

Good Things to Eat for Sunday Dinner

Sunday Dinner Menu and Tested Recipes

- BREAKFAST.**
Stewed Apricots. Lamb Chops.
Cincinnati Coffee Bread. Coffee.
- DINNER.**
Consomme Japonaise.
Fricassee Chicken.
Rice Croquettes with Jelly.
Mashed Potatoes. Asparagus Salad.
Charlotte Russe.
- SUPPER.**
Tomato Rarebit. Graham Toast.
Lettuce Sandwiches.
Chocolate Cream Pie.
Russian Tea.

Rice Omelet Squares.
These squares are nice for luncheon. To make this novel dish, beat three eggs, whites and yolks together, until very light, season to taste with salt and pepper, and fold in lightly a scant cupful of cold boiled rice. The rice must first be well broken up with a fork, so that each grain is loose. Pour into a hot, buttered omelet pan and cook, setting it in the oven for a moment to brown on top. With a sharp knife cut it into squares and transfer these quickly to a hot platter. Garnish with crisp lettuce leaves and squares of tart currant jelly and serve immediately or it will lose its crispness.

Fillet of Beef en Casserole.
Cut a three-pound fillet in slices one and a half inches thick. Dip each with cord, dust with salt and pepper. Put in an earthen casserole two tablespoonfuls of butter; when it is hot put in the fillets and cook five minutes on each side. Remove and cut off twice. Put in the casserole two tablespoonfuls of browned bread crumbs and two of chopped pickles and parsley. Stir and add butter. Put the fillets back for a minute. Serve at once.

Stringbeans Salad.
Cook string-beans until tender in boiling salted water. Drain and dry thoroughly on a soft cloth. Let them stand on ice for hours. Mix well with a good French dressing and arrange on lettuce leaves. Garnish with hard-boiled eggs cut in quarters and serve.

Cocunut Pie.
Put two even tablespoonfuls of grated cocunut into a pint of milk. Add three even tablespoonfuls of sugar, the yolks of two well beaten eggs and two even tablespoonfuls of cornstarch stirred to a paste with a little cold milk. Add butter the size of a walnut and cook until thickened and smooth. Line a pie plate with crust, prick in several places and bake in a hot oven. Then fill the crust with the cocunut mixture and spread with meringue made from the whites of the eggs beaten to a stiff froth with two tablespoonfuls of sugar. Sprinkle with cocunut, set in an oven and brown slightly.

Chocolate Fig Pie.
Beat the yolks of four eggs, add one full cup of sugar and stir well together. Add eight heaping tablespoonfuls of grated chocolate and beat again. Put into a saucepan and as it heats stir in slowly two tablespoonfuls of cold dissolved in a quarter cupful of cold milk. As it begins to thicken take from the fire and add one large cupful of chopped figs. Line two pie tins with pastry and bake. Then put in the filling and return to the oven a few moments to "set." Beat the whites of the four eggs with four even tablespoonfuls of sugar and a tablespoonful of vanilla. Spread lightly over the pie. Set back in a coolish oven to puff and brown.

Rhubarb Meringue Pie.
Either fresh or canned rhubarb may be used. Slice enough stewed rhubarb for one pie, about a half pint, and stir into it while boiling a heaping teaspoonful of cornstarch mixed with the yolks of two eggs, a cupful of sugar and one tablespoonful of butter. Have ready a pie tin lined with a nice crust already baked. Spread this with the rhubarb mixture and cover with a meringue made of the whites of the eggs, beaten stiff, with two tablespoonfuls of sugar. Set in the oven until nicely browned and serve cold.

Rice Molds.
Heat one cupful of cooked rice and the same of milk, and press through a sieve. When lukewarm add one yeast cake softened in one-fourth cupful of warm water, one tablespoonful of sugar, one teaspoonful of salt, and one cupful of flour. Set in a warm place to rise. When doubled in bulk add one egg well beaten and flour to knead. When smooth and elastic allow to rise once more, then shape into balls. Put into a greased pan, brush tops with melted butter, and cover till almost double in bulk. Bake fifteen or twenty minutes, according to size. Brush lightly with melted butter when done.

Plain Beans.
Boil a pint of bread dough into a sheet and place in the center a well-beaten egg, four tablespoonfuls of butter melted after measuring, half a cupful of sugar, half a teaspoonful of grated nutmeg or cinnamon and one cupful of sultana raisins or currants. Fold over the edges and knead till thoroughly mixed. Form balls and proceed as for rolls.

Sweet Potato Balls.
To one pint of lukewarm milk add one-half teaspoonful of melted butter. Stir well and add six good-sized sweet potatoes cooked and pressed through a sieve. Add flour to knead and set to rise. Proceed as for other rolls.

Fruit Salad.
Scoop half a box of gelatine in a generous pint of water, add the juice of two lemons and two cups of sugar. Bring to a boil and strain. When cool pour over two sliced oranges, two bananas, half cup of cherries, half cup of English walnuts (meats) as nearly white as possible. Stand on the ice till it sets. Serve with whipped cream.

Fruit Compote.
One-half cup rice, one can of peaches, boiling water. Blanch rice, then boil in slightly salted boiling water till tender; drain, form into molds; make a sauce of one cup of peach juice, two tablespoonfuls sugar, two teaspoonfuls butter, one tablespoon lemon juice, one tablespoon cornstarch. Cook peach juice, sugar and cornstarch together till thick, remove from fire, add lemon juice and butter and pour over peaches and rice.

Cover and stand in a warm place until it begins to rise; then add flour to make a soft dough and knead well. Set aside like Parker house rolls. When light make three parallel creases across the top of each. Brush with the beaten whites of egg, cold water and a little vanilla. Sprinkle granulated sugar thickly over the top. Bake fifteen minutes. When done lay a napkin over the rolls in the pan for five minutes, which makes a tender crust.

Stewed Lentils.
One and a half cups lentils, one teaspoon sugar, two tablespoonfuls butter, one and one-half teaspoon salt, one-quarter teaspoon pepper. Soak lentils over night, drain, rinse and cover with boiling water and cook slowly for one and one-half hours. Drain again, return to kettle, add seasonings, let become very hot and serve.

Salmon Chowder.
One can salmon, three potatoes, three tablespoonfuls butter or drippings, two slices onion, one-half teaspoon salt, one-eighth teaspoon pepper, three cups milk, three tablespoonfuls flour, three crackers (split). Open salmon, remove bones, wash and flake fine; pare potatoes and slice thin; fry onion in fat, add flour, cook three minutes; add two cups boiling water and potatoes; cook until tender—about fifteen minutes; add seasoning, salmon and milk. Roll up once and serve garnished with minced parsley and split crackers dipped in hot milk.

Carrots with Sugar Sauce.
Three cups chopped or dried carrots, two tablespoonfuls butter, two and a half cups boiling water, one teaspoon sugar, one and one-half teaspoons salt, two tablespoonfuls flour, few grains pepper. Fry carrots in butter till a little soft; add flour, seasonings and water; let boil, then simmer till the carrots are tender—about an hour.

Cream of Potato Soup.
Three large potatoes, two tablespoonfuls flour, four cups milk, two tablespoonfuls drippings or butter, one small onion, two tablespoonfuls salt, little pepper. Boil potatoes until soft, then drain and mash them; cook the onion in the milk; when the potatoes are mashed, add the scalded milk, salt and pepper; rub it through a strainer; melt drippings in small saucepan, add the flour and a little of the soup; add this to the soup and let boil up once.

Cracked Wheat.
Two cups cracked wheat, one and one-half cups salt, boiling water; rinse wheat in cold water, then put to soak in cold water to cover for a few hours; add salt and boiling water to cover, again, and simmer on back of range, in oven or the pressure cooker till soft—about five hours—replenishing water as needed.

Recombined Cheese.
Four cups soft bread-crumbs, one and one-half cups sugar, three cups milk, one egg. Soak crumbs fifteen minutes in milk. Add cheese, seasoning egg (slightly beaten), add salt and pepper, and bake in a moderate oven until firm.

Tomato Sauce.
One quart can tomatoes, one teaspoon salt, two tablespoonfuls sugar, one-quarter teaspoon pepper, two tablespoonfuls butter or bacon fat, one cup dried bread-crumbs. Put together and cook till thickened, taking care not to burn it.

Two Cup Bread.
Two cups bread flour, one-half teaspoon salt, two tablespoonfuls drippings, one tablespoon sugar, four teaspoonfuls baking powder, about one-half cup milk, one-half cup chopped raisins, two tablespoonfuls sugar, one teaspoon cinnamon. Mix together flour, salt, sugar and baking powder. Work in drippings with fingertips and moisten dough with milk, turn on slightly floured board, pat to half inch thickness and sprinkle with the sugar, raisins and cinnamon mixed together. Roll up like a jelly roll, cut in slices one inch thick and bake in a quick oven. Serve with lemon or raisin sauce.

Raisin Sauce.
One and a half cups water, one and one-half cups sugar, one and one-half cups raisins, dash of salt, one-quarter cup sugar, one-half tablespoonful vinegar or lemon juice. Soak raisins thirty minutes in water and bring to a boiling point; mix cornstarch, sugar and salt together, add to boiling mixture and let cook thirty minutes, stirring constantly. Add vinegar and serve hot.

Know Omaha Better

Omaha's Parks and Boulevards.

Omaha's park and boulevard system, while yet in an uncompleted condition, has assumed such proportions that Omaha ranks up with other western cities in the matter of parks and boulevards. Omaha is fortunately situated for a comprehensive system of parks and boulevards, which some day will be the standard for cities of far greater population. Nature has contributed much in laying the foundation for a system. Natural conditions have but to be improved here and there.

The gentlemen, who have been in charge of Omaha's parks and boulevards for the past ten years, have realized this and have been working with one aim in view—that of completing a system that will excite the envy and admiration of other cities.

The members of the various park boards have been somewhat handicapped by a scarcity of money. Funds for improvements and maintenance have been quite insufficient, but with the money available, much has been accomplished. It is not to be generous contributions from public spirited citizens. Omaha's present excellence would have been impossible.

Omaha's parks and boulevards at the present time consist of fourteen parks with a total of 522 acres, and about twenty-five miles of boulevards and park drives. The parks, with acreage, are: Jefferson square, 1.7 acres; Hancock park, 2.1 acres; Elmwood park, 28.1 acres; Fontanelle park, 167.5 acres; Bemis park, 16.5 acres; Miller park, 7.5 acres; Hiltobough park, 1.1 acres; Riverview park, 11.5 acres; Deer park, 13.3 acres; Kountze park, 16.7 acres; Curtis Turner park, 1.5 acres; Bluffs View park, 1 acre; Levi Carter park, 28.5 acres, and Carolyn Mercer park, about 4 acres.

The park system as outlined centers about the larger parks, with Riverview in the southeast part of the city, Miller park on the north, Levi Carter park on the northeast, Elmwood park on the west, Fontanelle park on the northwest and Hancock park on the south central as the objectives.



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stantly. Add vinegar and serve hot.

TERRIBLE POWER OF ICEBERG

Thrilling Experience of Seaman When the Unexpected Happened.

A chapter in "Frozen Mountains of the Sea" recounts an experience of a ship captain among the icebergs of the north Atlantic, as follows:

By 10 o'clock I had counted nearly 100 bergs. Several of us watched with absorbing interest a large, square mass of ice fully 600 feet long and from eighty to 100 feet high, which lay directly in our path. Its white sides gleamed and sparkled in the sun, as though set with countless diamonds, small, but of purest water. As our steamer turned to pass it a large mass of ice, weighing, according to the captain's estimate, fully seventy-five tons, broke away near the top, and with a loud report crashed into the sea. In an instant a still larger mass was hurled downward, and the berg, with a noise like thunder, split into three pieces. The crashing and grinding of these huge masses, tossed about by these sudden risen waves, was awesome, yet it was as nothing compared with the mountain of ice that was slowly turning over in the water. Grasping an iron support and holding to each other, we waited, with that huge solid wall of ice resting directly under our steamer.

A grinding jar, a stop, and we lay over to one side as the frozen leviathan lifted us up and up until the steamer was out of water! Would the berg turn completely over and burst us down amid the grinding ice? It seemed almost inevitable. So curious is the working of the mind that in this moment of suspense, though fully realizing our danger, we most carefully noted the noises of crashing dishes, falling chairs, as well as heavier things, the angle at which we lay upon the ice and the massiveness, if it can so express it, of the motion of the berg.

One feels power in the dashing waves, but this was as if the whole were being slowly away to and fro. At this crisis, fortunately, the ice beneath us sank down a little in the water, as though tired of its burden, and before it had time to rise again we were struck by a heavy wave. With a shudder the steamer started, slid a little on the ice, then plunged into the seething waters, going down, never. It seemed to me, to come up again. But thanks to its stanch timbers, it did come up, though with ice from the berg upon its decks. "A moment is a great thing when crowded full," and this lasted two moments.

The lifeboats on the port side were quickly got ready, the officers and crew working quietly and rapidly.

When it was found, however, after repeated soundings it was not leaking, we turned back for a last look upon the wreckage of the berg that covered the water for yards around in all directions. The great mass of ice over which we slid was now stationary, the streak of rust and paint across its face, the mark made by the steamer as it took its plunge, was yet plainly visible and we were filled anew with astonishment at our marvellous escape.

HAYS TO PRESS HUMORISTS

American Newspaper Men Have Pleasant Memories of the Great Railroad.

The American press humorist who attended the annual gathering of the organization in Montreal in 1910 will recall with pleasure the brief visit they made at the Grand Trunk offices in that city and the little speech that the president of the great railway, Sir Charles M. Hays, made on that occasion.

And the remembrance will remain a pleasure even though it cannot help recalling the president's tragic death on the Titanic.

The visitors were escorted to the director's room by Cy Warman, the newly elected president of the organization, and were introduced, one by one, to President Hays, and that eminent of-

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 - Seven 5c cans Pet Milk 1.00
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 - Sliced Peaches, large can 1.00
 - Shredded Wheat, pkg. 1.00
 - Fancy Queen Olives, quart jar 1.00
 - Large Prunes, per lb. 1.00
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 - Spare Ribs, 10c
 - Sugar Cured Ham, 12 1/2c
 - Sugar cured Lean Bacon, 12 1/2c
 - Home Rendered Lard, 10c
- 1921 Farnam Street.

Official extended a special word of greeting with every handshake.

A little later he made a brief speech. Here it is, in substance, at least:

"Gentlemen of the press, I feel certain that you already know you are welcome in Canada, welcome in Montreal. Let me add that you are especially welcome at this time. Our road is emerging from the unpleasantness of a serious disagreement with certain of its employees. This has been a time of trouble and distress, and we feel sure we have been largely sustained through many trying hours by an active sense of humor—a blessing which you gentlemen are supposed to represent in its concrete form. Need I call attention to the pleasing fact that you and the sunshine of peace made your joint appearance at almost the same moment. Wherefore, gentlemen of the press, I claim that you are doubly welcome."

The simple dignity and fine cordiality of this great captain of industry was highly attractive, and no man who had the good fortune to be one of the group in the Grand Trunk director's room will ever forget it—Cleveland Plain Dealer.

A Bachelor's Reflections.

If you don't spend your own money somebody else will for you. A hot temper cools off long before the August it causes in others. You could put a good resolution in cold storage and it wouldn't keep any better. Anybody who's very human is a burden to his family, but if he isn't he's a brute to them. The reason a man criticizes people is he gets madder than a hornet when anybody criticizes him—New York Press. No man is a hero to his wife's mother. Men and women who are odd might get even by marrying. Don't ask your cousin mixed when you get out to paint the town. But the early bachelor is never bagged by the timid lady year girl.

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- Largest assortment Sardines—per can from 10c to 25c
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- 5c Jar Lotus' Olive Relish 1.00
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- 24-oz. can "Snow-Drift"—the new shortening 1.00
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- Fancy Full Cream Brick Cheese, per lb. 1.00
- Domestic Swiss Cheese, per lb. 1.00
- Chow-Chow, Celery Relish or Sweet Pickles, per qt. 1.00
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SUMMER DRINKS

- Claret for Lemonade, per bottle, 12c, per gallon 75c
- Ginger Ale—Delatour—per dozen 1.50
- Ginger Ale—Imported—per dozen 1.75
- Ginger Ale—Manitou—quarts, \$2.00; pints 1.50
- Orange Juice—quarts, 40c; pints 35c
- Grape Juice—white—large 85c
- Club Soda—pints \$1.50; splits 1.10

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- 5c Oil Sardines, 3 for 1.00
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- 5c Tooth Picks, Ideal, 2 for 1.00
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- 5c Toilet Paper, 500 sheets, 7 for 1.00
- 10c Dried Peaches, per pound 1.00
- 12 1/2c Prunes, 3 lbs. for 1.00
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- 10c packages Seedless Raisins, 4 for 1.00
- 5c Argo Starch, 3 for 1.00
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This scheme of diverse route tours should stimulate Eastern vacation travel; it opens up routes on one complete ticket that permit travelers to make about any kind of an eastern tour. It is impossible here to describe the various routes, or publish the rates applicable, but I shall be glad to explain their scope.

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