

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Home Economics

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Changing Standards For Cooked Products

An interesting change has come about in our cooking within the last year. Our old standards are gradually slipping away from us. Color was one of the first ideals to change. Formerly white applied to bread, rolls or cake was a mark of approval. We talked about "such nice white bread" and "delicious white cake." Now "white" bread is discussed in almost the same hushed tone as one would say "traitor."

Changed Textures.

Probably our most pronounced change in standards is in the texture of batters and doughs. Formerly we scorned a biscuit that was not light, fluffy and elastic to the touch. The biscuit should have risen to twice its size, and the muffin have come to a tempting peak. Most of these demands we relinquish. Of course a biscuit or a muffin must be reasonably light in relation to its size; but feather-lightness is not essential. Elasticity is not possible with many of the war flours. We have never demanded a corn bread that was other than crumbly, and cannot expect other cornmeal products, for instance, to be different. One thing, however, we still demand, and that is freedom from sogginess. A soggy biscuit always has been and always will be an abomination.

Another food texture that is completely changed is the texture of frostings. We have either given frostings up entirely or have limited ourselves to boiled frosting made with syrups or maple sugar. The maple frosting has the advantage of the usual creamy consistency to which we are accustomed; but the very great disadvantage of price. The syrup frostings will not cream at all. They are good in appearance and flavor, but have a nougat consistency. They

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.

will not glaze over and must be eaten with a fork. Still, why object to nougat on cake instead of cream candy? One may be just as much of a "success" as the other.

Whether we will or no, we are gradually learning the true flavors of things. For so many years we have masked the taste of most of what we cook under a deluge of sugar. It is queer even now to go back to the old heavily sweetened foods. Try it once and see. If you have really been scanting the sugar for the last year you will not want to go back to the old way. My college students decided recently not to order any sugar at all for ice tea to be served at a luncheon, because they had discovered the unsweetened beverage was perfectly palatable. It is surprising how sliced bananas served with sliced oranges or other tart fruit as dessert, makes the use of sugar entirely unnecessary and leaves the fruit flavors undiluted.

RICHES IN THE CELLAR

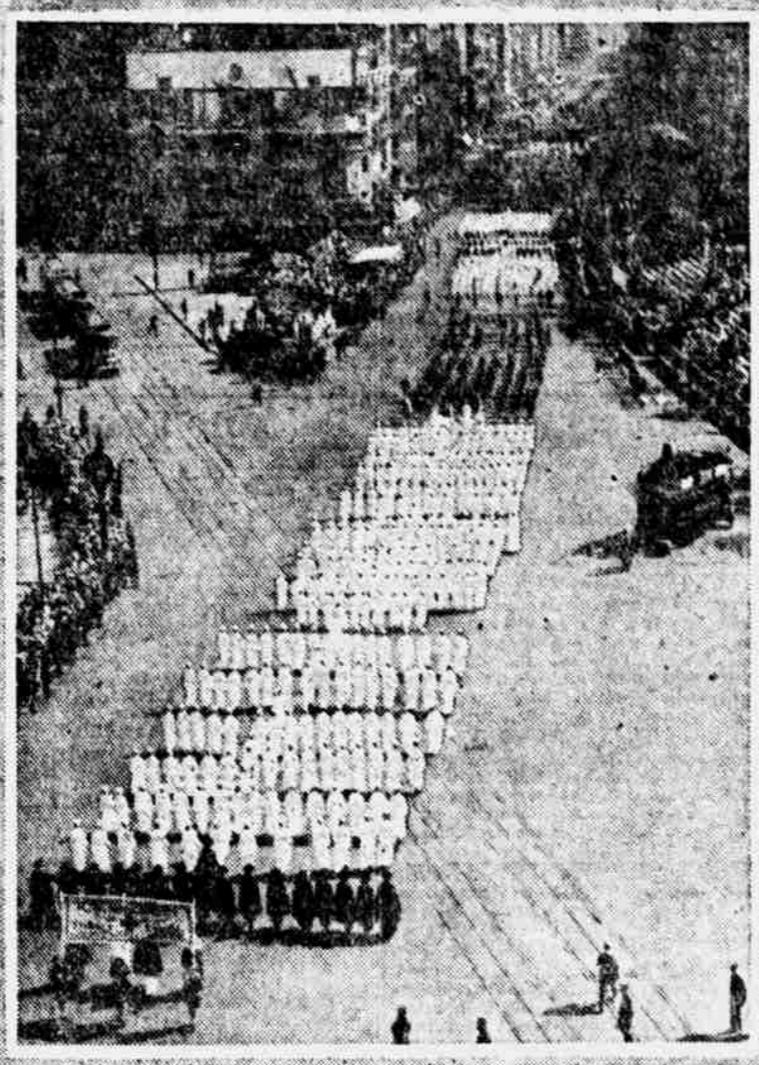


Let every trip to the cellar be a trip to a storage house for canned or dried vegetables and fruits. Write the National War Garden Commission, Washington, D. C., enclosing 2 cents for postage on a free canning and drying book.

Knitting Luncheons

- Menu: Baked Stuffed Heart, Brown Potatoes, Fresh Tomato Salad, Pineapple Surprise, Coffee.
- Pineapple Fritters, Baked Potato, Cinnamon Toast, Coffee.
- Potatoes Au Gratin, Bean Flour Muffins, Fresh Strawberries with Whipped Marshmallow Topping, Wafers.
- Assorted Sandwiches, Fresh Tomato, Pineapple Sherbet.
- Herals, Tuna Salad, Marshmallow and Raisin Sandwiches, Grape Juice.

Red Cross Nurses in Parade



More than 100,000 men and women of 42 different races and nationalities marched in the greatest Fourth of July celebration in the history of the country. For more than 10 hours the hosts of Liberty poured through the streets of New York. The photo shows the contingent of American Red Cross nurses passing in review.

Successful Invaders

According to the announcement of the Emergency Council on Education, the universities of France have accepted the offer of 100 scholarships for French women in American colleges and universities, and applications are already being received. The council made the offer on behalf of the Association of American Colleges.

Thirty women began training as industrial secretaries at Bryn Mawr college June 10. The Young Women's Christian association has appropriated \$15,000 for the purpose and the work has the approval and encouragement of the Department of Labor.

A country club for girl employees of the government has been opened in Washington, D. C., by the Young Women's Christian association. A club house on a seven-acre lot belonging to the Friends' school has been procured.

The Girl Scouts of America received their first official recognition from the War department last month

when 11 of them were appointed messengers by the surgeon general's office. "We want trained girls for this work," said Lt. Ralph H. Jones. "That is why we employ Girl Scouts. They have had the advantage of discipline, they have been trained in courtesy, and the care of the body. Their uniform, too, gives them a military appearance."

Two women psychologists, Dr. Mabel Fernald and Dr. Margaret Cobb, have been appointed to the army medical department at Washington, D. C. According to Maj. R. M. Yerkes of the psychological division, trained women can be used for the highly specialized work of handling the army reports and may eventually be called upon to assist with work in special hospitals dealing with cases of reconstruction.

Scottish Women Mobilized For the Pulling of Flax

The experiment of mobilizing woman power for agriculture in Scotland has been successful, according to the report of the Flax Women's County Committee on Food Production, transmitted by Consul H. Albert Johnson.

The Flax Production committee of the organization had aimed at cultivating 2,000 acres in Fife, and contracts had been entered into with farmers for 1,200 acres. Based on English experience, about 800 workers would be needed for this acreage to accomplish the work of flax pulling. In good weather a woman can pull an acre in a week, the harvest lasting from a fortnight to three or four weeks.

Bosphorus Fish Have Increased in Price

Dr. William W. Peet, who recently returned to the United States from Turkey, says that there are 80 varieties of edible fish in the Bosphorus. During normal times great wagon-loads of these fish were carried through Constantinople. A fish 20 inches long often sold for the equivalent of 5 cents. The poor were thus able to obtain food for very little money. Today a similar fish is sold for ten times the usual price. "This is not because there are fewer fish in the Bosphorus," said Dr. Peet, "but because there is no longer an adequate supply of fishermen."

THIS IS THE AGE OF YOUTH

Strands of Gray Hair May Be Removed

Strands of gray hair are unattractive and very unnecessary and accelerate the appearance of approaching age. Why not remove all traces of gray in the hair and possess an even shade of beautiful dark hair in bountiful quantities by the use of "La Creole" Hair Dressing? Used by thousands of people every day—everywhere—with perfect satisfaction. No one need be annoyed with gray hair—hair streaked with gray, diseased scalp or dandruff when offered such a preparation as "La Creole" Hair Dressing. Apply it freely to scalp and hair, rubbing it in well, and after a few applications you will be delightfully surprised with the results.

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Advice to Lovelorn

By BEATRICE FAIRFAX.

Which Man?
Dear Miss Fairfax, Omaha Bee: I am a constant reader of "The Advice to Lovelorn." I also enjoy the other interesting and helpful things you write for The Bee. As I have a very difficult proposition before me, I am asking your advice. I am a girl 19 years old. I have been keeping company with a young man I know of 21. My mother objects very much to my going with him, as he does not have a good reputation in his home town, although he has always treated me fine. I can not give him up. I have tried to forget him by thinking of my work, but I can not. I think of him all the time. I am sure he loves me and he has asked me to marry him, however, we do not expect to marry for at least two years. Here is the trouble. I had been going with a young man for three years, before he joined the army and that has been two years ago. He asked me to marry him before he left, but I did not promise. We have corresponded ever since. Mother has always wanted me to marry this man. He is six years my senior and I am sure I do not or could not love him. I realize that marriage is the one step in life. What should I do? Marry the man I do not love, or go against my mother's will? Please answer in The Daily Bee. Thanking you in advance. KITTY K.

You have evidently weighed this matter very carefully, and after all, no one can really help you. You must decide for yourself. If you cannot marry for at least two years you may be able to let the matter drift along without making a definite decision for some time yet. You know best the one you love and that is the one I would choose, by all means. I appreciate your feeling for your mother and how eager you are to carry out her wishes. I would not say anything that would cause you to do otherwise, for I am confident that she is thinking only of your good. Wait your two years and then if you are positive that this man is the only one for you, there is only one course open. If your feeling has changed in that time, you will be glad that you waited.

Making Good.

Dear Miss Fairfax, Omaha Bee: A few weeks ago I met a girl who was very much. She confessed her love through a letter which she sent me. Everything was all right till I told my past, which is not a good one, but a year ago I changed and had held down a good position. I am well liked by my employers (who know my case).

The young lady says I may see her once a week and become engaged when I make good. This will take a long time, as I am going to college when I can. MYING.

My dear boy, if you want to give years to study and education and growth, don't you think a wife would be a pretty serious handicap? Four years at college—perhaps two years of preparation; have you a right to ask a girl to wait so long. Now that you have torn yourself away from your former life and have felt the strings of ambition, wouldn't it be better if you devoted yourself to work for awhile? You know you want to justify your employer, the good friend who is helping you to live down your past. Don't be foolish about the girl. Surely you would not want to cut her off from all her friends and acquaintances and have her sit waiting for you for years. Think how you have changed in the last year. You are going to continue growing and developing—do you want to risk marriage in your present state? Don't you think you are likely to grow away from this girl? Be friends with her, but don't try to bind her by any promises and don't be selfish enough to take her away from other friendships.

Beatrice Fairfax, Omaha Bee: Sometimes life is a lonesome proposition. Three months ago I came to Omaha from Chicago, to be housekeeper for a very nice family whom I knew in Chicago. Although these people are very nice to me and take me about in their car, I have been unsuccessful in making acquaintances in my own class. I am a Catholic girl and want only nice friends among working people. Will you please tell me through your column how I can find such acquaintance? LONESOME.

It seems a pity that there are so many splendid people really suffering from lonesomeness. The "Lonesome Club" in Chicago is a splendid thing and every city should have one, but it takes the efforts and financial backing of our philanthropically inclined citizens. Are there no church societies to which you could belong? I suggest that you go to the public work shop or the Red Cross in the Keating building Tuesday and Thursday nights, or both.

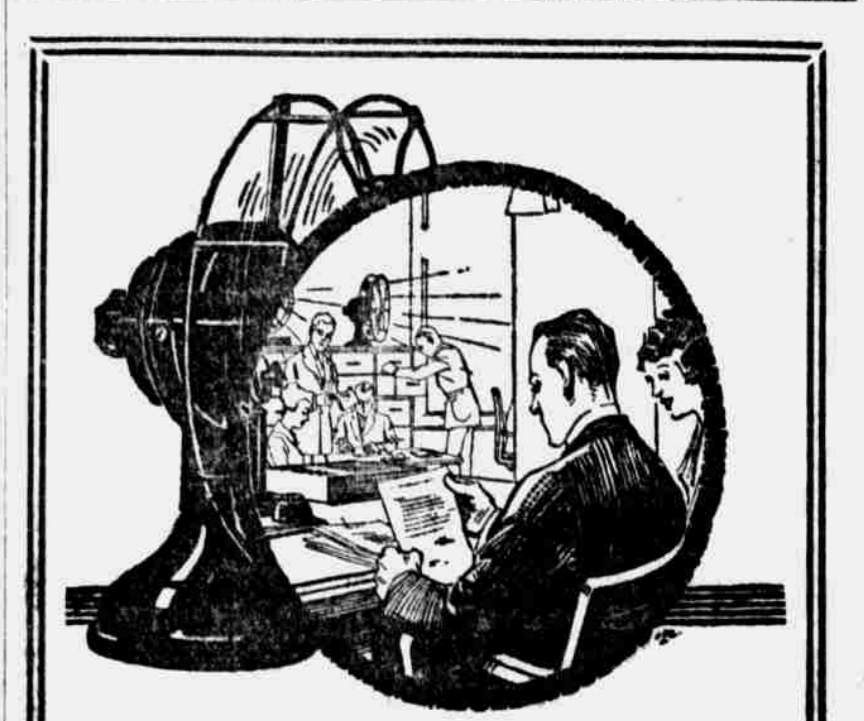
and thereby help with the war work and make new friends. Rest assured there are many men and girls in Omaha suffering from lonesomeness and they are experiencing the same difficulty in making friends.

Selfish Friend.
Dear Miss Fairfax, Omaha Bee: I am a young girl of 18, and have been keeping company with a young man for the past three years. He never wants to take me any place and doesn't want me to associate with any young folks, only sit at home. Can you give me some reason, why you

think he should do this? Do you think I should go ahead and do as I care to or listen to him. If I ask him not to associate with immoral people he says I am jealous. Do you think it would be best for me to drop his friendship. Please put answer in Omaha Daily Bee. ANXIOUS.

HUNGER THE BEST SAUCE

Sauce is used to create an appetite or relish for the food. The right way is to look to the digestion. When you have good digestion you are certain to relish your food. Chamberlain's Tablets improve the digestion and create a healthy appetite.—Adv.



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GOLD PACK METHOD IN 12 SHORT STEPS



Before being stored away for the winter jars should be wrapped in brown paper to protect them from light, says the National War Garden Commission of Washington, which will send you a free canning book for a two-cent stamp. Watch for step No. 12.

"Dreamland Adventures"

By Daddy—The Beautiful Stranger. A complete, new adventure each week, beginning Monday and ending Saturday.

CHAPTER III
A Message From the Sky
(The King of the Wild Geese tells Peggy to the Northland to help him find the Beautiful Stranger, with whom he has fallen in love after rescuing her from a flock. In the previous chapter he tells Peggy of his romance and of the Beautiful Stranger's warning to flee from the approaching bandit Geese.)

"I WOULD have fought the world for the Beautiful Stranger," declared the King of the Wild Geese, continuing his story. "Indeed, I was particularly eager to do battle with Rusty Face and his bandit flock. But the Beautiful Stranger urged me to escape.

"They will kill you," she pleaded, "and I do not want them to kill you. The tender look in her eyes as she said this caused me to yield.

"I'll go now," I cried. "But I'll come back after you. Never shall you wed Rusty Face."

"Come for me soon or it may be too late," was her farewell message as I took wing.

"Rusty Face and one of his lieutenants had raced on ahead of the flock and now they tried to cut me off. But they were not counting on the impetuous courage that comes with the first thrill of love. I charged right into Rusty Face upsetting him in full flight. Over and over he flopped as he tumbled downward. I went right on after the lieutenant so fiercely that he fled before me. I overtook him and thumped him on the head with my beak until he was glad to escape by a sudden dive.

"Honking my defiance I sped home and the Bandit Geese did not dare to follow."

The King paused and sighed deeply. "And then?" suggested Peggy.

"That is the end," groaned the King. "I gathered my army to rescue the Beautiful Stranger from the bandits, but when we sought the Blue Geese, they had fled. We have searched far and wide, but all in vain. They have vanished. Princess Peggy, you must help me ere my beloved becomes the unwilling bride of Rusty Face."

Peggy carefully thought the matter over before she answered.

"Doesn't your flock usually live in one place in summer and another place in winter, following the same paths in the sky going back and forth," she asked.

"Yes, all Geese do," replied the King.

"Then we'll have to find where the Blue Geese have their homes and watch their usual air paths."

"But these Blue Geese are bandits," exclaimed the King. "They are roving raiders."

"Like the bandits of Mexico?" asked Peggy.

"Why, they are the bandits of Mexico," replied the King. "That's where they spend their winters."

"And that must be where they get their banditting ways," exclaimed Peggy, who was a reader of the papers.

The King was so nervous he

Simple Simon's Signs

Complete the letters of Simon's sign—they will spell the names of kinds of monkeys. (Answer to previous puzzle—PHLOX.)

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