

WOMAN'S SECTION OF THE BEE

Home Economics Edited by IRMA H. GROSS

Oysters. An inland person, such as a native Nebraskan, usually has to cultivate a taste for sea food.

Cost and Food Value. A favorite comparison of foods as to food value is oysters with milk.

Interpreting the figures, the calories are heat units, or the measure of fuel value to the body, and the protein calories represent the number of units of body building material.

Cooking of Oysters. Oysters toughen readily, unless cooked for a very short time over a low flame.

Pigs in Blankets. Select large oysters, drain from their liquor and wrap each in a slice of bacon.

Oysters and Macaroni. 1 pt. oysters. Flour. 1 c. cooked macaroni.

Oyster Toast. Serve broiled oysters on pieces of milk toast. Sprinkle with finely chopped celery.

Broiled Oysters Creole. 25 oysters. Bread crumbs. 1 minced green pepper.

New Orleans Grilled Oysters. 25 oysters. Salt and paprika. Melted butter.

Horlick's Malted Milk. The ORIGINAL Malted Milk. Safe Milk For Infants & Invalids.

Armour's Foods for Meatless Days. Buy These "Meatless" Meal Foods Under Armour's Oval Label.

You can have a "meatless" meal—an Oval Label repeat—everything on the table uniform in quality and up to the Armour standard—and yet—

Not an ounce of meat! You can go farther—you can use melted or Glendale Oleomargarine as a butter equivalent.

Call our branch house manager and ask for names of Oval Label dealers in your neighborhood.

ARMOUR AND COMPANY. Robt. Budatz, Mgr., 13th & Jones Sts., Omaha, Deug. 1000.

Omahans This Year Will Use Half Usual Quota Xmas Trees

"Only about half as many Christmas trees will be used in Omaha this year as last," said the manager of a large downtown store.

Sugar Pickets Are Busy In New York Bronx

One of the results of the scarcity of sugar in the Bronx is an invisible but thoroughly efficient system of picketing of grocery stores by women.

Eggs Baked with Cheese

In a flat earthen dish melt one teaspoonful of butter and let it run over the bottom of the dish.

EAT SKINNER'S THE BEST MACARONI. A combination of Vanilla Ice Cream with choicest imported French Fruit.

Trouble lost its job-- When our Sunday Specials came to town and that's quite a while ago.

Tutti Frutti. A combination of Vanilla Ice Cream with choicest imported French Fruit.

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Give Our Foreign Born Women a Chance to Know Cause of War

With reference to the need for educational work, Mrs. Caroline Bartlett Crane writes: "The woman's committee, Council of National Defense, is interested in the little foreign woman who is left behind, dazed and bewildered."

New Jersey Women Prove Truth of Yankee Thrift

Women workers in Newark, N. J., will have the first opportunity to purchase pure food put up this summer under the auspices of the mayor's committee of national defense.

Few Women of Today Work Blindly

Used to be that daughters adhered strictly to mothers' methods of home management. They used certain baking recipes simply because they were favorites of former generations.

I have conducted many experiments and have investigated experiments conducted by scores of other domestic scientists.

Basket Stores Co. FORTY BASKET STORES COMPANY OMAHA and LINCOLN. Every day is bargain day with us.

WASHINGTON MARKET. 1407 DOUGLAS ST. TEL. TYLER 4700. THE MOST UP-TO-DATE AND MEAT MARKET IN AND SANITARY GROcery THE MIDDLE WEST.

Table with 3 columns: Item, Price, and Item, Price. Includes Milk-Fed Chickens, Round Sirloin or Porterhouse Steak, Liver, etc.

Saturday Specials at The New Public Market. 1917 Milk-Fed Spring Chickens, lb., 22 1/2c.

MONEY-SAVING GROCERY DEPARTMENT. Blue Bell or Sunkist Flour (45-lb. sack), per sack, at... \$2.50.

FRESH FRUITS AND VEGETABLES. Fancy Jonathan Apples, bu. box, \$1.65.

BUTTER, EGGS AND CHEESE DEPARTMENT. Strictly Fresh Eggs, dozen, 49c.

SUNSHINE CRACKER DEPARTMENT. Delicious Fig Bars, Raisin Cookies and Wafers, per lb., 19c.

COFFEE DEPARTMENT. Morning Hour, per pound, 19c.

FLOWER DEPARTMENT. Christmas Decorations, Ruscus, Box Wood Baskets, etc.

MEATS AND GROCERIES. Choice Sirloin Steak, lb., 19c.