

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Home Economics

A Surprise

I had a new experience today. I walked into a cooking laboratory in the home economics building at Iowa state college in Ames...

Co-Operation

Mrs. 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.

bake in a hot oven until firm in the center about 20 minutes. Serve at once.

Boston Brown Bread.

1 1/2 c. cornmeal, 1 teaspoon ginger, 1 1/2 cup barley flour, 1 teaspoon soda, 2 teaspoons baking powder, 3 cups sour milk, 1/2 cup molasses, 1/2 cup molasses, 1/2 cup molasses, 1/2 cup molasses.

Sift cornmeal, barley flour, baking powder, salt and ginger. Dissolve soda in a little cold water, add the sour milk and molasses. Combine the liquid with the dry ingredients, beat well and steam in well greased brown bread tin or baking powder cans from five to six hours, depending upon the size of the tin.

On Shortcakes

Strawberry shortcake time is here. wheatless time arrived before. Nevertheless we can have strawberry shortcakes if we use such recipes as these, all of which have been tried out in the experimental kitchen of the United States food administration.

All Measurements Are Level.

Barley-Cornflour Shortcake. 2 c. barley flour, 1 T. sugar, 1-1/2 c. corn flour, 6 T. fat, 6 t. baking powder, 1 c. liquid, 1 t. salt.

Barley-Ground Rolled Oats Shortcake. 1 c. barley flour, 1 t. salt, 1 1/4 c. ground rolled oats, 4 T. fat, 6 t. baking powder, 1 c. liquid, 1 t. salt.

Corn-Ground Rolled Oats Shortcake. 1-1/2 c. corn flour, 6 t. baking powder, 1 1/4 c. ground rolled oats, 1 c. liquid, 4 T. fat.

Corn Flour Shortcake.

2-1/2 c. corn flour, 1 t. sugar, 2 t. baking powder, 6 to 8 T. fat salt, 1 t. salt, 1 c. liquid.

Method of Making These Shortcakes. Mix the dry ingredients, cut in the fat and add liquid. For individual servings, place dough on slightly floured board, pat to 3-4 inch thickness and cut as for biscuit.

Old Glory Bread. 1 c. liquid, 1 t. salt, 2 to 4 T. fat, 1 1/2 c. corn flour, 4 T. syrup, 1 1/2 c. ground rolled oats, 2 eggs.

Home Defense Bread. 1 c. liquid, 6 t. baking powder, 2 to 4 T. fat, 1 t. salt, 1 T. syrup, 1 1/2 c. rice flour, 2 eggs, 1 1/2 oz. barley flour.

Method of Making.

Mix the melted fat, liquid, syrup and eggs. Combine the liquid and well mixed dry ingredients. Bake as a loaf in a moderately hot oven (400° F.) for one hour or until thoroughly baked.

Nuts, raisins or dates may be added, making the breads more nutritious and very palatable.

Little Henry's Come Back.

Teacher—Henry, can you tell me why Thomas Jefferson wrote the declaration of independence? Henry—Cause he couldn't afford a stenographer, I suppose.—Oregon Journal.

Mrs. A. G. Vanderbilt to Wed Raymond G. Baker June 12



Mrs. M. E. McK. Vanderbilt, widow of Alfred Gwynne Vanderbilt, who lost his life in the sinking of the Lusitania by a German submarine, has announced her engagement to Raymond T. Baker, director of the United States mint at Washington.

Library Notes

Men in uniform always ask for new fiction, according to Miss Edith Tobitt, in charge of the Omaha public library, who has gone east to see her sister, Miss Ada Tobitt, off for war service abroad, and to attend the American Library association convention.

Standardize Macaroni Packages

After August 1, 1918, according to an order of the Canada food board, the sale in Canada of macaroni and other alimentary pastes will be forbidden in packages of lesser weight than 16 ounces.

The New Home Treatment for Ugly, Hairy Growth

Here is a simple, yet very effective method for removing hair and fuzz from the face, neck and arms: Cover the objectionable hairs with a paste made by mixing some water with a little powdered delatone. Leave this on for 2 or 3 minutes, then rub off, wash the skin and the hairs have vanished.

You Can Beautify your Complexion

—and rid the skin of unsightly blemishes, quicker and surer, by putting your blood, stomach and liver in good order, than in any other way. Clear complexion, bright eyes, rosy cheeks and red lips follow the use of Beecham's Pills. They eliminate poisonous matter from the system, purify the blood and tone the organs of digestion—Use BEECHAM'S PILLS



Complete the letters of Simon's sign—they will spell the name of an American city. (Answer given tomorrow) Answer to yesterday's puzzle—TAFT.

Meatless and Wheatless Menus

One more we are asked to restrict our use of wheat. Here are two lunches and two dinners which show you how it is possible to have them wheatless and at the same time to save meat.

- LUNCHEON OR SUPPER. Hominy and Cheese Souffle. Boston Brown Bread. (Uses no wheat or rye.) Vegetable Salad With Garnish of Olives. Baked Apple With Cream. LUNCHEON OR SUPPER. Shepherd's Pie With Potato and Fish. Parsnip Cakes. Squares of Corn Bread. Maple Syrup. DINNER. Broiled Shad With Water Cream. Belgian Baked Potatoes. Creamed Peas. (Use corn flour to make white sauce.) Cabbage and Cucumber Salad. Indian Pudding. DINNER. Cream of Lettuce Soup. Baked Soy Beans. Mashed Potatoes. Boston Brown Bread. (Without wheat or rye.) Cottage Cheese Salad. Strawberry Ice Cream. BERRY COOKIES. Hominy and Cheese Souffle. 1 cup cook hominy, salt, paprika, 1/4 cup hot milk, 1 cup grated cheese. Grated rin of half 2 eggs, lemon.

"Dreamland Adventures"

By Daddy—"The Mad Giant"

A complete, new adventure each week, beginning Monday and ending Saturday.

CHAPTER II. The Pirate of the Sky.

(Yesterday it was told how Peggy was summoned by two carrier pigeons to protect Birdland from the Giant of the Woods, and how on the way there they were attacked by the Pirate of the Sky.)

PEGGY was scared. The flash of the Pirate from the clear heavens, like an unexpected bolt of lightning, took away her breath. The airplane speeding on carried her quickly out of danger from attack. But she had no idea of leaving Homer Pigeon to his fate. She wheeled around to see if she could give aid.

The Pirate, his victim clutched harshly in his huge claws, was already far away, making swiftly for a distant forest. As Peggy sped after him she thought of an airplane battle about which her father had read to her a few nights before. In it an American aviator had sent a German fier crashing to earth by getting above and behind him, and then pouncing down, just as the Pirate had done. Peggy resolved to give the Pirate a dose of his own medicine. She turned the airplane upward until she was far above him. Taking a long breath, she dove downward.

My, what a plunge it was! Peggy felt her heart flutter and almost stop. It was like dashing down a roller-coaster incline, only a hundred times faster and farther. What if she couldn't stop!

What would she do when she got to the Pirate? The American aviator, she now remembered, had brought the German down by pouring bullets into him with a machine gun. But she had no machine gun—just a hatpin javelin. O, if she only had something to hurl at him!

Impulsively Peggy put her hand out to where a machine gun would naturally have been if the airplane had had one. It touched something that felt like a gun. Peggy quickly looked down. It was only a toy automobile horn which she had put on the airplane because she didn't have any auto.

She was disappointed, but the horn gave her an idea. Ordinarily it made only a little squawk. Perhaps the fairy ring grass would have the same effect upon it that it had upon the airplane, and cause it to act like a real automobile siren. She was now plunging down upon the Pirate at terrific speed. She didn't take time for a second thought, but pressed the auto horn button. Instantly the horn let out a piercing shriek.

The Pirate, sailing triumphantly homeward with his prey, was startled nearly out of his wits. He glanced back and saw a strange object hurling itself at him. At the same moment

the horn let out a second strident scream. The Pirate dodged to one side, and just in time, for Peggy swept past him like a whirlwind. Peggy knew that it would not do to let the Pirate remain above her, so, like the American aviator, she turned the airplane upward and looped the loop, running for a few seconds upside down. "Oh, if I should fall now I'd be smashed flat," she thought, "and so would any one that I fell on." But she didn't fall. The loop brought her around behind the Pirate again, and once more she plunged toward him, the auto horn shrieking like a locomotive whistle. The Pirate was no coward. Indeed, he was noted as a fighter. But this was something new to him. If it was as fierce as its shriek he felt himself a goner. Dropping Homer Pigeon he put on all speed for his forest home. Peggy was close behind him, so close she felt she could touch him. She leaned forward and gave him a jab with her hatpin. The Pirate screamed and fell fluttering into the woods. Peggy turned back to look after Homer Pigeon. She found him bruised and torn but still able to fly. "My brave princess!" he sobbed. "You saved me from that terrible Hawk." So that was a Hawk. No wonder he was called the pirate of the sky. Carrie Pigeon had fled at the first attack, being sure that Homer Pigeon could not possibly escape from the hawk. She was frantic with joy when Peggy brought Homer safe and sound into the council hall of Birdland.



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Italian Women Prove Their Efficiency

"Practically every woman in Italy from 16 to 60 is a war nurse or a volunteer war worker, and the whole nation is feeling, the beneficent throb of their activity," Count V. Macchi de Cellere said in an address before the Continental Congress of the Daughters of the American Revolution.

Standardization for The Women's Dress

Standardization of women's clothes is discussed as a measure of war economy by the Women's Century, official organ of the National Council of Women of Canada. "Every intelligent woman longs to be released from the slavery of clothes

—men have had a standard since the American revolution, differing in detail but not in form—why can not women be equally free?" asks the Women's Century. "Women are slaves to fashion, which has been the leader and dictator in the past, instead of good taste. The appropriateness or our own common sense has not been consulted, consequently clothes are often inartistic and utterly unsuitable to the occasion. "Can we not have a standardized style of suit for the street and select from all the dainty fabrics those individual designs that bring out the individual charms for home expression? We only ask women to accept standardization as a principle not as uniform."

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We positively know if you have an ounce of courage, you will join us in our drilling campaign by purchasing \$30 tracts, especially when you understand that regardless of the outcome on our High Island property, your share of profits from our proven Humble lease fully protects your little investment.

For a short time we will accept orders, one-third down, balance in 30 and 60 days.

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