

Adelaide Kennerly EDITOR

WOMAN'S SECTION OF THE BEE

Ella Fleishman ASST. EDITOR

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

Tempting Dishes for Invalids.

In a preceding article general rules 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.

Cracker Gruel. 2 T. sifted cracker 1/4 t. salt. 1 egg yolk. 1/2 c. hot water.

Malted Milk Custard. 1 T. malted milk. 1/2 c. milk. 1 T. sugar. 1/4 c. hot water.

Souffled Egg. Break egg and separate yolk from white. Beat white with a few grains of salt until stiff, using Dover egg beater.

Junket Egg Nog. 1 egg. 1/2 T. sugar. 1/4 c. milk. 1/4 t. vanilla. 1 T. sugar.

Red Cross Nurse. Little nurse has no cross; Suppose she ran across the boss.

Egg Cocoa. 2 egg white. 2-3 c. milk. 1 c. milk. 1/2 T. sugar. 1/4 c. cocoa.

Cream of Rice Soup. 1 T. rice. 1/2 c. milk. 1/2 c. butter. 1/2 onion.

Life's Little Deaths

By Adelaide Kennerly

Death's an episode in life—an impression—Just a change in the eternal procession.

Some cry: "Death's untimely; that three score and ten Should mark the departing of women and men."

If battle calls men to give up life's crosses In grand final climax, pray what are their losses?

Life's little tragedies, thousands in number, Are the deaths we're dying—souls never slumber.

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to heat gradually. As egg white rises and stiffens, make a depression in it and slip in yolk.



Advice to the Lovelorn

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.

May and October.

Dear Miss Fairfax: I am 26, and deeply in love with a man 45. My parents object to my going out with him because they think he is too old, and say I will never love him.

Indian Pudding.

4 cups milk. 1/2 cup cornmeal. 1/2 cup molasses. 1/2 teaspoon salt. 1/2 teaspoon ginger.

Spring Vegetables Now in the Market Stalls

The appearance of rhubarb on the local markets is the first sign of spring, though it is a sign merely that spring has come to the far southern part of the country.

Potatoes still hold their price of 35 cents a peck. A few sweet potatoes are on the market at 10 cents a pound.

Fancy fresh shallots, turnips and carrots from the south sell at 5 cents a bunch.

Lettuce of both the head and leaf varieties is plentiful and fresh every day. The former sells around 10 cents and the latter at three for 10 cents.

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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

Advertisement for Butter-Nut Coffee and Hardings' All Ice Creams, featuring a woman's portrait and promotional text.

BIG FIRE SALE OF ENTIRE GROCERY STOCK OF THE EMPRESS MARKET

- GROCERY DEPARTMENT: 40c Unsifted Japan or Gunpowder Tea, per pound. 25c Monarch Coffee, regular 35c quality, per pound. 24c 30c Farm House Coffee, per pound. 20c 25c Can Asparagus, per can. 14c 40c San Peas in Syrup, per can. 12c 25c Can Ripe Olives, per can. 14c 10c cans of Salmon, per can. 22c 1-lb. cans Hominy, per can. 10c 15c quality Peas, per can. 10c Assorted Soups, in cans, per can. 10c 10c quality Peaches or Pineapples, 2 cans for. 25c 15c cans of Sardines and Tomato Sauce, per can. 12c 15c cans of Jelly, per can. 8c 20c cans of Red Kidney Beans, per can. 12 1/2c 10c cans of Pumpkin, per can. 12 1/2c 15c cans of Sausages, per can. 12c 5c jars of Pickles, per jar. 22 1/2c Quart jars of Apple Butter, per jar. 24c 2c jars of Mince Meat, per jar. 24c Large Rolls of Toilet Paper, 6 rolls for. 25c

EMPRESS MARKET 113 South 16th Street. Phone Douglas 2307.

SATISFACTION is something we always try to give.

A thorough inspection of our stock will show you that we are true to our word. To help our customers all we can have always been our plan.

- Choice Sirloin Steak, lb. 22 1/2c Choice Porterhouse Steak, lb. 22 1/2c Choice Round Steak, lb. 20c Choice Pot Roast, lb. 17c and 20c Choice Rump Roast, lb. 20c Choice Rib Roast, lb. 20c Boiling Beef, per lb. 12 1/2c and 14c Lean Pork Chops, lb. 25c Extra Fancy Veal Roast, lb. 20c and 25c Lamb Stew, per lb. 17 1/2c Lamb Chops, per lb. 25c Pork Tenderloin, lb. 37 1/2c Try Our Home Made Link or Bulk Sausage, per lb. 17 1/2c Ground Bones, for chickens, 6 lbs. 25c Nominis Pancake Flour, qt. 10c

WASHINGTON MARKET 1407 DOUGLAS ST. TEL. TYLER 470

Saturday Specials at the New Public Market

- Meat Department: 1917 Milk-Fed Spring Chickens at Wholesale Prices Pig Pork Loins, per pound. 21 1/2c Steer Sirloin Steak, lb. 23 1/2c Steer Round Steak, lb. 22 1/2c Steer Sirloin Steak, lb. 21 1/2c Steer Pot Roast, lb. 17 1/2c and 19 1/2c Steer Boiling Beef, lb. 13 1/2c Steer Shoulder Steak, lb. 19 1/2c Steer Rib Roast, lb. 17 1/2c Pig Pork Butts, lb. 23 1/2c Ford Dishes, new stock, lb. 25c Young Veal Chops, lb. 19 1/2c Young Veal Roast, lb. 18 1/2c

Money-Saving Grocery Department

- 48-lb. Blue Bell or Sunlight Flour, per sack, at. 22 1/2c Two Pancake Flour, 2 pkgs. 25c Log Cabin Syrup, qt. can. 49c Campbell's Soups, assorted flavors, per can, at. 12c Skinner's Macaroni, Spaghetti or Noodles—3 pkgs., at. 25c Ford Dates, new stock, lb. 25c Tall cans of Wilson's Milk, 2 for. 12c

Fruits and Vegetable Department

- Fancy Jonathan Apples, box. \$1.50 Fancy White Idaho Potatoes (15 lbs. to the peck), per peck. 25c Fancy Red Globe Onions, 3 lbs. 10c Cabbage, per lb. 3 1/2c Fancy Head Lettuce, each. 7 1/2c and 10c Hot House Radishes, 3 bunches. 10c

Butter, Eggs and Cheese Department

- Fancy Elgin Butter, lb. 46c Fresh Country Butter, in 2-lb. rolls—per lb., at. 44 1/2c Peanut Butter, per lb. 19 1/2c New York Cream Cheese, lb. 32 1/2c Country Butter, in tubs, lb. 44c

Cracker Department

- Sunshine Goodies, special, lb. 27c 15c pkgs. Antoinette Tea, Matinee Biscuits, per pkg. 25c

Coffee Department

- Morning Hour, lb. 26c Public Market Special, lb. 25c

THE NEW PUBLIC MARKET PHONE DOUG. 2793 Main Floor First Nat'l. Bank Building.

Beautiful Sardine

The fresh sardine is a beautiful little fish. The scales on its back are 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.

The European Starling was introduced into the United States about 25 years ago, and its range has gradually extended over much of New York, New Jersey, Pennsylvania, Connecticut and Massachusetts.

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

Rafaelita, a dry petroleum found abundantly in the Argentine provinces of Mendoza and Patagonia, will in all probability be utilized considerably 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.

OMAHA VAN & STORAGE CO. Phone Doug. 4163. 806 So. 16th St.

Moving Packing Storage We are thoroughly equipped in every branch of our work, and our many years of experience help to make 100% efficiency.

When Buying Advertised Goods Say You Read of Them in The Bee

This is Oleomargarine Year Armour's Veribest 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.