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Ella Fleishman ASS'T EDITOR

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ome Economics

Sweet Potatoes' Value in the Diet

The sweet potato, though not closely related in a botanical sense to the white potato, is used interchangeable with white potatoes for edible purposes. They have a similar composition, both being valuable for energy-giving foodstuffs, but the sweet potato has about 5 per cent more energy-giving material in the form of sugar, which gives the sweet taste. Since sweet and white potatoes are valued for the same purposes of nutrition, it is not particularly wise to serve both at one meal, though there is no special harm in the cus-

A housewife would find it easier to vary her menus if she served few- and when hot add the sweet potatoes. man of the committee has the work er things at a meal, especially avoid- Brown the potatoes, add salt and pep-

Uses for Sweet Potatoes.

use vegetables freely, it is well to should be evaporated when the polearn new uses for familiar foods. tatoes are cooked. That which re-Probably nothing is superior to a per-mains should be poured over the pofectly baked sweet potato, but there tatoes as a sauce for serving. are many other excellent ways of using the food as a vegetable, as a dessert or in breads.

SWEET POTATOES ON HALF SHELL. 6 medium sized Salt. 3 T. milk. potatoes. 2 T. butter.

Bake potatoes, remove from oven, cut in halves lengthwise, and scoop out inside. Mash and add other ingredients. Pile back into skins and bake five minutes in a hot oven. GLAZED SWEET POTATOES.

1-3 c. syrup. 1 T. fat, melted. 6 medium sized cut in halves lengthwise. Put into a oven-

greased pan, brush with fat and syrup and bake 40 minutes. Baste twice with remaining syrup.

Uses for Cooked Sweet Potatoes. Browned-Peel, cut potatoes in halves lengthwise and brown in fat. Au Gratin-Cut cooked sweet potatoes in one-third inch slices. Put a layer in a greased baking dish, sprinkle with salt, pepper and brown sugar, and dot with fat. Repeat, cover with buttered crumbs and bake

till crumbs are brown Sweet Potatoes, Southern Style. 3 T fat. 2 T. syrup. 6 sweet potatoes. Salt and pepper.

Scrub and pare the sweet potatoes. cut them into halves lengthwise. Put ing two foods of the same nutritive per and enough hot water to cover the bottom of the frying pan. Cover Uses for Sweet Potatoes. and cook slowly until the potatoes are tender. Nearly all of the water

> 1 c. cooked and mash- ½ t. ginger. ed sweet potacs. ½ t. salt. 1-3 c. brown sugar. 1 egg. 1 t. cinnamon. I c. milk. Mix ingredients and bake in a pie

Boil, peel and mash potatoes, add all ingredients except egg whites; beat until light, then fold in stiffly beaten egg whites. Turn into custard

The Red Cross work is almost en-

How Committee is Supported.

individual support. The chairman of

the executive board of the woman's committee, Miss Sarka B. Hrbkova,

and all her co-workers are giving time

and strength to the defense labors

wholly without compensation of any

How is the woman's committee to

Only by the support of the public at

be enabled to continue its activities?

large. The appropriation by the leg-

islature has been so small that a pub-

lic appeal has been necessary. The

woman's committee appeals to the

public in Nebraska to give support to

this necessary co-ordinating work

which is the backbone of all the war

relief work among women. An espe-cial day, December 15, has been set

aside for the campaign to raise funds

for the Nebraska state division of

woman's work of the Council for Na-

Drive Dairy Wagons

Chicago, Nov. 22.-Stephen Sum-

ner, business agent of the Milk

Drivers' union in Chicago, today

announced that plans were making

for the admission of women to the

union to take the places of male

milk drivers who have joined the

army or navy. He said women

would be as efficient and in many

cases more dependable than men

tional Defense.

Will you help?

as wagon drivers.

War Milkmaids to

The Nebraska State Council for De-

Big Drive by Women of State Council of Defense.

The woman's committee of the campaign. Council for National Defense, for the purpose of so co-ordinating the activities and the results of the organized and unorganized women of members of the Red Cross in our the country that their power can be state alone, whereas two years ago immediately utilized in time of need, there were only 200,000 members of supplies a new and direct channel of co-operation between women and States.

Nebraska stitutions is entitled to membership.

· What are the departments of work

- in the woman's committee? Registration for service.
- Food production.
- 4. Home economics.
- ice agencies.

9. Educational propaganda.

of foreigners).

12. Red Cross and allied relief.

1. It has registered the woman power of the state, necessitating an expense of over \$2,000 for registration

The child welfare committee is voluntarily goarding the youth of our

Sweet Potato Pie.

tin lined with pastry. Moderate oven. Sweet Potato Puffs.

Wash potatoes, boil 10 minutes in cups, place in a pan of hot water, and boiling salted water. Drain, peel and bake 20 minutes in a moderately hot

They Ask Help of Everyone The woman's committee of the Ne- of foreign-born women and through

istration,

braska State Council for Defense them has influenced the men so that they, too, have taken out their paneeds funds, and for this reason mempers and become bona fide citizens of bers begin their big drive on Decem- this country. ber 15. They have sent the following communication to The Bee for publiout the state has raised approximately \$1,900,000 for the second Liberty loan

governmental departments. How is the woman's committee cothe organization of state divisions. In \$500 of the expense incurred by reg- of Nurses. ision in turn organized the county units without members have individually financed regard to creed, purpose or color. Its hundreds of dollars worth of work at membership is always open to women their own expense, but the committee not belonging to any organized socie- is hundreds of dollars in arrears at ties. Any woman who believes in the present time, despite the capable American principles and American in-

Accomplishments.

- Food conservation.
- Women in industry.
- Child welfare. Maintaining existing social serv-

8. Creating moral and spiritual forces (health and recreation).

10. Americanization (naturalization

11. Liberty loan.

What has the woman's committee of the Nebraska State Council for Defense done to merit support from

cards, summary lists, express and postage charges. It has supplied through its registration service woman employes for industries that were short of help. It has put to work for the government and for patriotic service thousands of women who had not done anything before this registration was taken.

For Food Pledge.

2. It has assisted very materially in two food pledge card campaigns under the direction of the food administrator at Washington. The first food conservation campaign necesi-tated the expenditure of a considerable sum for food pledge cards, express, etc. Some of this was borne locally, but in most cases it came out of individual subscriptions, by the women themselves. In the second food pledge campaign the women gave great assistance to Mr. Wattles'

The Americanization department has, by persistent and zealous work among the foreign element, brought about the naturalization of hundreds

"It Simply Doesn't Pay--'

"Not counting the work, the bother and the uncer-

tainty, in these times, it simply doesn't pay to prepare

Sunday Desserts," says a good housewife, "when I can buy your Specials each week, be sure of their

PINEAPPLE

goodness, save money and forget the bother."

medium sized sweet 2 T. melted fat. potatoes.
 Salt and paprika.
 t. powdered sugar.
 or 2 egg whites.

Mrs. J. F. Dimick was hostess for the Comus club Wednesday when Mrs. M. F. Bishof and Mrs. W. K. Swisher were guests. Prizes were mincemeat and the like are taking Sweet potatoes are also abundant. All won by Mrs. Dan Tillotson, Mrs. Bishof, Mrs. Charles Lanstrom and Mrs. the prominent place that belongs to
mips, carrots and cabbage, are of very Dimo Dimick, Mrs. E. B. Ferriis will entertain the club in two weeks.

Woman's Clubs

Drama Section Meets.

Mrs. Frederick Stott will be hostess for the drama section, Association of Collegiate Alumnae, Saturday morning at II o'clock at the Russell residence, 411 North Fortieth street.

Trinity Parish Aid Will Not Meet.

The Trinity Parish Aid will not hold its regular meeting next Wednesday as scheduled. Members of this aid are taking orders for silk, the fat and syrup in a frying pan wool and cotton service flags. Chairin charge. Telephone Harney 2095.

Red Cross Benefit.

Red Cross auxiliary of Bemis park own work. Mrs. J. J. Gafford and and fine, Mrs. C. T. Clark have it in charge.

Mrs. Byron Hastings, assisted by Mrs. E. T. Rector and other women of the Bemis Park Red Cross auxiliary, will make a canvass of their neighborhood beginning Monday morning to obtain the co-operation of every woman in Bemis Park in their Red Cross work,

Women who cannot sew will be asked to make surgical dressings. If they are unable to do either they will be asked to give financial support-

Camp Fires Collect Tin Foil.

Local Camp Fire girls, under Miss Frances Brooks, are at work collecting tin foil deposited in downtown stores at their suggestion. About 150 pounds is the estimate of tin foil, which will be sold to carry on war relief work. Fourteen girls have already enrolled

in the training class for Camp Fire guardians, which meets every Friday evening at 7 o'clock at the Young Women's Christian association under the leadership of Miss Nelle Ryan.

Miss Gladys Shamp is chairman of a new committee, that of civic cooperation, which will be ready to do whatever work the girls are called upon to do.

Good For Window Plants

When watering window plants if you add about a teaspoonful of sal volatile to every two pints of water you will find it will exercise a benethere were only 200,000 members of ficial effect on plants that seem to the American Red Cross in the United have little life left in them.

The Duchess of Devonshire, wife of the governor general of Canada, is president of the Canadian Red Cross ordinating the woman's power? By fense provides headquarters. It paid and also of the Royal Victoria Order

Thanksgiving Delicacies Are Plentiful in Market

Nuts, oranges, cranberries, celery, prices, around 40 to 45 cents a peck casting before them the shadows of best quality, Cauliflower is also exthem at this season of the year and oming holidays.

which is especially cheap when it is remembered that the weight of the "meet" in their greatnuts are only 15 to 20 cents a pound, pecans are on the market. And chest-nuts are here too. They are the large Italian variety and sell at 25

to 35 cents a pound. Oranges of the new California crop The queen of Italy is a brunette, are plentiful. They are of the Valen- with dark eyes, jet black hair and a

Red Cross auxiliary of Bemis park

The festive cranberry has also of the sea as is her husband. She splanning a card party and dance at mounted to somewhat higher levels speaks four languages, including Rusthe Fontenelle hotel December 6. The of price, but is still a low priced berry sian. proceeds will go towards carrying on compared with some others. Celery, the auxiliary's work, for this is one of which is also a never-failing attendant the few chapters which finances its of the turkey, is plentiful and crisp drops of glycerine when mixing in

Potatoes continue at their old

cellent in quality now. Lettuce, both Many kinds of nuts are plentiful. The head and leaf, is tine. Spinach, green and red peppers and squash are still domestic black walnut is cheap, rang-ing from 5 to 7 cents a pound. Brazil markets, brought in from warmer

"meat" in these nuts is very great compared with the weight of the shells. English walnuts, almonds and ment, too, and there are no grapeless

Queen of Italy

cia variety, not the navel oranges, very fair complexion. She plays both but are sweet and juicy. They are the piano and the violin well, is dea little higher than in former years. voted to outdoor sports and is as fond

> To make a cake light add a few the proportion of a teaspoonful to a gound of flour.

Study economy by buying right, This is the thing to do. Understand values on first sight, Don't let folks camouflage you. Yes, today and tomorrow you'll find

Efficiency our plan shall be. Come to WASHINGTON MARKET, don't leg belt de Omaha's best goods you'll see. Never in history have we had On hand such a fine variety. Market with us and you will be glad; Your order shall be our specialty.

Choice Steer Sirloin Steak, lb20c Choice Steer Round Steak, lb 20c Choice Steer Porterhouse Steak, lb. . 20c Choice Steer Pot Roast, lb. . 15c, 17½c Choice Steer Rump Roast, lb. . . . 17½c Rib Boiling Beef, per lb. 12½c Boneless Prime Rib Roast of Beef, per

Fancy Veal Roast, ib. 171/2c, 20c

GROCERY DEPARTMENT

We serve home made het soup from 11 to 2 o'clock every day, per bowl..........5c All country orders promptly attended to-Largest mail order house in the middle west.



Saturday Specials At the New Public Market

Meat Department

	ATECOME !
	1917 Milk-Fed Spring Chickens, per at
	Pig Pork Loins, Ib
	Steer Porterhouse Steak, lb22
ţ	Steer Round Steak, lb
	Steer Sirloin Steak, lb
	Steer Pot Roast, lb
	Steer Boiling Beef, lb
	Steer Shoulder Steak, lb 18
	Steer Rib Roast, Ib
	Pig Pork Roast, Ib24
	Pig Pork Butts, lb26
	Young Veal Chops, Ib

Money-Saving Grocery Department

Sunkist Flour, 48-lb. sack, per sack, \$2.80 | Tall cans of Carnation, Pet, Cottage or Wilson's Milk, 2 cans for 25c Campbell's Assorted Soup, per can.. 12c per dozen cans......\$1.35 Frand Picked White Navy Beans, lb., 15c

Fresh Fruits and Vegetables

California Dried Fruit Department

Butter, Eggs and Cheese Department Fancy Elgin Creamery Butter, lb...45c (Best I-lb. packages.)

Creamery Butter, in tubs, lb....44c Fancy Country Butter, in 2-lb. rolls, per New York White Cheese, lb...30c

Sunshine Cracker Department Assorted Plain Cookies—"just like | Sunshine Oxford Fruit Cake—"for your mother makes"—per lb., at,....15c | soldier boy in camp"—per lb....42c

Coffee and Tea Department

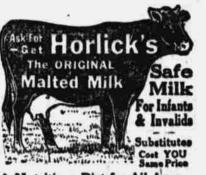
Morning Hour, a pleasing cup, lb 20c | Liberty Cup, old crop, mellow coffeeper lb., at......30c Hotel Blend, an exceptional value, per Public Market Special, a coffee of surprising merit, per lb......25c

Cut Flower Department

Rose Buds, extra special Saturday3c Beautiful Carnations, each2c



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Basket Stores Company

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Cash Habit, an excellent brand,
pound package
Economy Coffee, per lb.

Empson Peas, can
Empson Peas, Apen or Vine Run, case,
\$3.35

Another carload of fine Washington Apples from the famous Wenatchee Valley, just arrived. They are Rome Beauties, Stayman, Winesap, Jona-thans and others. Prices ranging from \$1.75 up. You should see these at any of our 40 Pure Food Centers. Cabbage, 21/1c lb .- 100 lbs.\$1.99 Krispt Corn Flakes, 7-oz. pkg.5c Empson Peas, Apex or Vine Run, case, at \$3.50 Apple Butter, 38-oz. jar 24c 35c P. & G. Naphtha Soap, bar 7c Farina, fine for breekfast, pkg. 15c 3 bars for 19c Old Dutch Cleanser 8c Plain Olives, 24-oz. jar 24c Salmon, Red Alaska, tall can 26c Salmon, Sockeye, 1-lb. can 33c Arab Chief Dates, 9c or 3 for 25c Comb Honey, per comb 20c Wash Boards, 1 Serve You 23c Gold Medal Flour. This well known Ivory Scap, large bar 11c brand at, 48-lb. sack \$2.90 Excel Scap, bar 6c Tip Flour, no better flour milled, 24-lb. Palm Olive Scap, bar 10c sack \$1.49 Hoosier Belle Pork and Beans, can 13c 48-lb. sack \$2.90 Advance Pork and Beans, No. 2 can 13c Economy Flour, 48-lb. sack \$2.70 Peanut Butter, per glass 9c

APPLES! APPLES!

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Basket Stores Company

and another at 150 East Broadway, Council Bluffs. Watch us grow. We've had many other urgent calls for a store in several localities and we expect to be able to satisfy this demand soon.

CHICKENS, fresh dressed, lb..... 191/20 BUTTER, fresh creamery, 1-lb prints...45¢ EGGS, per dozen........32¢ REMEMBER-We Do Not Sell Scalded, Water-Soaked Poultry. Our Poultry is Milk-Fed, Fresh Dry Picked Therefore Sanitary and Healthful.

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Pig Pork Loins, fresh, not frozen, per lb.......21½c 1917, Milk-Fed Spring Chickens, per lb......211/2c

Fancy California Tokay Grapes, per basket, at 39c
Fancy Jonathan Apples, bu. box. \$1.65
Fancy Large Grapefruit, each ... 7½c
Fancy White Potatoes (15 lbs. to peck), per peck, at ... 35c
Leaf Lettuce, 3 for ... 10c
Fancy Celery ... 5c and 10c
Young Carrots, bunch ... 5c
Young Radishes, bunch ... 5c
Kigin Creamery Butter, lb ... 45c
Best Creamery Butter, in tubs, lb ... 44c
Fresh Country Butter, in 2-lb. rolls, per lb, nt
Fancy Cream Cheese, per lb ... 27½c
English Breakfast or Uncolored Japan
Teu, per lb ... 55c English Breakfast or Uncolors 55c
Tea, per lb. 55c
Morning Hour Coffee, a pleasing cupper lb. at 20c
Liberty Cup, old, mellow coffee, lb. 30c
Hotel Blend, an exceptional value, per

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