## 1510 DOUGLAS

of Annual Coat Sale

You remember our great Coat Sale of a year ago and the hundreds of beautiful Coats we sold-it was the biggest sale that was ever held in Omaha. This sale is based upon our experience of last season.

This is a tremendous undertaking—it means that we will offer smart, new models for at least one-third less than garments can be sold for under usual conditions.

OVER 400 NEW COATS AT \$25

The wonderful variety of new styles that you will find here at the above price will be a surpriseevery new model thought out by the world's best designers is in this collection-all are made of finest broadcloths, in black or colors-special price .....

OVER 300 NEW COATS AT \$19.50

These Coats are all made of fine broadcloths, kerseys and fancy materials, in all the tight fitting, semi-fitting and loose styles-all are perfectly tailored, in either trimmed or plain effects-special price .....

OVER 300 NEW COATS AT \$15

The styles of these Coats are of the character that one only finds in the higher-priced garmentswe have them in tight fitting, semi-fitting or loose effects-all are made of best all-wool materials, in black or colorsvery special at only .....



## EXTRAORDINARY SUIT SALE

\$45.00 AND \$50.00 TAILORED SUITS-Made in plain tailored or trimmed styles of finest chiffon broadcloths and imported worsted materials, in all colors, all are exclusive new suits-On Sale Saturday, at ......

\$35.00 AND \$37.50 TAILORED SUITS-These suits are all smart new models, made of fine broadcloth, worsteds and fancy materials in all colors-on sale Saturday

DAUGHTER ON BODY BUILDING stead of storing up in the to matter not well carried off.

Her Brothers on the Subject.

Source of Rejoicing to Americans that Their Country is at Last to the Front in This Science.

and san bids fair to outdo her brother in finding out interesting things and source of muscular energy. For years this and surround with the teast points. their country man and loath even in the bake in a moderate oven." interest of true scientific progress, to take up a theory, although so buttressed by

other medical organs units in acceptance of Dr. Clifttenden's conclusions.

Compels Rejection of Liebig. "Dr. Chtttenden's experiments compel." that nitragen equilbrium can easily be main- feasts are based, what then is possible to usually considered necessary." Which being joy and delight to go to market nowadays. not need, into at least a third as much these there are few things that can be proteid food as we have considered herete- said to have a "season" thanks to the refore necessary, and that one-third should frigerator car and rapid transportation. be substracted from the meat portion, or There is nothing, however, that belongs to dlet necessarily leads towards vegetable now. foods." So now we of our family are all gradually educating our tastes in that direction. I will not deny that the thought of a well cooked reast of beef or a casserole of chicken, or a brolled steak with a maitre de hotel butter sauce, still appeals to us and I am very sure we shall have our usual Thanksgiving turkey and our Christmas goose, but we have utterly eliminated pork, and only once a day is meat of any = kind seen on our table. Instead we are all intelligently studying what foods to ure instead that shall fill the true idea of nourishing the body and at the same time indulge to a reasonable degree our sense of taste."

Recipe for Cereal Griddle.

"I have come across a recipe for cereal griddle cakes, and as my family still indulge in the hot cakes for breakfast, we find these overcoming some of the faulty nutritive conditions of pancakes, as the cereal of which they the largely composed has been cooked, and so we do not have so much of the half cooked, starchy materist as in most pancake mixtures. people would only realize that griddle cakes are mostly starch, the butter on them is fat, the syrup is the most condensed energy producing food, and that all these things must be thoroughly chewed bufore awallowing and eaten in small quantities, they would find less the effects, especially if they would get into the body and the blood a sufficient amount of air exygen, to make use of this energy producing food and keep it doing its work, in-

bles before turning. Some Other Rarities.

intercated in this study of facts pertaining former in inch pieces, cover with boiling n bulk. Dates are 10, 15 and 20 cents a to body building," said Mrs. Providem, water and simmer until tender, adding pound. salt when nearly done. To two cups of this celery, cook together a heaped table-

made the ascent of the Faulhorn in 1865 on lately and find the following a most exa diet which contained no nitrogen, and cellent drop cake, as is also attested by showed continued strength and vigor, but my family, by making them disappear now an American physiological chemist, very rapidly; Cream half a cup of but-Dr. Russell H. Chittenden of Yale after a ter, add half a cup of sugar, one cup of long series of most practical experiments honey, the beaten yelks of two eggs, three has published a book which sums up the tablespoons of lemon juice or vinegar with results of these experiments and the grated rind of lemon, three cups of sifted scientific press everywhere are admitting flour sifted with a level teaspoon of soda, that he has settled the question against adding a little more flour if necessary to Liebig. Possibly not everywhere, either, make a soft dough. Drop in small spoonfor my daughter says she does not find fuls on a greased baking sheet or the inany reports from German papers, which verted bottom of a dripping pan; rub over probably may be jealous of the reputation lightly with a spoon dipped in milk and

facts, which everturns his claims, but the London press the Athenaeum, Science, the Local Market Offers Much that is Lancet, the Paris Reone Scientifique, and Dainty as Well as Sub-

stantial.

olden days the housewife evolved a dinner says the London Athenaeum, "to reject Lie- that has been handed down to her posterity Chickens and ducks sell with head and as a model upon which all Thanksgiving feet on and undrawn. tained on an amount of proteid food, which the modern housewife with the delicacies is not more than one-third of the minimum of every hand at her command? It is a translated into terms more suited to our Of course sweet corn and strawberries are limited understanding means that we do out of season just now, but aside from as Dr. Chittenden says the true nutritive Thankegiving time that is not in market

> Eonugh Tokay grapes are to be had for Sunday's safed, but this week will finish them. They are selling at 10 cents ; pound in the stores and cheaper on the streets, but they are not as nice as they were. Maiaga grapes are a little cheaper having dropped from 25 to 20 cents a pound.

G OOD FOOD and constipation are ill-mated companions.

Use 36 Glass Hunyadi Janos Water On arising and enjoy your food. A NATURAL LAXATIVE WATER.

Bottled at the Springs.



selling from 25 to 40 cents each, according "Cereal Griddle Cakes-Stir half of a level to size. Some of the finest grape fruit teaspoon of soda into a cup of rich sour seen this fall is selling from 15 to 20 cents Mrs. Providem Thinks She May Beat milk, add beaten yolks of two eggs and each. It comes from Florida and is large pour over a cup of Egg-O-Sec, or any and tine looking as well as tasting. Oranges other cooked cereal, add a level teaspoon sell from 30 to 50 cents a dozen and about UNCLE SAM LEADS FOR MAN'S DIET of salt, half a cup of sweet milk and a the last of the Concord grapes are selling cup of sifted flour, with which has been for 40 cents a basket. Apples are among sifted, a slightly rounding teaspoon of bak- the most tempting things on the grocers ing powder, beat thoroughly and then add racks and sell from 60 cents to \$1 a peck. the well beaten whites; oil the griddle and And then there is a variety of extras, inlet the cakes be well covered with bub- cluding Japanese persimmons at 75 cents a dozen and English hot house grapes that look as perfect and large as the "Creamed Celery with Toast Points-Use imitations that subdue the side lights in the ill the coarser portions of celery, leaving dining room. Figs are 25 and 50 cents to will is my daughter's turn to become the tender parts for the table, cut the package and from 20 to 35 cents a pound

Cranberries are 10 cents a quart and a spoon each of butter and flour, add three- few choicer, larger berries are selling at presenting them for the benefit of the fourths of a cup each of rich milk and the 12% cents a quart. Cellery is 5 cents a family. One of the toings is one fact, over water in which the celery was cooked stalk. Head lettuce is 10 cents which we proudly rejoice, that at last our When well cooked add the celery and set and leaf lettuce 5 cents a head. country is taking first rank in the study of the dish over hot water. Cut stale bread String and wax beans are 10 cents a quart. human diet. Therefore nearly all au- into triangles, spread with butter and endives 16 cents a head, radishes 5 and 10 thorities quoted were German, or possibly teast in oven. Beat the white of an egg, cents a bunch, cucumbers 15 cents each, some times French. Liebig, a German, slightly dip the points of the toast in this egg plant 15 cents each, cauliflower 20 and greatest among chemists, taught the great and then into chopped parsley, pour the 30 cents a head, new onions 5 and 10 cents value of proteids, generally meats as a celery on a hot platter or shallow dish a bunch, water cress, mint and pursley cents a bunch, cabbage 5 and 10 cents i theory has been accepted with only an oc- "Honey Cookies-I have been trying the head and spinach 30 cents a peck. Sweet casional dissenting voice, as when two men use of honey instead of sugar in cakes potatoes are 5 and 10 cents a pound and frish potatoes 30 uents a peck.

> Table butter of all kinds is a little cheaper this week, the package creamery butter, all brands, selling for 28 cents at most of the stores. Dairy and country butters in rolls and in tubs sell from 22 to 25 cents a pound, while the cooking butter sells from 20 cents up. Surprising quantities of comargerine are being sold, the best grade at 20 cents a pound, being used extensively for table purposes. Unless one knows, it is difficult to tell the oleomargerine from some of the best butters. It is of a tempting, light yellow color and frequently of superior flavor to the pack-GOOD THINGS TO EAT PLENTY age butters. The best egga sell for 25 cents a dezen and other eggs for 15 and 18 cents a dozen. Domestic cream cheeso in 1 20 cents a pound.

Chickens sold Friday morning for 14 and if out of the limited resources of the 15 cents a pound, ducks at 16 cents a

Leaf lard sells nine pounds for \$1, and suct for 6 cents a pound.

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SPECIAL SALE We can please you. Gur lines of Groceries, Meats and Bakery Goods are the freeshest, purest and best. Cur prices are always the lowest.

Quality is our first consideration. SPRING CHICKENS-We dress them, per 1b ..... 11 12 C TOMATOES - New pack, fire class, per can..... ....10c FIGS - Imported Turkish, pe 96

CLAM CHOWDER-3 1b. cans Buman's and Morrell's, 25c va riety, per can. ..... 17e PEAS-Early June, sweet, can .... 10¢ SAUCE-Lea & Perrin's, per bot PUFFED RICE—fresh, 3 pkga. PANCAKE FLOUR-New, three

WHITE CAKES Three-layer, an LARD—3-qt palls, best brands. per pail .....40e

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THE MATERIALS COST MORE THAN WE ASK FOR THE COATS

YOU NEVER SAW SUCH VALUES - We bought them from F. Siegel & Bros., the well-known cuit and cloak manufacturers of Chicago. They are swell garments, made from elegant new materials and are absolutely up-to-date; they are first-class in every particular. You'll not have another opportunity like this during the season, or at the end of it, either. THEY GO ON SALE IN THREE BIG LOTS

Saturday Morning



Women's \$10.00 Coats Saturday for \$5.00

Made of fine new mixtures, 48 in. long, trimmed with velvet and braid, nobby, stylish garments for young ladies—positively worth \$10.00—Saturday for.....

Women's \$12.50 Coats Saturday for \$7.90

These Coats are made of dark or light mixtures-mannish effects, also kerseys, 50 inches long, full loose backs, plain or trimmed—every garment in this stage of the would be cheap at \$12.50— Saturday for .....

LOT 3

Women's \$18.75 Coats Saturday for \$10.00

You'll find in this lot the greatest collection of Coats that have ever been offered at this price, made of beautiful new dark mixtures and kerseys, handsomely trimmed and well made-manufactured to retail at \$18.75—Saturday for.....

Nebraska Clothina Co FARNAM E-FIFTEENTH 5TS.



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Innumerable Varieties of Tempting FRUITS AND VEGETABLES

that contribute additional grace to the table and distinguish every course served with "pronounced taste" par excellence. FRESH MUSHROOMS,

Head Lettuce, Leaf Lettuce, FIRM RIPE TOMATOES, Radishes, SLENDER CUCUMBERS, Spinach. Cauliflower,

WAX BEANS. CRISP DWARF CELERY. REAMERY BUTTER-

FLORIDA ORANGES, large siz KNOX GELATINE, per pkg. . 10c TRE MAPLE SYRUP-IMPORTED MALAGA GRAPES

TENDER YOUNG TURKEYS, DUCKS SIMIN WHIL CO'S MATZOS, Berg's Celebrated Kosher Sausages

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We have just received a direct im

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We will carry them in stock troughout the winter to seil regu-

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When you buy of us, whether you are a judge of meat or not, you get the benefit of what we have learned in many

You get the benefit, too, of our buying in immense quantities. The small market can't sell poor meat as cheap as we do good meat.

Come in, or telephone your order for Sunday. Fry one of our tender, juicy, rich roasts of beef, or a choice, chicken, goose or

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In order to more widely intro-duce our line of Hiller's fine old Wines and to demonstrate their stimulating and healthful prop-erties, we will give FAED to every lady a sample bottle on re-quest.

SPECIAL FOR SATURDAY \$1.25 Guckenhelmer Rye. 95C Whiskey, full quart..... 85c 75c Port Wine, full

quart Wine, full 48c