

These Low Prices on Groceries and Meats Are Good for the Following Week

Table listing various meats and groceries with prices. Includes items like Home Dressed Spring Chickens, Choice Steer Sirloin Steak, Machine Sliced Boiled Ham, etc.

WASHINGTON MARKET 1407 DOUGLAS ST. TEL. TYLER 470. THE MEAT MARKET AND MEAT MARKET IN THE MIDDLE WEST.

1917 MILK-FED SPRING CHICKENS, LB. 27 1/2c. FRESH DRESSED CHICKENS, LB. 17 3/4c. List of various meats and their prices.

FINAL SALE OF GROCERIES. We will place the entire stock of our present grocery department on sale Saturday, to close out before moving to our new shop on Oct. 1.

Puritan Hams and Bacon. You Should Learn the Difference. When you order "just ham" from your dealer you are most likely to get just ordinary ham—ordinary in quality and flavor. But you are certain to get the best if you will simply specify and insist upon Puritan.

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

Harriet Ruth's Cooking Lessons Lesson 1—Apple Compote. Harriet Ruth had begged for some time to go into the kitchen and learn to cook; and her busy mother had promised that just as soon as she was tall enough to reach the top of the gas stove easily she might be allowed to try things all by herself.

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.

Guaranteed Flour \$2.75 Very Best Guaranteed Flour—48-lb. sack, \$2.75. We guarantee this flour to give absolute satisfaction in every way or we will refund your money in full.

EAT SKINNER'S THE BEST MACARONI. 100% PURE. THE ONLY MACARONI MADE IN AMERICA.

1917 MILK-FED SPRING CHICKENS, LB. 27 1/2c. CHOICE FOREQUARTERS LAMB, LB. 14 7/8c. List of various meats and their prices.

EMPRESS MARKET 113 South 16th Street. Douglas 2307. DELIVERIES MADE TO ALL PARTS OF THE CITY. MAIL ORDERS FILLED AT THESE PRICES.

Abundance of Good Peaches And Pears on Omaha Market

Peaches, excellent peaches, from Colorado's great crop, have arrived on the Omaha market in abundance. You can buy them by the bushel basket, by the box, by the small basket, or in lesser quantities. Prices range from \$2 to \$2.50 a bushel, and from \$1 to \$1.25 a box.

Vegetables of nearly every kind are plentiful. Potatoes sell around 40 cents a peck, and sweet potatoes around 5 cents a pound. Squash is here, good squash, selling around 10 to 15 cents each. Green peas and string beans are still of good quality, coming from places farther north.

Tested Recipes (All measures level unless otherwise specified.) Corn Beef Loaf. Soak corn beef for half an hour in cold water, then pour off water and add fresh. Bring it to a boiling point, then set on the back of the range and let it simmer for four or five hours, skimming well.

Drink More Milk. It's economical. Substitute it for higher priced foods. Cut the high cost of living. Ask for Alamo Pasteurized Milk. Pure through scientific pasteurization, rich and fresh.

ARMOUR'S VEGETOLE FOR FRYING AND SHORTENING. VEGETOLE is our money-saving alternative shortening. In cake, pies and biscuits it "creams" perfectly, mixes quickly and easily and gives most satisfactory results.

Note The Savings You Make. Our carry away plan has saved the marketing public many dollars. Remember the so-called free delivery is paid for by the customer, whether it shows on the bill or not.

The Club of U. S. Officials Strikes Bad Grocery Accounts. Washington, Sept. 18.—Long standing grocery accounts are to be attacked by the food administration. "The waste and loss from this credit evil can hardly be over-estimated," said an administration statement tonight.

BASKET STORES COMPANY. GET THE SAVING HABIT. Over 300 Prices Lower Than Other Nebraska Grocers. List of various grocery items and their prices.