

Adelaide Kennerly EDITOR

WOMAN'S SECTION OF THE BEE

Ella Fleishman ASST. EDITOR

CLUBDOM

Monday— Omaha Woman's club, political and social science department, Metropolitan club, 2:30 p. m. Vassar club, lecture by Miss Helen Fraser, Fontenelle, 4 p. m., for Duryea war relief. Begambis club, Y. W. C. A., 6:15 p. m. All Saints' Red Cross auxiliary, parish house, 9 a. m. Tuesday— Omaha Woman's club, public speaking department, 10 a. m.; current topics, 2 p. m., and psychology, 4 p. m. South Omaha Woman's club, literature department, Mrs. William Berry, hostess, 2:30 p. m. P. E. O. Sisterhood, Chapter B. T., Mrs. K. R. Ogden, hostess, 2 p. m. Custer Woman's Relief corps, Memorial hall, 2 p. m. Wednesday— Omaha Woman's club, Red Cross auxiliary, Baird building, 9 a. m.; art department, 10 a. m. Omaha Woman's Press club, Chamber of Commerce, 12:45 p. m. Women's Missionary federation, Y. W. C. A., 2 p. m. W. C. T. U., Omaha union, Mrs. William Pfeiffer, hostess, 2 p. m. W. C. T. U., Frances Willard union, Y. W. C. A., 2 p. m. Trinity Parish aid, parish house, 10 a. m. St. Paul church Lenten study circle, Mrs. Charles Merle, hostess, 2:30 p. m. Thursday— National League for Woman's Service, all-day state conference, court house and Fontenelle, 10 a. m. Omaha Woman's club, music department, 2:15 p. m. B'nai B'rith Women's auxiliary, Miss De Lone's studio, Lyric building, 8 p. m. Benson Woman's club, city hall, 2:30 p. m.; Methodist Foreign Missionary society, Mrs. William Burford, hostess, 2 p. m. J. F. W. club, Mrs. Charles Hubbard, hostess, 1 p. m. Friday— Daughters of 1812, Nebraska chapter, Mrs. J. C. Weeth, hostess, 2:30 p. m. Welsh-American association, Jacobs' hall, 8 p. m. Equal Franchise society, lecture by Prof. F. M. Fling, court house, 8:15 p. m. Garfield Circle, G. A. R., Memorial hall, 8 p. m.

Betrothed



Kathryn Ann Lawless

Mr. and Mrs. Michael J. Lawless announce the engagement of their daughter, Kathryn Ann, to Mr. Jack H. Theide of Wichita, Kan. The wedding will take place in June. Mr. Theide is spending the weekend in Omaha. Mr. and Mrs. Lawless will entertain at a family dinner in honor of their daughter and her fiancé.

and have been tested by university experts. The substitutes which the housewife may buy with wheat flour are cornmeal, corn starch, corn flour, hominy, farina flour meals, hominy grits, corn grits, barley flour, oatmeal, sweet potato flour, rolled oats, buckwheat flour, potato flour, soy bean flour, rice flour and rice. A suggested list of cereals to buy with 24 pounds of white flour is: eight pounds oatmeal, two pounds barley flour, two pounds barley pearl, six pounds cornmeal, four pounds hominy, two pounds corn flour, rye flour is not a substitute for wheat but can be purchased separately without purchasing pound for pound measure of other cereals. Proportions to use in wheat bread are: One-half wheat to one-half rye, or no wheat to one rye, two-thirds wheat to one-half oatmeal or rolled oats, barley flour, cottonseed flour, cornmeal (uncooked), buckwheat, three-quarter wheat to one-quarter potatoes or potato flour, sweet potatoes, rice, farina squash or pumpkin, four-fifths wheat to one-fifth corn flour. Proportions to use in pastry are: No wheat to one rye, two-thirds wheat to one-third corn flour, potato flour or cornstarch, one-half wheat to one-half cornstarch. Proportions to use in quick breads (muffins, griddle cakes and biscuits) are: No wheat to one buckwheat, rye, oat flour or cornmeal, one-third wheat to two-thirds cornmeal, one-half wheat to one-half oatmeal or rolled oats, two-thirds wheat to one-third rice (steamed) or soy bean flour (made of soy beans ground).

Food Platform for Producers.

To stimulate production of all food that can be utilized without urging indiscriminate production of perishables or articles not purchasable on the general market until there is solution in sight of some of the present problems of labor, market and transportation is the aim of the food production department of the woman's committee, Nebraska Council for Defense. With the endorsement of G. W. Wattles, state food administrator, C. W. Pugsley, head of the extension department of the University of Nebraska, and George Coupland, chairman of the Nebraska Council for Defense, the following platform is issued by the woman's committee food production chairman, Mrs. F. M. Deewe of Dawson: All families produce to their full ability such food as is purchasable on the general market. This includes general crops and stock, poultry, some of the dairy products, honey and some garden products, such as dried beans, etc. All families supply as nearly as possible their own table and try to provide themselves with a supply of vegetables for a year—all they can use, fresh, canned, dried or stored. Under present conditions of labor, market and transportation it will be found, either through the regular channels or by arrangement with all hotels, boarding houses, families who are not so situated that they can supply themselves. "Get-together" meetings should be held in every locality to urge increased production, investigate local labor and market conditions and further definite arrangements between producers and consumers.

Benson Clubs.

"Things Manufactured in Omaha" will be the first topic in the study of Nebraska which the department will take up. Those who will take part in the discussion are Messrs. G. W. Fields, W. E. Purviance, F. H. Wray, August Specht, Frederic Bacon and J. W. Lawrence. Dr. D. E. Jenkins will continue his tests on sensations when the psychology department meets Tuesday at 4 o'clock. Mrs. J. B. Adams will lead the program for the art department Wednesday morning at 10 o'clock. Domenico and Caracci, founder of the electric school at Bologna and their works will be studied. The Harmonique Trio of Lincoln will give the program for the music department Thursday at 2:15 p. m. in the club rooms. Mrs. Ray J. Abbott will have charge of the meeting. The members of the trio are: Mrs. Lucy Miller Morzer, violinist; Miss Lillian Eiche, cellist; Mrs. Marie La Rue Moore, soloist. The accompanists will be Mrs. E. A. Weathers and Mrs. Grace Hancock Snell. A reception for the visitors from Lincoln will follow the program.

What to Do With Wheat Substitutes.

The government order that housewives must buy substitute cereals equal in amount pound for pound with wheat flour has caused something of a panic among the home-makers. To ease the patriotic but perplexed housewives, the woman's committee of the Nebraska Council of Defense has issued a chart showing what substitutes may be bought with wheat and in what proportions these may be used in the usual bakings of yeast bread, quick breads and pastries. The directions were compiled by Miss Julia Vance, conservation chairman,

dent, announces the following program: Devotionals led by Mrs. W. P. Harford; business period; duet, Mrs. Shackelford Nelson and Mrs. Arthur Melchior, and an address by the Rev. G. A. Hulbert of Central Congregational church. St. Paul's Episcopal church will begin the second of a Lenten series of Bible study classes Wednesday at 2:30 o'clock at the home of Mrs. Charles Merle, 3415 California street. Mrs. Sarah Potter will lead the program. Trinity Parish aid will meet at the First Presbyterian church Tuesday morning at 10 o'clock and Wednesday morning at 10 o'clock at the Trinity Parish house.

Sew for Children.

Sermo club members will meet at the Child Saving institute Tuesday at 12 o'clock to spend the rest of the day sewing for the children.

Theological Lecture.

John T. Eklund will lecture on "Dreams and Premonitions," before the Omaha Theological society, Sunday at 8:15 o'clock in the society's rooms, 315 McCague building.

Patriotic Organizations.

Nebraska chapter, Daughters of 1812, will be entertained at a Kensington Friday afternoon at the home of Mrs. Joseph C. Weeth, 1917 Wirt street. George A. Custer Relief corps will meet Tuesday at 2:30 p. m. in Memorial hall. The corps will also work Tuesday morning in the Baird building making surgical dressings. General Henry W. Lawton auxiliary, Spanish War Veterans, will be entertained by the Jay Burns bakery Wednesday evening at 7:30 o'clock. The members will be accompanied by their husbands. Garfield circle No. 11, Grand Army of the Republic, will meet Friday at 8 o'clock in Memorial hall. Garfield Circle's Sewing club meets all day Wednesday in the Young Men's Christian association to do war relief work. Mrs. Mary Decker will entertain George Crook Woman's Relief Corps at a Kensington, Thursday afternoon at her home, 3127 Vinton street. U. S. Grant Woman's Relief corps will hold a Kensington Tuesday at 2:30 o'clock at the home of Mrs. W. W. Cole, 216 Park avenue.

Old People's Home.

Dr. J. W. Wilson, pastor of the North Presbyterian church, will conduct communion services at the Old People's home, Fontenelle boulevard, Sunday afternoon at 3 o'clock.

B'nai B'rith Auxiliary.

Mrs. W. S. Caldwell (Mrs. Marie

Left), head resident of the South Side Social Settlement, will address the B'nai B'rith Women's auxiliary Thursday evening at 8 o'clock in Miss De Lone's studio, Lyric building.

J. F. W. Club Luncheon.

Mrs. Charles Hubbard will be hostess for the J. F. W. club Thursday at 1 o'clock.

Business Woman's Council.

The regular meeting of the Business Woman's club has been postponed for two weeks on account of the automobile show. The next meeting will be held in the Auditorium Tuesday, March 12, between 11:30 and 1:30. A luncheon will be served, followed by prayer.

W. C. T. U. Meetings.

The Frances Willard Women's Christian Temperance union will meet Wednesday at 2 o'clock in the Young Women's Christian assembly room. Mrs. C. W. Hayes and Dr. A. B. Somers will give talks.

P. E. O. Sisterhoods.

Mrs. Frank C. Patton will entertain Chapter B. P. P. E. O. sisterhood, at her home, 2413 Bristol street, Tuesday at 2 o'clock. Following the business meeting and study period there will be a social hour.

Welsh-American Association.

The Welsh-American association will celebrate St. David's day Friday with a social entertainment in Jacob's hall, Seventeenth and Dodge streets, at 8 p. m. Welsh people or those of Welsh descent are invited. Refreshments will be served.

South Omaha Woman's Club.

Mrs. William Berry will be hostess for the literature department of the South Omaha Woman's club Tuesday afternoon, when a program on Scotland will be given under the leadership of Mrs. C. L. Talbot. Mrs. George McGuire, Mrs. E. L. De Lanney, Mrs. D. S. Clark and Mrs. J. W. Koutsky will assist.

Y. W. C. A. Notes.

Sunday afternoon at 3:30 o'clock there will be a mass meeting in the auditorium of the Young Women's Christian association, Miss Eva Ryerson Ludgate of New York City will speak on "The Test of Fire" and will tell of her experiences in England during the war. The Business Women's auxiliary to the Red Cross meets every Thursday evening at 7 o'clock to make surgical dressings.

"C. C. C." Headed by Mrs. Winkelman Puts Ban on Refreshments



Mrs. R. E. Winkelman

A pledge neither to serve nor partake of refreshments at afternoon affairs was taken by members of the Central Conservation council, headed by Mrs. R. E. Winkelman, at the council's second meeting Friday in the Young Women's Christian association. "We hope this leaven will work all through the city," said Miss Nellie Farnsworth, federal food administration agent, who organized the council, composed of representatives from each school district in the city. A square block campaign is the next thing planned by the council. One woman who will live, preach and teach conservation to all the housewives in her square block will be enlisted by the school district chairman. Meetings will be held in schoolhouses and principals will co-operate. The first meeting of the kind was held in Saunders school Thursday, Miss Mary Reed, the principal, extending the invitation, and 47 women attended. The women decided to hold a school of instruction, to meet each Thursday, with Miss Farnsworth as director. Miss Farnsworth's lectures will be the same she is giving Saturday afternoons at Miss Lone Duff's school. War breads and cereals, emphasizing the comparative value of the ready-to-eat breakfast foods and

the home-cooked variety, were discussed Saturday.

The women made an interesting telephone chain in behalf of the conservation meetings Monday at 12:30 and at 3 o'clock in the Young Women's Christian association, when Mrs. Beecher of Birmingham, Ala., will speak. Each promised to telephone 10 women about the meeting and to bring at least one woman with her. Miss Esther Stamats will preside at the noon meeting and Mrs. C. A. Lotz in the afternoon.

Founder of National Women's Prayer Battalion in Omaha

Rev. Eva Ryerson Ludgate, founder of the National Women's Prayer battalion, will be the principal speaker at a mass meeting to be held at the Young Women's Christian association auditorium Sunday afternoon. Her subject will be "The Test of Fire." Rev. Ludgate will tell of her experiences in England, where she was inspired to organize the prayer battalion. During the early days of the war wounded soldiers were sent into London, 20,000 a day, and Rev. Ludgate realized that if the war should strike America the American women would need something to sustain them. The war comes very close home to Rev. Ludgate, as seven men from her family are in the service. One brother is in a hospital in France, three uncles and two cousins have been fighting for the last two years, and her father is a Young Men's Christian association secretary at Camp Cody. President Wilson has given his sanction to the movement and numerous prominent men and women of all denominations are interested. Carrie Jacobs Bonds, Mrs. Finley J. Shepherd, Mrs. William Borden, Mrs. Henry P. Crowell, are a few of the well known women interested in it. Dr. J. Wilbur Chapman, Dr. John Timothy, Dr. Ozora Davis are a few of the men. Rev. A. F. Ernst, Dr. Colby and Dr. G. A. Hulbert will also give talks at the mass meeting Sunday.

White of egg for an invalid may be mixed with lemon, orange or grape juice.

Housewives should remember that plenty of sleep is as essential as oil to an engine.

Flourer is a handy fish that may be broiled, baked, chowdered, fried or casserole.

EAT SKINNER'S THE BEST MACARONI

Hair On Limbs DeMiracle

PROVEN SWAMP-ROOT AIDS WEAK KIDNEYS

The symptoms of kidney and bladder troubles are often very distressing and leave the system in a run-down condition. The kidneys seem to suffer most, as almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to more dangerous kidney troubles. Dr. Kilmer's Swamp-Root, which so many people say soon heals and strengthens the kidneys, is a splendid kidney, liver and bladder medicine, and, being an herbal compound, has a gentle healing effect on the kidneys, which is almost immediately noticed in most cases by those who use it. A trial will convince anyone who may be in need of it. Better get a bottle from your nearest drug store and start treatment at once. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention The Omaha Sunday Bee.—Advertisement.

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An Inside Bath Makes You Look and Feel Fresh

Says a glass of hot water with phosphat before breakfast keeps illness away.

Physicians the world over recommend the inside bath, claiming this is of vastly more importance than outside cleanliness, because the skin pores do not absorb impurities into the blood, causing ill health, while the pores in the ten yards of bowels do. Men and women are urged to drink each morning, before breakfast a glass of hot water with a teaspoonful of limestone phosphate in it, as a harmless means of helping to wash from the stomach, liver, kidneys and bowels the previous day's indigestible material, poisons, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. Those who wake up with bad breath, coated tongue, nasty taste or have a dull, aching head, sallow complexion, acid stomach; others who are subject to bilious attacks or constipation, should obtain a quarter pound of limestone phosphate at the drug store. This will cost very little but is sufficient to demonstrate the value of inside bathing.—Adv.

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