

To Cut Down On Bread

By LORETTO C. LYNCH. Many readers ask what to use in place of bread. Have you ever gone to a banquet and noted how little bread is consumed? In other words, if you have enough of other things to eat you will not notice the lack of either bread or potatoes.

What then might one have for breakfast—luncheon—dinner? If you are trying to eliminate white bread from the morning meal try grapefruit, oatmeal and top milk or cream, one slice of toasted graham or whole wheat bread, coffee or cocoa.

Two or three griddle cakes with syrup or a waffle may be introduced to take the place of bread. Any of the recipes using part corn meal for the hot-cakes are desirable.

Where the diner patronizes the commercial lunch room there are any number of desirable dishes he may order with a view toward eliminating potatoes and white bread. A bowl of thick bean or pea soup with two soda crackers, a baked apple or a cup of custard and hot drink, or for the warmer days a dish of ice cream and several graham crackers is very desirable.

With the evening dinner there is a wicker choice. A soup of any kind reduces the appetite for the more expensive, perhaps more concentrated things to follow. A soup made from meat stock and containing any of the fresh or canned vegetables may be served with either a couple of soda crackers or a thin slice of toasted graham bread.

A slice of roast beef and at least four vegetables should be served to make one forget the absence of the tobooped potato. Among the vegetables suggested are creamed cauliflower, buttered beets, fresh spinach, corn, peas, string beans, boiled onions, Brussels sprouts, buttered cabbage, squash, stewed tomatoes and so on.

Many of these vegetables furnish bulk to the diet. They are filling without being highly nourishing. Have a salad, and have a dessert. With so many things for dinner, little bread will be consumed. Watch your bread tray. If much is consumed then you must increase the number or quantity of the vegetables served.

It is never to be denied, however, that in accomplishing any end, be it a doctor's order or a life's ambition, the element of will power plays an important part. Yet it is much more difficult to exercise the all-important will power if there is not much else than bread and meat and potatoes served. Gelatine desserts are attractive without being highly nourishing. At the same time they are filling.

It is suggested that those housewives who are trying to provide a diet with a minimum of bread and potatoes, definitely plan each meal on paper. Unless this is done, the novice, becoming hurried, lets the family "fill up" on a great quantity of bread.

Household Hints

- Use one pint of onions for four persons. Sirloin steak is good served surrounded with fried apples. Lemon juice added to the hamburger steak will improve it. A pinch of baking powder will hold the omelet from falling. To heat milk properly it should be heated over boiling water. Use the bread mixer when making fruit cake. It makes a very smooth dough and saves work. Chopped parsley added to creamed potatoes gives them an excellent flavor. Lettuce, cooked just as you would cook spinach is delicious served with beefs. Old nightgowns make excellent closet coverings for suits and evening dresses.

Two Wednesday Brides



Mrs. J. L. Jones



Mrs. Phelps Griswold

The marriage of Miss Ethel Parsons, daughter of Mr. and Mrs. Frank M. Parsons, and Phelps Griswold took place Wednesday evening. The couple will reside in this city.

Truth Stranger Than Fiction

If truth is stranger than fiction, then Theodora Warfield, leading woman of the Princess Players, appearing this week in "You're in Love" should fire her press agent and start telling the truth for publicity's sake. Here's the reason: The sleep walking scene in this week's musical comedy was copied by Otto Hauerbach, the playwright, from a really true incident in Miss Warfield's own life. Four years ago Miss Warfield was on the island of Jamaica, in the West Indies, with Annette Kellerman's company of mermaids et al, who were filming that bathing suit epic, "The Daughter of the Gods".

Miss Warfield was doing some fancy deep water swimming, and directing 500 native pearl fishers on the side. One week end Sir John Pringle, governor of the island, placed his seaside villa at St. Anne's bay at the disposal of Annette and her leading mermaids. Young Cyril Pringle, the governor's son, made one of the party.

Theodora Warfield had been working under considerable strain handling her 500 dusky mermen. That Friday when the natives were paid off there was a small riot. Miss Warfield evidently carried her "nerves" to bed with her. Her nerves were too jumpy to let her stay in bed. She got up for a stroll on the beach. But without the formality of waking.

Sleep walking, her bare feet were soon straying much too near the blue, shark infested waters of the Caribbean. But young Pringle, too, had spent an uneasy night. Smoking on the second story piazza, he witnessed Miss Warfield's pajama promenade, and he made a dash toward the sleep walker and saved her from getting wet—above the ankles. One Otto Hauerbach, on vacation from the heavy toll of conceiving frothy farces for tired business men of Manhattan, was another member of the party. He joined in ragging

"There is no doubt in my mind that Tanlac saved my life two years ago," said Abraham L. Stevens, well known contractor, living at 4326 Patrick avenue, Omaha.

"I had been in the worst sort of health for five years and had been told several times that I would never get well. My troubles were rheumatism and lumbago. My back hurt so and so and was so stiff I couldn't bend over and lots of times I couldn't get out of a chair without help. I frequently was bilious and had awful headaches and dizzy spells at times.

"Tanlac soon had me feeling like a different man. I was soon eating like a bear and picking up in weight and strength right along. Then the rheumatism began to leave me, and almost before I realized it I was a well man, without a pain or an ache. I gained over twenty pounds in weight, too. This was two years ago and I have been in the best of health since. I don't believe there is a man in Omaha of my age in better trim physically than I am, and I give Tanlac credit."

OMAHA-MAN WAS TOLD THAT HE'D NEVER GET WELL

Styrs Was on Point of Giving Up — Received Help in Nick of Time.

Advertisements

Advertisements

Goodies for Invalid's Tray

To make egg lemonade for the invalid beat the yoke of two fresh eggs until very light, add the strained juice of two lemons and sugar enough to suit the taste. Fill a large glass with shaved ice. Now beat the eggs to a stiff froth and add to the mixture, add a little water to the shaved ice, then egg and lemon. Serve immediately. This is very nourishing.

Pulled Bread. Bake ordinary yeast bread in the shape of long, narrow French loaves. When cool but not entirely cold, cut lengthwise through the center, then with two forks scoop or pull the bread out of the crust and, still using the two forks, pull it apart in strips six or seven inches long and an inch or more in width and thickness. Line a large baking pan with brown paper and arrange the strips on this, roughed and crinkled edges uppermost. Set in the oven with the

door partly open until it dries out thoroughly, then close the door until the bread turns golden brown. Warm each time before serving. This is much like zwieback, but its odd shape appeals to the invalid.

Koumiss. Take two quarts of milk, two table-spoonsful of granulated sugar, two table-spoonsful of water and one-third of a cake of yeast. Put the

milk in a double boiler, but do not let it boil, just get luke-warm. Put the sugar and water into a pan, stir until the sugar melts and let it boil two or three minutes. Dissolve the yeast in two table-spoonsful of the warm milk, then add the syrup to the milk, then the yeast, which should be poured through a strainer. Stir all thoroughly. Bottle and cork tightly. Stand in a warm place for 12 hours. Then turn bottles on side and put in the refrigerator for 12 hours when they will be ready to serve.

EAT Red Top Macaroni Foods — the muscle builder—the food of the worker—the one dish of which the appetite does not tire. It is made GOOD for you to eat. It contains genuine Semolina, from which the best macaroni is made. For sale at all grocers.

FRESH STRAWBERRY ICE CREAM HARDING'S supreme Ice Cream into which has been frozen choice Fresh Strawberries. This Week-End Special is without doubt the finest Ice Cream made anywhere. A dessert convenient and economical for your Sunday dinner or tea. A Harding dealer near your home will have this Special.

BUEHLER BROS.

Omaha's Big, Busy Cash Markets For Quality Meats, Quick Service and Lowest Prices 212 N. 16th St. 2408 Cuming 4903 S. 24th St.

Table with 3 columns: Product, Price, and Description. Includes items like Choice Pork Loin Roast (16c), Choice Pork Loin Chops (20c), Choice Round Steak (20c), Choice Sirloin Steak (22c), Best Creamery Butter (30c), Native Steer Rolled Rib Roast, special at (24c).

Table with 2 columns: Product and Price. Includes items like Choice Cut Veal Roast (15c), Choice Veal Chops (20c), Choice Veal Stew (12c), Choice Veal Leg (1/2 or whole) at (20c), Choice Veal Loins (20c).

Table with 2 columns: Product and Price. Includes items like Sugar Cured Strip Bacon (18c), Sugar Cured Brisket Bacon (17c), Sugar Cured Breakfast Bacon (24c), Sugar Cured Picnic Hams (15c), Sugar Cured Regular Hams (28c), Sugar Cured Skinned Hams (26c), Armour's Star Bacon (42c), Swift's Premium Bacon (42c).

Table with 2 columns: Product and Price. Includes items like SMOKED MEATS, Sugar Cured Strip Bacon (18c), Sugar Cured Brisket Bacon (17c), Sugar Cured Breakfast Bacon (24c), Sugar Cured Picnic Hams (15c), Sugar Cured Regular Hams (28c), Sugar Cured Skinned Hams (26c), Armour's Star Bacon (42c), Swift's Premium Bacon (42c).

Table with 2 columns: Product and Price. Includes items like SPECIALS ON CANNED GOODS, Fancy Early June Peas, 3 for (30c), Fancy Sweet Corn, 3 for (30c), Fancy Pork and Beans, 3 for (30c), Fancy Tomatoes, 3 for (30c), Fancy Sardines, 5 for (25c), Tee Pee Laundry Soap, 10 bars (35c), P. & G. White Naptha Soap, 10 bars (58c), Evaporated Milk, 3 tall cans at (34c), Evaporated Milk, 6 small cans at (33c), Kasper's Stars and Stripes Coffee (30c), Kasper's Big 5 Coffee (38c), California Seaside Lima Beans, 2 lbs. (20c).

Table with 2 columns: Product and Price. Includes items like PURE LARD AND SHORTENING, Pure Lard, per lb. (12c), Compound Lard, per lb. (11c), Cudahy's Puritan Lard—5-lb. pails (80c), 10-lb. pails (\$1.60).

Table with 2 columns: Product and Price. Includes items like SAUSAGE AND COOKED MEATS, Choice Wienies and Frankfurts (18c), Choice Polish and Garlic Sausage (18c), Choice Minced Ham (20c), Choice Pressed Ham (20c), Fresh Liver Sausage (16c), Fresh Bologna Sausage (16c), Fancy Summer Sausage (22c), Choice Veal Loaf (22c).

Table with 2 columns: Product and Price. Includes items like SPECIALS ON BUTTERINE, Swift's Gem Nut (21c), Swift's Snowflake, 2 lbs. (42c), Swift's Snowflake, 5-lb. tub (\$1.00), Swift's Premium Oleo (22c), Best Creamery Butter (30c).

CHEESE, Fancy Cream Cheese (22c), Fancy Brick Cheese (22c), Fancy Sandwich Cheese (30c). Store Open Until 8 P. M. Saturdays.

"HELP YOURSELF CLUB"

The present extra vote offer of 50,000 extra votes for \$25.00 in subscription payments between June 6 and June 18 is the only offer of extra votes to be made during the remainder of the campaign. For each dollar over the \$25.00 sent in during this period you will be given 2,000 additional votes.

This final offer opens Monday June 6th and closes Saturday June 18th at 10 p. m. During the final week of the campaign no extra votes will be given. Nothing but the regular scale of votes will be in force.

Table with 2 columns: VOTE VALUE OF SUBSCRIPTION PAYMENTS. Includes Morning, Evening and Sunday by Boy Carrier, and Daily and Sunday by Mail.

Standing of the Club Members. The standings of the club members counted in the office of the Club Manager up to Tuesday, June 7, 1921, are as follows:

Fifty-five names have been removed from the list since the last publication. This does not mean that these people have been eliminated from the race, but their names will not be re-entered unless they show more activity than they have during the past three weeks.

Table with 2 columns: District No. 1. Lists names and addresses of members in District No. 1.

Table with 2 columns: District No. 2. Lists names and addresses of members in District No. 2.

Table with 2 columns: District No. 3. Lists names and addresses of members in District No. 3.

Table with 2 columns: District No. 4. Lists names and addresses of members in District No. 4.

Table with 2 columns: District No. 5. Lists names and addresses of members in District No. 5.

Table with 2 columns: District No. 6. Lists names and addresses of members in District No. 6.

Table with 2 columns: District No. 7. Lists names and addresses of members in District No. 7.

Table with 2 columns: District No. 8. Lists names and addresses of members in District No. 8.

Table with 2 columns: District No. 9. Lists names and addresses of members in District No. 9.

THE EXTRA VOTES earned by club members on the vote offer which closed last Friday, June 4th, have been placed in the mail—about your vote and be sure it is correct.

Ortman's Bakery Products. Pink and White Cake, each (25c), Sugared Doughnuts, per dozen (25c), Apple Coffee Cake, each (20c), French Coffee Cake, each (10c).

SKINNERS. The highest grade Macaroni, Spaghetti, Egg Noodles and other Macaroni Products.