

THE BEE'S PURE FOOD PAGE

The success of your Sunday dinner depends largely on the dessert you serve.

"Nesserode Pudding"

Rich, tempting and delicious—an ideal dessert for your Sunday dinner.

The **Delicia** ICE CREAM Sunday Special

Your druggist can supply you

Fairmont Creamery Co.

OMAR WONDER FLOUR

The Bee's Household Arts Department

Anything more delicious than well baked home-made bread it would be hard to find. In fact there is more truth than poetry about the old saw, "That a piece of good bread is far better than a piece of poor cake. All of the recipes that follow are not at all difficult, and each has been tried and pronounced excellent by some housewife who, through experience, ought to know whereof she speaks. Give one or all of them a trial. They are sure to meet with your approval.

Baking Powder Biscuit.
Mix two cupfuls of flour, one teaspoonful of salt, four teaspoonfuls baking powder and sift three or four times. Work in one tablespoonful of butter and one of lard with fingertips and add three-quarters of a cup equal parts of milk and water gradually, mixing with knife. When stiff enough to be handled, turn on a well floured board and toss till well floured, but do not knead the dough. Pat with the pin until dough is of a half inch thickness. Cut with knife or shape with small biscuit cutter.

Mother's Brown Bread.
Two cupfuls cornmeal, one cupful flour, two cupfuls sweet milk, one cupful sour milk, half a cup molasses, one teaspoonful of soda and salt. Steam four hours, and the longer the better it is.

Butter Cakes.
Two cupfuls of flour, one level teaspoonful salt, two level teaspoonfuls of butter and lard mixed, one teaspoonful baking powder, about one cupful milk. Mix and cut like biscuits, fry on a greased griddle until browned on both sides. They can be prepared more quickly than biscuits.

Raised Nut Bread.
Soften a quarter of a yeast cake in two tablespoonfuls of warm water, add one cupful of scalded and cooled milk, one-quarter cup dark molasses, one teaspoonful of salt, two and half cupfuls of entire wheat

flour and a half a cup of walnut meats. Mix and knead until smooth. Let rise until double its bulk, adding the chopped nuts in the last kneading. Shape in two loaves, let rise again and bake.

Sour Milk Biscuits.
Three cupfuls of flour, one-half teaspoonful of salt, one teaspoonful of soda, three tablespoonfuls of cooking oil, one cupful of sour milk. Put the flour, soda and salt through the sifter, then rub in the cooking oil and mix with the sour milk. Dip a tablespoon into flour and form biscuits with the mixture.

Brown Bread.
One cupful of bread flour, two cupfuls of graham flour, one cupful of raisins, one teaspoonful of salt, one tablespoonful of soda, one-half cup of brown or white sugar, one-half cup of molasses, one pint of milk. Soak raisins in cold water one hour. Steam two hours in coffee cans. This makes two loaves.

Golden Muffins.
One and one-half cupfuls of flour (level), four level teaspoonfuls of baking powder, two tablespoonfuls of sugar, one teaspoonful of salt, three cupfuls of milk (generous), two tablespoonfuls of butter, one egg. (All measurements level.) Sift flour, baking powder, salt and sugar four times, add milk gradually while stirring all the time. When no lumps appear add butter (melted); add egg, beat well and pour in pans and bake 20 minutes in hot oven. This will make a dozen muffins that are delicious.

Bread and Cheese Pudding.
Put a breakfast cup of milk into a saucepan with a piece of butter size of a large egg, let it remain until the butter is melted, then pour it over three-quarters of a pound of bread crumbs and one-half pound of grated cheese; let these soak for 20 minutes, then add a pinch of salt and 4 eggs well-beaten; pour the mixture into a well buttered dish and bake in a quick oven; this is a good way to finish up rather dry crusts of cheese. Time to bake, three-quarters of an hour.

Waffles, Cornmeal.
To the beaten yolks of 3 eggs add 1 quart of sour milk or buttermilk, cornmeal to make a batter, a little thicker than for pancakes, 1 teaspoonful salt, 1 of soda dissolved in a little warm water, then the well-beaten whites; stir thoroughly, bake at once in waffle irons.

Soup Plate Chops.
Place 4 good lamb chops in an old crockery soup plate. Put over top one onion, cut thin. Lay potatoes, cut thin, over onion. Make a pastry border around outside edge of soup plate, fill with cold water, press another soup plate on top, pressing down on pastry; bake one and one-half hours.

Indian Pudding Without Eggs.
Mix one-half teaspoonful each of ginger, cinnamon and salt with 1 cup of cornmeal and one-half cup of molasses. Put into a saucepan, add 1 pint scalding hot milk (set on the stove and stir until thoroughly scalded and bubbling), then add another pint of milk. Stir well, pour into a buttered baking dish and bake

for two hours in a moderate oven, stirring occasionally. Two juicy apples, pared and chopped, and added at the end of the first hour improve the pudding. Serve with cream.

Potato Salad Dressing.
A delicious salad dressing for plain lettuce can be made with mashed potatoes as a foundation. This calls for one-half cupful of mashed potatoes seasoned with a teaspoonful each of mustard and salt and sugar. Add one tablespoonful of vinegar. Press through a sieve, and add three-quarters of a cupful of olive oil very gradually and another tablespoonful of vinegar.

Grandma's Liver Dumplings.
Two pounds of liver chopped fine with an onion, one loaf stale bread soaked soft and squeezed dry; mix liver and bread with good seasoning of pepper, salt, sweet marjoram or summer savory, pinch ground cloves and three or four eggs, flour to make stiff dough, drop mixture from spoon into boiling salted water, test one or two to see if they hold together well; if not, add a little more flour; boil from five to ten minutes; cut one to see if thoroughly cooked. Take from liquor and serve so; or chill, slice, fry a nice brown and garnish with scrambled egg or browned crumbs. The liquor with the bits of meat left on it makes a tasty and nourishing soup and is also economical.

CREAMED DRIED BEEF ON TOAST.
1 c evaporated milk, 1 c flour, 1 c butter, 1/2 t paprika, 1/2 t onion, 1/2 t salt, 1/2 t pepper, 1/2 t celery, 1/2 t butter or substit. 1 c cracker crumbs, 1/2 c sliced toast.

Put evaporated milk and water over fire in a double boiler; add the onion and celery; cook about 15 minutes, then add the dried beef, paprika, cream, the oleomargarine, beat in the flour, salt and paprika, and stir into the hot milk; continue to stir until smooth and somewhat thickened. Cover and cook for 15 minutes. Cut the dried beef into cubes or shred, and stir into the hot milk, arrange the hot toast on a platter, and place two tablespoonfuls of the creamed beef on toast. Serve hot.

Capser Sauce.
Take about half a pint of good melted butter; stir into it one and a half tablespoonfuls capers and two

Evaporated Milk

A nation-wide campaign has just been launched to reduce the price of milk. The housewife can aid materially by using evaporated milk. This is a wholesome product; it goes away with the danger of souring, and can be purchased in large quantities. It is excellent for use in cream soups, in sauces for vegetables, fish and meats, whipped puddings and beverages, in cakes, in ice cream, and candies.

Evaporated milk is milk that has been heated to 135 degrees in a vacuum to sterilize it and insure its keeping qualities when canned. The heating of the milk breaks down or melts the fat globules, reducing them to a liquid state. The composition of the milk is in no way changed.

For baking purposes, use one part milk to three parts water. For use as whole milk, use one cup of milk to two and one-fourth cups of water.

Evaporated milk may be whipped and used in place of whipped cream as a topping. The fat of evaporated milk is in liquid form. To whip evaporated milk, the fat must be present in the form of a solid. Heat the milk to the simmering point and then quickly chill it by surrounding the container with ice. This instantly cools and solidifies the fat globules. Whip in the usual manner.

Evaporated milk may be purchased in six and 16-ounce cans. In the small can there is three-fourths of a cup of milk and the larger size contains two cupfuls. Below are suggested recipes for using evaporated milk:

teaspoonfuls vinegar. Stir the sauce over the fire, simmering it very gently for about a minute. Serve in a sauce tureen. If you have no caners you can use pickled gherkins, pickled nasturtium pods, French beans or canned peas, cut small.

OMAR WONDER FLOUR

THRIFT MENUS.

BREAKFAST
Fruit Juice
Wheat Cakes
Devonshire Sausage
Coffee

LUNCHEON
Pork and Beans
Boston Brown Bread
Baked Apple
Milk

DINNER
Vegetable Soup
Baked Ham with Potatoes
Cabbage Salad
Hot Biscuits
Marmalade

BREAKFAST
Orange
Rice Omelet on Toast
Coffee

LUNCHEON
Sliced Summer Sausage
Hot Graham Gems
Fruit Salad
Wafers

DINNER
Shrimp Cocktail
Rolled Stuffed Flank Steak
Browned Potatoes
Lettuce Salad
Peace Shortcake
Coffee

SPECIALS FOR SATURDAY

Pig Pork Roast, per lb. 19 1/2c
Fresh Hams, half or whole, per lb. 24 1/2c
Small Lean Pork Chops, lb. 25c
Pork Tenderloin, per lb. 19 1/2c
Fresh Spare Ribs, lb. 19 1/2c
Ex. Fancy Veal Roast, lb. 17 1/2c
Ex. Fancy Veal Breast, per lb. 12 1/2c
Ex. Fancy Chops, lb. 20c
Veal Round Steak, per lb. 30c
Strictly Fresh Eggs, just arrived from the country, doz. 64c
Peerless Laundry Tablets, washes clothes without rubbing, 16 tablets to the box, per box 25c
Full line of fruits and vegetables at the lowest prices.

WASHINGTON MARKET
1407 Douglas Street

OMAR WONDER FLOUR

OMAR WONDER FLOUR

CENTRAL MARKET
1608-10-12 Harney St.
Phone Douglas 1796

Even the new, inexperienced housekeeper enjoys shopping at the Central Market. She does not have to spend a whole weary afternoon going from place to place. She simply steps into the Central Market on her way to the matinee and selects everything for the table in a few minutes. Here her inexperience is no drawback, for the same courteous service and the choicest of wholesome food stuffs await every customer. Come once and you will come always.

Fancy Steer Pot Roast, per lb. 16 1/2c	Prime Rolled Rib Roast, per lb. 30c	Fancy Pig Pork Loin Roast, per lb. 25 1/2c
Young Roasting Chickens, fancy fresh dressed, per lb. 33 1/2c	Fancy Young Veal Roast, per lb. 20c	Fancy Young Veal Breast, per lb. 12 1/2c
Fresh Pig Pork Spare Ribs, per lb. 19 1/2c	Morrell's Lean Breakfast Bacon, lb. 42 1/2c	Fancy Pig Pork Breakfast Sausage, lb. 27 1/2c
48-lb sack Central Market Flour \$3.35	8-lb sack Pure Buckwheat Flour .75c	Bulk Oatmeal, 5 lbs. for. 25c
24-lb sack Pure Rye Flour, at \$1.45	4-lb sack Pure Buckwheat Flour .38c	Crisco, per lb. 35c
10 Bars D. C. Soap .98c	10 Bars Crystal White Soap, for .75c	Snowdrift, per lb. can. 35c
10 Bars White Classic Soap, for .65c	3 Bars Creme Oil Soap .25c	Macaroni, Spaghetti, per lb. 15c
Gal. Cans Blackberries, 98c	Gal. cans Pineapples .98c	Fancy Pears, per can. 40c
Fancy Prunes, per lb. 20c	Fancy Dried Peaches, lb. 25c	No. 3 cans Sweet Potatoes, for 20c
No. 3 cans Tomatoes, per can, 10c; per doz. \$1.15	Sweet Corn, per can. 10c; per doz. \$1.15	Item's Fancy Sodas, per lb. 19c
McCorm's Home Made Chocolates, 70c quality, Saturday only, per lb. 59c	Extra Fancy Country Butter, in 2-lb. Rolls, per lb. 59c	Fancy Mixed Cookies, lb. 22 1/2c
Strictly Fresh Checked Eggs, in Cartons, per doz. 52c	Fancy Jonathan Apples, small size, per box. \$3	Wisconsin Full Cream Cheese, per lb. 37c
Fancy Gano Apples, per box. \$2.50	Extra Fancy Limes	Spanish Endive
Fresh Pineapples	Fresh Cucumbers	Celery Cabbage
Fresh Kumquats	Fresh Tomatoes	Dromedary Dates
Italian Chestnuts	Tangerines	

Boston Market

113 NORTH 16TH ST. — DOUGLAS 1089

Fresh Dressed Spring Chickens, lb. 23c

PORK CUTS
Fresh Pork Loins, lb. 23 1/2c
Pure Leaf Lard, lb. 27 1/2c
Choice Fresh Picnic Hams, per lb. 17 1/2c
Fresh Pork Chops, lb. 25c
Compound Lard, lb. 26 1/2c
Fresh Liver, lb. 25c
Fresh Neck Ribs, 4 lbs. 25c

CHOICE LAMB
Lamb Hindquarters, per lb. 17 1/2c
Lamb Forequarters, per lb. 11 1/2c
Lamb Stew, lb. 7 1/2c

SMOKED MEATS
Skinned Hams, lb. 22 1/2c
Smoked Picnic Hams, per lb. 19c
Sugar Cured Bacon, per lb. 27 1/2c
Cudahy's Puritan Bacon, per lb. 44c
Swift's Premium Hams, per lb. 32c

Armour's Veribest Rolls
Butterine, lb. 35c

BEEF SPECIALS
Choice Rib Boiling Beef, per lb. 8 1/2c
Steer Steak, lb. 12 1/2c
Choice Beef Roasts, lb. 11 1/2c

VEAL CUTS
Choice Veal Breasts, per lb. 13 1/2c
Choice Veal Roasts, per lb. 16 1/2c
Choice Veal Chops 18 1/2c

Nut-Ola
Nut-Ola, per lb. 29c
Glendale, per lb. 37c
Butter Cup, per lb. 35c
Veribest, per lb. 37c

Swift's Premium, lb. 37c
Swift's Gem Nut, lb. 29c
Swift's Lincoln Brand, 27c

WHY PAY MORE?

ROUND STEAK 20c	CHOICE CHUCK STEAK 15c	SHORT CUTS STEAK 25c
BEEF POT ROAST 12 1/2c	BEEF TO BOIL 9c	MUTTON STEW 6 lbs. for 25c
MUTTON ROAST 9c	MUTTON CHOPS 12 1/2c	MUTTON LEGS 12 1/2c

SPECIALS IN FRESH PORK
Pork Chops, lb. 23 1/2c
Pork Loin Roast, lb. 23c
Pork Shoulder Roast, lb. 19 1/2c
Pork Butt Roast, lb. 24 1/2c
Spare Ribs, lb. 20c
Pork Neck Bones, 4 lbs. for 25c

MILK-FED VEAL SPECIALS
Milk-Fed Veal Stew, lb. 10c
Milk-Fed Veal Roast, lb. 15c
Milk-Fed Veal Chops, lb. 17 1/2c

SMOKED MEATS SPECIALS
Wiennies, per lb. 17 1/2c
Liver Sausage, lb. 17 1/2c
Bologna Sausage, lb. 17 1/2c
Sugar Cured Bacon, lb. 27 1/2c

BUTTER AND BUTTERINE SPECIALS
Meadow Grove Creamery Butter, lb. 67 1/2c
Fancy Country Butter, lb. 59c
Wilson's Nut Oleo, lb. 30c
Wilson's Golden Roll, lb. 39c

OMAHA MARKET

MAIL ORDERS FILLED AT ABOVE PRICES
115 South 16th Street.

Basket Stores Will Help You Vary Your Menu and Reduce Your Living Costs

Especially attention is invited to the displays of UNUSUAL MEATS in ALL BASKET STORES MEAT MARKETS this week. The use of these MEATS will give you an appreciated change in your diet and will decidedly reduce your living costs, the savings through the use of some of the less familiar items being often 50 cents on the dollar.

COME IN AND SEE THIS DISPLAY OF UNUSUAL MEATS. GET A FREE BOOKLET ENTITLED "PALATABLE DISHES FROM INEXPENSIVE MEATS." THE DISPLAY IS WORTH SEEING.

NOTE THESE UNUSUAL MEATS AND THE LOW PRICES.

PORK FEET—May be pickled, boiled, baked or fried in several delicious ways, lb. 10c
PORK LIVERS—Many ways of serving them; they always please, lb. 6c
BEEF LIVERS—Wholesome and very appetizing, lb. 10c
PORK TAILS—Full of nutriment, lb. 20c
PORK EARS—Cheap palatable, lb. 10c
PORK HEARTS—A staple article of diet in many homes and may be economically served in many attractive ways, lb. 10c
PORK KIDNEYS—An essential meat, should be more generally used, lb. 10c
SHEEP PLUCKS—A delightful food, lb. 19c
PORK SNOUTS—A rare delicacy, lb. 17c
PORK LIPS—High food value, low cost, per lb. 11c
BEEF BRAINS—A savory meat food, lb. 10c

SPECIALS FOR SATURDAY AND MONDAY.
FANCY CORN-FED POT ROAST, lb. 12 1/2c
FANCY CORN-FED ROUND STEAK, lb. 22c
NO. 1 SMOKED SKINNED HAMS, lb. 24 1/2c
ORANGES—A Specially Fine Lot—Range of sizes—dozen. 26c to 88c Per box. \$5.75—Per half box. \$2.95

U. S. Government Flour now on sale in all Basket Stores, per sack. \$1.55

GRANULATED SUGAR—A Limited Supply—In ALL BASKET STORES

SPECIALS DAILY—Watch For Them—In ALL BASKET STORES.

OMAR WONDER FLOUR

OMAR WONDER FLOUR

BUEHLER BROS.

FOUR NEW CASH MEAT MARKETS
All Our Meats Are Government Inspected
FOR QUALITY, SERVICE AND LOW PRICES

Sugar Cured Breakfast Bacon (1/2 or whole) 31c	Fresh Spare Ribs 20c	Fancy Small Lean Shoulders 18 1/2c	212 No. 16th St., Omaha.	634 W. Broadway, Council Bluffs.	Choice Beef Pot Roast 12 1/2c	Choice Round Steak 20c
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BEEF CUTS Choice Rib Boiling Beef. 9c Prime Rib Roast. 20c Choice Round Steak. 20c Choice Pot Roast. 12 1/2c Choice Sirloin Steak. 23c Fresh Cut Hamburger. 18c Fresh Ox Tails, each. 5c Choice Beef Chuck Roast. 14c	VEAL CUTS Fancy Veal Breast. 13c Fancy Veal Roast. 15c Fancy Veal Chops. 18c Fancy Veal Legs (1/2 or whole). 18 1/2c Fancy Veal Loins. 18 1/2c	PORK CUTS Choice Pork Loin Roast. 23c Fancy Pork Chops. 26c Fresh Boston Butts. 23c Fresh Spare Ribs. 20c Fresh Leaf Lard. 25c Fresh Side Pork. 26c Fresh Skinned Ham (1/2 or whole). 24c Pure Lard. 27c Compound. 25c Fresh Neck Ribs, 4 lbs. 25c Fresh Pig Kidneys, 4 lbs. 25c Fresh Pig Ears, 4 lbs. 25c Fresh Pig Tails. 15c Fresh Pig Feet, 3 lbs. 25c Fresh Pig Liver. 5c Fancy Bean Pork. 25c
GENUINE LAMB Fancy Forequarters. 15c Fancy Hindquarters. 19c Fancy Lamb Chops. 25c	SMOKED MEATS Swift's Empire Breakfast Bacon. 28c Sugar Cured Strip Bacon. 25c Armour Star Bacon. 41c Armour Star Skinned Hams. 32c Cudahy's Puritan Bacon. 41c	SPECIALS DAILY U. S. Government Flour now on sale in all Basket Stores, per sack. \$1.55
CHEESE Fancy Cream Cheese. 36c Fancy Brick Cheese. 36c Fancy Summer Sausage. 25c	SAUSAGE AND COOKED MEATS Choice Wienies and Frankfurts. 18c Choice Polish Sausage. 18c	Special Prices on Swift's Butterine