

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Wome Economics

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

Harriet Ruth's Cooking Lesson

Harriet Ruth Makes the Dessert. Harriet Ruth came home one afternoon to find mother rushing around in the kitchen. Unexpected company from out of town had arrived and mother had to "piece out" what she had originally planned.

"Mother, let me make something," said Harriet Ruth. "Oh, my dear," said mother. "Usually I'm glad of your help, but just now I'm afraid I'm in too much of a hurry."

Harriet Ruth looked hurt. "You never said that before, mother. I thought I really helped you."

"You do, dear," mother said, "but—Mother stopped, then smiled suddenly. "I have it—just the thing we need."

"Do you mean that pretty pink stuff we had once, a long time ago, mother? I just love it. How shall I make it?"

"Get a large bowl and a wire egg beater. Put into the bowl one egg white, unbeaten, a few grains of salt, one-fourth cup sugar and 14 large strawberries, crushed. Beat steadily, but not vigorously, for 20 minutes. Why don't you go out on the back porch, where it's cooler? Mind, now, you call me if you get tired."

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.

"Oh, I won't get tired, mother. My arm is real strong."

After 10 minutes mother slipped out to the porch to see how things were progressing. Dorothy, the next door neighbor, had come over and the little girl took turns beating the fluff. It was not nearly stiff yet, but had swelled up.

"Is it all right, mother? Will it ever get stiff?"

"Oh, yes, just have patience. It always takes the full 20 minutes."

Before Harriet Ruth sat down to dinner, she brought the sherbet glasses into the pantry and put a square of sponge cake in each. She had a bowl of slightly crushed and sugared strawberries in the icebox, and a small saucelike of large whole berries. She put the bowl of strawberry fluff into the icebox also.

While mother removed the dishes from the table before the dessert Harriet Ruth slipped into the pantry. She put a spoonful of crushed strawberries onto the square of cake in the sherbet glass, then a heaping spoonful of the strawberry fluff and topped the whole with a large berry.

When the company admired the pretty dessert, mother smiled at Harriet Ruth and said, "My small daughter prepared it."

Has Life Passed You By?

By BEATRICE FAIRFAX.

On with the search for charm! We all want it; the consciousness that we don't possess it makes each and every non-factinator miserable.

The other day I attended a tea where were gathered together several celebrities, maudlin and feminine, a few ordinary folks and one or two pretty little moving picture actresses. Into the gathering came one of America's foremost woman writers. She was dressed in a suit that belonged to the past spring—not to the coming winter—her hat was of straw instead of velvet. And the woman herself was thoroughly dowdy and unattractive looking. She was so conscious of her work-a-day clothes and her lack of physical attractiveness, in contrast with the youth and beauty flowering all around her that she was miserable, awkward and utterly dull.

Her really brilliant and charming mind got all clouded over by terrified self-consciousness; and the self-consciousness was based on the date of her clothes and the dustiness and general lack of freshness that distorted her from head to foot. "Oh, I didn't know there were going to be a lot of people here! I've come straight from work without brushing or washing, or getting ready for all these folks. I just thought you and I were going to be alone, dear!" she cried to the hostess.

And if she reads this article and feels a little hurt at me for writing it—that won't hurt her a bit! Why should any of us go to a friend we love in dusty, unbrushed clothes or looking so shabby and unattractive that we cannot be gracious to the people we meet in her home? Clothes do play an important part in transforming a stupid, unattractive girl into a beautiful one. Please notice exactly what the fairy godmother did for Cinderella.

Not Vanity.

I am not advocating vanity or conceit—both interfere with charm. I

am just advocating the careful grooming, the sensible selection of clothes, the attractive arrangement of your personal background and atmosphere that cannot be managed in public. Then when you come out in public you know that your hairpins are in place and your collar is clean and you don't have to spend your whole evening thinking about yourself.

Who hasn't pitied the self-conscious, unhappy looking man whose brown oxfords and blue serge business suit and green tie stood out in a dinner-coated assembly. If the gentlemen of the oxfords and the green tie is 99 per cent charming he may rise above his clothes; but the chances are that they will swamp him.

"The unlit lamp, the ungrit loam," are Browning's symbol of unpreparedness. Well, you have to be ready for happiness when it comes—ready and waiting—or it will pass you by.

Charm is partly physical, partly spiritual and partly mental. It is to some extent a gift of the fairies and, in a degree, a thing you actually go out and get—a thing you make to order.

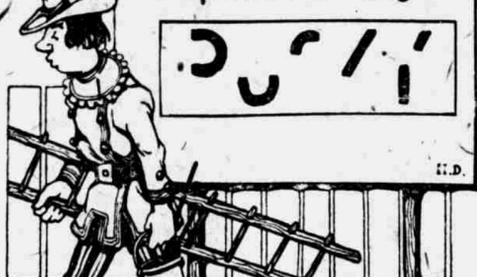
Life has a way of slipping by the folks who are colorless, unattractive, stupid, borsome or so restless and incapable of staying "put" that when opportunity rings the door bell they are never home to hear the summons.

Most of us have a stupid way of thinking that life owes us our desires, so we trot around looking so unattractive that life mistakes us for flotsam and jetsam instead of for real ships, capable of carrying a cargo. If we don't err in that direction we may make the blunder of sitting with folded hands, waiting for the tide to carry rich cargo right up into the little backwater where we have anchored. It won't.

Cultivate Charm.

The man or woman who makes up his or her mind what he or she wants and then goes after it gets it. Given someone a strong soul wants to attract, he or she doesn't talk the beloved to death, doesn't display his or her nature as restless, pleasure-seek-

Simple Simon's Signs.



Complete the letters of Simon's sign—they will spell the name of a mountain. (Answer given tomorrow).

Answer to yesterday's puzzle—FAIRBANKS.

ing and spendthrift of energy, vitality and all the big qualities which ought to be turned to real use.

The point is to find out in what qualities you are attractive and then to cultivate them. Being a poor imitation of Helen of Troy or Elizabeth Browning, or Mme. de Staël, isn't half as love-compelling as being an honest, earnest, friendly, warm-hearted, generous and well-groomed little Mary Smith!

Advice to Lovelorn

By BEATRICE FAIRFAX.

Broken Hearted.

Dear Miss Fairfax, Omaha Bee: I have read your advice to the lovelorn for some time and now come to you to help me in my difficulties. I am 15 years old and have been going with a young man, four years my senior, for about two months. About two weeks ago I discovered that he has been going places with other girls, unknown to me.

Now I have gone places with other boys, but always told him about it. Taking this into consideration do you think it right for him to treat me in this way? I love this young man very much and my heart will be broken, if he does not change his actions, for I cannot live without him. Hoping to see my troubles answered in The Omaha Bee, I am

"TEDDY."

Personally, I think your mind should be filled with studies and simple pleasures and not love affairs. Although you may think your heart is broken, I assure you that you will recover. By all means, do not let this young man think that you care for him, but treat him as a friend, for his feeling for you is evidently impersonal.

Canteen Work.

Dear Miss Fairfax, Omaha Bee: Kindly advise if relatives of soldiers are allowed to do canteen or Red Cross work either here or abroad, that is if relative is in France would I be allowed to do said work over there? Could you furnish me with particulars in regard to canteen and Red Cross work?

Thanking you for all the information you can give along this line, I am

"INTERESTED."

No one who has a relative in the service will be accepted for canteen work in France but this rule does not apply to Red Cross nurses. You could do canteen work here as many girls are doing, but it is only service abroad that bars anyone related to a soldier. For service abroad you must be between the ages of 25 and 35 years and you must be able to pass a rigid physical examination. Write or call on Mrs. A. L. Reed at Red Cross headquarters in the Wead building. No special qualifications are necessary to do canteen work here. Send your request to Mrs. Luther Kountze and she will place you on a team for work at Omaha.

Auto Hides.

Dear Miss Fairfax: Seeing your good advice to others, I thought you might help me out. The other evening a couple kind friends of mine and I went out. We were waiting for a car and they were awful crowded, so we had to wait about half an hour. While we were waiting a car came up with three boys in it and they told us to come, so we went, as I thought

Food Value of Pineapple

Pineapple is wonderfully adaptable in combining with other foods and is highly recommended by physicians for throat trouble. Many have even found it very helpful in stomach trouble.

In fact, the adaptability of the pineapple as a food is equal to its delicious flavor. Pineapple may be served as a dessert or salad by itself, or combined with other fruits, will add zest to any fruit salad. Pineapple fritters are fast becoming popular. The crushed or grated pineapple, sold under the same reliable name as the best canned-whole slices, is used in making pineapple pie is a great favorite.

Tidbits, which are segments of the sliced pineapple, are most satisfactory in fruit cocktails and in salads.



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Home Grown Berries Fill the Local Market Stalls

Berry season in Omaha is in full swing, with a number of the well-known representatives of the berry family. Included among these are strawberries, raspberries, gooseberries, blackberries and bananas. Maybe you didn't know that the banana is a berry. But it is at least in botany. It has a pulpy pericarp and, therefore, it is a berry.

Bananas have been on the market, of course, all winter and are well up in the luxury class, selling around 10 cents a pound, which means 40 cents a dozen, for the kind that used to cost 15 cents. The high price of ocean freights caused by the war is responsible for 40-cent bananas.

Straw, rasp, goose and blackberries may be had at 25 cents a box of more

or less largeness. They are all fine berries, too. The strawberries are home-grown. The others come from the south.

Home-grown cherries of the sour variety are also on the market for the first time this year. Peaches from the southland are fine and ripe now, selling around 35 cents a dozen.

Hot-house tomatoes sell at 20 cents a pound. Asparagus is 5 cents a bunch. String and wax beans, green peas, splendid head and leaf lettuce, rhubarb—in abundance—all these things are on the local markets.

Potatoes are almost a drug on the market. The old crop is still with us in great abundance and some stores sell them at 25 cents a peck, which seems like the good old days before the war. New potatoes are also coming in from the south.

The advance guard of the watermelon crop is here. Prices are somewhat high as yet.

Recipes

Pineapple Surprise. 1/2 c. marshmallow topping. 1 T. water. 1 c. canned peaches, cut fine. 1 c. canned pineapple, cut fine.

Whip the marshmallow topping and water together to a short cream, about eight minutes. Mix the fruit in well and serve on rounds of left-over sponge or angel cake.

Pineapple Fritters. 4 slices pineapple. 1 t. baking powder. 1/2 c. oat flour. 2 eggs. 1/2 t. salt. 1 c. milk.

To make the oat flour grind rolled oats through food grinder. Sift flour with salt and baking powder; add the milk and well-beaten egg, drain the slices of pineapple, cut in two cross-wise and dip in the batter. Fry to a golden brown in deep vegetable. Drain on brown paper.

Marshmallow and Raisin Sandwiches. 1/2 c. marshmallow chopped fine. 1/2 c. raisins. 1/2 c. chopped nuts.

Mix all the ingredients together and spread between crackers or thin slices of buttered war bread.

Pineapple Sherbet. 1 c. orange juice. 1/2 c. lemon juice. 3 c. shredded pineapple. 1 c. syrup. 1 c. water. 1 c. ice cubes.

Add the syrup, pineapple and fruit juices to the water. Freeze until firm. Serve in sherbet glasses.

Recipes for Two Welsh Rarebit. 1-2 c. grated cheese. Cayenne. 1 T. evaporated milk. 1/2 egg. 1/2 t. mustard. 1 t. butter. 1/2 t. salt. 2 slices toast.

Put the cheese and evaporated milk into a double boiler. Mix the dry ingredients. Add the egg and beat well. When the cheese is melted, stir in the mixture of dry ingredients and the egg, then the butter and cook until it thickens. Stir constantly. Pour over the toast and serve at once.

Rice with Peanut Butter. 1/2 c. cooked rice. 1 T. peanut butter. 1 c. white sauce.

To the hot white sauce add the peanut butter and stir until melted; add to the rice and mix with a fork. Pour into baking dish, cover with buttered crumbs and bake a golden brown.

Personals

Dr. E. L. Alexander, who has been confined to his home for the last two months, owing to injuries received in an automobile accident, is able to be out.

Miss Virginia Barnum returns this week from Bloomington, Ind., where she is head of the commercial department in the high school. Miss Barnum will stop en route in Chicago and Waterloo, Ia.

Mrs. Hadley H. Stuart spent the week-end at Camp Dodge.

Miss Mary Conboy of Stirling, Ill., is the guest of Mr. and Mrs. P. J. Murphy. Miss Conboy will be bridesmaid at the wedding of Miss Dorothy May Morearty and Mr. Martin J. Conboy, which will take place Tuesday.

The Misses Catherine and Lucile Savidge leave today for Auburn, Nebraska, to visit their uncle, Mr. Watson R. Savidge.

Miss Van Schaack of Evanston, who has been the guest of Miss Dorothy Hall for the past ten days, departed for her home Thursday evening.

Mrs. Martin Harris has returned from an extended visit in New York.

The Finish

Out of that wonderful world where God is, The Lords of Karma the path have shown. And given us lessons to learn in bodies— Oh, many the bodies our souls have known! In gem, and blossom, and sentient being, In dull cave dweller and thinking man, All things knowing, and feeling, and seeing— This is the purpose and this the plan.

Forms are fashioned in wide world places From flame and ether and common clay; While egos wait in the high star spaces 'Till the call shall come, which they must obey. Oh, never a wish or a hope lies hidden Of good or evil in any heart. But back to earth shall the soul be bidden To live out its longing, and play its part.

Grief and pleasure and joy and sorrow, Out of old sowings we gather them all— And the seed of today we shall harvest tomorrow, When our souls come back at the karmic call. Over and over the lesson learning, Till, letter perfect, and meaning clear— Back on the spiral pathway turning We carry the knowledge we gathered here.

The thought of that last journey back to Him When there is no more longing or desire For anything but God left in my soul, Shine in the distance like a great white flame— I think the way will lead through golden clouds Skirting the shores of seas of amethyst And winding gently upward; past old worlds, Where body after body was outwitted; Past hells and heavens, where I had my day With comrade Spirite from the lesser spheres And paid my penalty for every sin And reaped reward for every act; Past realms celestial and their singing hosts (Where once I chanted with the cherubim) Out into perfect silence. Suddenly An all encompassing vast consciousness Of long, long journeys finished; one more turn Then glory, glory, glory infinite And selfhood lost in being one with God. The ray once more absorbed into the sun. The cycle done. ELLA WHEELER WILCOX.

Offerings of Exceptional Interest for SATURDAY

We are offering Men's Suits tomorrow at only \$14.75. Men's All-Wool Suits, in Serges, Novelty Cloth, Cassimeres and Worsted; Young Men's and Conservative Models; all new styles; positively a saving of \$5 to \$10; never have we been able to offer such dependable merchandise at such low prices. \$14.75 Come Saturday and be prepared to take one or more of these Suits. All sizes, 33 to 41.

Men's and Boys' Furnishings at Special Prices for Saturday

- Men's Blue Chambray Work Shirts—Collars attached; 85c values. Sale Price... 69c
Athletic Union Suits—85c value. Sale Price... 59c
Men's and Boys' Caps—All new styles and shades; values to \$1.25. Sale Price... 48c
Men's Straw Hats—\$2.50 values; Sailor shape. Sale Price... \$1.50

Women & Misses' Coats, Suits and Dresses at a Saving of 50 Per Cent

- Women's and Misses' New Summer Coats—Values to \$20. Sale Price... \$11.95
Women's and Misses' New Silk Dresses—Values to \$17.50. Sale Price... \$8.88
Women's and Misses' Suits—All new models; values to \$22.50. Sale Price... \$11.95
Children's Dresses—In Gingham and Reps; values to \$2.00. Sale Price... 95c

Entire \$15,000 Women's, Misses' and Children's SHOE STOCK FORCED OUT to make room for our enlarged Ladies' Ready-to-Wear Dept. Sale now on. Prices below wholesale cost.

Advertisement for BERNSTEIN'S featuring Women's Fiber Silk Hosiery, 85c values, at 48c, and Ladies' Lingerie & Voile Blouses, \$2 values, at 88c.

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