

THE BEE'S PURE FOOD PAGE



Horlick's
The ORIGINAL Malted Milk
Safe Milk
For Infants & Invalids
No Cooking
A Nutritious Diet for All Ages
Quick Lunch at Home or Office
Avoid Imitations and Substitutes

Saturday Specials

- Sweet Corn, dozen... 45c
- Green or Wax Beans, 2 qts. for... 15c
- Home-Grown Early Ohio Potatoes, peck... 98c
- Sunkist Lemons, doz... 23c
- Sani-Flush, 3 cans... 62c
- American Beauty Macaroni or Spaghetti, 3 pkgs. for... 25c
- Cliquot Club Ginger Ale, per case... \$4.00
- Monarch Coffee, 3-lb. can for... \$1.55
- Tall cans Carnation or Pet Milk, doz... \$1.68
- Shredded Wheat Biscuits, 2 pkgs. for... 35c

SOMMER BROS.
Harney 188
28th and Farnam Sts.



Chilled Tea
Plain chilled tea is a delicious summer drink if well made, and not allowed to stand too long on leaves. An excellent method of making it is to measure six teaspoonfuls of good tea into heated pitcher. Pour over a quart of freshly boiling water, cover, and let stand from five to eight minutes, as it should be stronger than when it is served hot. Strain it on a teaspoonful of whole cloves if the flavor is liked, and add a thinly sliced lemon from which the seeds have been removed, or use instead a few sprigs of mint. Sweeten to taste with one-third cupful of syrup stock if desired sweet. A particularly delicious drink for service at little afternoon or evening affairs consists of well-made plain tea, with a lemon water, or mint ice in combination. Fill the glasses, which should be tall, half full of the chilled tea, add a heaping tablespoonful of the ice, garnish with a slice of lemon or a sprig of mint.

Make Your Shades
Make your own shades that can be washed and ironed. Select a heavy bleached cotton cloth, cut the length and width of the windows and make a hem of one inch at the bottom. Tack on to the rollers with small tacks, and insert the old curtain sticks in the low hems. These can be taken off the rollers, washed, ironed and starched stiffly as often as they show soil.

Nonsrink Yarn
If yarn is thoroughly steamed while in the hank garments made from it will not shrink when washed.

Table Oilcloth
The oilcloth on your kitchen table which cracks and breaks so easily will have a much longer life if, when covering the table, a piece of heavy brown paper is put on first.

Crumbs of Bread

A few bread crumbs added to scrambled eggs improve them. Bread crumbs for coating food to be fried is much better tasting than cracker crumbs. Dishes like eggplant, stuffed peppers or tomatoes, oysters and scalloped salmon are improved when using bread crumbs. Tiny cubes of bread toasted are delicious to serve with either soup or salad. Browned bread crumbs and cream make an excellent breakfast food. They make delicious bread puddings and apple betty. They make a satisfactory substitute in hash when you are short of potatoes. They are indispensable in meat loaves. To save work and scattering crumbs fasten a paper bag over the opening in the food chopper with a rubber band when grinding bread crumbs.

Onions for Insomnia

People who suffer from sleeplessness should try the effect of a sandwich of spring onions—bread and butter with finely-chopped onions between—before retiring to rest. These sandwiches are sleep-inducing. Thinly-sliced cucumber and onion, chopped parsley, mint and sorrel are all excellent when spread between thin slices of buttered bread.

In Cake Baking

To many would-be cake bakers, the greatest difficulty is the creaming of the butter and sugar. The easiest method is to do it with a wire potato-masher, the work being accomplished in a quarter of the usual time.

Five Years Growth Of the Y. W. C. A.

Chain of Cafeterias Serve Millions. A report just issued at the national headquarters of the Y. W. C. A. in New York shows from 1915 to 1920 an increase of local associations in the United States from 994 to 1,133; of centers in small towns from 2 to 56; of centers for foreign-born women from 4 to 55, and of colored associations from 15 to 52. There are also seven new associations for Indian girl students and a 50 per cent growth in work carried on in Europe and the Orient. It is estimated that in the last year alone each of the 225 cafeterias of the country served from 300 to 3,000 people daily.

SPECIALS FOR SATURDAY

- Home Dressed Roasting Chickens, per lb... 25 3/4c
- Extra Fancy Young Legs of Veal, half or whole, lb... 22 1/2c
- Extra Fancy Young Veal Loin, or Kidney Roast, per lb... 22 1/2c
- Choice Steer Sirloin, or Porterhouse Steak, per lb... 30c
- Choice Steer Round Steak, per lb... 27 1/2c
- Choice Steer Pot Roast, per lb... 17 1/2c
- Extra Lean Sugar Cured Breakfast Bacon, per lb... 37 1/2c
- All Brands of Creamery Butter, per lb... 59c
- Good Fresh Cottage Cheese, per lb... 22 1/2c
- Peerless Washing Tablets washes clothes without rubbing. Sixteen tablets to the box, per box... 25c
- New Potatoes, 7 lbs. for... 50c
- Pink Salmon, 1-lb. cans for... 23c
- Golden Santos Coffee, per lb... 45c
- Large Heads Cabbage, each, 10c
- Fresh Corn Flakes, 2 for... 25c
- Large Juicy Lemons, per doz... 29c
- Java Sugar for canning, per lb... 22c
- 4-Tie Brooms, each... 50c
- Small cans Hebe, 4 for... 25c
- Carolene, per can... 11c
- Gallon cans Corn Syrup, per gallon... 98c
- Grape Juice, per quart... 73c
- E. J. Peas, per can... 11c
- Pork and Beans in Tomato Sauce, 2 for... 25c
- Large Head Rice, per lb... 15c

Washington Market
1407 Douglas Street

Cleaning Vases.
When vases are stained where the hand cannot reach, fill with potato peelings and shake them about briskly until the deposit is cut away. Treat water bottles in similar fashion, or use eggshells and salt to cleanse them.



SUNDAY'S SPECIAL—
"Butter Scotch"
Vanilla Cream With Pure, Delicious Butter Scotch
Delicia
THE PERFECT
Your Dealer Can Supply You
The Fairmont Creamery Co.

BUEHLER BROS.

Market Specials on
Quality Meats and Provisions
Extra Clerks—No Waiting—Quick Service
FOUR STORES
212 No. 16th 2408 Cuming 4903 So. 24th
634 W. Broadway, Co. Bluffs

SPECIAL INDUCEMENTS FOR EARLY SHOPPERS

- Saturday Morning from 8 O'Clock to 12 O'Clock Noon
- Fancy Fresh Killed Roasting Chickens... 22 1/2c
 - Fancy Fresh Killed Hens... 34c
 - Fancy Fresh Killed Broilers, 2-lb. average... 58c
 - Choice Cut Chuck Roast... 15 1/2c
 - Choicest Cut Round Steak... 25c
 - Fancy Sugar Cured Breakfast Bacon (1/2 or whole sides)... 31 1/2c
 - Pure Lard, per lb., any quantity... 22c
 - Evaporated Milk, Dundee Brand, tall cans, 4 for... 50c
 - Evaporated Milk, Dundee Brand, small cans, 6 for... 35c

- LAMB**
- Genuine Spring Lamb Hindquarters... 24c
 - Genuine Spring Lamb Forequarters... 16c
 - Choicest Lamb Chops... 25c
- PORK CUTS**
- Choice Loin Roast... 27c
 - Choice Boston Butts... 26c
 - Choice Fresh Spareribs... 16 1/2c
 - Choice Fresh Neck Bones, 5 lbs. for... 25c
 - Choice Leaf Lard, special at... 20 1/2c
 - Choice Salt Pork... 33 1/2c
 - Pickled Pig Feet, 3 lbs... 25c
 - Fresh Sliced Liver, per lb... 10c
- VEAL CUTS**
- Choicest Cut Roast... 18c
 - Choicest Cut Veal Chops... 25c
 - Choicest Cut Veal Stew... 14 1/2c
 - Choicest Veal Legs (1/2 or whole) at... 22c
 - Choicest Veal Loin, Kidney-in, for Roasting... 22c
 - Cudahy Puritan Brand Lard, 100% pure, 5-lb. net weight pails, special... \$1.25
- CANNED GOODS**
- Fancy Sweet Corn, 3 for... 40c
 - Fancy Early June Peas, 3 for... 40c
 - Fancy Cut Beans, 3 for... 40c
 - Fancy Tomatoes, No. 2, 3 for... 40c
 - Fancy Tomatoes, No. 3, 3 for... 50c
 - Sardines (in oil), 4 for... 25c
 - Mustard Sardines, 3 for... 25c
 - Coffee, special at... 38c
- SMOKED MEATS**
- Sugar Cured Regular Ham at... 36 1/2c
 - Sugar Cured Picnic Hams at... 23c
 - Fancy Breakfast Bacon (1/2 or whole sides)... 34c
 - Fancy Bacon (strip only)... 27c
 - Fancy Brisket Bacon... 27c
- BEEF CUTS**
- Prime Beef Rib Roast... 20c
 - Choice Beef Pot Roast... 15c
 - Choice Rib Boiling Beef... 18c
 - Fresh Cut Hamburger Steak at... 18c
 - Choice Corned Beef... 17c
 - Choice Sirloin Steak... 28c
 - Choice Round Steak... 28c
 - Choice Porterhouse... 28c
- SAUSAGE AND LUNCHEON MEATS**
- Fresh Breakfast Sausage... 20c
 - Choice Frankfurts... 20c
 - Choice Wienies... 20c
 - Choice Garlic Sausage... 20c
 - Choice Polish Sausage... 18c
 - Fresh Bologna Sausage... 18c
 - Fresh Liver Sausage... 18c
 - Fancy Summer Sausage... 25c
 - Fancy Veal Loaf... 25c
 - Minc'd and Pressed Ham at... 25c
 - Fancy Creamery Butter... 56c
 - Special Low Prices on All Brands of Butterine—See Demonstrator
- LAUNDRY SOAPS**
- Fels White Soap, 10 bars... 69c
 - Crystal White Soap, 10 bars at... 69c

Something Extra Good for Sunday
Somebody may discover a better midsummer dessert than Ice Cream, but it hasn't been done yet. This Sunday we offer
CHERRY NUT
SMOOTH CHERRY ICE CREAM AND ASSORTED CHOPPED NUTS
Hardings
The Cream of all ICE CREAM
You can get it conveniently, for there is no neighborhood without a Harding dealer who has it.



THE TABLE SUPPLY
Douglas Bldg. 3940
SEVENTEENTH AND DOUGLAS STREET
WE DELIVER \$5.00 ORDERS.

- Golden Santos Coffee, per lb... 36c
- Advo Jell, 2 pkgs... 25c
- Rumford Baking Powder, 1 lb. can... 27c
- Giant Baked Beans in Tomato Sauce, per can... 14c
- Per doz... \$1.50
- Preserves, assorted, 3 jars for... \$1.00
- Old Dutch Cleanser, 3 cans for... 25c
- Crystal White Soap, 10 bars for... 69c
- Prunes, 3 lbs. for... 59c
- Lemons, per doz... 29c
- Watermelons, per lb... 94 1/2c
- Potatoes, per pk... \$1.10
- Rolled Rib Roast, per lb... 32 1/2c
- Pot Roast, per lb... 17 1/2c
- Rib Boiling, per lb... 10c
- Hindquarter Lamb, per lb... 30c
- Forequarter Lamb, per lb... 15c
- Lamb Stew, per lb... 10c
- Veal Stew, per lb... 15c
- Pork Shoulders, per lb... 20c
- Best Butter, per lb... 59c
- Fresh Eggs, per doz... 41c
- Elkhorn Cream Cheese, per pkg... 20c
- Brick Cheese, per lb... 34c
- American Cheese, per lb... 29c

We carry a full line of **KELLOGG'S** Gluten flour and all health food.
MAIL ORDERS GIVEN PROMPT ATTENTION

CIGARS
Just Inside the Door
La Flora de Intal, box 100 \$4.50
Full lb. Whale Smoking Tob. 45c
Red Camel Cigarettes 2 pkgs 25c

TRY ALFRED JONES SALADS



CENTRAL MARKET
1608-10-12 Harney St.
Douglas 1796
Come Once And You Will Come Always!

- Best Cuts Fancy Steer Pot Roast, lb... 22 1/2c
- Fancy Fresh Dressed Spring Chickens, 62 1/2c
- Fancy Young Veal Breast, for stuffing, 17 1/2c
- 10 lbs. Granulated Sugar... \$2.25
- Navy Beans, per lb... 10c
- 3 cans E. J. Sifted Peas... 43c
- No. 2 cans Pork and Beans in Tomato Sauce... 12 1/2c
- No. 3 cans Tangier Pineapple, per can, 45c... \$5.25
- Dundee or Elkhorn Milk, per can, 12 1/2c... \$5.90
- Quart bottle White Rock Gingerale, per dozen... \$3.00
- Bulk Coconut, 45c
- Our 60c grade Central Coffee, per lb... 45c
- Prime Rolled Rib Roast, per lb... 37 1/2c
- Fancy Fresh Dressed Stewing Chickens, 25c
- Lean Winchester Breakfast Bacon, 42 1/2c
- 24 lbs. Gold Medal Flour... \$1.98
- Fancy Rice, per lb... 15c
- 3 Tall Cans Salmon... 72c
- No. 3 cans Del Monte Peaches, per can, 45c... \$5.40
- No. 3 cans Tomatoes, per can, 12 1/2c... \$1.45
- 15c size Chilli Con Carne, per can, 10c... \$1.10
- Pint bottles White Rock Gingerale, per dozen... \$1.65
- Tea Siftings, per lb. pkgs... 20c
- Fancy Unoleored Japan Tea, per lb... 58c
- Pig Pork Roast, per lb... 25 1/2c
- Fancy Young Veal Roast, per lb... 25c
- California Style Hams, per lb... 23 1/2c
- 48 lbs. Central Flour... \$3.50
- 3 cans June Peas... 33c
- Assorted Advo Jell... 12 1/2c
- No. 3 cans J. M. Apricots, per can, 40c... \$4.50
- Hebe or Carolene, tall cans, 11c; per case... \$5
- 15c can Spaghetti, per can, 10c; doz... \$1.10
- Bulk Cocoa, per lb... 30c
- Extra Fancy Peaberry Coffee... 38c
- Bulk Graham Crackers, per lb... 22 1/2c
- McCOMB'S HOME-MADE CHOCOLATES, REG. 70c QUALITY, PER LB... 59c
- Strictly Fresh Checked Eggs, in cartons, 35c
- Extra Fancy 300 size Sunkist Lemons, per dozen... 30c
- Cloverbloom Creamery Package Butter, per lb... 57c
- Extra Fancy California Satsuma Prunes, per basket... \$1.00
- 5-lb. Pails Swift's Snowflake Oleo... \$1.80
- Extra Fancy Rippe Watermelons, per lb... 4c



Face Value
As one woman puts it, "The faces of my guests all express delight with the very first taste, when I serve Puritan Ham."
"And when they eat it to the very last morsel, and even 'scrape the bone' it's the best proof in the world that Puritan is thoroughly good ham."
"The Taste Tells"
THE CUDAHY PACKING CO.
If your dealer doesn't handle Puritan, telephone F. W. CONRON, Manager, 1321 Jones St., Omaha, Neb.
Puritan Hams and Bacon are smoked daily in our Omaha plant, insuring fresh, brightly smoked meat at all times.
FREE Puritan Recipe Book
We have prepared a very unusual recipe book which gives many new ideas in the preparation of Ham and Bacon, and many acid ways made new and better by better methods. It's free. Send for it. Address: The Cudahy Packing Co., Puritan Dept., 111 W. Missouri Street, Chicago.

Puritan Hams and Bacon

