

# WOMAN'S SECTION OF THE BEE

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

## Society

By MELLIFICIA—Nov. 20

### Shall Milady Carry Knitting Bag?

Wanted, a transparent knitting bag! It would seem that unless one is found the knell has been sounded for those popular receptacles which are almost large enough to accommodate a grand piano.

Omaha merchants complain that shoplifters are using the knitting bag to stow away stolen goods. One well-known firm in the city lost \$1,500 worth of goods in one week. Already in the end knitting bags are barred in the stores.

Mrs. Harvey Newbranch, who heads the knitting work of the National Service League, was told by a shopkeeper when the knitting bag first struck Omaha that every woman who brought her knitting bag into his store was under surveillance from the moment she entered until she departed.

When nine out of every ten women began to carry their knitting bags, the task assumed impossible proportions. Yesterday Mrs. Newbranch was seen at Red Cross headquarters but without her knitting bag!

"Abandoned your knitting bag?" she was asked.

"Not a bit. Mine was stolen from me," Mrs. Newbranch explained.

This industrious knitter was deploring the loss of her bag, knitting and all, as much as the shopkeeper his wares.

Omaha women who are clicking diligently for the Sammies will find it very inconvenient to leave their work at home when on a shopping tour, for they can so easily knit a row or two while resting or waiting for a friend in one of the stores.

Mrs. F. A. Castle even knits while she stands on a corner waiting for a car.

Mrs. A. W. Jeffers, chairman of the knitting section of the Red Cross, is not disheartened by the new law, however. Mrs. Jeffers thinks the rule a good one and does not believe it will impede the knitting industry in the least.

But, cheer up, knitters! None other than the editor-in-chief has come to the rescue! He suggests knitting bags of fish net!

### Christmas Seals

This year's campaign for the sale of Red Cross Christmas seals is launched by Mrs. K. R. J. Edholm, Nebraska agent. A new ruling places the sale of seals at army posts under special jurisdiction, so Mrs. R. L. Hamilton, wife of Major Hamilton at Fort Crook, will have charge of the seals there and Mrs. Max Fleishman at Fort Omaha.

Mrs. Hamilton was formerly Lincoln agent. The Outlook club of Gothenburg, Neb., has the distinction of making the first contribution in this state to the fund for fighting trench tuberculosis. The club, which is headed by Mrs. J. S. Walsh, now state treasurer, sent in the proceeds from last year's sale of seals to this fund.

Red Cross Christmas seals headquarters are at 483 Brandeis theater building.

### Garments for Refugees

Women in charge of the refugee work which is a branch of the Red Cross, announce that anyone who has old garments which are in good condition may leave them at the First Presbyterian church, Thirty-fourth and Farnam streets. The garments were formerly left at the War Relief rooms, but women of this church have taken this branch of the work as their "bit" this winter. The clothing will be sent to the French and Belgian refugees who have been left destitute by the ravages of war. Anyone who is especially interested in this work is invited to meet with the women of the Presbyterian church on Fridays, when the afternoon is spent in sewing for this cause. Eighty-five women were present last Friday.

### For Bridal Couple

Announcement is made of the marriage of Miss Martha Chew of Council Bluffs and Mr. Mathew Tiernan of Texarkana, Tex., which took place Monday afternoon at Council Bluffs, Justice Cooper performing the ceremony.

The young couple are now the guests of Mr. and Mrs. Howard S. Hall in this city, but will leave shortly for Texarkana, where they will make their home.

Mr. and Mrs. Hall will entertain at dinner at their home this evening in honor of Mr. and Mrs. Tiernan. Covers will be laid for 10 guests.

### Board of Missions

A call has been issued from the triennial gathering of the board of missions to all members of the women's auxiliaries of the Episcopal churches in the United States to join in a pilgrimage of prayer beginning Sunday, November 25, and extending to Saturday, December 1. This week will mark the closing of a pilgrimage of prayer which has extended all over the world.

On Saturday, December 1, at noon from 2:10 to 12:30 the closing prayers will be said at Trinity cathedral. Owing to the world war this pilgrimage of prayer has special significance.

### Call for Sweaters

The knitting unit of the Omaha Women's club will meet Wednesday at 2:00 p. m. Mrs. Cotton of the Red Cross will be the instructor and all members are urged to come and bring work, as this is a call for more sweaters.

### Manikins at Charity Ball

Mrs. A. L. Reed of the benefit ball committee for the Child Saving institute, which will be given Friday evening at the Fontenelle, announces the following attractive young girls and matrons who will take part in the fashion parade, which will be a new feature at the ball:

—Mesdames: Glenn Whitson, Fred Hamilton, W. N. Chambers, J. A. Meyer, Harriet Smith, Regina Connell, Florence Neville, Elizabeth Davis, Margaretta Grimmer, Emily Keller.

—Misses: E. John Brandeis, Harold Pritchett, Rosa B. Towle, D. C. Bradford, Elizabeth Reed, Gertrude Metz, Mary McGeath, Mary McGeath, Margaretta Grimmer, Emily Keller.

### Wedding Announcement

Mr. and Mrs. J. J. Welch announce the marriage of their daughter, Katherine, to Mr. Fred L. Schmidt of Sioux City, which took place at Deming, N. M., November 14. Reverend Father Joseph performing the ceremony. Mrs. Schmidt will remain in

## Soliloquy of Modern Eve

One's library, large or small, is a good index to character. Has your child a chance to become a Star in the Heaven of Thought?

By ADELAIDE KENNERLY.

Seems almost impossible that parents should object to their children reading, doesn't it?

But some of them do.

I have heard parents say: "It looks stupid for Maude or Harry to sit around and read when they could be knitting or playing or doing something more mechanical."

There are born artists, musicians, writers, philosophers, teachers, et al. And how can any of these develop without a wide vision—without reading while young and as they grow older, adding travel and experience to their store of knowledge?

Why, even the good housekeeper of today reads. If she runs her home scientifically, or systematically, she must read what the experts—those who have made it a study—have to say. She reads all she can find on the science and art of home-making.

A good idea isn't worth much unless passed along to others. There is but one way this can be done and that is through publication.

No money ever was wasted in good books or magazines unless the books and magazines were not read.

No time ever was idled away in reading unless the material was mere trash!

No child ever was harmed by reading if the matter was wholesome and instructive.

We are all in the process of learning and those who do not read have narrow opinions based on notions instead of knowledge. They make statements without statistics and they judge without judgment.

It has been conceded by good authority that all mental impressions are gained before the age of 21; after that they are sifted and developed. Therefore a child that is impressed with the value of reading before the age of 21 has a good chance to become a star in the heaven of thought.

One's library, large or small, is a good index to character.

Deming for some time, as Mr. Schmidt is in training there as a member of the Iowa ambulance corps.

### Concert for War Relief

Approximately \$150 was realized from the concert given by Miss Adelyn Wood and Miss Dorothy Morton Monday evening for the benefit of the Armenian relief.

### Midwinter Recital

The proceeds from the annual midwinter recital, given by the pupils of Miss Mary Cooper, will be donated to the war relief fund. The affair will be given some time during the Christmas holidays, the exact date to be announced later.

### Future Events

Mrs. C. H. Savidge will be hostess for the St. James Orphanage Sewing club at her home Thursday afternoon.

The Ave Maria club of the Holy Family parish will give a card party and dance Wednesday evening at their hall, Eighteenth and Izard streets.

## PERSONALS

Mr. and Mrs. H. J. Grove are now at Excelsior Springs.

Mrs. N. B. Updike and Mrs. G. J. Ingwersen are spending a few days at Excelsior Springs.

Miss Lucile Dennis spent the past week with relatives in Lincoln.

Mrs. William Ellsworth and Mrs. Joseph McCleneghan left Monday evening for Tampa, Florida, where they were called by the serious illness of their sister Mrs. J. A. Cummings. Mrs. Cummings formerly lived in Omaha, but since the death of her husband, Dr. J. A. Cummings, she has made her home in California and Florida.

Mrs. F. W. Fitzpatrick is ill at the Presbyterian hospital.

### Y. M. C. A.'s Work

Covers All Classes Of Fighting Men

It is a source of wonder that the Young Men's Christian association workers can devise so many forms of wholesome entertainment as they do. There is comparatively little preaching in the crowded Young Men's Christian association tents, but there is a wholesome atmosphere there always, and men who never went to church acknowledge their debt to their Christian hosts. On week-day evenings there is much singing of popular stuff and the old and new patriotic melodies; on Sunday evenings the patriotic airs are interspersed with hymns. Preaching, of course, on Sunday evenings, yet such as a young man of any religious belief is sure to find interesting and morally profitable. On any night in the week it is a comfortably weary young soldier who is under his blanket at taps. Through the day he has done a man's normal amount of active work, and has surely had an evening of pleasure suited to his individual temperament if he can be satisfied with simple, wholesome enjoyment.—H. Irving Hancock, in Leslie's.

### Business Girls Will

#### Mobilize for War Work

At the Y. W. C. A.

Real meaning for battalion of death will be given and the plan of action outlined. Major Maher believes that the demand for the battalion now under organization is the indication of a need on the part of the girls for a real outlet for energy, enthusiasm and patriotism. Uncle Sam and out American boys would not allow girls in the trenches except as a last resort, but there is a second line of defense as far-reaching as the trenches which calls for service as patriotic and sacrificial as the boys are giving.

Miss Brewster, who by request has worked out the plan, and under whom the battalion is now organizing, says she is willing to give any amount of time to drilling and organization of girls who are really going to serve Uncle Sam. But for those who are simply wanting to imitate the spectacular part of a soldier's life and omit the genuine patriotism that calls for real service and sacrifice for their country, she has no time.

## Wome Economics

Edited by Irma K. Gross  
DOMESTIC SCIENCE DEPARTMENT CENTRAL HIGH SCHOOL

### Save the Fats

The fourth great injunction of the food administration is to save the fats. A special aid in this request is the present very high, almost prohibitive, price of all fats on the market. Beyond the price check on our use of fats, is the knowledge of the need of fats for other than our only culinary purposes. Our armies need fats in their daily rations, our allies need fats, and our munitions industries need fats for the manufacture of nitro-glycerine. The facts are perfectly clear, there is no gain-saying them—our only job is to fall into line intelligently and cheerfully to reduce our use of fats. We are particularly asked to reduce our use of butter in cooking. If you want proof of that fact, let me tell you a little incident. Recently I became involved in an argument on that very point, and finally wrote to Miss Katharine Blunt, who is connected with the food administration at Washington, D. C. I told her of this article which I intended to write. She could not get a letter back to me on time so she felt the matter important enough to send me a telegram from the food administration to the effect that butter conservation is especially important. So I give you the direct word of the food administration on that point.

To understand the fat situation from the health point of view, it is necessary to know the use of fats in the body. They are needed for just one purpose mainly, to give us heat and energy. The starches and sugars perform the same function in the body; but weight for weight, a pure fat gives more than twice as much fuel value to the body as a pure starch or sugar. Hence fats are a particularly valuable food in cold weather, or for persons doing heavy muscular work, as our soldiers are. While theoretically fats are valued for the same purpose as sugars and starches, it is impossible to substitute sugars and starches entirely for fat, and retain health. Also, in some fats, notably butter, there is a substance which is absolutely essential for growth. For this reason, butter should be used on the table so far

as possible where there are children in the family.

### Ways of Saving Fats.

One of the best and easiest ways of saving fats is to reduce to a minimum the use of fried foods. There is no doubt that for some people at least fried foods are difficult of digestion. Patriotism and health combine here. Contrary to public opinion, food fried in deep fat is more digestible and uses less fat than food which is cooked in a small amount of fat in a skillet. Still doughnuts, croquettes, fritters, etc., are not war-time cookery and should not be indulged in except as an occasional luxury. The use of less pastry, rich cakes and cookies is along this same line of economy in the use of fats.

### Save Every Bit of Meat Fat.

The drippings from meats are far too precious to be wasted. They may be saved for use with other meats or they may be clarified and used more generally in cooking and baking.

To Clarify Drippings—Place fat from meat or soup in a saucepan, cover with cold water and a pinch of baking soda. Bring to a boil and boil five minutes. Let cool and remove cake of fat which rises to the top.

To Render Fat—Carefully trim off all pieces of fat that accompany meat. Cut fat into small pieces. Place in a saucepan with cold water to cover, bring to a boil and cook slowly until the fat, when pressed in a sieve, will yield no further fat. Strain through cheesecloth and let cool. When cold remove the cake of fat from the top.

To Save Bacon Grease—Cook bacon slowly in a heated skillet. As the fat

dries out strain it through cheesecloth into the jar in which it is to be kept. In this way the fat is kept without danger of browning or burning and the bacon is superior, more nearly like broiled bacon.

### Substitutes for Butter.

Those of us who have explored the new country of "butter substitutes," have returned from such journeys unimpaired and, in some cases, even enthusiastic about our findings. We find the vegetable shortenings produce very palatable results and that oleomargarine is very like butter in quality and flavor. The vegetable oils are a little more difficult to work with than the harder fats, especially in baking, but they can produce very good results with a little practice. And let me ask in a whisper, is it such a crime to turn out a cake that is excellent on every count except that the butter flavor is lacking? One must be a veritable slave to the palate to refuse good food because of a slightly different flavor.

Quantities to Substitute—If using oleomargarine in place of butter, use equal quantity. If using any other fat, use one-fifth less, that is, three level tablespoons taken out every cup of fat used.

### Table Economy in the Use of Fat.

There are still many people who refuse to stint themselves at all unless personal economy demands the stinting. There are all too few of us who are using as little table fat as we might and still remain well nourished. How many of you use only gravy on potatoes? How many of you use very little, or no butter on bread if jam or marmalade is served? How many of you use more syrup and less fat on your griddle cakes these mornings? For the one who can answer the patriotic "yes" to these questions I am afraid there is at least one other who cannot. Get out of the slacker class if you are still in it.

### Unique Donation

From U. S. Woman

#### To Boys in Trench

For the amusement of soldiers probably no more unique donation was made than that of \$50 from a woman for graphophone records to equip a tank. There is something grotesque about the music emanating from this weird iron caterpillar. Other donations have not lacked an element of the picturesque, as for instance the supplying of a hospital in Paris which was filled with African troopers with 700 fans. They were so appreciated during the summer that the hospital appealed for more. An accordion was sent to fill a specific demand. One French officer requested games for his men. What sort? In one regiment in which most of the soldiers were fathers of families the preference, for some reason or other, was for bowling. The trench, it must seem, does not make a bad alley if a few balls and pins will live a dull period. Possibly a change of noise is agreeable!

What's the use of Billy Sunday coming to Washington if congress is not in session?—Washington Herald.

**The Last Word in Photography**

**Lumiere Studio**

1778 DOUGLAS ST. 311 BARRIS BUILDING



## Will You Save For a Soldier?

Every American home can save enough food to keep an American soldier strong and fit.

Will your home do its share?

There is no need for sacrifice. Eat as much as necessary. Eat wisely. Save food and save money at the same time. Help the cause and help yourself.

### THIS FREE BOOK TELLS HOW

The North American will send free to any of its readers, one copy of "The War Cook Book."

"The War Cook Book" is something more than a cook book. It is an up-to-the-minute cook book for practical patriots, telling what America needs, and exactly how the American home can serve her.

"The War Cook Book" tells how to cook food that is nourishing, tasty and cheap. It tells how to plan balanced meals that will keep the family healthy. It tells how to save the foods that will win the war, and what to use in their places. It is full of valuable information from cover to cover.

It tells in a few clear words, the vital points of the great Food Conservation Campaign, which is a great part of America's war work. "The War Cook Book" is official—published by the United States Food Administration.

Send for your copy of this book and learn how patriotism and economy go hand in hand. Remember—it is absolutely free. Just send your name and address with a 2-cent stamp for return postage.

Use the Attached Coupon

THE OMAHA BEE INFORMATION BUREAU.

FREDERIC J. HASKIN, Director, Washington, D. C.

Inclosed find a 2-cent stamp, for which you will please send me, entirely free, a copy of "The War Cook Book."

Name .....

Street Address .....

City ..... State .....

**Butter-Nut Coffee**

Delicious

3 LB. CANS \$1.00 EACH

**Butter-Nut Coffee**

Delicious

ROASTED BY PAXTON & GALLAGHER CO. OMAHA, NEB.

"A COFFEE DELICIOUS AS A NUT"