

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

Make the Dinner More Enjoyable
Serve the Bread That Everybody Likes

Hard Roll Bread

10c At Your Grocer's  10c At Your Grocer's

The large number of people who use it is a proof of its goodness.

Take home a loaf today. Try it and you will always buy it.

U. P. STEAM BAKING CO.

Specials in Groceries and Meats for Saturday

MEATS		GROCERIES	
Home Dressed Spring Chickens, per lb.	17 1/2c	Best Granulated Sugar, 15 lbs for \$1.00	
Home Dressed Spring Ducks, or Geese, per lb.	17 1/2c	All Brands Creamery Butter, lb.	42c
Home Dressed Spring Turkeys, lb.	27 1/2c	Good Butterine, 2-lb. roll.	35c
Extra Fancy Young Pigeons, each.	12c	Extra Fancy Potatoes, peck.	48c
Extra Fancy Young Guinea Chickens, lb.	25c	La France Sifted Peas, 2 cans.	25c
Choice Steer Rib Roast, lb.	18c	Skinner's Macaroni or Spaghetti, three plus.	35c
Choice Steer Shoulder Roast, lb.	15c	Special-Rose, 25c Jar Preserves.	10c
Choice Steer Sirloin Steak, lb.	17 1/2c	Regular 40c Mocha & Java Coffee, per lb.	25c
Choice Steer Round Steak, lb.	15c	Sugar Cured Breakfast Bacon, lb.	18 1/2c
Choice Steer Shoulder Steak, lb.	12 1/2c	Fresh Oysters, per quart.	45c

We have received a large shipment of extra fancy Young Mutton, Lamb, Veal and Pork, which we are going to place on sale Saturday at a very low price.

THE WASHINGTON MARKET
The most sanitary and up-to-date grocery and meat market in the west.
Phone Tyler 470 Connects All Depts. 1407 Douglas St., Omaha.

HAYDEN'S

16 1/2 DODGE AND DOUGLAS STREETS

Read Hayden's Big Special December Grocery Opening Sale Saturday.

12 lbs. Best Pure Granulated Sugar, 61	12 1/2c	The Best Tea Blending, per lb.	12 1/2c
12 lbs. sacks Best High Grade Diamond-Flour, made from the best selected	17 1/2c	Fancy Golden Santos Coffee, per lb.	30c
No. 1 Nebraska wheat, nothing done for bread, plus or cake.	14 1/2c	The Best Creamery Butter, bulk, lb.	40c
1 lb. Best White or Yellow Cornmeal, 100.	10c	The Best Strictly Fresh Eggs, doz.	55c
1 lb. Best Refined White Breakfast Cereal for	25c	Pansey No. 1 Country Creamery Butter, per lb.	35c
15-oz. cans Condensed Milk.	16c	The Best Full Cream, New York White, Wisconsin Cream or Young America Full Cream Cheese, per lb.	30c
15-oz. cans Pure Fruit Preserves.	25c	Neuchâtel Cheese, each.	4c
15-oz. cans Pure Strained Honey.	30c	BOYCOTT THE BUTTER TRUST. EAT BUTTERINE.	
1 lb. Choice Japan Rice.	25c	Fancy Table Butterine, equal to creamery butter, per lb.	27 1/2c
Skinner's Famous Macaroni, Vermicelli or Spaghetti, made in Omaha by and for Omaha people. For pkg.	\$1.30	Fresh Vegetables Shipped Direct From the South for Hayden Bros.	
5 bars Best-Kim-All, Diamond-C or Swift's Pride Laundry Soap.	25c	Fresh Beets, Carrots, Turnips, Shallots or Radishes, per bunch.	15c
MacLaren's Peanut Butter, lb.	12 1/2c	Fresh Cabbage, per lb.	10c
E. C. Corn Flakes, pkg.	15c	3 Heads Fresh Leaf Lettuce.	10c
Advie Jell or Jell-O, pkg.	15c	Old Beets, Carrots, Turnips or Parsnips, per lb.	10c
4 cans Old Dutch Creamer.	25c	Red Onions, per lb.	5c
Baker's Shredded Coconut, can.	10c	Highland Navel Oranges, per dozen.	50c, 55c, and 60c
Pansey Queen Oatmeal, quart.	35c	Fancy Florida Grapefruit, Saturday, each.	10c
Pansey Queen Oatmeal, quart.	35c		
1-lb. pkg. Self-Rising Pancake Flour for	10c		
4 cans Old Dutch Creamer.	25c		
Gallons Golden Table Syrup.	45c		
Mince Meat, pkg.	\$1.30		

The Greatest Meat Market in the West for the People

It Pays—TRY HAYDEN'S FIRST—It Pays

A Small Ad Every Day, like a persistent salesman, Gets the Order

Armour's SILVER CHURN OLEOMARGARINE

is more than a mere matter of economy—it's a matter of genuine satisfaction—good to the taste and easy on the pocketbook. While it reduces market bills, it preserves the high standard of your table. There is a constantly increasing number of Silver Churn users among well-to-do families.

Use Silver Churn on your table or in your cooking with perfect confidence as to its purity and richness.

Made under Government inspection.

ARMOUR COMPANY
ROBT. BEDELT, Mgr., 12th & Jones
Sts. Phone Doug. 1066, Omaha, Neb.
W. L. Wilkinson, 29th & Q. No. 1740.

Silver Churn bears the Blue and Yellow Oval Label, Armour's guarantee



Home Economics Department

Edited by Irma H. Gross—Domestic Science Department—Central High School

Meat Cookery

Tender Cuts.

Of all protein foods the one which is most typically protein is meat. It contains a large proportion of body-building material, and that which is contained is well utilized by the body. Because the protein of meat is more completely digested than the protein of vegetables is one reason for the moderate use of meat in the diet. However, we are warned by nutrition experts that the average American uses too much meat. This expensive use of meat is expensive in two ways: It costs us a good deal of money, and it causes our bodies extra work. For if we consume large quantities of protein, that which is not used must be eliminated by the body, and this unnecessary elimination causes unnecessary work. Dr. Sherman of Columbia University, as well as other authorities on questions of diet, recommends that the amount of meat used be reduced one-half.

Unlike other foods, meat requires two general sets of principles of cooking. The reason why we cannot give one general set of rules is that meats are sharply divided into two classes, the tough and tender cuts. Each type of meat demands its own special treatment. The cuts of meat coming from parts of the animal which are exercised are tough, those coming from little exercised parts are tender. The effect of exercise on the muscle cell is to thicken the cell wall and to increase the amount of connective tissue which holds the cells together. With tender cuts the general rule of cooking is quick, high heat.

In general the tender cuts come from the loin, the ribs, and, in the case of young animals, from the leg and shoulder. The loin of beef furnishes the choice steaks, the first cut sirloin, the flat bone sirloin, the hip bone sirloin, the porterhouse steaks, and the club steaks usually called "short cuts." All of these steaks except the porterhouse, which is more expensive, are about the same price at the butcher shop, but there is more fat and bone in the hip bone and porterhouse steaks. There is also more tenderloin, which makes them more choice. The first cuts of sirloin have the least waste, but part of the meat is cut with the grain of the meat, hence is not very tender. The loin in other animals furnishes chops. The ribs furnish roasts and chops, the shoulder of young animals furnishes roasts, steak and chops, the leg, roasts and steaks. Flank steak, which is fairly inexpensive, may be treated as a tender cut if it is "scored," or cut across the grain. For flank steak is really tender, but the muscle tubes

Co-operation

Readers are cordially invited to ask Miss Gross any questions about household economy upon which she may possibly give helpful advice; they are also invited to give suggestions from their experience that may be helpful to others meeting the same problems.

Pan-Broiling

Lamb chops, pork chops, hamburger cakes and steaks less than one inch thick can be successfully pan-broiled. The process is easier than broiling, and produces a much more digestible result than "frying." Heat an iron skillet, grease lightly with a piece of fat cut from the meat, place in the skillet and turn frequently during cooking. Time for steaks and lamb chops, ten minutes medium well done. For pork chops, which must be thoroughly cooked, the flame should be high for five minutes, then low for twenty-five minutes. Chops should have most of the fat trimmed off before cooking.

Roasting

Wipe the meat with a damp cloth, sprinkle with salt and pepper, dredge with flour if desired, and place in a hot oven for five minutes to sear the outside and retain the juices, then reduce oven to moderate.

Canned Goods as Salad Material

As the housewife comes to know more of the food values and a balanced dietary, she demands more salad materials, for she has learned that salads are powerful regulators of the human system. In the summer and early fall she fares very well, for she has almost an unlimited supply from which to choose. But in winter the supply of green vegetables is quite limited, especially in smaller towns.

The national food producers have met this demand by canning vegetables whole. The housewife may now have sliced tomatoes, stuffed tomatoes or tomatoes in any way she pleases, just as in tomato season.

Other canned vegetables such as string beans, beets and wax beans are available to use in various combinations, and in combination with onion, celery and potatoes which are in prime condition in the market at this time.

The canned fruits and sweet green and red peppers are also brought to

Holiday Goodies Grace Omaha's Fruit Markets

The horn of plenty is filled with all sorts of good vegetables and fruits that are necessary for gracing the holiday table this year. Most of them are at moderate prices with the exception of apples and potatoes. And all of them are of good, sound quality.

Even cooking apples, so necessary for the concoction of that holiday delicacy, mince pies, have appeared in the market from somewhere and some of them are as low in price as 35 cents a peck. The apples from Colorado and the Pacific northwest cost from \$1.75 to \$3 a box.

Cranberries hold down to their usual price of 10 cents a quart this year and they are very fine berries, too.

Imported Malaga grapes and fancy California grapes at abundant and fine, solid ones at about their usual prices. English hot-house grapes, imported wrapped in cotton from dear old England, are selling at \$1.50 a

and it is possible to finish the entire canning process at one time. The office of extension work, which guides this task, has issued a series of bulletins called the "Mother-Daughter Home Canning Club Instructions," or the "N-R Series," in which simple directions are given so that it is possible for even a little 10-year-old girl to follow them.

Vegetables and Fruits Classified.

Under the old plan of the canning of each special fruit or vegetable was a separate problem, but owing to the work done at Washington and in the laboratories of the state colleges recipes have been standardized for groups. That is, all fruits are divided into four distinct classes:

First. Soft fruits (strawberries, blackberries, raspberries, sweet cherries, peaches and apricots, etc.).

Second. Sour berry fruits (currants, gooseberries, cranberries and sour cherries).

Third. Hard fruits (apples, pears, quinces).

Fourth. Citrus fruits (oranges, grapefruit).

Vegetables are classified in five groups:

First. Vegetable greens (spinach, beet top, asparagus, chard, dandelion, etc.).

Second. Root and tuber vegetables (carrots, parsnips, beets, sweet potatoes, etc.).

Third. Special vegetables (tomatoes and corn).

Fourth. Other vegetables (lima beans, string beans, peas, etc.).

Fifth. Pumpkin and squash.

The girls are learning the meaning of the terms used. "What is the difference between scalding, blanching and cold dipping?" you could ask any girl club member. She will tell you that "scalding" is done to loosen the skins and to start the flow of coloring matter, but that blanching is done to reduce the bulk and to make it unnecessary to use the tiresome three-day process; that the cold dip is used after the blanching, as it helps to keep the color and also hardens the pulp under the skin so that the skin may be more easily removed (as in peaches). The combination blanching and cold-dip process then greatly simplifies the real work of canning and cuts down the time.

Another benefit of all this work is the greater knowledge of foods now looked on as weeds. For instance, the young sprouts of milk-weed taste like delectable asparagus, while "dock" yields a green as delicious as spinach. To discover new food supplies will be one of the results of the canning. Another is that it teaches both the boy and girl the handling of money, for each member must take the financial charge of his garden product, either raw or canned. If any grow-up clips, the member forfeits the right to any prize.—Philadelphia Ledger.

Helping the Home Maker.

Uncle Sam has at last discovered that the girls are as valuable as his boys. For the last thirty years he has been helping to train boys through the work of the agricultural school of each state and the establishment of experiment-stations which would assist the farmer in all his problems of soil, blight, crops, etc. But it is only within the last half dozen years that he has taken as active steps to help his girls become more efficient homemakers.

One of the chief ways in which he is doing it is by the encouragement and founding of home canning clubs throughout the states. Boys and even adults are members of the canning clubs, but still it is most important to the girls, and the work is carried on by the state's relation service, office of extension work, in co-operation with the agricultural college and county of each state.

Canning Means Thrift.

Annually many thousands of bushels of various products go to waste because transportation or market does not permit them to reach city consumers. Now if a great part of this surplus can be canned and used as a winter supply there will be a great saving. Each jar of canned food has a market value, and by encouraging club canning Uncle Sam sees how thrift is encouraged. Either girls or boys between the ages of 10 and 14 years (Class A) or the ages of 15 to 18 years (Class B) can belong to a canning club.

There are regular club membership cards, which are given out by the county leader. Each member has a home garden of a definite size, for which he or she must care, and which furnishes the material; also each member must keep a record of all expenses, so that he can give the cost of each uncompleted can of food. Generally a group of club members do their canning together with the assistance of an old member or with the field agent who is traveling about each state.

"Canning" may in the past have been looked upon as very difficult, uncertain work, especially when the intermittent method was followed. This meant that a food was treated to so many minutes of sterilization on three successive days, meaning a great deal of lifting and handling. Now the government in its own laboratories at Washington has been experimenting so that canning is standardized

Storage Men Say No Investigation Is Going On Here

If government investigators are looking into the cold storage situation in Omaha with reference to the high cost of living, managers of the Omaha concerns have no knowledge of it, according to statements of some of them.

P. C. Hyson, vice president and general manager of the Omaha Cold Storage company said, "We have seen no such officials here. So far as we know there is no investigation of that kind in Omaha. We'll work with them if they come. We have nothing to conceal. I am inclined to believe, however, that the investigation applies largely to the eastern centers rather than here. The people of Nebraska are getting the benefit of this high price of produce, for Nebraska is a farming community. The people that are worried most about the situation are those in the east."

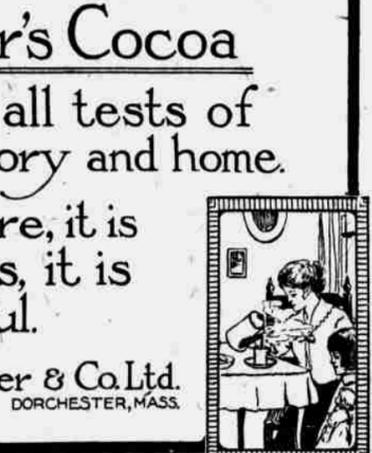
R. C. Howe, general manager of the Armour Packing company of Omaha, said, "No government men have been down here to find out anything about storage."

Baker's Cocoa

stands all tests of laboratory and home.

It is pure, it is delicious, it is healthful.

Walter Baker & Co. Ltd.
ESTABLISHED 1780 DORCHESTER, MASS.



Protect Yourself!

Get the Round Package Used for 1/2 Century.

CAUTION Avoid Substitutes

HORLICK'S Malted Milk

THE ORIGINAL Malted Milk

Made from clean, rich milk with the extract of select malted grain, malted in our own Malt Houses under sanitary conditions.

Infants and children thrive on it. Agree with the weakest stomach of the invalid or the aged. Needs no cooking nor addition of milk.

Nourishes and sustains more than tea, coffee, etc. Should be kept at home or when traveling. A nutritious food-drink may be prepared in a moment. A glassful hot before retiring induces refreshing sleep. Also in lunch tablet form for business men. Substitutes Cost YOU Same Price.

Take a Package Home



EMPRESS MARKET

113 South 16th Street Phone Doug. 2307

Milk-fed Spring Chickens, per lb.	17 1/2c
Choice Forequarters Lamb, per lb.	11 1/2c
Pig Pork Loins, per lb.	12 1/2c
Young Veal Roast, lb.	11 1/2c
Pig Pork Butts, lb.	18 1/2c
Steer Pot Roast, lb.	10 1/2c
Steer Round Steak, lb.	17 1/2c
Porterhouse Steak, lb.	17 1/2c
Steer Sirloin Steak, lb.	16 1/2c
Spare Ribs, per lb.	10 1/2c
Mutton Chops, lb.	13 1/2c
Extra Lean Regular Ham, lb.	17 1/2c
Sugar Cured Bacon, lb.	18 1/2c
Extra Lean Breakfast Bacon, lb.	20 1/2c
Fresh Oysters, per quart.	40c

From 8 to 9 p. m.—Lamb Chops, lb., 5c
From 9 to 10 p. m.—Pork Chops, lb., 12c

PUBLIC MARKET

160 HARNEY STREET Phone Doug. 2733

Pig Pork Loins, per lb.	12 1/2c
Milk-fed Spring Chickens, per lb.	17 1/2c
Pig Pork Butts, lb.	15 1/2c
Steer Pot Roast, lb.	10 1/2c
Sirloin Steak, lb.	16 1/2c
Steer Round Steak, lb.	17 1/2c
Young Veal Roast, lb.	11 1/2c
Mutton Chops, lb.	13 1/2c
Spare Ribs, lb.	10 1/2c
Sugar Cured Bacon, lb.	18 1/2c
Extra Lean Breakfast Bacon, lb.	20 1/2c
Fresh Oysters, per quart.	40c

From 8 to 9 p. m.—Country Sausage, per lb., at 10c
From 9 to 10 p. m.—Pork Chops, lb., 12c

A Buying Guide

The women of Omaha have in The Bee the best possible buying guide. Advertisements are money savers. They are to the housewife what the market page is to the business man.

The full and complete advertising of almost all of Omaha's stores appears in The Bee, and only in The Bee.

It will pay to watch advertising in

THE OMAHA BEE

"Omaha's Greatest Market Place"

Hardings

The Cream All Ice Creams

Easy to Decide

Any Sunday it's easy to decide your Dessert. Have our Sunday Special. Next Sunday it's

Chocolate Fruit

