

Home Economics Edited by IRMA H. GROSS HOUSEHOLD ARTS DEPT. CENTRAL HIGH SCHOOL

What Can You Do With Prunes?

In these days of high prices for everything and several foods stricken off our list for patriotic reasons, the dessert problem looms up large.

Value of Prunes in the Diet. The prune in itself is a very good food. For 20 cents, the price per pound of very good prunes, one gets about 1,100 calories or heat units.

Norwegian Prune Pudding. 1 lb. prunes, 1 N. C. sugar, 1 c. cold water, 1 1/2 c. boiling water, 1/2 inch piece stick cinnamon, 1 T. lemon juice.

Baked Tapioca With Prunes. 1/2 c. milk, 1/2 c. cooked prunes, 1 egg, 1/2 c. drained and cut, 1/2 c. cinnamon, 1/2 c. minute tapioca, 1/4 c. sugar.

Prune Purée. 3 T. cornstarch, 2 T. sugar or corn syrup, 2 c. milk, 1 c. stewed prunes, 1 T. lemon juice, 1 egg, if desired.

Prune and Apple Compote. 1/2 lb. prunes, 1 T. cornstarch, 1 egg, 2 apples, 1/2 c. cold water.

Fort Crook Regimental Band Will Play at the "White Elephant" Sale. A "white elephant" sale will be given January 30 at the Auditorium for the benefit of the National League for Woman's Service.

Butter - Eggs - Poultry. Milk Fed Chickens, lb. 21 1/2 c. Forcquarters Choice Mutton, 12 1/2 c. Hindquarters Young Mutton, 16 1/2 c. Young Veal Roasts or Chops, 16 1/2 c.

Country Butter, lb. 45c. Egg, per doz. 85c. 3 lb. can Monarch Coffee, regular price 91. Fancy Can Corn or Kamro Soups, 10c.

MEATLESS, WHEATLESS AND BUTTERLESS DAYS, BEING OBSERVED BY D. A. R. S. Meatless, wheatless and butter economy days are all being observed by members of Major Isaac Sadler chapter.

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EAT SKINNER'S THE BEST MACARONI. MY ASSURANCE. On Every Package.

Midwinter Markets Are Filled With Delicacies

Plenty of good things in the line of fruits and vegetables are displayed on the Omaha markets these midwinter days. From the gardens of the south come various fresh vegetables like those you pick from your own garden in the good old summer time.

Old vegetables from last summer's crops are down, selling about 3 cents a pound for beets, carrots, turnips and rutabagas, about the same price as potatoes.

Many thanks to God for this beautiful world in which we live. To make earth glad and fair. And best of all, He gives to me Each day His loving care.

Holes in Macaroni. Haven't you often asked, "How do they get the holes in macaroni?" Yes, you undoubtedly have, and unless you have visited a macaroni factory you are probably still in doubt.

After the dough has been well mixed and kneaded in a powerful machine it is ready to form into macaroni, which is of a tube shape about one-fourth inch in diameter.

OVER THE TOP WITH LOWEST PRICES. Boston Market Cuts the Prices On All Goods It Sells. Prices Good All Week.

Table listing various goods and prices: Milk Fed Chickens, Forcquarters Choice Mutton, Hindquarters Young Mutton, Young Veal Roasts or Chops, Country Butter, Egg, 3 lb. can Monarch Coffee, Fancy Can Corn or Kamro Soups, 2 1/2 lb. can Calumet Baking Powder, 4 lb. sack Blue Bell Pancake Flour, Quaker Oats or Pancake Flour, Macaroni, Spaghetti or Corn Flakes, Tail cans Milk or Tomatoes, No. 3 can Tomatoes, Peas or Peaches, Gallon can Syrup, No. 3 can Sweet Potatoes, Pumpkin, Fancy Prunes, Peaches, Raisins, 3 lbs. Fancy Barley Rice or Brown Beans.

Mail orders filled at same prices. Largest cut price mail order grocery and meat market in the state. Write for price list. United States Food Administration License No. G-13105.

BOSTON MEAT AND GROCERY CO., 113 NORTH 16TH ST. Opposite Postoffice. TWO PHONES, DOUG. 1089.

Butter - Eggs - Poultry. MILK FED CHICKENS, FRESH DRESSED, lb. 20 1/2 c. BUTTER, Creamery, 1-lb. pkgs., per lb. 35c.

From Packer to Consumer - At Wholesale Prices. CONSOLIDATED POULTRY & EGG CO. United States Food Administration License No. G-91191.

Our Standards. Rigorous as the old Puritan standards is the inspection through which every one of our hams must go before it is passed for the Puritan brand.

That is why only one ham in ten is considered good enough to bear the Puritan label. Ask for Puritan. "The Taste Tells" THE CUDAHY PACKING COMPANY. F. W. CONRON, Manager, 1321 Jones Street, Omaha, Neb. Telephone Douglas 2461.

PURITAN HAMS and BACON are smoked daily in our Omaha Plant, insuring fresh, brightly smoked meats at all times.

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Many Thanks. This world is such a pleasant place I'm thankful every day.

So many blessings He has sent To make earth glad and fair. And best of all, He gives to me Each day His loving care.

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Saturday Specials at the New Public Market. Meat Department. 1917 MILK-FED SPRING CHICKENS, AT WHOLESALE PRICES.

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Coffee Department. Hotel Blend, a fine old crop, mellow coffee, lb., 35c—3 lbs. \$1.00. Money-Saving Grocery Department.

Fresh Fruits and Vegetables. Fancy Jonathan Apples, box, \$1.09. Fancy White Idaho Potatoes (10 lbs. to the peck), per peck, 1.25c.

Butter, Eggs and Cheese Department. Fancy Elgin Butterfat Butter, lb. 48c. Fresh Country Butter, in 2-lb. rolls, per lb., at, 44 1/2 c.

Cracker Department. Sunshine Vanilla Wafers, Oatmeal Crackers, Butter Thins and all other 16c pkgs., 2 for 25c. Sunshine Gummies and Maple Nut Bon Bons, special, per lb., 27c.

THE NEW PUBLIC MARKET. PHONE DOUG. 2793. Main Floor First Nat'l Bank Building.

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Every Day is Bargain Day at the Washington Market. These prices are good for the following week.

Table listing various goods and prices: Choice Sirloin Steak, lb. 22 1/2 c. Choice Porterhouse Steak, lb. 22 1/2 c. Choice Round Steak, lb. 20c.

One of the Largest Mail Order Houses in the Middle West. United States Food Administration License Number G-27634.

WASHINGTON MARKET. 1407 DOUGLAS ST. TEL. TYLER 470.

CASH AND JOY—DEBT AND WORRY. 42--BASKET STORES--42. Rich, Juicy Mince Pie! How its spicy aroma adds zest to the whole meal.

We also have bulk wet mince meat at, lb., 11c. CRISCO 1 1/2 lb. can 40c. 3 lb. 80c. 6 lb. \$1.60.

Oleomargarine. Our Tip brand is the best quality made by a manufacturer famous for quality goods.

Standard Corn, No. 2 can, 12c. Standard Peas, No. 2 can, 13c. Old Carrots, per lb., 25c.

Large Ivory Soap 11c. P. & G. Naphtha Soap, 7c for 1 lb. N. B. C. Graham Crackers, 16c.

516 North 16th St. 1522 North 24th St. 1957 Vinton St. 2061 Farnam St. 2518 North 24th St.

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Armour's QUALITY PRODUCTS. Buy Without Waste! SAVING need not be self-denial. But, under present conditions, the nation's need demands elimination of waste.