falling off in sales of potatoes is an outstanding feature of the vegetable market in Omaha and probably elsewhere as well. There has been no official embargo declared here upon the high-priced tuber. But there is no necessity for the declaration of an official embargo when the price is up around 75 cents a peck. The domestic engineers have just simply declared they will get along without potatoes and they are proceeding to do that same thing by buying other vegetables. And the vegetable men don't care, because, they say, at present prices there is no profit in potatoes. They sell them at just about cost.

There are many vegetables on the

market at comparatively small prices which easily and satisfactorily take the place of potatoes. Potato eating is largely a habit anyway and while the prices continue so unprecedentedly high thrifty people are "cutting them out" and after the first few days they say it is just as easy to get along without them.

Rutabagas, turnips, carrots, parsnips, cauliflower are some of the vegetables that are being called on to do emergency duty while potatoes soar at \$3 a bushel.

Oranges and apples are cheaper than potatoes. The finest of oranges and apples cost no more than ordinary potatoes. A Dundee grocer has a display of potatoes in his window

that is attracting much attention. In the center are some fine potatoes marked at 40 cents a dozen and on the sides are fine oranges and apples, each at smaller prices. This is a true reflection of present conditions which will continue and grow worse until the new crop comes in next July and August.

Lettuce, head lettuce and radishes are on the market in good quantity and quality. Pineapples at 25 cents each, rhubarb at 10 cents a bunch, oranges at 15 to 50 cents a dozen and beautiful apples at \$1.75 a box are some of the good things to eat that will make you forget the potatoes and snap your fingers at their price.

Bad Cough? Feverish? Grippy? These ailments weaken your system, don't wait. Use Dr. Bell's Pine Tar-Honey. It stays inflammation, kills germs. 25c. All druggists.—Advertisement.

Home Economics Department Edited by Irma H. Gross - Domestic Science Department - Central High School

Salad Making—I.

If you were asked ofhand to name the most attractive-looking food you had ever seen I imagine your answer would be either a dessert or a salad. These two articles of diet offer more range for artistic display than any other type of food. Salads, particularly, can be made tempting in appearance, since in them we have brightly colored foods. Perhaps one reason why young people, particularly girls, are so fond of salads, is the appeal to the eye. But even with shut eyes we can appreciate salads, because to most of us the sharp flavors of acid and condiments are very pleasing.

All of which reasoning has caused people to look upon the salad course as "something extra," put in solely because we like it. Hence a luxury to be avoided when close watch is kept upon expenditures. It is quite true that as sources of fuel for the body salads are extravagances, but we cannot be well nourished on fuel foods alone. The body processes must be carefully adjusted, and the food for this regulation is mineral matter, which occurs especially in fresh fruits and vegetables. In addition to mineral matter, uncooked fruits and vegetables contain certain little understood substances called vitamins, without which certain diseases occur, notably scurvy. Here are two reasons why salads are not an extravagance at any season of the year. It is not necessary to have the expensive vegetables, such as hothouse tomatoes and cucumbers, for salad; ordinary leaf lettuce, if cold, fresh and crisp, with a good dressing is equally satisfactory.

Co-Operation.

Readers are cordially invited to ask Miss Gross any questions about household economy upon which she may possibly give helpful advice; they are also invited to give suggestions from their experience that may be helpful to others meeting the same problems.

Mayonnaise.

Though we use the term "Mayonnaise" to indicate any kind of salad dressing, mayonnaise means just one thing—an emulsion of oil in acid and egg yolk. The following is a standard recipe:

1 t. mustard. 2 egg yolks.
1 t. salt. 2 t. lemon juice.
1 t. powdered sugar. 1 1/2 c. oil.
Few grains cayenne. 1 T. vinegar.

Stir together the eggs, mustard, salt and sugar. Add the oil, a drop at a time, stirring and beating constantly. The back of a silver fork is a good thing for mixing mayonnaise, though some people prefer a Dover beater. There is a very satisfactory oil dropper on the market, which costs 15 cents. As the dressing becomes very thick it should be thinned occasionally with vinegar and lemon, alternately, but never let it lose its consistency. After the first, the oil may be added more rapidly. All ingredients and utensils must be cold. If the weather is warm, the bowl should be surrounded with ice water. If the dressing should separate, begin with another yolk of egg and stir the separate mixture into it slowly, as before. Set the bowl in a cold place and it should keep for many days. A mashed hard boiled egg yolk is an addition to the dry ingredients.

Mayonnaise dressing may be used for any kind of salad. It is particularly favored for meat, fish and egg salads, and for vegetable salads for special occasions.

Thousand Island Dressing.

Thousand Island Dressing is the name given to mayonnaise or cooked salad dressing to which is added various chopped ingredients and seasonings. Chopped green peppers, pimientos, and hard cooked eggs are always added; other possible additions include chili sauce, Worcestershire sauce, or tomato ketchup; chopped pickles, onions, chives, olives, etc. These foods may be added in any desired quantities.

French Dressing.

One part vinegar or lemon juice. The Tarragon vinegar is particularly nice. Two, three or four parts of oil. Two parts make a thin acid dressing; four a bland dressing. Three parts is the most usual. Seasoning of salt, paprika, etc. One and one-half teaspoons salt to one cup oil.

Mix all ingredients together in a chilled bowl, and beat with a silver fork until a smooth mixture results. It is unnecessary labor to add the oil drop by drop. A special flavor is obtained by rubbing the salad bowl before using with a clove of garlic.

A new and handy device on the market is a bottle for the mixing of French dressing. Vinegar is poured into the bottle up to a certain line, the oil to another line, seasoning added, then the bottle is corked and shaken till the ingredients are thoroughly mixed. A similar device may easily be made at home. Select a bottle of the desired size; fill it nearly full of water; then measure the contents. If the bottle should hold one cup of

Christmas Cake.

1/2-lb. butter. 1 t. mixed spice.
1/2-lb. brown sugar. 1/4-lb. raisins.
2 c. caramel. 1-lb. currants.
6 eggs. 3-oz. sweet almonds.
1/2-lb. flour. 2-c. citron.
2 T. brandy. 1-c. flour.
Pinch of salt. 1-c. mixed peel.

Cream butter and sugar, add eggs one by one, alternating with a little flour and beating very well between each addition. Add other ingredients except brandy and mix well. Beat twenty minutes and add brandy. Pour into a tin lined with greased paper and bake in a moderate oven about three hours.

EGGLESS FRUIT CAKE.

2 c. sugar. 1-1/2 c. each chopped
2 c. butter. orange and lemon
1 t. grated nutmeg. peel
1 t. clove. 1-c. seeded raisins.
1 t. allspice. 1-c. sour milk.
1 t. cinnamon. 1 t. soda.
1 c. currants. 1-c. flour.
1-c. chopped nuts. 1 t. baking powder.
1-c. chopped citron.

Cream butter and sugar, add spices. Add one cupful sour milk; add fruit, then one cupful flour. Sift soda and baking powder with rest of flour, add flour and rest of mix alternately. Bake in a slow oven one and a half hours.

Tested Recipes.

Eggless Chocolate Cake.

Cream a cup of sugar with a tablespoon of butter, two tablespoons of grated chocolate or cocoa, and a level teaspoon of cinnamon. Thin with a cup of milk, and work in one and a half cups of flour. Cut up and seed a scant cup of raisins and chop the meats of twelve English walnuts. Stir with these half a cup of flour and add to the rest. Dissolve a teaspoon of soda in two tablespoons of boiling water and add, stirring until all is perfectly smooth. Then bake in a loaf and ice with a frosting made by boiling a cup of brown sugar with half a cup of water and a teaspoon of water until the syrup spins a thread, then beat for a few moments and spread on the cake.

Buttons.

Sift together a cup of flour and five tablespoons of sugar, then rub in two heaping tablespoons of butter, add one well beaten egg, and stir to a smooth paste. Flavor with vanilla. Cut with a dry small cutter after rolling out, then roll the little cakes into balls, roll in granulated sugar and press a raisin or a nut meat into the top of each and bake in a quick oven.

Curried Tripe and Macaroni.

A pound and a half of good fresh tripe will be sufficient for six portions. It usually comes from the butcher's partially cooked, but should be well washed, cut in small pieces or strips, then covered with cold water. Bring this to a boil, drain off and throw away, cover with cold milk and simmer for an hour. Salt and pepper to taste, slightly thicken with a blend of butter and flour, and stir in half a teaspoon of curry powder. Have ready macaroni cooked until tender in milk and water. Arrange this in a border, putting the curried tripe in the center. Garnish with parsley and serve very hot.

Eggless Corn Muffins.

Put the iron muffin pans with a bit of lard in each in the oven until hot. Sift together three tablespoons of yellow corn meal and three of flour, also three heaping teaspoons of baking powder, two teaspoons of sugar and half a teaspoon of salt. Mix to a soft batter with a cup of milk and two tablespoons of melted butter and other shortening—half and half—and fill the piping hot muffin pans half

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175 size, per dozen	24c	
125 size, per dozen	23c	
Buy them by the case, at	\$3.00 and \$3.28	
Apples, per box, from	\$1.23 to \$2.30	
Lemons, per dozen	17c, 18c, 21c	
Comb Honey, rack	18c	
OLIVES, PICKLES, ETC.		
Olives, stuffed, 4-oz. bottle	8c	
Olives, Queen, large size, pt.	17c, 17c, 33c	
Dill Pickles, dozen	14c	
Sour Pickles, dozen	8c	
Sweet Pickles, dozen	8c	
Sweet, split Pickles, dozen	12c	
Mustard, Cash Habit, 8c, 3 for	22c	
Vinegar, cider, Grade usually sold for 35c a gallon. A 3c trial will convince you our price, gallon	21c	
Bottle Vinegar	8c	
Rice, best Jap, 10c grade, 4 1/2 lbs.	25c	
Rice has five times the food value of potatoes.		
National Corn Flakes, pkg. 8c, 3 for	18c	
Krinkle Corn Flakes large pkg.	10c	
Pot Toasties, 18c	13c	
Shredded Wheat, 18c pkg.	11c	
Tip Farina, like Cream of Wheat, pkg.	13c	
Killing's Bran, 25c pkg.	20c	
Oat Meal, bulk, 6 lbs. for	25c	
Large 25c pkg. Basket Store Oats	21c	
Tip Pancake flour, large pkg.	20c	
Pileas Peak Macaroni, Spaghetti or Noodles, 8c pkg., 3 for	22c	
Peanut Butter, bulk, lb. 13c, 2 for 25c		
Peanut Butter, Cash Habit, glass 8c, 3 for	25c	

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Salad Making—II.

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Of the innumerable possible combinations of all the food use as salads we can distinguish not over a half dozen really different kinds. There are the heavy salads, such as fish, meat, egg, cottage cheese; there are the light salads of fruits and vegetables or combinations of both (though some people prefer a Dover beater). There is a very satisfactory oil dropper on the market, which costs 15 cents. As the dressing becomes very thick it should be thinned occasionally with vinegar and lemon, alternately, but never let it lose its consistency. After the first, the oil may be added more rapidly. All ingredients and utensils must be cold. If the weather is warm, the bowl should be surrounded with ice water. If the dressing should separate, begin with another yolk of egg and stir the separate mixture into it slowly, as before. Set the bowl in a cold place and it should keep for many days. A mashed hard boiled egg yolk is an addition to the dry ingredients.

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Question Box.

Mrs. M. R. B. asks to have fruit cake recipes reprinted. The following are the only ones which have appeared recently:

RICH PLUM CAKE.

1/2-lb. butter. 1/2-lb. orange and
1/2-lb. brown sugar. 1-oz. lemon peel.
4 eggs. 1/2-oz. sweet almonds.
1/2-pt. warm milk. 2-oz. bitter almonds
3 lbs. currants. 1-lb. flour.

Cream butter and sugar, add molasses and beat well. Add eggs, one

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Choice Steer Rib Roast, lb.	Diamond C or Beat 'Em All Soap, 9 bars
Choice Steer Best Roast, lb.	All orders south to Ames Ave., and west to 46th St., leave every day at 9:30 A. M.
Choice Steer Rib Boiling Beef, lb.	All orders south to Ames Ave., and west to 46th St., leave every day at 2 P. M.
Choice Steer Brisket Boiling Beef, lb. at	Orders must be in half an hour before delivery leaves.
Choice Steer Sirloin Steak, lb.	
Choice Steer Shoulder Steak, lb.	
Small pig pork loin, any quantity, per lb. at	
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Genuine Spring Lamb Hindquarters, per lb. at	
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Leaf Lard, 6 lbs., for	

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full. Bake brown and serve at once. This will make a dozen muffins.

Chill Con Carne.

Cut up the remains of steak. In the casserole put a layer of the meat, sprinkle over it chopped onion, a few spoons of canned kidney beans and a layer of canned tomatoes, seasoning each combination layer with salt and chili pepper. Repeat until the casserole is filled, then turn in the liquid part of the tomatoes, thickened with a little flour and butter, cover and bake for an hour, then uncover and bake for twenty minutes.

Mock Terrapin.

Parboil a pound of beef liver cut in slices, for five minutes, then drain, and brown in bacon drippings. Chop in small pieces, but do not mince, put back in the pan and add a quarter of a teaspoon of dry mustard, salt and pepper to taste and a few drops of Worcestershire sauce. If there is not much liquor in the pan add a very little boiling water. Boil up, thicken with a teaspoon of flour blended with one of potato. Add a finely chopped oard boiled egg and a few drops of lemon juice. This dish is delicious.—Woman's World.

Hubby Objects to Wife Attending Hops by Herself

Three years of wedded life has not tended to cool the love of George Kazaros for his wife. Thursday evening, it is said, Mrs. Kazaros attended a dance at Washington hall without the consent of her dotting spouse. Feevish at this lack of discipline, Kazaros is said to have grabbed his trusty six-shooter and a pair of brass knuckles and started on his way to wreak vengeance upon any man who dared dance with his wife. Officer Anderson was attracted by the oaths of Kazaros at Seventeenth and Harney streets and, believing that the man was up to some mischief, arrested him. Upon Kazaros were found the revolver and brass knuckles. In police court Friday morning he was given a suspended sentence of sixty days.

Bedford Wants Flags on Court House All the Time

In the future two flags will fly from staffs atop the court house twenty-four hours a day.

Orders to this effect have been issued by Commissioner Bedford, who was incensed when he came down town on the morning of Washington's birthday and found the court house bare of any display of the Red, White and Blue. He ordered that flags be run upon staffs that stood gaunt and naked against the sky. They were but were taken down Thursday evening. Now the commissioner has decreed that the flags be kept flying day and night for an indefinite period.

Police Believe They Have Solved Porcine Mystery

With the arrest of Edward Blake, the police believe they have closed the last chapter of a baffling porcine mystery.

Blake is said to have stolen a hog from the Omaha Feed and Rendering company. Notified of the crime, officers followed a trail of blood and footprints to a vacant house near Tenth and Grace streets. There they found the animal under a pile of straw with its throat cut. They were advised of its presence when it gave its last dying grunt. Blake was turned over to the Council Bluffs police, as the rendering plant is on land under the jurisdiction of the Iowa town.

Quo-Warranto Proceedings Filed Against Compton

A. C. Harte, defeated candidate for county commissioner, has filed with the clerk of the district court quo-warranto proceedings to oust A. D. Compton, successful candidate, from the office. Harte alleges in his petition that no election should have been held in 1916 under the four-year rule, which was passed in 1905. He says elections should have been held in 1909 and 1913, and that there should not have been one in 1916, because four years had not expired.

Fire in Postoffice Draws Much Smoke and Big Crowd

Tired firemen, who had just thawed out their ice-encrusted uniforms, responded to a call from the postoffice building at 3 o'clock in the afternoon when some blanks in the internal revenue office mysteriously started a blaze. There was much smoke and a great crowd gathered, probably anticipating another big conflagration. But chemicals were enough to extinguish the fire.

Kaiser Apologizes for Sinking Swedish Ship

London, Feb. 23.—Reuter's Stockholm correspondent cables that the German minister to Sweden has informed the Swedish foreign minister that the Swedish steamship Edda was sunk as a result of a mistake of a submarine commander and that the German governments regrets the occurrence and is prepared to pay an indemnity. The Edda was torpedoed January 29 while on its way to Sweden with coal.

25,000 LBS. PIG PORK LOINS, LB.	15 7/8c
FRESH DRESSED CHICKENS, LB.	16 1/2c
Steer Porterhouse Steak, lb.	17 1/2c
Steer Shoulder Steak, lb.	14 1/2c
Steer Pot Roast, lb.	11 1/2c
Young Veal Roast, lb.	11 1/2c
Young Veal Chop, lb.	14 1/2c
Pig Pork Roast, lb.	16 1/2c
Pig Pork Butta, lb.	17 1/2c
Mutton Chop, lb.	14 1/2c
Mutton Steak, lb. for	9 1/2c
Mutton Stew, 4 lbs., for	25c
Extra Lean Regular Hams, lb.	18 1/2c
Sugar Cured Bacon, lb.	18 1/2c
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Steer Pot Roast, lb.	11 1/2c
Young Veal Roast, lb.	11 1/2c
Young Veal Chop, lb.	14 1/2c
Steer Shoulder Steak, lb.	14 1/2c
Steer Pot Roast, lb.	14 1/2c
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