

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

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.

- Here is a list of meats—things which we cannot ship abroad: Beef Tongue, Chicken, Fish, Ham, Picnic Ham, Summer Sausage, etc.

Red Cross 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 forced to work very late.

My Hat Diary



It was almost time for Yvonne to go, as the train left at 6 o'clock and she was to meet her hubby at 5:30, and it was almost 5, but she said she would have time to show me one more hat.

Home Economics

Edited by IRMA H. GROSS. Household Arts Dept. Central High School. 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.

Co-Operation. Miss 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.

Another Red Cross nurse to answer her country's call is Miss Gertrude Keating, who arrived in France Tuesday, according to a cablegram received by her sister, Mrs. G. Alexander Young.

Now that the work rooms of the Omaha Red Cross chapter will close all doors for the month of August, Mrs. H. H. Baldrige, director of the war house is sending out a patriotic appeal for the women who are to be at liberty during that time.

Family Objections. Dear Miss Fairfax, Omaha Bee: I am engaged to a young man two years my senior and my folks object to my going with him.

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 letters?

He Means to Be Unselfish. Dear Miss Fairfax, Omaha Bee: I have been going about with a man a year next month. We are inseparable and enjoy each other's company and always have good times.

Administration's Food Bulletin

Vegetables. There are so many vegetables to be eaten this summer that one can well afford to do without wheat, beef and sugar.

Boiled Summer Squash. Wash squash and cut in thick slices or quarters. Cook 20 minutes in boiling salted water or until soft. Drain, mash and season with butter or butter substitute, salt and pepper.

The Red Cross chapter has outgrown its present quarters in the court house. One of the departments must move. Gaud Deitz has appointed a committee to wait on the leaders of both the civilian relief and the knitting sections, to decide which one will go.

Rooms used by the salvage department at Harney and Fourteenth streets, have proved inadequate. Officials of this department are seeking new headquarters.

Seeking to Correspond. Dear Miss Fairfax: I have received a letter from a young man in a training camp, requesting that I correspond with him.

Peaches and Plums Now Adorn the Market Tables. Apples are here. The first of the 1918 crop appeared on the local markets this week. They are little ones, and they are not ripe enough for eating in the natural state, but they are just fine for apple sauce or apple pie.

Flicks of Fashion

What to wear while winning the war has been answered in broad terms this summer by the skirt, blouse and sweater combination, yet there are always those who seek individuality, even in the expression of their love of country.

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 listed and card indexed by the chamber of commerce and his or her name included in a mailing list as the basis for a complete war-work organization.

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 administrator. Soda water fountains are not likely to close.

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."

Peaches and Plums Now Adorn the Market Tables. Apples are here. The first of the 1918 crop appeared on the local markets this week. They are little ones, and they are not ripe enough for eating in the natural state, but they are just fine for apple sauce or apple pie.

Watermelons are getting more plentiful and bigger than heretofore, and now sell at 3 and 4 cents a pound. Cantaloupes are plentiful at 10 to 20 cents each.

Condiments. A trained home economics person recently expressed surprise that any housewife should not know what a condiment is. As a matter of fact few laymen do know just exactly what this word means.

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 alluring Sunday Special for this week. Ask any Harding dealer for it.

TRADING IS SAVING. At the Washington Market, where all goods are sold as represented. Choice Sirloin or Round Steak, lb., 30c. Fancy Beef Tenderloin, lb., 35c.

SATURDAY SPECIALS AT THE PUBLIC MARKET. Pay Cash Carry Your Bundles and Help Win the War MONEY SAVING GROCERY DEPT.

REFRIGERATED FRUIT DEPT. Fancy large Ripe Tomatoes, basket, 25c. Home-Grown Cucumbers, each, 8c.

CENTRAL MARKET. EVERYTHING UNDER ONE TABLE. (U. S. Food Administration No. G-18173). 1608-10-12 Harney. Douglas 1706.

Specials for Saturday Selling. 24-lb. sack Rye Flour, \$1.65. 24-lb. sack Rye-Graham Flour, \$1.75.

Visit Our Cracker Department, where we handle Iten's Quality Products. Special for tomorrow, Fancy Mixed Cookies, lb., 22 1/2 c.

Bee Want Ads Are Business Boosters.