THE BEE: UMAHA, SATURDAY, JULY 20, 1918.

Conducted by Ella Fleishman

A TEN CONTRACTOR AND A C

ome 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. One of us said that she had learned to like milk just by talking about it and preaching its virtues. The other laughed and said she had gone To get this same amount of calcium

suggestion on the human mind; for than most of us dare to hope.

After all, who wouldn't be influenced to like milk when you realize Mrs. Mary Swartz Rose, one of what a precious food it is. It takes a the best authorities on dietetics in very finicky appetite indeed to ob- this country, answers that question ject to the mild sweet flavor; and it "A quart a day for every one under takes a very peculiar constitution 16, a pint a day for every adult." It is (or, more likely, a strong imagina- not at all necessary to drink the milk, tion) to be unable to digest it.

What One Glass of Milk Will Do.

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, as much as in one and one-half ounces of lean beef. The beef would cost slightly less than the milk, but when one speaks about the or unfrozen. Many excellent frozen body building power of meat, one has desserts may be made with a milk nearly exhausted its claims, whereas, foundation instead of cream, if the one has just begun the case for milk.

Also, it must be remembered, that a ed into a custard first. for milk becomes self-explanatory when these facts are grasped.

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

VITAMINES. Nutrition experts are coming to realize that there are just as good as whole milk in its body-building power.

HEAT AND ENERGY to the amount of 150 calories. It takes two eggs, a large lamb chop, one and onealong with water, tea and coffee.

HALF AS MUCH CALCIUM, or and tells a thrilling story of China bone-building material, as an adult and of Washington, D. C. Lady needs during the day; or one-fourth Tsen-Mei recently gave Philadelphia as much as a child needs for a day, citizens a chance to gamble in this

Vegetable Prices Are Still

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

through the same experience. Then from string berns, four cups are rewe both marvelled at the power of quired; from peas 12 cups, from cookcertain little understood substances in foods which must be present to neither of us had set out consciously to convert herself! The incident gave me an insight into the theory of advertising and made me feel that "Water-soluble B," and both of them perhaps others were influenced by are found in whole milk, while many learning of foods, influenced more other foods have only one or none. How Much Milk Each Day?

though that is the simplest method of iscluding it in the dietary. And the It is rather hard to resist a glass heating for any length of time. But there are innumerable ways of using milk in cooking-notably in cream sauces, soups and desserts. In hot weather the milk may well be turned

the "Juncesque" type was danc-ing with Lieutenant M-. As she glided around the room I could see her hat from all sides, and it was indeed striking at any angle from which one might view it. The high square crown of peacock-blue metallic cloth into a frozen dessert, for the value

milk is combined with fruits or turned oatmeal 12 cups, from raw beef five pounds, from white bread 60 slices. The need of little children Mrs. Rose says that "When the all comers and bought Thrift stamps

have citizens of better physique than from her. the records of our recruiting stations show today. Here when the family table is deprived of its familiar wheat

glass of skim milk or butter milk is ************************ **RIGHT OFF THE REEL**

Betzwood Film company's first big half large apples, or a fairly large production is nearly completed, and serving of cooked breakfast cereal, will be released soon. Lady Tsento give as much heat and energy to Mei, the only Chinese woman film the body. Yet so many of us per-sist in thinking of milk as a beverage liott, Ben Hendricks, jr., Herbert Pattee and others in the supporting cast,

Home grown corn is here, but the

Raspberries, both red and black,

loganberries, gooseberries, cherries

and currants are on the market in big

Plums and apricots are abundant

Oranges are high in price, those of

Ask For Horlick's

A Nutritious Diet for All Apes.

Keep Horlick's Always on Hand

Ouick Lunch; Home or Office.

Safe

Milk

Invalids

CENTRAL

HANK

8

For Infants

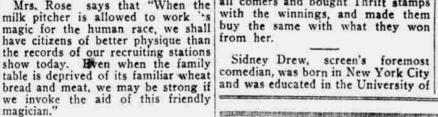
ubstitutes

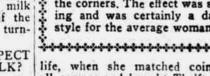
Same Price

medium size at 75 cents a dozen.

The ORIGINAL

Malted Milk



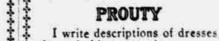


comedian, was born in New York City | House," in the old Broad Stree: Thea

and was educated in the University of | ter.



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



for a fashion magazine-They call them "captions." I speak lightly of things feminine My own femininity is gone-I haven't had time to take care of it. My soul is a clothes-line, Strung with women's apparel-And every day is wash-day. In the office they call m "Prouty"-Years ago, when I first came they called me "Miss Prouty was straight and strong, and

not bad looking. Now, from bending over a sheeof paper from nine till five My shoulders are rounded; From writing endless wordunder a bright light.

My eyes need the encourage double-lensed ment of glasses:

My fingers are cramped From pointing out beauty ioanother woman's wardrobe When you are no longer

straight and strong, and not bad looking. is a curse to have an imagin-

ation pink dress, garlanded with А roses,

Means a moon-haunted porch, swinging rocker, a man's body leaning towards mine. Sometimes, I think the dresses

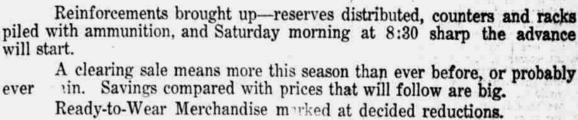
are sharp pins Sticking into my heart.

I am Prouty, an old maid, who wears paper cuffs To keep her sleeves from wear-

ing out; Who eats her lunch alone;

Who writes conscientious captions.

Pennsylvania. He began his stage Sidney Drew, screen's foremost Leonard Grover in "Our Boarding



Thomas Kilpatrick &

The space is needed.

Offensive Resumed!

Not Only on the West Front, But in the

July Sale at the Store of

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.

An exceptional assortment of Silk Dresses; also some wools.

Our buyers, now in New York, report Dresses the popular garment.

Present stock of Taffetas, Georgettes, Messalines and Jersey, in plain colors and stripes, Navy Ground Foulards in detached figures, handsomely trimmed and finished. Grouped at-

\$14.75-\$19.75-\$24.75

WASH DRESSES

Here's coolness and elegance combined. Some choice conceptions in style. Ginghams, 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

FOR MEN

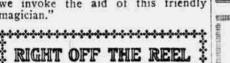
Our good friends have been asking. "When are you going to have your Silk Shirt Sale?" Well, really, these are so difficult to obtain, so popular and so pricey that the usual sale reasons do not apply. However, we are here to accommodate, so we've drawn on our reserves and Saturday will place Silk Shirts on sale, grouped as follows:

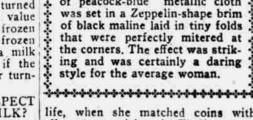
Silk Shirts

\$5.00 Shirts \$3.85

magician.

bread and meat, we may be strong if we invoke the aid of this friendly





SECILI

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. The girls never

looked better and I noticed a

number of wonderful hats, each

one more novel than the other.

but there was one in particular

that met my eye. A brunette of

High---Peaches Abundant

to 75 cents a peck.

Prices of even the most common southern ones come from Tennessee vegetables are vastly higher this Potatoes still hold to high prices, 65 summer than they have ever been.

"Rhubarb is 5 cents a bunch and price is high. It sold at 45 cents a it ought to be about three for 5 dozen, wholesale, this week. cents," said one vegetable man. "Green peas are 15 cents a quart and string beans the same. They ought quantities and of nice quality. to be 5 cents a quart.

"What is the cause? Well, princi- and not very high in price. pally 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. That plays a big part in the price to the ultimate consumer. Then there is the price of paper and string. Cotton string that used to cost us 18 cents a pound now costs 80 cents a pound. Paper is just about as high. Dry weather has something to do with prices, but not much, compared to this other cause."

Peaches are very abundant now and moderate in price. Cantaloupes and watermelons are plentiful and of excellent quality.

Tomatoes, both home grown and southern, are here at 15 cents a pound or a market basket full for \$2.25. The

For Quality, Prices and Honest Weights, Trade at the Washington Market, Where All Goods Are Sold as Represented. One of the Largest Mail Order Houses in the Middle West. United States Food Administration License No G-27634 Visit Our Branch Market at McCrory 5c and 10c Store, in Basement. SAME GOODS-SAME PRICES-SAME HONEST WEIGHT The Washington Market 1407 DOUGLAS STREET. **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 121/2c

REFRIGERATED FRUIT AND VEGETABLE DEPARTMENT

We Specialize in the Best Fruits and Vegetables Only.

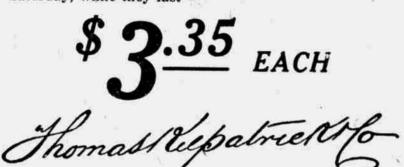
1	SANITARY REFRIGERAT	ED MEAT DEPARTMENT
	1918 Milk-Fed Broflers, per lb 43c	Pig Pork Butts, lb
	Fresh Dressed Chickens, lb251/2c	Young Veal Stew, lb
	Fig Fork Loins, Ib	Lamb Stew, lb
	Pure Cone Leaf Lard, 1b 25%c	
	Lamb Hindquarters, lb	
	Fresh Porterhouse Steak, Ib 271/2c	No. 1 Extra Lean Hams, 1b 291
	Steer Rib Roast, standard cut, 1b.281/ac	Sugar Cured Bacon, Ib 36
	Pig Pork Roast, Ib 221/2c	Steer Pot Roast, Ib
	Come and visit Our Delicatessen Dep	artment, the Talk of the City. Our sta

of Roast Meats, Sausages, Salads and Dressings is complete; also a complete ill Kosher Meats.



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

Saturday, while they last-



Forward Looking Shoe Section.



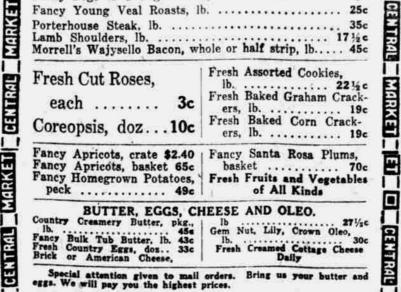
(U. S. Food Administration No. G-18173.) 1608-10-12 HARNEY. DOUGLAS 1706.

CENTRAL

MARKET

MARKET

Where All Omaha Meets to Do Their Shopping Extra Fancy Peaches or Apricots, heavy syrup, per can.... 23c 3-lb. cans Butternut Coffee95c 1-lb. can Butternut Coffee 32c 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 English Breakfast Tea, lb. 45c Extra Fancy Fresh Dressed Broilers, lb. 421/2c Steer Rib Boil, lb. 17 1/2 c Fancy Legs of Young Mutton, lb. 2416c Fancy Young Veal Roasts, lb. 25c Porterhouse Steak, lb. 35c



CENTRAL MARKET CONCENTRAL MARKET CENTRAL

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

We Will Sell CHILDREN'S HATS on Saturday **AT \$1.98 EACH** We Suggest That the Early Choice Will Be Best.

MUSLIN UNDERWEAR SECTION With Lonsdale Cambric at 39c a yard figure the saving in buying these garments almost as cheap as they were ever sold. Lots regrouped and replenished from reserves we offer Saturday. Envelope Chemise | Special Sport Corat \$1.19. set, low bust, flesh Night Gowns, at and white, Satur-\$1.39. day-White Petticoats. \$1.85 Each at \$1.95. Corset Covers, at Billie Burke Pajamas for Nights. 59c.

φ0.0U	SILK I	Onirus	
\$8.00	Silk	Shirts\$6.55	
\$9.00	Silk	Shirts	
\$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. The Area

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:

\$1.50 Table Damask\$	1.19
\$3.00 72-in. Square Cloth	2.49
\$1.25 Bath Matts	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 S.	3.75
\$4.95 12-yard bolt Nainsook	3.95
45c and 50c Fancy White Goods	294

Summer Sundries in the Basement

Paper Ice Blankets, Waste Baskets, 49c, 98c, \$1.48 Trellises, 50c and 75c 2 for 5c Paper Dish Cloths, Single Bed Sheets, 6 for 25c Lunch Paper, 4 for 25c Toilet Paper, 2 for 25c Sheets \$1.98 Full width Bed sheets, \$1.79, \$2.00 and \$2.25 Tourist Pkg., 5c Each Waste Baskets....19c Fern Baskets 19c Air Pillows\$1.75 Bathing Suit Cabinets, Service Flags at 35e to\$1.25 50c Each

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,

