

# Good Things for the Table---Offerings of the Market---Household Hints

## Asparagus of Finest Sort is Growing Now at Home

"Asparagus," said the vegetable man or rather, the human man who sells vegetables, "Asparagus is the finest now that I have ever seen in the twenty-eight years that I have been selling vegetables in Omaha. Oh, it's just delicious and fine. The weather has been just exactly right and nature has put into those tender stalks just the very best that it is possible to put into them. You know, asparagus, besides being good to the taste is one of the finest medicinal vegetables that grows, being especially good for anyone having a tendency to kidney troubles."

Asparagus is growing right around Omaha nowadays out in the open air. Many other vegetables are growing at home too, including radishes, lettuce, rhubarb, spinach and onions and the spring weather has been ideal for vegetables.

Tomatoes are scarcer and will be considerably higher for the next two weeks. It is the interval of time that comes between the end of the Florida crop and the beginning of the Texas crop. Then, when the Texas "love apples" begin to

come they will be more plentiful and of better flavor than those from Florida which have been here since late winter. Head lettuce, grown right here around Omaha, is a new thing on the market. Hitherto it has all been coming from far away.

Strawberries are getting better and better as well as cheaper and cheaper every week.

Green peas and yellow string beans are now arriving in Omaha from Arkansas thus having only about half as long a railroad trip as they had a couple of weeks ago when they journeyed all the way from Texas to Omaha tables.

Beets, carrots, turnips, Bermuda onions are arriving daily in good quantities from Texas fields. So are new potatoes, which now are down in price to the popular price.

Apples are nearly gone for the season. Navel oranges and grape fruit are getting scarcer. But "Mediterranean" and Valencia oranges have begun to arrive from California to take their place. The "Mediterranean" oranges are sweet and tender, being about as good as the navel except that they have seeds.

## Rhubarb, Our Dainty Spring Fruit

The tart of rhubarb appears just at that season when the appetite craves a change. Rhubarb is an excellent spring tonic. It comes from a plant which is closely allied to dock and sorrel. In its native soil, the central regions of Asia, it attains a wonderful growth, developing stalks six or eight feet high. From the roots of this variety are prepared many of our most valuable drugs.

Rhubarb appears very early in the market. The dwarf varieties are the more tender. Stalks grown in hot-houses are not tough and stringy, as sometimes is the case with rhubarb grown in gardens.

Rhubarb possesses the faculty of harmonizing with other fruits in any combination. The acid juice conceals readily in making rhubarb jelly; and in combination with peach, orange, quince, strawberry, and currant juices, it assists these latter to jelly without changing their flavor. The juice of the rhubarb can be served as a boiling point, sealed and put away to use in combination with the later fruits, not yet in season. Below are some recipes for appetizing rhubarb dishes:

until soft and then strain into the hot rhubarb. Add lemon juice. Pour into molds and set in a cool place to harden. Serve with whipped cream.

**RHUBARB PUFFS**—One cupful finely chopped rhubarb, one cupful sugar, two tablespoonfuls butter, one teaspoonful baking powder, one-fourth cupful milk, two eggs, flour.

Cream the butter and sugar, add the well-beaten eggs, milk, rhubarb, sufficient flour to make a thick batter, and baking powder. Half fill buttered cups and steam thirty minutes. Serve with the following sauce:

**SAUCE**—One-fourth cupful butter, one cupful powdered sugar, one egg, three tablespoonfuls boiling water.

Cream butter and sugar together; then add by degrees the whipped egg, beating until perfectly smooth. Just before serving stir in the boiling water.

**RHUBARB CONSERVE**—One-half cupful lemon peel, one and one-half pounds rhubarb, one and one-half pounds sugar, one-half cupful candied orange peel, one-half cupful ginger root, one-fourth pound figs.

Wash the fruit, cut in inch lengths, in a large dish. Chop the figs and candied peel (fine and scatter over the rhubarb). Put the sugar on top of this and let stand until the next day. Boil slowly for an hour, or longer if necessary, adding the ginger root the last half hour. Pour into jelly glasses and cover with paraffin.

**MOLDED RICE AND RHUBARB**—Two medium-sized stalks green rhubarb, one quart water, one and one-half cups light brown sugar, one cupful rice.

Cut rhubarb in small pieces and boil until soft. Remove from fire and drain as dry as possible; mash and add brown sugar. Boil rice until soft in water. Mix rhubarb and rice, beating thoroughly. Mold in slightly buttered cups and place on ice until cold. Take from molds just before serving and serve with hard sauce.—*Mothers' Magazine.*

## Baked Rhubarb

Wash rhubarb and cut into two-inch lengths. If tender do not peel. Dredge with flour and put in a baking dish, sprinkling each layer with sugar. Cover the dish and bake in a moderate oven for three-quarters of an hour. This is delicious served with fried chicken or roasted veal.

## Rhubarb Jelly

Two tablespoonfuls lemon juice, one pound rhubarb, two tablespoonfuls sugar, one-half cupful cold water, one cupful sugar.

Skin and cut the rhubarb in small pieces. Put into a saucepan with the sugar and cook slowly until soft, but not broken. Boak gelatin in the cold water

## Potato Dishes

A very tempting vegetable course can be made with sliced potatoes. Heat the potatoes loosely in a round dish. Border this with thin slices of crisp radishes and garnish here and there with parsley.

**Potatoes a la Maitre.**

Dice five medium-sized (well boiled) potatoes; mix with two sweet red peppers, place in a saucepan with one cup hot rich milk, season with one teaspoon salt and cook slowly for twenty minutes. Carefully blend two tablespoonfuls melted butter with one tablespoonful flour and stir into potatoes until evenly taken up. Turn mixture into a baking dish, lightly sprinkle with grated Philadelphia cheese and minced parsley, cover dish and place in a moderate oven for fifteen minutes. Serve in baking dish.

**Potato Tuffles.**

Into a small saucepan pour three-fourths of a cup of cold milk, add one tablespoon melted butter, and when the milk reaches the boiling point one-fourth cup flour that has been thoroughly blended with two tablespoons cold water. Add two well beaten eggs and stir rapidly for three minutes. Into the mixture place three good-sized freshly boiled potatoes and continue the stirring until the potatoes are thoroughly mashed and taken up in the liquid. Season with one teaspoon salt, one-half teaspoon sweet paprika and one tablespoon minced parsley. Have ready a deep pan of boiling fat. Take up the potato mixture one tablespoon at a time and drop into the fat and fry for ten minutes. Turn the potatoes occasionally, but lift them gently while doing so in order to prevent the tuffles breaking. Serve on a heated platter in a folded napkin.

**Figs in Potatoes.**

Fill the skins of three baked potatoes with a spoonful of mashed potatoes, wash as follows in the center of each. Break an egg into these and place in the oven to set and brown. Serve on a white dish and garnish with parsley.

**Baked Potato Balls.**

Peel and wash eight medium-sized potatoes, place them in two quarts of hot water seasoned with one teaspoon salt and cook for thirty-five minutes. Remove from water, drain and thoroughly wash in an another two quarts with one-half teaspoon salt, the same amount of white pepper and one-half teaspoon grated nutmeg. Add two eggs and three tablespoonfuls butter. Thoroughly mix for five minutes. Spread a very thin layer of flour on a breadboard, divide the potatoes in six equal parts, roll each part in the flour, giving it the shape of a rather loose or "peppercorn" ball. Place the balls in a buttered tin, pouring a few drops of melted butter on each. Bake in a moderate oven for twenty minutes.

**Potatoes a la Maitre.**

Peel three large potatoes and cut in four pieces. Boil in salt water until tender. Drain and mash. Add one-half cupful butter and one-half cupful milk. Season with salt and pepper. Put in a moderate oven for fifteen minutes. Serve in baking dish.

egg yolks and two egg whites, stirring in one cup of beef broth. Season the liquid with one teaspoon salt, one-half teaspoon white pepper and one-fourth teaspoon grated nutmeg. Place the potatoes in a deep baking dish, pour over the liquid, lightly stir, and bake in a moderate oven for forty minutes.

**Potatoes Grecian Style.**

Peel and carefully wash six large, round potatoes. Place in a roasting pan covering each potato with a thin slice of bacon. Bake in a moderate oven for thirty-five minutes, turning them over frequently in order to insure even baking on all sides. Remove from oven, take up one at a time, with a towel and remove the centers with an apple corer. Have ready one cup of finely ground raw beef, stuff centers with the meat, close each end of the potato with a small piece of the scooped-out center, replace in the roasting pan, sprinkle lightly with salt and black pepper, dress with melted butter and return to the oven to bake for twenty-five minutes. Serve with parsley.—*Woman's World.*

## INSANITY IN ENGLAND SHOWS BIG INCREASE

(Correspondence of The Associated Press.) LONDON, May 8.—The report of the Board of Lunacy and Mental Deficiency in Great Britain since the year 1882, shows a steady and alarming increase of insane persons in all classes, but especially among paupers.

In 1882 there were 35,000 persons under control for lunacy; in 1890, 50,000; in 1900, 70,000. As compared to the total population, the ratio of lunatics in 1882 was 13.8 per 100,000. In 1910 the proportion had risen to 27.7.

"We may at once reduce these comparative figures," says the report, "by recognizing that the diagnosis of lunacy has improved, and that therefore more cases are recognized and cared for than in 1882. Yet this does not explain all the increase. Other factors must be considered. It is at this point that each of the great advances has been made, and we are asked to regard alcohol, syphilis, haem, overstrain and other similar factors as the prime causes of the increase in insanity."

"The truth is that the cause of insanity is not known. The factors enumerated above may play a part, but they also play their part in the lives of men and women who do not become insane. Quite recently it has been suggested that diet may have some importance, and attention has been called to the fact that many persons of profound intellectuality exhibit strong degrees of insensibility to sugar and so on.

It is known that a minute of time is saved when you read The Bee-Want Ad columns.

## ST. PAUL'S CATHEDRAL SAFE FROM FIRE FOR FIRST TIME

(Correspondence of The Associated Press.) LONDON, May 8.—For the first time in its long history St. Paul's cathedral is considered safe from fire, adequate fire fighting apparatus having been installed after four years' labor. The sum of \$200,000 is being raised to complete the work.

## Tested Recipes

### HONEY CAKES.

One cupful butter or three-quarters cupful manufactured shortening, one and one-half cupfuls honey, one teaspoonful soda, three eggs, three cupfuls flour, two cupfuls raisins, chopped, one tablespoonful salt, one and one-half teaspoonfuls cinnamon, one-half teaspoonful nutmeg, two cupfuls nut meats, chopped.

Cream the butter. Warm the honey, dissolve soda in it and mix with butter. Then add flour which has been sifted with the salt and spices. Last of all, add raisins and nuts. Drop by teaspoonfuls on buttered baking sheets and bake in a moderate oven.

## Careful Housewife Begins Summer Campaign Now

### Household Emergency Medicine.

Much talk there is about national "preparedness," but there is still another kind of "preparedness" in which the housekeeper should be interested. The whole summer season is comparable to a "campaign," and it is the duty of each housewife to prepare to meet this campaign and carry it through successfully.

Just as the health and good fighting spirit of the soldier depend upon the excellence of the army "commissary," so, too, the health and happiness of the family in the summer depend equally upon the right planning of the home food supply. While many foods of course, are bought almost daily, such as meats and fresh vegetables, there is a good list of staples which should be stocked in before the advent of summer. Now is the time to lay away eggs in either water-glass or lime solution against the time when eggs are scarce and prices high. Even city housewives can follow this plan, using a ten-gallon crock, which only needs to be placed in a dark, cool location. Again, a stock of both flour and sugar should be considered, and if there is space in a dry, cool cellar or pantry, it is certainly more economical and less time-taking to have at least a half-barrel supply of these staples, instead of running to the store for three or five pounds every few days.

This is especially pointed since all indications point to a rise in the price of both sugar and flour for the next six months, owing to conditions abroad.

**Order Picnic Provisions Now.**

The summer season is also picnic time, and "preparedness" means present ordering ahead of delicacies and things especially needed for the picnic outings and the summer guests. Such a list might include bottled grape juice, lime juice or the new grapefruit beverage. Also olives, sardines, crab, salmon, pickles, sandwich paste, etc. Several cans of the attractive Spanish sweet peppers, commonly called pimiento, and a bottle of capers will add much to the decorativeness of summer salads.

Even though the housekeeper does her own baking, she will be wise to lay in a stock of assorted crackers and biscuits so useful for the summer guests or picnic party. If there is one thing that is humiliating, it is to find an empty lady's bag or to be in the position of Old Mother Hubbard, who found that "the cupboard was bare." No wife will want to be "prepared" for the summer guest, to whom we can offer hospitality with gracefulness.

In this connection we ought to consider the summer beverage. Have we the needful for making it attractive and quickly? A set of tall lemons or club glasses, several side serving trays and a supply of paper doilies is essential. A glass "mixer" is a useful article for the more thorough blending of many summer drinks. The newest on the market has a metal lemon squeezer in the upper half, so that juice can be directly squeezed into the container. A package of straws can be bought wholesale from the drug store, and are particularly nice where there are

## Better Muscle, Better Work—the power to do things comes from food that supplies the greatest amount of nutriment with the least tax upon the digestive organs.

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## COMMEMORATE SIGNING OF JAPAN-U. S. TREATY

(Correspondence of The Associated Press.) TOKIO, May 8.—To commemorate the sixty-second anniversary of the signing of the treaty of amity between Japan and the United States—the first treaty in the history of modern Japan—G. H. Scidmore, the American consul general, gave a dinner at his official residence on March 21, inviting the leading Japanese and foreign residents of the port.

Commodore Perry, who opened up Japan to the western world, subscribed to the treaty for the United States and Lord Hayes, Daigaku no Kami for Japan, on March 31, 1854. The signatures of these representatives of President Millard Fillmore and the Japanese shogun were affixed to the amity treaty under an old camellia tree, which is still standing in what is now the compound of the British consulate general in Yokohama.

## Household Emergency Medicine.

No campaign of "preparedness" would be complete without attention to the nursing and hospital end. And while it is to be hoped that no housekeeper will have to meet a serious accident in her family, still her campaign should include attention to the household medicine supply. If there are children in the house, especially if it is a good plan to place a small tray about twelve inches square on some shelf in a first floor room. On this tray may be put such articles as follows:

Bottle of diosogen (for use on open cuts).

Four-ounce bottle of arnica (for bruises and bumps).

Baking soda (for insect stings).

Olive oil (for burns).

Small box sterilized gauze (for bandages or wrapping any small wound).

One roll clean old linen and cotton rags.

Other remedies may be added, such as oil of vitriol, to keep off mosquitoes and various creams and toilet preparations, talcum powder, etc. for prickly heat and sunburn.

**Light Marching Order is the Word.**

The housekeeper who wants to make a success of the summer campaign and have it result in the greatest health and pleasure to herself and her family should recall the cry of "light marching order." This for the housewife would mean elimination of the unessentials in furnishings which require the least effort and time in their care. It also means cutting down elaborate service and overburdened menus, so that the housewife will not need to spend endless hours over the



Fresh Dressed Chickens, lb. 13 3/4 c  
Forequarter Lambs, lb. 11 3/4 c

Steer Pot Roast	11 1/2 c	Spare Ribs	9 1/2 c
Pig Pork Roast	12 1/2 c	Salt Pork	8 1/2 c
Pig Pork Butts	13 1/2 c	Skinned Hams	11 1/2 c
Young Veal Roast	11 1/2 c	Small Hams	10 1/2 c
Young Veal Chops	14 1/2 c	Extra Lean Bacon	17 1/2 c
Mutton Chops	14 1/2 c	Sugar Cured Bacon	17 1/2 c

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Steer Pot Roast	11 1/2 c	Spare Ribs	9 1/2 c
Pig Pork Roast	12 1/2 c	Salt Pork	8 1/2 c
Young Veal Roast	11 1/2 c	Skinned Hams	11 1/2 c
Lamb Legs	17 1/2 c	Sugar Cured Ham	11 1/2 c
Mutton Chops	14 1/2 c	Extra Lean Bacon	17 1/2 c
		Sugar Cured Bacon	17 1/2 c

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## RUMOR IN ATHENS OF GREEK LOAN IN THE UNITED STATES

(Correspondence of The Associated Press.) ATHENS, Greece, May 8.—A rumor has been persistent in Athens that efforts will be made to float a Greek loan of \$200,000,000 in the United States, in view of the failure of the government to secure the loan from the entente powers. In reply to a categorical question, however, Premier Skoufoulas has informed the Associated Press that there is no intention on the part of the government to try to place a loan in America. Some three months ago inquiries were made through the London office of a New York bank, but the reply was so positive in the negative that the Greek government has abandoned any idea of securing funds from America.

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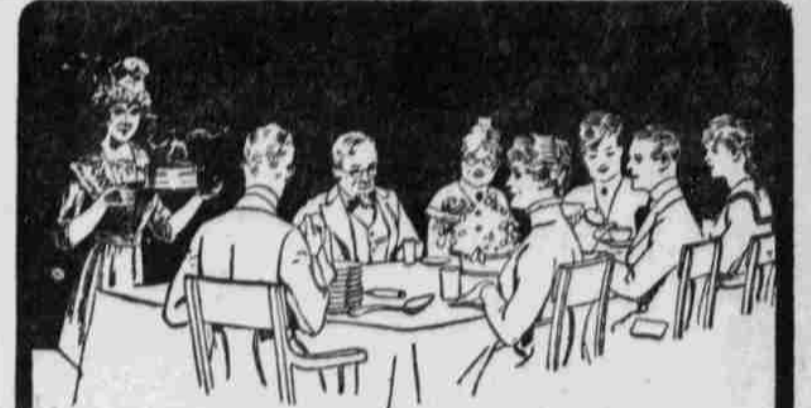


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