

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

## Did You Ever Eat Blueberry Muffins? No--Well, Try It

Tomatoes have become plentiful at last in the local market. They were scarce for a few weeks when they should have been the opposite. The rains of recent days have brought them out and they are now on the market in good quantities and of fine quality at low prices.

Blueberries or "huckleberries" are at their finest and now is the time to make them up into delicious pies or muffins, or eat them with milk or cream and sugar. Blackberries will be gone in another week.

This is a great summer for those luscious fruits, watermelons and cantaloupes. They are plentiful and the price is low. Big, fine cantaloupes at 10 cents or a crate of fifteen for \$1.25 are common.

Crab apples have appeared in goodly quantities and of good quality for making delicious jellies.

Though advance notices stated that the peach crop all over the coun-

try was a shadow of what it ought to be and usually is, some very excellent specimens of the fruit are on the Omaha markets from Colorado orchards and at reasonable prices.

Plums are scarce, but of good quality. Bartlett pears are especially fine.

California grapes are here and also the seedless variety. They are sweet with firm, juicy pulp.

The vanguard of the California grapefruit crop has reached Omaha and the fruit men say they have never seen any finer grapefruit at any time from anywhere.

In the vegetable line, all the staple things are on hand and one or two new things, as, for instance, okra for making good soups.

Sweet corn is of fine quality and the green ears are getting quite plentiful and correspondingly cheap.

Those little onions, used for pickling, are on hand, too, for the first time this year.

## Food Value Of the Tomato

Tomatoes are canned in such quantities that they are a year-around food. As to their healthfulness, Dr. Wiley writes to Good Housekeeping as follows: "Succulent vegetables and fruits do not contain a great amount of nutriment, but they make an important contribution to general healthfulness in their acids and mineral ingredients, which are essential both to body-processes and body-building. The tomato, for example, is 94 per cent water, but it contains about 1 per cent of protein, 4 per cent of carbohydrates, and 1/2 per cent of mineral ingredients, including calcium, phosphorus and iron. Foods which are bulky and contain a great deal of water and indigestible material are also useful for stimulating a sluggish intestine. It is a mistake to seek concentrated nourishment--if this were wholesome we should take our food in tabloid form. Another mistake often made is to assume that a food of this kind causes acidity. As a matter of fact, in the case of the tomato, its potential alkalinity is decidedly greater than its acidity, owing to the base-forming elements with which the acids are combined. "Intelligently used, fruits are a valuable part of a well-balanced diet," is a sage remark from Farmers' Bulletin 293 on the 'use of fruit as food,' and this statement is true also of the green vegetables as well."

## Rotarians to Flock To Omaha Monday For Night at Den

Correspondence from clubs in the Tenth district indicates that Rotarians from all sections of this territory will be in Omaha next Monday evening to participate in Rotary night at the Ak-Sar-Ben Den.

Local Rotarians are planning a varied program for the visitors, who are expected to arrive in time for the festivities that will start in the afternoon.

The Rotarians will attend the Western league base ball game in the afternoon. There is to be a dinner at the Henshaw rathskellar at 6 o'clock, following which the visiting Rotarians will be taken for an automobile ride.

The Rotary club members will then parade to the Den to pay homage to King Ak and his trusty gloom chasers.

More than 100 Rotarians are coming from Lincoln, Des Moines and Sioux City will be represented by about twenty-five each. Several will come from Davenport, Sioux Falls and other cities in the Tenth district.

**Lumbago and Pains in the Back.**  
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## Smothered Chicken An Appetizing Dish

A roasting chicken is better for this, but a fairly young fowl may be used. Have it split and flattened as for broiling, and put breast upward in a double roaster if you have one, if not, in a deep baking pan which can be closely covered with another pan. Sprinkle with pepper and salt and turn in a cup of boiling water in which has been dissolved a tablespoon of

butter. Cover and cook in a hot oven, allowing fifteen minutes for every pound of chicken. When half the time has passed turn the chicken breast downward and bake until within ten minutes of the time for it to be done, then turn breast upward again, remove the cover, baste with melted butter or lay thin strips of fat bacon across the breast and bake until brown. Put the chicken on a hot platter, thicken the gravy with flour and butter, turn a little over the chicken and serve the rest in the gravy boat. Garnish chicken with parsley or water cress.

### Sues Saloon Men for The Death of Her Husband

Suit for \$15,000 damages resulting from the death of her husband, Albert Kellet, who was killed when his wagon was struck by a train near Elkhorn, Neb., has been filed by the widow, Luella, against four saloon proprietors of Elkhorn and the Illinois Surety company. Five minor children are left to be cared for by the mother. She declares that the husband was capable of earning \$2,000 per year.

## TODAY'S DAINTIEST DISH

COOKERY IS BECOME A NOBLE SCIENCE



## Toast for Breakfast

By CONSTANCE CLARKE.

Toast is a great favorite for breakfast, and eaten by many persons; to make toast properly, a great deal of attention is required, much more than people generally suppose. Never use new bread for making any kind of toast, as it is moist and tough, and, besides, is very extravagant.

Take a loaf of bread about two days old, cut off as many slices as may be required, not quite a quarter of an inch in thickness. Trim off the crust and ragged edges, toast over a clear fire until the bread is nicely colored, then turn it and toast the other side, and do not place it so near the fire that it blackens. Dry toast should be more gradually made than buttered toast, as its great beauty consists in its crispness, and this cannot be attained unless the process is slow and the bread is allowed gradually to color. It should never be made long before it is wanted as it becomes tough. As soon as each piece is ready, it should be put in a rack or stood upon its edges and sent quickly to the table.

To make buttered toast, toast the bread as directed above; when of a nice color on both sides, put it on a hot plate; divide some good butter into small pieces, place them on toast, set the plate in the oven, and when the butter is just beginning to melt, spread it lightly over the toast. Cut the slices of toast across from corner to corner, and serve at once. It is highly essential to use good butter in making this dish.

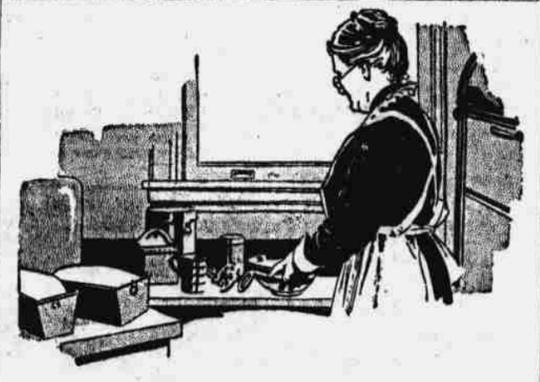
Tomorrow--Summer Salad. Tomorrow--Summer Salad.

1916 Milk-fed Spring Chickens	22c
1916 Genuine Legs of Lamb, per lb.	16 3/4c
Steer Pot Roast, lb.	11 1/2c
Young Veal Roast, lb.	11 1/2c
Young Veal Chops, per lb.	14 1/2c
Porterhouse Steaks, per lb.	17 1/2c
Pig Pork Roast, lb.	12 1/2c
Pig Pork Butte, lb.	13 1/2c
Spare Ribs, lb.	9 1/2c
Extra Lean Regular Ham, lb.	16 1/2c
Sugar Cured Ham, lb.	12 1/2c
Extra Lean Breakfast Bacon, lb.	19 1/2c
Sugar Cured Bacon, lb.	16 1/2c

**EMPRESS MARKET**  
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Pig Pork Roast, per lb.	12 1/2c
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Sugar Cured Bacon, lb.	16 1/2c

**PUBLIC MARKET**  
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## Good Food Which Costs Little

Chicken is a light meat well suited to summer fare. Heavy foods are all out of place when the thermometer is soaring high, and if meat is indulged in at all it should be of a light variety. Boiled fowl is suggested as the main dish of a summer dinner, followed by vegetables and pickled beet root served in the place of a salad course. Now that cherries are ripe try a cherry pudding.

**Cold Souffles.**  
Boiled Fowl With Sauce. Mashed Potatoes. Egg Plants With Anchovies. French Beans. Pickled Beet Root. Cherry Pudding.

**Boiled Fowl With Sauce.**  
One fowl, one slice smoked beef, one lemon, salt, one onion sliced, one bunch of herbs, a few peppercorns, white sauce, one onion stuck with cloves. Have a fowl trussed for boiling, place a piece of fat smoked beef on the breast, and rub the fowl over with lemon juice. Put it in a stewpan with enough boiling water to cover it, an onion stuck with cloves and a sliced onion, a bunch of herbs, a few peppercorns and a pinch of salt. Let it simmer gently on the side of the stove for one and a quarter or one and a half hour, place on a hot dish, remove the strings and skewers and pour a good white sauce over it.

**Egg Plants With Anchovies.**  
Remove the stems from the egg plants, split in halves and cut the inside of each half in four or five pieces lengthwise; season these spaces with pepper, salt, chopped shallot and parsley. Steep some neat fillets of anchovy in olive oil, then place one in each incision, brush the egg plant

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