

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

The Best Doctor On Earth---"O-EAT-IT"



Only 10 Cents

Ask Your Grocer

It is a fact that the best doctor on earth is the one that is found in every household. The name of this doctor is "O-EAT-IT". It is a simple, natural, and effective remedy for all ailments of the stomach and bowels. It is made from the finest ingredients and is guaranteed to give relief in every case. It is sold in every grocery store for only 10 cents.

Good Bread Makes Healthy Children

And what is good for the children is good for the "grow-ups" as well.



Hard Roll Bread

Is made from the best ingredients under the most sanitary conditions and baked electrically, hence it is a perfect product.

The largest loaf of quality bread found on the market for

Ten Cents

U. P. Steam Baking Co.

Home Economics Department

Edited by Irma H. Cross - Domestic Science Department - Central High School

Christmas Candies

There is nothing more delightful than to give a gift of candy to a friend or relative. Candy is a delicious and healthful treat that can be made at home. There are many different kinds of candy that can be made, and they are all easy to make. Some of the most popular ones are caramels, fudge, and chocolate. They are all made from simple ingredients and can be made in a few hours.

Co-operation

Readers are cordially invited to ask Miss Cross 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 other's meeting the same problems.

The principal difficulty in candy making is to cook the material to exactly the right stage. The use of a candy thermometer is a great help, especially in the early stages. The following are the stages of candy making: soft-ball, firm-ball, and hard-ball. Each stage has its own characteristics and requires a different amount of cooking time.

The hard ball is reached when the portion to be made is a firm, compact ball. At the crack stage, the portion is broken by a slight touch and will not hold together. The firm ball is reached when the portion is broken by a slight touch and will hold together. The hard ball is reached when the portion is broken by a slight touch and will hold together.

At the crack stage, the portion is broken by a slight touch and will not hold together. The firm ball is reached when the portion is broken by a slight touch and will hold together. The hard ball is reached when the portion is broken by a slight touch and will hold together.

Christmas Goodies Are Plentiful on Markets

All the needed Christmas things in the way of fruits, nuts and delicacies are on the Omaha markets in plentiful quantities and of excellent quality. The Christmas trees are here in better quantities than for several years, and at small prices. The turkey is also plentiful and of excellent quality. The Christmas goodies are plentiful on the markets, and there is a wide variety to choose from. Apples are plentiful, and there are many different varieties. The Christmas trees are here in better quantities than for several years, and at small prices.

Christmas Recipes

The old adage that "one half of the world doesn't know how the other half lives" is true. And because it is true, I am going to tell how to prepare some of the delightful dishes that brighten the holiday season under for every day.

HONEY CAKES.
1/2 cup butter
1/2 cup sugar
1/2 cup honey
1/2 cup flour
1/2 cup raisins
1/2 cup nuts
1/2 cup currants
1/2 cup almonds
1/2 cup walnuts
1/2 cup pecans
1/2 cup cashews
1/2 cup hazelnuts
1/2 cup pineapples
1/2 cup oranges
1/2 cup lemons
1/2 cup limes
1/2 cup grapefruit
1/2 cup kiwi fruit
1/2 cup mangoes
1/2 cup papayas
1/2 cup guavas
1/2 cup passion fruit
1/2 cup tamarind
1/2 cup jackfruit
1/2 cup breadfruit
1/2 cup soursop
1/2 cup ackee
1/2 cup breadfruit
1/2 cup soursop
1/2 cup ackee

French Christmas Cake.
1 cup butter
1/2 cup sugar
1/2 cup honey
1/2 cup flour
1/2 cup raisins
1/2 cup nuts
1/2 cup currants
1/2 cup almonds
1/2 cup walnuts
1/2 cup pecans
1/2 cup cashews
1/2 cup hazelnuts
1/2 cup pineapples
1/2 cup oranges
1/2 cup lemons
1/2 cup limes
1/2 cup grapefruit
1/2 cup kiwi fruit
1/2 cup mangoes
1/2 cup papayas
1/2 cup guavas
1/2 cup passion fruit
1/2 cup tamarind
1/2 cup jackfruit
1/2 cup breadfruit
1/2 cup soursop
1/2 cup ackee

Belgian Gingerbread.
There is a good gingerbread made in Belgium, prepared by the following recipe:
1/2 cup butter
1/2 cup sugar
1/2 cup honey
1/2 cup flour
1/2 cup raisins
1/2 cup nuts
1/2 cup currants
1/2 cup almonds
1/2 cup walnuts
1/2 cup pecans
1/2 cup cashews
1/2 cup hazelnuts
1/2 cup pineapples
1/2 cup oranges
1/2 cup lemons
1/2 cup limes
1/2 cup grapefruit
1/2 cup kiwi fruit
1/2 cup mangoes
1/2 cup papayas
1/2 cup guavas
1/2 cup passion fruit
1/2 cup tamarind
1/2 cup jackfruit
1/2 cup breadfruit
1/2 cup soursop
1/2 cup ackee

Geneva Fritters.
The Swiss have a great variety of delectable dishes for Christmas. Roast goose is the chief viand, and dessert usually is a mixture of confections, cake, fruits and nuts. In the course of the Christmas dinner the national Swiss dish, Geneva fritters, is brought in. To make the:

German Stollen.
Half the preparation for Christmas in Germany goes on in the kitchen, where many famous cakes of lasting qualities are made. The favorite German cake is called stollen. It is a large, round cake made with yeast, flour, sugar, and butter. It is often decorated with raisins and almonds. It is a traditional Christmas cake in Germany and is often given as a gift.

ENGLISH FRUIT CAKE.
1/2 cup butter
1/2 cup sugar
1/2 cup honey
1/2 cup flour
1/2 cup raisins
1/2 cup nuts
1/2 cup currants
1/2 cup almonds
1/2 cup walnuts
1/2 cup pecans
1/2 cup cashews
1/2 cup hazelnuts
1/2 cup pineapples
1/2 cup oranges
1/2 cup lemons
1/2 cup limes
1/2 cup grapefruit
1/2 cup kiwi fruit
1/2 cup mangoes
1/2 cup papayas
1/2 cup guavas
1/2 cup passion fruit
1/2 cup tamarind
1/2 cup jackfruit
1/2 cup breadfruit
1/2 cup soursop
1/2 cup ackee

MEYER KLEIN LIQUOR CO.
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AT ROSENBLUMS

Better Groceries for Less Money.
808 North 16th Street.
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We offer the lowest prices on Flour in the city. We guarantee every sack of flour we sell to give absolute satisfaction or we will refund your money in full. You save 10c on every sack you buy.

RELIANCE Flour, \$2.15 per 48 lbs.
We guarantee Reliance Flour to give absolute satisfaction or we will refund your money in full. You save 10c on every sack you buy.

MEAT DEPARTMENT
These Prices are on High Quality
Veal Loin Roast, lb. 15c
Veal Steak, per lb. 18c
Veal Shoulder Roast, lb. 12c
Veal Stew, per lb. 10c
Calf Liver, per lb. 11c
Pig Liver, lb. 5c
Short Rib, per lb. 10c
Spare Ribs, fresh, per lb. 13c
Hacon Steaks, by strip, lb. 18c
Bacon Backs, by strip, lb. 19c
Bacon Bellies, by strip, lb. 23c
Bacon 2 1/2 lb. more if sliced 40c
Best Creamery Butter 39c
Yellow Cream Cheese, lb. 28c
Horseshoe, 10c bottle
Mush, 20-22 oz. roll 4c
Crisco, can 32c, 6oz and \$1.28
Eggs, No. 1 storage, dozen 34c

BUTTERINE-ARMOUR'S
(It takes the place of good butter.)
Tip, white, best grade 23c
Tip, tinned, best grade 24c
Cash, high grade 19c
Magnolia, good, 2 1/2 roll 32c

EMPRESS MARKET
113 South 16th Street
Phone Doug. 2307

PUBLIC MARKET
1610 HARNEY STREET

GOOD NEWS FOR THE HOUSEWIFE
GROCERIES AND MEATS HAVE TAKEN A DROP
Best Granulated Sugar, 14 lbs. for \$1.00
Washington's Best or Sunset Flour, per sack \$2.30
No. 1 April Storage Eggs, per dozen \$3.30
Guaranteed Strictly Fresh Country Eggs, per dozen 38c
All Brands of Creamery Butter, per lb. 38c
Extra Fancy Country Butter, per lb. 35c

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GREEN RIVER, CEDAR BROOK, OLD TAYLOR, GREENBRIER, YELLO W STONE, SUNNY BROOK, BOND & HILLARD, SPRING HILL, OLD CROW, GUCKENHEIDER RYE, SCHENLEY RYE, CLARKE'S RYE.

HELP US HELP OMAHA

The larger volume of sales we get the lower we can sell goods. Our 1916 sales in Omaha are nearly double last year's sales. Thank you. But we can save you more money on many items if we can buy them in larger quantities.

WASHINGTON APPLES - Finest quality, several varieties. Per box \$1.75 to \$2.10. Buy a few boxes while the price is low. They are excellent Xmas gifts.
COLORADO APPLES - High-grade, several varieties. Per box \$1.75 to \$1.80.
CABBAGE - Per lb. 3c and 4c.
ONIONS - No. 1 Yellow, lb. 4c. No. 2 Red, smaller, peck 48c. Washington, large, white, lb. 8c. Salt, 5-lb. 10c sack for 5c. Soda, best grade, 10c pkg 6c.
FLOUR - Economy, excellent quality, 48-lb. sack, \$2.25. 3 sack lots at \$2.17.

COFFEE, TEA, COCOA, ETC.
Economy Blend Coffee, 25c grade 18c
Independent Coffee, 35c grade 28c
Harmony Coffee, 30c grade 25c
Kellon's Breakfast, 25c can 20c
Cocoa, Tip, 25c can 18c
Cocoa, W. H. Baker's, 25c can 20c
Tea, Mayblossom, 1 lb. 10c pkg 20c
Tea, Gunpowder, 60c grade, lb. 40c
Rice, best Japan, 10c quality, 5 lbs 25c

Armour's "SIMON PURE" LEAF LARD
One of Armour's Veribest
"Simon Pure" comes only in pairs---purity protected. It is the most efficient medium for deep frying because it stands extreme heat without smoking or burning. "Simon Pure" is the ideal shortening because it develops the utmost delicacy in the foods you prepare. Slightly higher in price than other lards, but most economical in the end, for superior richness makes three parts equal four of ordinary lard. Test this.
Phon. D. 1085, Omaha, Neb.
Note the big blue and yellow Oat Sign on windows of dealers who sell "Simon Pure" and other Armour Quality Products.
379
Armour's QUALITY PRODUCTS
Armour's "SIMON PURE" LEAF LARD