

WOMAN'S SECTION OF THE BEE

CONDUCTED BY ADELAIDE KENNERLY, EDITOR AND ELLA FLEISHMAN, ASS'T EDITOR

Society

By MELLIFICIA—Oct. 30.

By Their Sleeves Ye Shall Know!

"Oh, see the leather leggings, he is an officer!" Time was when we could determine whether a man was just a private or whether he had a "com-mish" by his leg covering, but now the humblest private can wear the leather trappings—if he has the price. The only sure way to tell the rank of the man in khaki is by the ornaments on his shoulders or his sleeve. When two stripes are seen on the sleeve it means that the wearer is a corporal. Three stripes on the sleeve denotes an officer higher than sergeant. When we say "Lieutenant So-and-So" we are addressing a young chap with one silver bar on each shoulder, and lucky is the girl who is seen with a man in uniform with two bars, for he is a captain. Gold lace on the shoulder is worn by a major and the colonels wear a spread eagle. Brigadier generals (which are a scarce variety) are known by the gleaming star on their shoulders, while their superior officers, the major generals, wear two gold stars. Thus, by their sleeves ye shall know them.

Luncheon for Visitors.

Mrs. N. P. Feil and Mrs. Hubert Sloman entertained one of the largest luncheon parties of the week at the Blackstone, honoring Mrs. Harold Feil of Cleveland, nee Nellie Elgutter, and the house guests of Mrs. Victor Rosewater, her sisters, Mrs. Esther Sackerman, and the Misses Sophie and Rebecca Katz of Baltimore. The luncheon was served in the Oriental room, the guests being seated at small tables decorated with button chrysanthemums. Covers were laid for 66 guests. The afternoon was spent in knitting.

Honors Bride Elect.

Miss Nan Barrett entertained at a miscellaneous shower, followed by tea, at her home this afternoon in honor of Miss Ruth Slabaugh, whose wedding to Mr. George Engler will take place in November. The guests were asked to write original verses to accompany their gifts for the bride-elect. Eighteen of Miss Slabaugh's friends were present.

Miss Carita O'Brien will entertain at dinner Monday, November 5, in honor of Miss Ruth Slabaugh, whose marriage to Mr. George Engler will take place November 26. Miss Carita's Willard Slabaugh will also entertain for this popular bride-to-be, the date having not been decided upon.

Social Affairs Planned.

Miss Verna Kirschbraun will entertain fourteen of the younger set at luncheon at the Blackstone Saturday, followed by bridge at her home, honoring Miss Helene Rubel of Minneapolis.

Mrs. Charles Kirschbraun, Mrs. Morris Levy and Mrs. William L. Holzman will be hostesses at luncheon at the Blackstone Tuesday of next week, honoring several out-of-town guests.

Temple Israel sisterhood will give the first of a series of bridge parties alternating with its program meetings, Monday at 2:30 o'clock at the home of Mrs. Charles S. Elgutter.

Dinner for Soldiers.

Mrs. Jay Katz, Mrs. Charles S. Elgutter, Mrs. Herbert Arnsstein and Mrs. Harry Rosenfeld will entertain two and three men each at their homes Sunday. Eleven of Uncle Sam's men were invited to the Temple Israel supper last Sunday evening.

War Relief Club.

A new war relief club has been organized, which will meet today at the home of Mrs. Claire Baird to make bandages. The members are:
Meadams—Mylee Standish, Fred Thomas, Joe Kenward, Harry Goodell, Selwyn Doherty, Harry Montgomery, Karl Kiplinger.
Misses—Ida Smith, Grace Doolittle, Lucy Uphill.

Knitting Parties.

Mrs. Charles S. Elgutter and her mother, Mrs. Alexander Pollack, will give a knitting party Wednesday afternoon, at which the guests will be several visitors and their hostesses. There will be Mrs. Gold of Milwaukee, who is visiting, Mrs. Harry Fellheimer, mother of Mrs. Ervina Brandt; Mrs. Vine Galer of Seattle, guest of the Misses Beulah and Ida Sharp; Mrs. Harold Feil of Cleveland and Miss Helene Rubel of Minneapolis.

Mrs. Isidor Ziegler will be hostess at an informal afternoon Friday, when the guests will bring their knitting.

Club Doings.

The North Side Progressive club of the Holy Angels parish will entertain at a card party at their hall at Twenty-eights and Fowler avenue this evening.

The members of the Nurses' club report a very successful sale of seats for the theater party given by them at the Brandeis this evening. As a great number of people have bought tickets and given them to the soldiers, the affairs will not only benefit the nurses, but will take on a patriotic air as well.

For Christ Child Society.

The Research club entertained at a benefit card party at the home of Mrs. Tom Quinlan Monday evening. The proceeds of the affair will go to the Christ Child society. Those present were:
Members and Meadams—Dan Gaines, Adams, H. Welch, McCarthy.
Misses—Mary Cottor, Ella Brown, Veronica O'Connor, Nettie Watts, Kate Robinson, May Mulvihill, Odessa Duncan.
Messrs—Earl Malone, E. Dineen, E. Heiser.

Knepper-Vawter Wedding.

Announcement is made of the marriage of Miss Ethel Vawter, daughter of Mr. and Mrs. George E. Vawter, of this city and Mr. A. Virgil Knepper of Grand Island, which took place at the home of the bride's parents Saturday evening.

Rev. B. R. Von der Lippe performed the ceremony.

Miss Myrtle Vawter, sister of the

Soliloquy of Modern Eve

Temper in the human mind is like electricity in the air; both essential, but a little of either is sufficient.

By ADELAIDE KENNERLY.

The cause of death by lightning is the destruction of the nerves by the electric current, according to scientists. One shock is usually sufficient to cause quick and painless death. Pity, isn't it, that we human beings suffer so many shocks to the nerves which cause only painful setbacks? The shocks (maybe electric) we call anger.

Anger produces debris in the body; it wrecks the nervous system; it plays havoc with digestion and it creates a chemical action which wrecks pain and disaster to the entire mental and physical system.

Lightning in the body photographs itself on the face of its victim. It extends, or narrows, or widens, or contracts the eyes, according to the nerves it affects.

Noise, a volley of words, is only the thunder—the concussion of the air closing after being parted by the lightning flash—the temper.

But by the time we hear the thunder, or echo of the flash, most of the danger is over. Lightning that strikes an object, brings its thunder with it and gives us warning.

Thunderous persons annoy, but they do not usually kill. They are seldom deep or profound; often waste energy through thunder which might be used to better advantage.

Temper, however, has its place. Without electricity in the air things would not hold up as they do. Without temper our aims would crumble. Without electricity there is a great power lacking, but that power must be harnessed, hatched and bridled to something lest it go wild in its course. So it is with temper. It must be controlled and used as a motive power.

When the earth becomes foul nature provides a remedy. Lightning is a great sanitary agent; it produces nitric acid in the air which destroys putrid exhalations from the earth.

So it is with temper.

An occasional outburst of temper clears the atmosphere of the brain where stagnant thoughts and inactive ideas are decaying the worthwhileness of us.

Temper to the human being is as essential as electricity to the air, but they must both be skillfully guided.

A little of either goes a long, long way.

Home Economics

Edited by Irma H. Gross—Domestic Science Department Central High School

Save the Sugar.

No amount of mere talking, or urging, or persuading could bring home to us the necessity for conservation of sugar as the present sugar shortage has done. We feel that it will only be a short while until the new beet sugar will relieve the situation; and such a thought is comforting; but, just the same the idea will come, suppose this isn't temporary, or, suppose this situation should return later with no relief in sight? When you ask your grocer for a dollar's worth of sugar, and he replies that 15 cents is worth in the limit, or 25 cents' worth, or even one pound as the limit, a housewife begins to wonder just how important sugar is in the diet, and what can she do to limit its use, yet serve satisfying meals.

The Place of Sugar in the Diet.
If we turn to the food chemist for information about sugar, he will tell us that sugar and starch form one great class of foodstuffs, the function of which in the body is to furnish heat and energy. In other words, sugars and starches serve the body just as coal serves the steam engine—they keep the machine going. The food chemist calls sugars and starches fuel foods. Sugars and starches are put together in any discussion of food values because they are closely related chemically and in the process of digestion starches are broken down into sugar before the body can use them. For the purposes of nutrition, then, starches and sugar are interchangeable, with the possible advantage to the starch that it is not so apt to cause disturbances in the digestive tract. The advantage on the side of sugar is that it is more quickly usable to the body, because it is one step nearer assimilation.

We are very apt to think of cane and beet sugar, granulated sugar as the only "sugars"; whereas, all fruits and some vegetables contain sugar. In conservation of sugar, we do not mean fruit sugar.

For a long while the American people, especially girls and women, have been urged to eat less sugar. The danger to the digestive tract has been mentioned as a possible result of over-use of sugar. There is another evil result—sugar performs only one function in the body, while it satisfies the appetite; hence a diet of sweets may result in actual lack of other foods which are very necessary to good health.

Hot Water Gingerbread.
1 c. molasses, 1/2 t. ginger,
2 T. fat, melted, 1 egg,
1/2 c. boiling water, 2 c. flour,
1/2 t. soda, 1/4 t. salt.

Sift soda, ginger, salt and flour together. Mix molasses and hot water. Pour onto flour mixture, then add egg lightly beaten and fat. Bake in a greased pan 40 minutes in a moderate oven.

Lessening the Use of Sugar.
A very great saving of sugar can be effected through small personal sacrifice. We are urged to do with-

greased pan 40 minutes in a moderate oven.

1 c. oatmeal, 1/2 t. salt,
6 T. fat, 4 T. molasses,
1 t. ginger, 2 T. milk

Mix all dry ingredients. Rub in the fat. Mix molasses and milk and stir in. Work to a firm paste, then roll out and cut into biscuits. Bake in a slow oven. Like crackers.

Sugarless Filling for Baked Apples.
Corn syrup, Orange marmalade, Honey, Jelly that is not tart.

Strawberry Jam.
T—teaspoon; T—tablespoon; c—cup. All measurements level.

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Ancients Believed That Pearls Were Drops of Dew

For many centuries, even until comparatively recent times, it was the common belief that pearls were drops of dew that gained entrance into the shell of an oyster and were there transformed into lustrous gems, says the Wilmington (N. C.) Star. Arab and Indian divers still believe that at certain seasons oysters come to the surface and suck in the rain drops that later become pearls. Science, however, has rudely shattered this poetic fancy and discovered the real origin to be a worm. Dr. H. M. Smith, the commissioner of fisheries, has gathered some interesting information in this relation.

According to him, almost any foreign body, a grain of sand, a bit of mud or shell, a piece of seaweed or a small animal—may by its irritation cause the oyster to cover it with nacre and make it the nucleus of a pearl, but the largest part of the annual pearl crop of the world is due to parasites that normally pass a part of their life cycle within the shell of the pearl oyster.

Minute spherical larvae of marine worms, known as cestodes, become imbedded in the soft tissues, as many as 40 having been found in one Ceylon oyster. As a result of irritation the oyster forms a protecting sac about the intruder, and then, if the larvae die, their bodies are gradually converted into carbonate of lime and the pearly mass proceeds to grow with the shell.

If the larvae live they may pass into the body of the strong-jawed trigger fish, which prey upon the pearl oyster, there undergoing further development. Ultimately they reach the body of the great rays, which in turn eat the trigger fish. In the rays the worms attain full development and produce larvae that are cast into the sea and find lodgment in pearl oysters. Thus the cycle is begun all over again.

Girls are rapidly taking the places of young men behind the soda fountains in nearly all the large eastern cities.

Our Flying Men Live Like Gentlemen; and Die as Such

This single combat olden days fashion of fighting seems to have revived, too, some of the olden days ideas of gallantry and chivalry. Even the Germans in some cases are said to have been touched with this same idea.

It is surely like a tale from the middle ages to hear that story of how a famous German air fighter was buried. He was a man known throughout our air service as a proved and skillful flier; he was credited on authority with having shot down dozens of our airmen, he was recognized as a dangerous foe and a constant menace to the work and lives of our flying men; and yet when he was at last shot down in combat there was none of the rejoicing among our flying men that might have been expected and almost excused.

A Satisfaction.
There was satisfaction, certainly, but that again was the satisfaction of having beaten a good man and having proved ourselves better than their best.

By some means it came to be known to us when and where the German pilot was to be buried near the place where he had been shot down behind the German lines. As the German funeral party stood by the grave and lowered their hero into it, they heard the sound of an engine droning overhead, looked up and saw a machine diving down upon them from the sky.

It hardly needed the puffing smoke of the German anti-aircraft shells breaking about the descending machine to tell that it was a hostile, for very quickly as it dropped the men

on the ground could distinguish the circled markings of a British plane.

Wreath of Flowers.
The funeral party scattered; grouped as they were about the grave, they made an excellent target and expected nothing less than a storm of machine gun bullets or the crash of a bomb in their midst.

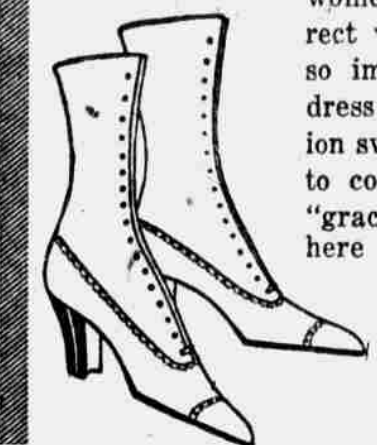
The machine swooped down like a stooping hawk, and at a few hundred feet from the ground flattened out and zoomed sharply upward. As it did so an object fell away from it and straight toward the group. The party flung themselves hurriedly to earth, waited breathless for the crash.

But no crash, no sound of an explosion followed the fall, and as the British airman climbed and flew away with the shells again flashing and puffing about him, the burial party cautiously rose and approached the grave, and found there the wreath that had been dropped, a wreath of flowers bearing an inscription which told of the tribute offered by the flying corps to the memory of a gallant foe.

Truly the flying men live like gentlemen and fight like gentlemen.

Fry's Smart Footwear

A woman's pride in dress is rudely shaken if her shoes fail to show that winning grace and charm that all women seek so eagerly to get. Correct vogue in footwear was never so important a feature of stylish dress as right now, and as fashion sways, it will be for a long time to come. The range for obtaining "grace and charm" in new footwear here is certainly unexcelled.



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Meat specials for Wednesday:	Steer Sirloin Steak, per lb.17½c
Choice Pork Chops, per lb.26¼c	
Steer Porterhouse Steak, per lb.19½c	

Visit the most sanitary fish market in the U.S.

Specials:	Fresh White Fish, per lb.22c
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Fresh Pike, per lb.20c	

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Wilson's California Jelly, 4 ounce jars.Exceptional Value

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Fancy Santos, per lb......25c
Fancy Elgin Butter, 1b pkgs., per lb......44c
Fresh Eggs, per doz......30c

MEATS

Star Naptha Powder, 4 for.25c
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MORNING HOUR—A pleasant, well-flavored coffee, per lb......20c

BUTTER, EGGS AND CHEESE

Fancy Country Butter, per lb.42c
Fancy Cream Cheese, per lb.28c

SEED DEPARTMENT
Special for Wednesday—Imported Hyacinth Bulbs, each.....6c

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For every woman reader of The Omaha Bee

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The War Cook Book for American Women, compiled from official sources by Frederic J. Haskin, and issued by the United States Food Administration, is just from the press and ready for free distribution.

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