

Adelaide Kennerly  
EDITOR

WOMAN'S SECTION OF THE BEE

Ella Fleishman  
ASST. EDITOR

The Wheatless problem solved!

Sunshine  
Oats-a Crackers  
Made largely from Oats

BAKED ONLY BY LOOSE-WILES BISCUIT COMPANY



**HOLIDAY NUTMARGARINE**  
It's Surely Great On Pancakes!

You'll like it better than any spread you have ever had for cakes, muffins, toast and bread. It is pure, sweet, and supremely good and when one considers that it contains nothing but coconut oil, peanut oil, milk and salt you easily and quickly understand why this new nut butter product is making so many friends.

The law requires that it be labeled Oleomargarine, but it's not. There is no oleo or animal fat used in making Holiday. It comes to you white with capsules of vegetable coloring, the same coloring used by all butter manufacturers.

U. S. Food Administration License No. G-13775

**NORTHERN COCONUT BUTTER CO.**  
MANUFACTURERS, MINNEAPOLIS

Your Grocer, Delicatessen Store and All Dealers in Pure Food Products Sell the Holiday Brand.

Dealers Supplied by the  
**OMAHA COLD STORAGE CO.**  
Wholesale Distributors

Bee Want Ads Are Business Boosters For Business

Home Economics  
Edited by IRMA H. GROSS  
HOUSEHOLD ARTS DEPT. CENTRAL HIGH SCHOOL

A B C of Bread Making

The last article in this column handled the topic of bread making from the standpoint of the housewife who understands the principles of bread making and is interested in substitution of war flours. It has since been told me that more women than ever before in our generation are making their own bread, some of them for the first time. They have not merely the problem of substitution, but of mastering the whole process. With their difficulties in mind, I have picked out the high lights of bread making. Let me say at the start that the difficulties of the process are much overrated in my opinion. Any intelligent woman can make edible bread the

Co-Operation

Miss Gross will be very glad to receive suggestions for the home economics column or to answer, as far as she is able, any questions that her readers may ask.

first time she tries and excellent bread after a few attempts.

The foundation of successful bread is an understanding of the yeast. It is a living plant, hence it objects to cold and cannot live when overheated. It thrives in a lukewarm temperature. Hence all ingredients should be lukewarm. As the plant grows the yeast ferment produces carbon dioxide gas, which spreads through the loaf in its efforts to escape. If the yeast plant has been evenly distributed through the dough we find small even bubbles of gas, which mean an even, fine-grained bread. If the yeast plant grows too long before it is killed by baking these bubbles are large and the loaf is coarse-grained.

The best way to control the yeast is to use a quick method. The so-called "long" process, or overnight process, encounters many dangers. The dough may become chilled or unfavorable bacteria may enter the dough and spoil it. The new short process means the use of more yeast, but it is safer, especially with a beginner. The sponge is generally used with the long process only, though it may be the first step in the short process. To set a sponge make a batter of liquid, flour and yeast and allow it to rise till full of bubbles.

Another safeguard of the yeast is the boiling or scalding, then cooling, of all liquid used. Unboiled liquid may contain unfavorable bacteria. This boiling may seem unnecessary work to an experienced cook, but it

EAT SKINNER'S THE BEST MACARONI



is worth while to be on the safe side.

Ingredients and Mixing.

A general proportion for one loaf of bread is one cup of liquid to three cups of flour. The flour in variable, however; for some flour will take up more liquid than other flour. One cake of compressed yeast is usually allowed to four loaves of bread, one teaspoon each of salt, sugar and fat to each loaf. The sugar and fat may be entirely omitted or increased slightly in amount. The yeast is soaked in lukewarm boiled water, the boiling liquid poured on salt, sugar and fat and cooled to lukewarm. The yeast mixture is then added and flour to make a dough that is soft, yet will come clean from the sides of the bowl.

Kneading and Raising.

This dough is then kneaded in the bowl or on a lightly floured board. Ten minutes' kneading will suffice to finish the mixing and produce an elastic dough. This dough is put into a greased bowl, the top of the dough moistened or greased to prevent a crust, and the dough is allowed to rise till it doubles its bulk and feels spongy to the touch. To insure the rapid rising, the whole bowl may be kept in a pan of lukewarm water. Again, this device may seem unnecessary, but I have found that extra precautions pay.

When the dough has doubled its bulk, it is kneaded again, formed into loaves, and the loaves put into greased pans to rise till they double their bulk again. The top may be pricked or slashed.

Baking the Bread.

A moderate steady heat continued one hour is very satisfactory for baking bread. A perfect loaf rises evenly and does not split at the sides. If the oven is too cool the center of the loaf may be slightly underdone, the yeast plants will not all be killed, and the bread will sour. When bread is thoroughly baked it is a golden brown color, the loaf has shrunk from the sides, and sounds hollow when tapped. It should be cooled then carefully put away.

At Social Settlement.

Bernice Hemus, 13-year-old pianist of Topeka, Kan., will give a concert at the South Side Social Settlement Saturday evening at 7:30 o'clock. The mother of Bernice, Mrs. Ernest Hemus, and her sister, Marjorie, who will accompany her, are the week-end guests of the head resident, Mrs. Marie Leif Caldwell.

Miss Rose Dubnoff will give violin solos and Misses Polly Robbins, Anne Young, Dorothy Lord and Margaret Clark, fancy dances.

The Russian Progressive club will give a program Sunday afternoon at 4 o'clock at the Social Settlement. The musical part of the program will be led by Mrs. Guy Kiddoo.

Washington, D. C., has a woman telephone lineman.

Women comprise more than 80 per cent of all the teachers employed in the common schools of the United States.

Woman Major in Serb Army Here Next Week



MRS. ST. CLAIR STOBART.

Mrs. St. Clair Stobart, the first woman in the world to command a flying field hospital at the front, a major in the Serbian army, author, playwright and war relief worker, will speak at 8 p. m. Wednesday at the Fontenelle.

This remarkable English woman comes with countless achievements right from the heart of the war. The British government sent her to America to tell the women here of the work of women abroad.

In our heroic little ally, Serbia, Mrs. Stobart is affectionately known as "The Lady of the Black Horse." The picture shows her dressed in her major's uniform, which she wore on the 800-mile retreat when she led her hospital unit through Serbia, Montenegro and Albania in 1915.

She will tell of her personal experiences and give an explanation of the way in which women may most effectively accomplish their part of war work. The proceeds will go to the Serbian Red Cross.

Desirable Meats For Savory Steus

Beef, lamb, mutton and veal are each an excellent choice in making a savory stew; but the food administration has requested that the killing of young animals be avoided, as they mean a very much larger amount of meat if left to grow to maturity. A dairy heifer, when grown, also represents milk and many pounds of it, each pound being of inestimable value in feeding the children of our nation properly. So we should rely upon beef and mutton for our stews. There is very little real difference in actual flavor between lamb and mutton—the difference is mainly one of weight and size. And a few months added to the life of the growing sheep results in greatly increasing the amount of available meat. Therefore choose mutton whenever possible.

There are, in general, three qualities of beef. Those cuts designated as the third quality are best adapted to the making of stews. The cuts belonging to this class are tougher than those of the first and second classes. The flank and leg are good examples. The flank has no bone; the muscles are coarse, loose, and tough; but this piece of meat is very juicy and has a very fine flavor. The meat from the shoulder, rump and brisket is also excellent for stewing purposes. The muscles in the shoulder cut do not run in one general direction and there are many tendons in it; therefore it should be cooked slowly and for a long time. The leg and shin of beef are also full of tendons and must be cooked a long time, so that they are well adapted to the making of stews. A stew "fit for a king" may be made with joint joints as the foundation. The neck of mutton is the portion to buy for a savory mutton stew. That portion near the head is in almost constant motion in the living animal, therefore, it is tough, but rich in flavor and nutrition. The shoulder and breast of mutton may also be used in this method of cooking. Game and poultry make good stews and are an excellent wartime choice, as this variety of meat can not well be shipped. Use older birds for stews.

Bread Without White Flour

It is predicted that in less than a year from now practically no white flour will be milled in this country.

A flour containing a larger percentage of the grain will take its place, much to the advantage of the American people. Even at the present time we are becoming accustomed to much less white wheat flour than we have previously used in our bread making. The necessity of saving wheat for the use of our allies has brought about this change. At the same time, the manufacture and introduction of small hand grist mills is helping to make the use of whole-ground grains more popular. By this method a wheat flour can be produced which has practically the same composition as the wheat grain itself.

Besides making necessary the use of wheat flour containing a large percentage of the whole grain, the present and prospective shortages in wheat products makes the extended use of other cereal grains a patriotic duty. There are many tempting and delicious varieties of dark bread, all more healthful and satisfying than the white breads. By using rye, cornmeal and oats we shall be able to effect a large saving.

Here are suggestions for the use of such substitutes for wheat flour:

**Raisin War Bread.**  
Put into a mixing bowl or bread mixer one tablespoonful of shortening, one tablespoonful of white syrup and one and one-half teaspoonfuls of salt. Over these ingredients pour one pint of potato water (the water in which peeled potatoes have been boiled). Cool till it is lukewarm and add one cake of yeast softened in one-fourth cupful of lukewarm water. Stir in three pint of entire wheat or graham flour and one cupful of raisins. Let rise and when light knead down, put in pans and when it has risen again bake one hour in a moderate oven. Dried berries or other dried fruits may be used instead of raisins.

**Four-times-one Muffins.**  
Mix together thoroughly one cupful white bread flour, one cupful whole wheat flour, one cupful rye flour, one cupful wheat bran, one and one-half teaspoonfuls salt, four teaspoonfuls baking powder, and one-fourth cupful brown sugar or syrup. Add one cupful of milk, one cupful of water, and two tablespoonfuls of shortening, melted. Mix thoroughly and bake in well-greased muffin pans in a moderate oven. One-fourth cupful of pea meal may be substituted for a similar quantity of the rye flour. It gives a rich, nutty flavor and adds to the protein content. This recipe makes 18 to 20 muffins.

**Buttermilk Fig Bread.**  
Put one cupful of molasses in a large bowl, add two teaspoonfuls soda, and stir until it foams; then add one quart of thick buttermilk, two teaspoonfuls of salt, two quarts of whole wheat flour and one cupful black figs cut in bits. Mix together well, put in pans, cover and set in a warm place for 45 minutes. Bake one hour in a slow oven.

**Do You Like Popcorn?**  
Popcorn Cake.  
1 quart popped corn 2 tablespoon molasses  
1 cup sugar 1 tablespoon butter  
1/2 cup corn syrup substitute  
1/4 cup water 1 teaspoon salt

Pick over the popped corn, discarding all hard kernels, and finely chop the corn, or put through meat grinder, using a coarse knife. Put sugar, corn, syrup and water in saucepan, stir until it boils and cook to 270 degrees Fahrenheit, or until candy cracks when tried in cold water; add molasses and butter substitute and cook to 290 degrees Fahrenheit, or until it is very hard when tried in cold water. Add corn, stir until well mixed, return to fire a moment to loosen it, then pour on buttered slab or tray and roll with rolling pin as thin as possible. Cut in squares or break in small pieces. Molasses may be omitted.

**Card Party and Dance.**  
Lee Forby camp United States War Veterans and auxiliary will give a card party and dance this evening in Lyric building. Refreshments will be served.

For the first time a woman has been chosen president of the Iowa State association of Washington. The woman thus honored is Mrs. Bradford Knapp, wife of the chief of the states relations service of the United States Department of Agriculture.

Swift & Company  
Publicity

At a recent hearing of the Federal Trade Commission there was introduced correspondence taken from the private files of Swift & Company, which showed that the Company had been considering for some time an educational advertising campaign.

The need for this publicity has been apparent to us for several years. The gross misrepresentation to which we have recently been subjected has convinced us that we should no longer delay in putting before the public the basic facts of our business, relying on the fair-mindedness of the American people.

The feeling against the American packer is based largely on the belief that the income and well-being of the producer and consumer are adversely affected by the packers' operations, resulting in unreasonably large profits.

Swift & Company's net profit is reasonable, and represents an insignificant factor in the cost of living.

For the fiscal year 1917 the total sales and net profit of Swift & Company were as follows:

Sales  
\$875,000,000.

Profits  
\$34,650,000.

This is equivalent to a \$3,465. profit on a business of \$87,500.

If Swift & Company had made no profit at all, the cattle raiser would have received only 1/8 of a cent per pound more for his cattle, or the consumer would have saved only 1/4 of a cent per pound on dressed beef.



Swift & Company, U. S. A.

**BIG 5c and 10c GROCERY SALE**  
PRICES GOOD ALL WEEK—FOLLOW THE CROWDS

MEAT SPECIALS		5c Bargains		10c Bargains	
Milk	24c	Cocoanut, per pkg.	5c	Large pkg. Oatmeal	10c
Fed Chickens	24c	Fancy Brown Beans	5c	Large pkg. Pancake Flour	10c
4 Neck Bones	25c	10c Glass Olives	5c	Fancy Pinto Beans	10c
3 Liver for	25c	10c can Soup	5c	Navy Beans	10c
Roast or Porterhouse	22c	2 large pkgs. Toilet Paper	5c	Can Tomatoes	10c
Sausage or Beef Ball	15c	10c pkg. Scouring Soap	5c	Can Peas	10c
Young Veal Roast or Chops	18c	Large Can Cleanser	5c	No. 3 can Hominy	10c
Beef Roast or Steak	18c	Large pkg. Toilet Paper	5c	S. C. Bacon Sausage	10c
Spiced Ribs	10c	Item's Crackers, pkg.	5c	20c can Sweet Potatoes	10c
Pickled Pig Tail	12c	Rub No More, pkg.	5c	15c bottle Catsup	10c
Salt Pork	25c	10c can Potted Meat	5c	Bacon, 4 lbs. pkg.	10c
S. C. Rax Brick	34c	White Russian Soup	5c	No. 2 can Kraut	10c
Lamb Chops	17c			3 lbs. Sour Kraut	10c

Largest Cut Price Mail Order Grocery and Meat Market in the State. Mail Orders Filled at Same Prices as Above—Write for Price List.

**BOSTON MEAT AND GROCERY CO.**  
113 North 16th St. Opposite Postoffice. Two Phones—Douglas 1089.

Cash and Joy—Debt and Worry

**42-BASKET STORES-42**  
CASH AND CARRY SAVES MONEY—IS PATRIOTIC

**Bob White Soap**  
Just unloaded a car. Crowds our warehouse. To move a quantity quickly, we'll sell a limited amount at—

**10 Bars for 45c**  
GET IT NOW  
IVORY SOAP, the large size bars, each.....11c

**Rome Beauty Apples**  
Owner needed money, so we bought the car outright. Splendid fruit—all wrapped but a few boxes—No small apples. Such quality can hardly be bought wholesale at the price we are putting on these—

**Per Box, \$2.00**  
JONATHAN APPLES, per box.....\$1.50 and \$1.75

Masala—	Mackerel, each—	ONIONS—
Pint can.....30c	10c and 15c	Red Globe, 4 lbs. 10c
Quart can.....57c	Regal Fat Herring—	White, 3 lbs.....10c
Half gal.....\$1.10	Lb., 20c	BEEF EXTRACT—
Milk—Small can, 6c	Smoked White Fish, Lb., 27c	1/2 teaspoonful to
Cough Drops—	Queen Boneless Cod fish, lb. box.....24c	cup of boiling water
5c pkg.....4c		makes a strengthening
Lake Herring, lb. 9c		beef tea.

A New Plan in Our Newest Store at 20th and Grace Sts. Wait on yourself. Everything is all ready and price marked. Simply take what you want from shelves and tables as you pass along. Pay cashier as you leave. No waiting your turn. Hurry or take your time.

**Good Meats at Our Meat Shops**  
HUNDREDS OF LOW PRICES EVERY DAY, AT THE

**BASKET STORES**  
Omaha, Florence, Benson, South Omaha, Council Bluffs, Lincoln and Ashland.  
United States Food Administration License No. G-28403.