

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 of the quantity of bituminous coal being handled by the roads of the United States.

The Perfect Drink

That craving thirst means the body needs nourishment—not a temporary stimulant.

Alamito Pasteurized Milk

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

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.

Home Economics Department Edited by Irma H. Gross - Domestic Science Department - Central High School

Fruit Drinks for Hot Days

We instinctively associate with hot days and porch living the thought of tinkling glasses of fruity beverages.

Co-Operation

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

are hard to make for the simple reason that people's taste differ as to the strength of lemonade; and, more than that, fruit itself differs in acidity.

When time allows, the sugar should be dissolved in one-half cup of the water boiling hot.

A step beyond dissolving the sugar in boiling water is the preparation of syrup which can be diluted as the lemonade is wanted.

LEMON SYRUP. 1 c. lemon juice, 3 c. sugar, (about 6 lemons), 6 c. water.

Make a syrup of the sugar and water, and boil fifteen minutes. Add lemon juice and boil one minute.

EGG LEMONADE. 3 T. lemon syrup, 1/2 glass water.

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

Suggestions for Lemonade. Fruit Lemonade. Any kind of fruit juice or crushed fruit can be added to lemonade in any desired quantities.

Definite recipes for fruit beverages

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to put up a few cans with very little fruit and much syrup for use in lemonade and desserts.

The Grated Rind of the lemon gives a tang to the beverage. The rind may be added to the syrup the last minute of cooking.

Crushed Mint may be added to the pitcher of lemonade or the individual glasses. Mint grows in this locality with practically no care.

The prepared fruit juices, such as grape juice, loganberry juice, etc., may be used in diluting lemon syrup.

Ginger ale and mineral water give sparkle and life to fruit drinks. With ginger ale one should be careful not to use too much or it will kill the other flavors.

A thin slice of lemon or orange in each glass adds to the appearance.

Burglars Rob Vault At Spiesberger's Store

Clever burglars gained entrance to the store of Spiesberger & Son, 1014 Farnam street, Thursday night and made their "get-away" with \$39 in cash.

The safe, in an inner office, was the next object of search, and entrance to it was gained in the same manner.

He Had Five Gallons of Alcohol for Rheumatism

John Dondrowski, formerly a south side saloonkeeper, but now chief of a soft drink parlor, and John Brenwiski, 2627 South Thirty-third street, had been to St. Joseph on a visit.

At the police station an investigation of the suitcases of Dondrowski and Brenwiski revealed the fact that they contained five gallons of liquor, mostly alcohol.

Potatoes Make Big Drop And All Vegetables Cheap

Now is the season of our discontent made glorious summer—so far as the price of potatoes, alias spuds, alias tubers, alias Murphys, is concerned.

Fine green peas and string beans are on the market in large quantities and at small prices.

Cabbage and cauliflower have dropped materially in price also. Fine new red beets and carrots and turnips and parsnips are plentiful.

New apples have also appeared on the market. They are fine for apple sauce or apple pie, though not ripe enough yet for eating raw.

The berry family is well represented. There are loganberries and raspberries and very nice blueberries.

Watermelon season is on in full force and they may be bought at prices ranging from 30 cents upward.

As plentiful as ever.

PRODUCE TO BE SOLD AT PUBLIC MARKETS

Mayor Investigate With the Garden Boys Much 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 result of the investigation begun by members of the Woman Voters' Conservation League.

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 first of next week at the Central Park school.

People may take their produce to the school house where it will be dried for winter use at a nominal sum.

Beginning of Draft Ends Suspend 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.

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

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 their own drafted numbers, one fellow read his own card, and glanced at the bulletin.

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

The funeral of E. E. Webster, who died at 3:45 Friday morning, will be held Sunday afternoon from the Masonic temple.

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.

Reached, add salt and pepper, and serve.

DUMPLINGS. 2 tablespoons baking 1 teaspoon salt powder 1/2 cup milk 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. 8 radishes 1/4 teaspoon paprika 1 cucumber 1/4 teaspoon salad oil 1 head lettuce 2 tablespoons vinegar 1/2 teaspoon salt 2 tablespoons 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 radish and cucumber overlapping one another.

PEANUT BUTTER COOKIES. 1/2 cup peanut butter, 1/2 teaspoon salt, 1/2 cup sugar, 1/2 cup flour, 1 egg well beaten, 1/2 teaspoon cinnamon, 1/2 cup soda

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.

Tested Recipes. Raspberry, Blackberry, Strawberry Jam—These are all made in exactly the same way.

Gooseberry Jam—Pick the fruit just as it begins to redden; stem and wash it. Put in kettle and allow half a cup of water for every four pounds of berries.

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.

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1917 MILK-FED SPRING CHICKENS, LB. . . . 34c FRESH DRESSED CHIX, LB. . . . 16 1/2c Spare Ribs, per lb. . . . 14 1/2c Extra Lean Regular Hams, lb. . . . 23 1/2c Sugar Cured Ham, lb. . . . 21 1/2c No. 1 Lean Bacon, lb. . . . 35 1/2c Sugar Cured Bacon, lb. . . . 32 1/2c

Forty Stores Every Woman Wants Omaha and Lincoln

Not guaranteed, like we buy them, lb. 1c Apples—You may hunt the town over, but we have them. Washington Wrapped Cans, per box, choice, \$2.05; fancy, \$2.20; extra fancy, \$2.35

Forty Stores The Basket Stores Omaha and 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 fine flavor of Star Ham.

SUNDAY DESERT MELBA It's the Harding combination for tomorrow—Strawberry Ice Cream with Pineapple and Green Cherries. Everybody will want it and dinner will be complete.

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

12 Lbs. Best Granulated Sugar, \$1.00 Crisco, per can, 40c Home Dressed Fat Hens, lb., 23 1/2c

WASHINGTON MARKET 1407 DOUGLAS ST. TEL. TYLER 470

1917 MILK-FED SPRING CHICKENS, LB. . . . 34c PIG PORK ROAST, LB. . . . 19 1/2c

A Low Cost Menu

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

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

Dinner. Irish stew with dumplings Cucumber, radish and lettuce salad with boiled dressing Berries Peanut butter and cookies

This menu, sufficient for one day for a family of four adults, or two adults and three children, may be varied indefinitely by the substitution of different dishes made from the same ingredients, or of other dishes of the same character for those suggested.

Red Cross Organized Wednesday in Florence

Mrs. N. J. Griffin is chairman of a new Red Cross auxiliary which was formed in Florence Wednesday afternoon. Mrs. O. C. Redick was present to explain the work to fifty women who plan to meet Tuesday, Wednesday and Thursday from 9 until 5 to make hospital garments and knit.

SOUP MILK GRIDDLE CAKES. 1 1/2 cups whole 1/4 teaspoon salt 1 1/2 cups milk 1 1/2 cups sugar 1 cup oil 1 cup flour 1 cup cornmeal 1 cup butter 1 cup sugar 1 cup salt 1 cup soda 1 cup water

Put sugar in hot omelet pan and stir with wooden spoon over the fire, until sugar is almost melted. Add boiling water and simmer until caramel 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 whole cornmeal egg yolk well beaten 2 cups boiling water beaten 1 tablespoon butter, 1/2 cup cooked hominy 1 teaspoon baking 1 1/2 cup cooked rice 1 powder 1 cup milk 1 teaspoon salt 1 egg white

Add cornmeal gradually to boiling water, boil five minutes, add butter, 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 buttered pudding dish and bake in a hot oven forty minutes.

POACHED EARLY APPLES. 4 apples 1/2 cup sugar 1/2 cup water

Wipe, quarter, core and pare apples. Make syrup by boiling sugar and water two minutes, add apples to cover bottom of saucepan, simmer until soft, remove, and add more apples until all are done. Pour remaining syrup over apples and serve hot or cold.

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 butter and add salt to taste. Shape, and sprinkle with paprika.

IRISH STEW. 1 pound mutton 2 cups potatoes 1/2 cup carrot 1/2 cup turnip 1/2 cup onion 1/2 cup pepper 1 small onion

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EAT SKINNER'S THE BEST MACARONI