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EDITOR

WOMAN'S SECTION OF THE BEE

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ASS'T EDITOR

Society

A Prize Winning Pair

Home Economics

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

Vegetable Gelatine Salads

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MISS MARIE EDITH WELLS AND BROMME SNOWBALL

The photo shows Miss Marie Edith Wells and her prize winning doggie, "Bromme Snowball," one of the entrants in the eighth annual specialty show held by the American Pomeranian club at New York.

"In a Minute" is Too Late If You Want to Get Ahead

By BEATRICE FAIRFAX.

Time is the most valuable thing in the world. But it is as free to the dollar and a half a day ditch digger as it is to the million-dollar and a half a year payer of income tax. Have you ever stopped to face this interesting fact? What you do with one hour of your business day is fairly indicative of what you are going to do with the whole day—all your days—your life!

Howard came to the Fessenden offices with everything in the world in his favor. He had been highly recommended. No one liked his predecessor. Howard was neat, pleasant looking, a boy with quiet, good manners and with agreeable voice. There never was an office boy who started off under kinder auspices.

And Howard seemed to justify the hopes of the office. He was neat, efficient, willing and agreeable. He did what he was told—that could be counted on. What could not be counted on was when he would do it. His attitude might have been translated from an old world proverb: "If I don't come today, expect me tomorrow."

"There's all the time in the world!"—haven't you said that on a great many occasions? And don't you find yourself doing your work on a basis of that idea? Well, there is all the time in the world—but there are all the things in the world to do in that time; the experience of the ages past can be studied in that time, and growth toward a worth-while future can also be managed.

In a Minute.

"I'll come in a minute," says Emily when mother calls. Suppose Emily grows up, goes into an office and takes the "I'll come in a minute" attitude when the chief's bell rings and she is summoned to take dictation? She frazzles the temper of her superior officer by making him wait, proves herself an inefficient young woman and in wasting a mere minute or two she may actually throw away her chances for promotion.

Who hasn't walked out of a shop because a slow moving clerk suggested indifference to her wants? Who does not know of the great forfeits which contracting companies pay when buildings are not finished on the day and date promised? Who hasn't had a cake burned to a crisp while finishing a telephone conversation and thinking to herself: "I must go in a minute and watch the oven."

The easiest thing in the world to do is to explain to yourself that a minute doesn't matter; but half a minute gone wrong would dash a trapeze performer to death at the feet of his audience—half a minute—half a second. It takes the most perfect calculation for the swing from one mass of swaying ropes to another; properly calculated, the daring, breath-taking performance is simple and safe—half a second gone wrong and it means death.

Life is full of calculations as nice, as exact, as the swing of the trapeze performer. Remember that.

The successful man or business woman arranges his or her day so that it won't be full of wasted minutes, half hours gone wrong, broken appointments, delayed efforts.

Winter Salads.

We are coming to realize that salads are not the mere fripperies they were formerly thought to be and that a certain amount of money spent for them is a real investment. In the winter time it is difficult to buy fresh green things without a large outlay of money. Still even in the winter it is possible to buy some salad materials at considerably less cost than others. The need for salads is threefold. They provide raw food in the diet and nutrition experts are telling us that a certain amount of raw food is absolutely essential to perfect health.

In certain raw foods are found substances that are destroyed by heat. These substances are present in fruits and vegetables. Also salads provide mineral salts in the diet and mineral salts help to build the body structure and to keep the body in good condition. Lastly salads add bulk to the diet. It is not a good thing to eat only foods that are compact and completely digested. To keep the digestive tract clear a certain amount of undigestible material, or "roughage," should be supplied. The fiber of fruits and vegetables acts as a scourer in the digestive tract.

Salads and Conservation.

Salads are such a comfort to the puzzled housewife who is struggling with new and unfamiliar dishes in al-

Co-Operation

Miss Gross will be very glad to receive suggestions for the home economics column or to answer, as far as she is able, any questions that her readers may ask.

Simple Dinner Salads.

For the ordinary dinner nothing is nicer than a plain lettuce salad or lettuce salad with a slight vegetable garnish. Head and leaf lettuce are identical as far as food value is concerned. The ideal dressing is, of course, the French dressing, made of olive oil, peanut oil, etc.—are equally satisfactory to the needs of the body. Plain vinegar dressing pleases many people or some kind of cooked salad dressing. For a slight variation with cooked salad dressing mix raw grated carrot with the dressing and place a spoonful on the lettuce. Grated pickled beet may be used in the same way. A dash of grated horseradish adds a tang to the beets. A spoonful of Thousand Island dressing makes a festive salad of plain lettuce.

Cold Slaw.

1 small head cabbage/salt. 1 egg. 1 c. sugar or syrup.

Slice the cabbage very thin, then cut across several times. Let cabbage stand in cold water 30 minutes. Make a dressing by heating vinegar and sugar or syrup to boiling, then cooling and adding slowly to beaten egg. Drain cabbage from water, salt it and

Make Their Wedding Trip in an Aeroplane

New York, Feb. 19.—A wedding trip in an aeroplane from Governor's Island to Massapequa, Long Island, will be taken today by Lieutenant Lawrence V. Sperry, U. S. N., and his bride, who was Miss Winifred Allen of this city. They were married last night in St. Cornelius' chapel on Governor's Island.

Their trip to the chapel from Massapequa was made through the air and Lieutenant Sperry piloted his plane almost to the door of the church.

Using Up Overripe Berries

Louisiana does a good winter business in strawberries, but has often suffered losses through the waste of over-ripe berries not suited for shipment even to local markets. A farmers' association at Hammond, that state, says the Manufacturers' Record, recently negotiated with a New York manufacturer of cordials and extracts, securing a small preserving factory, which was quartered in an old iron foundry, and will take all over-ripe berries at 9 cents per quart besides giving employment to local workers. This factory will also can and preserve wild blackberries in that section after the strawberry season closes.

Sugarless Sundae

The first prize in a recent contest held by the Soda Fountain went to the following sugarless sundae recipe, called "Honey Brazil":

One pint good strained honey, 1 pint cream, 1 tablespoon cornstarch dissolved in milk, ½ pound butter, 1 cup of Brazil nuts cut in pieces, ¼ inch or ½ inch in diameter. Heat the cream and honey together; add the cornstarch and cook it until it thickens. After removing from the fire add the butter and stir until melted. Serve a ladle over a portion of ice cream and top with whipped cream and a red cherry.

Skim-Milk War Cheese

Wisconsin has a law prohibiting the manufacture of skim milk cheese under certain conditions. At a recent meeting the cheese makers of that state urged that the law be amended to permit the manufacture of skim milk cheese in the usual shapes during the war, utilizing by-products from butter in the creameries and from other states which permit the making of skim milk cheese with proper brands showing its character and penalties for sale in deceptive ways.

Hooveritis

Each paper, book and magazine sprouts upward like a geyser. Recipes for saving things: We're growing thin and wiser! We salt down beans, dehydrate greens. Store up foods like a miser; We're going to preserve the world. And also can the Kaiser. —Edith Gooding in B. R. & P. Railway Employees' Magazine.

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Steer Porter House Steak, formerly 25 1/2c, per pound now	19 1/2c
Steer Pot Roast, formerly 19 1/2c, per pound now	16 1/2c
Sugar Cured Bacon, formerly 37 1/2c, per pound now	33 1/2c
Extra Lean Skinned Ham, formerly 81 1/2c, per pound now	26 1/2c
Fresh Herring, formerly 15c, per pound now	11c
Fresh Halibut, formerly 24 1/2c, per pound now	22 1/2c
Fresh Catfish, formerly 25c, per pound now	22 1/2c
Fresh Salmon, formerly 35c, per pound now	22 1/2c
Fresh Carp or Buffalo, formerly 15c, per pound now	12 1/2c
Strictly Fresh Eggs, formerly 6c, per dozen now	5c
Select Storage Eggs, formerly 58c, per pound now	45c
Best Creamery Butter, formerly 52c, per pound now	49c
Cookheart, a new substitute for butter, per pound now	31c
Handpicked White Navy Beans, formerly 18c, per pound	15c
Best Lima Beans, formerly 18c, per pound	15c
Bulk Rolled Oats, 4 pounds for	25c
Tall cans Pink Salmon, formerly 28c, per can	18c
Tall cans Wilson's Milk, formerly 15c, 2 cans for	25c
Campbell's assorted soups, formerly 15c, per can	11c
Large California Prunes, formerly 30c, per pound	21c
Peas, Corn, Tomatoes, formerly 15c, per can now	11c
Fancy Seedless Raisins, formerly 17 1/2c, per pound now	15c
Leaf Lettuce, 3 for	10c
Extra Fancy Jonathan Apples, per box	11.95
Fancy White Potatoes, per peck	30c
Large Grapefruit, each	5c and 7 1/2c
Extra Fancy Cauliflower, per pound	10c

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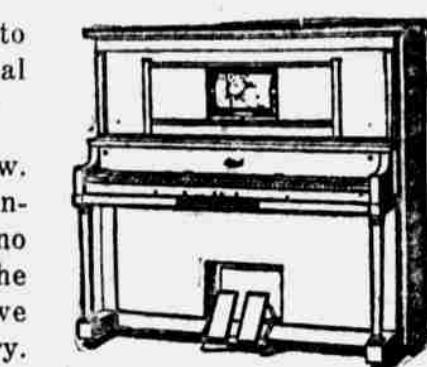
Meet Mr. C. A. Hume "The Factory Man" With a "Factory Plan"

Mr. Hume, who will be with us for the week, February 18 to 23, inclusive, is a direct representative of one of America's most famous piano factories, and the plan he has to offer you for this week only must surely sell you a piano if you are thinking of buying one at all, and value the saving of \$100. Remember, there are fifty pianos to be sold and you may as well get in under the wire and buy yours while \$100 is to be saved.

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PERSONAL

Mr. and Mrs. J. B. Rahm and daughter, Miss Florence, have returned from California and are at the Fontenelle, where they will remain until the weather moderates before opening their home.

Miss Adelaide Fogg will leave some time this week for New York to take special courses in art dancing. She expects to be gone for about six months, and upon her return will open a studio at the Blackstone.

Sergeant E. T. Ryan of the 365th aero squadron, stationed at Chicago, spent Sunday in Omaha visiting his mother, Mrs. Millie Ryan.

Captain G. R. Gilbert, who is organizing hospital trains at Fort Riley, spent Sunday in the city with his wife and daughter.