Conducted by Ella Fleishman

## ome Economics St. Berchman's Academy Graduating Class

A Safe Rule for Wheat Substitution

When we were first asked to use Part substitutes for wheat, and very gingerly introduced 25 per cent of other grains into our baked products. we were very agreeably surprised new flours we found the problem not to use two cups of barley flour or corn flour or other flours in place of

re not always successful, The reason now has been worked Pennut, flour, 1 c., 14 c. out in the experimental kitchen of the United States food administration. Yeast bread must contain wheat or rye because of the property those baked. Quick breads, cakes and cook- group 2. ies may be made from "before-thewar" recipes if the new flours are sub-

our two caps of wheat flour, we did

know just why, but our foods

### Advice to Lovelorn

By BEATRICE FAIRFAX.

Where There's a Willto France to fight for the American flag I have every intention of marrying him as I love him very dearly.

"More slowly and longer.

"4. Drop biscuits are better than the rolled biscuits, when substitutes are

ve him very dearly.

ow, Miss Fairfax, there is

s my home, a friend of site my home, a friend of the family, ho asks me to go out with him, just as friend, offering automobile rides and lots is good things similar to same. I cannot be out with him, as I think of my sweetest who is sacrificing his all.

What can I do?

A CONSTANT READER. offer the daughter of the house some lit- washing shake water from lettuce and peppers to each salad on lettuce leaf that your heart and loyalty are results for the salad course.

man in the army once a month, and my father objects to my bringing any boys or girls home. He says I am too young to invite any young man or girl to the house. Don't you think it is more respectable for the young man to come to the young lady's house than the young lady to meet him on the street? WEARY.

Father is making life a little difficult for you, but he recognizes your youth and longs to protect you. He wants to keep you a little girl, which is a way fathers have. He wants to make you take his orders, and so he threatens you a little bit. Try to get him to compromise with you-to let you have a litle harmless pleasure in order relax from your work. Suppose you rauade him to let you have company at ar house one evening a week and to so out with some boy or girl he knows one ening a week. Be in by 11 and tell father just where you go. Make him see hat he can trust you to take care of yourself. Two evenings for "good times" are plenty. You can't do your work very well if you get all tired out, rushing around in search of excitement. Even if you have to end up by only one good time evening, effect an amiable compromise that will put you and father on a friendly working basis of understanding.

Of Course It Is "Proper." Dear Miss Fairfax: Some time ago I was introduced to a young man at a social gathering at the home of a relative. We have corresponded since then, and now he has saked to take me out to my girl friend's me. My mother has met him, but not his parents, and knows nothing about them, and she will not consent to my going, as she believes it is improper for a girl ever to go out with a man unless she intends to narry him. Do you agree with her?

I am 17 and he is two years my senior. Will you please advise me whether it is proper for me to go out with him.

M. S. C.

I am a decided believer in clean, honest od times for young people, and of pleasant friendships between boys and girls I will always be an advocate. So I see no reason why you should not be permitted to visit your most intimate girl friend's home with this boy, who has been received as a est in your home, and with whom you ave been allowed to correspond. I would ot suggest your going about with just boy-or going just anywhere with this But to the home of your girl chum. with a boy you met in the home of your kinsfolk, and whom your mother in turn has met, why not? It is "proper," and is just the sort of little outing a mother can safely permit her daughter to have.

A Stepmother.

A Stepmother.

Dear Miss Fairfax. Some years ago a wife ran away and left her husband and two babies. She asked for a divorce, but he wowed he would never give her one.

I came into his life and he has decided he wished a divorce. He is 26 1, 21.

My mother tells me I can never love his two little girls, ages 5 and 2, and I must see this man as little as possible until after the divorce is granted. My inner self tells me as I love the father so can I love his children. My heart tells me I can rear his children. My heart tells me I can rear these girls to think I am their mother and love them as my own if I ever have any

Of course, any weman with fine instincts can learn to love two fittle babies who have no one else to mother them. I like your attitude toward the children of the man on love. These children are not an obstacle to your happy marriage. I dare not advocate divorce, because I might know only half a story and might be the means of breaking up a family for the third side a triangle. But when a mother deserts er-husband and children and states frankthat she wants to be free of them then the "other woman" in the case need never feel that she is a thief of love. think your judgment is really quite right. and I am delighted with the way you have figured out your problem. While he is seeeking his freedom you must do nothing to make him feel free to treat you with any lack of respect or to jeopardize your own good name. When the wife sees you ready to take the position she threw away she may be bitter and ugly. You owe it to

yourself, my dear, to take care of that self

Co-Operation

receive suggestions for the home economics column or to answer, as far a. she is able, any questions that her readers may ask.

to meet success. Then when the 50 stituted weight for weight instead of per cent substitution came along as measure for measure. Since it is not patriotic duty and we put one cup convenient for all housewives to of wheat flour with one cup of the weigh their flour, the food administration sends the following accurate impossible. But when we attempted table of equivalents to one cup of wheat flour:

Buckwheat, % c. Potato flour, % c. Corn flour, 1 c., scant Rolled outs, 1 % c. find such easy sailing. We did Cornmeal, coarse, % c.Rolled oats (ground in

A good combination is usually better grains have of expanding as the bread than all one flour. Select one from ises and hardening as the bread is group 1 to combine with one from

GROUP 1. Rolled oats (ground). Corn Flour, Barley flour, Rice flour Buckwheat flour, Potato flour. Sweet potato flour. Cornmeal. The following cautions are given:

"1. All measurements should be ac-"2. The batter often looks too thick and sometimes too thin, but you will find that if you have measured as given in the table the result will be

good after baking. "3. Bake all substitute mixtures more slowly and longer.

"5. Pie crusts often do not roll well and have to be patted onto the pan. They do not need chilling before

Summer Salads

Fresh vegetables and green salad yourself out of whole cloth? foods must be washed immediately this family friend thinks he must upon reaching the kitchen. After setes and means nothing at all endive leaves, put off any clinging them. However, I am only of- moisture, wrap in a tea towel or put this as a possible solution. If the into lettuce bag and keep cool until of your engagement and tries used. All fresh vegetables and fruits his attention upon you, he de- must be thoroughly washed, dried mercy. Tell him simply and with and chilled to give most satisfactory

When time is an important factor in the preparation of meals it is wiswho approve you with his est to use a quality canned fruit and vegetable for salad purposes. Vegetable Salad.

beans
1 thep, minord
green onion
Drain the beans and add onion and rected.









Archbishop Harty gave a short Diplomas and gold crosses were

address on the great progress of the awarded the young women shown

Francis P. Matthews gave an address on "Responsibilities and Opters and is now traveling in the east.

1621 FARNAM

Sisters of Mercy since their coming above.

to Omaha. He also congratulated the

girls on their splendid work in school.



Miss Marjorie Smith has resigned

Left to right: Marguerite Foley, Margaret Murphy, Kathleen Dunphy, Marie Flannigan, Marcell a Kennedy and Maybelle Etchison. Commencement exercises of St. Miss Ann Collins gave the salutatory. Ospoken by the six members of the portunities of Women at the Present Berchman's academy were held Mon- "Welcome to the Flowers." The val- graduating class.

day evening in St. Berchman's hall edictory "Sextette of Home" was Valuable information is also given as to combinations of substitue flours. No Old Potatoes on Omaha Market; New Spuds Costly

> A downtown store quoted prices of 5 cents a pound or 75 cents a peck for new potatoes, but had no old ones for sale at any price. It is only a few tiful rain and good growing weather weeks since the public was instructed to "eat potatoes. A surplus of 9,000,-000 bushels of last year's crop was said to be waiting to be consumed. Now the little, new potatoes are be-

pepper. Arrange in a mound in a nest of lettuce leaves. Serve with New peaches at 30 cents a basket French dressing, about one table- are here and they are fairly ripe. The spoon to each salad.

Spring Delight Salad. 6 Green peppers 12 canned shrimps

Scald the green peppers, cut in halves lengthwise and remove skin and seeds. Mix the shredded lettuce than now and their prices are moderand rice with French dressing and ate. heap in the pepper shells. Serve two or with a garnish of parsley. Spinach With Ketchup Dressing

can spinach Ketchup dressing hard cooked eggs 1 small head lettuce Prepare the lettuce and chili. Drain the spinach and form into molds in custard cups or any available mold, serve on lettuce leaf, with ketchup dressing and garnish with slices of hard cooked eggs.

Ketchup Dressing. % c. tomato ketchup

Beat the above ingredients together and serve on the above salad as di-

Special Sale Saturday, June 22d

HOT WEATHER DRUGS

What has become of the crop of ing dug before they get their growth last year's potatoes? This is a ques- and offered to the public at big prices tion which. Omaha housewives are Tomatoes are here in fair abunasking. Some of the stores have none dance from the southern gardens, sellat all. They sell only new potatoes, ing around 15 and 20 cents a pound They aren't all that is desirable in ripeness vet. All the common kinds of vegetables are abundant now, plen-

> having brought them out. Watermelons are still in the class of Juxuries, selling at 75 cents each or more. Cantaloupes are 12 to 20 cents each and are full flavored and well

home cherry crop is going fact. Large market baskets of them sell now around \$1.50. Gooseberries at 15 cents and raspberries at 25 cents a box are here.

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We have established a de partment of Shaving materials. It's surprising how many things there are in this line-come and

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Each Saturday you can buy the items mentioned below at prices attached. Here is a saving that is substantial.

25c Cox's Instant Powdered Gelatine for ...... 19¢ 28c ½-lb. Symond's Inn Cocoa. as delicious and rich as any goods on the market, two

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85c Jad Salts cut to ..... 59¢ 60c Pyramid Pile Remedy . . . 49¢ 50c Pavne's or Gossom Kid-

ney Pills for ...... 29¢ \$1.00 Sloan's Liniment for. 69¢ 25c Laxative Boro Pepsin . . 14¢ \$1.00 Listerine for .... 79¢ 25c Shermac Camphorated Witch Hazel and Arnica Salve ... 19¢ Lotus Hair Dye, made in three

shades, special sale, bottle, 79¢

25c Nature's Remedy. . . . . 19¢ 25c Allen's Foot Ease. . . . . 19¢

the genuine kind), Sat'dy. 24¢ Aspirin Tablets, bottle 69c

35c Fletcher's Castoria (That's

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Face Powders, Talcums, Creams, Lotions and Hair Preparationsat sharply reduced prices. Our stock in this line is, we believe, unequalled in these parts. \$1.00 Yale's Elixir of Beauty

de Theater, No. 18, for . . . 196 Cuticura Soan for ..... 196 15c Milrone Pouge for .... 9¢ 50c Hind's Honey Almond

Cream for .......346
65c Berry's Freckle Ointment 50c Creme de Meridor for .. 204 50c Riker's Violet Cerate for 39¢

\$1.00 Van's Mexican Hair 50c Pussy-Willow Powder ... 204 50c Carmen Face Powder for 39¢ Swift's Oriental Tar Shampoo

Soan for ..... 9¢ 25c Woodbury's Facial Soap Dear Face Powder for .... 39¢

Nettie Harrison's 4-Day Hair Restorer, \$1.00 size 89¢ This is a brand new stock.

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We are special agents in Omaha for this splendid article, so well adapted for cleaning almost every known fabric. T-h-o-r-o - yes, that's it—clear, colorless 25c liquid; large bottle.....

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