

FRESHNESS IN THE MARKET

Vegetables in Plenty and at Prices that Suggest Erythraemia.

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? E. Wilcox.

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 blossoms 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 a little more. The stems 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. 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 large caudron of fresh water, and bring to a boil. When they are ready to be served, put them 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 a bowl of 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 boils, stir the spinach 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.

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 taste. 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

Sioux 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. Said Wit to Wisdom—"A full stomach makes a light heart." Said Wisdom to Wit—

Uneda Biscuit. In dust tight, moisture proof packages. 5c. NATIONAL BISCUIT COMPANY

Sunday Dinner Bargains. BALDUFF'S 40 CENT Buttercups Saturday Only, 25c per box. Candy lovers never tire of the ever popular Buttercup, in spite of the fact that their tastes are often offended by unpalatable sweets sold under that name.

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. OUR BAKERY DEPT. Is certainly the talk of the town. Why should it not be when we sell the finest bread baked anywhere in the city, per loaf, only 3c. And other goods as follows: Pies, large, filled with high grade fruit, only 8c. All kinds of Cookies, per doz., 5c. 8-layer Fancy Cakes, chocolate frosted, nut and coconut, 16c. 3-layer Cakes 24c. GROCERY DEPT. Fancy Lemons, per doz., 15c. Fancy Navel Oranges, large, sweet and juicy, always sell everywhere at 35c per doz., our price 25c.

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. There is satisfaction in knowing that you are getting the highest quality at lowest prices—there is satisfaction in buying where you have a large stock from which to select—you get what you want, not what the dealer may happen to have—there's satisfaction in knowing the delivery will be prompt—and there's satisfaction in the courteous treatment you will receive.

210 CENTRAL MARKETS N.W. COR. 16th and HARNEY PHONES DOUGLAS 1795 DOUGLAS 2889

STORY TOLD BY THE LABELS

One Guide to Goods Which Nebraska Has Not Adopted Yet. INSIDE OF CANS MANIFEST ON OUTSIDE. Mrs. Provident Notes This on Her Round of the Grocer Shops and Buys Another and Cheaper Sunday Dinner.

While we are waiting for the pure food law to be passed by the legislature of Nebraska—and justly so, since the patent medicine manufacturers are exercising their minds and muscles fighting it—it will be well for the food provider to study up the national law a little. This section, for instance: "An article shall be deemed to be misbranded if it is labeled or branded so as to deceive or mislead the purchaser, or purport to be a foreign product when not so, or if in package form and the contents are stated in weight or measure, they are not plainly and correctly stated on the outside of the package, or if the package containing it or its label shall bear any statement, design or device regarding the ingredients or substances contained therein which shall be false or misleading in any particular."

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, although paying a little more for the extras, and perhaps reserving them for his best customers. So the food provider carefully reading her labels would get a finer grade of peas by observing that one extra word.

USED AROUND THE WORLD Baker's Cocoa and Chocolate. 47 Highest Awards in Europe and America. ABSOLUTELY PURE. Made by a scientific blending of the best Cocoa beans grown in the tropics—the result of 126 years of successful endeavor.

WALTER BAKER & CO., Ltd. Established 1780 DORCHESTER, MASS.

BALDUFF'S 40 CENT Buttercups Saturday Only, 25c per box. Candy lovers never tire of the ever popular Buttercup, in spite of the fact that their tastes are often offended by unpalatable sweets sold under that name. It isn't necessary to tell the Baldwin patrons that only the genuine article, rich and pure, can come from our store. Be sure and come in Saturday and get a box of these delicious sweets. They are our regular 40c buttercups, in all the popular flavors—almond, English and black walnut, piña and coconut. Special price, for Saturday only, at per box 25c. 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. When the stuffing is done remove to hot platter, add a tablespoon of flour to fat in pan, cook, add a cup of hot water or stock; stir and cook until well thickened, strain into sauce, dish and serve with meat. The rice is used as a vegetable in the place of potatoes and may be put round the meat or served in a separate dish.

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 fork.

Dried Lima Beans—Soak a pint of beans overnight, drain off the water and cover with fresh boiling water and a pinch of soda, and cook slowly until almost tender, drain again and "pulp" the beans, slipping off the skins; cover again with boiling water, cook until tender, adding a level teaspoon of salt; drain again; sprinkle over a tablespoon of flour, stir in, then add a tablespoon of butter and a cup of milk; shake carefully until the sauce reaches the boiling point and serve. Veal is deficient in proteins or body building material which the beans supply. The skins of the beans, when put in the center of the last water put a half teaspoon of cream of tartar, which will destroy all the bacteria which are liable to accumulate on green leaves of any sort; tear the leaves gently just before serving time, arrange on a salad platter, put in the center of the table, and serve with a French dressing, or dot the lettuce with well cooked salad dressing.

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 supplied 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. She washed it carefully, but did not peel, cut in short bits, put in a granite baking dish in layers with a sprinkling of sugar, appended by fresh natural vegetable which had been cooked a little, covered it and placed it in the oven, baking it slowly until it was tender and the syrup plump and dainty looking. She added a few bits of orange peel among the layers. Little pastry cases had been baked on the outside of petty pans or fanchonettes, as they are called now, and these were filled with the rhubarb preparation, new cold and slightly jellied, and were just large enough to serve to one to each person. Her family ate just as heartily of this dinner as of the one of the week before and were quite as well nourished.

F. W. GRAY BURIED IN OMAHA. Former Lender 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. He was an ex-member of the Nebraska legislature from Douglas county, one of the charter members of the old Omaha Board of Trade, of the Omaha club, also a member and at one time president of the Omaha Board of Education. He was engaged in the lumber business in Omaha for many years and some twenty years ago moved to Minneapolis, where he had since made his home. He died in Minneapolis Wednesday. The formal funeral services were held in that city Thursday. The body was accompanied to Omaha by his two sons, Richard M. Gray and Herbert L. Gray, and several other relatives, including C. P. R. Williams of Grand Island, Mr. and Mrs. George W. Little and daughters of Lyons, Neb. Mr. Gray was 56 years of age. He survived by his wife and five children. They are Richard and Herbert Gray of Minneapolis, Mrs. A. W. Bullard of Chicago, Miss Catherine Gray of Minneapolis and Roger Gray of New York. All of the children are natives of Omaha. Wants Dies From Injury. NEW YORK, March 8.—Miss Sarah Merritt of Pleasantville, N. Y., died today from injuries sustained in the New York Central wreck at Woodlawn road bridge February 26. Miss Merritt's death was the thirty-fourth to result from the wreck.



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. SOMMER BROS. Exponents of Good Living 28TH AND FARNAM STS.

NEW 'PHONE NEXT WEEK. Independent Company Begins Work on Its Local Plant Then. CONSTRUCTION CONTRACT LET LONG AGO. Service Will Be Secret, as Automatic Instruments Prevent Anyone from Getting in on the Line.

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. Shortly after the franchise was granted to the independent company last fall, a contract was entered into with the Union Telephone Construction company to build and finance an automatic telephone system in Omaha with a 20,000 subscribers' capacity. The outside construction of the plant will start the early part of April, and it is expected that service will be given in less than twelve months. A large part of the plant will be underground; there will be no party lines. The business rate will be \$4.00 net per month and the residence rate \$2.00 net per month. The service will be absolutely secret. The company will own and operate everything in connection with the system and its headquarters and managing office will be located in Omaha. Every effort will be made to give the people of Omaha the best telephone system in the world. Long distance connections will be given throughout the states of Nebraska, Iowa, Kansas and Missouri upon the opening of the Omaha exchange. The company's office is in the Conservative building, 104 Harvey street, where all inquiries will be answered.

MAN SAVES SELF FROM FALL. 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. He had wheeled his wheelbarrow on the freight elevator on the eighth floor, placing one foot on the elevator, which was suddenly lowered by the engineer of the ground floor. The workman lost his balance as the elevator dropped and was thrown into the shaft, but he managed to grasp the edge of the shaft with one hand, where he hung suspended over the deep shaft until pulled out by fellow workmen who had seen his plight, and was none the worse for his experience.

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. More than 1000 recipes, including sixty soups, fifty sauces for meats and vegetables, fifty or more salads, forty-one recipes for the chafing dish, besides rules for meat, fish, vegetables, bread, cake, pastry and invalid cooking. There are hundreds of simple wholesome and inexpensive dishes. It has twenty colored plates showing how dishes should be served. It tells the value of foods, how to market and how to serve luncheons and dinners, formal and informal. For SIXTY CENTS we will send this 350-page book postpaid, well printed on exceptionally good paper, strongly bound in linen and in a slip box. If you cannot send money order, send U.S. stamps. For sale also by booksellers and newsmen at 60 cents. The Lowmey Company stands back of this offer. It is not the usual advertisement of a manufacturer of his own goods. You get a bargain and we get a little publicity. If you are not pleased return it and get your money back. The WALTER M. LOWMEY CO. Boston, Cooks & Chocolatiers Dept. V. Boston, Mass.