The Bee's Household Arts Department

The following recipes are sent out Roll in crums, egg and crumbs by Mrs. G. C. Ryan, director of the again and saute in butter or butter

a or 4 pounds chuck roast.

1 cup sliced carrots.

1 cup sliced onions:

1 cup ciery, cut in bits.

1 cup sliced turnips.

3 tablespoons fat (preferably from sait brk.)

If the meat is not sold in a solid piece, skewer or tie it into shape. ripe it with damp cheesecloth and roll in flour. Boil vegetables in salted water to barely cover until soft. Rub through a coarse strainer. Heat fat in a frying pan or Dutch oven. Put around roast. in the meat and prown on transfer if the frying pan is used, transfer to a ketthe meat and brown on all sides. the meat, after it is brown, to a kettle, unless the pan is deep enough to hold the beef. Pour the vegetables and their liquid over the meat, together with any preferred season-ing. Cover tightly and let simmer slowly for four or five hours, turning twice. Thicken the gravy a lit-

tle and pour over the meat. New England Boiled Dinner.

pounds corned beef.

small head cabbage.
small turnips
small carrots.
small beets.
Potatoes.

Wipe the meat and tie securely shape. Put in'a kettle and cover ith cold water, bring slowly to the boiling point, boil for a few minites, remove scum and reduce heat. Finish cooking at a lower temperature. Remove to hot platter and cook the vegetables in the liquid from which the meat has been removed. If too salty add hot water. Too much salt will will the vegetables and spoil the flavor. The beets should be cooked separately or cannot beets may be used. To serve: Place the meat in the

center of the platter and arrange around it border of the various vegetables. Sprinkle with chopped parsley or garnish with sprigs of pars-ley. The head of cabbage should Cut the beef into cubes or slices and be cut in eights after cooking. Pot Roast of Mutton With Currant

Chuck Steak With Onions. 2 pounds chuck steak. 5 or 6 onions.

Salt.
Butter or butter autstitute.
Slice onions in water. Drain thorittes till tender. Use no water or fat, as the onions contain both moisture and richness. When the onions are done, uncover and brown In order to stimulate the migraonions are done, uncover and brown In order to stimulate the migra-slightly if preferred, but they are tion of women, the British governbrown the steak quickly on both sides; reduce the heat and turn the nicat frequently until it is cooked The first woman ever admitted through. Season the steak and salt to the bar of Wisconsin was Miss the onions. Serve the meat on a Lavinia Goodell of Janesville in 1874. platter with onions around it. Add outter if desired.

Mint Sauce.

214 pounds mutton (plate), seasoning. Wipe meat, sprinkle with salt and pepper, place on rack in dripping meat and bottom of pan with flour. Bake in hot oven for two hours, basting frequently with butter or butter substitute. Sgrve with current mint sauce.

Veal Cutlets and Soup.

Three pounds veal shank. Cook a yeal shank in boiling salted water until tender. Remove as much meat as possible from the bone. Cut the pieces to resemble Take this yeal and season well.

1608-10-12

Harney St.

CENTRAL MARKET

by Mrs. G. C. Ryan, director of the economy campaign in Nebraska, for use particularly during the present week, when a special drive is being made to encourage the use of cheaper cuts of meat:

Pot Roast With Vegetables.

2 or 4 pounds chuck roast.

Add one-half cup each of dried potators. It was all and any other seasoning desired. Add one-half cup each of dried potators. It was all and any other seasoning desired. tatoes, furnips and parsley. Cook for one-half hour.

This yeal shank provides a soup and cutlets for a family of five. Currant Mint Sauce.

Separate 2-3 tumbler of current in pieces, but do not beat it. one or two tablepsoonfuls finely chopped mint leaves and shavings from an orange rind. Serve

Escalloped Corn Beef. Two cups cooked corned beef, cubed. One cup medium white sauce, One stalk cetery, chopped fine.

Cook celery and onion in sauce. Put the corned beef in a shallow baking dish. Remove celery and onion from sauce. Add sauce to the vague reference to the electric

Baked Stuffed Flank Steak. Flank steak (about two pounds.)

cup crumbs.

cup crumbs.

cup crumbs.

cup water or stock.

teaspoon salt.

teaspoon pepper.

small onion chopped fine.

small carrot, turnip.

Wipe steak, remove skin and lay out flat for stuffing. Make a dressing of stock, salt, pepper, onion and a small amount of celery and spread on the meat. Roll with the green on the meat. Roll with the green or the green of the want to see her before, because it would complicate things for me. Place the diced vegetables in roasting pan and on this layer of vegetables lay the meat, and add two or three cups of water, depending upon size of pan. Cover and bake three hours, or until tender. When cooked remove meat and thicken broth.

But now things are different. If Kenneth Stockbridge's trial is scheduled for two weeks from now, it behooves us to get busy pronto and pick up all the loose threads. And of all the ravellings, this man Wilsemove meat and thicken broth. Beef Goulash.

sprinkle with vinegar and a little summer savory. Add a teaspoonful of salt and half teaspoonful of paprika; cook six onions for each wo pounds of meat, slowly, in onefourth of a cup of butter or butter substitute. Add the cooked onions to the neat, cover tightly and cook oughly. Place onions in a shallow slowly for about two hours. The saucepan, cover closely and cook liquid may be increased just before over a slow fire for 15 or 20 min- serving by the addition of a little

more digestible without browning, ment has offered its demobilized Heat a frying pan smoking hot and women war workers free transporta-



OMAR NONDER FLOUR

My HEART and My HUSBAND By ADELE GARRISON

How Lillian and Madge Contrived to Meet Alice Holeombe

My pulses quickened in relief at Lillian's announcement that the case against Jake Wilsey was complete. taught me that she never boasts, and before her time for passing, and I knew that the words she had just make errands at the ice-cream par-

great had been my terror of this and arrange things." man until Lillian's assurance made me feel that he was no longer a sa Lillian's plans have a little habit of doing, and at half after four I with any equanimity upon the prosinside me seemed to turn completely

from sauce. Add sauce to the vague reference to the electric up and down the street, and had Sprinkle with bread crumbs chair which Harry Underwood had seen no one but the people who had moistened with melted butter or butter substitute. Brown in hot oven.

Baked Stuffed Flank Steak.

> A Casual Meeting. "How soon can you get hold of your friend, Alice Holcombe?" Lillian asked .

grain so that when cut it may be want to see her before, because it

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Monarch Coffee, 3 and 10-lb. containers, regular price, 60c per lb., Saturday, lb.....52c Swedish Milk Wafers, regular price 35c, lb. 28c Viking Swedish Health Bread.

tract, 3 bottles for \$1.00
48-lb. sack Washburn-Crosby
Gold Medal Flour \$3.75
Meadow Gold or Wedgwood But-

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Douglas 1796

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Fancy Young Yeal 2212c Armour's Star Half 35c 48-lb. sack High-Grade Patper sack \$3.48 Advo Extra Corn, per 20c per pkg. Bulk Qatmeal, . 5 lbs. for per can Fresh Raisin Cakes, 35c

Fancy Steer Shoulder 20c Steaks, ib. Fancy Bulk Cocoa, regular No. 3 cans Fancy Sliced or Half Peaches, No. 3 cans Fancy Pineapple, 3 cans for \$1.00 22-oz. jar Pure Assorted Jam, 35c; 3 jars \$1.00 20c can Domino Gold-en Sygup, can..... 15c We still sell our delicious Central Brand Coffee 45c at, per lb...... 45c

McCombs Home-Made Chocolates, regular 70c quality, Saturday, only, per lb.....

Big Soap Special-Saturday Big 4 White Naptha Soap, \$9 00 \$1.50 worth washing powder free.

Buy your Summer's supply now and get 20 pkgs, of Hardwater Powder Free. This is full weight 11-oz, bar of the best white laundry soap made.

Strictly Fresh Checked Eggs, in cartons, 39c

Extra Fancy Country But ter in 2-lb. rolls, 54c Aged New York Cheese, per lb.40¢ Gem Nut Margarine, per lb.32¢

Extra Fancy Po-tatoes, pk. \$1.30 Extra Fancy Straw-berries, box 20c Extra Fancy Onion 12½c Fancy Fruits and Vegetables of All Kinds

Extra Fancy Dixie Sweet Potatoes. Buy them by the peck—they keep. 7½c

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drive along that road slowly a little before her time for passing, and uftered meant that she had indeed lors, so that our meeting with her "scotched the snake." scotched the snake." will appear purely accidental. Then I do not think I had realized how, we'll whisk her off for a little drive

"Two of them."

pect that I felt sure Lillian was cry store as if I had entered it solely a continuous interesting chatter planning—the setting of a trap for for the purpose of purchasing the the man who had so frightened box of bonboss in my hand. A Alice Holcombe and my. For I had casual greeting and introduction to the strong suspicion that I was to Lillian, an equally casual invitation play the role of the bait for the to enter the car, and we were off trap, and at that prospect something down the boulevard with the comforting conviction that we had been unobserved by any one to whom our I had never forgotten the man's movements would be of the slightest evil face as he shouted out to me interest. I had taken a good look

business there. I had seen Lillian furtively scan Alice Holcomb's face when I intro-duced them. Furthermore, the arthe man's own impotence to harm rangement of seats in the car-Alice beside me, Lillian in the tonneauwhich Lillian had adroitly managed without appearing to have any voice in the matter, enabled her to continue her scrutiny. I knew that it was her habit thus to study any person whom she expected to use in any piece of work, and I aided her as unobtrusively as possible by talking to Alice, keeping her face turned toward me, so that Lillian could have the best opportunity to study

The teacher's face was wan and

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up the most. So please telephone pallid, her eyelids heavy, the eyes your friend or better still, you know the route she usually takes home from school, don't you?" you feverish in their brilliancy. That she was stretched on the rack with "Yes, and her time of departure, anguished terror of the outcome of also," I returned. "Her colleagues Kenneth Stockbridge's trial was Kenneth Stockbridge's trial was used to say they could set their watches by Alice Holcombe's comeasy to see. I had seen Lillian's drained off and renewed until it is eyes when she first looked at her, clear. The amount of dirt in a pecl ings and goings."
"Good!" Lillian commented. "Is knew that she had added instantly of spinach always appals a young to her interest in the Stockbridge there an ice cream parlor or a tea case on my account to ready sympathy for and a desire to help this woman who was so intensely "Better and better. We'll just yet so innocently suffering because

of her connection with it. petently served by Mrs. Wynne. Lillian proceeded to drink her tea

upon irrelevant topics. I realized that she was doing it with the avowed purpose of getfing
Alice Holeombe into shape to talk, Smith college girls are studying and I seconded her as well as I automobile construction and repair er's wan cheeks. And then, when she had finished, Lillian pushed the tea things to one side, and leaning over the table, said winningly:

"I have heard this whole miser-able story from Madge, Miss Holcombe, but there are some things which I wish to learn from your own lips. You won't object/to answering some very pointed questions,

(Continued Monday.)



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cleaning

Materials.

ar)

Things to Remember.

consists in putting it, after it has been carefully looked over in a latter in a large pan. The water is clear. The amount of dirt in a peck cook, but she feed not have her hands in cold water if she cleans spinach in this way.

Try cutting a slit in your sample of material when matching buttons. A much better effect can be obtained Tacitly we had agreed to go to by slipping your sample over a but-the little tearoom where Alice Hol- ton than is possible by simply holdcombe had handed me the annoying the button up to the material.

mous communications concerning the tea. Arrived there, and competently served by Mrs. Wynne. favorite color, and together made al and to eat her toasted musiness sorts of useful things. The result though there was no other business was much more attractive than if in the world before her, keeping up as is usually the case, one girl had madera green bag, another a pink coat hanger, and a third a blue trunk

dould and was rewarded by seeing a work in a school at Northampton, faint color creep back into the teach. Mass.

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Choice Minced Ham.....25c BUTTERINE

Black Cod Fish, per lb. 17 1/2 c Sugar Cured Plenie Hams, per lb. 24 1/4 c Good Salt Pork, per lb. 19 1/2 c Choice Steer Beef Roast, ..17 1ac young Pork Roast, per ib. 18 % c Fresh Beef Tongue, per lb.27 1/2 c Choice Steer Boiling Beef, Libby's tall cans Milk, 2 per lb. . . . Extra Fancy Coffee, special for Saturday only, per lb. . 49c Extra Fancy Tea, per lb. . . . 55c Extra Fancy Dried, Peeled

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