THE BEE: OMAHA, SATURDAY, JUNE 1, 1918.

and a state of the woman's section of the be Conducted by Ella Fleishman What You Can Do First Hostess House remove insects, then wash very careome Economics

## fully. Drain All Vegetables. Edited by IRMA H GROSS HOLD ARTS DEPT CENTRAL HIGH SCHOOL

as tender-they become soggy if they are allowed to stand undrained after

Most vegetables should be cooked in a small amount of water, because a part of the mineral salts dissolves out into the water, and is lost if the water is thrown away. Cook whole when possible.

far as she is able, any questions minerals that you need to build your body and keep it in repair and the

Delicately flavored children and keep adults healthy. "Use potatoes, sweet potatoes, lima beans, green corn, green peas, onions, beets, carrots, squash. Such vegetables give you fuel, besides the minerals, and some of them give you protein. They can help you save meat and wheat, When you serve enough vegetables you do not need as much "Remember the many good things

regetables can do for your body. They help keep your blood as it ought to covered. be, and your whole body in good condition. Vegetables are better than age of the vegetable. You must use medicine to prevent the common evil

"And, besides all these, think how appetizing they are-crisp lettuce, TIMETABLE FOR COOKING FRESH VEGETABLES IN sweet, juicy beets, tender peas, celery, beans and corn-all sorts of flavors

and textures to lend variety to your Asparagus, 15-20 minutes. Points to Remember in Cooking Fresh Vegetables. Beans, string, 1-3 hours. Beets, old, 3-4 hours.

"Vegetables just out of the garden taste best when simply cookedsteamed, boiled or baked-and served with a little salt, butter, milk or cream. Often a heavily-seasoned sauce covers up the more desirable vegetable flavor.

Overcooking of vegetables impairs their flavor. Very delicate flavors are destroyed, while vegetables with strong flavors, such as cabbage or onions, become disagreeably strong if cooked too long. Overcooking also destroys the attractive color of some

Cook summer vegetables as soon after they are gathered as you can, in order to preserve the flavor. If they must be kept over, keep them in the icebox or some other cool place.

Let wilted vegetables soak in cold water to freshen them .If vegetables must stand after paring, covering with cold water will prevent wilting and

discoloration. Before cooking, put head vegetables and greens in cold water for an hour, with one tablespoonful of vinegar to

**Co-Operation** 

that her readers may ask.

bread.

of constipation.

vegetables.

Mis. Gross will be very glad to

receive suggestions for the home

economics column or to answer, as

With Cottage Cheese Drain all boiled vegetables as soon The United States food administration urges you to make cottage cheese of an extra milk which you may have,

cooking. The water drained off may and the United States Department of be saved for soup stock. Agriculture says that all sorts of interesting things can be done with cottage cheese. It furnishes the following recipes to prove it. 1 tablespoon finely bread crumbs. chopped onion. ½ cup coarsely chopp 2 tablespoons savory ped peanut meats. fat. ½ teaspoon powered

Tender spinach or lettuce leaves equire no added water for cooking. If thoroughly washed, enough water will cling to the leaves to prevent

their burning. special substances that help make vegetables should be steamed or cooked slowly in a small amount of boiling water until tender and the water boils away. Strong flavored vegetables may be cooked uncovered in a large amount of rapidly boiling water, and the waterchanged several times during cooking. Starchy vegetables should be put on to cook in a sufficiently large

amount of boiling water to cover them. Boil gently, and keep ketele The time required for cooking vegetables depends on the kind, size and

your judgment in deciding when they are done, but a timetable may help

WATER. Beans, lima (green), 34-1 hour.

> Beets, young, 34-1 hour. Cabbage, 20-30 minutes. Carrots, 30-60 minutes. Cauliflower, 20.30 minutes. Corn, green, 10-15 minutes. Onions, 20-30 minutes.

Parsnips, 30-45 minutes. Peas, green, 20-30 minutes. Potatoes, 30-40 minutes. Spinach, 15-30 minutes. Squash, 20-30 minutes. Turnips, 30-45 minutes. Glazed Carrots.

e. cooked carrots. 1 T. corn syrup. T. butter or butter 1 t. salt. substitute. 34 t. papriks. Toss the carrots in this mixture until well coated. Place over a low

flame for 15 minutes, tossing frequietly.

cup. Sprinkle with sugar, cut out, and bake in a moderate oven. Since the establishment of a large munition factory in their city, num-

Alton, Ill., have accepted employment

#### the cheese, and mix with them the bread crumbs. Form into flat cakes, dust with bread crumbs or cornmeal and fry, a deliciate brown in fat in a

1-3 teaspoon soda.

hot frying pan. Cottage Cheese Pic. cup cottage cheese. 2 egg yolks beaten.

Cottage Cheese Sausage.

1-a reaspoon moda. sage. 1 cup cottage cheese. I teaspoon thyms. 1/4 cup cold cooked its uodswal I rice. I teaspoon pepper. 1 tablespoon milk. Is cup peanut butter.

Cook the onion in the fat until

tender, but not brown. Dissolve the

soda in the milk and work into the

cheese. Mix all other dry ingredients

thoroughly with the bread crumbs.

Blend peanut butter and onion with

sage.

2-3 cup sugar. 2-3 cup milk. 1 tablespoon fat. Mix the ingredients in the order given. Bake the pie in one crust. (Make crust of barley or corn flour). Cool it slightly and cover it with meringue made by adding two tablespoons of sugar and one-half teaspoon of vanilla to the beaten whites of eggs and brown in a slow oven.

**Rolled** Oats Cookies

4 cup shortening. by oup sugar.
teaspoon cinnamon.
teaspoon suit.
teaspoon sola.
cups rolled oats.

1 cup barley flour.

Cream sugar and shortening together; add sour milk in which soda has been dissolved; then stir in the rolled oats, salt and cinnamon; then add enough barley flour to make sufficiently stiff to roll out-about one

erous society women and girls of

# Seventeen Ways to Cook Potatoes

Au Gratin Potatoes. squares, sauteed with minced shallat

1. Cut raw potatoes in small dice. and chopped parsley. When cooked, mix with cream sauce,

put in an au gratin dish, sprinkle with grated cheese, bake in the oven. Algerienne Potatoes. baked in oven.

2. Raw potatoes cut in large cubes, steamed 'or boiled, when cold, sauteed in fat, sprinkled with chopped

Christian Scientists' Unit Potato Croquettes. System of Relief 10. Steamed potatoes, dry mashed salt, butter, raw yolks egg added.

form in corn shape, breadc1 and the comforts forwarding committee, and a German prison camp, from conducted by the Christian Scientists Potatoes Maitre d'Hotel. section like quarted orange, steam till have been prepared and forwarded to

Organdie in Rose

By GERTRUDE BERESFORD

for friends of colored troops which T I is difficult to con- have been authorized by the war work

vey the exact council of the Young Women's Chrisshade of a color in tian association is open at Camp Up-one word, especially ton. This house, which is to serve when that shade is a a double purpose as training center wonderful red some- for workers in the other houses, has where between rose had from the start many friends. Mrs. Theodore Roosevelt made the first and flame. Most men contribution.

For Colored Troops

The first of eight hostess houses

would call it "red;" any would call it "red;" any woman would know send, chairman of the hostess house committee, presided; Mrs. William better. We will com-Adams Brown of the war work counpromise on rose. Rose cil made the presentation address and organdie is, then, the Captain W. B. Williams of the 367th color of this attractive regiment received the house on befrock, whose distinc-tive trimming consists half of the colored men of the camp. B. F. Seldon, general secretary of the colored Young Women's Chrisof tucked insertion, let tian association, was in-the receiving in with beading dyed party. Other guests included Mrs. to match. A puffing of Francis C. Barlow, sister of Colonel organdie outlines the Robert Gould Shaw, who was killed neck, from which a col- while leading the 54th regiment of colored troops during the civil war: lar rolls, softly up-Miss Leila Frissel, sister of the forstanding. Two loops mer president of Hampton institute, of peacock blue ribbon and Mrs. Butler Wilson and Mrs. fall beneath this puff-Hannah Smith, both of Boston, who ing and are apparently have given faithful work to make the continued around the house possible. neck. A girdle of the

Other houses for colored troops same shade of blue are being built at Camp Dix, N. J.; Camp Jackson, S. C.; Camp Dodge, Ia.; Camp Lee, Va.; Camp Gordon, crushes the slender waist line. Tucked cuffs on the short sleeves hold a ruffle of Ga.; Camp Sherman, O., and Camp organdie. The skirt is Funston, Kan. At Camp Funston cut straight and fairly army barracks are in temporary use full. Three rows of until the house is opened. tucked insertion are let

in to match the shaped Indians Buy Liberty Bonds tucking on the waist. The Indians in a Chippewa village Beading follows the on one of the Minnesota reservations outline of all tucked in- subscienced the "heap big" sum of serts. Worn with a pic- \$3,000 to the third Liberty loan, acturesque hat, this frock cording to a report from the state will make a charming division of the woman's committee, Council of National Defense.

For Booklovers .

Fiction.

dinner gown.

one of Uncle Sam's big ships, Tom's sonality. cleverness enables him to be of service in locating a disloyal member of the crew, and through a mistake, he is suspected of complicity and held a prisoner. The story of how he is released from this predicament and his homeward voyage the ship is torpedoed and Tom is taken aboard In the five months of activity of a submarine and thence to Germany

which he finally escapes.

| only transmitted Earl Grey's ideas for TOM SLADE ON A TRANSPORT. By Percy K. Fitzhugh. Gossett & Dunlap, While working as a messboy on felicity the sense of his gracious perbut has also caught with singular

A SURGEON IN ARMS. By Captain R. J. Manion. D. Appleton & Company. \$1.50 This book describes, in a vivid realistic and human way, life in the trenches, attacks by shell, airplane and completely exonerated is not the least gas, daily existence in a medical corps, absorbing episode of the narrative. On | and gives the actual experiences of a surgeon who left civil life to do his bit, in the beginning of the war, was made captain because of the efficiency of his services and decorated by the king for conspicuous bravery under

11. Raw potatoes peeled, cut in of the Boston district, 92,175 articles ection like quarted orange, steam till have been prepared and forwarded to have been prepared and forwarded to the armies and to the destinute acceled \$1.50. THE HOUSE OF CONRAD. By Elias Tobenkin. Frederick A. Stokes company. \$1.50.

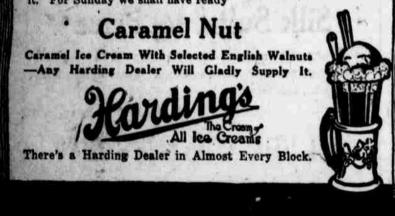
fire.

In Milwaukee this year women were inspecting shells, working 10 hours employed for the first time to list the a day and receiving a minimum wage names for the city directory. of 14 hours an hour. names for the city directory.

choice fruits, adding a dash of sweetening, mixing it thoroughly and skillfully and then freezing it so that it will bring both pleasure and sustenance to you just when you are ready for it. For Sunday we shall have ready

Our Bit and Our Best

Yes, we're doing our bit. We are taking a perishable food-



## **Buy Your Sunday Dinner at the PUBLIC MARKET Specials for Saturday Only**

Fresh Vegetables

Now that our gardens are beginning

to help out the family table the free

use of fresh vegetables becomes an

economical point, as well as a health

conservation - suggestion.

realize more and more how limited

the American table is in its use of

vegetables. For whenever my high

school plan a meal, choosing just

what they wish, peas, corn or to-

matoes are practically the only vege-tables that meet with universal favor.

Once in a rare while carrots or

string beans are selected. It seems

quite too bad to miss the pleasure of

eating the fresh vegetables as they

come into season. A varied dietary

New Pamphlet on Fresh Vegetables

The United States Food Adminis-tration has just published a new

pamphlet on fresh vegetables, part of which is given below. The admin-

istration urges the use of vegetables,

and says: "Use all kinds of vegetables-what-

ever you grow in your own garden

or what you can buy in the market. Vegetables should be plentiful this

can't afford to miss using vegetables, they mean vigor and health for you. Use what you can while they

Use what you can while they are fresh and at their best, and if you

have more than you can use now,

can, dry, or preserve them in other

"Use lettuce, onions, cabbage, cauli-

ower, chard, spinach, brussels

prouts and others like them. They

give you the iron and lime and other

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s so much more possible if a family

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s givers-you did just fine in the Red Cross Drive y dollar you gave will help to keep our boys alive. isty has brought this Cause to the notice of one and all. the Children gave their mite to help autocracy's fall. tich folk and poor all gave alike-till it hurt, so the poster read. aha people are surely loyal is the least that can be said. der the care of the Red Cross Nurse we know our boys will be o long as we keep up the funds this side of the deep blue sea.

Get in the habit of saving and be careful what you eat, It is essential that we ond to our Allies all the wheat. V ast amounts of foodstuffs can be sent them if we try. Early shopping will help, too, and judgment where you buy. R and the Washington Market Ads and you will quickly see, ome mervelous bargains to be had, so come and shop carly,

### Trade at the Washington Market Where All Goods Are Sold As Repres

Fancy Sirloin or Round Stoak, Ib 30e	Fancy Flank Steak, Ib 30
Batra Fancy Beef Tenderloin, Ib35c	Extra Fancy Young Veal Round Steak
Choice Steer Rump Roast, Ib 25c	per lb
Extra Fancy Veal Roast, Ib 25c-28c	Extra Fancy Brick Cheese, by the
Extra Fancy Young Veal Chops, Ib. 28c	brick
Extra Fancy Young Veal Breast with	Full American Cheves, Ib
pockets for dressing, lb	Good Oleomargatine, Ib
Fresh Spare Ribs, Ib	All brands Creamery Butter, Ib 43
Good Salt Pork, per lb	New Potatoes, peck
Core Flakes, 3 for	Ginger Snaps, per Ib
Sawtay, per can	Swift Winchester Breakfast Bacon, 37%
Strictly Fresh Country Eggs, dozen 33c	Genuine Spring Lambs Hind Quarters
Sugar Cured Skinned Hams, Ib 28%c	per 1b
Choice Steer Shoulder Roast, Ib 25c	Fore Quarters, per Ib
and and another avery its	1 quarters, per 10

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parely done, simmer Veloute sauce Cottage Fried Potatoes. chopped parsley, lemon juice. Duchesse Potatoes. 3. Cold boiled potatoes cut in slices and sauteeed in fat. 12. Steamed and mashed potatoes, Hashed Brown Potatoes. Cooked potatoes, minced and through pastry bag to a baking sheet, brushed with beaten eggs and baked. sauteed in fat until crust forms. O'Brien Potatoes. Julienne Potatoes. 5. Raw potatoes cut in fine shreds lenghtwise, parboiled, sauteed in very fat. hot fat. Lyonnaise Potatoes. 6. Cooked potatoes either minced or thinly sliced, seasoned with salt and pepper, minced fried onion, chopin just before frying. ped parsley. Belgian Baked Potatoes. 7. Raw potatoes cut in strips as for French fried, baked in oven un-til done. Sprinkle with salt. any shape. Hashed in Cream Potatoes.

8. Raw potatoes cut in very small dice, when cooked, drain, cover with cream sauce, simmer few minutes. Barabant Potatoes. 9. Cold boiled potatoes cut in duced cream.

Shire Shire and the shire and the

ter, 1b.....43c

Bacon, 37%c

Potato Pancakes. 14. Raw potatoes, cook and mash gether, and an average of 1,000 garwhile warm, add egg yolks and milk. whip the white of egg firm, and stir Potatoes Natural. 15. Plain cooked potatoes cut in States.

Browned Potatoes. 16. Cold boiled potatoes, baked in oven with a little fat. Potatoes La Maire.

17. Raw potatoes cut with a large barely done, simmer till done in re-

the armies and to the destitute people of our allies, as stated in a report from the Boston district.

A part of the comforts forwarding committee's work is carried on by the "unit system," whereby a committee of 10 is instructed in the preparation of a model garment for refugee chil-13. Hashed brown potatoes, mixed dren. Each of these 10 instructs 10

with chopped pimientoes, sauteed in others, who in turn become captains of teams of 10 that they instruct. Thus 1,101 workers are banded to-

ments a week completed. Nearly 500 He has portrayed a French courtesan of these comforts forwarding committees are conducted by Christian who is neither falsely romantic nor

tine Reed of Sanford, Me., is one of tinctly higher stage; it is interpretive to any priests, warriors or kings. the "war honor girls" of the Pine instead of enumerative. Christine, the She changed the civilzation of west-Tree state. She is the youngest stage driver in New England and her daily column cutter, then sliced, boiled till duty is to see that a score of pupils living in rural districts are trans-

ported to their schools.



Conrad's audacious dream of found-The two essays in this volume, "The ng in America a house that would be Anglo-German Rivalry and the the embodiment of all the socialistic United States" and "The War and doctrines that he and his co-workers American Policy" formed part of a dared not apply in Europe is changed series which appeared in the National by the adbiding spirit of America in Review of London. The first was the reality of a home rooted in the published in January, 1913, and the soil in the midst of liberty of the second in November, 1914. They are true American sort. now republished both as records of

THE PRETTY LADY. By Arnold Ben-nett. George H. Doran company. \$1.50. ture. There is an introductory note In this book Arnold Bennett has by Colonel Roosevelt.

done two supremely difficult things: JOAN OF ARC. By C. M. Stevens, Cupples He has portrayed a French courtesan & Leon Company, \$1.50.

Joan of Arc lived the most amazing Scientists throughout the United falsely unpleasant; and he has man- life known in human history. Womanaged to make "society" figures hu- hood is revealed in her with all the manly interesting without satire. His courage ever known in manhood. Her Although only 11 years old, Chris- realism has thereby feached a dis- frail life represents a power superior courtesan, is a naive, superstitious, ern Europe. France gwes its existpleasant young woman of 26 years, ence to her. But more than that, she who is viewed by the author neither withstood the most powerful military with vitriolic blame nor saccharine and ecclesiastical despotism ever pity; that she is incorrigibly possessed known, and suffered the most desby her "unappeasable temperament" is perate martyrdom in the history of what G. J.-Hoape, who makes her the Christianity. American readers are subject of an idyll of domesticity, cannot, of course, grasp. But the highest art of the book lies in the she is one of the immortal few whose characters of Conception and Queenie, life surpasses biography, whose caleaders in the "intellectual set," mad reer is more than history and whose with their own restlessness and the character is a sublime type of the strain of constantly endeavoring to human struggle. be original. It is swift and incisive,

Miscellaneous.

without losing the firm grip on

reality.

tale of loyalty and adventure that spiritual, will be enjoyed alike by young and old.

SWIMMING SCIENTIFICALLY TAUGHT. By Frank Eugen Dalton and Louis C. Dalton, Funk & Wagnalls Co. \$1.25. The scores of photographs and diagrams which illustrate the instructions of this book make this a genlearning to swim.

SANTO DOMINGO. By Otto Schoenrich. The MacMillar Company, \$3.

This volume seeks to give a b.:d'seye view of the history and present condition of Santo Domingo. It is investigate the financial condition of to despotic rule. Santo Domingo. "The Days of Con-quest," 1492 to 1533, are first considered, after which the important periods in the history of Santo Domingo to date are discussed. Then come chapters on the area and boundary, the topography and climate, the minerals, the flora and fauna, the people, the religion, the education and literature, the means of transportation and communication, the commerce, the government, the politics. the finance and the future of Santo Domingo.

THE HEART OF A SOLDIER. By Laugh-lan Maclean Witt. George H. Doran Com-pany. \$1.35. Scenses in hospital, illuminating bits of conversation, glimpses humor-BIRD WOMAN. By James Willard Schultz. ous and pathetic of daily life "up the Houghton Mifflin Company, \$1.50. line," on "trek" and in trench, form

Sacajawea (Bird Woman) was the the substance of these intimate brave and resourceful Indian woman sketches interspersed with poems. We who guided Lewis and Clark across learn of the strange mascots and the the Rocky mountains and accom- curious customs and new vocabulary panied the expedition to the Pacific of the men. The delightful bits of coast. Her story, which Mr. Schultz Scottish dialect add flavor to these heard from an old trapper and an In- legends and stories of the front. The dian woman, both of whom had it message of the book is both warm from his own lips, is a stirring true with human interest, and deeply

SEA POWER AND FREEDOM. By Gerard Fiennes. G. P. Putnam's Sons. \$3.50. The host of readers, who have absorbed Admiral Mahan's famous works, will welcome this volumne, for by a review of naval history prior to 1660 and subsequent to 1783, the limiting dates of Admiral Mahan's inuinely practical and easy method of vestigation, it confirms the importance of the role played by sea power in the affairs of the world. The volume carries the readers from the earliest recorded maritime expedition -that of the last pharaoh of the 11th dynasty-to the great and minor naval the outgrowth of several trips to the actions of the present war. The au-Dominican Republic and Hayti, where thor shows that the possession of the author served as secretary to the sea power depends on a national charspecial United States commission to acter, which is, in itself, antagonistic

PHYSICAL BEAUTY, HOW TO KEEP IT. By Annette Kellermann, George H. Doran Company, \$2.

Miss Kellermann, whose form specialists have pronounced perfect, has \$ worked out with scientific precision the means by which the most ordinary woman may learn to Tadiate health, vitality, and the grace that comes from perfect proportions and perfect movement. Her advice is simple and practical, full of common sense and innocent of fads, thoroughly tested by her own glowingly successful experi-

ALBERT, FOURTH EARL GREY. By Har-oid Begble. George H. Doran Company. \$125. WAKE UP AMERICA. By Mark Sullivan. The Macmillar Company. Sixty cents. In this little book Mark Sullivan. an appreciation of the personality and discusses the question of the shipideas of Earl Grey, cousin to Lord ping problem with his customary fear-Edward Grey, and one of the notable lesss frankness. The coal scarcity governors-general of Canada. On his the wheat and munitions scarcity and governors-general of Canada. On his the wheat and munitions scarcity and deathbed. Earl Grey sent for the author and intrusted to him this final message concerning his political and religious views. Mr. Begbie has not rapidly accelerating scarcity of ships



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