

THE BEE'S PURE FOOD PAGE

PURE AND DELICIOUS



BAKER'S COCOA

Is a most satisfactory beverage. Fine flavor and aroma and it is healthful.

Well made cocoa contains nothing that is harmful and much that is beneficial.

It is practically all nutrition.

Choice Recipe book free.

Walter Baker & Co. Ltd.
Established 1780. Dorchester, Mass.

The Bee's Household Arts Department

How the Sugary Plums "Evolute" Into Prunes.

Prunes are plums which may be dried without the removal of the stones in climates where they can ripen fully on the trees. Practically the only varieties in which fermentation around the stone does not occur when the fruits are dried entire are the Italian, the French or Petite, the Imperial, the Golden Drop and the Silver. Some of these varieties may be grown as a plum in Michigan, New York and New England, but they cannot be cured into prunes, because they do not develop sugar enough before they rot heavily on the trees. The method for drying prunes is applicable to only the above named varieties. Other plums should be dried by the method for drying plums.

Only fully ripe prunes, in which the maximum sugar content has developed, should be used for drying. Gather the fruit carefully, placing no more than a bushel in any one basket as ripe fruit crushes easily and ferments when allowed to stand in large quantities. Prepare for drying within a few hours after the prunes are picked from the tree.

In an enameled or galvanized vessel heat to boiling a solution of one pound of concentrated lye in 10 gallons of water. Place the fruit in a colander, an old tin bucket punched full of holes, or a wire basket, and lower into the boiling lye. Move from side to side to bring lye immediately into contact with all the

Observe These Points When Brining or Fermenting

Do not use vinegar, pickle, or pork barrels as containers for fermented food unless very thoroughly scalded. Thoroughly scald containers, covers and weights before using. In using glass jars, use a wooden plug or a cork inside to press the food down.

After adding salt or brine for fermented foods, cover food material with cheese cloth or muslin six inches larger in diameter than the diameter of container. Tuck this in around the top of the food, cover with weight and adjust lid of container.

During fermentation, keep the cover on loosely until all bubbling ceases. Test by gently tapping receptacle to see if any bubbles rise to the surface.

As soon as bubbling ceases, protect food by a layer of oil or paraffin from organisms which destroy lactic acid.

Should film form on fermenting food, remove by skimming or floating before adding paraffin or oil.

If evaporation takes place, add water to make up the original amount of liquid.

When dry salt is used for peas, beans, and the like, let stand 24 to 36 hours, then add enough water to fill jar. Water extracted from food usually fills the jar half full.

In the preparation of pickles and cucumbers, if less than 7 to 10 per cent solution of salt is used the pickles will soften. If a film forms and is not removed, the pickles will soften.

One half-pint cup level full of salt weighs approximately 11 ounces. —United States Department of Agriculture.

57 Ways to Serve Ham

- Boiled Ham.
- Boiled Ham with Apple Rings.
- Cold Sliced Ham with Sliced Pineapple.
- Boiled Ham and Spinach.
- Ham and Liver Foremeat.
- Ham and Corn Fritters.
- Creamed Ham with Poached Egg.
- Rissoles of Ham.
- Ham and Egg Salad.
- Potato Surprise (with Ham Stuffing).
- Cold Sliced Ham and Potato Salad.
- Ham Sauce.
- Ham and Bean Salad.
- Ham Au Gratin.
- Cold Boiled Ham with Assorted Meats.
- Creamed Ham on Toast.
- Boiled Ham with Chili Sauce.
- Boiled Ham with Sliced Cucumbers.
- Ham Sandwiches.
- Ham Canape.
- Boiled Ham with Canned Apples.
- Broiled Ham with Crabapple Jelly.
- Boiled Ham with Fried Bananas.
- Sliced Boiled Ham with English Muffins and Hollandaise Sauce.
- Baked Ham.
- Baked Ham and Cider.
- Baked Spiced Ham.
- Ham Roast Stuffed.
- Baked Ham with Sliced Pineapple.
- Baked Ham with Apple Sauce.
- Baked Ham with Pineapple Fritters.
- Baked Ham with Corn Fritters.
- Baked Ham with Escalloped Oysters.
- Baked Ham with Orange Salad.
- Baked Ham with Currant Jelly Sauce.
- Slice of Ham.
- Broiled Ham Steak.
- Casserole of Ham and Escalloped Potatoes.
- Casserole of Ham and Hominy.
- Casserole of Ham and Mixed Vegetables.
- Slice of Ham with Apple Rings (baked together).
- Casserole of Ham and Prunes.
- Escalloped Ham with Peanut Butter.
- Left-Over Ham.
- Ham Omelet.
- Ham Souffle.
- Croquettes of Ham with Green Peas.
- Potato stuffed with Rice and Mincéd Ham.
- Green Peppers stuffed with Ham and Vegetables.
- Ham Fritters.
- Casserole of Ham with Spaghetti and Tomato Sauce.
- Spanish Rice with Mincéd Ham.
- Ham Sandwiches—Mincéd Ham, Chopped Pickles and Mayonnaise.
- Ham Salad—Diced Ham, Chopped Peanuts, Diced Celery, Mayonnaise.
- Fried Star Ham.
- Fried Ham.
- Ham and Eggs.
- Ham Cutlets.
- Scallops of Ham with Italian Sauce.
- Frizzled Boiled Ham.
- Ham Sauce.
- Brown Ham Sauce.
- Gordard Sauce.

Uses of Evaporated Milk

Cocoa.
4 t. cocoa, 4 c. diluted evap. milk, 1/4 c. hot water, 1/4 t. salt.

Scald the diluted evaporated milk. Mix cocoa and sugar, dilute with one-half cup boiling water and cook to a smooth paste, add scalded milk and bring to the boiling point. Beat two minutes with an egg beater, when froth will form and prevent scum which is so disagreeable. A rich cocoa is made by diluting the evaporated milk to one part of milk and two parts water.

Corn Chowder.
2 c. corn (cooked), 4 slices bacon, 1/2 c. medium potatoes, 1/2 c. diluted evap. milk, 1 medium carrot, 1 t. salt.

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IS THE **Sunday Special**

for this week. It's delicious as well as refreshing. You can help your Sunday dinner by serving it.

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ICE CREAM

is the acme of purity and wholesomeness—It's good for you and the kiddies, too.

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Buy Your Meats and Groceries Where Prices Are Lowest and Quality Is Highest

- Choice Steer Boiling Beef, per lb. 9c
 - Choice Steer Beef Roast, per lb. 12 1/2c and 15c
 - Choice Steer Round Steak, per lb. 20c
 - Choice Steer Sirloin Steak, per lb. 20c
 - All brands Creamery Butter, per lb. 64c
 - Sugar Cured Skinned Hams, per lb. 28 1/2c
 - Sugar Cured Picnic Hams, per lb. 19 1/2c
 - Sugar Cured Breakfast Bacon, per lb. 32 1/2c
 - Peerless Laundry Tablets, washes clothes without rubbing, 16 tablets to the box, per box. 25c
- A Full Line of Fresh Fruits and Vegetables at Lowest Prices.

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SELF-RISING PANCAKE FLOUR

Buy Wallpaper at HARPER'S

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The Sign of Quality

The "BASKET" sign on the window means the best grocery and meat store in your neighborhood. It is the sign of quality—of clean, wholesome, pure food products—of marketing economies—of select, high-grade goods. In these days of high prices, you will find a decided saving by patronizing BASKET STORES. Look for the "BASKET" sign on the window and patronize that store. It will pay you.

NEXT WEEK BASKET STORES FEATURE BASKO FLOUR—MADE FROM THE FINEST SELECTED WHEAT—GUARANTEED TO PLEASE YOU. NOTE THESE LOW EVERYDAY PRICES BASKO FLOUR, HIGHEST QUALITY—

48-lb. cotton sacks. \$2.98	BASKO PAN FIRED TEA, FRESH FROM JAPAN, none better; 1 lb., 68c, 1-2 lb. package for 35c
24-lb. cotton sacks. \$1.52	CASH HABIT TEA, always popular, 1-lb. packages, 60c, 1/2-lb. package 31c
TIP BAKING POWDER, 1-lb. cans. 19c	WHITE SYRUP, FOR PRESERVING—10-lb. can, 93c, 5-lb. can. 51c
BASKO PURE EXTRACTS, Vanilla and Lemon, 2-oz., 30c, 1-oz. 15c	BASKO JELLY POWDER, for desserts. 10c
CONYBEAR PURE PRESERVES, 15-oz. 35c	JEFFY JELL, 1 lb., JELL-O, per pkg. 12c
APPLE BASE PRESERVES, 15 oz. 29c	PARAWAX, for jellies, per lb. 16c
BASKO MACARONI, 8-oz. packages. 8c	QUAKER CORN FLAKES, 8-oz. pkg. 10c
BASKO SPAGHETTI, 8-oz. pkg. 8c	QUAKER OATS, large 35c size. 29c
MAZOLA, quarts, 75c, pints. 38c	RUB-NO-MORE, large, 21c, small. 6c
CAMPBELL'S CATSUP, large, 16-oz. 29c	VIRGINIA JULEP, the finest drink to serve when entertaining—very delicious—Large 25-oz. bottles. 82c
WRIGHT'S SALAD AND THOUSAND ISLAND DRESSINGS, choice 35c size, 27c	Small 12-oz. bottles. 42c
CASH HABIT TOMATOES, extra standard, No. 2 can, 14c, No. 3 can. 20c	
CORN SYRUP, 10-lb. can, 82c, 5-lb. 45c	

SPECIAL FOR SATURDAY

Fancy Nebraska-Ohio Potatoes, per lb. 34c	Fancy Beef Pot Roast, per lb. 12c
No. 1 Picnic Hams, per lb. 19c	Rib Boiling Beef, per lb. 16c
Wilson's Nut Margarine, per lb. 32c	Fancy Round Steak, per lb. 25c

SEE BASKET STORES WINDOWS—THERE'S A BASKET STORE NEAR YOU.

Best Quality, None Higher. "Live Better For Less."

Basket Stores Guarantee "Money's Worth or Money Back."

SATURDAY SPECIALS

- Rockyford Pink Meat Cantaloupes, per crate, at \$1.40
 - Cooking Apples, per peck 35c
 - Genuine Jersey Sweet Potatoes, 4 lbs. for 28c
 - Swedish Wafers, regular price 35c, Saturday, at 25c
 - Johnston's Chocolate Covered French Almonds, per lb. 90c
 - Royal Baking Powder, regular price 50c, 43c
 - 24-lb. sack Puritan Flour for \$1.55
 - Fairy Soda Crackers in 6-lb. to 7-lb. cans, per lb. 20c
 - Lux, per pkg. 11c
 - Spring Chickens, per lb., at 33c
- Sommer Bros.**
Harney 188.
28th and Farnam Sts.

EAT SKINNER'S THE BEST MACARONI



OMAR WONDER FLOUR

is the acme of purity and wholesomeness—It's good for you and the kiddies, too.

FAIRMONT CREAMERY CO.

EAT SKINNER'S THE BEST BREAD

SKINNER BAKING COMPANY DOUGLAS-1062

HAMS HAMS HAMS

- We Have Made a Very Good Purchase of About 5,000 Pounds of Smoked California Sugar Cured Picnic Hams; sell regular about 27 1/2c
- per lb., on sale at per lb. 17 1/2c
 - 2,000 Pounds of No. 1 Sugar Cured Skinned Hams, per lb. 29 1/2c
 - 2,000 Pounds of No. 1 Sugar Cured Bacon, per lb. 29 1/2c
 - SPECIAL LARD SALE. Pure Comp. Lard., per lb. 27 1/2c
- FRESH BEEF SPECIALS**
- Round Steak, cut from corn fed beef, per lb. 17 1/2c
 - Sirloin Steak or Porterhouse, per lb. 22 1/2c
 - Pig Pork Loin Roast, fresh, not frozen, per lb. 29 1/2c
 - Rib Beef, to boil, per lb. 8 1/2c
 - Pot Roast of Beef, per lb. 12 1/2c
 - Ham Hocks, per lb. 13 1/2c
 - Pig Pork Chops, lb. 33 1/2c
- SUGAR**
- We sell Granulated Sugar with other purchases. Fresh Crispy Crackers, 20c pkgs. at 15c
 - Fancy Jonathan Apples, hand picked, 4 lbs. for 25c
 - Extra fancy Honeydew Melons, 20c; extra large size for 30c
 - Green Tomatoes, fresh picked, per bushel 75c
- MAIL ORDERS FILLED AT ABOVE PRICES
- OMAHA MARKET**
115 South 16th Street. Telephone D. 2914

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NEW CASH MEAT MARKET
212 NORTH 16TH ST. PLEASE SHOP EARLY
—for—
Quality Meats and Provisions at Lowest of All Low Prices

Extra Special—Sugar Cured Picnic Hams at, per lb., 18 1/2c

Small Lean Pork Shoulders, very choice at, lb., 17c	Native Beef Rib Roasts; special at, per lb., 15c	Choicest Beef Chuck Roast, per lb., 11c	Choice Cuts Round Steak, per lb., 17c	Fresh Cut Hamburger Steak, per lb., 15c	Choice Sirloin Steak at, per lb., 19c
Choice Veal Roast, shoulder cut. 13c	Choice Veal Leg, (1/2 or whole) 10c	Choice Veal Legs, (1/2 or whole) 17c	Choice Veal Loins, kidney in 17c	Choice Veal Chops 18c	Choice Spring Lamb Hindquarters 17c
Choice Spring Lamb Forequarters 11c	Choice Spring Lamb Stew 6c	Choice Frankfurts 18c	Choice Bologna 16c	Choice Liver Sausage 16c	Fresh Polish Sausage 18c
Fresh Garlic Sausage 18c	Fresh Breakfast Sausage 20c	EXTRA SPECIAL			
Fancy Small Lean Pork Loins, (1/2 or whole) 27c	Fresh Spare Ribs 17c	Fresh Neck Rib, 5 lbs. 25c	Fresh Pigs' Feet, 4 lbs. 25c	Fresh Pork Liver, 3 lbs. 15c	Fresh Brains, 10c; 3 lbs. 25c
Fresh Leaf Lard, special at 27c	Choice roll Butterine, 2 lbs. 58c	Lily Brand Butterine 34c	Swift's Premium Butterine 38c	Gem Nut Margarine 30c	Best Creamery Butter 63c
Sugar Cured Breakfast Bacon, (1/2 or whole sides) 31c	Sugar Cured Regular Hams. 30 1/2c	Pure Lard, per lb. 30c	Compound Lard, per lb. 25c	Choice Flank Steak 19c	Choice Hamburger Steak 15c
Choice Porterhouse Steak 20c	Choice Boiling Beef 8c	Choice Beef Pot Roast 11c	Fresh Ox Tails 5c	Little Pig Hearts, 3 lbs. for 25c	Choice Bean Pork 26c

OMAR WONDER FLOUR

Feed the Children Lots of **HARD ROLL BREAD**

It has the nourishing elements so essential for growing youngsters. It makes their bodies strong and their minds quick and active. Serve it to the family at every meal—HARD ROLL BREAD has the greatest food value per loaf money can buy.

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