

THE BEE'S PURE FOOD PAGE

Famous Recipes Enemies of the H. C. of L.

Peel the potatoes and scoop out small balls with a vegetable scoop. Boil these balls gently in slightly salted water until they can be pierced with a splint. Drain carefully, prepare a sugar syrup from two cupsful of maple sugar and half

a cupful of water. Cook until thick, flavor with a teaspoonful of vanilla extract and add part of the potato balls.
Let them simmer until they are covered with a thick coating and are almost transparent. Remove one at a time with a skimmer, roll in chopped nut meats and drop on paraffin paper. They will harden on the outside and make a delicious confection.
Now that we are placed on sugar rations, the delicious "candied sweet potatoes" may seem "an im-

possibility. Good results, however, are obtainable with the use of slightly thinned molasses, corn syrup or honey, used with plenty of oleo. Baste frequently with the syrup that forms in the pan.

Sweet Potato Muffins.
Boil and peel enough sweet potatoes to make three cupfuls when mashed. Stir into this pulp one quart of scalded milk, one tablespoonful of butter, one teaspoonful of salt and let stand until lukewarm. Add one yeast cake dissolved in a little tepid water and enough sifted Victory flour to make a good batter.
Beat well, cover and let rise overnight. When double in bulk add additional flour to make a soft dough, knead for five minutes and again put aside to rise. Roll out, cut the size of muffin rings, place in the greased rings and let stand until very light. Cook on a hot griddle. Chicken gravy can be used in place of the milk.

Grilled Sweet Potatoes.
Boil the potatoes with the skins on, peel and cool. Cut them into slices a quarter of an inch thick, dip in melted chicken fat or bacon dripping, place them on a wire broiler and broil over a clear fire or under the oven jets in a gas range. Brown on both sides and serve very hot, dusted with paprika.
A novel way to prepare "fried sweets" is to cut four cooked, peeled potatoes into long strips. Prepare a syrup from half a cupful of water, one tablespoonful of oleomargarine and cook for three or four minutes. Let the potatoes soak in this syrup about 30 minutes and baste frequently, then drain and dry.
Several "side dishes" and two or more desserts can also be prepared from these tubers. Of the former, potato cakes are very good. These are made from boiled potatoes, peeled after cooking, then mashed finely and all fibrous matter removed. To one quart of this potato add two eggs slightly beaten, two tablespoonfuls of melted oleomargarine, half a teaspoonful of salt, a little paprika and an eighth of a teaspoonful of poultry seasoning. Moisten with half a cupful of hot milk and work with the hands until thoroughly blended. Pat out into a flat cake, cut with a biscuit cutter, roll each in flour and brown quickly in hot fat.

Sweet Potatoes en Casserole.
Roil and peel the potatoes, cool and cut in halves. Cook one tablespoonful of minced onion and the same of minced green pepper in two tablespoonfuls of flour and add slowly one large cupful of canned tomato.
Season to taste with salt, celery salt and a tiny pinch of ground whole cloves; add one teaspoonful of brown sugar and cook for 15 minutes. Strain, arrange the potatoes in a small casserole, pour over the sauce and cook covered for 20 minutes. Uncover, sprinkle with browned bread crumbs, dot with bits of butter and brown over for 10 minutes longer. These are delicious to serve with chops or steak.

Cottage Cheese.
When the curds of cottage cheese refuse to be anything but tough and

Julia Lathrop Speaks



MISS JULIA C. LATHROP

Miss Julia Lathrop of the children's bureau, Washington, D. C., spoke before the Nebraska State Teachers' association Friday morn-

ing on "National Child Welfare Standards." She was formerly at the Hull House in Chicago, where she spent many years.

lumpy, after they have been drained through a cheese-cloth bag, try running them through the food chopper and see how light and delicate they become.

If you want to add piquancy to cottage cheese either purchased at the store or made at home, add a few chopped up cherries. Another way of varying the flavor is to mix in it tiny chopped onions or carrot way seed.

Whiten Yellow Laces.
Take a fruit jar or a glass tumbler if large enough and place the lace, after thoroughly soaping with white soap all the spots, within the glass and fill with cold water, leaving the material to be whitened covered. Place on a window sill or shelf in front of the window, where it will get the sun. Every morning

turn off that water, soap again after rinsing and fill up with fresh water again.

Continue until it is white. Do not fail to freshen it each morning.

Fish Day.
"Do you know, mamma, I think I swallowed a little fish while I was in swimming today."

"All right, Tommie, it's no harm you know today is Friday!"—Yonkers Statesman.

Grandmother's Pudding.

One cupful of Indian meal or other kind, a piece of butter size of an egg, one cupful of molasses, one egg, one teaspoonful of salt and half a teaspoonful each of ginger and cinnamon. Boil one quart of milk and while boiling hot stir in the Indian meal or the kind of meal you have and add the other ingredients. When ready put in a beanpot and add one pint of hot water, without stirring. This is to form the whey. Bake four hours, slowly.

Molasses Mint Taffy.

1 c. molasses 1/4 t. soda
1 t. vinegar 1 drop oil of
1-1/2 t. fat peppermint
1-1/2 t. salt
Boil together the molasses, vinegar, salt and butter until the mixture is brittle when tested in cold water. (Drop a teaspoonful of the mixture on a plate and if it cracks when you take it up it is thoroughly cooked.) Add the soda and peppermint and stir until it stops foaming. Pour into a greased pan. When cool, gather into a ball and pull until light and stiff. Stretch into a long rope and cut into small pieces with scissors. This makes about 40 fair-sized pieces.

Indian Pudding.

One quart of boiling water, five tablespoonfuls of Indian meal, two tablespoonfuls of flour, one good teaspoonful of salt. Make as for mush. When well cooked add half a cupful of molasses, one-quarter cupful of sugar, half a teaspoonful each of nutmeg and ginger, one quart of milk. Pour into a buttered dish and bake three hours in slow oven. Do not stir after it is in the oven.

Date Pudding.

Boil one cupful of rice in two cupfuls of salted boiling water 20 minutes. Drain off remaining water and put in a double boiler with one quart of milk and let cook until the milk is all taken up; stir as little as possible. Stone and wash one package of dates, cook in a saucepan with one cupful of water and one-half cupful of sugar until thick and smooth; flavor with one-half teaspoonful of vanilla. When cool place the rice in a dish and spread the

date mixture on top. Serve with whipped cream.

When Baking Gems.
When filling gem pans with batter leave one of the small sections empty and fill it with water, and the gems will never scorch.

Sandwich Plate.
For a sandwich plate with a tall handle make a few napkins from a worn table cloth, make a hole in the center to fit the handle, hemstitch or if you prefer crochet with blue or white edging, and you have a pretty sandwich napkin.


Butter Pie.

One cupful sugar, yolks of two eggs, butter size of an egg, one tablespoonful flour, pinch salt; cream together and add three-fourths cupful milk. Flavor with lemon and bake. Beat the whites of the eggs and frost.

For Mrs. Walsh.

Mrs. Lillian Jaske entertained informally at her home Wednesday evening in honor of Mrs. Elizabeth Walsh, who leaves soon to make her home in Fairfax, S. D. Fourteen guests, members of the Visiting Nurse association, were present.

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.

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Nut MARGARINE



Were you served with Anchor Nut Margarine on toast and pancakes this morning?

Churned in the Country.
De Wood Butter Co., Evansville, Wis.

Fairmont Creamery Co.

Distributors.

OMAR WONDER FLOUR

Specials in Groceries and Meats for Saturday at the

WASHINGTON MARKET

1407 Douglas Street

Home Dressed Spring Chickens, per lb. 27 1/2c	Young Veal Breast for dressing, per lb. 15c
Prime Rib Roast, per lb. 17 1/2c	Compound Lard, per lb. 25c
Choice Steer Rump Roast, per lb. 17 1/2c	All Brands Creamery Butter, per lb. 69c
Pig Pork Roast, per lb. 18 1/2c	Sugar Cured Ham, lb. 23 1/2c
Choice Steer Pot Roast, per lb. 12 1/2c	Sugar Cured Breakfast Bacon, per lb. 28 1/2c
Short Rib of Beef, per lb. 9c	Large Oe. Tails, each 5c
Young Mutton Leg, per lb. 15c	Fresh Oysters, quart. 65c
Young Mutton Chops, Loin or Rib, 2 lbs. for. 25c	Peerless Laundry Tablets, washes clothes without rubbing, 16 tablets to the box, per box. 25c
Young Veal Chops, per lb. 20c	
Young Veal Roast, per lb. 15c	

We carry a full line of Fruits and Vegetables at the lowest prices.

OMAR WONDER FLOUR

"The turnpike road to people's hearts, I find,
Lies through their mouths, or I mistake mankind."

APPLES

—these beautiful, luscious apples, just received from the famous Wenatchee, Washington, orchards will surely tickle the palate and gladden the heart. It must have been such as these that grew in the Garden of Eden. See them here and scoff not at Adam and Eve.

Buy Them by the Box—They Are Just Right Now.

Sommer's Specialty Shop

CANDIES FRUITS DELICACIES

OMAR WONDER FLOUR

Saturday Specials

2 1/2-lb. tin Airline Strained Honey for \$1.05

Meadow Gold Butter, per pound 69c

Imported Figs, for stewing, per pound 35c

3-lb. can Crisco for . . . 99c

Pure Maple Sugar, at, per pound 42c

New York Buckwheat (old fashioned kind), four-pound sack for . . . 47c

Del Monte Asparagus Tips per can 35c

Per dozen \$4.00

Jones' Dairy Farm Bulk Sausage, 1-lb. pkg. . 42c

Jones' Dairy Farm Link Sausage, 1-lb. pkg. . 46c

Chickens, per lb. . 28 1/2c

SOMMER BROS.,
28th and Farnam Streets.
Harney 188.

Groceries at a Big Sacrifice

Our meat business has grown so that we have decided to close out our entire Grocery Stock and give the entire room for our Meat Department.

Here is your chance to put away your winter supply of fancy and staple groceries for less than our wholesale cost.

In addition to our low prices we will give a special discount of 10% on purchases by the dozens or case lots.

PLEASE COME EARLY AND AVOID THE RUSH

Here Are a Few of Our Low Prices:

Sweet Juicy Navel Oranges, at per dozen. 25c	Macaroni or Spaghetti in 10-lb. boxes, for \$1.18
Palmolive Soap, 15c bars, 3 bars for. 25c	Jelly in glasses, a regular 10c glass, 4 for 25c
Good Cooking Beans, regular 12 1/2c seller, 4 lbs. for 25c	Bulk Cocoa, per lb. 29c
10c bars Toilet Soap. 5c	Tall cans Milk 11c
20c cans Sardines, at. 10c	
25c large can Sardines. 15c	
Macaroni, in bulk, lb. 11 1/2c	

MEAT DEPARTMENT

Choice Beef Steak 15c	Genuine Lamb Stew 7 1/2c	Pork Chops 29 1/2c
Milk Fed Veal Stew 7 1/2c	Sugar Cured Skinned Hams, half or whole 24 1/2c	Pig Pork Roast 17 1/2c

VEAL

Milk-fed Veal Roast, lb. 15c	Pot Roast of Beef, lb. at 14c to 12 1/2c
Milk-fed Veal Chops, lb. 17 1/2c	Choice Corned Beef 12 1/2c
Milk-fed Veal Roast, off the round, per lb. 20c	Hamburgers, fresh made, lb. 12c

GENUINE LAMB

Lamb fore quarters, lb. 11c	Sugar Cured Breakfast Bacon in squares, lb. 24 1/2c
Lamb legs, per lb. 11 1/2c	Comp. Lard, per lb. 27 1/2c

MAIL ORDERS FILLED AT ABOVE PRICES

OMAHA MARKET

115 South 16th Street. Telephone Douglas 2914

CENTRAL MARKET

EVERYTHING FOR THE TABLE

1608-10-12 Harney Street Douglas 1796

Buy your food supplies in the most sanitary market in the country. Our market was equipped with that end in view. Come once and you will come always.

SPECIALS FOR SATURDAY

Strictly Fresh Dressed Spring Chickens, per lb. 29 1/2c	Steer Pot Roast, per lb. 12 1/2c	Prime Rolled Rib Roast, per pound, at. 25c
Fancy Veal Shoulder, Roast, per lb. 15c	Young Pig Pork Roast, per lb. 19 1/2c	Fancy Young Veal Breast, per lb. 12 1/2c
Steer Shoulder Steak, per pound, at. 15c	Swift's Premium Half Ham, per lb. 32 1/2c	Swift's Winchester Lean Breakfast Bacon, per lb. 38 1/2c
Central Market Flour, 48-pound sack at. \$2.98	24-pound sack Pure Rye Flour, per sack, at. \$1.50	New York Pure Buckwheat Flour, per sack. 50c
10 bars Crystal White Soap for. 65c	10 bars Classic White Soap for. 65c	Extra Fancy Seedless Raisins, per lb. 25c
Extra Fancy Large Prunes, per pound, at. 25c	Extra Fancy Large Dried Peaches, per lb. 25c	Extra Fancy Green Stringless Beans, per can, 25c; per doz. \$2.75
Advo Corn, per can. 23c at. \$2.65	Extra Fancy Monarch Evergreen Corn, per can, 22c; doz. \$2.50	J. M. Country Gentleman Corn, per can, 20c; per doz. \$2.20
Mayflower Corn, per can, 15c Per doz. \$1.75	Sunshine Corn, per can. 13c Per doz. \$1.50	Standard Corn, per dozen cans at. \$1.20
No. 2 can Standard Tomatoes, per doz. \$1.50	Karo Syrup, 10-pound cans, at. 85c	Our 6c Central Special Coffee, per lb. 45c

Oh Boy, McCombs' Chocolates, Saturday, per lb. 59c

Extra Fancy Tokay Grapes, per basket, at. 60c	Extra Fancy Grape Fruit, each, 10c; 2 for 15c; 4 for. 25c	Extra Fancy Yams' Sweet Potatoes, per lb. 15c
Strictly Fresh Checked Eggs, per doz. 49c	Fancy Quality Creamery Bulk Butter, per lb. 63c	Fresh Peanut Butter, per pound, at. 20c
Fancy Wisconsin Brick Cheese, per lb. 40c	5-lb. pail Swift's Snowflake Oleo for. \$1.85	Swift's Snowflake Oleo, per pound, at. 38c

BUEHLER BROS.

212 North 16th Street--East

New Cash Market for Quality, Low Prices and Service

Please Shop Early

<h3 style="text-align: center;">Fresh Fancy Killed Chickens Springs or Hens 27 1/2c</h3>	<h3 style="text-align: center;">Pork Chops</h3> <p>Choice Fresh Hams 23 1/2c (Half or whole).</p> <p>Choice Pork Shoulders 18c</p> <p>Fresh Spare Ribs 20c</p> <p>Choice Boston Butts 26c</p> <p>Choice Pork Loin Roast. 26c</p> <p>Choice Pork Tenderloin. 42c</p> <p>Fresh Pig Feet, 4 lbs. 25c</p> <p>Fresh Pig Ears, 4 lbs. 25c</p> <p>Fresh Liver, 2 lbs. 15c</p> <p>Fresh Hearts, 4 lbs. 25c</p>	<h3 style="text-align: center;">BEEF CUTS</h3> <p>Choice Beef Chuck Roast 11c</p> <p>Choice Rib Boiling Beef 9c</p> <p>Choicest Cut Sirloin Steak 20c</p> <p>Choice Cut Round Steak 18c</p> <p>Choice Cut Hamburger Steak 16c</p> <p>Choice Corned Beef 11c</p>
		<h3 style="text-align: center;">GENUINE SPRING LAMB</h3> <p>Hindquarters, special at 17c</p> <p>Forequarters, special at 11c</p> <p>Choice Lamb Chops 20c</p> <p>Choice Lamb Stew 10c</p>
		<h3 style="text-align: center;">BUTTERINE SPECIALS</h3> <p>Gem Nut, special at 27c</p> <p>Swift's Premium, special at 33c</p> <p>Lincoln Brand, special 39c</p> <p>Atlas Brand, special at 30c</p> <p>Lily Brand, special at 32c</p> <p>Creamery Butter, special at 70c</p>

EXTRA SPECIAL

Prime Beef Rib Roast 14c

Veal Cuts

Choice Shoulder Roast . . . 12 1/2c

Choice Veal Stew 11c

Choice Veal Chops 18c

Choice Veal Steak 22c

Choice Veal Legs (half or whole) at 18c

Choice Veal Loins, (half or whole), at 17c

Smoked Meats

Sugar Cured Picnic Hams. . . 17c

Sugar Cured Regular Hams. . 25c

Sugar Cured Skinned Hams. . 24c

Sugar Cured Breakfast Bacon, (half or whole sides) . . . 29c

Fancy Strip Bacon 27c

Choice Frankfurt 18c

Choice Garlic Sausage 18c

Choice Polish Sausage 18c

Fresh Liver Sausage 16c

Fresh Bologna 16c

Fancy Summer Sausage. . . 25c

Fresh Breakfast Sausage . . . 20c