BER93

Conducted by Ella Fleishman

CONTROL OF THE CONTRO

ome Economics

in the dessert even in strawberry sea-

son, and neither do we want several

eseamed or soft things at one course.

Many housewives make the mistake

mistake could be made, because the

the fewer different foods you have

all equally satisfactory from the standards suggested in the foregoing

dishes, the next of four and the third

of five dishes. It is easy to see how

much the housewife can save herself

if she will serve simple meals to a

family that she has trained to appre-

with Celery and Onion Lettuce Salad.

Coffee Gelatine with Whipped Cream.

Hamburger Baked With Carrots and Peas.

Grease a baking dish and fill with layers of cooked carrots, peas and raw hamburger

steak, making hamburger the top layer,

Vegetable Chowder With Meat.

14 lbs. stewing 15 c. each finely cut meat. onion and celery.
2 T. barley. 2 c. tomatoes.

Potato Rye Biscuit.

Question Box

NEB. So many requests have come in for further information about the books re-cently discussed in this column, that I am republishing the facts. These books may be obtained through any local book store or

Sea Food

but, cod steak or swordfish at 20 to

Armours

Veribest

CHEESE

MRS. VACLAY, WESTERN, NEB.; MISS

liquid must be very much scanted.

Rhubarb Cornstarch Mold.

The three dinners given below are

with which to build the next meal.

What Shall We Have for Dinner?

Sometimes-let's admit it-we get of thinking that they can secure satso tired of wondering what to have isfactory menus only by including for dinner. We get especially tired many things at one meal. No greater during the first warm spell, when everyone's appetite is a bit jaded, and more things you have at one time, the busy tired housewife's is equally jaded, only her job is to go ahead and forget herself to keep her family well and happy.

She knows health is so important and she does want to do the best paragraphs, but one is built of three possible for her John and the children; but she doesn't have time to keep up with the new food ideas (at least she thinks she hasn't) and all she can possibly manage is to keep the bills down somewhere near the amount they used to be and learn how to use the new flours. What Every Dinner Ought to Include

family that she has trained to appreciate simplicity in food.

Menu No. 1.

Hamburger baked with Carrets and Peas.
Baked Potatoes.
Barley Coraflour Strawberry Shortcake.

Menu No. 2.

Vegetable Chowder with Meat.
Potato Rye Biscuit—Jelly.
Spring Onion Salad.
Rhubarb Cornstarch Mold, with Cream.

Menu No. 3.

Cream of Asparagus Seup.
Mashed Potatoes.

Casserole of Mutton

with Celery and Onions. Because dinner is the main meal the home of most city dwellers, that meal should be planned with especial care. Many people get half the food value of the day in the one meal. If it does not contain the right things that make for health, it is a serious matter Any dinner, no matter how simple, should contain one that is mainly body-building. The body-building foods include meat, eggs, fish, milk, cheese, dried peas and beans Any dinner should peas and beans. Any dinner should season each layer with salt and penper and contain also some body-regulating eleomargarine. Bake in a moderate oven food such as fruits or green vegefood, such, as fruits or green vegetables. Fortunately the season is approaching when fruits and vegetables are the regular rule on every dinner

In recent years, nutrition experts are telling us that we require some raw foods in the diet. This raw food may be fruit or vegetable; and while cooked fruits and vegetables will answer the purpose of body-regulating, only the uncooked will satisfy should be cut into small places before serving. this very important and little understood need. Uncooked milk will answer this same need.

What We Want a Dinner to Include. No matter how "scientific" a dinner may be, unless we like it, it will not satisfy our needs in the highest degree. But it is equally true that we do not need to indulge our food likes and dislikes to the extent that most

There is a great deal in mental attitude toward food. A few things, however, will always add to the enjoyment of a meal. Dinners should present variety from day to day, and variety within the meal. Any careful variety within the meal. Any careful SOPHIA RASMUSSEN, FREMONT, NEH housewife will have the outline (per- AND MRS. M. L. MCULLOUGH, ELSIE haps the details also) of her menus planned ahead of time, and then she does not "happen" to have the same foods two days in succession or even

a day apart.

Variety within the meal means no repetition of similar flavors or textures. We do not want strawberries in the fruit salad and strawberries in the fruit salad and strawberries was strawberries in the fruit salad and strawberries was strawberries where the subject of the publisher direct.

Every Day Foods in War Times—Mary Swarts Ross—Macmillan company, New York. Price 80 cents.

War Times Breads and Cakes—Amy L. Handy—Houghton Mifflin company, Boston, When the sweet, fine government about the ground time.

2,336,565 Mothers Enlist Something Just as Good in in Baby-Saving Campaign

Thirty-four states have asked for 2,336,565 of the weighing and measuring cards to be used in the babysaving campaign with which the beginning of the children's year has been celebrated. This means that more than 2,000,000 mothers will strip, weigh and measure their babies 'and write the resulting figures on a card so that the information may be used to safeguard the health of children in all parts of the country.

Dr. Jessica B. Peixotto, head of the department of child welfare of the woman's committee of the Council for National Defense reports that 932 for by chairmen of local committees, together with 15,623 copies of leaflet No. 1, entitled, "Save 100,000 Babies," and 19,533 copies of leaflet No. 2, which gives directions about weighing and measuring.

Mand reported in good supply, with no indication of an immediate increase in didication of an immediate increase in didication of an immediate increase in women so that paint and tawdriness will always fail to appeal to them. In the meantime it pays to remember that a man may amuse himself with a bit of tinsel—but that

Wheatlessness at Dinner

No croutons, macaroni or spaghetti in soup. Use barley, tapioca, sago, peas, beans or eat with it wheatless and rycless wafers. No bread. Double servings of po-

tatoes or two kinds of potatoes (sweet and white) or potatoes and

hominy or potatoes and rice.
Crackers (if any), wheatless and
ryeless. Use rice flour, corn flour. cornmeal, oatmeal.
Pie crusts of corn flour,

flour, cornmeal, oatmeal. wheatless desserts, such as tapioca puddings, rice puddings, gelatin dishes, frozen desserts, custards, blanc manges, fruit compotes, fruit sponges, potato flour desserts, steamed puddings of cornmeal and barley, baked puddings of cornmeal and barley wheatless cakes.

Corn Flour Biscuits. Two and two-thirds cups corn flour; 1 teaspoon salt; 6 teaspoons baking flour; 3 tablespoons fat; 1 cup

liquid.

Sift dry materials together; work in fat well; combine liquid and dry materials, handling lightly; roll or pat half inch thick and cut as biscuits; bake in a hot even. Rice Flour Sponge Cake.

Four eggs; 2 tablespoons lemon juice; 1 cup sugar; 1/8 teaspoon salt;

34 cup rice flour.

Separate the whites and yolks of eggs; beat the yolks until thick and femon colored; beat sugar into yolks, add the lemon juice and salt; fold in alternately the stiffly beaten whites and flour; bake in ungreased pan for 35 to 40 minutes.

Potato Water as a

Substitute for Soap Soap is almost unobtainable in octupied Belgium, and the housewives are accordingly seeking possible substitutes. To them a chemist, through the medium of a Brussels newspaper, gives this advice: "Pour the hot water in which peeled potatoes have been boiled over the linen to be washed. Allow it to soak until the following day, then rub it as you would in a lather, but without adding soap or anything else. The linen will come out of the tub perfectly white."

To help meet the wartime demand for trained women chemists, an emergency course in agricultural advania state odlege this summer.

Girls Men Like

Sweet Unaffected Girl Wins Out in Long Run.

By BEATRICE FAIRFAX. Masculine sincerity seems to be at

Any number of my girls have written to me recently and begged me to reconcile the sweet, modest, homeloving girl men profess to admire with the gay and giddy creature on whom a little letter from an anxious maiden which fairly duplicates dozens of

other puzzled girls: "Dear Miss Fairfax: Are men just a lot of talk or what? Recently an acquaintance of mine said that he didn't like a girl to use even powder. That he had very little use for a girl who flirted and that he, even he a man-cared little or nothing for chance acquaintances. But when I introduced him to my friends-sweet, refined girls-he almost ignored them. And he has been seen out with girls he would hardly meet in his own circles and yet has seemed very devoted to these questionable looking, made-up crea-

tures. How do you account for it?"

If I could entirely account for this situation all the peculiarities of human nature would be revealed to me. There are explanations of our own inconsistencies, but they do not gloss over the fact that inconsistent we humans are. Men do like sweet, refined, natural girls-and when they are thinking about it seriously and sanely, their good judgment makes them realize that they not only like but prefer "Sweet Simplicity" and "Miss Modesty" to "Paint and Pow-

So much for sane, human judg-

meat. onion and celery.

2 T. barley. 2 c. tomatoes,
1 c. each diced car-1 T. sait. Pepper,
rots, potatoes and 1 T. cut parsley.
finely cut cabbage.

Boll meat in fous quarts of water for
one hour, then add barley. Boll one-half
bour lower than add carroit cabbage. We all know the story of the man who swore off drinking, marched proudly and bravely by three glittering saloons and then took himself into the fourth to treat himself for refined girl" should be prim, prudish, the strength of character he had just or preaching. She doesn't have to be the strength of character he had just

Use any good biscuit recipe, substituting one-half mashed potato and one-half rye flour for the ordinary flour called for. The Human beings are like that. Men like modest, refined girls, but they have a "hankering" for the forbid-Rhubarb Cornstarch Mold.

S. c. stewed and 1-3 c. cornstarch.

sweetened rhubarb. 4 t. nutmeg.

Heat the rhubarb, reserving one-half c.

of the liquid from it. Mix this liquid with the cornstarch and add to the hot sauce.

Cook five minnutes, add nutmeg and turn into a wet mold. To make a fancier pudding, one or two stiffly beaten egg whites may be folded in after the pudding has been removed from the fire.

have a "hankering" for the forbidden—the corn-silk cigarettes they smoked behind the haystack, in their teens, the circus they sneaked off to when supposed to be doing the chores, the runaway trip to the pool parlors on prayer meeting nights!

The spirit of adventure, the desire for change, curiosity about the for-

for change, curiosity about the for-bidden-all these make it possible -logical even-for men to prate of lines their high ideals and then gallivant off after that which is most completely unrelated to the ideals of their preachings.

Men philander about with pretty Men philander about with pretty | Diue is your star in its field of white, painted dolls. Some weaklings marry Dipped in the red which was born to fight, them. But real men may go wander | Born of the blood our forhears shed ing off after glitter and tinsel for a To raise your mother, the flag o'erhead. ing off after glitter and tinsel for a while, and yet insist on purchasing And now you have come in this frensled day

When the sweet, fine girl gets desperate about the good times little painted ladies are having she daubs an unbecoming flicker of rouge on her cheeks, brushes back her silky The following substitute fish are paint, coarsens her pink lips into an eyelashes with ugly, unbecoming black suggested by the New England Fish ugly red and makes herself into an exchange for saving money as well as imitation of the sort of girls who meat: Instead of haddock, blue fish seems to be likes by some of her men or smelts at 30 cents a pound, use friends.

whiting at 8 cents. Instead of hali-And the net results are a ruined complexion, a heartache or two and 50 cents, try shark at 10 cents a pound. Instead of scallops, try squid at 8 cents a pound. Instead of mackerel, salmon and other fancy fishes, and you know nothing. It doesn't use ray at 8 or 10 cents. These sub- pay to make yourself over into a stitute fish are all considered deli- still cheaper imitation of something cacies abroad and bring high prices that was cheap in its original form. Perhaps some day men will be

there. They are on sale at the fish stores in foreign sections of our cities sufficiently sure of themselves and working programs have been asked and reported in good supply, with no sufficiently impressed by the fine

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"College Woman's Plattsburgh"

service at home and abroad.

The grounds, buildings and equipthey bestow their attentions. Here is ment of the college were offered to the government for use during the summer to train students in the theory of nursing. The Red Cross accepted the offer on behalf of the government, and appropriated from its general fund the sum of \$75,000 to cover the operat-

registered nurses for service abroad.

Only college women of sound health who have graduated during the last 10 years are being accepted for en-

he buys the wearing qualities of ster-

ling silver for his home. There is no reason why the "sweet. goody-goody or to fail of sympathy and understanding for a man's big moments and of comradeship for his play time.

The girl men like is a good pal, a friendly soul, a sweet and winsome woman and an attractive individual who makes the best of herself and offers that best with royal generosity to her friends.

The Service Flag

Gone to be gone till the victory's won. "I am the flag of service, sir;

fears, But hides from others her unwept tears."



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American college women are answering the government's call to war service by enrolling for training at the College Woman's Plattsburgh," to open at Vassar college in June.

Established under the auspices of the Council of National Defense and the Red Cross, the training camp for nurses at Vassar college will be designed to prepare women to fill the gaps in the nursing profession left by the drafting of American nurses for

ing expenses of the school.

The course of study is being arranged by the experts of the national emergency nursing committee of the Council of National Defense. The faculty of the camp will include Prof. Florence Sabin, John Hopkins; Prof. E. A. Winslow, Yale; Dr. William H. Park, department of health, New York City; Prof. I. M. Stewart, Columbia; and Dean Herbert E. Mills. Vassar. The course will be followed at once by practical hospital experience for the students, the immediate effect of which will be the release of

Many well-known hospitals have agreed to readjust their programs of training to receive training camp groups of 10 to 50 students. These women will be permitted to complete their courses and receive the degree of registered nurse in the shortest pos-

rollment in the course.

Little flag in the window there, Hung with a tear and a woman's prayer, Child of Old Glory, born with a star— O what a wonderful flag you are!

The flag of his mother—I speak for her Who stands by my window and waits and

Little flag in the window there, Hung with a tear and a woman's prayer, Child of Old Glory, born with a star— O what a wonderful flag you are!



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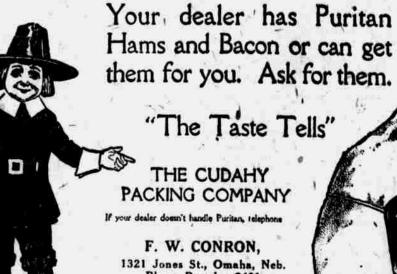
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