



The News Tribune's School of "Better Foods--Better Homes"



At the Auditorium, Cor. Third Ave. East and First St.

by MRS. BROWN-LEWERS, Lecturer

FREE TO EVERYBODY

A Few Cooking Suggestions:

Griddle Cakes

- | | |
|-------------------------------|-------------------------|
| 1 cake Fleischmann's yeast | 2 tablespoonfuls crisco |
| 2 tablespoonfuls brown sugar | 2 cupfuls flour |
| 1 cupful scalded milk, cooled | 2 eggs |
| 1 cupful lukewarm water | 1 tablespoonful salt |

Dissolve yeast and sugar in the lukewarm liquid. Add crisco, then flour, the eggs well beaten and last the salt. Beat until smooth. Cover and set in a warm place until light, about half an hour. When light, stir well. Bake on a hot, ungreased griddle. Most wholesome pan cakes. If to set over night, use $\frac{1}{2}$ cake of yeast.

Oatmeal Muffins

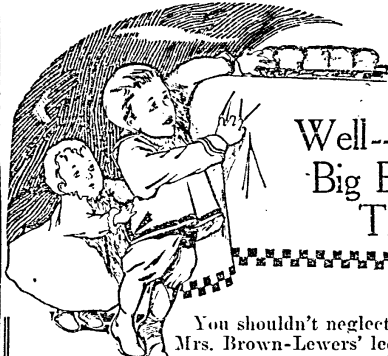
- | | |
|----------------------------|---|
| 1 cupful rolled oats | $\frac{1}{2}$ cupful lukewarm water |
| 2 tablespoonfuls crisco | $\frac{1}{2}$ cupful whole wheat flour |
| 1 cupful hot milk | $\frac{1}{2}$ cupful sifted white flour |
| 1 cake Fleischmann's yeast | 1 teaspoonful salt |
| 2 tablespoonfuls sugar | |

Boil oats and crisco in milk one minute. Let stand until lukewarm. Dissolve yeast and sugar in lukewarm water, and combine the two mixtures. Add flours and salt, and beat well. The batter should be thick enough to drop heavily from the spoon. Cover and let rise until light, about one hour, in a moderately warm place. Fill well-greased muffin pans two-thirds full. Let rise about forty minutes. Bake twenty-five minutes in a moderately hot oven.

Musical Program

Music Furnished by the Glass Block Store.

- "In Old Madrid".....Tenor Solo
Reed Miller.
- "Nolly, Dear, It's You I'm After".....One-Step
Walter Van Brunt.
- "In Dreams, My Own".....Tenor Solo
Walter Van Brunt.
- "Wake Up, America".....One-Step
Judea's Lonely Orchestra.
- "My Heart at Thy Sweet Voice".....Contralto Solo
Eleanora de Caceres.



"Kneaded by all classes"

Well---Today Is the
Big Bread Day at
The School

You shouldn't neglect to go and get the benefit of Mrs. Brown-Lewers' lecture and demonstration today, of all days this week.

Today she will tell you some of the secrets she has wrung from the sphinx of "happy-homo" making. Today she will show you and explain to you how you can easily go home and do the self-same things.

There's nothing particularly difficult about making good things to eat and this lady tells us that good food makes happy homes, so why not make the effort.

Go hear this lecture, see her turn the trick, then go home and try yourself—but stop on the way and order your sack of Duluth Universal Flour—this is the all-important item.

Don't forget.

Duluth Universal
Milling Company
Duluth

Both Are

McCormack

You can keep these great singers with you all winter if you have a VICTOR. We carry a full line of all their best records as well as machines.

BAYHA & CO



The Cake Will Be A Sure Success

If made with materials obtained at our Grocery Stores. With just ordinary care best results can be had from the use of our Flavoring Extracts, Baking Powders, Lard, Butter, Flour, etc.



Note these Specials

SPICES—	9c	RAISINS—	12c
3-oz tin Ass. Special; per can		New Sun Maid, per pkg	
CHOCOLATE—	35c	PUMPKINS—	13c
Walter Baker's; per lb.		Solid Pack No. 3	
COCOA—	20c	HOME MADE BREAD—	10c
Best Grade		Same as Mother makes	
JELLY—	25c	ROLLS—	12c
Pure currant and apple, 3 glasses		Perks Hour, per doz	

PHONES:
Main Store—Met.
2151; Grand 52.
Branch—Melrose
2809; Grand 97.

Freimuth's

DELIVERIES:
Lakeland and
Woodland Deliv-
eries at 8:30 A. M.
Daily.

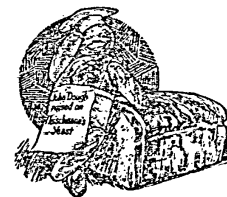
Mrs. Mary Brown-Lewers

uses

only the best materials in her work—products she can personally recommend. For that reason

Fleischmann's
Yeast

meets her every
requirement.



Chippendale Pattern

Mrs. Brown-Lewers

Heartily Endorses

The deep, emotional tone quality, the delicate tone shadings and rich poetical qualities of

The New Edison

Glass Block

Hear Mrs. Brown-Lewers
at the Auditorium Today

Ask Mrs. Brown-Lewers why she uses
pasteurized milk
whenever possible.

Probably no discovery in the line of food products in recent years is so vitally important as that of the pasteurizing of milk.

Where physicians scoffed at first they now not only order it, but they demand it.

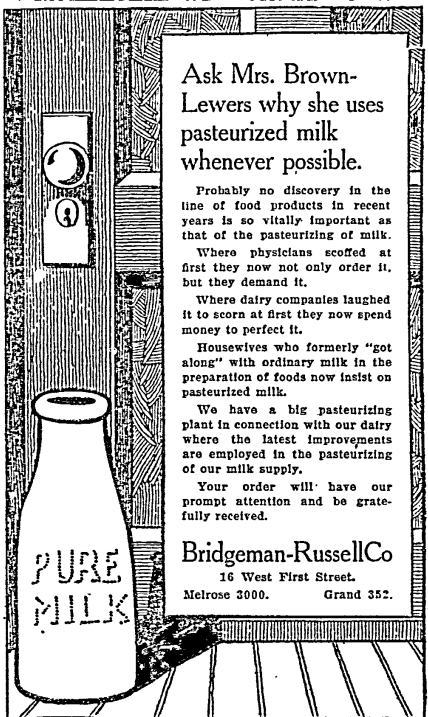
Where dairy companies laughed it to scorn at first they now spend money to perfect it.

Housewives who formerly "got along" with ordinary milk in the preparation of foods now insist on pasteurized milk.

We have a big pasteurizing plant in connection with our dairy where the latest improvements are employed in the pasteurizing of our milk supply.

Your order will have our prompt attention and be gratefully received.

Bridgeman-Russell Co
16 West First Street.
Melrose 3000. Grand 352.



To All
Housewives

Don't fail to
hear Mrs.
Brown-Lewers
today at the
Auditorium.