

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. Lunch or Supper. Fish a la Creme. Stuffed Potatoes. Victory Bread. Caramelized Apple. Dinner. Baked Beans with Tomatoes. Cold Saw. Re-steamed Brown Bread or Baked Potatoes.

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.

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.



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.

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

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 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.



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

LEAF LARD, PER POUND... 25 1/2c PIG PORK LOINS, PER POUND... 21c GROCERY SPECIALS EMPRESS MARKET 113 South Sixteenth Street. Phone Douglas 2307.

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 THE PUBLIC MARKET 310-312 South 16th St. Phone Douglas 2793.

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.

Washington Market 1407 DOUGLAS ST. TEL. TYLER 470 THE MOST UP-TO-DATE AND MEAT MARKET IN THE MIDDLE WEST. Visit Our Branch Market at the McCrory 5c and 10c Store in the basement. SAME GOODS—SAME PRICES—SAME HONEST WEIGHT.

Advo Food Quality Supreme Not Always the Cheapest, But Always the Best.... Advo Coffee Advo Canned Fruits Advo Tea Advo Canned Vegetables Advo Spices Advo Oats Advo Extracts Advo Pancake Flour Advo Catsup Advo Peanut Butter Advo Jelly Advo Vinegar Advo Pickles Advo Salmon And Many Other Varieties ADVO FOODS Are the Supreme Quality and Sure to Please You

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. But don't talk too much about it. The main idea in the back of the head of a hungry group is just to be fed. Talk about the funny things that happened during the day. Keep the family cheered up.