

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Home Economics

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

Lack of Rain Causes Dirth of Home-Grown Vegetables

Serve and Preserve

It is not too early in the season to sound the call for conservation through canning and preserving. A year ago at this time the cold pack method was a term which conveyed little meaning to many of us—perhaps most of us. Now, most of us feel like old-stagers in the art; and if there be any housewives who are still novices I am sure they will graduate from that state this summer.

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.

Lack of rain throughout Nebraska and surrounding territory has produced a noticeable dirth of home-grown vegetables on Omaha markets. Radishes, spinach, onions and rhubarb are the only home grown varieties being received.

Strawberries were conspicuous this week mainly by their absence, only a few shipments of good berries were received. Missouri strawberries are expected to arrive early next week and this will relieve to a great extent the shortage along this line.

No pineapples as yet have reached the Omaha market. They come from Cuba and the difficulty in transportation is given as the cause of the delay. The pineapple market is generally well advanced by this time of the year.

The price of bananas continues to soar amongst the highest realms. Bananas are now 35 cents a dozen.

The prices on various vegetables now on the market are: Onions, six bunches for 5 cents; radishes, four bunches for 5 cents; rhubarb, four bunches for 5 cents; spinach, 20 cents a peck; new potatoes, 5 cents a pound; head lettuce, 7 1/2 cents a head; or green beans, 10 cents a pound; tomatoes, 15 cents a pound; cucumbers, 5 cents, and old potatoes, No. 1 quality, 25 cents a peck.

Success of the Method.

As I think back over last year's successes and failures, I believe most of us had rather good records, though it would be more optimistic than truthful to say that everyone had uniform success. The cold pack method has been rather accurately worked out and depends for its success on following directions very closely. We were told that the vegetables must be fresh from the garden—a rather difficult thing to achieve in a city, and some of us "trusted to luck" that our vegetables were newly gathered.

We were told that our jars and jar tops must be perfect; and in this point again we may have "trusted to luck" and used our old jars and lids. We were told to count time of boiling from the minute when the water was bubbling violently; some of us may have miscalculated our time. In these and many other ways we substituted hit or miss methods for accurate following of directions—and our food spoiled.

After all, failures are just a stimulus to later successes, if we are the right sort; and very few housewives will be too discouraged to try again. A woman would hate to admit to herself that her neighbor, who is not a bit more intelligent, can do more than she herself can.

When time of boiling is over, remove the jars from the boiler one by one and tighten the lids. Do not remove the lids even though the jars are partially empty. Invert the jars to cool and test for leakage. Store in a cool, dark place.

Question Box.

Mrs. E. M. Hodges, Crookston, Neb. "War Time Breads and Cakes," by Amy L. Handy, may be obtained through the publishers, Houghton Mifflin company, Boston, Mass., for 80 cents.

Fort Omaha Mule Belongs to Red Star

"Abie" the post mule at Fort Omaha, now belongs to the Red Star animal relief society. Mrs. A. A. Wedemeyer, wife of Captain Wedemeyer, bought the membership.

Several afternoons a week are devoted to bandage making for the Red Star by the National League for Woman's Service. Saturday afternoons are devoted to mending clothes of the men at both posts. More workers are needed. Many of the garments will need to be taken home because machine stitching is required.

The motor division is working for the Red Cross war fund drive in addition to the call for civilian relief work.

KEEP FIT

Eat nourishing food. Buy carefully and wisely. Dairy products contain the very nourishment you need. Ice Cream is one of the most concentrated and well balanced foods available and it's wasteful. Order for Sunday Dessert this combination called NOUGAT.

Vanilla Ice Cream With Almonds and Green Cherries

The Special combination we have prepared. It's better than most any pastry and IT'S ECONOMICAL.

Hardings

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WOMEN IN WARTIME

South Side Girls Decorate K. of C. Hut in Fort Crook

Similar to the Comrade club is the Isabella club, composed of young women from the South Side. This club was founded and is sponsored by Mrs. James F. Burke, wife of the secretary of the Knights of Columbus building at Fort Crook. The young ladies, assisted by their friends, raised a fund with which they have furnished the ladies' parlor and curtained the windows at the Knights of Columbus building at Fort Crook. They also collected numerous sofa pillows for the cozy corner around the fireplace and gathered magazines, sheet music and victrola records. They are now raising more funds to buy some needed things for the altar and sacristy.

How Red Cross Work Reaches Rural Centers

The Red Cross chapter of Franklin, Pa., has solved the problem of reaching the hitherto unorganized farmers' families in its vicinity. The chapter inserts in the local papers an advertisement stating its willingness to help out-of-town groups, and then awaits results. Invariably a call is received sooner or later to meet some interested women. There may not be more than four or five persons present, but the news that such a meeting has been held and that others have been arranged for is printed in the nearest paper; and, once started, the work grows of itself. One of these country clubs now numbers 70 women.

The Franklin chapter members found the farmers' wives interested and eager to help and to learn, though somewhat timid about starting out by themselves. They supply the needed initiative, and, once the work is under way, arrange evening meetings now and then. A feature of these evening gatherings is the presence upon the platform of a woman industriously knitting. It has been found that knitting is contagious; no sooner does one person do it than another wants to try.

Franklin chapter has a director of instruction, who has aides who can be sent to these extension centers, regularly if necessary. It also has 10 sets of model garments which it loans to these new branches until the women make a set of their own. The aid societies in all of the churches of the locality are doing Red Cross work, and instead of a monthly meeting for one afternoon they take a whole day every week. The women of one colored church have organized a Red Cross branch under the plan and are doing good work.

French Orphan Fund.

Approximately \$200 was realized on the opening day from the Sacrifice sale which is being conducted by women of the First Methodist church at Thirteenth and Howard streets. The sale will probably continue all week as such a quantity of articles have been donated. The money will be given to the French war orphan fund.

Pretty Omaha Girl to Do War Work in Capital



Another attractive Omaha girl to enter her country's service is Miss Stella Robinson, daughter of Mr. and Mrs. H. B. Robinson, for she leaves today for Washington, D. C., to serve her country in the nation's capital. Miss Robinson passed the civil ser-

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Steer Beef Roasts or Steaks, lb., 22 1/2c	Sugar Cured Cal. Hams, lb., 19 1/2c	Pound Loaf Home Made Bread, 7 1/2c
Liver, lb., 6c	8c BARGAINS.	SATURDAY ONLY.
Sausage, lb., 17 1/2c	Large can Soups, 5c	12 bunches onions, 5c
Neck Bones, lb., 14c	Small cans Milk, 5c	Lettuce, bunch, 5c
Spare Ribs, lb., 14c	Brown Beans, lb., 5c	Asparagus, bunch, 5c
Beef Boil, lb., 17 1/2c	Large pkg. Matches, 5c	Radishes, large bunch, 5c
Salt Pork, lb., 22 1/2c	Large pkg. Toilet Paper, 5c	2 bunches Rhubarb, 5c
S. C. Bacon Squares, lb. 30c	Large pkg. Rub-No-More, 5c	Butterine, lb., 25c
S. C. Bacon Backs, lb. 34 1/2c	Large pkg. Star Naptha, 5c	Lemons, dozen, 25c
S. C. Bacon, lean, lb. 30 1/2c	Large can Cleanser, 10c	4-lb. pk. Pancake Flour, 25c
Frankfurters, lb., 17 1/2c	2 large pkgs. Tooth Pickles, 5c	4-lb. pk. Buckwheat Flour for, 30c
Mince Hams, lb., 20c	Fancy Cookies, pkgs., 5c	Best Navy Beans, lb. 12 1/2c
Veal Loaf, lb., 25c	10c BARGAINS.	3 lbs. Best Pinto Beans, 25c
Pork Roasts, lb., 19 1/2c	Tall can Cal. Peaches, 10c	Tall can Salmon, 15c
Pork Steak, lb., 25c	No. 2 can Peas, 10c	No. 3 large can Peas, Peaches, Apricots, 15c
Round, Sirlion or Porter House Steak, lb., 20c	No. 2 can Tomatoes, 10c	3 1/2 qt. Olives, Jams or Apple Butter, 25c
No. 1 Brick Cheese, lb., 25c	Tall Can Herb Milk, 10c	Eggs, dozen, 30c
N. Y. Cream Cheese, per lb., 27 1/2c	Large glass jelly, 10c	Creamery Butter, lb., 44c
Large Bloaters, lb., 5c	Large pkg. Raisins, 10c	Holiday Nut Oils, lb., 30c
	Large pkg. Oatmeal, 10c	Peaches or Prunes, lb., 11c
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	No. 2 large can Homing 10c	
	Wax, Red, String or Baked Beans, can., 10c	

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Many foods with a low price per pound are so deficient in nutritive properties as to be really expensive.

Puritan Hams and Bacon are foods with high calorie content. There is comparatively little waste in them—practically no waste at all in their preparation.

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If your dealer doesn't handle Puritan, phone F. W. CONRON, Branch Manager, 1321 Jones St., Omaha, Neb. Phone Douglas 2401. PURITAN HAMS and BACON are smoked daily in our Omaha Plant, insuring fresh, brightly smoked meats at all times.

Armour's STAR HAM and BACON

Star Ham and Bacon are our choicest selection, carefully picked from our enormous production. Each is perfected by the famous Armour cure.

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Buy a Whole Star Ham or a Whole Strip of Star Bacon. It's economical. You can serve in a variety of ways. Use bacon drippings for shortening and frying.

Under the Oval Label, Armour provides you variety and value in over 300 foods. Each is utmost in quality, whether soups, meat, fish, vegetables, fruits, coffee or condiments. Look for the Oval Sign on dealers' store fronts.

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- Meatless Coffee Juice
- Meatless Cocoa
- Meatless Eggs

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Baked Ham—Prepared in this form, Star Ham is not only a delicious dinner dish, but forms the basis for many other meals.

Fried or Broiled—Either fried or broiled, the flavor is brought out in its most delicious form.

En Casserole—A generous slice of Star Ham, prepared with escalloped potatoes en casserole is a meal in itself.

Cold Boiled Sliced Ham—Served as a separate dish, or in sandwiches, cold boiled Star Ham is full food value down to the last morsel.

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