

Offerings of the Market--Household Hints

BUY PURE FOODS TO KEEP SELF WELL

People Now Make Intelligent Selection for the Table by Following Advertisements.

PREPARED FOODS THE BEST

The pure food laws have done much to safeguard the health of the community, but it is evident that the requirements enforced by law will never measure up to the quality that the advertiser's own interest urges him to put into the foods that he prepares and advertises.

Formerly it was the custom to give thought to the daintiness, purity and wholesomeness of food when people were sick. Now, through the influence of educational advertising--the people make an intelligent study of their regular diet, and what they want is not so much food for invalids as food that will keep them from becoming invalids.

Tested Recipes

ALMOND AND SWEET POTATO CROQUETTES. Four or five sweet potatoes, two table-spoonfuls butter, two eggs, one-half cupful blanched almonds, milk or cream, dry bread crumbs.

SPICED CRULLERS. One-third cupful butter or three-fourths cupful manufactured shortening, one-half cupful sugar, one-half cupful cream, one cupful sweet milk, two eggs, two cupfuls flour, one-half teaspoonful salt, one and one-half teaspoonfuls cinnamon, one-half teaspoonful nutmeg, three teaspoonfuls baking powder.

WINTER SALAD. Two heads lettuce, one onion, two cold cooked beets, twelve olives, French dressing.

HONEY MUFFINS. Three and one-half cupfuls flour, three teaspoonfuls honey, four teaspoonfuls baking powder, one-half cupful butter, three-eighths cupful manufactured shortening, two eggs, one and one-half cupfuls milk.

Work in Garden

We all start out bravely in the spring with our gardens, plant them, enjoy the pleasure of seeing the plants come up, and then--along comes a host of insect pests to mar their beauty.

In this, as in many other things, to be forewarned is to be forearmed. Insect pests are not such a terrible thing to the woman who understands how to cure their attacks.

The most approved means of controlling insects consists in the use of poisonous mixtures in liquid or dry-powder form. Insects destroy plants by sucking out their juices, or by eating the foliage or stems. If they suck the juices of the plant we must kill them by contact, as they sink their beaks into the tissues of the plants and do not take up any poison which might be sprayed on the foliage. If they chew the foliage or stems, we can kill them by applying to the foliage a poison which when eaten will kill them; hence we have the two kinds of poison, contact and internal.

Notes on Fashions

Fruits are in use on spring hats. They are in low relief, so to speak, usually made of velvet, and their colors are very effective on dark blue, brown or black hats.

Many are the petticoats that are designed to wear under the fashionably full skirt of the day. One is a net foundation, with several hoops of whalebone. One is a heavily corded silk petticoat. Another shows many small, stiff ruffles to give the desired support.

Read Bee Want Ads for Profit. Use them for results.

PIG PORK LOINS, Fresh, not Frozen 13 7/8c

FOREQUARTERS LAMBS 8 1/2c

HINDQUARTERS LAMBS 10 1/2c

Pure Leaf Lard, 10 lbs. for 98c

Fresh Dressed Chickens 12 1/2c

Omaha Market Well Filled with All Sorts of Fresh Vegetables

Want some asparagus, fresh asparagus or the 1916 crop? Well, it has arrived in the market, all the way from California and its very nice, too.

Watercress is another new arrival, plucked from the streams and water places of Missouri where the frost is out of ground.

And strawberries! Um-m! The crop down Mississippi way is flourishing like the green bay tree and promising such an abundance of the berries that they'll be a regular drug on the market--not the kind of drug, however, that the law prohibits you from buying. Within two weeks, say the men who know, strawberries will be coming in to Omaha in carload lots and will be plentiful and about 15 cents a big box. Strawberries in cream, Strawberry short cake, Strawberry pie.

Fresh peas are of extra fine quality in the Omaha market right now. They come from Florida and are as crisp as though just picked from the vines.

Wax and string beans are of just as high grade and from the same summer state.

Fine artichokes for gourmets are here from California and have reached their climax of perfection.

Celery from three states--California, Colorado and Florida, is plentiful and becoming more so as the springtide advances Omaha-ward.

Spinach is here from Texas and is very good.

If the folks in your house like their morning grape fruit and count that day lost which doesn't see a good one at the breakfast table, now is the time when you can get it of excellent quality. They're from Florida.

And navel oranges were never better. Big, sweet and of moderate price.

Apples, too, are plentiful for this season of the year. The Missouri apples of the long keeping varieties like the Black Twig, Kings and Champions are filling in the gap.

Women After the War. That women will become "a drug on the market" and will be forced into lines of activity formerly occupied by men at the conclusion of the European war is the statement of Prof. Emily G. Balch of Wellesley college.

Under the caption of "The Effect of War Upon Women" in the annual issue of the publication of the American Sociological society she says:

"Women are made relatively plenty, and therefore cheap as women. It may be that in more primitive times such a situation would be a cause of polygamy. In our day it will mean a vast overplus of women. They will be a 'drug on the market' while men will return from war not only with their importance enhanced by the glory of the battlefield, but with a scarcity value. So far as this effect is realized, women, who in many ways 'do not count' now, will 'count' still less hereafter.

"A second effect is that women, being more necessary, become more important instead of less. Everywhere they are being admitted into, or drawn or forced into, new lines of activity and into work from which they were formerly debarred by custom."

Fashion Fads. Satin-covered buttons and satin-piped buttonholes are also used in these new chiffon blouses.

Embroidered scallops are shown on some of the new blouses, edging cuffs, collars and other trimming.

Some of the new blouses have peplums worn over the skirt to give the popular flare at the hips.

Pale mauve and pale pink are charmingly combined in some of the new chiffon and crepe underwear.

A cape of tulle that envelops chin and ears and drops over the shoulders is a feature of some afternoon models.

Narrow ruchings of fine side-plaited muslin are used to edge collars, cuffs and fronts of some new striped handkerchief linen blouses.

Showers bouquets of ribbon, rosettes with many ends, like the ends of ribbon falling from a bride's bouquet, are used to trim some of the new negligees.

Steel buttons for trimming are used on blouses.

Phone Crew's For Crew's

New Potatoes, Fresh Tomatoes, Fresh Rhubarb, Granville's Sweet Potatoes, Crystal White Onions, Cucumbers, Green Peppers, Cauliflower, Spinach, Spanish Onions

WE SELL Advlo Sliced Pineapple, Advlo Bartlett Pears, Advlo Jell, (The kind that whips), And all the other Advlo Products

J. D. Crew 3263-65-67-69 Arbor Harney 937-938-939-1060. Try Our Bran Bread, 5c a loaf

ASK FOR AND GET SKINNER'S SPAGHETTI THE HIGHEST QUALITY

36 PAGE RECIPE BOOK FREE SKINNER MFG. CO., OMAHA, U.S.A. LARGEST MACARONI FACTORY IN AMERICA

19 POUNDS 20c, Best Granulated Sugar \$1.00, Our Coffees are the best in the Market, Moryne Best Coffee, 3 lbs. for \$1.00, Single pound 25c, Our special Coffee, 3-3 lbs. \$1.00, Per pound 25c, Santos Blend Coffee, 4 lbs. for \$1.00, All our Teas are Strictly New Crop, per lb. 40c, 50c, 60c, 70c and 80c, Corn Starch, 3 boxes for 25c, Sugar Sold with \$1 Other Goods, MORYNE TEA CO., Phone 2, 2445, 406 North 16th St.

You Can't Be "Neutral" on the food question.

You have to decide between mere palate-foods that contain no nutriment and foods that repair the bodily waste. Shredded Wheat Biscuit is both a palate-food and a muscle builder. You can keep in good health and at the top-notch of physical fitness by eating this delicious, ready-cooked, whole wheat cereal for breakfast, luncheon or any meal.



Made at Niagara Falls, N. Y.



Will Be Used by Miss Weldon Next Thursday Afternoon At Orchard-Wilhelm Co. Store

In Demonstrating to the Omaha Housewives

How to make her FAMOUS MACARONI SALAD which has been pronounced to be one of the most palatable dishes of this nature that she prepares in the course of lectures.

Sold by All Grocers

Omaha Macaroni Co. 1005 Farnam St. Phone Doug. 3711

We Are Always the Lowest in Prices SPECIAL FOR SATURDAY

Table with 2 columns: Item and Price. Includes 48 lb. Sack Sunkist Flour \$1.39, 48 lb. Sack Pennant Flour \$1.30, 15 lbs. Fine Granulated Sugar 40c, Package Creamery Butter 1 lb. cartons 25c, Strictly Fresh Country Eggs per dozen 10c, Fresh and Crisp 30 packages Crackers Saturday, 3 for 10c, Pig Cookies or Lemon Wafers, regular 20c seller, Saturday, 10c, 1 lb. Comb Pure Country Honey, 20c comb regular, at 14c, 11 bars Laundry Queen, a white laundry soap, for 25c, Choice Cuts Fortinhouse or Borden Steak, lb. 17c, Pig Pork Loin Roast, fresh, not frozen, lb. 13 1/2c, 5 lb. Neck Bones for 50c, Short Legs of Lamb or Mutton, Fresh Livers, per lb. 5c, Pig Pork Shoulder Butts, lb. 10 1/2c, Shoulder Lamb or Mutton, lb. 8 1/2c, Pig Pork Shoulder, lb. 10 1/2c, Lamb or Mutton Chops, lb. 10c, Mutton Stew, 4 lbs. for 25c, Fresh Home Dressed Chickens, 12 1/2c.

24th and Cuming The Peoples Market Phone D. 1530

THE CHAIN STORE 606 South Sixteenth St. Tyler 148

Table with 2 columns: Item and Price. Includes Strictly Fresh Eggs per dozen 10 1/2c, Best Creamery Butter per pound 25c, Early Ohio Potatoes per peck 25c per bushel 1 1/2c, 25c cans of Pineapple packed in pure syrup 17c, Peaberry Coffee per pound 25c--five pounds for \$1.00, Lipton's Coffee, regular 40c seller, special, per lb. 27c, Four 10c cans Carnation or Pet Milk 85c, Two 10c packages of Oatmeal or Pancake Flour 15c, Seven bars Star Soap 25c, Ten bars Horn Soap 25c, Large can Hand Packed Tomatoes 10c, HOUSEWIVES--We are selling advertised goods. You take no chances when you buy at the Chain Store. "The Store of Service."

PIG PORK LOINS, Fresh, Not Frozen, . . 13 7/8c Pure Leaf Lard, 10 lbs. for 98c

Table with 2 columns: Item and Price. Includes Fresh Dressed Chickens 12 1/2c, Steer Pot Roast 10 1/2c, Pig Pork Roast 10 1/2c, Pig Pork Butts 12 1/2c, Young Veal Roast 11 1/2c, Young Veal Chops 14 1/2c, Steer Sirloin Steaks 16 1/2c, Lamb Legs 14 1/2c, Mutton Chops 13 1/2c, Salt Pork 9 1/2c, Spare Ribs 10 1/2c, Armour's Star Hams 17 1/2c, Sugar Cured Hams 10 1/2c, Extra Lean Breakfast Bacon 18 1/2c, Sugar Cured Bacon 13 1/2c, Skinned Hams 14 1/2c.

From 8 to 10 P. M.--Lamb Chops 5c From 9 to 10 P. M.--3-lb. Pall Pure Lard 35c ALL KINDS OF FRESH AND SMOOKED FISH FOR LEFT. Deliveries to all parts of the city. Mail orders filled at once.

PUBLIC MARKET 1610 Harney St. Phone Douglas 2793

Putting Up a Bold Front Our new store front is rapidly nearing completion. When completed we will have one of the finest stores of its kind in the city. We are offering the following high grade liquors at this low price during our Rebuilding Sale:

98c takes home a full quart of 8 to 10-year-old whiskey. Just as fine as you want to drink. See if your favorite brand is here: OLD CROW, OLD TAYLOR, CEDAR BROOK, GREEN RIVER, GUICKENHED, CRAB'S EYE, SWEET BRIDGE and others.

Special Sale now on Whiskies, Brandies, Wines. 2 Quart Bottles Beer, 50c. CACKLEY BROTHERS

Send for Free Catalogue Today. 16th and Capitol Avenue, Omaha. See real estate columns for bargains

Swell Your Bank

balance by turning things you don't need into good coin of the realm.

- Sell that house and lot Sell that old machinery Sell that extra automobile Sell all surplus household goods Sell extra office and store fixtures Sell horses, dogs, cats or other pets

Turn all those things that have outlived their usefulness for you into CASH by using the invincible power of Bee Want Ads.

A latent power greater than you have ever dreamed of---a power to fill your pockets, to qualify your heart's desire, to fill "Wants" of every description---lies in

THE BEE'S WANT AD COLUMNS

Use this power now. Get your Want Ad in The Bee's Big Sunday Classified Section. Bring, phone, send it, anyway, just so it gets here, but

Do It Now