

Adelaide Kennerly EDITOR

WOMAN'S SECTION OF THE BEE

Ella Fleishman ASST. EDITOR

Potatoes on Omaha Market Sell as Low as 25 Cents Peck

One of the remarkable features of the vegetable and fruit market in Omaha now is the low price of potatoes. Last year at this time spots were away up near \$1 a peck. There were all sorts of stories about the manipulation that had put them there.

daily and at little prices. Some new parsnips, turnips and carrots are also here. Cabbage and cauliflower have never been finer. Cucumbers and green peppers and asparagus are among the new vegetables.

What Mother Should Know About Feeding

"If children are allowed to eat when overtired, indigestion results. Thirstiness is often mistaken for hunger. Four meals a day are needed until the child is five years old. But see, also, that he drinks plenty of water."

A Victory Menu for Tomorrow

This menu was prepared by the home economy department of Cornell university in co-operation with the New York state food commission: Breakfast. Grape Fruit. Fried Cornmeal Mush with Syrup. Coffee.

Canteen Branch of Red Cross Widens Scope of Work

The canteen branch of the Red Cross has become so perfected in Omaha that the women will now conduct a canteen at the different depots and will meet all outgoing and incoming trains carrying soldiers.

Campaign for 1,000 Members in Y. W. C. A. Opens Thursday

A campaign for 1,000 members in the Young Women's Christian association will be launched Thursday, March 14. A unique military organization of the women boosters of the campaign has been instituted and commissions will be awarded in proportion to the new members obtained.

More Nurses

The need for nurses is acute and several states are pushing the campaign. Michigan is one of them. Kansas is very busy making a survey through its county units for the State Nurses' association.

Liberty Loan Quarters.

Headquarters for the women's committee in the coming Liberty Loan campaign will be on the second floor of the Farnam building, Thirteenth and Farnam streets.



Science Solves the Butter Problem with Butter Made from the White Meat of Cocoanuts

Just when the price of butter threatens to make it an unattainable luxury, science perfects TROCO, the new vegetable butter made from the white meat of the coconut. It tastes exactly like the finest creamery butter and is even more wholesome and pure.

Because of old laws, made before this discovery, we are compelled to label this nut-made butter as oleomargarine. But it contains no oleo oils—no hog or beef fat. TROCO is simply vegetable fats, churned with milk for the butter taste.

TROCO

Can't Be Told From Butter TROCO has all the good qualities of fine creamery butter. The only difference you will notice is the cost. It is as nutritious as cream butter, and as easily digested. It possesses the fuel value needed for energy.

It makes such cake as has not been known since butter soared in price. It allows the old-fashioned "rich cooking" that builds up the family health. Your Dealer Can Supply TROCO



Parsons & Co., Wholesale Grocers

NOTICE: Under the law, all butter substitutes must be branded Oleomargarine. That law was passed before TROCO was invented. So the TROCO package is branded "Oleomargarine," though there is no oleo in it.

"Wheatless Dessert" Pershing's Favorite French Ice Cream, with Finest Butter Scotch. Hardings' All Ice Creams will be happy to supply you.

Table with 2 columns: Item and Price. LEAF LARD, PER POUND... 25 1/2c. PIG PORK LOINS, PER POUND... 21c. Groceries specials including eggs, milk, and butter.

FRESH GOODS LOWEST PRICES All Sales Strictly Cash—Deliveries on Orders of \$5.00 and Over. SEED DEPARTMENT The Nebraska Seed Co. WONDERFUL VALUES IN COFFEE

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The "Balanced" Meals

Is it well to talk too much about what you eat? Is it well for the mother of a family to call attention to the fact that it is wheatless day or meatless day? It may be in some cases, when a question is asked which should be answered. It may be well to let the whole family know that they are living according to the requests of the food administration.

That Wheatless Day. BREAKFAST. Oatmeal, served with prunes, and Top-Ment.

LUNCH. Baked Potatoes (All they can eat) Baked Pinto Beans in large dish, served with Anedotes.

DINNER. Vegetable Soup, Roast Mutton, with Mint and Hunger Sauce, Belgian Baked Potatoes, Creamed Cabbage with Cheese, Apple, Celery and Nut Salad.

Wheatless Pie Crust. (Rye and Rice Flour.) Two and one-half cups rye flour, 1 1/2 cups rice flour, 1 teaspoon oil, 1/2 cup water, 1/2 cup salt, 1/2 cup fat, 1/2 cup water.

Personal Fire Pledges As to self protection against fires in one's property the National Board of Fire Underwriters suggests that each individual should pledge himself as follows:

No lamps will be filled by artificial light or after dark. Coal oil and gasoline will be kept in absolutely air-tight metal receptacles.

If I smoke, I will smoke where neither match, pipe, nor stub will endanger life or property.

Sponsored by the University of Paris, Mlle. Marguerite Clement, a teacher in the women's college at Versailles and one of the first speakers for women suffrage in France, has come to the United States to promote a wider knowledge of French literature and to pave the way for better French teachers in American colleges and schools.