

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Home Economics

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Saving the Sugar in Preserving.

While the food administration is very generous in its allowance of sugar for canning and preserving, it is possible to save sugar even in those processes. It has been found perfectly satisfactory to substitute sirup in part, at least, if one can afford the extra cost of the sirup. If the substitution is pound for pound, the cost with sirup is slightly less, but if the substitution is by measure, the sirup cost is more because the sirup weighs more per cup than sugar does. Sugar weighs about 8 ounces per cup, corn sirup weighs 1 ounce. Of course when sirup is substituted by weight the sweetening effect is not so great but the resulting product is very palatable.

I am not sure enough of the use of corn sirup in jellies to recommend its use from personal experience, but I know it is very good in jams, preserves and canned fruit. And this season, we are urged to put up more jams and less jellies because jams utilize the whole fruit while in jelly-making, parts of the fruit often go to waste unless they are used for fruit butters. More fuel and time is required in jelly making than in jam making.

In canning, use at least half corn sirup if possible. The following formula has proved very successful for canning sirup:

1 part sugar 2 parts water
1 part corn sirup Heat to boiling

I tasted a delicious rhubarb conserve recently which was made with

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.

part brown sugar and part sirup. The color was darker than usual but the flavor was excellent.

Rhubarb Conserve.
1 c. rhubarb 1/2 c. brown sugar
1 lemon, juice and 1/2 c. white sugar
grated rind. 1/2 c. corn sirup.
orange, juice and 1-2 c. blanched almonds, cut in strips, grated rind.

Combine all the ingredients, except nuts, and heat the mixture until the sugar is dissolved. Then boil it rapidly until it is clear. Add the nuts and pour the conserve into sterilized glasses.

Harriet Ruth's Cooking Lesson.

CHERRY SALAD.

Harriet Ruth heard mother say to Mrs. Wood, who lived next door: "Isn't it good to have plenty of cherries? We've been revelling in cherries. I'm even planning a salad of them for dinner tonight."

When mother came into the living room she was besieged by the small daughter: "Can't I make the salad? I've never fixed one all by myself, and I know I could."

Mother agreed without much coaxing. Harriet Ruth had proven herself a real kitchen assistant, and her mother knew she would prepare the salad carefully.

"Mother," she asked, "have you a recipe for cherry salad?"
"No, I haven't," was the reply. "I just remember reading a description of it. Select large, firm red cherries, wash and pit them, and stuff with a bit of English walnut or almond. Arrange them on a bed of lettuce and serve a spoonful of salad dressing at one side. I believe we'll sprinkle our cherries lightly with powdered sugar, because they are so very tart."

"Is the lettuce ready, mother?"
"No, it isn't. That is part of your job, if you are to fix the salad. Be sure to wash each leaf in running water, and then dry the leaves by patting between clean towels just before serving. Salt the lettuce lightly, before arranging the fruit on it. A dash of salt improves even a fruit salad."

Harriet Ruth decided to stuff the cherries with blanched almonds, because the white would make such a

Wife of Explorer and Her Pol Parrot "Pollyanna"



MRS. MARTIN

Mrs. Martin Johnson, who recently returned with her husband from an exploring expedition of the Cannibal Islands in the South Pacific, and her parrot "Pollyanna." The bird is of red and blue plumage, and Mrs. Johnson has added a white ribbon about its neck, completing the combination of the American flag colors.

pretty contrast with the red fruit. She put the almonds in boiling water for two minutes, then into cold water for a moment, after which treatment the skins slipped off readily.

She pitted the cherries over a saucer to catch the juice. Then she mixed the juice with the salad dressing, so that none of the cherry flavor was lost.

The salad looked very festive indeed, with its red and white balls on a green background. The family decided that cherry salad was as good a dinner salad as orange or grape fruit salad because it was equally tart.

Watermelons and Potatoes Race Along at Same Price

Peaches, apricots, cherries and other fruits are becoming plentiful on the Omaha markets. Peaches sell around 30 cents a dozen. A large basket of apricots brings 75 cents. Cherries of the big, sweet California variety are 20 cents for a pint box.

Watermelons are fairly plentiful now, but the price holds high. In fact, they are as high as potatoes, 5 cents a pound. The high price of potatoes is a mystery of the market. What has become of the old crop, no market man knows. He knows there are none of them for sale, and he knows that the new potatoes, dug before their time, are sold at 5 cents a pound, which is equivalent to \$3 a bushel.

Cantaloupes are ripe and of good flavor. They cost 10 cents to 20 cents each. Sour cherries are nearly all gone, but a few are still on hand at some stores. Raspberries, both red and black, are still here, and very fine ones they are. Oranges and lemons are at unprecedented prices. The humble lemon that used to be dear at 15 cents a dozen is now unobtainably offered at 50 cents a dozen. Oranges cost 75 cents a dozen, with some smaller ones at a little lower price.

Tomatoes, raised not very far from here, sell at 15 cents a pound, and the time of their extreme cheapness is not far away, when the local crop begins to ripen. Celery, cucumbers, squash, peas and beans, peppers, egg plant and other staple vegetables are all good in quality and quantity now.

For Booklovers

Miscellaneous.
KEEPING UP WILLIAM. By Irving Bacheller, Bobbs-Merrill Co., \$1.00.

The first chapter of this book opens fire on the exacting industry of supering; the second, teaches that one should never hitch his conscience to a post as if it were a nanny-goat and go off and leave it; the third presents the story of the smothered son; the fourth hands out sense common to the superers in America; the fifth drops a few rounds of shrapnel on the Huns in America and the sixth is mostly for the boys of our army.

AMERICANISM AND SOCIAL DEMOCRACY. By John Spargo, Harpers & Bros., \$1.00.

The author interprets the socialization now going on in this country. He gives a program of social democracy for which every patriotic American can work. As a leader of the new national party he states authoritatively its aims and platform. A valuable feature of the book is the appendix containing the documents presented at the St. Louis convention illustrating the schism in the socialist party as a result of its un-American war policy.

THE SINGLE STAR. By Captain F. D. Orteron, George H. Doran Co., 75 cents.

John Edward Martin is typical of the eager, intelligent young man who leaves his desk to follow the colors. His home is in England, but all that he goes through is as true of America as of England. Step by step, by hard work and attention and honest

friendliness, he makes his way as a raw recruit, trained private, non-com, and finally through the officers' training camp to the coveted single star of the lieutenant.

GERMANY—HER OWN JUDGE. By H. J. Butler-Lorch, Houghton Mifflin Company, 50 cents.

This is a reply of a cosmopolitan Swiss to German propaganda.

A MINSTREL IN FRANCE. By Harry Lauder, Hearst's International Library Company, 50 cents.

Harry Lauder has dealt wondrously with the human side of the war. He tells us of the men in the trenches and their brave hours of leisure in the Young Men's Christian association huts or rest camps, and what they are thinking about the great cause for which they are ready to give up their lives. He relates how he sang to these war-worn veterans on the shell-swept fighting line, and describes the enthusiastic reception they gave him. He tells of his visits to the hospitals and his cheering talks with the wounded. A born artist, he has excelled in presenting a series of touching incidents which appeal to the reader and intensify interests in his remarkable story.

BEHIND THE SCENES IN THE REICH-STAG. By Abbe E. Wetteris, George H. Doran Company, \$1.00.

These memoirs of an Alsatian priest who has devoted his life to fighting the political battles of his oppressed people are animated by verse, intensity and humor, and present the judgments of an eye witness of the scenes described. The author's years in the German parliament have given him clear and detailed evidence of the hypocrisy, stupidity and servility of that body. The characters of German leaders—the kaiser, von Bulow, the crown prince, von Tirpitz, Scheidemann, Bethmann-Hollweg and a host of others—are drawn with the assurance of long personal observation.

PRESIDENT WILSON'S STATE PAPERS AND ADDRESSES. George H. Doran Company, \$2.00.

This book contains over 70 addresses and state papers, including all the historic war utterances both preceding and since our entrance into the war. It has a complete index and a list of the notable phrases coined by President Wilson, with the places where they occurred.

WOMEN AND THE FRENCH TRADITION. By Florence Lettich Ravenel, The Macmillan Company, \$1.00.

Under the heading "A Law Unto Herself," Mrs. Ravenel considers George Sand; "The Freat Tradition" is devoted to Mme. de Sevigne; "The Riddle of the Sphinx" to Mme. de Lafayette and "A Woman Critic of Women" to Arvede Barine. There is an introductory essay on "The Eternal Feminine," another on "Great Women's Daughters," and still another on "Women of France." Mrs. Ravenel is a writer of skill with broad literary appreciation and sympathies, and her volume is one that will interest all who wish to get closer and better understanding of French culture.

Magazine Notes.
July Scribner begins with a timely and appropriate front-piece in color, "The New Fourth of July, 1918." "The U. S. Naval Academy" is the subject of an article by Carol Howe Foster, one of the instructors. Captain Jacques Rouvier, of the French military mission, tells how "The Defensive Battle" is fought. An article that will be read with serious consideration of its significance and plainly spoken truths is Frederick Moore's "Defeat, Compromise or Victory." Fiction includes short stories by Maxwell Struthers Burt, Edward C. Venable, and Hansell Crenshaw, the latter telling another story of the detective Dr. Brill.

A remarkable variety of timely topics is to be found in the July Popular Mechanics magazine. The articles, 296 in number, are made interesting and easy to understand by 381 illustrations. In the shop notes department is an interesting story of the remodeling of a diary barn, so that a farmer, whose two sons had enlisted, was able to do all the work that formerly required the time of all three.

The story of "Foghorn" Macdonald, who, at 53, enlisted in the Canadian forces by swearing that he was 39, is told in the July American Magazine. In addition, there are such articles as an interview with A. Barton Hepburn, the famous banker, who asks whether you are the right age for your job; "Positively the Last Appearance of John Barleycorn," which tells how little whisky is left in the country; "My Experience with Women in Men's Jobs," the story of an employer who has had to hire women because of the war and "The Biggest Taxicab Man in America," which tells about John Hertz of Chicago.

In the July Woman's Home Companion Kathleen Norris, the well-known writer, has written a story of France after the war entitled "Nineteen-Thirty." There is also Margaret Deland's third article from France, "Napoleon and Others," and delightful short stories by Sophie Kerr and Sylvia Chatfield Bates. Among the articles is one on "The Girl of 17," by her mother, and a whimsical vegetarian revel on "Garden Sass," by Laura Hinkley.

My Hat Diary

—BY—
Carita Herzog



While shopping yesterday I saw Patsy Marshall over at a counter looking at fillet lace. I went over and gave her a little tap on the shoulder; she glanced up at me and said with great astonishment, "Why honey, have you got on another new hat?" told her it was only a last year model, camouflaged. I must confess it was an alluring little poke. It is green straw and a pink bow is at the nape of the neck. Patsy's hat was very stylish, too. It was a tight fitting toque of gray satin, a black velvet band was drawn through the hat. A bunch of black aigrettes perched up directly in front gave her the appearance of a very haughty little suffragette. A loose veil encircled the "chic" little "chapeau".

Beauty Building With a Broom

Of course you always knew that you could get exercise with a broom. You will say immediately that millions of women in this country, young women, middle aged women and old women, get considerable exercise with a broom every day of their lives.

But what kind of exercises? A great proportion of these women are prepared to tell us that not only through the use of the broom but in many other ways they find a great deal of exercise in their housework. But again, what kind of exercise? The truth is that many millions of these same women who do plenty of housework each day are anything but inspiring examples of the possibilities of physical culture.

There is a fundamental difference between work and exercise, even though there are certain varieties of work which constitute ideal exercise. And even though too much exercise or too much of one kind of exercise may take the form of work.

Work carried to a certain point tends to build and maintain a certain amount of strength. Beyond that point it is exhausting. Exercise is far more effective for building the body and developing strength because it is especially designed for the purpose, and within proper limits is refreshing and invigorating instead of exhausting. It tones one up and gives increased energy instead of consuming it.

Work commonly overtakes certain muscles or groups of muscles while neglecting others. Exercise brings in to play the neglected muscles, correcting any special weakness or defects and giving the entire body a uniform development of strength and symmetry.

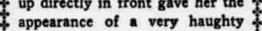
Exercise promotes the flexibility of the spine and of all parts of the body, raising the chest, improving the carriage and imparting tone and vigor to internal as well as external parts. Work, on the contrary, is usually conducive to poor bodily posture, with stiffness and rigidity of all parts, and this particularly applies in the case of housework. Nearly all of the activities of housework are of a nature to bend the back, drag the shoulders forward, cramp the chest and give one that drooping, tired out appearance that immediately suggests the need of something in the nature of "setting up exercise."

Sweeping is indispensable in maintaining a neat and clean house if one does not arrange to accomplish by the use of a vacuum cleaner or by some other method, but after sweeping it is a simple enough matter to overcome the cramping of the chest and any stiffness of the body by a few minutes spent in refreshing and stimulating wand exercises performed with the broom handle. Whether after sweeping, or irrespective of any sweeping whatever, a broom makes an excellent gymnasium device.

The more action one is able to put into his or her exercises, whether with a broom, in free movements or in any other form of training, the greater is the benefit. No movement should be performed in a half-hearted way. Each movement should be done with a pronounced stretch of the muscles involved and with the expression of as much energy as may be justified by the type of exercises involved. Five repetitions of any movement executed with energy and spirit would be more effective than twenty-five repetitions performed in a perfunctory manner.—Dorothy Pearl Buchanan, in June Physical Culture.

POTATOES MAY BE MADE PROUD

NUH—HAVE I FOLLOWED MY INSTRUCTIONS RIGHT ???



THE MEAT CHOPPER IS USED FOR PREPARING VEGETABLES FOR DRYING

NATIONAL WAR GARDEN COMMISSION, WASHINGTON, D. C.

Don't let your vegetables reproach you for not having followed directions properly in traveling the road to drying. Get the book from the National War Garden Commission, Washington, for 2 cents postage.

Advice to Lovelorn

By BEATRICE FAIRFAX.

Quite Correct.

Dear Miss Fairfax: I have been engaged to a young man for five months, and would like to know if it would be proper for me to go with him to visit his relatives in the country this summer. I have met some of his relatives on their visit to the city and have dined at his home frequently. The mother and sister of my fiancé will also be in the country at the same time, stopping at the same place as K. D. E.

Your fiancé's mother is always a suitable chaperon. Even without her it would be quite in good taste for you to visit with him at the home of his relatives.

A Lie.

Dear Miss Fairfax: I have been going about with a young man who is under the impression that I am only 26. In reality I am 32, three years his senior. Knowing that he would stop seeing me if he knew my age, would you advise me to tell him?

You cannot build a fine relationship on a lie. Evidently you feel that this boy will some day discover the truth. Then he will do one of two things—either feel that it is immaterial that there is a difference in your ages, or lose interest because of it. You might just as well find out which, and not throw into the balance against yourself the fact that you cannot be counted on to tell the truth. After all, a 19-year-old boy cannot be very serious in his attentions to any girl—and this would apply to your case equally well were you a year his junior.

Don't Shirk Your Task.

Dear Miss Fairfax: I am 30, married and divorced. A boy 18 is desiring that I should like him merely as a friend, but he has taken me very seriously. I want to break this, and, as he is now traveling on the road, think it a good time to proceed. I don't want to do it too suddenly, as I am afraid of hurting his feelings. Can you advise me?

"MORROW."

I think you are right in your idea, but you are a bit cowardly about carrying it out. Maintaining the boy's friendship will not work. And probably you cannot escape hurting his feelings. But he is much too young to be drifting into a love affair, and you are older in years and almost "four" older in experience. I think you must sacrifice your friendship for the sake of his happiness; if you refuse to do this you are shirking your real responsibility toward him. If you have the courage to tell him frankly exactly how you feel, and to dwell on the fact that he appears to you to be a mere boy, you will save him from unhappiness. The point is: have you the courage? You can't have your penny and your cake, you know.

Should He Have Another Chance?

Dear Miss Fairfax: At the age of 21 a young man several years my senior appeared to be very much in love with me, by every word and action. He often spoke of the happiness that would be ours when we became united in marriage. Suddenly, without any explanation, he married. Four years have passed. In the meantime his wife has died. He writes that he is coming to ask my forgiveness and begs me to give him another chance. Should I refuse to see him, or do you think he could be loyal and trustworthy after this?

ANXIOUS.

I think you will have to be governed very largely by your feelings toward this man. Do you still care about him? If your affection has stood the test of four years it might be well to give him another chance, though his conduct toward you was reprehensible. Why not assume the attitude that the friendship of four years ago was rather ancient history; allow him to call and find out if he still interests you. Sometimes these old beaux are very much like old gossams. When we see them, after the lapse of years, we wonder how we ever took them seriously. From our present viewpoint they seem queer and antiquated, and we realize that we have been just as well off to have them put away, out of sight. Look him over, by all means, but don't lose your head over him again.

A Real Compliment.

Dear Miss Fairfax: About a year ago I met a young man in business, and we became "good chums" in a short time. Then he was drafted and has been corresponding with me. He has visited me almost every time he has had a furlough, but he has never come alone. We have always gone out in parties of five or seven in his car. I was out one night when he called, and I was told that his mother, father and brother were in the car with him.

My friends constantly tease me about "My mamma's boy" who is afraid to visit his sweetheart without a chaperon.

CONSTANT READER.

And some girls complain because the men they like do not pay them the compliment of introducing their families! Of course, this man's attitude carries with it a real tribute—and I am sorry that you do not properly appreciate it. Your boy is in camp; he has little spare time, and he tries to see all his dear ones at the same time. Suppose he chose to let his loyalty to his own flesh and blood keep him from seeing you. How would you like that? Don't let busybodies attend to your affairs for you. If you must answer them at all tell them that you are proud of your friend's loyalty and devotion to his own people, and equally proud that he finds you the sort of girl he can't be proud to introduce to his family.

Why Seek Trouble?

Dear Miss Fairfax: A stenographer in a very respectable office has given one or two lunches at her office for the employer and two or three coworkers of both sexes. Every one contributed for the food and other little necessities. They were held on Saturday afternoons after the regular office hours. This young lady wishes, by the suggestion of the employer, to have another luncheon to which some of the business friends of her employer, working in the same building, shall be invited. These friends will benefit the business. This time, however, dancing is wanted, for which one of the young ladies will bring a small phonograph. Some games will also be played.

Everything pertaining to the former luncheons was innocent, dainty and delightful. All parties concerned respect one another greatly. Do you see any harm in the plan?

The idea seems to have been very jolly and pleasant when it started. Now, I don't see why anyone need read evil into its next development and manifestation! The fact that business friends of the employer are coming instead of merely employees and co-workers may be a bit out of the ordinary. The point is this: The world is run on a snobbish basis and when men of the employer class play social attention to their bookkeepers and stenographers, Mrs. Grundy lifts her eyebrows. It seems to me, however, that any dignified, well-behaved girl can afford to waive her snobbishness and to meet her employer and his friends on a basis of equality at least once. If the party is as delightful and dignified as were the previous ones, then it justifies itself. If it is in any way unpleasant, a sensible, well-behaved girl can manage to call the meeting to order at once and refuse ever to have anything to do with another such party. All of us nowadays are a little too much given to looking for trouble.

FOUR-COLOR WAR MAP

Yankee Victories in France
FREE With this Sunday's Herald and Examiner you will receive the latest Four-Color Map of the Fighting Areas in France. This map will show particularly the zones where our own boys have won such glorious victories and also those sectors where the Germans are preparing their new drive against us. A most interesting and timely map FREE with your Super-Sunday paper to-morrow.

OLD GLORY SONG BOOK

Your big Super-Sunday Herald and Examiner to-morrow will also contain a new War Song Book, which will be included free. There will be three big "Song Choruses" with words and music, besides the complete words and music of the great new patriotic song, "OLD GLORY IS THE SIGN," by James G. MacDermid. Having answered appeals and written songs for John McCormack and Galli-Curci, MacDermid now answers the greatest appeal of all—"HIS COUNTRY'S CALL"—with stirring song, an American Marseillaise. Order your copy of

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