

FRESHNESS IN THE MARKET

Vegetables in Plenty and at Prices that Suggest Erythrina.

ASPARAGUS AND WAX BEANS LEADERS

Aristocrats of the "Green" Line and Selling at Figures that Warrant Them in Holding Up Their Heads.

What to Eat. Problems of state confront the great And love is bitter sweet. But the question that perplexes us and worries us and vexes us. Far more than love or politics. Is simply—WHAT TO EAT?

Asparagus and wax beans were the very special offerings Friday morning. Both are very choice as to quality, and the prices are in proportion. Asparagus sells for 25 and 50 cents a bunch, according to the size of the bunch. The beans are 25 cents a quart and by no means plentiful. New string beans are 20 cents a quart and of fine quality. Cauliflower continues to improve and sells from 15 to 20 cents a head according to size. The radishes that only a short time ago were scarcely larger than marbles, have grown long and large and are crisp and tender. They are 5 cents a bunch. New beets, turnips and parsnips are also larger and better, and cheaper selling at 5 cents a bunch. New onions are tender and of good size and sell for 5 cents a bunch. Egg plant is 15 and 20 cents each; cucumbers, 15 to 20 cents each; green peppers, 10 cents each or three for 25 cents; celery, 5 cents a stalk; spinach is 30 cents a peck; sweet potatoes, 40 cents a peck; Irish potatoes, 25 cents to \$1 a bushel; new potatoes, 10 cents a pound or three pounds for 25 cents; new cabbage, 4 cents a pound; mushrooms, 50 cents to \$1 a pound; leaf lettuce, 5 cents a head; head lettuce, 10 and 15 cents a head; rhubarb, 10 cents or three bunches for 25 cents. New onions are tender and of good size and sell for 5 cents a bunch. Egg plant is 15 and 20 cents each; cucumbers, 15 to 20 cents each; green peppers, 10 cents each or three for 25 cents; celery, 5 cents a stalk; spinach is 30 cents a peck; sweet potatoes, 40 cents a peck; Irish potatoes, 25 cents to \$1 a bushel; new potatoes, 10 cents a pound or three pounds for 25 cents; new cabbage, 4 cents a pound; mushrooms, 50 cents to \$1 a pound; leaf lettuce, 5 cents a head; head lettuce, 10 and 15 cents a head; rhubarb, 10 cents or three bunches for 25 cents.

The prior of strawberries pervaded the market Friday morning and the boxes were stacked out on racks very much as they are during summer season. They are more plentiful just now than they have been and sell at 20 and 25 cents a box. The berries come from Texas and are of good quality—and the boxes, though they sell for quarters, are in reality only a little over generous plate. Grape fruit is about gone. That in market Friday morning was not tempting looking and by no means choice as to quality. It sells for 10 and 12 cents each. Peaches at 15 cents and plums at 10 cents each are the delicacies offered in the way of fruit. Oranges sell from 15 to 40 cents a dozen and lemons from 10 to 20 cents a dozen.

Eggs at 15 cents a dozen and the best eggs on the market at that. It sounds almost impossible after the prices that have prevailed so long, but 18 cents a dozen will be the Saturday price this week. They were selling for 20 cents a dozen Friday morning, but the dealers have announced the drop in price. The good news includes butter, too, and while it probably will continue to bring 25 cents a pound for creamery and 30 cents for dairy this week, a drop of 3 or 4 cents is promised the first of next week.

Poultry looked especially nice Friday morning. Chickens were 12 and 14 cents a pound, ducks 16 cents, geese 15 cents, capons 20 cents and turkeys 20 and 25 cents a pound. Broilers are 50 cents each and squabs from 25 to 50 cents each.

In the Flower Shops. The florists' shops are abloom with spring flowers and the woman who cannot be satisfied from the present offering is hard to please indeed. The first of the sweet peas are in and in the most exquisite tints—lavender, pink, yellow and white. Of course these are forced, but they have lost nothing by the process in beauty or fragrance. By Easter the variegated varieties will be in and all kinds will be available in quantities. They sell at present for \$1 a hundred. Violets are much more plentiful and the stems are longer and the blossom larger. They are a little cheaper, too, having dropped from 25 to 15 cents a bunch. Tulips, so popular and effective for decorating, are a little cheaper, too, having dropped from \$1 to 75 cents a dozen. The full variety is to be had now. One of the prettiest combinations of flowers just now is the white hyacinth and violet. The larger variety of hyacinths cost \$1 a dozen just now and the Roman hyacinth is 60 cents a dozen. Lilies of the valley are a little more expensive than the hyacinth and combine beautifully with violets.

Calla lilies, always so conspicuous at Easter time, are numerous and are very large this season. They range from 15 to 25 cents each. The Chinese are among the most popular potted plants and they are just in their prime now. The blossoms are large and showy and come in almost all colors. They sell from 50 to 75 cents a plant.

Some Asparagus Recipes. Asparagus—The favorite vegetable of all classes, rich or poor, and one of the earliest in the spring market, is slightly medicinal. The mildly aperient qualities that make fresh asparagus desirable diet are not found in the canned stalks and tips. Moreover, the stronger chemical agents used as "preservatives" destroy much of the nutritive values of the succulent plant. The slightly bitter flavor characterizing the

green vegetable is lacking from the pale, straw-colored spines standing erect and close in the jars that crowd the grocer's windows as the days grow long and the new crop threatens to push out the old stock on hand.

The faint bitter is the wholesome trait of our patrician asparagus. Robbed of it, and cooked and canned, it is as nutritious as so much wet cotton and well nigh as insipid.

Baked Asparagus—Scrape the upper halves of the stalks down to the "quick," as it were. That is, get off all the hard, horny skins. Asparagus, cooked in any way, is much more tender and digestible if the stalks be thus freed from the outer casing. Boil in hot salted water until tender. Drain off the water and chop the asparagus—not so fine as to make it mushy. Make in a saucepan a "roux" of two tablespoonfuls of butter and the same of flour, and add to it when it has cooked for a minute, two cupfuls of milk, heated, with a bit of soda dropped into it. Stir over the fire to a cream; add the minced asparagus when you have seasoned it with salt and pepper, and set it aside to get cold. Then beat into it three eggs whipped light and two tablespoonfuls of cream. Pour into a well buttered dish and bake in a quick oven. Cover with paper for twenty minutes. Remove the paper and brown. Serve at once.

Asparagus à la Vinaigrette—The salad whose popular name stands at the head of this recipe makes a delicious entrée in the course of a Lenten dinner where fish has played the leading part. Cut off the thickest and toughest portions of the stalks. Put them away carefully, with an eye to a vegetable soup to be served at the family dinner next day.

Lay the edible tips attached to the upper parts of the stalk in cold water for an hour. Then immerse in a hot water bath with soft strings. Put these into a broad saucepan where they will not be crowded; cover with cold water, slightly salted, and cook gently for twenty-five minutes—for a shorter time if they are very young and slender. Make a dressing of two tablespoonfuls of vinegar, two teaspoonfuls of French mustard, half a teaspoonful of sugar, a teaspoonful of salt and half a smooth emulsion. Then begin to heat in oil, and keep at it until you have incorporated six tablespoonfuls with the "emulsion."

Set the vessel containing the dressing in the pan of boiling water, stirring frequently. When it is smoking hot leave in the water while you drain the asparagus, remove the strings and lay in a deep dish. Pour the hot dressing over it, cover closely to keep in the strength of the vinegar and set away to get cold. When it is cool set in ice until you are ready to serve it. Pass crackers and cream cheese with it.

Bottled Spinach (American Style)—Prepare the spinach as already directed. Put over the fire in the inner vessel of a rice boiler, with no water, except that on the leaves. As it is ready to be served, drain with water and cook the leaves tender. Drain off the water and chop fine in a wooden bowl. Put back over the fire and stir into it two tablespoonfuls of butter with a little sugar, and pepper and salt to your taste. Mount on a hot platter and garnish with hard-boiled eggs cut in slices. A prettier dish is the yolk of hard-boiled eggs rubbed to a fine powder through a sieve and strewn thickly over the mound. Shred the whites fine and lay about the base.

A Spinach Soufflé—This is a nice way of using left-over spinach. If it was creamed at its first appearance on your board, it will need no more chopping or beating. Add to it the beaten yolks of two eggs if there is a cupful of spinach, increasing the number of yolks proportionately if you have more of the "left-over," a tablespoonful of melted butter and salt and pepper to suit. Stir a pinch of soda into a cupful of sweet cream, mix with the other ingredients, and this done, whip in the whites of the eggs beaten to a standing froth. Turn into a buttered dish and set at once into a brick oven. Bake to a light brown and serve immediately.

MARVIN'S CHILD NOT FOUND

St. Louis City Doctor is Unable to Discover Son Who Disappeared Monday.

DOVER, Del., March 8.—After another day's search, in which the haystacks and long grass were raked over with the faint hope of discovering the body of Horace Marvin, the 4-year-old child of Dr. Marvin, who disappeared Monday last, no new clues were discovered. The family and detectives are now certain the child was kidnapped.

The doctor believes it would be wholly inadvisable to offer a reward until all other means toward locating the child have been exhausted.

Sunday Dinner Bargains

NOTICE the difference in PRICES, if you are trading elsewhere the amount you lose every day on your hard-earned money. \$1.00 at our store will stretch as far as \$2.00 would at any other store.

The LANGE GROCERY CO. 24th and Cumina Sts. Tel. Douglas 1530.

A Satisfied Customer Is not hard to find—provided the purchase is made at the Central Markets.

210 CENTRAL MARKETS N.W. COR. 16th and HARNEY

STORY TOLD BY THE LABELS It is all grown on our own western continent, and the best there is. In the Market Basket. Last week Mrs. Provident filled her market basket with the highest priced there was in the market.

Label as an Indicator. For instance, Mrs. Provident was buying some canned peas for her basket the other day, and her grocer, replying in the negative to her inquiry if he kept a certain brand, offered another and stated that he would give her the "extra sifted," showing her two cans, one marked "sifted" and one "extra sifted," and said he sold them for the same price.

USED ROUND THE WORLD Baker's Cocoa and Chocolate 47 Highest Awards in Europe and America

BALDUFF'S 40 CENT Buttercups Saturday Only, 25c per box

BALDUFF 1518-20 FARNAM ST. "The Home of Good Things to Eat."

The sweet herbs preferred, about a half teaspoon. Add a tablespoon or two of hot water if desired, but do not make the stuffing very moist, as the meat juices moisten it some and a rather dry stuffing is best.

Bolled Rice as a Vegetable—Put a cup of well washed rice gradually in three pints of rapidly boiling water, salted; keep it boiling rapidly until a grain of the rice rolled between the fingers will mash and not leave a string, hard spot in the center; pour water and rice through a colander and let the rice drain until moisture is all out, then set in dish to be served in at the open door of the oven or some place where it will heat, but not bake over; stir lightly once or twice with a silver fork.

Stuffed Veal Roast—The veal was taken from the hump, one of the cheaper cuts; the bones were removed, the spaces filled with a good bread stuffing, the meat folded and tied into shape, thin slices of salt pork laid over the top and put into a roaster in a hot oven about fifteen minutes, then the heat was lowered and the meat allowed to cook slowly for at least twenty-five minutes to the pound, basting it often with the fat in the pan.

Rhubarb Fanchonettes—A small bunch of rhubarb had been the luxury in the market basket because Mrs. Provident began to feel the craving for the acid things which come in the early spring, and which when appeased by fresh natural vegetable or fruit is right, although this rhubarb had been grown under glass and did not have quite what the free air would give later.

F. W. GRAY BURIED IN OMAHA Former Leader in Local Business and Politics Dies in Minneapolis.

The body of the late Frederick W. Gray of Minneapolis was buried in Prospect Hill cemetery Friday morning, the interment being private. Mr. Gray was a well known citizen and business man of Omaha once.



SOMMER BROS. SATURDAY SPECIALS Strictly Fresh Eggs, per dozen 16c Creamery Butter, per pound 32c Dates, 3 lbs. 25c Grape-Nuts, per pkg. 10c Leaf Lettuce, 2 heads, 5c

NEW 'PHONE NEXT WEEK Independent Company Begins Work on Its Local Plant Then.

The many stories being circulated in reference to the independent telephone company of this city have caused so much confusion in the public mind that it seems proper at this time that a plain statement be made by the company.

Workman on Eighth Floor of Building Comes Near Falling Eighty Feet. A workman of the eighth floor of the new Brandeis building had a narrow escape from death early Friday morning, when he was nearly precipitated down the freight elevator shaft, a distance of eighty feet.

BRIDES And Other Hospitable Persons Here is a Chance to Get a \$2.00 COOK BOOK 60c. FOR A new, up-to-date, Cook-book prepared by a trained expert.