

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Home Economics

What Shall We Have for Dinner?

Sometimes—let's admit it—we get so tired of wondering what to have for dinner...

She knows health is so important and she does want to do the best possible for her John and the children...

Because dinner is the main meal in the home of most city dwellers, that meal should be planned with special care...

In recent years, nutrition experts are telling us that we require some raw foods in the diet...

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Girls Men Like

Sweet Unaffected Girl Wins Out in Long Run.

By BEATRICE FAIRFAX.

Masculine sincerity seems to be at stake! Any number of my girls have written to me recently and begged me to reconcile the sweet, modest, home-loving girl men profess to admire with the gay and giddy creature on whom they bestow their attentions...

"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...

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 Powder."

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 the strength of character he had just shown.

Human beings are like that. Men like modest, refined girls, but they 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.

Men philander about with pretty painted dolls. Some weaklings marry them. But real men may go wandering off after glitter and tinsel for a while, and yet insist on purchasing sterling silver for the home.

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 eyelashes with ugly, unbecoming black paint, coarsens her pink lips into an ugly red and makes herself into an imitation of the sort of girls who seem to be jukes by some of her men friends.

And the net results are a ruined complexion, a headache or two and less popularity than ever. It doesn't pay to compete with experts in a field where they have all the data and you know nothing. It doesn't pay to make yourself over into a still cheaper imitation of something that was cheap in its original form.

Perhaps some day men will be sufficiently sure of themselves and sufficiently impressed by the fine qualities 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

College Woman's Plattsburgh

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 service at home and abroad.

The grounds, buildings and equipment 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 operating 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. C. 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 registered nurses for service abroad.

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 possible time.

Only college women of sound health who have graduated during the last 10 years are being accepted for enrollment in the course.

he buys the wearing qualities of sterling silver for his home. There is no reason why the "sweet, refined girl" should be prim, prudish, or preaching. She doesn't have to be 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 An unknown young woman wrote these lines: Little flag in the window there, Hung with a star and a woman's prayer, Child of Old Glory, born with a star—O what a wonderful flag you are!

Due to your star in the field of white, Dipped in the red which was born to fight, Born of the blood our forebears shed, To raise your mother, the flag o'erhead.

And now you have come in this frenzied day To speak from a window, to speak and say: "I am the voice of a soldier's son, Gone to be gone till the victory's won."

"I am the flag of service, sir; The flag of his mother—I speak for her Who stands by my window and waits and fears, But hides from others her upmost tears."

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Question Box

MRS. VACLAY WESTERN, NER.; MISS SOPHIA RASMUSSEN, FREMONT, NER. AND MRS. M. L. MITCHELL, NER. NER. So many requests have come in for further information about the "books" recently discussed in this column, that I am republishing the facts. These books may be obtained through any local book store or by writing to the publisher direct.

Something Just as Good in Sea Food

The following substitute fish are suggested by the New England Fish exchange for saving money as well as meat: Instead of haddock, blue fish or smelts at 30 cents a pound, use whiting at 8 cents; instead of halibut, cod steak or swordfish at 20 to 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, use ray at 8 or 10 cents. These substitute fish are all considered delicacies abroad and bring high prices there. They are on sale at the fish stores in foreign sections of our cities and reported in good supply, with no indication of an immediate increase in prices.

Savannah, Ga., was the birthplace of the Girl Scouts of America.

EAT SKINNER'S THE BEST MACARONI

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Potato Water as a Substitute for Soap

Soap is almost unobtainable in occupied 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 chemistry will be given at Pennsylvania state college this summer.

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