Build

Brawn

Makes me Strong!

Branches in Over 100 Cities



Use Potatoes to Save Wheat

As I arrived at The Bee office to leave my material for Tuesday's column I found a very urgent letter from the Department of Agriculture, urging that all home economics departments of newspapers suggest the saving of wheat through the use of potatoes—or in any other way, for that matter. Still the saving of wheat through the use of potatoes is of particular value, for potatoes are plentiul and other wheat substitutes are not in such great abundance. Such special appeal, of course, cannot be passed over; hence I offer in this irticle an abstract of a little governnent circular, bearing the title "Use Potatoes to Save Wheat." I have ilso included a few additional facts

The Situation.

demanded by the present situation, because greater quantities of wheat must be conserved for the use of the American forces and the allied armies. American forces and the allied armies in Europe, and also because an unusually large supply of potatoes remains in the hands of the growers. and baking powder, then add to first Great quantities of these will go to waste unless they are used, even more a cake dough. Add vanilla. Bake in a freely and in a greater variety of ways than is customary in American

"With the basic price of wheat fixed as as present, flour is \$13.70 a 2 t. baking powder, barrel, or 7 cents a pound. If, then, % c. sugar, potatoes can be obtained at \$1.20 a bushel, which is 2 cents a pound, it is an economy as well as a war service to use potatoes as a substitute for have substituted white sugar and \$635,000. flour in bread making. Even at 3 mapleine). Add the egg, well beaten, cents a pound the potatoes cost no and the mashed potato (free from nore than flour." lumps). Beat till smooth, then add the

General Rule for Substituting Potatoes.

In many familiar recipes, mashed potato may be substituted for flour and liquid, on the basis that 1 cun of mashed potato is equivalent to 1/2 cup of flour and 1/2 cup of milk. Potato Biscuit.

3 c. sifted flour. 1c. mashed potato.
1 t. salt. Liquid sufficient to 3 t baking powder. mix.

Sift flour, salt and baking powder. on a floured board, pat to M-inch oven and brown.

Co-Operation

Miss Gross will be very glad to receive suggestions for the home economics column or to answer, as far as she is able, any questions that her readers may ask.

thickness, cut out and bake in a moderately hot oven. The oven for all potato recipes should be more moderate than for wheat biscuit.

It is possible to use the above recipe with only 1 cup of flour, leaving the other ingredients as they are, except that the salt should be lessened. The biscuit will not be so light, but are very palatable. This idea does not come from the governoncerning the use of potatoes as of mine, and has proved itself very successful.

Chocolate Potato Cake.

Cream fat, add sugar, then wellbeaten egg, and warm potatoes. Beat well. Add chocolate, sift flour, salt mixture with sufficient milk to make moderate oven.

Potato Cookies.

3 T. shortening, c. sifted flour, 1 egg. 1 c. mashed potato, 1/2 t. mapleine.

Cream fat, add sugar. (The recipe sifted flour, salt, and baking powder. any liquid. Add mapleine. Mix until a dough is formed stiff enough to roll. Place on a floured board, roll until about 1/8 inch thick, cut into rounds,

Potato Thistle.

Line a dish around the sides with mashed potatoes prepared as for the table, then fill with minced cooked Rub in fat, then mashed potato. Add meat, well seasoned, cover the top soft, yet stiff enough to handle. Place with a knife. Put in a moderately hot

Liberty Bond

Contestants in the Liberty loan prize contest for the best 50-word resources and large cities. paragraphs by Nebraska school chilare reminded that after their contributions have been published in The Bee they must be clipped and mailed to the Liberty loan contest committee, Chamber of Commerce, Omaha, in order to be eligible for the \$100 in prizes offered by T. C. Byrne, state chairman.

Why We Should Buy Liberty Bonds. By Wallace Whitten, Aged 13 Years, Colon School District No. 60, Seventh Grade, Miss Bessie Valenta, Teacher.

Buy Liberty bonds and help whit the kaiser. The reasons are they will help furnish our soldiers with guns, food and other supplies. If we did not buy Liberty bonds and Germany should win, but she will not, he would take all our property away and make

A Lift for Uncle Sam. By Lorraine Wallace, Aged 13. Windsor School, Eight A Grade, Miss

Come on, people of America, and give your Uncle Sam a lift. Do your bit while our boys are over there fighting for democracy. The first

Hun Proof.

Sam or the kaiser?

By Emma V. Frymire, Aged 12 Years, Sixth Grade, Bloomfield High School. Henrietta Moler, Teacher. I had \$100 which I was saving for college. Today I bought a Liberty bonds, for of what use my future college career unless we win this war? Besides Uncle Sam has asked me for a loan, and he has the safest bank in the world today-It's Hun proof!

Buy a Liberty Bond.

By Ellen Whitten, Aged 10 Years. District 60 School, Fourth Grade, Colon, Neb. Miss Bessie Valenta, Teacher. Should we buy Liberty bonds? Yes,

buy all we can to help Uncle Sam win this war of democracy. It is our duty. We do not wish our boys to sacrifice their lives in vain.

Save Our Country.

By May Harding, Doniphan, Neb., 14 Years Old, Eighth Grade. Miss Fay Ballen, Teacher.

rible barbarism. The kaiser smiles experiments.

when he hears how barbarously his soldiers have tortured the Sammies. It is not the European countries the Prize Contest It is not the European countries the kaiser cares for, it's our country, because it is a young nation with vast

Aid to Our Men.

By Verona G. Witte, 14 Years, Wisner, Neb. Grant Township, District 66, Cuming County, Eighth Grade, Julia Crowling, Toacher, Buy Liberty bonds that autocracy

may be wiped from the earth and give aid to our beloved men that shed their blood so willingly for us, and to hasten the end of this terrible war that democracy and everlasting peace may reign and kaiserdom wiped from the earth forever.

If We Don't-

By Rose Hrabik, Aged 8 Years, West Side School, Second Grade, South Side Sta-tion, Miss Sparling, Teacher. The kaiser is trying to conquer our world, so the cry over America is-Liberty bonds! Liberty bonds! Liberty bonds! buy the Liberty bonds.

If we don't, the kaiser will come here and rule us. But, alas for him! America will win.

Flag Must Wave.

By Helen Hrabik, Aged 14 Years, Seventh Grade, West Side School, South Omaha, Miss Cronk, Teacher. Buy Liberty bonds! Buy Liberty Liberty loan was a success. The sec- bonds, for the government needs ond was a success. What shall we money for making ships, submarines make the third, a success for Uncle and many other things. If the government don't have enough money the kaiser will conquer our dear America, So buy bonds, Liberty bonds. Not only \$50 Liberty bonds, but all you can afford. If it were not for Liberty bonds our dear Red. White and Blue would not be waving any more on high.

Kaiser Rule or Freedom.

Ruby Craft, Aged 14 Years, Eighth Grade, High School, David City, Neb. Mas Evans, Teacher. People of the United States, will you keep your thousands while our boys are in the trenches, and let the kaiser win this war? Are you willing to submit to his tyrannical rule? No! Never! you say. Then, if you love your country, flag and freedom, buy Liberty bonds.

Mrs. J. G. Masters will speak to women of South Franklin school district Wednesday afternoon on the making of war breads, Mrs. Masters has had considerable experience in the people of America, must this form of food conservation and Liberty bonds to stop this ter- will give some of the results of her

Wednesday Specials at the New Public Market

Everything Strictly Cash-Deliveries on Orders of \$5.00 and over. Pay Cash—Carry Your Bundles—and Help Win the War 64-size, sweet, navel, juicy Oranges, the largest grown.

Wednesday only, each
Come Early and Avoid the Rush.
Strictly Fresh Eggs, guaranteed, per dozen
Tall Carnation Milk, per can11c
Small Carnation Milk, per can
Fresh Lean Pork Spare Ribs, per pound15c
Extra Lean Pig Pork Chops, per pound26c

SEED DEPARTMENT

Pansy Plants, the big ruffled kind, baskets of 24 plants, each 75c



WOMER IN WARRINGS

Liberty Loan Women Plan Big Tea Party When Drive Closes

The executive committee of the woman's Liberty loan organization is planning to have a large tea party for the 1,500 or more women who took an active part in raising the large sum credited to the women's in May at the close of the campaign. the dancers. Every subcommittee, no matter how large or small, will be expected to

make a final report at this meeting. Pupils of Van Sant school have sold \$28,800 in bonds or 228 subscriptions, color boutonnieres will be made and of which 165 were \$50 bonds, C. W. girls of Mrs. Luther Kountze's Red Hull took a \$5,000 bond and \$1,006 bonds were bought by Hans P. Neble, Arnstein Realty company, Ione C. Duffy, Mrs. Daniel Baum, jr., and Mrs. Dorothy Mach; \$900, Mr. and Mrs. W. L. Stiekel; \$500, J. W. Holmquist, Byron Clark, K. E. Stratbucker, B. W. Harbor, R. Butke; \$400, G. H. Rheam and Rose Rooney.

The Highland school, Mrs. Lulu B.

Mathews, chairman, sold \$800 in \$50 Miss Juliet Griffin, chairman of the South Side High school has turned

in subscriptions for \$1,750. Mrs. J. M. Mullen will speak at the Knights of Columbus club rooms, Omaha council 652, this evening on the subject of Liberty bonds, Mrs. J. T. Pickard, chairman of the Benson committee, has turned in

\$15,950 to date. More than 1,000 bonds have been sold at the Liberty bank conducted by the National League for Woman's Service. The total subscrip-

At the patriotic meeting at the Auditorium Monday night, Rev. Titus Lowe announced that there was a cracked Liberty bell in Philadelphia It will usually not be necessary to add especially valued by the inhabitants of that city, but that Omaha was equally as proud of 30 uncracked Liberty "belles" who would take Liberty bond subscriptions. Whereupon about 1/8 inch thick, cut into and place on a greased sheet. Bake in a moderately hot oven, to a delicate E. A. Boyer, G. A. Meyer, Edwin Swobe, L. J. Millard, Alvin Johnson, R. L. Huntley, Sam Rees, Frank Selby, Harvey Milliken, W. E. Selby, Harvey Milliam Molony and Rhoades and William Molony and others passed subscription blanks through the audience.

enough liquid to make biscuit dough with mashed potatoes and criss-cross Five-Children Families Registered. Foreign children, mostly Italian and Syrian, were weighed and registered this morning at Pacific school in the government baby wellfare work.
Many mothers brought four and five
children each, most of them under 5 years of age, according to Miss Myrtle Roberts. Women in charge of the registra-

tion for the Council of Defense are especially pleased with the response from the foreign districts. "General John Pershing Stafford"

was one of the babies registered at Pacific. His mother said the family had to call him "Joe," however, because they had another John in the

At Jungman school Monday 97 babies were registered and 99 at Haw-Wednesday morning the work will be done in Edward Rosewater school and in the afternoon at

Time and Place Set For French Orphans' Benefit Carnival

Saturday evening, May 11, at the Brandeis theater, is the time and place set for the "dance carnival," to be given under the direction of Miss Mary Coll for the fatherless children committee. It will take place early of France. Prominent folk will be

> Several new committees besides those already announced have been formed. Mrs. William J. Foye will head the committee for flowers. Tri-Cross canteen division will sell them Advertising posters are being distributed over the city by Mrs. Lucier Stephens, Mrs. A. V. Kinsler, Mrs. E T. Swobe and Mrs. Samuel Caldwell. Mrs. T. M. Phinney has charge of

the costumes and Mrs. Sam Burns is chairman of a committee of eight who will make up the list of patronesses. The boxes and first eight rows will be reserved for them.

Food Production Meetings. Mrs. Charles A. Lotz, retiring leader of the home economics department, Omaha Woman's club, is giving a series of food production talks in the county this week. Today she addressed a meeting in Valley; Thursday, she speaks in Millard, and Friday in Waterloo, where the club women have invited the Elkhorn women to join

Defense Funds Needed.

Not quite half of Douglas county's apportionment of \$6,000 to be raised by the women's committee, Douglas County Council of Defense, has been raised. Mrs. A. L. Fernald, county chairman, reports favorable responses to solicitation from business people, but \$3,000 remains to be collected.

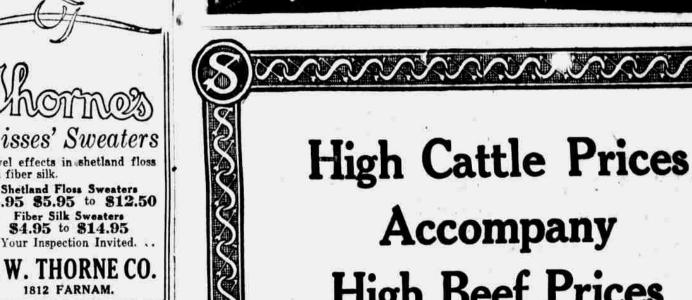
Auxiliary No. 1 of Benson, which meets every Friday at the Benson city hall, is turning out splendid work. s a result of the work of the numble fingers of the 25 or 30 members. 64 convalescent jackets, eight sweaters and nine pairs of socks were completed last month. Mrs. John Calvert is the president of the auxiliary.



Novel effects in shetland floss

Shetland Floss Sweaters \$4.95 \$5.95 to \$12.50 Fiber Silk Sweaters \$4.95 to \$14.95

F. W. THORNE CO.



, less for cattle.

Bakers of

Sunshine Biscuits

SavestheWheat

and

Good to eat!

High Beef Prices If consumers are to pay less for beef, live-stock raisers naturally will receive

Wheatless Meals!

Saves Wheat - Tastes Good - Dery Nourishing

Sunshine Oats-a Crackers from Oats

Sunshine Wheatless Crackers Contains No.

Sunshine Corn Crackers from Corn

LOOSE-WILES BISCUIT COMPANY

C Meets requirements U. S. Food Administration for Wheatless Meals 1

In triple sealed cartons and by the pound-at your grocer.

Q Eat them every day and help conserve Wheat

If farmers are paid more for live stock, consumers will necessarily pay more for meat.

Swift & Company pays for cattle approximately 90 per cent of the price received for beef and by-products. The remaining 10 per cent pays for dressing, freight to market, operation of distributing houses, and in most cases, delivery to the retailer. Net profits also have to come out of this 10 per cent.

This margin cannot be squeezed arbitrarily without danger of crippling the only effective means of performing the complex service of converting cattle into meat and distributing this meat to the fighting forces and to consumers.

Swift & Company's net profit on beef during 1917 was only 1/4 of a cent per pound. On all products, it was a little less than four cents on each dollar of sales. Complete elimination of these profits would not affect appreciably retail prices of meat, or farm prices of live stock.

Swift & Company will be glad to co-operate in devising methods that will improve conditions in the meat and live stock industry.

> 1918 Year Book of interesting and instructive facts sent on request. Address Swift & Company, Union Stock Yards, Chicago, Illinois



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