SECTION OF THE

Ella Fleishman ASS'T EDITOR STREET, STREET,

ome Economics

Tempting Dishes for Invalids.

for invalid cooking were given, to include careful preparation, choice of simple foods and wise combination of foods chosen, attractive service of meals and special sanitary care of dishes used. Milk and eggs lead in value as invalid foods, though their price, especially that of eggs, is anything but cheap. It seems unfortunate that the season of the year when more people are indisposed should coincide with the season when egg prices are at their height. A few of the dishes given below call for milk, but no eggs:

Egg Nog.

2-3 c. cold milk. egg. T. sugar.

Few grains sait. Beat yolk of egg slightly, add sugar, salt and vanilla, then add gradsubstituted for the milk and the sugar varied according to the fruit used.

Junket Egg Nog.

¼ junket tablet. ¼ t. vanilla. Nutmeg. i egg. i c. milk. i T. suşar.

Beat white and yolk separately very light, blend the two. Heat the milk just lukewarm (boiled milk cannot be used), stir into egg mixture and add quickly the tablet dissolved in cold water. Pour into warm glasses and sprinkle grated nutmeg over the top. Stand in a warm room until firm, then chill before serving,

Egg Cocoa. I egg white. 2-3 a milk. Few grains salt.

2 t. sugar. 2 t. cocoa. Beat egg with salt until stiff, add gradually sugar and cocoa. Add onehalf egg mixture to the milk, put into a glass and pile remaining egg mix-

ture on top. Cream of Rice Soup. Small stalk celery. ¼ bay leaf. Salt. Pepper. 1 sice onion.

Scald milk, add rice, cook in double boiler 30 minutes. Melt butter, add onion and cook till tender, not brown. Add celery and turn into milk; add bay leaf and cook 15 minutes longer.

Hasty Puddings

Hasty pudding was quite the thing in civil war days. Today the food administration has some good ones to propose to you. Try these puddings; they will help conserve food:

Apple Tapioca. cup pearl taploca. Cold water.

216 cups boiling water.

cup corn syrup. Soak tapioca one hour in cold water, to cover, drain, add boiling water and salt; cook in a double boiler until transparent. Core and pare apples, arrange in an oiled pudding dish, fill cavities with corn syrup, pour over tapioca and bake in moderate oven until apples are

soft. Serve with pudding sauce sweetened with corn syrup. Oatmeal Fruit Meringue. Turn left-over oatmeal into a round mold and cool. When cold turn out, cut in slices a half inch thick, put one slice in a round dish, put a layer of berries or sliced peaches on it and on top of this another slice of oatmeal. Beat the whites of four eggs until light, add four tablespoons powdered sugar and beat until fine and glossy. Spread this meringue over the top

of the fruits, dust with powdered sugar and stand in the oven until golden brown. (Note: Homecanned fruits may be used.) Indian Pudding.

4 cups milk. 4 cup cornmeal. 1-3 cup molasses. teaspoon salt. teaspoon ginger. Cook the milk and the meal in Cook the milk and the meal in a double boiler for 20 minutes, add molasses, salt and ginger. Pour into greased pudding dish and bake two hours in a slow oven. Serve with top milk. This amount will serve six persons.

—U. 8. Food Administration.

Beautiful Sardine

The fresh sardine is a beautiful little fish. The scales on its back are an iridescent blue-green, the ex-

ate an iridescent blue-green, the exact tint which the sea so often takes, while beneath the scales there shows up the most wonderful peacock blue. There are bars on its back and sides when it first comes out of the water like those on the mackerel, but they seem to fade and disappear the moment it is exposed to the air. The rest of its body is pure silver.

The European startling was introduced into the United States about with a soldier boy I would want to marry him before he went over there. I would 25 years ago, and its range has gradnally extended over much of New gladly take my chances, if I cared enough York, New Jersey, Pennsylvania, Connecticut and Massachusetts. During its migrations in search of food it ranges much farther, being frequently found as far south as the District her man would proudly welcome him back however he came. A lesser love might

Fooi ball is a favorite amusement with Eskimos of all ages. The foot ball is a small round ball made of har. In Labrador, as in Greenland. it is whipped over the ice with a thong loop attached to a wooden han-It can be caught in the air and returned with terrific force by means of this instrument.

Raidelita, a dry petroleum found abundantly in the Argentine provabundantly in the Argentine prov-inces of Mendoza and Patagonia, will in all probability be utilized consider-ably in the future. The republic is rich in petroleum, from Salta to Terra del Fuego.

BUY COATS SATURDAY Never again will you encounter such startling Bargains. Many hundreds of beautiful

Coats are offered at Prices which border on the sensational. See Display Ad on Page 5 JULIUS ORKIN 1508-1510 Douglas St.

| Strain (forcing rice through strainer) In a preceding article general rules season with salt and pepper, reheat and serve.

Cracker Gruel.

2 T. sifted cracker ¼ t. salt. crumbs. 1 c. scalded milk. Pour hot milk gradually onto crumbs, stirring constantly. Cook in double boiler five minutes.

ham crackers may be used. Malted Milk Custard. 1 T. maited milk. Salt. 1 egg yolk. 1 T. sugar,

4 c. het water. Mix malted milk with enough hot

water to make a smooth paste, add I rest of water and pour slowly onto beaten yolk, set in a pan of hot water. Slow oven. Time, about 40 minutes. Souffled Egg.

Break egg and separate yolk from white. Beat white with a few grains to heat gradually. As egg white rises of salt until stiff, using Dover egg and stiffens, make a depression in it beater. Turn into a buttered glass and slip in yolk. Sprinkle with salt ually milk. Strain and add white of and place in a pan of warm water, and pepper. Egg will be done when egg beaten stiff. Fruit juice may be The glass may be set into a Mason water boils. This dish can be dijar lid lined with cloth. Allow water gested very easily.

Red Cross

Nurse

Little nursey has no

Suppose she ran across

Make one on her pret-

She will thank you, I

know that.

By BEATRICE FAIRFAX.

Self-Education.

Dear Miss Fairfax: I read some time ago in your column about a girl who hesitated to go about with a young man, fearing he was too educated and would be ashamed of her, and you answered that if she is really ambitious she can educate herself by reading good books and the higher class magazines and by attending various lectures and concerts.

concerts.

Now, what I would like to ask you is this—to mention some of the goods books, as I also feel the man who wishes to call to see me is of the same type mentioned in your column.

K. S.

Anyone who wishes to educate herself can

ernment will help her do it. Write to the

Home Education division of the Bureau of

name, posteffice address, age and a brief

statement of your education and occupa-

tion. The United States government will do

the rest. It issues a list of 22 books, some

of their standard novels, some poems, some

plays; it aids thereto the life history of

one or two prominent women and a history

of the English people, with these six books

at the end of the list: "Some Silent Teach-

ers." by Elizabeth Harrison; "Shelter and

Clothing" and "Foods and Household Man-

agement," both by Kinne and Cooley; "The

Furnishing of a Modest Home," by F. H.

Daniels: "Girl and Woman," by C. W. Latti-

mer. M. D.: "What Can Literature Do for

Me?" by C. Alphonse Smith. As for the

higher class magazines, go into any reliable

book or stationery store and tell them that

you want magazines which give critical re-

views of books of art or of music, and those which furnish a resume of current events,

etc. Lectures and concerts are advertised

in the daily papers. There are courses

open to you at the various universities in

this city. If you want an education, my

dear girl, you must make a little hopest

effort to get it. Don't sit back and expect to have it served up to you on a silver

The Soldier's Sweetheart.

point) to the girl he loves?
Your opinion would greatly ease the mind of one who is very anxious to do what is right and best for the girl he loves.

ANXIOUS.

Why will the soldier boys, to whom I feel like a loving big slater, insist on asking

me this difficult question? I dare not try

to settle this problem for other women

If I answer as they desire I will bring

happiness-but think what infinite mischlef

I can work by trying to settle this grave problem for people I have never seen. This

is my attitude: If I were deeply in love

-if I cared enough-that is the whole point.

With real devotion in her heart, any roman who loves the spirit and mind of

fail. Years of sep_ration might weaken a

small love. None of us can be sure of our

salves or our own loyalty. To risk so much

because of " mere infatuation is foolish. To

risk it for a big love is noble. The hysteria

of war time .nakes men and women rust

Packing

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Storage

Moving

Advice to the Lovelorn

Education, Washington, D. C., giving your to come in spite of this, but 15 years from

happy later on. Try to be reasonably sure

May and October.

Dear Miss Fairfax: I am 20, and deeply in love with a man 45. My parents ob-ject to my going out with him because they think he is too old, and say I will never

love him.

Miss Fairfax, do you think this difference in ages could not end in love? It is your reply that my parents are waiting to see.

Of course you and the man are a whole

generation apart. You are at the threshold

of life and youth and he is a mature man-

your tastes and inclinations are different.

It is perfectly possible for a happy marriage

now, when you are 35-still a young woman

-he will be 60, and when you are just his

present age he will have reached old age-

"man's allotted span.". I think a marriage

like this has a great many attendant risks.

of yourselves-then act!

the boss.

ty cap;

cross;

Life's Little Deaths By Adelaide Kennerly

Death's an episode in life-an impression-Just a change in the eternal procession. We come here as infants to leave any time; Our work's allotted by the Master Divine.

Some cry: "Death's untimely; that three score and ten Should mark the departing of women and men."
Oh, why should we worry! What hold we so dear On this highway of tears and trouble and fear? -

If battle calls men to give up life's crosses In grand final climax, pray what are their losses? Just a gentle handclasp of astral and earth; Death's but life leaving where it entered at birth.

Life's little tragedies, thousands in number, Are the deaths we're dying souls never slumber, But writhe in their suffering, loath to torgive Fate for their sadness-and, though dying, we live.

Spring Vegetables Now in the Market Stalls | Fine cabbage is 3½ cents a pound and red cabbage sells at 7 cents a pound. Fancy onions can be bought at three pounds for 10 cents. Cauliflower is extra good now and 20 cents a pound.

local markets is the first sign of varieties is plentiful and fresh every spring, though it is a sign merely that day. The former sells around 10 part of the country. Rhubarb apcents. Celery is cheap, 5 and 10 cents 30 cents a dozen. There are many peared this week on the Omaha mar- a stalk. Colery cabbage brings 15 apples of various kinds here and their southern Texas. It is fine and crisp and sells at present for 15 cents a

Fancy, fresh shallots, turnips and carrots from the south sell at 5 cents a bunch. Old crop beets, carrots, parsnips and rutabagoes are 3 cents a

BIG FIRE SALE OF ENTIRE GROCERY STOCK OF THE EMPRESS MARKET

MEAT DEPARTMENT

EMPRESS MARKET

S ATISFACTION is something we always try to give, A Ithough the times are strenuous under which we live: To help our customers all we can has always been our plan, In business or at leisure, we are true Americans. So just remember these few words and let us help you too, For we sell the finest entables that were ever put in view. A mong them there are groceries, meats, coffee, also tea, Canned goods of all description that will suit you perfectly. The Washington Market shortly will open a new branch store In McCrory's ten cent store, down on the lower floor. Our patrons there will find a class of goods that are A No. 1. New stock, all clean and up-to-date, so don't forget to come.

Choice Sirloin Steak, Ib.................. Good Oleomargarine, per Ib....... Choice Porterhouse Steak, Ib 221/1c | All Brands Creamery Butter, Ib. Choice Pot Roast, Ib 17c and 20c Choice Rib Roast, Ib20e Boiling Beef, per lb 121/1c and 14c Extra Fancy Veal Roast, lb. . 20c and 25c Lamb Chops, per lb............25c

Large Mason Jars Olives, each 25c Large Mason Jars Mince Meat, each. , 25c No. 2 cans Tomatoes, 2 cans for 25c Nomis Sifted Peas, per can15c Kamo Peas, per can............15c Libby's Kraut, per can......10c Calumet Baking Powder, 1-lb. can . . . 21c Bulk Oatmeal, 4 lbs. for25c

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ne appearance of rhubarb on the | Lettuce of both the head and leaf spring has come to the far southern cents and the latter at three for 10 economical food and sell from 20 to kets. It comes from gardens in cents a stalk.

Potatoes still hold to their price of 35 cents a peck. A few sweet pota-toes are on the market at 10 cents a

pound.

Tomatoes are on the market at 40 cents a pound. Cucumbers, big and thick, sell at 20 cents each.

GROCERY DEPARTMENT

| 10c | 10c

Fine cabbage is 31/2 cents a pound

Oranges have never been better and sell from 20 to 50 cents a dozen. Big, juicy grapefruit sells for 10, 15 and 20 cents each. Bananas make an prices have not advanced recently.



Everybody knows the goodness of Butter-Nut Coffee, and so the simple announcement that the Sunday Special Ice Cream for this week is flavored with

Butter-Nut Coffee

is continued evidence that we select the very best ingredients we can find. Be sure and order it.



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40 lbs. Red Globe 16 lbs. Bulk Rolled 8 cans Corn and 1 package \$1 8 16-oz. cans Milk

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cans No. 1% Advance Pork and Beans and I cake Bon \$1

Two 1-lb. Medium Red & two \$1.

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ing of 15e to 30e a box

on Choice Idaho Apples. While they last, Wine-

saps, Rome Beauty, etc.,

ons, Grape Fruit, Celery,

Bananas, Nuts, etc.

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Malo Floor First Nat'l. Bank Building.

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This is Oleomargarine Year Armours

Oleomargarine

The Food Problem Will Be With Us Every Day for Many Months to Come

Veribest is one solution of the problem. Food specialists say fats should be added to vegetables to make them a properly balanced diet. In Vertbest Oleomargarine you get the same nutrient fats as in butter-the same food value, the same heat-energy -at a saving of several cents a pound. Try it as a spread for bread, hot rolls, waffles, and pancakes. Serve it on a big baked potato.

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