

Cookery Problems

Eggs.

Sponge cake is perhaps the most popular flour mixture in which eggs are an important element. Only selected eggs should be used, and a medium oven is necessary for satisfactory results.

Eggs, cheese and milk are all used in Welsh rarebit, a very popular and hearty protein dish.

Doughnuts, cookies, cakes and various pies depend upon eggs for their greatest perfection. Yet few think of the actual protein food value in these foods.

Water gives the food value of doughnuts as 2,000 calories per pound and their protein content 6.7 per cent. These figures show that we derive considerable tissue-building material from our flour mixtures containing eggs.

Custards of various kinds are a favorite method of serving eggs. When properly cooked, they are easily digested, nutritious and may be so varied as to avoid monotony.

Soft custards derive their specific names from the particular seasoning; caramel custard, chocolate custard, coconut custard, etc. The firmness of the custard is determined by the proportion of eggs used.

Custard pies of various sorts add to the variety of uses for eggs—for we should know that chocolate pie, cream pie and the old reliable favorite of all, pumpkin pie, are all custards served in pie form.

The fundamental cookery principle is the same in all custards, namely, its principle to follow in cooking eggs in whatever form they are to be served.

The quality of materials used affects the flavor and texture of the finished product. It is the wise home manager who always buys her food products by brand name.

Chicken Consomme.

Time to prepare—two hours.

Number served—eight.

Cut up a chicken and put to simmer in hot water; cook until the meat begins to fall from the bones. Remove the chicken and clarify the broth. The broth is cleared by adding a slightly beaten egg and the

crushed shell and bringing the broth to the boiling point and allowing it to boil about five minutes, then strain through two thicknesses of cheesecloth.

Serve in bouillon cups or soup dishes.

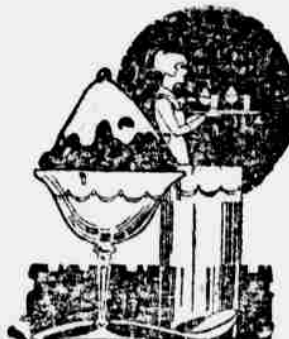
The addition of a few pieces of celery and other vegetables to the broth while cooking gives a desirable flavor.



SATURDAY SPECIALS

Wax or Green Beans, per qt. 10c
New Beets, 3 bunches 10c
Apricots, basket 82c
Ripe Fresh Tomatoes, per lb. 15c
Meadow Gold or Wedgwood Butter, lb. 62c
Jello, 3 pkgs. 48c
Whole Grain Rice, 3 lbs. for 92c
Swedish Wafers, 3 pkgs. for 92c
Norway Kipperd Herring, 3 cans for 50c
Norway Sardines in pure olive oil, 3 cans 62c
Lenox Soap, 10 bars 48c
Lux, 3 pkgs. 35c
Ivory Flakes, 3 pkgs. 33c

SOMMER BROS.
28th and Farnam Sts.
Harney 188



"NOUGAT"
Sunday's Special
Delicia
ICE CREAM

Your dealer can supply you

Fairmont Creamery Co.



Before installing a modern heating plant in your home be sure to get the price and see the

VACUUM PIPELESS FURNACE

This is the famous and original Patented Pipeless Heating Plant, the heaviest and best built furnace on the market today—Saves one-third in fuel—built to last a lifetime—absolutely guaranteed. WE CAN SAVE YOU FROM \$50 to \$100 on first cost and give you very liberal terms if you wish. Over 750 installed in Omaha; 25,000 in the Middle West. Full information free if you write, call or phone D. 993.

Vacuum Furnace Sales Co. 1112 Douglas St. Omaha Phone Douglas 993



Specials for Saturday

Home Dressed Roasting Chickens, per lb. 24c
Choice Steer Round Steak, per lb. 29c
Choice Steer Rolled Rib Roast, per lb. 30c
Choice Steer Beef Roast, per lb. 17c
Choice Steer Boiling Beef, per lb. 9c
Fancy Veal Roast, per lb. 20c
Fancy Veal Chops, per lb. 25c
Fancy Pork Chops, per lb. 24c
Sugar Cured Picnic Hams, per lb. 25c
Sugar Cured Breakfast Bacon, per lb. 32c
Pure Lard, per lb. 25c
Peerless Washing Tablets, washes clothes without rubbing; 16 tablets to the box, per box 25c

A full line of Fruits and Vegetables at the lowest prices.

WASHINGTON MARKET
1407 DOUGLAS STREET



BUEHLER BROS.

Market Early—Extra Clerks—No Waiting

Market Specials on Quality Meats and Provisions

212 North 16th 2408 Cuming 4903 South 24th

| Choice | Choice | Choice | Choice | Choice |
|--------|---------|--------|--------------|--------------|
| Cuts | Veal | Veal | Veal Leg | Veal Loin |
| Veal | Stew | Chop | for roasting | Kidney or |
| Roast | | | 1/2 or whole | for roasting |
| 18c | 14 1/2c | 22c | 22c | 22c |

Specials for Saturday Morning From 8 O'clock to 12 O'clock, Noon

Choice cut Chuck Roast 15c
Choice cut Round and Sirloin Steak 25c
Pure Lard, special at 2 lbs. for 45c
Sugar Cured Picnic Hams 22 1/2c
Sugar Cured Breakfast Bacon, 1/2 or whole sides 32c
Evaporated Milk, tall cans, limit one to a customer, 3 for 35c
Fels White Laundry Soap, limit one to a customer, 10 bars 58c

PORK CUTS

Choice Pork Loin Roast 26c
Choice Boston Butts 25c
Fresh Spareribs 15 1/2c
Choice Leaf Lard 21c
Fresh Neck Rib, 5 lbs. 25c
Pig Hearts, 3 lbs. 25c

SMOKED MEATS

Sugar Cured Regular Ham 36 1/2c
Sugar Cured Skinned Ham 36 1/2c
Sugar Cured Picnic Hams 25c
Sugar Cured Strip Bacon 28c

LAMB

Genuine Spring Lamb Hind Quarters 24c
Spring Lamb Fore Quarters 16c
Spring Lamb Chops 25c
Picked Pig's Feet, 3 lbs. 25c
Choice Corned Beef 17c
Choice Salt Pork 25c
Pure Lard, per lb. 24c

CHEESE

Fancy Brick (full cream) 32c
Fancy American (full cream) 32c

LUNCHEON MEATS

Choice Weiners 20c
Choice Frankfurters 20c
Fresh Bologna 18c
Fresh Liver Sausage 18c
Choice Gerka Sausage 20c
Choice Polish Sausage 20c
Minced or Pressed Ham (sliced) 25c
Choice Lunch Loaf 25c
Fancy Summer Sausage 25c
Fresh Breakfast Sausage 20c

CHICKENS

Fancy Roasting, per lb. 24c
Fancy Hens (nice size) 34c
Creamery Butter, Meadow Grove 59c
Creamery Butter, Brookfield 59c
Special prices on all Butterine.

Courtney Bldg. **THE TABLE SUPPLY** Douglas 3940
OMAHA'S "PURE FOOD" HEADQUARTERS
SEVENTEENTH AT DOUGLAS STREET

WE DELIVER \$5 ORDERS TO ANY PART OF THE CITY

Santos Coffee, per lb. 36c
Advo Jell, 2 pkgs. for 25c
Prunes, 5 lbs. for 97c
Red Alaska Salmon, per can 39c
Per dozen 45c
Table Salt, 5 lb. boxes, 2 for 25c
Snider's Tomato Soup, 2 cans for 25c
Giant Brand Baked Beans, in Tomato Sauce, per can 14c
Per dozen 15c
Giant Queen Olives, 12-oz. Jars 37c

New Potatoes, peck \$1.25
Wax and Green Beans, 2 lbs. for 25c
Lemons, per doz 29c
White Onions, per lb. 7 1/2c
Graham Crackers, large cans, 12 lbs., per lb. 23c

Alfred Jones
Famous Salads

A TRIAL ORDER WILL CONVINCE YOU AS TO OUR PRICE—QUALITY—SERVICE

JUST INSIDE THE DOOR (CIGAR DEPARTMENT)
Little La Tinda, 8c value, box of 50 \$2.50
Little Valentine, 8c value, box of 50 \$2.50
El Toro Brevas, Porto Rican, 8c value, box of 50 \$3.00
Mi Consuelo, imported, 8c value, box of 50 \$2.50
Entona, imported, 10c value, box of 50 \$2.75
Garcia Diplomates, 12 1/2c value, box of 50 \$4.50
Prince Albert, half pound tins 61c
Tuxedo, one pound tins \$1.29
Tuxedo, 4 pkgs. for 35c

CENTRAL MARKET

Tel. D. 1796



CENTRAL MARKET

1608-10 Harney St.

DO YOUR SHOPPING AT THE STORE THAT HAS EVERYTHING FOR THE TABLE. SPECIALS FOR SATURDAY'S SELLING

| | | |
|--|---|---|
| Best cuts Fancy Steer Pot Roast, lb. 22 1/2c | Prime Rolled Rib Roast, per lb. 37 1/2c | Fancy Young Veal Roast, per lb. 25c |
| Fancy Fresh Dressed Ducks, per lb. 33c | Fancy Fresh Dressed Broilers, per lb. 68c | Fancy Fresh Dressed Hens, per lb. 38 1/2c |
| Fancy Young Veal Breast, per lb. 17 1/2c | Fancy Leg of Young Mutton, per lb. 25c | Fancy Sugar Cured Bacon Backs, per lb. 33c |
| 10 lbs. Best Cane Sugar for canning \$2.48 | Extra Fancy Ripe Tomatoes, per lb., 17 1/2c; per Basket 50c | Extra Fancy 300-size Lemons, per doz. 30c |
| 48 lbs. Sack Best Flour \$3.50 | 12 Bars White Naptha Soap \$1 | 10 Bars Electric Spark Soap 65c |
| Pillsbury's Bran Flour, Pillsbury's Pancake Flour per pkg. 15c | 24-lb. Sack Gold Medal Flour \$1.98 | 24-lb. Sack Rye Flour \$1.50 |
| Large Cans Elkhorn Milk, per can, 12 1/2c; per case \$5.90 | Shredded Wheat per pkg. 15c | Dr. Price's Baking Powder, large can 25c |
| No. 3 Cans Del Monte Sliced Peaches 45c | Tea Siftings, per lb. 20c | Gallon Cans Peaches \$1.00 |
| Buster Brown Cookies, per lb. 30c | No. 1 Cans Del Monte Peaches 25c | Our 60c Grade Central Coffee, per lb. 45c |
| McComb's Home-made Chocolates, reg. 70c quality, Saturday, per lb. 59c | Ideal Honey Cakes, per lb. 30c | Handy Tins Graham Biscuits \$1.65 |
| Fresh Checked Eggs, in Cartons, per dozen 25c | Very Finest Quality Creamery Package Butter, per lb. 58c | New Potatoes, per peck \$1.40; per lb. 10c |
| | | Wisconsin Yellow Cream or Brick Cheese, per lb. 35c |

OUR ANNUAL PICNIC
At Lakeview Park Thurs., July 15

As a compliment to our patrons for their splendid support and patronage they have given us, we are now distributing, through our stores, free tickets to the Lakeview grounds and free tickets to the dance pavilion. These tickets may be had for the asking. We urge you to come and bring your entire family and friends and spend the day. We will do everything in our power to entertain you. There will be races, games and competitive contests for grownups as well as the children.

OUR STORES WILL CLOSE ALL DAY.

"GROWING WITH OMAHA"
Our Sales 1910- 7 Stores \$175,936.00
1919-70 Stores \$2,432,658.57

In spite of the fact that we have not had our fair share of sugar, our sales have shown an increase of \$326,942.72 for the first 5 months of 1920 over first 5 months of 1919, or an increase of over 35%. During the year of 1920 we expect to show a million-dollar increase.

Cane Sugar for Canning

may now be had at any one of our stores in lots of 50 pounds at 25c per pound. We have bought large quantities of sugar and our sugar is now coming in, and have paid as high as 27 1/2c per pound, but by averaging the cost of sugar bought months ago at lower prices we are able to give you this low price, and will continue this price until our present purchases are exhausted. We don't know if sugar will be any cheaper or not, but doubt if it will. We urge you to secure your requirements.

"Live Better For Less"



Shop Early

"There Is One in Your Neighborhood"



BEE WANT ADS WILL BRING DESIRED RESULTS