

Adelaide Kennerly EDITOR

WOMAN'S SECTION OF THE BEE

Ella Fleishman ASSIST. EDITOR

Home Economics Edited by IRMA H. GROSS HOUSEHOLD ARTS DEPT. CENTRAL HIGH SCHOOL

The Household Budget.

Is there any one of us who does not want to get the greatest possible satisfaction out of the money which we expend? If there is, that person need not read this article, for that is the sole purpose of budgets—to get the greatest satisfaction from money expenditure. A business firm, or an institution, finds it worth while to plan ahead and foresee what the annual income and outgo of capital will probably be. Of recent years our households are awakening to the fact that we are a bit behind the times, that other institutions have forged ahead of us. We are quite willing to learn from others when once we are convinced of our shortcomings; and the modern housewife is glad to take over the budget system.

What is a Household Budget?

A household budget is a plan for spending the next year's income. Salaried people know exactly, and business and professional people have very close estimates on their annual incomes. The general expenses of a family run along the same lines year after year—we must all have food, shelter, clothing, running expenses and a margin for advancement, both material and nonmaterial. These five lines of expenditure can be planned out rather closely. The terms generally used in discussing these lines are food, rent, (whether a home is owned or rented), clothing, operating expenses, and higher life or advancement. Operating expenses include telephone, gas, electric light, coal, water, service in the household, repairs, etc. Under higher life, which is an older term, or advancement, are placed savings and investments, insurance, church and charity, education, amusement and the like. It is easy to pick out the branches of expenditure that must be especially con-

sidered in the coming year of 1918. When have there been so many calls upon us for investments, and gifts to various causes? We must respond and we want to respond, but where can the extra money come from for most of us, except just from the other lines of expense? How much more sensible it is to plan ahead—in black and white—and not trust to luck as we go along?

Making a Budget.

Certain people who have studied household expenditures have set up guideposts for apportioning an income. The smaller the income the larger the proportion of it must be larger for food; and vice versa, the larger the income the greater the proportion left for advancement. The suggested per cent for a moderate income of \$1,200 to \$2,500 are: Food, 25 per cent. Shelter, 20 per cent. Clothing, 20 per cent. Operating expenses, 15 per cent. Advancement, 20 per cent.

These figures are not new and I rather doubt if the food expenditure now could be kept down to 25 per cent on a \$1,200 income. The very best method of making a budget is to analyze one's expenditures for the past year and make your own per cents for the coming year. Then at the end of the year compare actual expenditures with estimates. You may find your per cents satisfactory or you may have to adjust the per cents for the next year. The chief value of suggested per cents is for purposes of comparison. The stumbling block first of all is lack of knowledge of actual expenditures. There is but one path to such knowledge, and that is through accurate household accounts. (Tuesday—How to keep household accounts.)

Her Whole Soul Bursts With Patriotism, She Says



Sacrifices City Luxury to Join Troop Headed for Camp and Boys.

By EYRE POWELL.

CAMP FUNSTON.—A diminutive auburn-haired miss walked into the Gillette hotel at Manhattan, the rapidly-growing colony of soldiers' womenfolk near here, yesterday. Of striking beauty, her garb was New York to the minute and she carried a chic swaggerstick with a practiced air. It was neither her beauty, style nor the stick that brought forth "Ohs" and "Ahs" as she tripped across the lobby, however. The reasons, two of them, were a pair of trim legs, ahem, ankles, smartly wrapped in regulation soldier's spiral roll puttees.

The Rush.

Three languid-eyed beauties lounging in easy chairs cast one glance, showed immediate signs of animation and departed in the direction of an army outfitter's. Today six maids have appeared in the new style and it is predicted that by tomorrow the rush will completely deplete the local puttee market.

Patriotic Motive.

Miss Darling's appearance at Funston was due to unusual patriotic motives. In the cast of a big Chicago musical production, she was under-

Problem Play, Shown at Lothrop Tonight, Was Not Endorsed by Censor

The Lothrop theater comes under the ban of the censor tonight in connection with the special family programs instituted by the Woman's club. A problem play, which Mrs. W. S. Knight of the better films committee would not endorse, will be shown.

Robert Louis Stevenson's "Treasure Island"

with a great many children in the caste, will be pictured at the Muse theater Saturday morning for the children's matinee. Marguerite Clark in the Bab series is the most popular film for the week-end programs. "Bab's Matinee Idol" will be shown at the Strand and another Bab story at the Besse on the South Side Saturday at 1 o'clock.

The Apollo theater will also show a Bab picture tonight for the special family program.

The Suburban will show Baby Marie Osborne in "The Little Patriot," the Hamilton Mary Pickford in "Rebecca of Sunnybrook Farm" and the Rohlf Harold Lockwood in "Under Handicaps."

First Lot of Old Gold Dropped Into Melting Pot Sent to Smelters

The first lot of old gold jewelry dropped into the melting pots in the Baird building and Brown's jewelry store for the benefit of the war relief surgical dressings fund was taken to the smelters Thursday by Miss Nanette Richardson and Miss Gertrude Young. The gold will be melted free of charge and the proceeds used to purchase materials for the hospital supplies.

"The response has been so generous we shall retain the melting pots longer, to be refilled," said Miss Richardson. "Many of the articles given were almost too good to be melted, but they were given for that purpose, so we will do it."

Gold spoons, nuggets, eye glass frames, pencils, rings with the sets removed, and other odds and ends were included in the donations.

SOLILOQUY OF MODERN EVE

All down and out! Feeling blue—so blue that there isn't a little ray of sunshine in the horizon of your prospects?

By ADELAIDE KENNERLY.

ALL down and out! Feeling blue—so blue that there isn't a pink little ray of sunshine anywhere ahead in the horizon of your prospects? A great, big, unruly lump comes up in your throat until you can't breathe, as the only way out. It presents an ugly path, bordered by scandal and heartaches. A terrible aftermath rises in the background which turns you from a desperate decision.

These moods come to all of us and we think they present the Truth Truth without any frivolous dressing, without any disguise—just the naked truth. It is these days that give us our pessimists.

But what gives us these days? The answer isn't spiritual at all—far from it. Decidedly material and commonplace because it is physical. Body and mind must work in harmony with the spirit if we would be happy and optimistic. When they do not we suffer spasms of mental agony. Pessimism—the blues—is not Truth, but ill-health.

Optimism is Truth. Happiness and energy and hope radiate from a healthy mind and body. Every horizon is dotted by those pink little days of sunshine. Every day that the body and mind are in a healthy state there is some new interest.

Truth always is bright, beautiful, glorious and full of hope. The False is sordid, ugly, depressing and fearful.

Therefore, in self-defense, let us seek the wholesome and bright as the Truth and stamp the repulsive, grewsome and frightful—those blue days—as blemishes on life's rose surface. Brand them as False and physical—as conditions to be remedied and eradicated.

Bush Fruit in City Gardens and on Farms Should Be Pruned Now

Bush fruits in the city gardens and on the farm should be pruned during the fall or winter in order to increase the yield of berries next summer. The period between the falling of the leaves in autumn and the starting of growth in spring is the season in which currants and gooseberries should be pruned. The ideal currant bush at which the pruner should aim has six to eight main branches, while the gooseberry has eight to 12. None of these branches should be over three years old. Two or three of the main branches of the currant and three to four main branches of the gooseberry should be removed each season, the older branches being cut out and a like number of the most vigorous canes of the current season's growth left to take their place. All other young canes and all canes bent to or near the ground should also be removed. If this business is followed each year after the bushes reach the age of three years, pruning will be relatively simple and the plantation kept in good condition.

To Cook Game.

In buying cold storage poultry, it is best to purchase it frozen and thaw it out at home. Ask whose is the demand products from a food producer of national reputation for quality foods and satisfactory service.

Thaw the bird at home by placing it in a pan of cold water and allowing it to remain until thoroughly thawed, or cover with a clean tea towel or cheese cloth and allow it to thaw in the refrigerator or cold pantry. Draw the bird as soon as it is thawed sufficiently and cook the minute it is completely thawed.

The methods of cooking duck and goose are similar to methods employed in cooking other meats. First, scald the bird in them, then cook at a low temperature until the meat is tender. The larger the bird the longer time is required to heat through.

In roasting and broiling the heat is conveyed to the meat by means of air. In broiling or steaming the heat is carried to the meat by means of water. The latter method is employed with an old or tough bird.

Boiled duck is sometimes used in our country, but popular taste demands that it be roasted, or braised.

An old goose or duck is parboiled to make it less tough and then roasted in the usual manner.

Young birds of either variety are roasted without parboiling. Cook books give various ways of cooking both ducks and geese, but they differ essentially only in sauces and dressings or in the way they are treated after the first cooking.

Braised Duck with Turnips. Wash and cut two young carrots, two stalks celery, two turnips and

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The maid whose tad has attracted so much attention is Miss Glen Darling of Chicago, who introduced it for the first time in the east and has now shown it to the middle west, creating, it is said, one of the most distinctive military styles of the season.

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Vermont to Be Vacationless

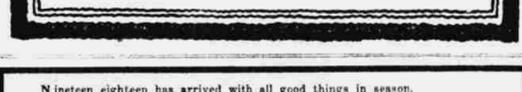
To bring commencement earlier in the spring and enable students to get at agriculture earlier in the summer, the Vermont division reports that the schools and colleges there are being urged to save time and money by having no vacations.

The Women of Finland Have Full Equal Suffrage since 1907, and the Right to Sit in Parliament.

The women of Finland have full equal suffrage since 1907, and the right to sit in Parliament.

Just See What's Coming Here is the Special Ice Cream dessert we have planned for next Sunday, the first Sunday in the New Year.

Caramel Nut Place your order today because every member of your family will want some.



There's always a dealer close by.

Nineteen eighteen has arrived with all good things in season. Increase of prices cannot be helped, for there is a great reason. Near and far there comes the cry: "Help to win this war!"

Trust us to make the prices right, we can do no more. This year we'll show our patriotism, the same as in the past. E-n-treat you to "Hooverize," so long as war shall last. E-nough can be bought to carry without hoarding in the home. E-specially to our customers, we always treat them fair. E-xperienced clerks to wait on you, all are clean and neat. E-very brand we have in stock is of the very best. I-mported or domestic, they all stand the test. G-o where you will you cannot find assortment that is better. H-owever hard you are to please, we'll please you to the letter. T-he WASHINGTON MARKET stands today for all things on the square. E-xperienced clerks to wait on you, all are clean and neat. N-ow don't forget our address, 1407 Douglas Street.

Choice Sirloin Steak, lb. 22 1/2c Choice Porterhouse Steak, lb. 22c Choice Round Steak, lb. 22 1/2c Choice Pot Roast, lb. 15c, 17 1/2c Choice Rump Roast, lb. 17 1/2c Choice Rib Roast, lb. 20c Rib Boiling Beef, lb. 12 1/2c Pure Lard, per lb. 28c Fresh Leaf Lard, per lb. 27c Lean Pork Chops, lb. 24c Extra Fancy Veal Roast, per lb. 20c, 25c Hindquarters Spring Lamb, lb. 24 1/2c Forequarters Spring Lamb, lb. 18 1/2c Regular Hams, half or whole, lb. 28 1/2c Nominis Pancake Flour, pkg. 10c Sugar Cured Breakfast Bacon, lb. 38 1/2c Fresh Beef Tongue, per lb. 25c Fresh Sweet Breads, per lb. 30c Good Oleomargarine, lb. 25c Mixed Nuts, per lb. 19c California Celery, stalk 7 1/2c, 10c Extra Fancy Head Lettuce, each 10c Extra Fancy Oranges, dozen, 25c and up All Brands Creamery Butter, lb. 40c Kamo Soup, all kinds, per can 10c California Apricots, Peaches, Plums, in Syrup, 2 cans for 25c Large Mason Jars of Olives, each 25c Grand Bones for chickens, 6 lbs. 25c

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Money-Saving Grocery Department Blue Bell Flour, 48-lb. sacks 42.80 Beat 'Em All Soap, 6 bars 28c Diamond C Soap, 7 bars 28c Sunbrite Cleanser, 6 cans 28c Morgan's Sapolo, 2 cakes 15c Skinner's Macaroni, Noodles, Spaghetti, 3 pkgs. for 25c Bulk Quaker Oats, 4 lbs. for 25c Hand Picked White Navy Beans, lb. 15c Jelly, assorted flavors, 3 pkgs. for 25c Campbell's Soups, all varieties, can 12c 18c quality cans Corn, Peas or Tomatoes, per can, at 12c

Butter, Eggs and Cheese Department Fancy Elgin Butter, lb. 48c Fancy Wedgewood Butter, lb. 48c Fresh Country Butter, in 2-lb. rolls, per lb. 44 1/2c Fresh Country Butter, in tubs, lb. 40c Cooking Butter, per lb. 40c Peanut Butter, per lb. 19 1/2c New York Cheese, lb. 32 1/2c

Cracker Department Regular 18c pkg. Graham Crackers and Salted Crispy Crackers, special for Saturday, 2 pkgs. for 25c

Fresh Fruits and Vegetables Fancy Jonathan Apples, box 41.69 Fancy White Idaho Potatoes (18 lbs. 4c) 35c Apples, Early June, per can 24c Fancy Red Globe Onions, 3 lbs. 10c Cabbage, 3 lbs. 10c Fancy Head Lettuce, each 7c and 9c

THE ABOVE PRICES ALSO PREVAIL AT OUR BRANCH STORE THE EMPRESS MARKET 113 South 16th St. Phone Douglas 2307.

Advertisement for 'EAT SKINNER'S THE BEST MACARONI' featuring a portrait of a man and the text 'PHONE DOUG. 2793'.

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16-oz. Condensed Milk, can 12 1/2c 7 bars Laundry Soap, 25c Sun Bright Cleanser, pkg. 4c Swift's Pride Washing Powder, 4c K. C. Baking Powder, reg. 25c size for K. C. Baking Powder, reg. 25c size for K. C. Baking Powder, reg. 25c size for

HIGHEST QUALITY Regular 40c Values

Pot Roast 17 1/2c Round Steak 20c Sirloin Steak 20c Veal Roast 20c Veal Chops 22c

Choice Rib Roll Roast, lb. 22 1/2c Choice Beef Boil, per lb. 12 1/2c Choice Sauer Kraut, per lb. 5c Choice Fresh Homemade Hamburger Steak, per lb. 15c

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