

Adelaide Kennerly EDITOR

WOMAN'S SECTION OF THE BEE

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Beans

Whatever else the war is doing for us, it is surely enlarging our food horizon. Two or three years ago, a bean was a bean; just a plain white navy bean; or you might have included the idea of the lima bean in your mental vision of the word "bean."

Food Value.

As far as I know, there is a great similarity in the food value of the various kinds. All are valuable as meat savers, for they contain protein or body-building food material; and it is for protein that we value meat chiefly.

The cooking of beans is similar, as far as I have discovered, with the exception of the soy bean. The main objection to its use is the great amount of time necessary to soften it.

Cooking of Beans.

The special reason why pinto beans are offered for our use, is that they will grow in arid soil that would otherwise not be cultivated. Colorado grows them, and I think some parts of Nebraska. Their flavor is good and they are cheaper than white beans.

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Mexican Baked Beans.

Pick over the beans, wash and soak in warm water over night. Parboil in soda water and drain. Boil gently until tender. Place in baking dish.

Wheatless Breads

Barley Baking Powder Biscuits. 2 c. barley flour, 3 T. fat, 1/2 t. salt, 2-3 c. milk, 4 t. baking powder.

Sift the dry ingredients together, rub in the fat, and add the liquid until a soft dough is formed. Roll to about three-quarters of an inch thick, cut with a cookie cutter and bake in a hot oven.

Oat Cakes.

1 c. oatmeal, Pinch salt, Little warm water. Mix the oatmeal, warm water and salt together into a firm dough. Do not roll out but pat it with your hand into a thin, flat cake. Then sprinkle the top with oatmeal flour and toast in front of the fire.

Hominy Muffins.

1 c. cooked hominy, 1/4 c. milk, 1 t. salt, 2 c. corn flour, 1 1/2 t. shortening, 5 t. baking powder. Mix together hominy, salt, melted shortening, beaten egg and milk. Add flour, which has been sifted with baking powder. Beat well and bake in greased muffin tins or shallow pan in hot oven 25 to 30 minutes.

Corn Dodgers.

1 1/2 c. boiling water, 1 t. salt, 2 c. cornmeal, 2 t. fat. Pour the boiling water over the other materials. Beat well. When cool, form into thin cakes and bake 30 minutes in a hot oven. Makes 14 biscuits. These crisp biscuits are good with butter or gravy.

Community Kitchens

The profits from a patriotic food show held recently in St. Louis are being invested in two community food kitchens, to be conducted by the woman's central committee on food conservation. These kitchens will be established first in populous industrial sections of the city, and modeled after semi-community kitchens in Europe, with the object of conserving fuel at central cooking plants, conserving food by cooking it efficiently in large quantities and conserving human labor.

Third Liberty Loan

Join the parade, but order from Green's Pharmacy early. We close for the parade Saturday, 2 to 4 p. m.

Let's all join the big procession and help to send it over.

Green's PHARMACY

J. HARVEY GREEN, Prop. One Good Drug Store 16th and Howard. Douglas 846.

Cooking Advantages By Use of Corn Oil

Smokeless cooking is a possibility with corn oil, which has a burning point of 650 degrees Fahrenheit, as compared with only 425 degrees for lard, 250 degrees for butter, 335 degrees for cottonseed oil, 600 degrees for olive oil, and 620 degrees for peanut oil. The low burning point of lard and butter fills the kitchen with burning grease smoke, according to Dr. Ralph St. J. Perry, in the Minneapolis Tribune.

They ask us for a date nearly every night. We don't like to "turn them down" but we must get our lessons. What shall we do? There is one boy who is quite old but small and homely who insists on us wearing his rings and going to the show with him. How could we politely refuse these small attentions? The other boys get jealous and as they are our studies we wouldn't like to give them up.

Good Friends.

Dear Miss Fairfax, Omaha Bee: We are two friends that are going with boys a year and a half our senior. We are 16 years of age, and would like your advice concerning a few questions.

Dear Miss Fairfax, Omaha Bee: We are two friends that are going with boys a year and a half our senior. We are 16 years of age, and would like your advice concerning a few questions. Where is there any harm in letting a boy kiss you before you are engaged? How can you persuade a boy to go to church with you on Sunday nights? What would you do when a boy tells you he loves you, then he goes away for a week and never writes? Please do not put our names or town to this as we would rather no one knew it.

Ocean Beach, a seaside resort in southern California, has a live-saving guard of five women.

Advice to the Lovelorn

By BEATRICE FAIRFAX.

Two Girls.

Dear Miss Fairfax, Omaha Bee: We are two girls of 15 and 16, both very good looking; we are considered the best looking girls in school, much to our disadvantage. We are sophomores in high school. Last year, as freshmen, we got along fine in our studies, but this year we are bothered very much with beaux and dates.

He Is Selfish.

I am 26 and have been going about with a man two years my senior for five years. When we first met he was not making enough to support a wife, but now that he has advanced he says he will never marry, as he sees too much unhappiness among married people.

Thank Him.

Dear Miss Fairfax: Please advise us as to how a young girl should express her appreciation upon being escorted home from a theater, dinner or dance by her gentleman friend.

Good Friends.

Dear Miss Fairfax, Omaha Bee: We are two friends that are going with boys a year and a half our senior. We are 16 years of age, and would like your advice concerning a few questions.

With prospects of reduced sales in candies, due both to sugar conservation and reduced consumption of candy by the public, the candy dealer is advised to turn his attention to fresh fruits as merchandise, and build up a thriving fruit department. All confectioners have handled fruit, says the northwestern confectioner, but chiefly as a side line. Now it should be shoved to the front and advertised, to let the public know that it is healthful, and that many fresh and dried fruit products are fairly satisfactory substitutes for sugar in the diet.

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Try to Help Him.

Dear Miss Fairfax: I would like your opinion of a young man who is constantly talking of himself—what he can do, has done or will do. Part of his conversation is true, but one gets tired of listening, and he is "noisy" and rough and unrefined, but the best-natured person at heart. He is always ready and willing to do for those who ask favors of any and all kinds.

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Greatly Benefited

"I have derived such wonderful benefit from the use of Chamberlain's Cough Remedy that I cheerfully recommend it to anyone in need of such a medicine," writes Mrs. P. E. Matteson Roseville, Ohio.

Wednesday Specials at the New Public Market. Everything Strictly Cash—Deliveries on Orders of \$5 and Over. Pay Cash—Carry Your Packages, and Help WIN the WAR. Strictly Fresh Eggs, guaranteed, doz 34c. Fancy Creamery Butter in lb. pkgs., per lb. for 41c.

TROCO



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

THIS 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

HELP HOOVER AND WATER YOUR GARDEN BEST LAWN HOSE. Is made by the B. F. Goodrich Co.—seamless tube. Every foot warranted. Freshet, Cascade, Whirlpool and Summit Are All Big Sellers. Goodrich Hose has no competitor, either in price or quality. Wire Cloth and Poultry Netting. Jas. Morton & Sons Co. Hardware and Tools 1511-1513 Dodge St.

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