

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Red Cross Chairman No. 10

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Puritan Hams and Bacon are smoked daily in our Omaha plant, insuring fresh, brightly smoked meats at all times.



Bee Want Ads Are Business Boosters.

Home Economics

Edited by IRMA H. GROSS
HOUSEHOLD ARTS DEPT. CENTRAL HIGH SCHOOL

Harriet Ruth Helps Save the Wheat

"Mother, I'd just love to bake something. Pretty soon it'll get hot and then you'll say not to run the oven."

"Well, daughter, baking nowadays isn't the simple thing it used to be. It's rather hard for a young beginner to get good results with the new flours. They are not so easy to work with as wheat flour."

"Then can't I use a little wheat flour to help out?"

"I don't believe you really want to use even a little wheat, Harriet Ruth, when you stop to think of all the poor people in Belgium and France, as well as our soldiers who need the precious wheat. It doesn't mean a real hardship to you and me to do without; and there is so little that we can do personally to help along. But maybe I can find something easy for you to try that calls for substitute flours."

"Couldn't you find a cookie recipe, mother? I'm just hungry for some cookies."

"I believe you could make those new prune barley cookies that Aunt Helen had last week. You didn't taste them, did you? They are quite simple to make."

"Is the recipe in your cabinet, mother?" asked Harriet Ruth.

"No, I think it is still on my desk under the calendar. Will you get it, please?"

Harriet Ruth found the following recipe:

Barley Prune Cookies.
1-3 c. fat, 1/4 c. each, prune pulp,
1 c. sugar (brown if possible), 1/2 c. each, chopped nuts and raisins or currants,
1 egg, 2 t. baking powder,
1/2 c. sour milk, Few grains salt,
3 c. barley flour, 1 t. cinnamon,
2 t. lemon juice, 1/4 t. each, cloves & 1/2 Grated rind, 1/4 lemon, allspice,
1/2 t. soda.

"Mother, it doesn't say how to put the things together. How shall I do it?"

Mother smiled. "The directions aren't given, because I'm sort of an old hand at mixing cookies and I didn't think that my small daughter might be taking my place as cook. Get a piece of paper and I'll give you the directions."

"Cream or melt the fat, then add

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.

sugar and mix thoroughly. Beat the egg slightly and add to first mixture. Sift flour, salt, spices, soda and baking powder and add with the milk alternately. Reserve a small amount of flour to mix with the nuts and raisins. Add prune pulp, nuts, raisins, lemon juice and rind. Drop from a teaspoon onto a greased tin, leaving cookies one inch apart. Bake in a moderate oven about 15 minutes.

Directions.

"Let me give you some general directions, too, Harriet Ruth. You better write them down any place except on your brain, for they are directions to use whenever you bake anything. Don't be in too much of a hurry and forget to measure everything very accurately, especially baking powder and soda."

"Always have every single thing ready at hand before you take a spoon in hand. Your baking tin ought to be well greased at the start, so that you do not have to leave the dough at the end. It is not so serious to let a cookie dough stand, but it is a serious matter with a light cake, and it is just as well to form the right habits at the start."

"Oh, mother, how can I remember everything you say? It sounds like such a job to get everything at once. Can't I just get the things as I need them?"

"I won't pay you in the end, dear. Follow down your list—have a pencil handy if you want to, and check off each thing as you get it."

"When shall I light the oven, mother? Is that one of the things to get ready, too?"

"It certainly is, Harriet Ruth. I believe you have grasped the principle of getting things together when you think of the oven all by yourself. Light it just after you have all ingredients together."

"Which bowl shall I use? The yellow one?"

"All right, and don't forget that

Saturday Specials at the Empress Market

- Pure Cane Leaf Lard, lb. 24 1/2c
- Extra Lean Pig Pork Loins, lb. 22 1/2c
- Steer Pot Roast, per lb. 16 1/2c
- Young Fresh Stew, per lb. 14 1/2c
- Swift's Premium Regular Hams, lb. 31c
- Extra Lean Bacon, lb. 43 1/2c
- Sugar Cured Hams, lb. 21 1/2c
- Sugar Cured Hams, lb. 36 1/2c
- Strictly Fresh Dressed Chickens, our own dressing, special for Saturday only, at per lb. 28 1/2c

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113 South 16th Street. Douglas 2307

Milk-Fed Chickens, lb. 26c		HOOVERIZE WITH THESE PRICES		Mixed Candy, Sat. A. M. 10c	
Liver or Neck 6c	Bones, lb. 14c	Open Sausages, 9 P. M. Prices Good All Week.	Fancy Navy Beans, lb. 12 1/2c	Ginger Snaps, 12 1/2c per lb.	Largest Oranges grown, ea. 5c
Pork Spare Ribs, lb. 18 1/2c	Veal Roasts, lb. 20c	Fancy Prunes, lb. 10c	Fancy Raisins or Peaches, lb. 11c	New Cabbage, lb. 3c	Bread, lb. 7 1/2c
Veal Chops, Pound 20c	S. C. Calif. Hams, lb. 19 1/2c	Holiday Nut Butterine, lb. 25c	Fresh Country Eggs, doz. 32c	Lb. loaves, 25c	Large White Potatoes, pk. 25c
Salt Pork, per lb. 23 1/2c	S. C. Back Bacon, lb. 34 1/2c	Choice Butterine, lb. 38c	Choice Country Butter, lb. 38c	Large Lemons dozen 30c	Grape Fruit each 5c
S. C. Lean Bacon, lb. 39 1/2c	Cooked Mince Ham, lb. 20c	Large Glass Jelly, 10c	Large pkg. Oatmeal, 10c	Best Brick Cheese, lb. 25c	Large Bar White Naphtha Soap, 5c
Cooked Boneless Ham, lb. 25c		4-lb. pkg. Pancake Flour, 10c	Large pkg. Pancake Flour, 10c	4 lbs. Brown Navy Beans 25c	
		Macaroni or Spaghetti, pkg. 7 1/2c	7 bars Soap, 25c		
		20c large can Fancy Mustard	Sardines, for 10c can soups		
		Wilson Milk, can 8c	Tall can Milk, can 10c		
		Tall can Salmon, an No. 3 large can Peas, Peaches or Apricots, for No. 3 large can Hominy or Sweet Potatoes	Tomatoes or Peas, can 10c		
		Matches or Toilet Paper	Fancy Bloaters, each 5c		
		Kraut or Plums, can 10c			

BOSTON MEAT & GROCERY CO.

113 North 16th Street. Opposite Postoffice. 2 Phones, D. 1089

Success to our boys far away in the trench, United they stand with the British and French Conducing themselves so nobly and true, Controlled by their love of the Red, White and Blue, Expulsion of Huns must be ere they cease, Since these must be gone before there is peace, Strength of our Nation will be put to the test.

The land that we live in is the Very Best Over there boys are fighting for you and for me. "Over the Top" they are going for "Democracy" Uncle Sam is surely proud of his sons Responding to his call to wipe out the Huns.

But while we are talking, let's help win the war Our people must retrench as never before You should trade at the Washington Market for meat Sugar and canned goods—But the "Boys" get the wheat.

Trade at the Washington Market where all goods are sold as represented

Fancy Sirloin or Round Steak, lb. 32 1/2c	Kosher Salsima, lb. 38c
Extra Fancy Beef Tenderloin, lb. 32 1/2c	Sawtax, per can 25c
Extra Fancy Pork Tenderloin, lb. 37 1/2c	Tall Cans of Carolina Milk, can. 10c
Choice Steer Rump Roast, lb. 25c	Strictly Fresh Eggs, per dozen 33c
Extra Fancy Veal Roast, lb. 25c	Extra Fancy Brick Cheese, by the brick 25 1/2c
Extra Fancy Young Veal Round Steak, lb. 35c	All kinds of American Cheese, lb. 25 1/2c
Extra Fancy Young Veal Chops, lb. 25c	Good Oligomargarine, lb. 25c
Extra Fancy Young Veal Breast with pocket for dressing, per lb. 20c	Troce Nut Oligomargarine, lb. 32c
Fresh Spare Ribs, per lb. 15c	Extra Fancy Mushrooms, lb. boxes, 27 1/2c
Fresh Sweet Breads, per lb. 32 1/2c	Green Onions, 4 bunches, 5c
Sugar Cured Breakfast Bacon, lb. 37 1/2c	Large bunch of Radishes, bunch, 5c
	Fresh Asparagus, 3 bunches 25c
	All brands Creamery Butter, lb. 44c

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LIBBIE LOUISE WOOD. Here is the first of the Junior Red Cross chairmen in The Bee's series of patriotic workers. She is little Miss Libbie Louise Wood, head of one of the busiest units in the city, the Bemis Park Junior Red Cross auxiliary. Although the members are only 11 years old, they are most proficient in making bandages for our wounded men. The little girls meet every Thursday after school at the home of their chairman, and, donning their white veils and aprons, they work busily on "two by twos" and other necessities for the base hospitals in France.

How to Save Sugar

Date Pudding.

A sugarless pudding which uses both syrup and sweet fruit.
2 cups milk
1/2 cup corn or maple syrup
13 seeded dates cut up small
2 tablespoons cornstarch
1 teaspoon salt
1 teaspoon vanilla

Mix the cornstarch with 1/2 cup milk. Heat the remaining milk in a double boiler. Add the cornstarch, syrup, dates and salt, and stir until thick, cover and cook for 20 minutes. Add the vanilla and pour into a dish to cool. Serve five people. Prunes are good instead of dates.

Gingerbread.

Always liked and inexpensive.
1 cup cornmeal
1 cup wheat flour
2 teaspoons cinnamon
2 teaspoons ginger
3/4 teaspoon salt
1/2 teaspoon baking powder
1 teaspoon baking soda
1 cup molasses
1 cup sour milk or buttermilk
1/4 teaspoon fat

Sift the dry ingredients and add molasses, milk and fat. Beat well and pour into a greased pan. Bake 25 minutes. Notice that this recipe uses cornmeal for half the wheat flour ordinarily used.

Cake Without Sugar.

1/4 cup butter, oleomargarine or other fat
2 cups corn syrup
2 eggs
3 cups flour
1 1/2 tablespoons baking powder
1 cup milk

Cream the shortening, add the syrup and the egg, and mix well. Add the milk. Sift the baking powder and flour together, add it slowly to the mixture and beat. Bake in a moderate oven as a loaf or layer cake or small drop cakes. One-fourth cup of raisins added to the batter gives more flavor and sweetness.

Stuffed Prunes and Dates.

Delicious confections to use instead of candy.
Soak the prunes overnight, dry and stuff with chopped nuts, raisins or apricots. Wash the dates, dry them and stuff the same as prunes. These and the Parisian sweets are good to eat and good for you.



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