# WOMANS SECTION

#### What to Take on Picnics

You will be going on picnics this summer and here as everywhere else the United States food administration asks your co-operation. Don't pack up more than you will eat. If there is anything left, take it home. Wheat bread sandwiches are taboo; so is beef. But there is a vast variety to choose from nevertheless.

Here is a list of meats-things Beef Tongue which we cannot ship abroad: Wienerwursts Picnic Ham Summer Sausa

Instead of meat: Chicken Hard boiled or deviled eggs Game

SANDWICH FILLINGS. Cream Cheese or Cottage Cheese Chopped Egg and Pepper Date and Nut Salmon and Mayonnaise

Chopped Chicken and Celery Honey and Nut Peanut Butter and Chopped Celery

VEGETABLES With Tomatoes Peppers

Potatoes (Baked in Coals) Corn on Cob (Roasting Ears) FRUITS Apricots Bananas Berries Cherries Melons

ilome Economics Edited by IRMA H GROSS
ROUSZHOLD ARTS DEPT CENTRAL HIGH SCHOOL

Peaches Pears

Punch for a Large Number Sometimes it is convenient to have a recipe for fruit punch for a large number-a recipe that has been tried out. In some ways it is impossible to give an exact recipe because the acidity of lemons and oranges varies somewhat; and people's tastes vary corn syrup, and one part water. The considerably. However, when preparing for a large number only one person's taste can be consulted usually -the taste of the one who does the

preparation and mixing.

Conservation Syrup for Beverages. It is more economical to sweeten a beverage with syrup than with sugar because none of the sugar in the ingredients. Dilute up to two galsyrup is wasted. In substituting lons. If the punch is mixed ahead of corn syrup for part of the sugar, one time, the cherries and pineepple must decrease the amount of water should not be added till just before and remember that syrup has less serving, as the soaking takes away sweetening power than sugar. The the flavor of the bits of fruit. patriotic thing to do is to accept the This amount will fill 32 large size less degree of sweetness, it seems glasses, or 60 to 75 punch glasses. to me, though one can increase the A thin slice of orange and a bit amount of corn syrup. A good pro- of mint in each glass makes a more portion is one part sugar, one part tempting beverage.

Co-Operation

Mis. Gross will be very glad to that her readers may ask.

Basis for two gallons of punch: 1 8-ounce bottle I pint of grape juice 1 c. sugar

l large can shredded 1 a. syrup pineapple 1 a. wate Boil the last three ingredients together one minute, cool and add other

<del>\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*</del>

Boiled Beet Greens.

Wash thoroughly and scrape roots,

cutting off ends. Drain and cook one

Boiled Green Corn.

Economy Vegetable Salad.

Combine any left-over bits of

cooked vegetables, such as peas, string

beans, carrot, corn or fresh celery

Season and blend with cooked or

French dressing and serve on let-

Right Off

Clara Kimball Young has been

elected honorary captain of the 24th

in recognition of her aid for war re-

when she heard they were in quaran-

tine. She is now touring in the north-

west and will go to New York at the

end of the month to buy clothes for

her next picture, "Cheating Cheaters."

has admired the beautifully formed

hands of Madge Kennedy wants to

perpetuate them, not in marble, but

n-soap. Commissioned by a man-

ufacturer to approach the star, and

imbued with a sense of the impor-

tance of his mission, the soap modeler

was disappointed in Miss Kennedy's

amused refusal. She said it would

make her think of herself in every-

Nazimova, Metro star of two screen

lassic productions, "Revelation" and

Toys of Fate," had all her gowns

or this picture designed by a Rus-

ian artist and carefully made from

Frank Beamish, who plays the part

of Kate Loomis, political boss in Miss Innocence," a William Fox

roduction, once played in support of

"The Message of the Lilies," The-

da Bara's superproduction, has been

completed at Hollywood. The in-

terior of one of the magnificent

western churches is used for one

"Life is all pretense," says Madge Kennedy. And she ought to know,

for she lives in New York, where

everybody is pretending to be what he or she isn't. Besides, Miss Ken-

The school board of Beverly, Mass.,

has adopted a rule allowing the em-

ployment of married women as

teachers where the husband is in the

Women as deckhands is a recent

innovation on Columbia river steam-

Alexander Salvini, the famous trage-

he design and coloring.

ody's dishpan.

Pretender.

boats.

nation's service.

A New York sculptor of note who

Miss Young adopted this company

the Reel

Beets or celery.

Cooked dressing or

French dressing.

with butter and salt.

14 c. cooked pens. 15 c. carrots. 14 c. cern.

Remove husks and silky threads.

Vegetables

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There are so many vegetables to be salted water. Cook one hour or until afford to do without wheat, beef and small quantity of milk, cook five min sugar. The United State food admin- utes and season with butter or butter istration feels that the use of vegeta- substitute, salt and pepper. bles cannot be too strongly encouraged.

Boiled Summer Squash.

Wash squash and cut in thick slices hour or until tender in a small quanor quarters. Cook 20 minutes in boil- tity of boiling salted water. Season ing salted water or until soft. Drain, with butter or butter substitute, salt mash and season with butter or butter and pepper. Serve with vinegar. substitute, salt and pepper. Sliced Tomatoes.

Wipe and cover with boiling water: Cook 10 to 20 minutes in boiling let it stand one minute, when they water. Place on platter covered with may be easily skinned. Chill thornapkin; draw corners of napkin over oughly and cut in slices. Tomatoes corn, or cut from cob and season may also be peeled by careful rubbng of surface with a knife which allows skin to be easily removed. This is of advantage, as it does not hear the tomato.

Boiled Onions.

Put onions in cold water and remove skins while under water. Drain, put in a saucepan and cover with boilng salted water. Boil five minutes. drain, and again cover with boiling

Flicks of Fashion

of the Moment in Omaha Shops

What to wear while winning the battalion, Company B, of the national war has been answered in broad army, now stationed at the Presidio. terms this summer by the skirt, blouse and sweater combination, yet

there are always those who seek in-

dividuality, even in the expression of their love of country. Sleeveless garments gain favor constantly. A country suit of soft

heather tweed in green brown shade features a new version of this jacket. It has patch pockets, is tied with a narrow belt. It is worn with a cape which buttons beneath the roll collar. The skirt is a plain two-piece model. It is an excellent choice for motoring or walking. A nautical sea jacket built on the

lines of the sailor boy's coat, is a patriotic substitute for sweaters which can be released for the army and havy. Sweaters should give up wool for silk in the wardrobe of the woman ! war winner.

A white pongee costume, with a graceful Russian blouse, worr over a pleated skirt stitched in blue, obeys all the dictates of "save and serve." At the same time it is a costume suitable to be worn at almost any mo-

ment of the summer. A bathing suit which will distract one's thoughts from the horrors of war begins very demurely to be battleship gray, but soon develops little prange taffeta bands at neck and arm bands. These are stitched with grey. The cap and belt is of orange, but the bloomers are deep lilac finished with three narrow ruffles.

A Card-Indexed County.

The head of every family, as well as every taxpayer and every voter in the county around Tiffin. O., has been nedy's new picture is called "The Fair isted and card indexed by the chamber of commerce and his or her name ncluded in a mailing list as the basis for a complete war-work organization. In making this list solicitors were appointed in each school district and directed to make a return on everyone in his territory. In the card index heads, voters, and taxpayers are classified in 10 groups, according

receive suggestions for the home economics column or to answer, as far as she is able, any questions

ingredients are heated to boiling. Maraschino cherries

knitting sections, to decide which one Superintendent of the building Agee Administration's Food Bulletin has offered to vacate his rooms for the Red Cross. No decision has been made as to where future offices will

be established.

For sale, very cheap, two fine grand pianos donated to the salvage department by the German home. The eaten this summer that one can well soft, but not broken. Drain, add a pianos are too large to be displayed at the salvage rooms, but workers there will advise any interested ones the army about three months ago. where the instruments may be in-

at liberty during that time.

getting the supplies to them."

a day. No matter how hot the

weather, the boys are in the trenches

and we need lots of help to aid us in

The Red Cross chapter has out-

of both the civilian relief and the

Rooms used by the salvage department at Harney and Fourteenth streets, have proved inadequate. Officials of this department are seeking salls for France, which he expects to do new headquarters.

volunteers for the work will be -officers' wives, patronesses, members of called. The machines will knit the National League for Women Service.

pointed chairman of the womans entertainment committee for the Red Cross golf tournament.

Women Need Not Fear

Ice Shortage This Year Says Food Administrator

Women need not fear an ice shortage anywhere in the United States, and therefore need not dread difficulties in keeping milk for the feeding of babies, according to the food administration. Soda water fountains are not likely to close. "There is no reason to anticipate an ice shortage anywhere, with one or two possible exceptions, which are being carefully looked after, and every possible precaution is being taken," said C. W. Merrill, ice division. "The food adsituation, through local and state ad- as in times of peace. ministrators, and there have been no reports of shortage."

## Advice to Lovelorn

By BEATRICE FAIRFAX.

Riding at Night.

My Dear Miss Fairfax: A certain question has been worrying me for some time. Since the time has changed, the boys with which my friend and I keep company are torced to work very late. Now this makes it very hard for us when they ask us to go riding in the evening, because it makes it so late when we get home. What I wish to know is it perfectly permissible for us to stay out late when we have such a good reason?

And is it all right for the boy to put his ? arm around a girl if he does nothing else?
As I am anxious to know what you think of this, publish this at once in The Bee. TROUBLED.

Just what do you mean by "late?" certainly wouldn't stay out so late that it Another Red Cross nurse to anwould be permissable for my escort to put swer her country's call is Miss Gerhis arm around me. I realize that you trude Keating, who arrived in France love a good time just as all girls do, but Tuesday, according to a cablegram re- it always pays to be careful for everyone ceived by her sister, Mrs. G. Alex- doesn't know the conditions. Are there no ander Young. In her business like other young men whom you know and enjoy? Perhaps you can make other friends uniform Miss Keating seems to typify who have more leisure time. the spirit of service which has called

Family Objections.

many a young woman from her home Dear Miss Fairfax, Omaha Boe: 1 am engaged to a young man two years my senior, and my folks object to my going across the sea to devastated France to endure privations and often sufferwith him. He is very ambitious and well educated, and has a very mild temper. ing to help the cause of humanity. They try to keen us from going together by saying he don't care for me and don't care to be seen in public with me, which Miss Keating was accompanied by her aunt, Miss May Keating, who will also sn't so, because he takes me often. Please be assigned to a hospital behind the give me your advice as to whother I should stop going with him and break our en-gagement, or keep it. Please answer in Imaha Bee.

Not having met the young man, it is Now that the work rooms of the Omaha Red Cross chapter will close a little hard for me to give my opinion. all doors for the month of August, but your parents must have some good Mrs. H. H. Baldridge, director of the reason for objecting to your marriage. If ware house is sending out a patriotic this man takes you about a great deal. appeal for the women who are to be I do not understand their criticism. Of course, in all these matters there is really "I want to ask the women to come no one who can decide these matters but to the warehouse where we handle the young couple themselves. I would be the work of 172 chapters from the very sure that he was the only man in the state. We get as many as 100 boxes world for me before I married. You must look at the question from all angles.

Writing to Soldier.

Dear Miss Fairfax, Omaha Bee: I am troubled like a good many others. Do you think there is any harm in writing to lonely soldiers as long as they write nice, friendly grown its present quarters in the court house. One of the departments I have been writing to three boys and sending some books and paper once in awhile, when I had a few cents to spare for stamps. Do you think I am doing wrong by it? Answer in The Bee. must move. Gould Deitz has appointed a committee to wait on the leaders A. B. I.

Time was when we would have considered writing to strange young men rather an improper thing to do, but the war has changed all this and I am sure that these soldiers appreciate your thoughtfulness greatly. Letters "with a smile" mean a great deal to the men in khaki and the little gifts of books and candy do so much to relieve the tedlous days of camp life.

The Soldier Friend.

Dear Miss Fairfax, Omaha Bee: I am 7 and have a boy friend who enlisted in a week there is a dance at the armory where he is stationed. Would it be proper for me to attend this dance, escorted by for me to attend this dance, escorted by him? I also meet many friends there I

soon?
There certainly is nothing "improper" Mrs. Hugo Bilz will have charge about any of your suggestions, and yet to pay and to stand by her soldier boy and of the five new knitting machines these very questions seem to puzzle any which have been installed on the number of my girls. The discipline at the fourth floor of the court house. As armory dances is splendid; there are gensoon as they are in working order erally numerous fine, elder women present tops of the socks, the feet being done etc. Go to the dances, my dear, and have by hand. The Red Cross has asked a happy time, giving also real enjoyment for 21,600 pair before November 1. to the lads who will soon cross the sea and be cut off from home and the innocent Mrs. Joseph Barker has been ap- galeties youth needs. Of course, you may accept such a gift as a box of candy-or flowers, or a little book, or any small taken your soldiers can afford to send you. And every brave, sunshing, friendly letter you write him will help keep up his courage and make him a better fighting man.

Dear Miss Fairfax: I have received a letter from a young man in a training camp, requesting that I correspond with him. I do not know him. My older brother severely reprimanded me for even considering the matter, saying that it would be decidedly unladylike. Please tell me your opinion on the subject, and also if he should come up to this city, in which his home is, would it be proper for me to permit him to call at the house? Several of my girl friends under the same circumstances are M. A. K. swering their letters. These stirring days hearts go out so

agerly to our brave soldier boys that it is difficult to realize, sometimes, that we ministration is in close touch with the ought to abide by the conventions the same Doubtless this young man in uniform is everything he should be-certainly he is

## Peaches and Plums Now Adorn the Market Tables

1918 crop appeared on the local mar- | Some cherries of the homegrown crop kets this week. They are little ones, and they are not ripe enough for eat- cents. ing in the natural state, but they are | Watermelons are getting more or something like that, providing you have enough sugar or other sweetening to make these things. They sell at 10 cents a pound at present, but will soon be much lower.

Peaches are here in great plenty, and fine ones they are. Alberta grown in Georgia, sell around \$3.75 a bushel and at 65 cents and 35 cents per basket. Fine, big plums are also here, and they sell t 75 cents for a basket of good size. Blackberries, loganberries, red and black raspberries, gooseberries and

The Rhyme of the Loaf

School children in some parts of England are being taught the following rhyme, on the model of "The House that Jack Built," as follows: Save the crumb

And you save the loaf. Save the loaf And you save the wheat. Save the wheat And you save the ships. Save the ships And you save the men. Save the men On land and sea, and thus you Save your country.' -National Baker.

Apples are here. The first of the currants are here at moderate prices. are still on hand at 15 cents a box, and sweet California cherries at 25

just fine for apple sauce or apple pie plentiful and bigger than heretofore, and now sell at 3 and 4 cents a pound. Cantaloupes are plentiful at 10 to 20 cents each.

Sweet corn costs about 40 cents a dozen. Potatoes are still holding up in price to 5 cents a pound. They are brought all the way from California, and market men declare there are none of last year's crop on hand

Tomatoes, the first ones of the season that are really ripe, are here. They were grown in Tennessee and ell at 10 to 121/2 cents a pound. Cabbage, cauliflower, green peas, string beans, cucumbers and most of the other standard vegetables are plenti-

#### BLAKE SCHOOL FOR BOYS

LAKEWOOD, N. J. Summer session from July to October. Espid reparation for college for boys wishing to enter memment service. Military training by experts, orseback riding, land and water sports. If you are a son from 12 to 18 you will be interested a our booklet, address secretary.



\*\*\*\* My Hat Diary

Carita Herzog



It was almost time for Yvonne to go, as the train left at 6 3 o'clock and she was to meet her I hubby at 5:30, and it was almost ? 5, but she said she would have time to show me one more hat. I Of course she was all excited, They were going east, but since this submarine business has been going on, they decided to go to the mountains. Well, to get back to hats. The last one she showed me was her Dress-Up hat. It was so sweet and dainty. The brim was delicate pink tulle (transparent), edged with dainty lace the same color and put on in two rows. The crown was round and made of a splendid quality of shiny black satin. Pretty idea, isn't it? A little bunch of pink satin rosebuds was placed on either side of the crown. Yvonne was going to tell me what she paid for it, but she was afraid she would miss her train and had to rush away. 

doing his part. But I can't help agreeing with your brother that an introduction is necessary before he writes or calls on you. But, with all the organizations and citisens' committees anxious to make things pleasant for the men in uniform, as introfuction ought not to be difficult to man age. A number of the churches are arranging neighborhood gatherings to give soldiers and satters an opportunity to meet nice girls. Why not go to one of these?

He Means to Be Unselfish.

Dear Miss Fairfax, Omaha Bee: I have We are inseparable and enjoy each month. We are inseparable and enjoy each other's company and always have good times. We are very much in love with each other, and he has said so many times some day you and I are going to be very happy, of course, referring to marriage, but he has never asked me to marry him. I often wonder if he takes for granted that we are engaged. engaged.

This man is in the service. felt that this was his reason for not asking me during war time. BETTY C. I don't think men very often take engagements for granted. Probably he means to spare you and feels that it is not right to sacrifice good times and comfort and peace of mind for him-but men do not know that. Perhaps tact and sweetness and s little discussion of the problem of soldier marriages can be managed. You cught to he able to talk the thing out with your boy and to make it all clear.

Dear Miss Fairfax: For six weeks I have been acquainted with a young man, whom I love. This man, although he says he cares, goes about with other young comen and boasts of his good time to me Would I be doing right by asking him just how he feels toward me, as the suspense of learning the truth is becoming unbearable?

It is easy enough for a man to say he cares for a girl, but merely talking does not prove friendship. If you ask him just what his feelings are, my dear, he may tell you merely what his romantic naure suggests. Use your logic instead. If he has very little spare time, and spends part of it with other friends, evidently you are not necessary to him. Perhaps he likes to tell you tions from him. Just regard him for the present as a pleasant acquaintance, and try by good nature and tact and sweetness o make yourself really appealing to him. Demanding won't get you anything, but winning and earning will.



#### Condiments

A trained home economics person ecently expressed surprise that any shire, ketchup, etc. few laymen do know just exactly what this word means.

sauce, relish, spice or the like used to appetite. season or give relish to food." Condi- In these days of food substitutes ments are largely aromatic fruits. condiments have a real part to play.

They can help make palatable the seeds and leaves containing volatile cheaper cuts of meat and they can oils. The term, however, is usually add flavor to fish or oysters.

applied to sauce or appetizers containing those ingredients such as horseradish, chili sauce. Worcester-

lousewife should not know what a These have a real value in the diet condiment is. As a matter of fact because of their mineral salts and because they stimulate the flow of the digestive juices. They should never be used, however, to disguise poorly The dictionary definition reads: "A prepared food or to stimulate a false

## Ice Cream Gives Your Children Fuel Cold as it is, Ice Cream supplies fuel. Not merely heating ingredients whose effects pass in an hour or two, but substantial nourishing food units, health-giving, body-building. Nougat a combination of Vanilla Ice Cream with Almonds and Cherries is the al-luring Sunday Special for this week. Ask any Harding dealer for it.

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Conducted by Ella Fleishman 

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Bee Want Ads Are Business Boosters.