

### Food Rich in Vitamines

By LORETTO C. LYNCH.

Mysterious little things are vitamins. And we are hearing so much about them these days that the housewife would do well to know that her family is getting this necessary element.

The subject of vitamins in our food is new to the average person. Vitamins are mysterious substances found in certain foods which make growth and keep us well. Important, aren't they?

Fresh milk, cow's butter and the leafy vegetables are especially rich in vitamins. In the process of pasteurization fresh milk loses some of its vitamins. And so the certified grade A raw milk is often a wonder worker where milk cooking ever so little does not seem to fill the bill.

At any sacrifice, the mother should try to serve real butter to the children. The older folks may eat the oleomargarine, but the best interests of the little folks are served by real butter. It is just full of life-giving vitamins. Let them spread it thick on brown bread. All unpolished grains are richer in vitamins than polished grain. Brown or whole wheat or graham bread is richer in these mysterious little things than white bread that has lost its vitamins in the process of refining.

Then, with spring coming on, everyone should be planning a garden, at least every one who can. For all leafy vegetables are especially rich in vitamins. Among the leafy vegetables are spinach, watercress, raw cabbage (cooked cabbage has lost this element), lettuce and dandelion.

Besides these, carrots (young ones), onions, fresh peas, apples, oranges, lemons and tomatoes are among the fruits and vegetables rich in this element so important to growth and health.

In planning your meal, make up a meat stew with little meat and a lot of the vegetables rich in vitamins. Make cabbage salad or cold slaw instead of boiling the cabbage. Buy oranges and apples and place them in a pretty fruit dish on the dinner table. They really do not cost any more than the near-careen charlotte russets I see lots of women buying for the family dessert.

### Wig to Match Your Gown



on the bottom shows a matronly model wearing a silver wig to match her dress.

### Home Made Dainties

Of course, one can go to the shops and buy things, but the best are never quite like home-made. Then, too, one gets so much fun out of getting the little party ready that it would be a real shame to miss any of the fussing. Some hostesses make lemonade punch that we long remember, while others give us lemonade decidedly insipid. But if you are aiming to serve a long-to-be-remembered punch, try this one:

To the juice of 12 lemons and about a tablespoonful of grated rind, and three-fourths of a measuring cup of sugar and two cups of freshly-made cold tea. Cook for five minutes and add 10 cups of cold water and the juice drained from a small can of pineapple. Chill thoroughly and put into a punch bowl with one orange thinly sliced. The pineapple may be cut into small chunks and added.

One does not have to have had experience in cooking to be successful in making some dainty coconut waters. It is necessary, however, to possess a standard half-pint measuring cup and in measuring a teaspoonful of anything to heap up the spoon and level it off with a knife. Grease and flour a couple of tin plates. These should be ready before you start the work of mixing.

**Coconut Dainties.**  
One egg, one-half cup sugar, one tablespoon of butter melted, one-fourth teaspoon of salt, one-fourth cup flour, two and one-third cup rolled oats, one-third cup shredded coconut, one-fourth teaspoon vanilla.

Mix the ingredients in the order given, heating the egg and sugar well before adding the other ingredients. Drop by teaspoonfuls on the greased pans about two inches apart. Bake in a moderate oven until a delicate brown. Remove from the pans at once after baking.

**Sugar Cookies.**  
Four ounces (one-fourth pound) butter or lard, one cup sugar, one egg, one-fourth cup (about) milk or water, two teaspoons baking powder, two cups flour, one teaspoon flavoring of spice.

Sift together the flour, baking powder and spice. Ground mace is suggested for part of the spice. Cream the butter and gradually add to it the sugar. Add the beaten egg and the flour mixture and enough milk to make a dough stiff enough to be rolled out. Put the dough in a cool place to chill. Roll out in small portions. Sprinkle with sugar, cut and bake on greased plates about 10 minutes.

One of the real treats one may make without much trouble is apricot dainty.

To prepare this, soak, after washing thoroughly, one cupful of dried apricots. Steam until soft. Mash through a coarse strainer. Add one cup of sugar. Beat the whites of three eggs until very stiff. Fold them into the apricot mixture. Chill and serve with custard sauce.

The sauce is made from the yolks of the three eggs combined with one-fourth cup sugar, a speck of salt and a full pint of milk. This is cooked in the double boiler until the mixture just coats the spoon. Remove at once. Add one-half teaspoonful vanilla, chill and serve.

**Salmon au Gratin.**  
Remove skin and bones from one-pound can of salmon, add two eggs, two ounces butter, stock from salmon can, season with salt and pepper. Mix and beat in bowl, add one cup soft stale bread and enough milk to soften. Bake in buttered deep dish until top is nice brown.

To make oatmeal oyster, form left-over oatmeal into balls the size and shape of oysters, dip in egg crumbs and fry. Other sorts of left-over cereal may be used in this way.

One quart of tomatoes will serve four persons.

### In a Chafing Dish

These cold winter evenings, after a day spent in the frosty out of doors, a supper party is always welcome. Here is the recipe for a delicious meal that can be cooked either on a stove or in a chafing dish, and that will satisfy appetites made keen by the icy air.

Flake one and a half cupfuls of salt codfish and soak it one hour. Boil one cupful of rice. Chop together two tablespoonfuls of green peppers and one small onion. Melt two tablespoonfuls of butter in a chafing dish or frying pan and add the chopped onion and pepper, the rice and the codfish and one-half can of tomatoes. Let the mixture simmer, but stir it frequently, from 15 minutes to half an hour. If you use a chafing dish, do away with the water pan; otherwise the fish will not be done.

A piece of charcoal kept in the refrigerator will absorb odors, after a certain point it becomes so saturated that it will absorb no more until it has been well baked in an oven. However, the condition of your ice box is not improved in this way.

### To Serve Grapefruit

Nothing is more appetizing served in many ways than the grape fruit. As a first course, a salad, a dessert or a jaded appetite will show interest in the fruit at almost any meal. There is one drawback to the woman who prepares her own meals. Preparing grape fruit is a "patience taxer." The grape fruit knife if sharp makes it more simple, but if the fruit is to be used out of the peel the knife is not so useful. Scissors are better.

Another method of preparing a grapefruit for salad is to immerse the whole fruit in boiling water. Let it remain a few minutes, then submerge in cold water, after the same method by which we skin tomatoes. After the unwholesome, bitter, white membrane has been removed and the fruit is ready to be used, let it chill on ice. Oranges may be treated in the same way.

Oranges used to be called n oranges until a n orange was written an orange.

# Cut Your Living Costs

## The Old Methods Must Go

# BASKET STORES

LIVE BETTER MEAN FOR LESS WHAT YOU HAVE BEEN WAITING FOR

**CHUM 10 C A CAN**  
**SALMON**  
ALL YOU WANT TALL CANS

FOR ONE WEEK

- Basko Fancy Maine Corn, No. 2 cans ..... 19c
- My Wife's Salad Dressing ..... 19c
- Cash Habit Succotash ..... 17c
- Shrimps "for that salad" ..... 21c
- B. & M. Fish Flakes, fine for fishballs ..... 15c
- Brer Rabbit Molasses ..... 15c
- Large Ivory Soap ..... 14c
- Walter Baker's Chocolate, 1/2 lb. .... 25c
- Postum, substitute coffee ..... 27c
- Estes Laundry Tablets ..... 19c
- Mazola Oil, 1/2 gallon ..... \$1.02
- Salt "Shaker" ..... 14c
- Rex Lye for that sink ..... 12 1/2c
- Mrs. Stewart's Blueing ..... 14c

SHOP WITH THIS AD

**Sweet 20c** SAVE THIS AD

EXTRA NICE MARYLAND SWEETS. THEY COME OUT WHOLE NO. 3 CAN

**Potatoes** COMPARE OUR PRICES

|   |  |                                    |                                   |
|---|--|------------------------------------|-----------------------------------|
| Marshmallow Creams Add to Your Cup of Cocoa | Snider's Catsup 16-oz., for Cold Meats | Peanut Bulk Butter for the Kiddies | Basko Jell Powder Will Please You |
| 15c   | 26c                                    | 18c                                | 11c                               |

Finish Lent With

**UNDERWOOD'S** Famous "RED DEVIL" IN MUSTARD DRESSING

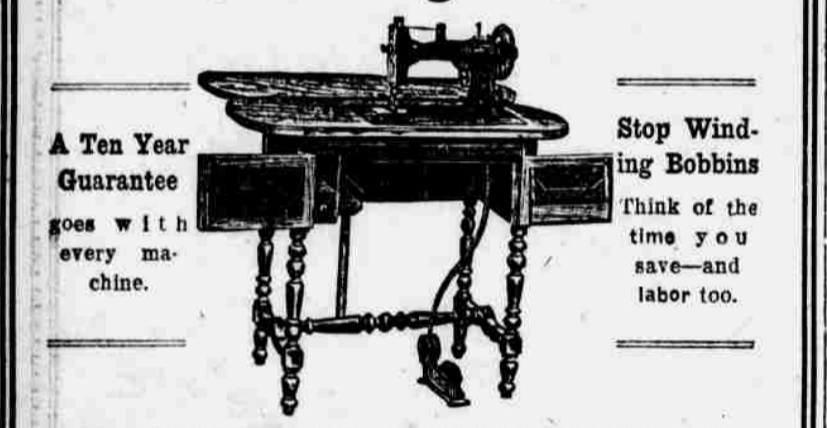
**SARDINES** AT THIS WONDERFULLY LOW PRICE 2 for 25c

People Who Know Quality Will Snap This Up

LIVE BETTER FOR LESS

Good Coffee is served wherever there are good homes and good housewives. And much of it comes from here. "Better try Basko Coffee," per lb. 30c lb.

### Bowen's Demonstration Sale of Sewing Machines



**ELDREDGE TWO SPOOL**  
Rotary Sewing Machine  
The Triumph of the Twentieth Century.

See These Wonderful Machines Demonstrated Saturday in easy running qualities—in the wide range of work possible and in the points of perfect sewing—this machine is pre-eminent.

So Easy to Operate—So Easy to Own  
**\$1.00 Per Week**  
Puts One in Your Home

**H. B. Bowen & Co.**  
Howard St., Between 15th and 16th

### Now Look What's Coming!

HERE'S a good old friend, Maple Ice Cream reminding you of "sugaring off" days, skillfully improved by the addition of some choice English Walnuts. A Sunday dessert for folks who like good, wholesome, substantial things. Any Harding dealer will gladly supply it.



**Saturday Specials**

|   |  |
|---|--|
| Best Creamery Butter, per lb. .... 44c            | Rib Boiling Beef, per lb. .... 8 3/4c                                  |
| Choice Steer Rump Roast, per lb. .... 18 3/4c     | Golden Table Syrup, per gallon ..... 59c                               |
| Extra Lean Pork Roast, per lb. .... 14 3/4c       | Crisco, all size cans, special, per lb. .... 20 3/4c                   |
| Choice Steer Round Steak, per lb. .... 22 3/4c    | Our No. 8 Coffee, 3 lbs. for ..... \$1.00                              |
| Choice Steer Pot Roast, per lb. .... 12 3/4c      | Jersey Corn Flakes, Special, 3 for ..... 25c                           |
| Sugar Cured Breakfast Bacon, per lb. .... 19 3/4c | Best Head Rice and Michigan Navy Beans, Saturday, 4 lbs. for ..... 25c |

We carry a full and complete line of Fruits and Vegetables at the Lowest Prices.

**Washington Market**  
1407 DOUGLAS STREET

Today there are many unidentified imitation loaves of **Hard Roll Bread**

Insist upon seeing our TRADE MARK. It's on every GENUINE loaf. Know where your bread comes from....

**PETERSEN & PEGAU BAKING CO.**  
Also Makers of TIP TOP Bread

**GET**  
The habit, save money by buying these quality goods at prices that cannot be duplicated.

Strictly Fresh Country Eggs, per dozen ..... 32 1/2c  
Seward, Wagon and Mending Gold Butter, No. 1, 2-lb. cans ..... 50c  
Omar Flour, 2-lb. sack, ..... \$1.25

Sunshine Graham Crackers, 3 lbs. for ..... 55c  
Sunshine Ginger Snaps, 3 lbs. for ..... 55c  
1 Fancy "Party" Carton English Wafers, per carton ..... 55c  
This carton contains 6 different kinds of fancy wafers. A 20c package of Perfectos free with each carton.

We wish to particularly call your attention to the following values in canned goods. We will be glad to let you sample them before you buy.

Extra Fancy Peaches, heavy syrup, No. 3 size, 3 cans for ..... 87c  
Extra Fancy Sliced Peaches, heavy syrup, No. 3 size, 3 cans for ..... 85c  
Extra Fancy Pitted Red Cherries, regular size, No. 2 size, 3 cans for ..... 98c  
Extra Fancy Black Raspberries, regular size, No. 2 size, 3 cans for ..... 95c  
Barrington Hall Coffee, 2 lbs. .... 87c  
Juicy Fruit or Spearmint Gum, 4 pkgs. for ..... 15c  
Monarch Orange Pekoe Tea, per 1-lb. pkg. .... 49c  
Monarch Oven Baked Beans, regular 20c, 2 cans for ..... 25c  
Post Toasties or Kellogg's Corn Flakes, 3 pkgs. for ..... 50c  
Puritan Pancake Flour, 4-lb. sack 33c

Del Monte Prunes ("nuff said"), per 5-lb. can ..... \$1.05

Baker's Chocolate, per lb. .... 57c  
Walter Baker's Cocoa, 1/2-lb. tins 25c  
A complete line of fresh vegetables, asparagus, green beans, fresh peas, strawberries and mushrooms.

Swift Premium Lard, per 2-lb. pail ..... 42c  
Swift's Premium Lard, per 5-lb. pail ..... 90c  
Dodd Berkshire Sausage, 1-lb. links at ..... 25c  
Choice Shoulder Beef Roast, 1-lb. Don't forget to give us your order Friday Afternoon.

**Sommer Bros.**  
28th and Farnam Sts.  
Harney 0188

Come Once and You Will Come Always!

**CENTRAL MARKET**  
Everything for the Table

1608-10-12 Harney St. Douglas 1796

**Specials for Saturday Selling**

|   |  |  |
|---|--|--|
| Prime Rolled Rib Roast, per lb. .... 27 1/2c  | Pig Pork Roast, per lb. .... 19 1/2c       | Fancy Veal Breast, per lb. .... 12 1/2c      |
| Best cuts Fancy Steer Pot Roast, lb. .... 15c | Fancy Fresh Beef Tongues, per lb. .... 20c | Young Mutton Shoulders, per lb. .... 12 1/2c |
| Armour's Star Half Hams, per lb. .... 30c     | Steer Shoulder Steak, per lb. .... 17 1/2c | Young Mutton Stew, per lb. .... 7 1/2c       |

100 lbs. Cane Sugar ..... \$9.00 48 lbs. Omar Flour ..... \$2.45

18-lb. sack Uddle Flour ..... \$2.25  
10 bars Electric Spark Soap ..... 48c  
6-lb. can Crisco ..... 65c  
9-lb. can Crisco ..... \$1.55  
8 packages Jersey Corn Flakes ..... 25c  
4 packages Macaroni ..... 23c  
All size graded Del Monte Fruits, each, 3 for ..... \$1.00  
Large returnable cans Fairy Sodas for \$1.40; 50c deposited on can refunded when returned.

Assorted Advo Jello ..... 12 1/2c  
2 cans early June Peas ..... 33c  
Extra sifted early June Peas, per can, 12 1/2c ..... \$1.49  
May Flower Corn, per can, 12 1/2c ..... \$1.48  
Elkhorn Milk, dozen ..... \$1.48  
22-oz. Jar pure Preserves, per jar, 5 for ..... \$1.00  
Assorted Cookies, per lb. .... 30c

Items Graham Biscuits, per lb. .... 20c  
Bulk Cocoa, per lb. .... 15c  
Bulk Coconut, per lb. .... 25c  
4 lbs. of Rice ..... 25c  
4 lbs. Navy Beans ..... 25c  
Walt's Granulose ..... 35c  
3 cans Wax Beans ..... 25c  
3 cans Spinach ..... 25c  
6 cans Tomatoes ..... 55c  
3 lbs. Prunes ..... 35c

Central Special Coffee, 35c lb.; 3 lbs. for ..... 98c  
McCombs 70c Chocolates, per lb. 59c

Extra fancy Santos Coffee, per lb., 25c; 3 lbs. for ..... 70c  
Easter Novelties, Easter Eggs, Easter Baskets.

Guaranteed Fresh Checked Eggs, dozen ..... 28c  
Cloverbloom Creamery Package Butter, lb. .... 48c

Extra Fancy Country Butter, 2-lb. rolls, lb. .... 35c  
Swift's Gem and Armour's Nut-ola Nut Butter, lb. .... 25c

Extra Fancy Onion Sets, qt. .... 10c  
3 qt. for ..... 25c  
Extra Fancy Alabama Sweet Potatoes, 2 lbs. for ..... 15c

Fresh Green Onions per bunch, 5c  
Fresh Asparagus, Tomatoes, Strawberries, Cucumbers, Cranberries. Fresh Fruits of all kinds.

Courtney Building

**THE TABLE SUPPLY**  
OMAHA'S PURE FOOD HEADQUARTERS  
SEVENTEENTH AT DOUGLAS STREET

Douglas 3940

Study Carefully These Remarkable Saturday Offerings—Then Buy

Here's values that comparison will vividly prove to be big odds the greatest in Omaha today. It's a constant effort at this store to offer the greatest values at all times.

**Fresh EGGS 29c** Peas, Corn, Tomatoes, 6 cans ..... 59c Pork Loin, whole or half ..... 25c

Pineapple, No. 2 1/2 cans, 39c  
Apricots, No. 2 1/2 cans, in heavy syrup ..... 25c  
Peaches and Apricots, No. 1 cans, 3 for ..... 47c  
Omaha Maid Macaroni and Spaghetti, for ..... 5c  
Omar Wonder Flour, 48-lb. sack for ..... \$2.37  
String Beans, 2 cans ..... 25c  
Prunes, 3 lbs. for ..... 40c  
Creamery Butter, lb. .... 45c  
American Cream Cheese, per lb. .... 26c

Comb Honey ..... 32c  
Ankora Coffee, lb. .... 40c  
Golden Santos Coffee, lb. .... 22c  
Hershey's Cocoa, 1/2 can, 22c  
Advo Jell, pkg. .... 10c  
Juicy Grapefruit, 6 for 54c  
Onion Sets, 3 qts. .... 25c  
Juicy Navel Oranges, per dozen ..... 25c  
Fancy Jonathan Apples, per basket ..... 25c  
Fresh Vegetables, Strawberries, Mushrooms, Alligator Peas, Pineapples, etc.

**Meats**  
Forequarter Lamb, lb. 17 1/2c  
Veal Roast, lb. .... 15c  
Veal Steer, lb. .... 12 1/2c  
No. 1 Steer Pot Roast, per lb. .... 15c

**Crackers**  
Hen's Coconut Snaps, per lb. .... 28c  
Hen's Country Cakes, lb. 28c  
Hen's Graham Crackers, per lb. .... 20c