

THE BEE'S PURE FOOD PAGE

The Bee's Household Arts Department

Rice Fritters.

Half cupful of rice cooked well in water with a tablespoonful of butter, pinch of salt, two tablespoonfuls of sugar. When tender remove to cool; then a cupful of milk, two cupfuls of flour, two teaspoonfuls baking powder. Drip from the tip of a tablespoon and fry in a deep fat until a golden brown. Serve with sugar syrup made from a cup of brown sugar a cup of water or more. Let come to a boil and pour over and serve on platter.

No Egg Griddle Cakes.

Three cupfuls flour, three teaspoonfuls baking powder, one-half cupful of milk, two cupfuls of sugar. Sift the dry ingredients together and add the milk and make a soft batter. Bake immediately on hot griddle. Serve with maple syrup.

Sour Milk Pancakes.

One pint each flour and sour milk, one-half cupful of sugar, one-third cupful of molasses, one level teaspoonful soda. Bake on a hot griddle.

Hot Cornbread.

Two cupfuls of flour, one cupful of sugar, one cupful of milk, one cupful of cornmeal, one cupful of butter, one cupful of molasses, one cupful of flour, one cupful of white flour. After all are well mixed add one tablespoonful melted butter.

Nut Brown Bread.

One-half cupful sugar, one-half cupful molasses, two cupfuls of flour, one cupful of white flour and three cupfuls graham, sifted together, one-half cupful of salt, two scant teaspoonfuls soda, one cupful of molasses, one-half cupful of butter or lard.

Eggless Doughnuts.

One cupful sugar, one cupful of milk, one-half cupful of salt, a little nutmeg, one teaspoonful soda. Mix quite soft.

Eggless Cup Cookies.

One cupful sugar, one cupful of water, one cupful of raisins, half cupful of butter and lard mixed, one teaspoonful cinnamon, half teaspoonful cloves. Boil all together and when cool add one teaspoonful of soda and two cupfuls of flour. Bake in gem pans.

Eggless Apple Cake.

Two cupfuls of flour, one cupful of sugar, one cupful of milk, one cupful of molasses, two-thirds cupful of soda, one-half cupful of flour, one-half cupful of raisins, one-half cupful of cinnamon and nutmeg. Put in two-quart basin and steam one

and three-quarters hours. Serve with boiled sauce.

Dresden Pudding.

Chop finely a quarter of a pound of beef suet and mix it with one-half a pound of stale bread crumbs and a can of cherries; add one-half cupful of sugar, one-half cupful of molasses, one-half cupful of vanilla essence and mix all well. Place this mixture in a well greased pudding dish, cover with greased paper and steam for three hours. Turn out and serve with a sauce made by grating the rind of an orange to one cupful of corn syrup and pour over the pudding.

Cucumber Sauce.

One cucumber, grated; two tablespoonfuls lemon, half cup whipping cream, juice or mild vinegar, one-quarter teaspoonful salt. Beat the cream until stiff. And the acid and salt slowly and then fold in the grated cucumber.

SELECTIVE MENUS.

To form a reasonably balanced meal, select one article from each "group" contained in the meal. Breakfast, for instance, has five groups, the fruit, the cereal, the bread, the main dish, and the beverage.

Hints on Combination for Supper or Luncheon.

(1). While any soup is a well-combined meal, these meals offer a most favorable opportunity for presenting mock turtle soup, oxtail soup, pea and bean soups, chowders and stews. Any one of these dishes is hearty enough to warrant its service as the main dish of the meal.

(2). A lighter soup may be followed with baked beans and pork, cold meat, eggs in any one of a great variety of ways, fish in salad or creamed on toast, or cooked vegetables in jelly beef extract.

Suit Renovation.

Lay suit on ironing board. Get ready a dish of warm water some good laundry soap a damp rag and a clean, dry cloth.

Greasy spots and shiny places on the suit can be removed by rubbing with slightly wet rag, moistened with soap, and when clean, wipe away with clean, dry cloth.

The whole suit can then be sponged with the soap lather, a little at a time, and dried at once with a clean cloth or rag. The result will be most satisfactory, after which iron the suit with an almost dry cloth for protection against the iron.

Mrs. Humphrey Ward is a granddaughter of Dr. Thomas Arnold of Rugby fame, and a niece of the poet, Matthew Arnold.

Lovelorn

BY BEATRICE FAIRFAX

Puzzled.

Dear Miss Fairfax, Omaha Bee: As I have been so pleased with the answers to some of the other puzzles put up before you, I have decided to bring my troubles to you. I am a young lady of 19 years. I have been keeping company with a young man for some months. We were not engaged, as my father objected. He has kept company for a few times with other girls. This made me very angry. I asked him about it. He at first denied it, but afterwards owned up. I have not went with him since. Was I right or should I have spoken to him? If I was wrong should I make up with him now, as he is very anxious? Is it permissible for a boy to put his arm around a girl when she is driving his car and he is in the front seat with her? Is it right for a boy to put on a girl's rubbers when he is going to accompany her home? How is my English and my writing, as I am a senior?

BROWN EYES.

Why should you object to him going with other girls if your father would not sanction your engagement? You had no right to dictate to him. The driver of a car should not be hampered by arms—it is not only silly but decidedly dangerous. It is permissible and shows good manners for the young man to put on the young lady's rubbers. Your English and writing are fair.

Children.

Dear Miss Fairfax, Omaha Bee: We are a bunch of girls, about 14. Do you think it O. K. for us to have boy friends and to have parties at night, and also do you think it proper for girls of our age to wear our hair up and put over our ears, and about how long should we wear our dresses? We hope to see this in print soon.

A BUNCH OF CROCODILES. Fourteen-year-old girls should be thinking of their studies instead of boy friends. Your writing is poor and, no doubt, your other classes suffer for want of application. Wear your hair over your ears if you like but keep it down. The length of your dresses should be governed by your height.

A Nebraska Sunflower.

Dear Miss Fairfax, Omaha Bee: I have been a constant reader of your section of The Bee and come to you for advice, as many others do. I am 19 years of age and just out of school. I want to ask you this: "Why is it that the boys never ask me to go with them, even though they do speak to me?" I am considered good looking, with the excep-

tion of my big feet. Is this why they don't ask me to go with them? I dress well in every way and wonder what else it could be besides my feet. I like all sorts of clean outdoor sports and am greatly perplexed about it, as I am lonesome.

At one time I was bashful, and do you think that the boys still have that opinion of me, or is it on account of leap year that they do not ask?

The only thing that I have that makes me think any one cares for me is this: The other day I received a beautiful bouquet of red and white carnations from some one unknown to me. Is this some one that is secretly trying to win my love?

Closing for this time and thanking you in advance, I am, A NEBRASKA SUNFLOWER.

If what you say of yourself is true, you need not worry, because sooner or later you will attract the right kind of young man. Good men like wholesome, pleasant and neatly dressed women. You are no doubt overly sensitive about your feet. Keep them well shod in good plain shoes, of black or tan, omitting the fancy makes and colors, which attract attention and give an impression of largeness. You are evidently longing for romance, which is natural for a girl of your age. The romance will come. Keep yourself sweet and modest and happy-minded and the end of the chapter will be all joy.

Patience Advised.

Dear Miss Fairfax, Omaha Bee: I am a girl of 18. I go with a girl of 18. She is a nice girl, but her folks are grouchy and do not wish me to go with her. Mine also object. What are we to do? We love each other and we cannot see each other unless we meet on a street corner and I don't think that is the best thing to do.

Shall we get married without our folks' consent?

Hoping to see this in print Sunday or Monday.

"I'LL NEVER TELL." P. S.—Is my writing acceptable? I advise a little patience on your part. Parents are usually good

judges for their children, but a boy of 23 ought to have developed enough sense to think for himself on some occasions. It is sometimes difficult for parents to realize it when their children are grown. Better have a good heart-to-heart talk with your father and mother and see if you can't gain their sympathy. Let the girl have a confidential talk with her mother also. I admire you for not wishing to meet on the street corner. Be honorable and open in all you do. If you really love the girl, you can wait several years for her if necessary, and in the meantime conduct yourself so that her parents will be bound to respect you. Do not marry without your parents' consent, at least for several years. Your writing is acceptable.

Too Young.

Dear Miss Fairfax, Omaha Bee: We are two girls and like two boys. They like us, too, but whenever they call us up mother doesn't like it and makes us close the phone.

THE FOOD

You eat is the first step toward perfect health and increased vitality, provided it is pure and wholesome. When you order from you can always depend on purity, quality and lowest cash prices.

Carnation milk, tall cans, 14c
Wilson Milk, tall cans, 2 for, 25c
Can for, 15c
Eggs, strictly fresh country, doz., 85c
Butter, best cream, no seconds, 65c
Lard, pure kettle rendered, lb., 27c
Compound lard, per lb., 25c
String Beans, cut, per can, 10c
Tomato Soup, per can, 10c
Red Beans, per can, 10c
Peas, Tender, per can, 10c
Nuts, Oreo, sweet and creamy, lb., 35c
Pancake Flour, 2 1/2 lbs. per bag, 29c
Lea & Perrin's Sauce, 40c size, 29c
Tender, juicy, enjoyable meats at bottom cash prices.

Tom Johnson

2002-4 Lake St.
Web. 1575.

Boston Market

113 NORTH 16TH ST.—DOUGLAS 1089

PORK CUTS

Pure Leaf Lard, 23 1/2c
Fresh Pork Loins, 23 1/2c
Fresh Picnic Hams, 18 1/2c
Fresh Pork Chops, 25c
Fresh Liver, 5c
Fresh Neck Bones, 5c
Pure Silver Lard, 24 1/2c

SMOKED MEATS

Skinned Hams, 24 1/2c
Sugar Cured Bacon, 23 1/2c
Cudahy's Puritan Bacon, lb., 44c
Swift's Premium Brand Hams, 32c
Dressed Spring Chickens, lb., 23c

BEEF SPECIALS

Rib Boiling Beef, 8 1/2c
Steer Steak, 18 1/2c
Choice Beef Roast, 11 1/2c

VEAL CUTS

Veal Breasts, 12 1/2c
Veal Roast, 14 1/2c
Veal Chops, 17 1/2c

CHOICE LAMB

Lamb Roast, 11 1/2c
Lamb Stew, 7 1/2c
Lamb Legs, 18 1/2c



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

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

ORDER HARD ROLL BREAD



Every Day Is a Bargain Day at the Washington Market

Beef Suet, per lb., 12 1/2c
Boiling Beef, per lb., 7 1/2c
Steer Beef Roast, lb., 12 1/2c
Pork Chops, per lb., 22 1/2c
Fresh Spare Ribs, per lb., 19 1/2c
Fancy Halibut, Salmon or Ling Cod Fish, per lb., 15c
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



Extra Fancy White Idaho Potatoes, sack lots, per lb., 5c
Extra Fancy White Idaho Potatoes, sack lots, per lb., 5c
Kumquats
Strawberries
Rhubarb
French Endive.

CENTRAL MARKET

1608-10-12 Harney Street Douglas 1796

There is satisfaction in economizing when economy just means shopping at the Central Market. Enjoy the choice of our wide variety of wholesome foodstuffs and our courteous, efficient service while you economize. Come once and you come always.

SPECIALS FOR SATURDAY'S SELLING

Fresh Dressed Roasting Chickens, per lb., 33 1/2c	Best Cuts Fancy Steer Pot Roast, per lb., 15c	Prime Rolled Rib Roast, per lb., 30c
Pig Pork Loin Roast, per lb., 26 1/2c	Fancy Young Veal Roast, per lb., 20c	Fancy Young Veal Breast, per lb., 13 1/2c
Central Market Flour, 48-lb. sack, \$3.25	24-lb. sack Central Flour, \$1.65	24-lb. sack Pure Rye Flour, \$1.50
4-lb. sack Miller's Made Pancake Flour, 35c	4-lb. sack Pure Advo Buckwheat Flour, 35c	Extra Fancy Prunes, reg. 35c grade, lb., 25c
Dried Peaches, per lb., 25c	30c package Life of Wheat, at, pkg., 15c	Monarch Brand Evergreen Corn, 25c grade, 22 1/2c
Mayflower Peas, per can, 17 1/2c	Per doz., \$2.00	Per doz., \$2.60
Advo Maine Corn, 25c grade, can, 22 1/2c	Per doz., \$2.60	No. 3 can Fancy Peaches, 50c grade, 43c
No. 3 can Pears, 40c	Hart Brand Spinach, No. 3 can, 20c	No. 3 can Tangier Pineapples, 38c
Iten's Cottage Cake, per lb., 32c	McComb's Home Made Chocolates, 70c quality, Special, per lb., 59c	Swift's Snowflake and Premium Oleo, 2-lb. pkg., 78c
Strictly Fresh Checked Eggs, in Cartons, per doz., 48c	No. 1 Selected Storage Eggs, in Cartons, per doz., 37c	Fancy June New York White Cheese, per lb., 45c
Fancy Cabbage, per lb., 7 1/2c	Extra Fancy Fresh Country Butter, 2-lb. rolls, per lb., 54c	Extra Fancy Kilm Dry Sweet Potatoes, per lb., 7 1/2c
Fancy Old Wisconsin Brick Cheese, per lb., 32c	Red or Yellow Onions, per lb., 7 1/2c	

Increased Sales

"The proof of the pudding is in the eating." So runs the old proverb. The gain in the sale of A. Bakke's TOP NOTCH BREAD is traceable to the fact that it satisfies the appetite.

Wrapped in Sanitary Oil Paper.

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Made in Omaha.

Bakke Baking Co.

OMAR WONDER FLOUR

ORDER HARD ROLL BREAD

OMAR WONDER FLOUR

ORDER HARD ROLL BREAD

Sugar Cured Breakfast Bacon (1/2 or whole) 31c

Choice Rib Boiling Beef 9c

Choice Beef Pot Roast 11c

212 No. 16th St. Omaha

2408 Cuming St. Omaha

Please Shop Early.

634 Broadway Co. Bluffs

4903 So. 24th So. Omaha

Choice Chuck Steak 15c

Pure Lard 25c

BEEF CUTS

Choice Rib Boiling Beef, 9c
Choice Beef Pot Roast, 11c
Choice Beef Chuck Roast, 12 1/2c
Choice Beef Rib Roast, 18c
Fresh Cut Hamburger, 18c
Fresh Ox Tails (each), 5c
Choice Corned Beef, 17c
Choice Round Steak, 20c
Choice Sirloin Steak, 22c

GENUINE LAMB

Fancy Forequarters, 14c
Fancy Hindquarters, 18c

SAUSAGE AND COOKED MEATS

Choice Wienies and Frankfurts, 18c
Choice Garlic and Polish Sausage, 18c
Fresh Liver Sausage, 17c
Fresh Bologna, 17c

VEAL CUTS

Fancy Breast of Veal, 14c
Choice Veal Roast, 16c
Choice Veal Legs (1/2 or whole), 20c
Choice Veal Loins, 20c
Fancy Veal Chops, 20c

SMOKED MEATS

Sugar-Cured Strip Bacon, 23c
Sugar-Cured Skinned Hams, 23c
Cudahy's Puritan Bacon, 41c
Fancy Summer Sausage, 22c
Fancy Salami Sausage, 32c

CHEESE

Fancy Cream Cheese, 37c
Fancy Brick Cheese, 37c

SPECIAL PRICES ON SWIFT'S BUTTERINE

PORK CUTS

Fancy Pork Loin Roast, 24c
Fancy Pork Chops, 27c
Fresh Boston Butts, 23c
Fresh Spare Ribs, 21c
Fresh Lard, 23c
Fresh Pork Shoulders, 19c
Fresh Side Pork, 27c
Fresh Neck Ribs, 4 lbs., 25c
Fresh Pig's Feet, 4 lbs., 25c
Fresh Pig Hams, 4 lbs., 25c
Fresh Pig Snouts, 12 1/2c
Fresh Pig Tails, 14c
Fresh Pig Liver, 5c
Little Pig Hearts, 10c
Fancy Bean Pork, 25c
Fresh Sausage, 20c

SATURDAY SPECIALS

Strictly Fresh Eggs, per doz., 50c
Swansdown Cake Flour, per pkg., 35c
Tuna Fish, 7-oz. can (all white meat), can, 29c
Tuna Fish, 13-oz. can (all white meat), can, 52c
Tuna Fish, 7-oz. can (white and dark meat), can, 17c
Tuna Fish, 13-oz. can (white and dark meat), per can, 22c
Best American Sardines (in olive oil), 3 cans, 50c
Carnation Milk, 6 tall cans for, 89c
10 bars of Lenox Soap, 48c
Fancy Iceberg Head Lettuce at, per head, 10c; three for, 25c
Extra choice Fresh Mushrooms, per lb., 55c
Large heads of Cauliflower, per head, 20c and 35c
Lamb Legs, per lb., 38c

SOMMER BROS.

Telephone Harney 188
28th and Farnam Sts.

HARD ROLL BREAD

OMAR WONDER FLOUR