

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

Stop Eating Bread

Try "O-EAT-IT," the New Combination Bran Food, Fully Baked, Ready to Eat Crisp Toasted Slices, and Be Free from Constipation and Indigestion Without Medicine.

Only 10c At Grocers



"These Crisp 'O-EAT-IT' Slices Are Simply Delicious. I Never Tasted Anything Like Them."

"O-EAT-IT" is a new combination fully baked, ready-to-eat, pure, delicious, nourishing...

ON SALE AT THESE GROCERS: W. J. Addy, August Anderson, H. A. Bell, Joe Bastian, D. Blumenthal, L. Bercuti, K. Block, J. Berkowitz, Bernstein & Cohn, Remis Park Grocery...

There are several reasons why you should trade at the WASHINGTON MARKET. FIRST-Reduce the High Cost of Living. SECOND-We have the most sanitary and up-to-date grocery and meat market in the west. THIRD-Auto delivery to all parts of the city...

\$100 Is Cackley's Price for the following Standard Brands of Whiskies: GREEN RIVER, CEDAR BROOK, OLD TAYLOR, GREENBRIER, YELLOWSTONE, SUNNY BROOK, BOND & LILLARD, SPRING HILL, OLD CROW, GUCKENHEIMER RYE, SCHENLEY RYE, CLARKE'S RYE.

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.

Home Economics Department Edited by Irma H. Gross

Co-operation Readers are cordially invited to ask Miss Gross any questions about household economy upon which she may possibly give helpful advice...

Meals at Low Cost Everyone is interested in it now. Of course "it" is our very familiar friend, the H. C. of L., the high cost of living. One interesting result of this present situation is the now famous Diet Squad of the Chicago Health Department...

At the present scale of prices probably these meals would come to about 18 or 20 cents per person per day. The meals are planned by an expert in nutrition, and include the necessary foodstuffs. The menus are interesting and varied. Two days' meals are given below:

Delicacies on Omaha's Market Are Low-Priced

Navel oranges, grapefruit, nuts, figs and dates, all holiday necessities, are the same price in Omaha markets this year as they were last year. This is a startling statement in view of the steady upward trend of nearly everything edible...

Eggless Egg Dishes With eggs now costing from forty to sixty cents a dozen and threats of still greater advances, it may be well to give a few recipes which do not demand too many of them. At breakfast time, somehow, the valuable egg seems almost a necessity...

Delicately-flavored filbert known, so big that thirty-six of them make a pound. Figs and dates hold to last year's prices. The supply, however, is limited. All of this fruit this year comes from California and the crop has been unequal to the demand...

Strawberries from California are here and within ten days they will be on hand from Florida. Pineapples of the new crop have arrived. Casaba melons from California are flavorful now.

may be added by decorating the basket with winter ferns, pine tips, or holly and a tinsel bow. Write the busy relative who is trying to be man of the house and housewife too---or perhaps the girl who is struggling with light housekeeping---that you will send the Christmas pudding. It is very little trouble to add to your recipe when making for your own family...

Table with 2 columns: Item and Price. Includes Milk-fed Spring Chickens (17c), Choice Forequarters Lamb (11c), Pig Pork Loins (12c), Young Veal Roast (10c), Spare Ribs (10c), Sugar Cured Ham (13c), Extra Lean Breakfast Bacon (20c), Sugar Cured Ham (18c), Fresh Oysters (40c), Country Sausage (11c), Pork Chops (11c).

EMPRESS MARKET 113 South 16th Street Phone Doug. 2307. A Study in Economy Will bring out the fact that the ten-cent loaf of HARD ROLL BREAD is the best for the housewife to buy during these days of high prices.

U. P. Steam Baking Co. Baked in a mammoth electric oven, which gives a perfect heat distribution and utmost cleanliness. The largest quality loaf on the market for 10 cents.

Rice added to rissoles, or mince, is a decided economy, and most people like it, though in a recent issue of an English paper I read of a wounded officer who sent a note down to the kitchen on his tray, saying, 'My dam, why do you put rice in my fish rissoles?' The answer, which came promptly, read, 'Sir, it perhaps has not occurred to you that England is at war!'

Tell your dealer you always want Florida Grapefruit. SPECIAL FREE OFFER. Send us the name of your retail grocer or dealer, and we will send you, post-paid, our Booklet of Proven Grapefruit Recipes.

Sift the baking powder and flour twice and rub in the fat. Add the nutmeg, sugar and currants. Beat the egg with the milk and stir in the ingredients. Put into a well-greased baking tin and bake in a warm oven for one hour and a quarter.

Good-to-Eat Christmas Presents. If you have neither the time nor inclination to fashion Christmas gifts with your needle and find those in the shops, which appeal to you as suitable for your various friends, too costly, do not despair, for there are ever so many good-to-eat presents which are not expensive and which will be welcomed with delight wherever they go.

Deviled Lobster. Take the meat from a lobster and sprinkle with a little cayenne pepper. Chop it very finely, then add a desertspoonful of chutney, a little melted butter and one tomato, cut up small. These must be stewed over the fire, stirring all the while, and add a little melted mustard. Have ready some little squares of fried bread, put some of the deviled lobster on each and sprinkle over a little finely chopped parsley.

25,000 lbs. Pig Pork Loins, per lb. 127c Milk-fed Spring Chickens, per lb. 177c. Steer Pot Roast, 10 1/2c, Steer Porterhouse Steak, 17 1/2c, Steer Sirloin Steak, 16 1/2c, Pig Pork Roast, 13c, Pork Butts, 15 1/2c, Young Veal Roast, 14 1/2c, Lamb Legs, 13 1/2c, Lamb Chops, 15 1/2c.

H. C. of L. THE BASKET STORES. 300 ITEMS LOWER THAN ANY OTHER OMAHA GROCER. WASHINGTON APPLES are moving fine. We are keeping the cars rolling. All stores carry different kinds and sizes.

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Guernsey Milk at 11c. WE are very proud of our Guernsey milk that sells for 11c per quart. This milk contains four and one-half per cent butter fat and is rapidly being endorsed by physicians all over the city.

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