





# THE MARKET PAGE

**MENUS**

**Breakfast**  
Halves of Cantaloupes French Omelet  
Twin Mountain Muffins, Current Jelly  
Coffee for adults, milk for children

**Luncheon**  
Deviled eggs Cucumber tomato salad  
Whole Wheat Bread, Butter, Milk  
Fruit Punch Devil's Food Cake

**Dinner**  
Spaghetti and cheese, Potatoes in half shell  
Cream of lima beans, Sliced tomatoes  
Corn Fritters  
Iced tea, bread and butter, Pineapple salad  
Crisp wafers, plain ice cream, cream cookies

**French Omelet**  
4 eggs, 1-2 tsp. salt, 4 tbsp. milk, 1-8 tsp. pepper, 2 tsp. butter.  
Beat eggs slightly, add milk and seasonings, melt butter in omelet pan, pour in the mixture; as it cooks pick and prick up with a fork until the whole is of creamy consistency. Place on hot part of range to brown quickly. Fold and turn on hot platter.

**Twin Mountain Muffins**  
1-4 cup butter, 1-4 cup sugar, 1-2 tsp. salt, 1 egg, 1 cup milk, 2 cups break flour, 5 tsp. baking powder.  
Cream butter, add sugar and egg well beaten; sift dry ingredients, add alternately with milk to first mixture. Bake 25 minutes.

**Breakfast**  
Fresh Peaches and Cream  
Baked Potatoes in Half Shell  
Sliced tomatoes Buttered Carrots

**Prune Puffs, Parkerhouse Rolls**  
Milk Tea

**Dinner**  
Minced Ham Sandwiches Jelly  
Bread and Butter  
Doughnuts Milk

**Baked Ham With Cloves**  
Have ham sliced 1 3-4 inch to 2 inch thick. Scar on both sides, stick in cloves about 1 inch apart. Sprinkle with sugar and flour. Pour boiling water over this and bake until tender.

**Potatoes in Half Shell**  
Bake smooth medium size potatoes, being careful not to burn skins. Remove from over and cut a slice from each potato, lengthwise; remove all the inside of the potatoes; wash thoroughly and season with salt, pepper, butter and cream. Stuff shells with potato and brown in oven.

**Handy Syrups**  
Lemon syrup is made by mixing 1 cup sugar and 2 cups water, bringing to the boiling point and letting boil for 12 minutes. Add 1-3 cup of strained lemon juice, cool and keep in glass jar. Dilute with ice water to taste.  
Chocolate syrup is made by melting 4 squares of unwetted chocolate, adding 1 3-4 cups sugar and 1-8 tea spoon salt. Pour on gradually while stirring constantly 1 1-2 cups boiling water. Stir until smooth, bring to boiling point and boil 5 minutes. Cool, keep in glass jar in refrigerator and use as needed.

## Cupid Wins Another!



No matter how great a champion a fellow may be, there is always one who can make him take the count. That's Daniel Cupid. Dan's a consistent winner. His latest victim is Fidel La'Barra, aspirant to the flyweight boxing title. La'Barra is down to meet Frankie Genaro of New York this month and immediately after the match he'll marry Miss La Verna Stark of Los Angeles, a classmate of his in high school. Photo shows Fidel and his bride-to-be.

TWELVE ROOMS of Household Furniture will sell at auction Saturday at 2:30 on vacant lot opposite Warren Garage. 109-11d.

**NO ONE LIKES TO LOOK AT A "BROKEN OUT" FACE**

If people who are bothered with pimples, eczema, blotches, bumps, rash "breaking out," etc., would just notice or ask their dealer they would find that thousands of people who once

were in the same shape they are in are now free from those distressing things, and the secret of it is that they have learned that the one sure way to do it is by using the wonderful Black and White Ointment together with Black and White Soap. Black and White Ointment is economically priced in liberal size packages, nominally priced! The 50c size contains three times as much as the 25c size. All dealers have both the Ointment and the Soap. (adv)



### YOU ARE HUNGRY FOR HAM

You know how good that firm pink meat with its white lacing of fat tastes, especially when browned in the pan just before you break the breakfast eggs—Boy, howdy! what a breakfast that makes!

Now, if you prefer, why not just boil it and have it sliced cold? The flavor is unexcelled—it is an appetizer in itself—you can almost taste it now, and

### YOU WANT HAM

We have just the HAM you want, too. Just phone 630 or send the children. We have the whole ham or will slice it for you.

**ALLDREDGE & HATTOX**

Across from Reporter Office

### Soon Felt Improvement

"The first time I took Cardui I was in an awful bad way," says Mrs. Ora Carille, R. F. D. 5, Troup, Texas. "I went fishing one day. A heavy storm came up and I got soaking wet in the rain. I was afflicted with awful smothering spells. I could not get my breath. My mother had some

## CARDUI For Female Troubles

in the house that she was taking, so she immediately began giving it to me. In a few days I got all right. "Last fall I got run-down in health. I was weak and puny and I began to suffer. I would get so I could hardly walk. Having taken Cardui before, I sent to the store for a bottle of it. Almost from the first dose I could feel an improvement. "Cardui has helped me a lot and I am glad to recommend it. I don't feel like the same woman I was last fall. My appetite is good now, and I'm sure it's Cardui that made it pick up." —"All Druggists"

### How Fruits Rank in Value

The following list shows fruits in the order of their importance as sources of minerals and vitamins:

1. Tomatoes, oranges, lemons, grape fruit, dried dates, figs, currants, prunes, raisins, raspberries.
  2. Apples, bananas, grapes.
  3. Peaches, pears, plums, cherries, pineapples, berries, currants, fresh rhubarb.
  4. Muskmelon, cantaloupe, watermelon.
- Citrus fruits and tomatoes rank high with other foods as sources of vitamins B and C; and dried dates, currants, figs, raisins and prunes are actually as well as relatively high in sugar, iron and lime. Apples, bananas and grapes are only fair in their contents of carbohydrates and vitamins B and C, while orchard fruits, most

berries, pineapples, and rhubarb do not offer any conspicuous contributions aside from flavor, color and roughage. Muskmelons, cantaloupes and watermelons are at the bottom of the list. Apples, when they are eaten raw and in large quantities become an important source of vitamins B and C

## Savings



### BY PROPER BUYING

A SAVING IN TIME, because you can order both your meats and groceries at the same time, and get prompt delivery.

A SAVING IN MONEY, because you get only the very best of fresh things from this store which does away with waste from spoil, and because you always get one dollar's worth of merchandise for each dollar you spend here.

We are always glad to assist you to save in any possible way—that's the reason we give you

### SERVICE

and it's

**QUICK SERVICE MARKET & GROCERY**

10—PHONES—497



### WE ARE

Making a few changes in our bakery and spreading some point but we are not neglecting to put out those good

## "Best Yet"

BREAD, CAKES, PIES, AND COOKIES

Call for raisin bread—The healthiest loaf for grown-ups and kiddies.

**WHITAKERS BAKERY**

The Home of "BEST YET"



### If they love cake and hot bread at home . . .

Surprise them! Give them muffins, or biscuits, or pastry that will seem to melt in their mouths before they can get a real bite. You can! All you have to do is to use Mrs. Tucker's Shortening in preparing them.

Mrs. Tucker's Shortening is a pure, wholesome, vegetable shortening. It is made exclusively of choice cottonseed-oil. When you use it, whether in making cakes or in frying foods, it imparts a wonderful richness like that of butter. But it is never heavy or greasy. And it goes much further than ordinary shortenings.

Mrs. Tucker's comes to you in an air-tight container that assures you absolutely pure and fresh shortening. It is easy to open, and convenient while you are using it. Once empty, it is useful in the house as a bucket or dinner pail. Interstate Cotton Oil Refining Company, Sherman, Texas.

**Mrs. Tucker's Shortening**  
America's finest cooking fat

### the new bran food with the bran new flavor

# PEP

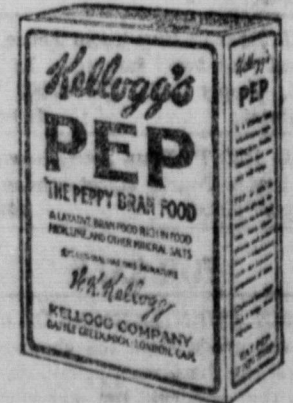


**A great flavor! A great food! PEP keeps you feeling top o' the world!**

A NEW cereal. Another Kellogg triumph. Ready to eat with milk or cream. It's great! The first spoonful of PEP will thrill your taste. You'll want more—lots more. PEP takes a leading place among the good things of life.

As the PEP flavor pleases your palate, the food itself puts health into your body. PEP gives energy. PEP livens your muscles. PEP is brimful of those life-giving elements that nature puts into foods.

PEP is wonderful for children. And how they love it. Let PEP pep up your whole family. Contains bran. Therefore, it is mildly laxative. PEP is especially delicious with fruit. Get headed straight and true for health by eating PEP regularly. Your grocer has PEP.



The peppy bran food

# Kellogg's PEP

