

WOMAN'S SECTION OF THE BEE Conducted by Ella Fleishman

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

The Friend of the Household. The other day I was comparing experiences with a friend who is interested in foods just as I am.

Co-Operation

Mrs. 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.

My Hat Diary - BY - Carita Herzog



At the Saturday afternoon "tea-dansant" at the Fontenelle there was a plentiful sprinkling of the boys in khaki.

PROUTY

I write descriptions of dresses for a fashion magazine—They call them "captions."

After all, who wouldn't be influenced to like milk when you realize what a precious food it is.

What One Glass of Milk Will Do.

It is rather hard to resist a glass of milk if one is of sound mind, when one realizes that in that one glass there is PROTEIN, or building material for the body.

How Much Milk Each Day?

Mrs. Mary Swartz Rose, one of the best authorities on dietetics in this country, answers that question: "A quart a day for every one under 16, a pint a day for every adult."

HAVEN'T YOU A NEW RESPECT FOR THAT GLASS OF MILK?

Mrs. Rose says that "When the milk pitcher is allowed to work 'its magic' for the human race, we shall have citizens of better physique than the records of our recruiting stations show today."

OTHER BODY BUILDING AND BODY REGULATING MINERAL SALTS. Five types of foods are especially valuable for body regulating, namely, fruits, vegetables, hulls of grains, eggs and milk.

VITAMINES. Nutrition experts are coming to realize that there are glass of skim milk or butter milk is just as good as whole milk in its body-building power.

HEAT AND ENERGY. It takes two amount of 150 calories. It takes two eggs, a large lamb chop, one and one-half large apples, or a fairly large serving of cooked breakfast cereal, to give as much heat and energy to the body.

HALF AS MUCH CALCIUM, or bone-building material, as an adult needs during the day; or one-fourth as much as a child needs for a day.

Vegetable Prices Are Still High—Peaches Abundant

Prices of even the most common vegetables are vastly higher this summer than they have ever been.

"Rhubarb is 5 cents a bunch and it ought to be about three for 5 cents," said one vegetable man.

"Green peas are 15 cents a quart and string beans the same. They ought to be 5 cents a quart."

"What is the cause? Well, principally the high cost of everything that goes to the making and marketing of them. There is the scarcity and high price of all kinds of labor.

RIGHT OFF THE REEL

Betwood Film company's first big production is nearly completed, and will be released soon. Lady Tsien-Mei, the only Chinese woman film star, is in the lead, with Robert Elliott, Ben Hendricks, Jr., Herbert Pattee and others in the supporting cast.

SHOE NEWS OF INTEREST

SATURDAY SALE

Clean up of broken lots of Pumps, Oxfords and Low Shoes. Blacks and tans, dull and patent leathers; also white Nile cloth.

The Kilpatrick quality in cuts, lasts and vamps of the modern mode. These have been priced \$5, \$6 and \$7.

Saturday, while they last—

\$3.35 EACH Thomas Kilpatrick & Co. Forward Looking Shoe Section.

Offensive Resumed!

Not Only on the West Front, But in the July Sale at the Store of Thomas Kilpatrick & Co.

Reinforcements brought up—reserves distributed, counters and racks piled with ammunition, and Saturday morning at 8:30 sharp the advance will start.

A clearing sale means more this season than ever before, or probably ever again. Savings compared with prices that will follow are big.

Wool Suits and Silk Suits At Exactly Half Price

It seems foolish merchandising, but custom is powerful and we want you to see new garments here next month—not the old ones.

Therefore, splendid Tailored Suits, that sold at \$29.50, \$35.00, \$37.50, \$50.00 and \$65.00, will be sold Saturday at \$14.75, \$17.50, \$18.75, \$25.00, \$32.50.

\$14.75-\$19.75-\$24.75

WASH DRESSES

Here's coolness and elegance combined. Some choice conceptions in style. Gingham, Voiles, Crepes, Organdies, Tissues, grouped at—

\$6.95, \$9.75, \$12.95 and \$14.75

SILK SKIRTS AND WOOL SKIRTS

No garment more permanent or more useful than the separate skirt. Splendid wool fabrics and glorious silk patterns done into stylish skirts and grouped for this sale way under price at—

\$4.95, \$7.95 and \$9.75

SPECIALS FOR SATURDAY IN BATHING SUITS

Knitted over dress, without bloomers. \$1.98. Knitted complete skirt and bloomers. \$2.98.

CHILDREN'S SECTION

Never such a dress business as we have had. Why? Well, our reason is that we devote the same care in style selection to our Girls' and Young Women's line that is exercised in the much more expensive Woman's line.

Three groups of these Dresses, from 12 years up—Ginghams at \$5.00, \$8.50 and \$10.00. Voiles and summer fabrics, at \$5.00, \$11.50 and \$15.00.

Silk Dresses, \$12.50, \$14.75 and \$19.50. Gingham Dresses, for ages 8 to 14, at \$1.98.

Smocks, the young folk's blouses, \$1.98 and \$2.98. Bathing Suits, trunks, from 2 to 10 years, neatly trimmed, 85c. For Larger Girls, at \$2.75 and \$3.75.

FOR MEN

Our good friends have been asking, "When are you going to have your Silk Shirt Sale?" Well, really, these are so difficult to obtain, so popular and so pricey that the usual sale reasons do not apply.

However, we are here to accommodate, so we've drawn on our reserves and Saturday will place Silk Shirts on sale, grouped as follows:

Table with 2 columns: Silk Shirts, \$5.00 Shirts \$3.85, \$6.50 Silk Shirts \$5.05, \$8.00 Silk Shirts \$6.55, \$9.00 Silk Shirts \$7.25, \$10.00 Silk Shirts \$7.85, \$12.00 Silk Shirts \$9.85.

Silk Foulards

The popular Summer Silk fabric, for Saturday, a grouping of \$1.95, \$2.00, \$2.25 and \$2.50 lines into one lot—at \$1.50 yard.

Wash Dress Section

Selling popular patterns of 40-inch Voiles at 39c. A group of 3-yard Skirt lengths in the most wanted fabrics—Grenadine, Poplin, etc.; white, plain colors, stripes or plaids, \$1.95 for piece.

Specials in Linen and White Goods Section

Anything you can buy in this department is a good purchase these days. These price concessions as well for Saturday and Monday:

Table with 2 columns: \$1.00 Table Damask 79c, \$1.50 Table Damask \$1.19, \$3.00 72-in. Square Cloth \$2.49, \$1.25 Bath Mats 98c, \$1.25 Fancy Organdy 85c, 25c Guest Turkish Towels 15c, 85c Fancy Bath Towels 69c, \$1.25 Fancy Bath Towels 98c, \$4.95 12-yard bolt XE Longcloth \$3.75, \$4.95 12-yard bolt Nainsook \$3.95, 45c and 50c Fancy White Goods 29c.

Summer Sundries in the Basement

Lots regrouped and replenished from reserves we offer Saturday. Envelope Chemise \$1.19. Night Gowns, at \$1.39. White Petticoats, \$1.85 Each. Corset Covers, at 59c. Special Sport Corset, low bust, flesh and white, Saturday—\$1.39. Billie Burke Pajamas for Nights.

Table with 2 columns: Paper Ice Blankets, 2 for 5c, Paper Dish Cloths, 6 for 25c, Lunch Paper, 4 for 25c, Toilet Paper, 2 for 25c, Tourist Pkg., 5c Each, Waste Baskets, 19c, Fern Baskets, 19c, Bathing Suit Cabinets, 50c Each, Waste Baskets, 49c, 95c, \$1.49, Trellises, 50c and 75c, Single Bed Sheets, for 1.79, Three-quarter Bed Sheets, \$1.98, Full width Bed sheets, \$1.79, \$2.00 and \$2.25, Air Pillows, \$1.75, Service Flags at 35c to \$1.25.

Millinery for Saturday

An opportunity that is unusual and inviting. Summer Hats of White Straw, Milan, Leghorn and others of the finest; attractively and fashionably trimmed; variously priced from \$6.00 to \$10.00. Sampled in Center Window. Saturday, one price—

\$3.50 Each

Thoughts of Cobb's Candies Come With Every Saturday. Store Hours, 8:30 Until 6.

THOMAS KILPATRICK & CO.

Bee Want Ads Are Business Boosters

For Quality, Prices and Honest Weights, Trade at the Washington Market, Where All Goods Are Sold as Represented. Choice Rib Roast, lb., 17 1/2c, Fresh Beef Tongues, lb., 22 1/2c, Choice Veal Boiling, lb., 15c, All brands Creamery Butter, lb., 45c, Choice Sirloin or Round Steak, lb., 28c, All kinds Fancy Candy, lb., 27 1/2c, Choice Rump Roast, lb., 25c, Extra Fancy Potatoes, peck, 50c, Choice Rib Roast, lb., 25c, Corn Flakes, 3 pkgs., for 25c.

Saturday Specials at the Public Market. PAY CASH, CARRY YOUR BUNDLES AND HELP WIN THE WAR MONEY-SAVING GROCERY DEPARTMENT. Big Can Goods Sale. We Advise Our Customers to Buy Can Goods Now! 15c and 18c Quality Corn, Peas or Tomatoes, at per can 12 1/2c.

THE NEW PUBLIC MARKET. 310-12 S. 16th St. DOUG. 2795. Special attention given to mail orders. Bring us your butter and eggs. We will pay you the highest prices.

CENTRAL MARKET EVERYTHING FOR THE TABLE. (U. S. Food Administration No. G-18173). 1608-10-12 HARVEY. DOUGLAS 1706. Where All Omaha Meets to Do Their Shopping. 24-lb. sack Rye Flour, \$1.85, 24-lb. sack Rye-Graham Flour, \$1.75, Eagle Milk, per can, \$1.15, 3 tall cans Elkhorn Milk, 28c, 8 small cans, 28c, Bulk Macaroni, lb., 10c, 10-oz. pkg. Macaroni or Spaghetti, 7 1/2c, 22-oz. Pure Fruit Preserves, 25c, Grape Nuts, per pkg., 12 1/2c, 15-oz. pkg. Seeded Raisins, 12 1/2c, 7-oz. pkg. Seeded Raisins, 8c, Fancy Jap Rice, lb., 10c, Navy Beans, 3 lbs., for 25c, Navy Beans, 2 lbs., for 25c, 3 pkgs. Assorted Advo Jell, 25c, 1-lb. can Rumford's or Calumet Baking Powder, 23c, Delmonico Brand Black Cherries, per can, 15c, 3-lb. cans Butternut Coffee, 32c, 1-lb. can Butternut Coffee, 29c, 1-lb. can Hu-Co Coffee, 29c, 1-lb. can Lord Cecil Coffee, 25c, 25c grade Best Bulk Coffee, 19c, 30c grade Best Bulk Coffee, 23c, 35c grade Best Bulk Coffee, 29c, 40c grade Best Bulk Coffee, 3 lb. can, \$1.00, 1-lb. pkg. Extra Fancy Unbleached Japan Tea, 39c, English Breakfast Tea, lb., 45c, Extra Fancy Fresh Dressed Broilers, lb., 42 1/2c, Steer Rib Boil, lb., 17 1/2c, Fancy Legs of Young Mutton, lb., 24 1/2c, Fancy Young Veal Roasts, lb., 25c, Porterhouse Steak, lb., 35c, Lamb Shoulders, lb., 17 1/2c, Morrell's Wajysello Bacon, whole or half strip, lb., 45c, Fresh Assorted Cookies, lb., 22 1/2c, Fresh Baked Graham Crackers, lb., 19c, Fresh Baked Corn Crackers, lb., 19c, Fancy Apricots, crate \$2.40, Fancy Apricots, basket 65c, Fancy Homegrown Potatoes, peck 49c, Fancy Santa Rosa Plums, basket 70c, Fresh Fruits and Vegetables of All Kinds, Country Creamery Butter, pkg., lb., 27 1/2c, Gem Nuts, lb., 45c, Fancy Bulk Tub Butter, lb., 43c, Fresh Country Eggs, doz., 33c, Brick or American Cheese, lb., 27c. Special attention given to mail orders. Bring us your butter and eggs. We will pay you the highest prices.

Ask For Horlick's Malted Milk. The ORIGINAL Safe Milk For Infants & Invalids. Substitutes Cost YOU Same Price. A Nutritious Diet for All Ages. Keep Horlick's Always on Hand Quick Lunch; Home or Office.