

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Strawberries Take Drop; Will Sell for 25c Quart

Strawberries, fresh from southern fields, have taken a drop after soaring around at 35 cents a quart for some

time. The price for Saturday is to be 25 cents a quart.

Asparagus is another popular commodity to be found in the market stalls which has taken a slump under the impetus of warmer weather. An especially fine variety is now selling three bunches for a dime.

Water cress has again appeared, and, although the price has gone up to 5 cents a bunch, it is of a better quality. Onions of the home grown variety are selling six bunches for a nickel. Home grown radishes are also on the market at three bunches for 5 cents.

New potatoes have taken a slump in price, and, although they are not very large, are selling for 5 cents a pound. Wax and green beans are plentiful at 10 cents a pound.

As the warm weather and lemonade time approach lemons have taken a

drop and are selling at 30 cents a dozen. They were 40 cents last week. Cabbage is also cheaper and is selling at 5 cents a pound, and old onions are now 1 1/2 cent a pound.

Beets and carrots and turnips from Texas and Louisiana are large and plentiful, and are selling at 5 cents a bunch.

"Vegetables are now about the cheapest things a family can buy," said Al Kind of Hayden Brothers. "As the home grown crops appear there is more and more of a demand and with so many war gardens they are bound to be cheap."

Left-Over Cereals

There are so many good things to make with left-over cereals that it is a temptation to cook more than you need for breakfast.

Cereal Moulded With Fruit

Take any cereal left from breakfast. If very stiff add a little milk of water and stir into it a few scalded cut-up dates or figs. Pour into bowl or mold and serve cold as a dessert with top milk.

Oatmeal Betty

3 c. cooked oatmeal, 1/4 c. corn syrup, 4 apples cut up small, 1/4 t. cinnamon, 1/4 c. raisins.

Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates, or ground peanuts may be used instead of apples. This recipe will serve five people.

Cereal Sponge

Stir into two cups of cooked cereal the stiffly beaten white of one egg and one teaspoon of vanilla. Mould and

serve with soft custard. If cereal is very stiff, add a little hot milk or water to it and blend well before stirring in the stiffly beaten white of egg.

Oatmeal and Nuts

3 c. cooked oatmeal, 1 t. vinegar, 1 c. crushed peanuts, 1/4 t. pepper, 1/4 c. milk, 1/4 t. salt.

Mix together and bake in a greased pan 15 minutes. This is enough for five people.

Any Cereal with Cheese

3 c. cooked cereal, 1 t. fat, 1 c. grated cheese, 1 t. salt.

Warm the cereal. Shortly before serving stir in the fat and add the cheese. Stir until the cheese is melted and thoroughly blended with the cereal.

Rice with Bananas

Peel and scrape three well ripened bananas and mash them with a fork to a smooth, creamy pulp, adding a very few drops of lemon juice. Stir this lightly into one cup of cold cooked rice and serve.

Girl Slackers to Be Called to Account

The "girl slacker" is to be the target of a concerted attack by the speakers' bureau in the Wisconsin division of the woman's committee, Council for National Defense. "The idle girl, the girl with no definite plan for the future, the girl who is not now preparing for useful work," is to be made to feel that an obligation to do her part in the war rests on her no less than upon her brother. Girls are to be urged to fit themselves for nurses, teachers or stenographers.

Madame Melba Decorated By King George



MADAME MELBA

Mme. Nellie Melba, opera singer, has been decorated with the "Order of the British Empire," by King George, in recognition of her work for the Red Cross. She will be officially known hereafter as Dame Melba, Order of the British Empire, a title which gives her recognition at court as Lady Melba.

Brims of straw sailors are cleverly embroidered with straw, floss or chenille.

The four-ribbed parasol will provide a thrill for the summer girl who shops.

Public Market Man Says Demand for Fish Is Great

"There never was such a demand for fish as there is at the present time," said Jake Rosoff, manager of the Public Market. "When people can buy carp and buffalo from the nearby rivers and lakes, strictly fresh, for 8 cents a pound, they feel they have found a good meat substitute and are heavy buyers. We have met this situation at the Public Market by securing M. Jacobson, an expert fish man from Baltimore, with 21 years' experience in the fish business, and are keeping a large stock of fish with a greater variety than ever before."

"We have fish from both the oceans and the Gulf of Mexico, from nearby rivers and lakes, from the great lakes and from Michigan, Wisconsin and Minnesota," said Mr. Jacobson. "Black bass are now on the market, together with pike, pickerel, eels, and all sorts of salt water fish."

Women Should Save All the Wool Rags

The question, "Why should we save wool?" is answered in a leaflet distributed by the Minnesota woman's committee of the Council of Defense and Public Safety commission. The leaflet sets forth that a fully equipped soldier uses 13 times as much wool as the civilian. With the 1916 consumption of wool as a basis, civilians use 8.17 pounds each per year. The leaflet cites as one reason for saving the fact that there are less than 50,000,000 sheep in the United States, when three times as many should be raised, and urges the sending of all wool rags to the shoddy mills for remanufacture.

In Iceland gull flesh is one of the principal winter foods of the people.

Victory Meals and War Service

How can the small girl do war service at home? How would it be for her to relieve mother occasionally by preparing breakfast or lunch? Anyhow these menus were made especially for the small girl's use:

- A Victory Breakfast.
 - Oranges.
 - Scrambled Eggs.
 - Jelly or Jam.
 - A Victory Lunch.
 - Italian Polenta.
 - Baked Apple.
 - Top Milk.
- A Victory Supper.
 - Meat Pie With Potato Crust.
 - Cabbage and Green Pepper.
 - Corn Bread.
 - Sliced Bananas.
 - Italian Polenta.

4 c. boiling water, 1 c. cornmeal, 1 t. salt, 2 level T. fat, 6 c. grated cheese.

Cook the cornmeal in boiling salted water in a double boiler, for an hour and a half or two hours. Just before serving add the fat and the cheese. Serve with tomato or mushroom sauce.

Meat Pie With Potato Crust. 3 c. cooked meat, 1/4 t. salt and pepper, 1 c. stock, 1 T. fat, 2 c. mashed potatoes.

Put diced meat into a baking dish. Add brown sauce made of fat, flour, seasonings and stock. Cover top with mashed potatoes, brush with fat and brown in oven.

New Recipes

When you are tired of plain rice, try this rule for rice flour bisquit that is suggested by the food administration.

Rice Flour Biscuit

1 teaspoon salt, 2 cups rice flour, 5/8 teaspoon sugar, 4 teaspoons fat powder, 1 cup liquid.

Sift dry material together. Work in fat well. Combine liquid and dry materials, handling lightly. Bake in a hot oven.

Potato cornmeal muffins will help use up any left-over potato.

Potato Cornmeal Muffins

3 tablespoons fat, 1 cup cornmeal, 1 tablespoon sugar, 4 teaspoons baking 1 egg, well beaten, 1 cup powder, 1 cup milk, 1 teaspoon salt, 1 cup mashed potatoes.

Mix in order given. Bake 40 minutes in hot oven. This makes 12 muffins. They are delicious.

Potatoes—Mash Them

Peel hot boiled potatoes. Mash them well. Add salt, butter and hot milk. Beat until very light. Serve at once.

What makes them good? Work quickly to keep them hot. Use plenty of milk. The more they are beaten, the better they get.

Write the United States Department of Agriculture for new potato recipes.

Three women are with the party which recently arrived in France as an advance guard of the American Catholic war workers, sent over by the Knights of Columbus, according to a statement made by Dennis A. McCarthy of the Knights of Columbus committee on war activities.

Siberia, of which at the present time there is so much talk, contains nearly 5,000,000 square miles, and is about 45 times as big as the British Isles.

Saturday Specials at the EMPRESS MARKET

- Live Young Chickens, dressed to order, special for Saturday, per lb. 24 1/2c
- Pure Corn Leaf Lard, per lb. 24 1/2c
- Extra Lean Pork Loins, per lb. 23 1/2c
- Beef Pot Roast, per lb. 19 1/2c
- Young Veal Stew, per lb. 14 1/2c
- Swift's Premium Reg. Hams, lb. 31c
- Extra Lean Bacon, per lb. 43 1/2c
- Sugar Cured Hams, per lb. 21 1/2c
- Sugar Cured Bacon, per lb. 36 1/2c

The Empress Market

Douglas 2307. 113 So. 16th St.

Housekeepers, listen to advice I will give. Ours is a great country in which we live; United we stand, divided we fall. So let's all get together, both great and small; Economy is going to help our Allies.

Kaiserism must fall—Democracy must rise. Every housewife is trying her duty to fulfill. Every dollar counts high when we add up the bill; Patriotism stands first with our business each day. Entirely fresh are our goods we can say; Reflect before trading as to which store is best. Surely the Washington Market will stand the test.

Trade at the WASHINGTON MARKET, where all goods are sold as represented.

- Fancy Sirloin or Round Steak, per lb. 30c
- Extra Fancy Beef Tenderloin, per lb. 32 1/2c
- Extra Fancy Pork Tenderloin, per lb. 37 1/2c
- Choice Steer Rump Roast, per lb. 25c
- Extra Fancy Young Veal Roast, per lb. 25c
- Extra Fancy Young Veal Chops, per lb. 28c
- Extra Fancy Young Veal Breast with pocket for dressing, lb. 20c
- Fresh Spare Ribs, per lb. 15c
- Fresh Sweet Breads, per lb. 32 1/2c
- Extra Lean Sugar-Cured Breakfast Bacon, per lb. 39c
- Spring Lamb Hindquarter, per lb. 32 1/2c
- Spring Lamb forequarter, per lb. 27 1/2c
- Tall cans of Caroline Milk, per can 10c
- Strictly Fresh Eggs, per doz. 33c
- Good Salt Pork, per lb. 22 1/2c
- Extra Fancy Brick Cheese, by the brick, at 24c
- All kinds of American Cheese, per lb. 27 1/2c
- Good Oleomargarine, per lb. 22 1/2c
- Troco Nut Oleomargarine, lb. 32c
- Large bunch of Radishes, per bunch 5c
- Fresh Asparagus, 3 bunches. 10c
- Alamito Creamery Butter, lb. 41c
- New Potatoes, 4 lbs. for 25c
- Leaf Lettuce, large bunches. 5c
- Head Lettuce, 3 bunches for 25c
- Ginger Snaps, per lb. 15c

One of the Largest Mail Order Houses in the Middle West. United States Food Administration License No. G-27654.

Visit Our Branch Market at McCrory 5c and 10c Store, in Basement. SAME GOODS—SAME PRICES—SAME HONEST WEIGHT

THE WASHINGTON MARKET

1407 DOUGLAS STREET.

Saturday Specials at the New Public Market

Everything Strictly Cash—Deliveries on Orders of \$5 and Over. Pay Cash, Carry Your Bundles and Help Win the War.

Remember that our market is the most sanitary in the middle west. Our counters are glass covered, marble topped, free from dust and flies and are included in our wonderful refrigerator system which keeps all eatables fresh and wholesome.

- Received a carload of strictly Fresh Eggs from the country at per dozen for Saturday only, per dozen 29c
- Fresh juicy, sweet Navel Oranges, the largest grown, on sale Saturday only, each 8c
- Don't fail to visit our Delicacies Department. It is the talk of the city. Our Salads and Dressings are delicious. Come in and taste them for yourself.
- Just received—special for Saturday, one car of live Young Chickens which we will dress to your order at per lb. 24 1/2c
- Pure Corn Leaf Lard, per lb. 24 1/2c
- Extra Lean Pig Pork Loins, per lb. 23 1/2c
- Steer Pot Roast, per lb. 19 1/2c
- Young Veal Stew, per lb. 14 1/2c
- Swift's Premium Reg. Hams, lb. 31c
- Extra Lean Bacon, per lb. 43 1/2c
- Sugar Cured Hams, per lb. 21 1/2c
- Sugar Cured Bacon, per lb. 36 1/2c
- Gooch's Macaroni or Spaghetti, 8 for 25c
- Large Juicy Lemons, per dozen 25c
- Fancy Head Lettuce, each 7 1/2c
- Young Radishes, per bunch 5c
- Sunshine Rough Rider Cookies, lb. 15c

PUBLIC MARKET

310-12 SOUTH 16TH STREET. Douglas 2793.

First National Bank Building.

Bee Want Ads Are Business Boosters.

"EAT ICE CREAM"

The Surgeon-General of the United States Army says: "Eat ice cream generously," and thousands of Omaha people will follow his advice by ordering for Sunday Dessert this tempting combination—

Caramel Ice Cream with Grape-Nuts
the extremely popular special prepared by

Hardings'
The Cream of All Ice Creams

THE NEW EQUINE MARKET ONE OF CLEAN AND SANITARY CONDITIONS



The new Equine Market at 111 North 16th Street—opposite the postoffice—is attracting considerable attention on account of its clean, sanitary appearance, and the wholesome appearance of the horse meat on display.

While the horse has never been killed for its meat in this country until within the last few years, the inhabitants of the old world have been eating and enjoying horse meat for centuries. A prominent citizen of Omaha, a naturalized Dane, is one of the horse meat enthusiasts, as it was his principal food while in Denmark. He purchases it, not on account of the price, but on account of its goodness.

EQUINE MEATS

A Delicious, Wholesome Food—A Real Delicacy!

THE WHOLESOMENESS of healthy animal food is recognized world-wide. Cattle, Sheep, Hogs, Deer, Buffalo, all have the approval of society as meats acceptable for the table. THE HORSE—the cleanliest in the animal world—is accepted with hesitancy. And after all it is only a prejudiced sentiment.

There are numerous things about horse meats which commend their general usage in preference to the hog, the sheep or the cow. The horse is a healthier animal—not subjected to the numerous diseases so common to the cow, the hog or the sheep, in habits the cleanliest; as a rule more muscular and capable of carrying more fat, which counts for meat quality.

THE GRAND ISLAND PACKING COMPANY, of Grand Island, Neb., confine their packing industry to the killing and packing of Equine meats. Their source of supply comes from the Western Range territory; thousands of Range horses, unknown to the halter, are used in this industry. Nice, young, well built and perfect horses, too small and too wild for the hard work on the farm and outclassed by the automobile for pleasure driving. Their meats are of the greatest value. When sentiment is eliminated the meat of the horse will have its proper place in every home. All meats packed by the Grand Island Packing Co. and sold at the Equine Market in Omaha are Government inspected.

The Following Prices Prevail Today

- Summer Sausage 25c
- Dried Meats, per lb. 35c
- Bologna, per lb. 15c
- Wiener Wurst 15c
- Cooked Corn Meat 25c
- Hamburger 15c
- Pot Roast, per lb. 15c
- Rib Boiling Beef 10c
- Round Steak 20c
- Porterhouse Steak 25c
- Loin Steak 25c

We Have Added a FISH MARKET to Our Business—FRESH FISH HERE IF ANYWHERE.

The Equine Meat Market

111 NORTH 16TH STREET—OPPOSITE POSTOFFICE