

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

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Jellied Apples

Pare the apples, after coring, but only part way, so that they look as if setting in little cups. Put in a pan with enough water to keep from burning and bake for ten minutes, then fill hole left by core, and cover with a thick sprinkling of sugar and a little fine parings of lemon. Bake until done, with occasional basting. Let cool, when the apple will be surrounded with a clear jelly.

Abundance of All Vegetables And Fruits on Market Now

Those vegetables that came in to Omaha early in the summer and the ones that arrived later are about all on hand now.

You can get almost anything you want with the exception of berries, which are a short-lived tribe and tarry not long among us.

Grapes are making glad the hearts of men and women with their purple goodness. Many of them are finding their way into jellies and great is the number that are slipping down the throats of the multitude in their natural state.

Pears were forecasted as only about one-fourth of a crop. But they are here pretty much as usual. Fine, big, free-stone chaps from Colorado selling up at around \$1.00 a box.

Wild plums are plentiful. Several varieties of pears are now on the market. Bartletts, seckel

pears and "honey dew Bartlett preserving pears" are obtainable and now is the time to obtain them if you want to preserve any.

Watermelons and cantaloupes continue in their pristine abundance and goodness.

Tomatoes have never been more plentiful or better this season. The little yellow fellows, for preserving are also on hand in goodly quantities.

Red beets, sweet potatoes, green peas, string beans, cabbage, of the red and the white varieties, egg plant, cauliflower, lettuce, peppers, both red and green, those are some of the things the vegetable market suggests to the housewife.

Squash that makes good pie and summer squash are also on hand in abundance.

Grape fruit of the new crop from California is now getting plentiful in the Omaha markets.

Trade at the Washington Market Where Prices and Quality Count

Groceries	
Best Granulated Sugar, 15 lb. for	\$1.00
per sack	\$4.95
Extra Fancy Bartlett Peas, per case	\$2.25
Bushel Baskets Kieffer Peas, per basket	\$1.50
Half Crate Peas, crate, \$1.00	
Extra Large Potatoes, per peck	.35c
Extra Fancy Large Sweet Potatoes, per large market basket	.55c
All Brands Creamery Butter, lb.	.25c
Good Butterine, per lb.	.15c
Extra Fancy Peaberry Coffee, lb.	.25c
Grain-Nuts, per pk.	.15c
E. C. Corn Flakes, per pk.	.85c
Meats	
Home dressed Spring Chickens, lb.	.45c
Choice Steer Shoulder Roast, lb.	.12c
Choice Steer Boiling Beef, lb.	.12c
Choice Steer Sirloin Steak, lb.	.25c
Choice Steer Shoulder Steak, 2 lb.	.25c
Extra Fancy Young Mutton Chops, 2 lb.	.50c
Extra Fancy Young Mutton Loins, per lb.	.12c
Pure Kettle Hendered Lard, lb.	.15c
Specials	
Fancy Colorado Peaches, wrapped, per crate	.80c
Italian Blue Plums, 4 basket crates, per crate	\$1.50
Extra Fancy Eating or Cooking Apples, per pk.	.25c
Stringless Green or Wax Beans, 2 qts. for	.25c
Extra Fancy Large Head Lettuce, per head	.10c
Compound Lard, 2 lbs. for	.25c
Strictly Sugar Cured Breakfast Bacon, extra lean, per lb.	.22c
Sugar Cured Breakfast Bacon, back, per lb.	.17c
Strictly Sugar Cured Hickory Ham, per lb.	.17c
Strictly Sugar Cured Hickory Ham, per lb.	.17c
Specials in Our Delicatessen Department	
Roasted Prime Rib Roast of Beef, lb.	.45c
Roasted Pork Loins, lb.	.45c
Roasted Young Legs of Lamb, lb.	.50c
Roasted Young Legs of Veal, lb.	.50c
Roasted Large Spring Chickens, each	.75c to .85c
Home Made Waffles, Coney Island Bologna, per lb.	.12c
Knock Wurst, Polish Sausage, or Frankfurts, per lb.	.15c



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Making Use of Stale Bread

Of all the left-over remnants of food from the kitchen bread is perhaps most common, and many pieces are daily thrown away which a little thought would turn to excellent use.

If the left-over pieces are not utilized the same day, an excellent plan is to wrap them in pieces of waxed paper and store them in a stone jar. They will keep well for a week in that way.

Dried crumbs for stuffing and meat raising: Put the crusts and small pieces in a baking pan and dry them in the oven without burning. They may then be put through the food chopper and stored in clean Mason jars until wanted.

They may be used as a basis for meat croquettes, poultry stuffing and other things.

French toast may be made from the whole slices of left-over bread. It is an excellent luncheon pickup dish. Beat an egg and add a little milk. Dip the slices of bread in this and fry a nice brown in hot drippings. Serve with butter, jelly or marmalade.

Bread custard pudding: Cut the bread in dainty shapes and butter liberally. Make a plain custard of eggs, milk and sugar. Put in baking dish and float the buttered bread on top. Sprinkle with grated nutmeg and bake in a quick oven until brown. This is excellent.

To make croutons for the various soups so much relished in summer, cut the bread in cubes and fry in butter or dripping just before serving with the soup. Add five or six to each plate of soup. These are delicious with almost any soup.

Bread jelly for invalids: Scald the stale bread freed from crusts. Mash to a paste until of mushlike consistency. Add a little sugar and flavoring, mold, chill and serve with cream. Sterilized bread crumbs are especially valuable for the young children in the household. A jar should be kept filled with these. They may be heated when wanted and sprinkled in soft eggs, soups, milk, fruit juices, and, indeed, anything eaten by very young children where fresh bread is often positively dangerous.

Dried bread is also valuable for mixing with various other foods for feeding the household.—Philadelphia Ledger.

1916 Milk-fed Spring Chickens, lb. 19 3/4c
Choice Forequarters Lamb, per lb. 9 3/4c

This week we have 10,000 lbs. of live spring chickens, which we will dress to your order Saturday. Come early—these chickens will sell fast.

No. 1 Rib Roast of Beef, lb.	13 1/2c
Extra Lean Regular Ham, lb.	16 1/2c
Sugar Cured Ham, lb.	12 1/2c
Extra Lean Bacon, lb.	18 1/2c
Sugar Cured Bacon, lb.	16 1/2c

SPECIALS
From 8 to 9 p. m.—3 lbs. C. P. Lard, 35c
From 9 to 10 p. m.—Lamb Chops, lb. 5c

EMPRESS MARKET 113 South 16th Street
Phone Doug. 2307
Opposite Woolworth's 5c and 10c Store.

1916 Milk-fed Spring Chickens, lb. 19 3/4c
Fig Pork Loins, per lb. 15 1/2c

We sold out the chickens before 8 last Saturday. This week we have 25,000 lbs. of live spring chickens, which we will dress to your order.

Steer Pot Roast, lb.	10 1/2c
Young Veal Roast, lb.	11 1/2c
Young Veal Chop, lb.	14 1/2c
Pig Pork Roast, lb.	14 1/2c
Young Veal Chop, lb.	14 1/2c
Pig Pork Butts, lb.	18 1/2c
Pig Pork Chops, lb.	15 1/2c
Spare Ribs, lb.	17c
Pig Pork Chops, lb.	10 1/2c

SPECIALS
No. 1 Rib Roast of Beef, lb. 13 1/2c
Extra Lean Regular Ham, lb. 16 1/2c
Sugar Cured Ham, lb. 12 1/2c
Extra Lean Bacon, lb. 18 1/2c
Sugar Cured Bacon, lb. 16 1/2c

SPECIALS
From 8 to 9 p. m.—Lamb Chops, lb. 5c
From 9 to 10 p. m.—Pork Chops, lb. 13c

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Colorado Yellow Freestone, wrapped, 60 size, per crate	85c
Colorado Yellow Freestone, unwrapped, 108 size, per crate	70c
Mason Quart Jars, 48c	42c
Lemon's, per case	\$6.50
Cedar Oil Polish, \$1.00	60c
size for 50c size	30c
size for 25c size	15c
Hippo Soap Powder, 4c	10c
3 for	
10c package Cold Starch	7c
for	
5c package Douglas Starch	4c
for	
10c cans Lye, each	7c, 3 19c
for	
Large Quart Bottles Ammonia or Cider Vinegar for Sani Flush	19c
for	
Bon-Ami 10c cake	8c
for	
Pyramid Washing Powder, 25c package for 5c package, 4c, 3 for 10c	15c
Thrifty Habit Coffee, our own brand—Santos blend	20c
lb. for	
Uncolored Japan or Gunpowder Tea, regular 60c and 70c grade, lb.	40c
Cider Vinegar per gallon	19c
Muscadine Watermelons, quality, red and tender, guaranteed, per lb.	1 1/2c
Not guaranteed, per lb.	1 1/2c
SALT.	
50-lb. block salt for stock at most stores, each	35c
3-lb. bag table salt for	3c
5-lb. bag, 5c	
14-lb. bag,	13c
FANCY Quees Olives, pint	17c
quart	33c
BUTTERINE.	
Princeton, white and natural color, lb.	23c
Empire, medium grade, lb.	19c
Magnolia, 2-lb. roll	30c
White fish, salted lb.	4c
Cream Cheese, lb.	22c

Beet Sugar \$7.00
Cane Sugar \$7.20
14 lbs. Beet Sugar for \$1.00

No. 41 Is Open at 1407 Main St., Florence
Phone Florence 294

THE BASKET STORES

Menus for a Week

Sunday.
Breakfast—Baked hash, poached eggs, raised rolls, grapes.
Dinner—Roast lamb, picadilla, creamed oyster plant, mashed and glazed potatoes, peach mold.
Supper—Baked lima beans and pork, cucumber salad, cinnamon buns, quince honey.

Monday.
Breakfast—Creamed dried beef, potato cakes, popovers, plums.
Dinner—Shepherd's pie, squash, baked stuffed tomatoes, pickled onions, watermelon.
Lunch or Supper—Cheese, custard, lettuce salad, baking powder biscuits, fresh grape jelly, lemon cake.

Tuesday.
Breakfast—Omelet, rye muffins, hominy, sliced peaches.
Dinner—Roast veal, stuffed; string beans, potatoes browned in the pan, chili sauce, hominy pudding.
Lunch or Supper—Scalloped oysters, buttered toast, coleslaw, ginger peas, devil cake.

Wednesday.
Breakfast—Kidney saute, hashed browned potatoes, graham gems, baked apples.
Dinner—Roast pork, apple sauce; creamed parsnips, baked sweet potatoes, mustard pickles, plum pie.
Lunch or Supper—Frankfurters, string bean salad, shortbread, peach butter, raisin cup cakes.

Thursday.
Breakfast—Bacon, cream toast, cantaloupe.
Dinner—Pot roasted beef, horseradish sauce, baked macaroni, creamed carrots, peach dumplings.
Lunch or Supper—Stuffed peppers, boiled rice, tomato castup, apple snow gingerbread.

Friday.
Breakfast—Finan haddie, baked potatoes, scones, pears.
Dinner—Crab patties, succotash, French fried potatoes, sliced cucumbers and onions, apple fritters.
Lunch or Supper—Cod chowder, toasted crackers, baked pears, chocolate layer cake.

Saturday.
Breakfast—Baked pork chops, fried apples, cornbread, cantaloupe.
Dinner—Smothered steak, green tomato pickle, cauliflower, saute potatoes, raspberry pie.
Lunch or Supper—Sliced cold pot roast, stuffed tomatoes or apples, cucumber pickles, plum butter, nut cake.

—Woman's World.

Tested Recipes

Gingerbread.
Mix a cup of sugar with a cup of molasses. Soften a half cup of the best shortening and mix with the rest. Stir in two and a half cups of sifted flour. Dissolve in a cup of boiling water a level teaspoon of bicarbonate of soda and mix with the rest. Last of all stir in without heating one egg. The mixture should be about as thick as for cake. If it seems too thin—it depends upon the molasses—add a little more sifted flour. Use a pan deep enough to allow of good rising. Line with buttered paper, letting this stand up beyond the sides. Turn in the batter and bake for one hour in a very slow oven. Do not open the door once during the baking. Raisins dropped on the top just before baking will sink into the dough as it rises.

Baking Powder Biscuits.
Sift two cups of flour with four teaspoons of baking powder and half a teaspoon of salt. Into this chop four tablespoons of lard, then mix to a dough with just enough milk to make a dough that can be rolled out. Cut into rounds and put, just touching, in baking pan. Bake brown in quick oven, rub tops with melted butter.

Whole Wheat Bread.
Mix together two cups scalded milk, half a cup of molasses, and one and a half teaspoons of salt. Let cool slightly and when lukewarm add one-fourth of a cake of compressed yeast dissolved in one-fourth of a cup of warm water, and stir in five cups of sifted whole wheat flour. Stir well, then let rise until doubled in bulk, beat again, turn into greased bread pans, filling these only half full, let rise again until doubled, then bake for an hour in a moderate oven.

Baked Pears.
Get the not-too-ripe sickle pears. In each pear stick two whole cloves. Put in pan and turn in a syrup made by cooking together for five minutes a cup of sugar and a cup of water. Cover the baking pan and cook slowly for three-quarters of an hour, or until the pears are soft enough to pierce easily.

Baked Lima Beans and Pork.
Cook a four-inch square of salt pork or bacon until done, then take out and in the same water cook a quart of lima beans, measured after shelling. When the skin curls back when you blow on it, drain beans, put pork in center of baking dish and pile beans around. Bake until pork is browned. In the winter dried limas may be used after soaking.

Drop Nut Cookies.
Cream one-fourth of a cup of butter with half a cup of sugar. Sift a cup of flour with two teaspoons of baking powder and half a teaspoon of salt and add to the sugar and butter. Mix with one-fourth of a cup of milk, stir in two eggs unbeaten, a cup of chopped nut meats, either peanuts, walnuts or pecans, flavor with vanilla or lemon and drop by teaspoons on a buttered sheet. Leave room to spread and bake quickly.

Mustard Pickles.
Chop by hand twelve little cucumbers after peeling, a pint of small silver-skin onions, a small cauliflower, a quart of green tomatoes and three large green peppers. Lay these down with a thick sprinkling of salt between and let stand over night. In the morning bring to a scald and drain. Bring three pints of cider vinegar to the boiling point, and stir into it a paste made of a quarter of a pound of dry mustard, one-fourth of an ounce of turmeric, a scant half cup of flour and half a cup of sugar wet with a cup of cold vinegar. Cook after adding to the boiling vinegar for twenty minutes, then stir in the chopped vegetables, bring to the boil again and set cool. When cold put into jars or crocks and seal.—Woman's World.

Raspberry Cornstarch

Cover a quart of raspberries, after picking over, washing and draining, with cold water, which bring to the boil and cook until the berries are very soft. Drain, straining out the seeds. Return the juice to the fire, add a cup of sugar, stir until this dissolves, then thicken with two heaping tablespoonsful of cornstarch. Pour into a mold and let chill. Turn out and serve with plain cream and powdered sugar.

Milk for Your School Children

Now that the children are back in school they will need plenty of wholesome, invigorating, sustaining food. Milk should be a large part of their diet because it meets these requirements.

The point we want to make is this—Are you as careful in the selection of your milk as you are in the selection of rugs, pictures or groceries for your home. It is a fact that most of us think we know good milk when we see it. No greater mistake could be made. Even the supposedly best raw or unpasteurized milk may taste good, look fine and keep sweet properly and still be POSITIVELY DANGEROUS.

If you will write any state university, where milk has been carefully studied for years their bacteriologist will bear out this statement. Scientists say there is no better milk for babies and children than pasteurized milk.

Ask Your Doctor—He Knows

Dr. William T. Sedgwick, president American Health Association, says: "We have failed to render safe our milk supply, which can and must be rendered safe by pasteurization."

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