family may have a small patch in the

A thin slice of lemon or orange in

Clever burglars gained entrance to

the store of Spiesberger & Son, 1014

Farnam street, Thursday night and

The burglars entered the store by

Going downstairs to the office.

He Had Five Gallons of

street, had been to St. Joseph on a

At the police station an investiga-

drowski for his rheumatism.

was for rubbing Don-

At Spiesberger's Store

each glass adds to the appearance.

Burglars Rob Vault

lemonade and desserts.

minute of cooking.

ruit punch

other flavors.

Railroad Car Shortage Seems to Be Improved

Fairfax Harrison, chairman of the railroad war board, working in conjunction with the National Council of Defense, has given the railroads some data on the quantity of bituminous coal being handled by the roads of the he says that during that month the roads hauled and distributed 750,323 carloads of this fuel, an increase of 26.2 per cent over June of 1916.

Harrison takes the position that the freight car shortage is being solved and to prove the statement he shows that May 1 the unfilled car orders, taking the entire country, were 148,-627; June I, 106,649, and June 30, 77,-He contends that the railroads are co-operating with the railroad war board and that there is an inof loading cars to capacity and to keep them moving.

The Perfect Drink

That craving thirst means the body needs nourishment-not a temporary stimulant. That's why you should drink

plenty of Alamito Pasteurized Milk

Strengthens the muscles, steadies the nerves, and supplies the necessary hot-weather vitality. It is the

one healthful beverage.

Drink a pint of ice-cold Alamito
Pasteurized Milk every day. Served
at fountains and other soft-drink

Telephone Douglas 409 to de liver Alamito Milk at your home "before breakfast" or order it from your grocer.

Infants-Mothers Thousands testify

Horlick's The Original **Malted Milk**

Upbuilds and sustains the body No Cooking or Milk required Used for 1/3 of a Century Substitutes Cost YOU Same Price.

 Pig Pork Roast, lb.
 19½c

 Pig Pork Butts, lb.
 22½c

 Steer Pot Roast, lb.
 14½c

 Steer Shoulder Steak, lb.
 17½c

 Steer Porterhouse Steak, lb.
 22½c

 Young Veal Roast, lb.
 14½c

 Young Veal Choos, lb.
 17½c

 Choice Mutton Legs, lb.
 17½c

 Choice Mutton Roast, lb.
 14½c

 Choice Mutton Roast, lb.
 14½c

1610 HARNEY.

Forty

Stores

FLOUR-Made From Old Wheat.

ciated. Phone office, Tyler 440.

Forty

1917 MILK-FED SPRING CHICKENS, LB......34c

FRESH DRESSED CHIX, LB......163/4c

PUBLIC MARKET

Home Economics Department

Potatoes Make Big Drop

And All Vegetables Cheap

AT PUBLIC MARKETS

And All Vegetables Cheap

United States. In his report for June Fruit Drinks for Hot Days

We instinctively associate ... th hot days and porch-living the thought of tinkling glasses of fruity beverages. Nothing is more refreshing than the acid of fruits on warm days. We like to see the clear liquid, hence the popularity of the tall, plain lemonade

though we also like the suggestion of ice that the special cracked frosted glass gives. The glass straw has come clination upon the part of shippers to to stay, with the tall lemonade glass, are hard to make for the simple reado their bit in helping out on the plan and the glass is sometime: made more son the people's taste differ as to the convenient by the addition of a han- strength ornamented with the same motif. Oth- of the water boiling hot.

person's digestion. The second count moments in the kitchen diluting the is that ordinary ice is not always safe syrup. from bacterial infection. We do not deem our river water safe to drink until it has been purified at the waterworks, yet our ice may be straight from the river. Artificial ice, made from distilled water is perfectly safe as far as bacterial infection goes. I do not want to present an alarmist ice; most of us have used ordinary ice all our lives-and will probably continue to do so-yet there is always the chance that river ice may be infected, for freezing does not kill most kinds of bacterial life.

Definite recipes for fruit beverages

Every Woman Wants

things she feels she can't afford. She can soon satisfy many such wants by putting in a savings bank or old dish in a cupboard corner the every-day savings made by trading at THE BASKET STORES.

A FEW OF HUNDREDS ARE:—

Not guaranteed, like we buy them, lb .. 1c |

APPLES-You may hunt the town over, but we have them.

Washington Wrapped Gano's, per box, chiece, \$2.05; fancy, \$2.20; extra fancy \$2.35

Atlas Oats, chesper than bulk, large pkgs.
for 22c
Jelly Dessert, packed especially for us;
a pint from each pkg 8c
Tip Baking Powder, makes prize-winning
bakings, 1-lb., 25c can 15c
Soda, 10c pkg 7c
Independent Coffee, just fits the average
taste, per lb. can 30c
Hominy, large cans 10c
Sweet Potatoes, large cans 17c
Tomatoes, No. 2, per can 15c
Peass, Pick of Pack, can 13c
Hershey Cocoa, 25c can 21c
Starch, I. X. L. Celluloid, 10c pkg 8c
Shoe Polish—Bull Frog or Peter's Paste,
at 4c

Your criticism of any store not carrying any regular items which they should, will be greatly appre-

DOUG. 2793.

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.

lemonade; and, more than dle which converts it into a mug. A novel lemonade carrier for plain, straight-sided glasses can be made test. But we all like to know the from an ordinary muffin pan. Six or general proportions for lemonade, eight glasses may be carried, accord- Usually, to one quart of water allow ing to the number of depressions in two lemons and three-fourths cup of the tin. A basket sort of handle is sugar. If the lemons are rolled before soldcred on and the whole is enam- squeezing, the yield of juice is greateled any desired color. Some of the er. When time allows, the sugar carriers are decorated and the glasses should be dissolved in one-half cup

er attractive lemonade sets come in china, the set consisting of a tray, a in boiling water is the preparation of covered pitcher and mugs with or syrup which can be diluted as the without handles. Personally I prefer lemonade is wanted. To keep the my lemonade from a glass, but there syrup a long while, it should be sealed is no denying that the china sets are in sterilized bottles, just as canned made their "get-away" with \$39 in pretty with their gay colored decora- fruit, but in the city, where we can get lemons at all times, a small including endorsed checks, were left The question of iced versus with amount of the syrup may be prepared scattered over the office floor, but chopped ice is important on two and kept in the icebox for two or none was missing. While a healthy individual three weeks. At present, when we are can afford to chill his digestive ap- urged to be sparing in our use of means of the fire escape. A rubber paratus with no apparent ill effects, sugar, it is better economy to make suction cup was placed against a his weaker brother will be wiser to a syrup, or at least to dissolve the window on the third floor and the avoid the absolute freezing tempera- sugar in boiling water. The syrup is glass cut in a triangle around it. The ture and content himself with just also economical of time, for one prep- glass when removed left a big enough cold drinks. A chilling of the sys- aration serves for several times, and opening to unlock the window. tem may mean a setback to a delicate the hostess need spend but a few

LEMON SYBUP.

lemon juice and boil one minute. If the syrup is to be sealed and kept any length of time, the juice should be papers in every direction. cooked five minutes. Pour into botpoint of view about using ordinary tles and dilute when used. This mount of syrup can be diluted to make three quarts of lemonade; but the mixture should be tasted before the dilution is complete, if one wants a stronger lemonade.

EGG LEMONADE. T. lemon syrup. 1/2 glass water

Mix the syrup, egg and water and little shaved ice in a shaker, and cover with a glass. Shake well, and strain into a glass.

Suggestions for Lemonade.

used flavors, which are excellent. In to jail. the old method of putting up fruit, any surplus juice canned made a the cold pack process it is possible they contained five gallons of liquor,

SALT—Table, 5c sack, 4c; 10c sack, 6c; 20c sack for. 17c
Macaroni or Spaghetti, regular size pkgs., for 8c; 3 for. 22c
Coal Oil, per gallon 11c
Candles, large tallow, 3 for 5c
7 for 10c; small, 6 for 5c
EXTRACTS—Tip, we believe none better, 1 oz. Vanilla, 13c; 2 oz 22c
Lemon, 1 oz. 12c; 2 oz 19c

Chops, 15, 25, 35aa, 15aa, 15ac, 15a

Omaha and

Omaha and

Lincoln

made glorious summer-so far as the the market. They are fine for apple to put up a few cans with very little fruit and much syrup for use in price of potatoes, alias spuds, alias sauce or apple pie, though not ripe tubers, alias Murphys, is concerned, enough yet for eating raw. The Grated Rind of the lemon gives Think of new potatoes at 45 cents a Fruits of many kinds are crowding a tang to the beverage. The rind peck! That is the price at which on the market. Nice peaches of good may be added to the syrup the last they are quoted on the Omaha mar- flavor are here. Plums, white, red Strong Tea is a good flavor with a little higher and in some a little are apricots. lower, but that is about the quotation. Crushed Mint may be added to the The great potato crop that is ap- sented. There are loganberries and pitcher of lemonade or the individual proaching maturity is having its effect, raspberries and very nice blueberries. sult of the investigation begun by glasses. Mint grows in this locality an effect that the worst food specewith practically no care, so that any

lators can't stop. Fine green peas and string beans ply of currant jelly. are on the market in large quantities

and at small prices. The prepared fruit juices, such as And sweet corn is here, real sweet grape juice, loganberry juice, etc., may be used in diluting lemon syrup. sweet corn ears are, and they come than they have been. Ginger ale and mineral water give sparkle and life to fruit drinks. With from the south. Their price is 50 Watermellon season is on in full to be donatd feor the purpose of deginger ale one should be careful not cents a dozen. A nickel for a nice force and they may be bought at livering the products to the customers. car of sweet corn isn't much. to use too much or it will kill the

Cabbage and cauliflower dropped materially in price also. Fine prices ranging from as low as 5 cents ronize the boy gardeners," said Mrs. new red beets and carrots and tureach to 15 cents. Oranges are also A. C. Anderson, chairman of the comnips and parsnips are plentiful.

Now is the season of our discontent | New apples have also appeared on

some stores they may be and purple, are abundant. So also

The berry family is well repreand now is the time to put up a sup-

Cherries of the home-grown sour variety are still with us, and the California variety of ox-heart, sweet chercorn. The ears are small, as real ries are plentiful and much cheaper

prices ranging from 30 cents up-have ward. Cantaloupes are plentiful at ready telephoned that they would patas plentiful as ever.

A Low Cost Menu

Breakfast. Canteloupes or peaches Oatmeal, top milk and sugar Griddle cakes (whole wheat flour) with earamel syrup or brown sugar Cocoa shells or coffee

Luncheon or Supper. Shell beans with pork Spoon cornbread Poached early apples Cottage cheese Tea

Dinner. Iriali atew with dumplings Cucumber, radish and lettuce saiad with boiled dressing. Berries

which fronts Farnam street, they raised the shade high enough to pro-Peanut butter and cookies tect them from being seen and set This menu, sufficient for one da to work on the vault. They hammered the "combination knob" off
and three children, may be
water, and boil fifteen minutes. Add overlooked as large an amount as of different dishes made from the that they made off with, but strewed same ingredients, or of other dishe of the same character for those sug The safe, in an inner office, was the gested. To prevent unnecessary wast next object of search, and entrance we must all learn to prepare only to it was gained in the same manner, as much food as the tamily requires

It was here that they seized the only loot they considered worth taking Red Cross Organized Wednesday in Florence

Mrs. N. J. Griffiin is chairman of Alcohol for Rheumatism new Red Cross auxliary which was John Dondrowski, formerly a south formed in Florence Wednesday aftside saloonkeeper, but now chief of ernoon. Mrs. O. C. Redick was presa soft drink parlor, and John Brenwski, 2627 South Thirty-third who plan to meet Tuesday, Wedneswho plan to meet Tuesday, Wednes-

Mrs. R. H. Golding chairman of the cutting committee. The auxiliary will tion of the suitcases of Dondrowski probably meet at the Eagles' hall, alwelcome addition to lemonade. In and Brenwski revealed the fact that though it will not be definitely de- sures; cided until tonight. mostly alcohol. The men contended

Persistent Advertising is the Road 1 tablespoon sugar 1 cup sour milk to Success.

unless we are very sure that it will that cost as little as is consistent with good health.

Amount of Food Required.

	100000		No.
	Material.	Amount,	Calor
	Floar	3 cups	1,
	Oatmeat	% cup 4 ox.	12
	Rice, cooked	1-3 cup	
	Hominy, cooked	14 cup	- 85
	Cornmeal	1 cup	
	Sugar	11/2 cups	1.
	Oleomargarine	1/2 cup	
	Peanut butter	% cup	
	Salt pork	2 oz.	
y	Sweet milk	3 cups	
0	Milk, skimmed,		
531	sour	S cups	
e	Eggs	2	
11	Lamb for stew	1 pound	13,
e	Shell or lima	quarts un-	
	beans	shelled	an i
:5	Potatoes	4 medium size	
ζ-	Lettuce	1 head	
e	Cucumber	3	
	Radishes		
y	Carrot	eup	
S,	Turnip	% cup	
=	Onlon	1 small	
	Apples	4 small	10.00
	Cocoa shells	% cup	
	Berries	1 quart	
e	Peaches	1 toblesoness	
U	Salad oil	4 tablespoons	
a	Baking powder Soda	3 teaspoons	
	Soda	% teaspoon	3965-
5	m 4/4		4.4

units) are sufficient for the average grown person's daily diet; 1,600 if you wish to get thin, 3,300 if you wish to put on flesh. Children between two Fruit Lemonade. Any kind of fruit juice or crushed fruit can be added to lemonade in any desired quantities. They were carry ing suitcases that were apparently since they add color as well. Crushed peaches and bananas are seldom used flavors, which are excellent. In lemonade. Any kind of fruit juice or crushed fruit can be added visit. This morning they returned, day and Thursday from 9 until 5 to make hospital garments and knit. Mrs. M. B. Thompson is secretary of the organization, Mrs. W. L. Ross to fourteen years, from 1,400 to 2,000; and and from ten used flavors, which are excellent. In the properties of the organization, Mrs. W. A. Yoder chairman of the finance committee and seventeen require from 2,200 to 2,600 and from the finance committee and seventeen require from 2,200 to 2,600 and from the finance committee and seventeen require from 2,200 to 2,600 and five require from 1,400 to 2,000; and and from ten used flavors, which are excellent. In the properties of the finance committee and the properties of the propertie calories, while boys of this age require from 2,500 to 3,000 calories. Recipes for the menu, level meas-

SOUR MILK GRIDDLE CAKES.

14 teaspoon salt 2-3 teaspoon soda Mix and sift flour, sugar, salt and soda, add sour milk, beat well and drop from tip of tablespoon on a hot gridle rubbed over with a piece of turnip. Cook on one side; when puffed and cooked on edges, turn and cook on the other side. One well-beaten egg may be used in these griddle cakes if desired. If thinner cakes are wanted, add more milk or water.

CARAMEL SYRUP.

1/2 cup boiling water % cup sugar Put sugar in hot omelei pan and stir with wooden spoon over the fire, until sugar is almost all melted. Add boiling water and simmer until cara-mel is dissolved. SHELL BEANS WITH PORK.

Shell three quarts of shell or lima beans, wash, and cook in boiling water with two ounces fat salt pork for one hour, or until tender, adding salt the last half hour of the cooking. SPOON CORNBREAD.

1 cup white cornmeal1 egg yolk well
2 cups boiling water beaten
1 tablespoon butterine ½ cup cooked hominy
1 teaspoon baking 1-3 cup cooked rice
powder 1 cup milk
1 teaspoon sait 1 egg white

Add cornmeal gradually to boiling water, boil five minutes, add butterine, and let stand until cool. Add baking 'powder, salt, egg yolk well beaten, cooked hominy and rice, and milk. Beat two minutes, then add stiffly beaten egg white. Turn into a be announced later. Interment will be buttered pudding dish and bake in a in Prospect Hill cemetery. hot oven forty minutes.

POACHED EARLY APPLES. 1/2 cup water

4 apples cup sugar Wipe, quarter, core and pare ap-

ples. Make syrup by boiling sugar and water two minutes, add apples to cover bottem of saucepan, simmer until soft, remove, and add-more apples until all are done. Pour remaining syrup over apples and serve hot

Cottage Cheese.

Heat one quart sour milk until lukewarm. Add one quart warm water and turn into a strainer lined with cheesecloth. Gather cheesecloth up around curd to form a bag, and let curd hang until free from whey. Moisten with melted butterine and sour cream if convenient, and add salt to taste. Shape, and sprinkle with paprika.

IRISH STEW.

pound mutton chuck 2 cups potatoes 2 tablespoons flour 1 teaspoon salt 14 teaspoon pepper cup carrot cup turnip small onion

Wipe and cut mutton in pieces, put into kettle, cover with boiling water, add carrot, turnip and onion cut in small pieces, bring to boiling point, boil twenty minutes, place in fireless cooker and leave until tender. Bring again to boiling point, add potatoes cut in quarter-inch slices, put dump-lings on top, cover and boil twelve minutes. Remove dumplings to serving dish, mix flour with cold water, add to stew, stir until boiling point is

Better Outlook. War garden stalls are to be established at the public market, where the boy gardeners may dispose of their produce and housewives may procure vegetables in any quantities, as a reservation league. This was the outcome of the meeting with Mayor Dahlman this morning at the city hall. A list of boy gardeners and their

telephone numbers will be published

Mayor and Result Gives the

Garden Boys Much

in The Sunday Bee for the convenience of housewives. Automobiles are

mittee which is probing conditions. After a conference with the mayor, the committee met with Karl Schreiber of the welfare board, Mrs. Herbert Cox, and Reverend O. H. Cleveland of the Central Park Improvement club to discuss co-operation with the club in the municipal drying plant which will be in working order the be eaten at another meal. These first of next week at the Central Park meals are arranged to use supplies school. The women of the lea ue from the garden and other materials will act as supervisors of the work and get donations for equipment, such as fans, water, and electricity, if pos-

> People may take their produce to the school house where it will be dried for winter use at a nominal sum. The league sent out 1,000 conservation cards Monday asking people to co-operate with the boy bardeners who they say, have wagon loads of vegetables for sale.

Beginning of Draft Ends Suspense in Omaha

For weeks the nerves of men of the conscription years have been tense. Repeatedly they have been told the

draft was to come on a given date, and as often they have been put off. The young men have long wished the drawing could take place. They wanted their status in life settled. They wanted to know the best or the worst.

Ten days ago, when Provost Mar-shal General Crowder began to issue new serial numbers for the men. and many in Omaha posted the first numbers in the show windows, mistaking these for the numbers of the men already drawn, there was great excitement.

Knots of men clustered about every such window in the city, hastily pulled their own registration cards out of their pockets and compared the numbers thereon with the numbers posted.

Scores of mothers in the city wept that evening when they found numbers posted had corresponded with the numbers of the registration cards of one or more of their sons.

While mothers took it seriously, the sons as a rule joked about it. At Sixteenth and Farnam, when the men were reading these serial numbers, thinking they were drafted numbers, one fellow read his own card. and glanced at the bulletin.

"By hokey, they're striking all around me," he laughed. "Mine is '60' and they've got '61' and '62' posted." There was much joking in the ground was much joking in the crowd, and as a whole the boys regarded it as a kind of lark.

Funeral of E. E. Webster Is to Be Held Wednesday

The funeral of E. E. Webster, who died at 5:45 Friday morning, will be held Sunday afternoon from the Masonic temple.

Emmett Eugene Webster came to Nebraska from a small town near Louisville, Ky., about twenty years ago. He immediately engaged in the wholesale grocery business with the late T. B. Haight, the firm being known as the Western Buyers' association.

He has no surviving relatives, his wife having died two years ago, and during this time he has resided at the home of his former friend and partner, at the Majestic apartments. Heart trouble is assigned as the cause of his death. He was 75 years old and a Knight Templar. The Masons will have full charge of the fu-

reached, add salt and pepper, and serve. DUMPLINGS.

teaspoons baking 1 teaspoon salt powder % cup milk powder 1 cup flour

Mix and sift flour, baking powder and salt. Add milk and drop by spoonfuls on stew, or cook in a steamer twelve minutes. GREEN SALAD.

radishes 14 teaspoon paprika 4 tablespoons salad 2 tablespoons vinegar ¼ teaspoon sait Few grains cayenne

Slice radishes and pared cucumber very thinly and wash lettuce. Put in cold water until crisp; drain, and dry on a towel. Place lettuce in salad bowl, arrange alternate slices of rad-ish and cucumber overlapping one another. Put salt, cayenne, paprika, oil and vinegar in bottle, shake until blended and pour over salad.

PEANUT BUTTER COOKIES. % cup peanut butter ¾ teaspoon salt ½ cup sugar % teaspoon cinnamon 1 egg, well beaten % teaspoon soda ¾ cup flour

Work peanut butter until creamy, add sugar gradually, egg, soda dissolved in three-fourths tablespoon hot water, and dry ingredients. Chill, roll thin, shape, arrange on buttered sheet and bake in moderate oven.-Alice Bradley in Woman's Home Companion.

Tested Recipes.

Raspherry, Blackberry, Strawberry Jam-These are all made in exactly the same way. Get the fruit under, rather than overripe. Allow the same weight of sugar, crush slightly, add a cup of currant juice and boil gently until a little of the juice will jelly. Then let cool, turn in melted paraffin to make a quarter-inch-thick seal and cover.

Gooseberry Jam-Pick the fruit just as it begins to redden; stem and wash it. Put in kettle and allow half cup of water for every four pounds of berries. Boil until the berries are soft, then add a pound of sugar for every pound of fruit and cook until thick and the berries clear amber. This recipe is delicious.

The Basket Stores Stores Lincoln HOPE TO ENABLE MORE PEOPLE TO CONTINUALLY ENJOY THE GOOD THINGS OF LIFE. With Stockinet Covering THE juice-retaining Stockinet Covering in which this ham is smoked brings to your table, in all perfection, the super-excellence and Irmours ine flavor of Star Ham. QUALIT ARMOUR & COMPANY PRODUCTS Budatz, Mgr., 13th & Jones Sts., a. Neb. D. 1055. W. L. Wilkinson. 29th and Q Sts., South 1740.



SUNDAY DESSERT

Trade at the WASHINGTON MARKET, Where All Groceries and Meats are Within Everybody's Reach.

Groceries and Meats are Within EveryDody's Reach.

MEATS

Home Dressed Spring Chickens, lb., 37½c Home Dressed Fat Hens, lb. 23½c Home Dressed Fat Hens, lb. 23½c Home Dressed Roasting Chickens, per lb., at ... 18¾c Young Veal Roast, per lb. 20c Young Veal Chops, lb. 22½c Young Veal Chops, lb. 22½c Young Veal Steak, lb. 25c Fresh Pork Tenderloin, lb. 38c Choice Steer Roast, lb. 18; 2½c Choice Steer Roast, lb. 18; 2½c Choice Steer Roast, lb. 12½c Choice Steer Roast, lb. 12½c Shrioin or Porterhouse Steak, lb. 20c Cudahy Puritan Hams, half or whole, per lb., at ... 26½c Boiled Tongue, per lb. 50c GROCERIES

12 Lbs. Best Granulated Sugar\$1.00

Extra Fancy Sitted Peas, per doz., \$1.75

FRUITS AND V
Large, Sweet Cantaloupes, 3 for... 25c
Large, New Pojatoes, 15 lbs. to peek, 50c
Extra Large Navel Oranges, doz., 25c, 50c
Extra Fancy Celery, per stalk... 5c
Extra Large Grape Fruit, 2 for... 25c
Homegrown Cabbage, per head... 5c
Fresh Roasting Ears, per dozen... 60c
All kinds of Plums, basket... 48c
Freestone Peaches, basket... 25c



1917 MILK-FED SPRING CHICKENS, LB.....

EMPRESS MARKET

113 South 16th Street.

Douglas 2307