NRE FOOD DURVEY HIS page contains advertisements of dealers who are making a sincere effort to place the

commodities they sell in the hands of the ultimate consumer in a palatable and healthful condition. There are no lines of business in which so much care must be exercised as in handling perishable food stuffs. Of late years an aroused public opinion has made it doubly hard for the dealer. He now sells to people more or less suspicious, who are not only to be reckoned causes for complaint, but also in numerous imaginary ones.

Sunday Dinner Menu

and Tested Recipes

Grapefruit. Beef Hash (baked). Hot Rolls. Boiled Eggs. Coffee,

DINNER Roast Lamb, Mint Sauce. Mashed Potatoes. Fried Parsnips. Peas. Orange Salad. Peach Ice Cream,

SUPPER Lobster Salad, with Mayonnaise. s. Sandwiches. Heavenly Food. Coffee.

Chicken Mousse. A chicken mouse is a delicacy in the cold meat line and one quite within the scope of the home cook, When properly prepared it is smooth and creamy and of lelicious flavor. The day before the nousse is to be served cook one cupful of rich chicken stock with the beaten yolks of two eggs one minute, season to taste with salt and pepper and, if the flavor is liked, a little celery sait; add one cupful of pounded white meat of cold balled chickens, one tablespoonful of gelatin dissolved in a little cold water. Stir all together well, then press through a sieve. Add a cupful of whipped cream and the dry whipped whites of three eggs. Beat well with an egg beater until nearly cold, then turn into a wetted mould and stand on ice until firm. Then mould on a bed of mayonnaise, as pre-

Tea Biscuit. Take two cupfuls of sifted pastry flour, two teaspoonfuls of baking pewder, one teaspoonful of sait, two tablespoonfuls of butter, two-thirds cupful of milk.

After the flour has been sifted and sift again, then rub butter in with the finger tips. New with a fork combine this and the milk, neither stir nor knead, just see that the ingredients are blended. then take on lightly floured board. With a floured rolling pin roll into a sheet a little more than an inch, cut with a small round cutter and bake in greased

Cherry Surprise.

A delightful dessert is prepared thus. Hollow out as many sponge cakes as required that were baked in gem pans; make a filling by putting the crumbs into a bowl and adding to them (for six cakes) half a cupful of whipped cream flavored with half a teasponful of vanilla and half as much almond extract, one tablespoonful of sugar and a pinch of salt; chop fine eight maraschino cherries and add to the mixture, fill the cakes with it and put in two cherries on top of each; serve on small glass or china plates with a round lace paper dolly under the cake. This is exceedingly pretty as well

Vienna Coffee. To one and a half cupfuls of boiling milk add one cupful of whipped cream and pour this into one quart or more of strained coffee.

Mutton Cutlets, Fried. Best the cutlets flat with the broad mide of a hatchet, season with pepper and sait, dip first in boaten egg, then in bread crumbs, fry in lard or dripping. Drain perfectly free from fat and arrange them standing on end and touching one another, around a mound of riced

Stewed Corn and Tomatoes. Take one-half can of tomatoes, the same of corn; after mixing them up well season with pepper, salt and a little sugar. Set on where they will cook slowly; at the end of twenty-five minutes stir in a great spoon of butter. Fut on the lid and stew very gently ten minutes more. Serve in a deep dish.

Cabbage and Beet Salad, One quart each of cabbage and boiled beets chopped fine, one cupful white sugar, one tablespoonful salt, one teablack pepper, one-quarter trahorseradish, gover with cold vinegar. This will keep for a month if kept from

Take two eggs, half a cup of sugar, a tablespoonful of flour, half a teaspoonful of sait, and one pint of boiling milk. slowly to prevent puncturing crust. add a little more nutting. This plo should be baked in a moderate oven.

Select potatoes all one size, if possible. Hake in a moderate oven from threequarters to one hour, according to the water. Meit two cupfuls of sugar in a one or more hours to ripen.

Milk Fed Spring Chickens, per pound, 12%c Pig Pork Roast 10%c

Our business has been continually growing and from week to week we have been forced to add new help both in our store and for delivering purposes. The great crowds that throng our store are the best proof of the low prices and quality we give to our customers. Young Veal Roast 10c Veal Stew 61/20 Sirloin Steak 121/2C Lamb Legs 91/2C Lamb Stew-8 pounds for25c 20 lbs. Best Sugar. \$1.00 | Best Flour \$1.15 Every sack guaranteed to be the best

at Large cans maple syrup or honey at 256 Best prunes, peaches or figs . 10c

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for less money than any other store in the city. WE CAN DO IT for the reason we pay cash for our goods and sell for cash only, so we don't loose any money on bad a counts. It pays to trade at a strictly cash store like The Lange Grocery Co.

Butter has advanced 2c per lb., Flour, 48-lb. sacks, Royal, Cham-

THE LANGE GROCERY

Under New Management, M. L. Woolfson, Prop. Phone Bouglas 1830. 94th and Cuming St.

PIG PORK SHOULDER ROAST-LB. 11% sured our patrons. Pirst-Best quality meats. Second-An average

CENTRAL MARKET KULAKOPOKY MEAT CO., 210 North 16th Street Phones Doug. 1796 ind. A-2141

salt, cook until transparent. Add one You may like a sweeter cream, and if so, half cupful sugar and one tablespoonful add sugar to taste. lemon juice. Pour over peaches, bake twenty minutes. Serve hot or cold with

sugar and cream.

Peach Short Cake. yolks of two eggs, a piece of butter the brown. Parboll two pounds or quarts size of a wainut and the same amount of potatoes. Put some of the onions at spoon cayende pepper, one cut grated of lard (fresh) and a quarter of a cup of the bottom of a jar, then the meat and cup of milk and water. Add enough more flour to allow the mixture to be thickly spread over a shallow pan, much as if you in a pan with hot water, half the depth quickly. Beat the whites of the eggs Line a deep plate with good ple crust and stiff, add a little pulverized sugar, a hint sprinkle nutmeg over it. Add the milk of vanilla extract, and well mix. Spread over the cake when cool and cover gen-After cuetard is poured in, you may erously with sliced peuches. Fold double and serve with whipped cream.

Caramel Ice Cream. Two quarts milk, four cupfuls sugar, aix until cold, add one tablespoonful of alesgs, half pint sweet cream. Put milk to mend extract and one pint of peach pulp, heat in a large pall set in a kettle of pack in sait and ice, freeze and let stand spider until it is a golden brown and put in the hot milk. Stir until it is dissolved. Beat the eggs, add the remainder of flour

An English Dish. Take two pounds of lean beef and cut into thick pieces, about two inches square. Silce one pound of Spanish onions and For the cake batter rub together the fry them in butter or lard to a light sugar. Add a heaping tablespoonful of potatoes, some mixed herbs, and the rest flour well mixed with a teaspoonful of of the onions on top. Pour in one-half baking powder, beat in gradually a scant pint of stock or water, and a glass of claret Put a piece of greased paper on the jar, and then the lid; tie it down, set were preparing a sweet cake. Hake of the jar, and place in a gentle oven for three hours. Take out, add sait and pepper to taste, and servee, if possible, in the jar in which it was cooked, with a

serviette folded around. Scald one quart of cream with one cupful of sugar and a dash of salt. Beat

Cover bottom of baking dish with peaches. Cover one cupful taploca with and cook as soft custare. Cool and just cold, water, soak for two hours. Drain and put into a saucepan, add two cupfuls bolling water and one-half teaspoonful tream, which should be whipped stiff. This is enough for a four-quart freezer spoon of cocoa. One cup of sugar, two eggs, two tableSUNDGREN'S

Ideal Health Bread

The Bread For Health -

That is what this bread really is. It's made of pure whole wheat flour, milled under Mr. Sundgren's personal supervision. It's better for the system than ordinary white bread because it contains every nourishing ingredient that wheat contains, while the ordinary refined white flour consists mostly of starch which is a fruitful source of blood pollution and the cause of the majority of our many intestinal troubles.



AT ALL GROCERS

These Great Saturday Specials

PURE FOOD GROCERY BASEMENT

20 lbs. Granulated Sugar | Crystal White Soap. for \$1.00 10 Bars Diamond C or Beat 'Em All Soap 25c Hand Picked Navy Beans lb. 6c Whole Japan Rice, lb. 6c New Tomatoes, hand packed, can10c Macaroni or Spaghetti, 3

pkgs. for 25c 15c Seeded Raisins, lb. package 10c Sour Pickles, quart. Sc

Fresh Fluffetta Chocolates, Cocoanut Brittle, lb. ... 20¢ 80e Assorted Chocolate Creams, 1b.20¢ VEGETABLES Fancy Minnesota Potatoes, bushel 65¢ Large Red Globe Onions, 90c Hot House Lettuce, three heads 10¢ Jersey Sweet Potatoes, three lbs. 10e Green and Wax Beans, Ib. 124¢

Michigan Celery, 3 stalks

bars for 25c Best Soda or Pearl Oyster Crackers, lb..... 7c Assorted Cookies, lb., at 12c Ginger Snaps, lb.... 7c Capitol Corn, 3 cans 25c Capitol Sauer Kraut, per ean 10c 2-lb. Roll Premium Butterine 45c 35c Best Coffee, lb. 30c Ideal Coffee, lb.... 25c 48c Ass't Teas, lb., 38c Chow Chow, pint . . 10c | 58c Ass't. Teas, lb. 48c CANDY SPECIALS Assorted Cream Wafers, 1b.25¢

lb. Toasted Marshmallows, 1b. ... 10¢ 1b. 10¢ FRUITS Large Florida Grape Fruit, 10c, 71/2c & 5c Cape Cod Cranberries, 3 quarts25c Greening Apples, per peck 20c Fancy Jonathan Apples, peck 45c We have one car of fancy Yakima Valley Grimes Golden and one car of Idaho Jonathan Apples, bu. box \$1.45 for 10c

Items That Denote Great Savings BASEMENT HARDWARE DEPARTMENT 40c extra quality, 3 tie brooms, Saturday

40c to 65c blue lined enamel ware. Coffee pots, tea pots, pitchers, 2 and 3-qt. pails, sauce pans, and 6-quart sauce pans. Saturday special, each 25c





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