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## ART OF THE COOK

### PROPER PREPARATION OF MEATS FOR THE TABLE.

Cheaper Cuts by Skillful Handling May Be Made as Palatable as the Most Expensive—Some Recipes in Proof.

Roasting, as it is called in this country, is in reality baking, as the meat is cooked in the oven. Roasting proper is where the joint is placed in a tin kitchen or "spit" before the fire, writes Elizabeth Pyewell.

This latter is the better method, but as few people have the facilities for it the following recipes hold equally good for baking, which is considered more economical, especially for small families, as there is less loss of weight than in roasting.

Care should be taken that the floor of the oven is not too hot or the fat may be burned, which causes an unpleasant flavor. A great advantage of baking is that it requires less attention than roasting in a spit.

The middle ribs and sirloin of beef are considered the best cuts for baking, and require careful cooking not to be burned or overdone. Pieces weighing from 10 to 12 pounds will take quite three hours and a half to cook in a moderately hot oven.

The chuck rib, brisket and round are considered by epicures to be inferior, but by proper cooking they may be made almost equal to the more expensive portions.

Not all butchers cut the meat in the same way. Occasionally there is so much of the flank on the sirloin that it will cause the meat to dry up instead of cooking it.

The operation of baking is intended to loosen the fibers and prepare it for digestion in the stomach: in this process the joint will bear a greater and longer heat than in either boiling or stewing.

**Beef Baked in Form.**—Mince fine equal quantities of cold roast beef and tongue. Season well with pepper and salt and add the whole or a part of a well-beaten egg according to the quantity of meat. Mix it well.

Butter a mold, put in the meat and press it down hard to acquire the shape of the mold. Turn it out on a baking tin, wash over with well-beaten egg and brown in the oven.

**Toad in Hole from Cold Meat.**—Take some medium thick slices of cold, underdone beef, season with pepper and salt.

Make a batter by beating the whites and yolks separately of four eggs. To one pint of milk add the yolks of the eggs and sufficient flour to thicken; lastly, put in a little salt and stir in gradually the whites of the eggs.

Pour the batter into a deep baking dish, lay the meat on the top, set in the oven and bake until brown.

**Mutton Kebobbed—English.**—Take all the fat out of a loin of mutton; also off the outside if too fat. Remove the skin. Joint it at every bone.

Mix a small nutmeg, grated, with a little pepper and salt, bread crumbs and minced herbs. Dip the steaks into the yolks of three eggs and sprinkle the above mixture all over them.

Place the steaks together as they were before they were cut asunder and put in the oven to take. Baste with butter and the juice which runs from the meat; sprinkle more of the seasoning over.

When cooked lay it on a hot platter. Have half a pint of rich gravy ready, besides that in the dish, and add two spoonfuls of catsup, rub down a teaspoonful of flour with it. Let this boil, and pour it over the mutton, first skimming off the fat. The meat should be hot while the gravy is being prepared.

**Fillet of Mutton.**—Take off the chump end of a loin of mutton and cover it with buttered paper. Bake for two hours, but do not allow it to become the least brown.

Have ready some string beef, boiled tender and well drained from the water. Warm them in the gravy, put them on a dish and serve the meat on them.

**Roast Beef Tongue.**—Soak a fresh tongue for several hours in strong salt and water and drain it well. Boil slowly for two hours; remove the skin and roast in the oven. While cooking baste with butter. Serve with currant jelly.

**How to Make Lamp Burn.**

Any amount of trouble arises from trying to read or write by a bad light; not only does it affect the eyes, but the whole nervous system as well. For good, steady light there is nothing better than a lamp, but, like most everything, it has to have attention. After cleaning well and filling it place a small lump of camphor in the oil vessel—this will greatly improve the light and make the flame clearer and brighter. If you have no camphor add a few drops of vinegar occasionally.

**Bohemian Chicken.**

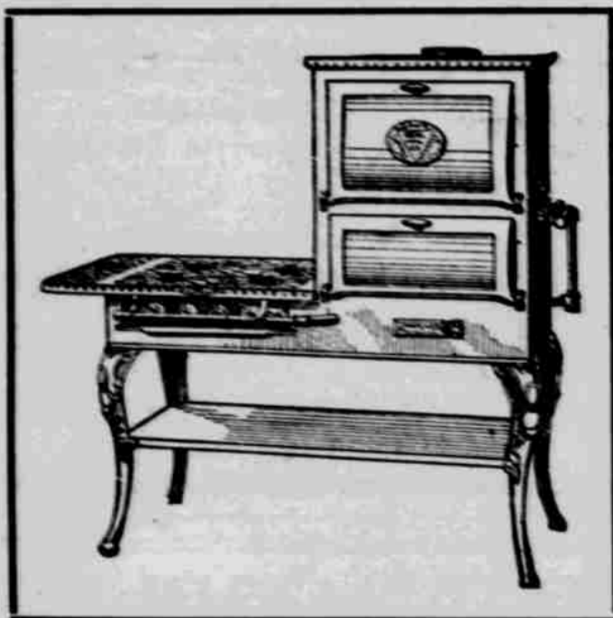
Cut into the usual pieces. Put one pound lard into deep kettle. When smoking hot put in chicken, cover tightly, and simmer one-half hour. Remove to colander, flour, pepper, and salt each piece. Place one tablespoon each of butter and lard in a skillet, and when hot saute the chicken in this several minutes. Lay on blotting paper, then serve.

**Buttermilk Cookies.**

Two cups light brown sugar, one cup butter, one cup buttermilk, two eggs, one cup chopped raisins, one third teaspoonful soda, one teaspoonful baking powder, flour to mix, soft. The cookies should be light and soft, and will keep for weeks. The secret is in using the soft sugar.

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### A COMMON ERROR



Many people imagine that Gas is an expensive fuel. Nothing could be further from the truth. For the kitchen it is the cheapest fuel obtainable. We will prove it if you will let us. Besides being the cheapest fuel, it is the cleanest, quickest and hottest. People who once use it will not consent to being without it. And that is good proof.

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these cool mornings and evenings is an economical comfort. We have them. They save furnace bills. We also sell Kitchen Ranges. Cash or terms.

**Lincoln Gas and Electric Light Co.**

OPEN EVENINGS

### A PRINTER "DOPE SHEET"

The Toledo Union Leader is a mighty good labor paper, but it now and then gets its printorial logic on the hind side before. Just now it is very wroth because a labor exchange that is advocating the election of Hudspeth used the phrase, "the trail of the serpent," in referring to the present administration. The Union Leader says this smacks too much of billingsgate. That is calculated to jar the labor editor who sat in the galleries during the Toronto convention and heard James M. Lynch refer to them as "vipers." It is also calculated to jar those same labor editors who sat in the galleries at the Colorado Springs convention and heard T. W. McCullough of Omaha—Mr. Lynch's preferred candidate for Frank Morrison's job as secretary of the A. F. of L.—refer to them as "buzzards," "scavengers" and "vipers."

Having been the first to talk about "snakes" Mr. Lynch ought not to object if the aforesaid "vipers" do a little hissing now and then. Nor should his adherents object if those same labor editors refer now and then to the "serpent" question.

Mr. Lynch and his friends are just now very anxious lest the campaign degenerate into a campaign of personalities. But neither Mr. Lynch nor his friends entered any particular objection when the campaign against Donnelly was made about as foul and scandalous as a campaign could be made. Mr. Lynch was profiting by that kind of a campaign. But if this campaign decends to billingsgate it will be the fault of those whose battery is, "Who the hell is Hudspeth?"

Labor Temple Benefit. Auditorium, April 23, 24, 25. "In the Land of Gold." James Fulton and His Merry Company. Tickets, 50 cents.

H. W. Smith leaves the first of the week for Oklahoma City, where he will engage in the publishing business with his brother, Frank Smith. They have established a list of suburban newspapers, and have a business outlook that seems awfully good. Harry Smith has been a member of Lincoln Typographical Union for nearly twenty years, with one or two slight intermissions when he worked in other cities. A goodly part of that time he has been in the employ of the Western Newspaper Union, and for the last

three years has been foreman of that office. He has always taken an active interest in union affairs, and never shirked a duty imposed upon him. In addition to being a good and reliable printer, he is a newspaper man of ability. Mr. Smith will take into his new business enterprise an experience that will stand him in good stead. His estimable wife will be greatly missed from the Auxiliary. The best wishes of a host of friends will accompany them to their new home in the giant young state.

Let the members of each local union ask themselves what agency has brought about whatever measure of success has been theirs. Has it been the personality of Jim Lynch, or of any of his overted organizers, or has it been the grim and unwavering determination of the rank and file, coupled with the encouragement and freely-given services of the labor press, whose unselfish efforts Lynch and his familiars have so often affected to despise?—Minnesota Union Advocate.

Roy Kennedy has come back to Lincoln after having worked for a year or so in St. Louis.

Here is a little comparison that will be interesting, culled from Secretary Bramwood's report in the March Journal:

**Receipts.**  
Omaha, No. 190, for January... \$ 92.00  
For assessment, four weeks... 135.00  
Total ..... \$227.00

Lincoln, No. 209, for January... \$47.60  
For assessment, two weeks... 27.71  
Total ..... \$ 75.31

**Expenses.**  
Omaha, No. 190, benefits and special assistance ..... \$491.00  
Lincoln, No. 209, benefits and special assistance ..... 000.00  
Omaha drew from the International \$264 more than she paid in. Lincoln paid in \$75.31, didn't draw a penny from the International, and paid out over a hundred dollars for work that the International pays for in Omaha.

From January 21 to February 21, 1908, thirty-one organizers drew \$3,574.42 from the International treas-

urer. Vice President Hayes drew the biggest bunch—\$417.55, expenses to Cleveland, Buffalo, Boston, Syracuse, Philadelphia, Peoria and Kokomo. Guess jumping from Boston, Massachusetts, to Peoria, Illinois, isn't something of a jump? President Lynch drew, in addition to his salary of \$166.06, the sum of \$283.86—\$158.86 of it "balance expenses to New York, Boston, Louisville, Nashville, Birmingham and Memphis," and \$125 "part expenses to Knoxville and Wash-ton." That's covering some territory, too.

What's the matter? Here it is with-in a couple of weeks of the time when the union will be called upon to nominate officers for the ensuing year, and nothing doing about candidates so far as the naked eye can see. This does not apply to the delegateship, for which there are several avowed and active candidates. Ordinarily there are candidates galore for president, secretary and financial secretary, but up to date, this year has been different. Charley Love has been mentioned as candidate for financial secretary, and F. H. Hebbard, incumbent, is mentioned as his own successor. But neither seems to be making any campaign. If anybody is yearning for Secretary Bingham's job the fact has been kept quiet.

Yes, the label of the Allied Printing Trades appears on the score cards at Antelope Park this season. Manager Green attended to that right at the start.

"Labor Sunday" is the first Sunday in May, and "Memorial Sunday" is the last Sunday in May. Twice in one month will strain the church attendance record of some of the boys.

"Doc" Righter begs leave to amend a statement made in this department last week. He has been a member of the union considerably longer than his son, "Ted," is old. "Doc" has carried a card twenty-two years, and "Ted" lacks about three years of being that old.

**New Place for Shaw.**

Leslie M. Shaw, formerly secretary of the treasury and ex-president of the Carnegie Trust Company, it was stated, has tentatively accepted the presidency of the First Mortgage Guaranty & Trust Company of Philadelphia.