

How to Clean Your Aluminum Ware

The growing use of aluminum cooking utensils has led an expert in cookery to make experiments on the best way to preserve the brilliant, shining finish which gives these utensils one of their great appeals, namely, that of beauty. It appears that keeping aluminum bright and clean is very simple. "I have found," says this expert, "that aluminum ware can be easily and quickly cleaned by using hot water and a good grade of soap. Simply rub well with an ordinary dish cloth. Food does not take on aluminum ware as it does on other metal utensils. To restore the bright finish to the outside of aluminum utensils, apply any good polisher which is not rough and scratchy. "Aluminum ware should never be scraped with a sharp instrument. Use a wooden spoon. Never use soda, lye, ashes or ammonia, simply hot water and soap. "Good aluminum ware cannot be easily dented. If, however, by neglect or accident, they should become dented or bent, the metal can be straightened by placing a wooden spoon on one side of the dent and hammering with a mallet on the opposite side. "Aluminum ware is sanitary and rustproof, heats readily, distributes heat evenly and retains it longer. It does not contain or form any poisonous substances, is attractive and clean. It has no soldered joints or seams to lead a smoky or sooty or scorch food or impart a burnt taste to it as readily as other metals. Aluminum utensils are light in weight, easy to handle, yet strong and durable. Good aluminum utensils will last a lifetime. "The story of the development of the aluminum industry is one of the most remarkable of modern business romances yet discovered. About 30 years ago an office boy carried in his pocket the entire output of aluminum in America. This was in Pennsylvania, near Pittsburgh, where a small plant for the manufacture of aluminum had been operating for some time without producing any aluminum at all. After much hard trying there was a successful run of the metal. The product consisted of a piece of aluminum as large as a coat button which disappeared and was finally located in the pocket of the office boy. Today aluminum is produced by the millions of pounds. The American housewife is responsible for much of this growth, for from the very first she realized the advantages of aluminum cooking utensils.

Good Low-Cost Meals

By LORETTA C. LYNCH.
"We are two women past 30. With the general downward trend of prices, we find our salaries reduced. We have decided to quit our somewhat fashionable boarding house and rent a few housekeeping rooms. The "What to Eat" problem bothers us. I might say we will be able to get home at noon to luncheon, for we are selecting rooms close to the office. Will you be good enough to outline inexpensive, nourishing meals for several days?"
A fireless cooker is a wonderful help to working women. A hot-cold bottle is another aid. Carefully plan a week's meals on paper. Then from the list do as much shopping for staples and semi-perishables, like butter and eggs, as possible, on one trip.
If you have a good baker in your neighborhood buy your cake and pie as well as your bread if time and energy are at a premium.
The suggestions offered are low in cost, rather easily prepared, and fill all the requirements of average diet.

BREAKFAST.
Oatmeal, milk and sugar; whole wheat bread and butter or butterine; cereal coffee or coffee with an equal amount of hot milk added, or cocoa made with milk; stewed prunes.

LUNCHEON.
Lentil and tomato soup; cold corned beef; whole wheat bread, butter or butterine; tea and coffee, one-half milk or cocoa.

DINNER.
Lamb stew with vegetables (carrots, potatoes and onions); whole wheat bread, butter or butterine; custard pie, tea or coffee, one-half milk or cocoa.

BREAKFAST.
Wheatena, milk and sugar; dates, graham bread and butterine; coffee, one-half milk or cocoa.

LUNCHEON.
Macaroni and cheese; stewed tomatoes; graham and rye bread and butterine; coffee, one-half milk or cocoa.

DINNER.
Bean or lentil loaf; Boston brown bread; stewed onions; apple betty, milk and sugar; coffee, one-half milk or cocoa.

BREAKFAST.
Cracked wheat, milk and sugar; rye bread and butter; coffee, one-half milk; apple.

LUNCHEON.
Vegetable soup with crackers; whole wheat bread and peanut butter; stewed figs; cocoa and coffee.

DINNER.
Corned beef hash; stewed cabbage; whole wheat bread and butterine; rice or tapioca pudding made with milk, molasses and raisins; coffee, one-half milk or cocoa.

Recipes

Tender Stuffed Heart

2 small calves' hearts.
1 cup bread crumbs.
1/2 teaspoon poultry dressing.
1 teaspoon salt.
Pepper.
Rolling water.
Wash hearts thoroughly and remove any muscular portion. Make stuffing by pouring boiling water through crumb and draining well. Add seasoning, and when cooled fill the hearts. Cover with hot water and cook in oven or in fireless cooker four to six hours. Drain off liquor and thicken for gravy if desired. Sprinkle hearts with buttered crumbs and salt and pepper. Brown in a hot oven and serve at once.

Tenderloin Cutlets.

Pass half a pound of round steak, a quarter of a pound each of cooked ham and lean veal and a scant half cupful of beef marrow through the food chopper and pound smooth with a pestle (a potato masher will answer). Then pound in gradually a tablespoonful of flour and half of butter, three tablespoonfuls of cream, salt and paprika to taste, half a tablespoonful of grated onion, four tablespoonfuls of tomato catsup, half a cupful of beef broth, one and a half tablespoonfuls of flour and half a cupful of sautéed mushroom caps. Form into cutlet shapes, egg and bread crumb and fry in deep hot fat to a rich brown. Serve on a bed of spaghetti.

Flowers will remain fresh overnight if they are kept from the air. To do this wet them thoroughly, put in a damp box, cover with a wet newspaper and then put in a cool place.

QUICK RELIEF FROM CONSTIPATION

Get Dr. Edwards' Olive Tablets

That is the joyful cry of thousands since Dr. Edwards' purified Olive Tablets, the substitute for calomel.

Dr. Edwards, a practicing physician for 17 years and one of our old-time enemies, discovered the formula for Olive Tablets while treating patients for chronic constipation and torpid livers.

Dr. Edwards' Olive Tablets do not contain calomel, but a healing, soothing vegetable laxative.

No griping in the "kneecaps" of these little sugar-coated, olive-colored tablets. They cause the bowels and liver to act normally. They never force them to unnatural action.

If you have a "dark brown mouth"—bad breath—a dull, tired feeling—stomach headache—torpid liver—constipation, you'll get quick, sure and pleasant results from one or two of Dr. Edwards' Olive Tablets at bedtime.

Thousands take them every night just to keep right. Try them. 15c and 30c.



The Price of a Victrola Is So Little—in Comparison to What It Brings You

This most popular model (price \$150) together with your choice of \$11 in Victor Records (a total of \$161) sold by us on terms of only \$11 down and

\$11 A Month

Other Victrolas at \$25, \$50, \$75, \$125 and up. Sold on easy terms.

A. Hospe Co.

The Pioneer Victor Store.
1513-15 Douglas Street.

Ghost Supper for Hallowe'en

Why not have a ghost supper for your Hallowe'en frolic? The ordinary chafing dish supper could easily be worked out in ghostly fashion with candles for light and the flame from the chafing dish burner casting shadows over the table.

Two chafing dishes should be used to serve 12 persons, but at that it's really the easiest way for the hostess without a maid to entertain so many people in a more elaborate way and it can be done for \$8.

Measure the ingredients for the dishes in the kitchen and arrange them neatly on a tray placed conveniently for the cooks. A separate tray for each chafing dish will save possible confusion.

Menu for Ghost Supper.
Tomato bouillon Bread sticks
Olives Celery
Chicken à la Hallowe'en
October salad Toasted crackers
Vanilla ice cream with caramel sauce
Sponge cake Coffee
The bouillon should be served from the kitchen and the cups should be at each plate when the guests go into the dining room. When this course is finished the cups and plates are removed and the chafing dishes and their accompanying trays are brought in. The salad should be on

Special for Sunday
Maple Nut
Fancy maple ice cream and clean, wholesome ground nuts.

Delicia
ICE CREAM

Ask Your Dealer for Delicia.

The Fairmont Creamery Co.

A Cudahy Product

Puritan Bacon

"The Taste Tells" Bacon

A more zestful bacon
—um, but it's good

Appetites become eager when Puritan Bacon sizzles in the pan and the air is laden with the released aroma of Puritan's fragrant hickory smoke.

Appetites are wonderfully satisfied by this uniformly sweet, young meat that has been prepared the Puritan way. We urge you to try Puritan bacon (and ham) and taste for yourself how different it is.

THE CUDAHY PACKING COMPANY

The Food Centers

BETTER THINGS TO EAT

Open Saturday Till 9 P. M. 1814-16-18 Farnam St. Doug. 8791. Mail Orders Filled

Mail Orders Filled Jackson 3527.

Omaha Housewives will Hurry for these Big Saturday Offerings in Foodstuffs

FRESH Dressed Spring Chickens, lb. 24 1/2c	10 lbs. Pure Leaf Lard, lb. 99c	Pig Pork Loins, per lb. 18 1/2c
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BIG GROCERY SPECIALS

10 lbs. Extra Fine Granulated Sugar, 100-lb. sack .. \$6.25	48 lbs. Gooch's Best Flour for ... \$1.85
Large bars Crystal White Soap—10 bars for .. 59c	1 Creme Oil Soap Free
100 bar box \$5.75 — 5 bars Creme Oil FREE.	

P. & G. Naphtha Soap, 10 bars 65c
Gooch's Best Macaroni, 3 lbs. 25c
Fancy California Prunes, 1921 Crop, lb. 12c
Gooch's Best Flour, 48-lb. sack \$1.85
Fancy Sugar Corn, 12 1/2c per dozen \$1.45
22 oz. Windmill Assorted Pure Fruit Jams, 29c
10 oz. Electric Spark Soap, 10 bars for 53c
Premium Soda Crackers, lb. 4c
Fancy Cookies, Lorna Doones, per lb. 24c
3-lb. Food Center Special Coffee 98c
Have you tried Premier Coffee? Per lb. 25c

We Guarantee It.

Ortman's Baked Products

Devil's Food Cakes, each 30c	Cake Doughnuts, a doz. 25c	Nut Raisin Bread, 15c; 2 for 25c	Bread Rolls, a dozen 12c
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Fruits and Vegetables

Virginia Sweet Potatoes, 5 pounds for 29c	40-lb. boxes Washington Jonathan Apples or extra fancy King David For Saturday—Fresh Mushrooms—Alligator Peas Oyster Plant—Kohlrabis
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CIGARS—Just Inside the Door—CIGARS

See See Cigar, 10c value, 50 for \$3.25	La America, 12 1/2c value, 50 for \$3.75	Mozart Sublimis, 15c value, 10c for \$4.50	Mozart Classics, 10c value, 5 for \$4.00
50 for \$3.75	Corena Havanas, 10c value, 3 for \$4.00	Camels, Lucky Strike, carton \$1.69	George Washington Plug Cut Smoking, 8 ounces for 45c

Thomsen's Dairy Maid Fancy Creamery Butter, per lb. 47c

Country Creamery Butter, 1-lb Prints 40c
Danish Pioneer Creamery Butter, lb. 44c
Rex Nut Butterine, lb. 23c
Wisconsin Full Cream Cheese, lb. 25c
McLaren's Cream and Pimento, 1 1/2c for 25c
Checked Eggs, in cartons (limited supply) .. 31c

We Carry a Complete Stock of Meadow Gold—Idlevild—Seward—Cloverbloom and Fancy Sweet Butter at All Times.

We Sell SKINNER'S
Spaghetti and other Macaroni Products.

plates ready to serve when needed and the caramel sauce made and kept hot over hot water.

Chicken à la Hallowe'en.
One-year-old chicken, one quart oysters, one-half pound mushrooms, two sweet green peppers, arrange for each chafing dish; one-fourth cup butter, three tablespoonfuls flour, one-half teaspoon salt, one-eighth teaspoon pepper, one cup chicken stock, one cup rich milk, one tablespoon minced parsley, two egg yolks, one-third cup minced celery, paprika, onion pepper.

In the morning stew the chicken until tender in water to cover. Remove from broth and cool. Remove

Boston Market

113 North 16th Street OPPOSITE POSTOFFICE Douglas 1089

Combination No. 1 100 lbs. fine Granulated Sugar \$3.00 6 lbs. Choice J. R. Santos Coffee 2.40 2 lbs. Uncle Japan Tea 1.20 2 lbs. Fancy Cocoa 1.20 1 lb. Best Black Pepper 40 1 lb. Fancy Coconut 40 12 cans Fancy Sweet Peas 1.90 12 cans Fancy Sweet Corn 1.90 TOTAL \$12.60	Combination No. 2 18 lbs. best Gran. Sugar 55 3 lbs. Choice J. R. Santos Coffee 1.20 TOTAL \$1.75
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White Naphtha Soap, 10 bars 39c
Big 4 White Naphtha Soap, 10 bars 69c
Macaroni, Spaghetti or Noodles, 3 pkgs. for 25c
Choice Peaberry Coffee, lb. 22 1/2c
Fancy Mixed Cookies, 2 lbs. 35c
Fancy Brick Cheese, lb. 18 1/2c
Fresh Pork Shoulder, lb. 12 1/2c
Fancy Veal Roast, lb. 14 1/2c
Fancy Steer Pot Roast, lb. 9 1/2c
Fresh Leaf Lard, 8 lbs. for. 95c
Fancy Picnic Hams, lb. 12 1/2c
Fancy Breakfast Bacon 26 1/2c

Fancy Peaches, No. 3 cans, each 25c
Per dozen cans \$2.85
Corn, Peas or Tomatoes, can 10c
Per dozen cans \$1.15
Elkhorn, Danish Pride or March Milk, per can 10c
Per case \$4.70

We deliver to all parts of the city. Mail orders filled at above prices good for one week. Check or money orders must accompany orders. Reference—Corn Exchange National Bank.

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Because only the finest Durum Wheat goes into its making, Gooch's Best Macaroni is superior in flavor and quality.

Learn new ways of preparing this economical, nutritious food. Send for free book of recipes. Address Gooch Food Products Co., Lincoln, Neb.

Gooch's Best Flour
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Gooch's Best Turnips
Gooch's Best Wheat Flour
Gooch's Best Spaghetti
Gooch's Best Egg Noodles

PIANOS

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All Work Guaranteed
A. Hospe Co.
1813 Douglas St. Doug. 8791

CENTRAL MARKET

Everything for the Table

1608-10-12 Harney St. Douglas 1796

SPECIALS FOR SATURDAY

Fancy Steer Pot Roast, lb. 10c	Fancy Fresh Dressed Spring Chickens, lb. 26 1/2c	1-lb. bricks Cudahy's Pure Lard, per lb. 13c
Best cuts Steer Shoulder, per lb. 12 1/2c	Prime Rolled Rib Roast, per lb. 22 1/2c	Fancy Young Veal Breast, lb. 10c
Fancy Young Veal Roast, lb. 15c	Cudahy's Puritan Half Ham, per lb. 27 1/2c	Legs of Young Mutton, per lb. 17 1/2c

10 bars Electric Spark Soap 49c	100 pounds Best Granulated Sugar \$6.25	No. 3 cans Del Monte Fruits, per can 30c
No. 2 cans Blackberries in heavy syrup, can 30c	15 lbs. Sugar for 95c	Advo Maine Corn, can 20c
3 cans 85c	48 lbs. Gold Medal Flour for \$2.35	Per dozen \$2.25
No. 2 cans Red Pitted Cherries, per can 35c	48 lbs. Omar Flour, \$2.05	Extra Sifted Early June Peas, per can 20c
3 cans \$1.00	48 lbs. Blue Bell Flour for \$1.85	Per dozen \$2.25
No. 3 cans Bartlett Pears in heavy syrup, can 35c	Bulk Cocoa, lb. 10c	Standard Corn, can 11c
3 cans \$1.00	Central Special Coffee, every pound guaranteed, lb. 30c	Per dozen \$1.25
No. 3 cans Hawaiian Pineapple, per can 25c	3 lbs. 88c	No. 2 cans Tomatoes, can 11c
Per dozen \$2.85	Extra Fancy Santos Coffee, per lb. 22 1/2c	Per dozen \$1.25
No. 3 cans Peaches, sliced or halves, in heavy syrup, per can 25c		No. 3 cans Tomatoes, can 15c
Per dozen \$2.95		Per dozen \$1.75
		Seedless Raisins, lb. 23c
		Currants, per lb. 23c
		3 lbs. Prunes for 35c

McCombs' Home-Made Cream Caramels, Saturday, special, per lb. 50c	Item's Imperial Vanilla Wafers, lb. 27c
Our 70c Chocolates, per lb. 59c	Item's Nic-Nacs, fine for the kiddies, lb. 27c
Strictly Fresh Checked Eggs in cartons, per dozen 30c	Creamery Package Butter, per lb. 39 1/2c
Fresh Country Eggs, per dozen 32 1/2c	5-lb. pails Swift's Snowflake Oleo \$1.14
Extra Fancy Black Walnuts, 3 lbs. for. 25c	Fancy Jonathan Apples, per box \$2.85
Per basket \$1.00	Devil's Food Cake, each 30c
Extra Fancy Grape Fruit, 4 for. 25c	Cake Doughnuts, per dozen 25c
Per dozen 75c	Nut Raisin Bread, each 15c
Fresh Mushrooms, Parsimmons, Celery, Cabbage, Pomegranates, Tomatoes, Green Wax Beans	2 for 25c
	Bread Rolls, per dozen 12c

THE TABLE SUPPLY

OMAHA'S PURE FOOD HEADQUARTERS
SEVENTEENTH AT DOUGLAS STREET

Douglas 3940

We Deliver To Any Part Of the City

Legs of Spring Lamb, lb., 19c	Boneless Rib Roast Beef, lb., 20c	Fresh Ham, whole or half, lb., 18c	Extra Special—Nisagara and Puritan Sugar Cured Hams, whole or halves, per lb. 25c
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Big Grocery Specials

Omar Flour, 48-lb. sacks, \$2.15	Sugar, 10-lbs., 57c
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Omaha Maid or Blue Bell Flour, 48-lb. sacks \$1.85

Ortman's Bakery Products

Devil's Food Cake, each 30c	Cake Doughnuts, per doz. 25c	Nut Raisin Bread, 15c; 2 for 25c	Bread Rolls, per doz 12c
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CIGARS—Just Inside the Door—CIGARS

See See Cigars, 10c value, 50 for \$3.25	La Armida, 12 1/2c value, 50 for \$3.75	Mozart Sublimis, 15c value, 11c for \$4.85	Mozart Classics, 10c value, 5 for \$4.00
50 for \$3.75	Corena Havanas, 10c value, 3 for \$4.00	Camels, Lucky Strike, carton \$1.69	George Washington Plug Cut Smoking, 8 ounces for 45c

CANDY SPECIALS

Coconut Brittle, per lb. 25c	Peanut Brittle, per lb. 21c	Butter Cream Corn, per lb. 35c	Molasses Kisses, per lb. 30c
Jelly Strings, per lb. 25c	Jumbo Salted Peanuts, per lb. 20c	Lyon's Chocolate Covered Fruit, \$2.00 value, per lb. box \$1.00	

We Sell SKINNER'S
The Highest Grade Macaroni, Egg Noodles, Spaghetti and Other Macaroni Products

The Washington Market

Forced to Liquidate Their Immense Stock of Fancy and Staple Groceries to One-Half

Everything must go, regardless of price, baskets and baskets full of bargains. Here are just a few of our specials. Sale starts tomorrow and ends October 31, so let's go.

Pre-war price on Lenox Soap, 10 bars 25c
1-lb. tall cans of Alaska Salmon, on sale 9c
Del Monte Red Alaska Salmon, 1-lb. cans, special, 3 cans 89c
Extra Standard Corn, solid pack, per can, 10c; dozen \$1.10
Carolene, special, per can, 8c; per dozen 95c
Crisco, all size cans, special, per lb. 18c
Regular 10c rolls of Crepe Toilet Paper, per roll 8c
American Beauty Macaroni, Spaghetti and Noodles, per box 7c

Cash and Carry—Don't Forget the Place
1407 Douglas Streets AT lantic 0470