Ella Fleishman ASS'T EDITOR.

SANCE OF THE WASHINGTON TO SELECT STREET

# Strawberries, Rhubarb and Fresh Vegetables on Market

Strawberries—nice, red, ripe straw-good, honest red color and is crisp berries, straight from the gardens of and solid. Louisiana, brought to Omaha as fast the gardens of the south are here at as steam can bring them-are on the 30 cents a pound. local markets now. And the spring drive toward strawberry shortcake has cents a pound and hothouse tomatoes, grown around Omaha at 40 cents a started, for the berries are only 20 pound, are among the luxuries. Asparcents for a pint box. These are the agus from California also comes in this list. It is 50 cents a pound. first strawberries of the season that are of natural and not forced growth They are really ripe and have a good

Rhubarb of the real kind that grows out in the sunshine is on the local parsnips of both the old and new market for the first time this season. That which was here before was Potatoes are still holding down to low grown in cellars and had a pale color prices, with no prospect of an adand rather flabby body. But this has a vance.

Canned Vegetables

Often canned vegetables need only

canned vegetables about which there

Canned corn is very good when

turned into a baking dish, milk and seasoning added, and the whole heated

through in the oven and allowed to

brown on top. Outside stalks of cel-

ery cut up, a green pepper, or both, added before baking, make the dish

Rice and okra may be substituted

piece of salt perk.

for potatoes and carrots or almost

t potatoes.
t carrots.
conions.
pint canned tems-2 cups skim milk.
teas

Cut potatoes and carrots in small

pieces, add enough water to cover, and cook for 20 minutes. Do not

leain off the water. Brown the hopped onion in the fat for five

ninute. Add this and the tomatoes

Spinach Loaf.

even or eight people by making into

loaf combined with rice or bread

rumbs. Asparagus or string beans

Make a thick sauce of two cups

skim milk, four tablespoons flour,

four tablespoons oleomargarine and one teaspoon salt. Melt fat and mix with flour, add to milk and stir over fire until it thickens. Mix with the rice, chopped spinach and pepper. Form into a loaf and bake 20 to 30

ire also good served this way. can chopped spinach.2 cups white sauce, cups boiled rice, 1 red pepper.

is a suspicion of spoilage.

more appetizing. Vegetable Chowder.

any vegetable may be used.

tablespoons fat, or a

have matured, the Girl Scout News demonstration team will step in and help care for the produce by giving skillful seasoning to make then: as advice and assistance ir the master

Green and white string beans from

Tomatoes from the south at 30

Lettuce, radishes and the like are

plentiful and cheap. Cabbage and

cauliflower have never been better

than now. Beets, carrots, turnips and

### Money for Defense

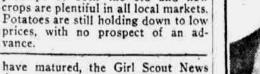
Unique means of raising money for carrying on the work of the woman's fense, are being resorted to by its members. In Red Cloud a hen and a tag day was widely advertised. The original call for the donation of a hen or the price of a hen was changed to the eggs or the price of eggs upon the government order that hens be

Mrs. Robt. Stoddard conserved. The men were asked to

Chairman of Civil War

Veteran's Auxiliary

buy tags. In Aurora a "white elephant" town committee, Nebraska Council of De- sale was held. Although the request



# good as fresh. Chopped onio 15 or of canning. Twenty-seven Washing-green peppers may add a good flavor. ton Girl Scouts have obtained the Of course, you will not use any Department of Agriculture's certificate of proficiency in canning.

### Dollars as Well as Respect By BEATRICE FAIRFAX. a partistic world they often call temper "All right; suit yourself! Don't temperament, but the results are the bother about me, I'll do it. It will

Loss of Temper Means Loss of

be a long time before I ask another "Now, what right had she to go up in the air like that? I wasn't crazy to stay after hours and help her get out all those catalogues, but I suppose I might have if she'd asked me different. But when she comes out and says that she supposes it's too much to ask of me and she knows I don't take enough interest in the firm to give up an evening at the movies to get out their work, I just naturally got riled and said I wouldn't stay."

Now that head stenographer might be an office manager or perhaps even an official in the organization, but she friends, handicaps his ability. Do you tive tempers. know that a great many cases of bad digestion come from bad disposition? You can't digest a cup of chicken

the success of an organization. at a great loss. With wonderful stars, first instead of to the woman. good directors, clever scenario writers And the reason is not far to seek. I know why
Temper did it! Of course, in the haven't you?

I remember watching this particular organization take one single scene. favor of you, though." The head Husband and wife sat in the dining stenographer flounced out of the of- room and the maid brought in the fice and back into her own sanctum. morning coffee. The husband was Millie stared after her resentfully, reading the paper and his face was hidden from the audience. So "the temperamental made star" saw no reason why he should bother with a long, stupid scene in which his face never showed. Someone could double for him. The "temperamental" female star objected to doing this scene with an "extra" man. Bickering and quar-reling over that necessitated getting somebody who looked like the "young wife" in the picture to take the place

### of the ill-tempered star.

Two mornings were spent on that scene-two mornings and a good deal can't keep her temper, and that has blocked her own success. Sometimes temper hurts only the individual. It tors tried to please two stars who interferes with his health, it costs him | didn't know how to keep their respec-

In the end the scene was taken al over again, with the stars instead of their doubles, and even then it had broth and a piece of toast if you are to be retaken several times because an "all riled up" when you eat them.

Temper handicaps the individual, girl who was taking the part of the but it does more than that. It blocks maid that she dropped her tray in the first "take," got out of focus the sec-The other evening at a dinner party ond time, had altogether the wrong I met the new manager of a big film expression on her face the third time corporation, a film corporation that and was so flustered the fourth time has failed and must be reorganized that she passed the tray to the man

One thousand dollars and a great and all the artistic and literary back-grounds for success, nevertheless this film company has failed completely. for that one scene. I have an idea

### To Equip Women With War Information

In order to equip the women of tutions. Nebraska with facts with which to defeat enemy propaganda Miss Sarka pilation Hrbkova, chairman of the woman's ommittee, Nebraska State Council of Defense, is urging them to read the educational booklets issued by the government. These booklets may be secured free of cost from the woman's committee headquarters, Bankers' Life building, Lincoln.

The pamphlets which are particu-"The War Message and the Facts Behind It." This contains the statement of the immediate causes of our war with Germany. These are the facts I

This contains a review of the government that rules Germany and shows why it is a menace to our free insti-

"American Loyalty." This is a compilation of statements from America: citizens of German descent. It is intended for the information of those of

#### foreign birth or parentage. Flag Day Speech.

"The President's Flag Day Speech With Evidence of the German Plans." This is the chief collection of the evidence of our enemy's world-wide plot ting against us and shows why it is necessary for the United States to remain in the war until he is defeated. "How the War Came to America." These are the facts leading to out



## The United States Food Administration Says:

The more home grown garden stuff you eat this year the more food you will put on the dinner table of a starving family in Europe.

Plant a garden! Eat the food you raise yourself and release other food that is needed in Europe.

o the vegetables. Heat to boiling, add two cups of skim milk, and The food administration will see that the food you release is sent hicken with flour. Celery tops or where it is most needed.

reen peppers give good flavor, too. and, besides, it worries the kaiser. You can make a small can of pinach, chard, or beet tops serve Plan to plant this summer and to can for next winter. Food is the most precious thing in the world. How much can you

this spring. A fine garden is the best war service a civilian can give.

War food prices can never be low. Plant a garden for economy.

### Girl Scout Gardeners Mrs. Herbert Hoover, chairman of

he District of Columbia Girl Scouts War Garden committee is making plans whereby every Girl Scout troop in Washington will have a war garden which will be a troop responsibility. To stimulate interest and industry two main prizes will be given for the best and biggest crops at the close of the season.

In approval and encouragement of this project Prof. O. H. Benson of the Department of Agriculture has offered to train four or five of the older Girl Scouts in an intensive garden course to prepare them to be scout garden directors.

The Washington Girl Scouts are also to have the benefit of instruction and information from H. M. Conolly, the Department of Agriculture City Garden association's Washington agent, as well as the help of two other officers of this or-ganization. When the Girl Scout gardens are established and the crops

It is up to every foot of American soil to produce as much food as it can. Put your backyard on the honor roll.

The man with the hoe must get behind the man with the gun to beat

There's a lot of solid satisfaction in eating the fruit of your own soil,

Plan to plant all you can, and conserve all you plant. Eat it or can it The hoe and gun are both needed to win the war. Plant a garden! Plenty in the cupboard next winter will depend on what you plant

Attention, gardeners! Hoes up! We are out to beat Germany!

Relieve the railroads. Raise food at home.

Plant a victory garden. It provides the best food at the least cost. It relieves railroad congestion. It saves wheat and meat for your fighting men. It is the best way to give your spare time to Uncle Sam.

The United States is just U.S. We are pledged to carry on the fight, shoulder to shoulder with the allies, with men and guns and food. Will youeplant a garden and help the fighters fight?

## Fresh Eggs, 3 dozen for ......\$1.00 Fresh Dressed Chickens, per lb ............ 2816 On Sale Daily, Consumer's Dept., 1116-18 Douglas SPECIAL FOR SATURDAY Selected Pullets for brooding ...... \$1.50 Each Fancy Cockerels......\$2.00 Each From Packer to Consumer Wholesale Prices

# Every day you can save and satisfy---by serving ITEN VICTORY SODA CRACKERS

mall, dainty squares of tasty, flavory goodness made of 40% wheat-saving flours

# At your grocer's 20c PER LB. At your grocer's

### With plain tops

for serving with milk, or cream or halfand-half-for serving with fruit salads, cheese, etc. For use in puddings and other baked desserts.

## With salted tops

for serving with soups, stews, vegetable salads, cheese, etc., and for general soda cracker use. For crumbling and using in place of bread crumbs.

### Use these good crackers at every meal and HELP SAVE THE WHEAT!

### OTHER ITEN QUALITY WHEAT-SAVERS:

For serving with soups, stews, etc.--Iten Corn Dodgers-small, square, salty. Iten Liberty Wafers-long, double, corn wafers, salty.

You can serve Iten Wheat-Savers at any meal, including all wheatless meals.

ANOTHER

VAR SAVINGS

For serving morning, noon or evening .--Iten Corn Crackers, Iten Scotch Bannocks Iten Oatmeal Biscuit, Iten Graham Biscuit

No sugar required in serving any of these Iten Wheat-Savers, as they are sufficiently sweetened in baking.

Iten Biscuit Co. Snow White Bakeries

Your Grocer can supply you with I-ten Wheat-Savers

Be sure to get the genuine I-ten Quality Products

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United States Food Administration License No. B-9414.

in en fylligen fall et verget af af af af elle fig i elle fyr af af læfine af elle gal et let et af ble agskelming be



# Compare Troco With the Best Butter You Can Buy at Any Price

HIS appetizing new product is offered as butter's successor to those who heretofore have used nothing but butter.

It is made by an exclusive process—a process which gives the delicate flavor of gilt-edged creamery butter. The more critical you are, the better you will like Troco.

The makers of Troco specialize on this one product. They have perfected the method which produces the quality which makes Troco not a butter substitute but actually butter's successor.

### An Attractive Combination

Troco is churned from the fat extracted from the white meat of coconuts - the same dainty tropic delicacy you use shredded on cake - combined with pasteurized milk.

It is as nutritious as butter and even more digestible. Like butter it is energy food of the highest value.

You will use Troco in place of butter solely for quality - because you rarely find butter so pure and sweet. Your dealer will supply you

with a capsule of the vegetable coloring used by butter makers.

But remember, Troco contains no animal oils. And that it is made by a company which makes no animal oil products - only pure. sweet, appetizing Troco.

## Remember to Specify TROCO

Ask for Troco by name if you want to enjoy the butter flavor and butter quality which other nut butters lack. Your dealer has it or can order it for you. A 'phone order will bring prompt delivery anywhere

# TROCO NUT BUTTER COMPANY

MILWAUKEE, WISCONSIN

PAXTON & GALLAGHER CO., Wholesale Grocers, Distributors.