s section of the

Iome Economics Edited by IRMA H GROSS HOUSEHOLD ARTS DEPT CENTRAL HIGH SCHOOL

A Word of Warning

The wave of relief that has gone over the country as the wheat situation is improved, may bring bad consequences, if we are not careful. It is such a blessed feeling to get back to something like normal cooking that we do not realize the pendulum may swing too far. Part of the reason why we had to adopt such strict conservation measures during the summer was that we had not saved food when that saving was voluntary. Shall we repeat the situation?

The World's Wheat.

The world's shortage of wheat is no fanciful idea. When you stop to think that one-third of France's wheat fields are barren and that even the part under cultivation gives far less than normal yield, due to lack of fertilizer and labor; it is easy to see why France raised in 1917 only 40 per cent of the wheat she needed. England with her best efforts can raise only one-fourth of the wheat required; and Belgium relies upon of her wheat needs.

In the face of these facts, how dare We have become accustomed tinue using the substitutes wherever the extra cost need not be seriously considered. To the women who went on a voluntary wheatless ration for the summer, the 50-50 basis seems almost like cooking "before the war." We have all found that 25 per cent of law demands at the present time. The World's Sugar.

beet sugar was produced upon the science-let us keep the faith.

Co-Operation

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

continent of Europe before the war. Until the present allied offiensive, the French and Belgium beet sugar factories were in the hands of the Germans. Cane sugar must be carried in ships which are badly need-ed for other things, and the ships must face the submarine peril. The present great sugar restrictions may be modified later; but no patriotic American can feel free to use one ounce of sugar more than the minimum even if he is permitted later more freedom in purchasing it.

The World's Meat. Similar facts and figures might be quoted to show that the meat shortage is a very real thing despite the fact that meatless days have been the United States for three-fourths abandoned for the present at least. The liberal use of meat in the diet has absolutely no justification either we use as much as we can possibly on health or patriotic grounds. Once a day is sufficient with one or two to the 50-50 rule, in part at least; voluntary meatless days a week. The surely it will be no hardship to con- use of young animals for meat is still unpatriotic so far as I can see. Veal served means just that much less potential beef.

The World's Fat Supply. The shortage of fat is due less to actual decrease in supply, than to the fact that it is very necessary in the substitute is no hardship at all; yet diet of fighters, and some of it has even that is doing more than the been devoted to other war uses. We need far less fat than we have been accustomed to use; hence rigid The sugar shortage is also just as economy in the use of fat may be permanent as the wheat shortage. We carried out with no harm and very depend upon both beet sugar and cane little discomfort. The conservation sugar in normal times. Most of the of fat is still left to the individual con-

Products for Preserving on Market in Abundance

things for preserving and pickling on a pound. the market that will taste mighty good next winter.

Grapes, both of the California and are 45 to 60 cents a peck. of the home-grown purple variety, are plentiful, the former selling as cents a pound and cantaloupes bring low as 10 cents a pound. Fine 10 and 15 cents each. peaches that bring about \$1.50 a all are things good for putting up in smaller fruit. jars as appetizing dainities for the Pumpkin pie is now in season, of its efficiency.

winter time. Tomatoes, the little yellow fellows used for preserving, are now about 50 cents a basket. The ordinary red tomatoes which used to be so cheap are selling as high as 10 cents a pound for the best specimens. A market basketful for \$1.10 is about the lowest price. The greener tomatoes for preserving sell as low as 85 cents a mar-

ket basket. Pickling cucumbers may be had for 40 and 50 cents a market basket. Green peppers cost about 60 cents for the same quantity,

The humble cabbage sells at 4 and 5

Now the Footwoman

Mrs. Annie Casey is San Francisco's first footwoman, which is the feminine for footman, the elegant gentleman in a general's coat who ised to open carriage and automobile doors of wealthy shoppers in department stores.

That was before the war, along with the rest of the luxuries such as two spoonsful of sugar in one's coffee and white bread. Now Mrs. Casey, garbed in a trim service suit of oxford gray cloth, a crisp white tailored shirtwaist and a black tie, with a two-cornered "overseas" hat bearing the insignia of the Woman's Service association, is doing the job quite as well as her more splendidly garbed predecessor.

Her salary is \$65 a month, and during the first two weeks of her service she has not received from the elegantly garbed ladies whose door she opens when they wish to alight even so much as a Thrift Stamp by way of

Daily Sugar Ration by the Spoonful

The following data may be helpful in measuring the daily ration of sugar. There will be variations, of course, but this is as nearly accurate as a simple statement can be.

Monthly ration equals 2 pounds. 30-31 days equal 2 pounds. Approximate Daily Ration. day, 1 ounce; or

day, 21/2 level tablespoons; or day, I round tablespoon; or 1 day 6* level teaspoons; 3 level teaspoons for beverages, 3 level tea-

spoons for cooked food; or 1 day, 6 half lumps (1x9-16x3-8 inches) one-half lump three times a day in beverages; one-half lump equivalent to the sweet in food at each meal.

Teaspoons per Pound. 96 level teaspoons** equal 1 pound. finish is becoming and obviates the 48 rounded teaspoons equal 1 pound. quick soiling of white cuffs. This 32 heaping teaspoons equal I pound. *Using average household teaspoon. throughout the winter, when worn **Average household teaspoon. under a top coat of wool or fur.

This is the time for preserving and cents a pound. String beans are 20 Sweet potatoes sell at 71/2 cents a

Watermelons are still with us at 5

Bananas are now up to 10 cents a crate or 30 cents a dozen, pears at \$3 pound in some stores, though they lery to the signal corps, from the suba crate and seckle pears at \$2 a crate sell as low as 30 cents a dozen for the

> For the Office or War Work

By GERTRUDE BERESFORD. WAR or office work may be effi-ciently accomplished in this

interesting basque is bound with black

braid. The long waistline is particu-

larly adapted to slender figures. An

adjustable collar and vest insure fresh-

ness through changes from pique to

charmeuse or broadcloth. The cuffs

with black bone buttons. This sleeve

type of gown gives practical service

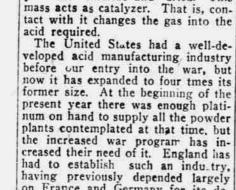
H.D

Simple Simon's Signs.

Complete the letters of Simon's sign-they will spell the name

of a civil war general. Answer to previous puzzle—Sheridan

frock of dark blue serge, whose



tions, calls for the greatest amount of platinum. Even in pre-war days, this lemand was tremendous. All telephone and telegraph instruments, all nagnetos, have platinum contacts.

The "leading in" wires, which pierce will not expand with heat.

In our military hospitals and war surgery, the lives of men depend on the use of instruments, such as cautery tips, which are made of platinum. For the X-ray tubes, which find the bullets and shrapnel in wounds, we

With all this use of platinum at the front, that behind the lines must also increase. Research and experimental laboratories redouble their work, which requires instruments platinum.

But the supply is small. Our chief source has been the Rus sian mines. They are now under Ger man control. We are securing our present stock from Colombia. Colombia's annual output is 30,000

The war industries board is trying to meet the deficiency by diversing platinum from unnecessary uses to war industries. It commaildeers such supplies wherever it can find them. to turn over to the war workers. A

Keep's Academy of Dancing-Hotel Rome Opens Monday, Sept. 16 Now is your opportunity to learn to dance. Phone Mr. Keep, D. 2581 or H. 2792.

Phoenix Hosiery SILK and SILK LISLE, 55c to \$2.00 Thirty Newest Shades to Select From. Out Sizes in Black and White. WALK-OVER **BOOT SHOP** 317 South 16th

My Hat Diary ADVICE TO THE LOVELORN

Carita Herzog



ed to enlist as a nurse for "overseas" work. The boys are doing their "big bit" so bravely that I think the girls should also. Oh I'm sure everybody is doing their bit, but I mean their "big bit." So many of the girls are training to be nurses. I don't know what kind of a nurse I would make; I can't even bear to see a chicken killed, and I wouldn't think of catching a mouse, but maybe I would make a good nurse. Mrs. Whiten Cawl came over Thursday to talk to me about enrolling. She is remarkably well qualified for nursing being a graduate of a New York hospital. She is so charming and so pretty, too. She wore a clever little canteen sailor. It was bright canary-colored straw. very stiff and "mannish" looking A band of black grosgrain ribbon with narrow, yellow stripes was placed around the crown with a very muchly-tailored bow on the right side. She intends to go "over there" before the last of August.

6++++++++++++++++++++++ Engagement Rings Change Color When

War Takes Platimum The engaged girl flashed her ring.

"But just how do they use platinum in the war?" she asked. A good many girls are asking that question hese days. They hear of pickling because there are plenty of cents a yound and cauliflower 15 cents the war demands on the platinum supply. They know that the war has

sent the price sky-high Platinum pound or more. Ordinary potatoes rings are getting as scarce as hen's teeth. Just why? The answer is that our troops do not show, it from tor guns but ey must have it to fire them. Every branch of the service, from the artil-

marines to the hospitals, depends

upon this white metal for some part pumpkins having just arrived on the local markets, at 15 cens a pound.

It is used in pyrometers, those is struments which heat-treat the struments. struments which heat-treat the steel of every gun. It is necessary to make the sulphuric and ntric acid for platinum chloride and dried. This

> The United States had a well-developed acid manufacturing industry before our entry into the war, but now it has expanded to four tmes its former size. At the beginning of the present year there was enough platinum on hand to supply all the powder plants contemplated at that time, but the increased war program has increased their need of it. England has had to establish such an indu try. having previously depended largely on France and Germany for its demands.

The Demand Tremendous.

Electrical equipment, after muni-

Now the army and navy are using extensive signaling apparatus. They need platinum for field telephone, wireless and submarine signaling systems. And in building aeroplanes, "the eyes of the army," platinum is

Electric light bulbs, so common today, use a considerable amount of it. the glass, must be of a metal which

ounces, while our normal pre-war conare bound with braid and fastened | sumption was 65,000 ounces.

new type-written list of platinum to be commandeered measures some two yards in length.

?+********** Unconsciously Engaged.

Dear Miss Fairfax, Omaha Bee: have lately come to realize that I am engaged to a man whom I consider only as a dear friend. He is a lieutenant in the army and I did not realize what it meant when I promised to wear a service pin for him and kissed him goodby. His letters, however, speak plainly the fact that he considers us engaged and he is continually looking forward to a chance to come home. In this case would it be unpatriotic or cruel to inform him at once of my mistake? Would it be honorable to wait until his return and give him a fair trial in the different light than friendship? I would be willing to marry him because I greatly respect him, but I think it would be unfair to him. E. G. G.

One cannot become engaged un consciously, as you seem to think you have done. The young man had no right to assume that you would marry him. You should not wear a service pin for him, even though you were engaged to him. What you really ought to do is to write him frankly that he seems to have misunderstood you and then take off the pin. Judging from your letter, you are too young to think of marriage for a good many years yet. Attention to your studies will benefit you much more than firtations. It would be nice to has followed the regiment in its serwrite him friendly letters, but make it clear that you consider yourself too young to think of anything serious.

Love Grown Cold.

Dear Miss Fairfax, Omaha Bee: We are two girls 19 years of age and have always been considered among the nicest girls in our town. We have been going with two young men for the last three years and a short time before they left for the navy they asked us to wait for them. We promised to do so. We did not accept any rings, as we did not want our parents to know it.

The boys wrote us regularly and from the tone of their letters seemed to think as much of us as when they left. A short time ago their younger sister and brother wrote to them and told them that we were having too good a time, just because we have continued to go to the parties, dances and shows as before. The boys have changed their last letters and seem to treat us as almost strangers. What can we do to make them see our view in this matter? We think as much of them as ever, but do not see the use! in sitting home and making ourselves old; we have not done any harm and have always conducted ourselves in a ladylike manner. Now, Miss Fairfax, what would you do if you were in our

If you really want to know what I would do, it would be this: Write and the divorce courts busy when she them nice, friendly letters, but forget is a woman. Get at least eight hours' There is no reason why you should study and to wholesome amusement give up your other young friends, and learn to be a good housekeeper. der and explosives. To produce sul- since you do not care to do so. Per- Give spare time to war work, such phuric acid certain gases are passed haps the boys are merely so busy with over a mass of aspestos, or some their work they feel they have no time Cross. There is plenty of time for such material, which is coated with for love affairs. Do not annoy them love affairs later. Send name and with letters about what you consider stamps for immediate answers. We their responsibilities to you, but leave have so many questions we cannot althem free until they return. You ways get them in at once. may have changed your minds by that

Public Dances.

Dear Miss Fairfax, Omaha Bee: Should girls of 14, 15 or 16 years old go to public dances with a fellow? Should they allow them to stop at home after a dance closing at midnight and stay for an hour or two? Should they be allowed to put their arms around you or kiss you good night? What do you consider the Another meaning is "Star of the Sea." proper age for a girl to begin keeping company with young men? think it right for parents to take their The former means "earnest" and the children to public dances, or give latter "head of the house."

New York Banker's Daughter Cited for War Work



CORA VAN NORDEN

The Eighteenth United States in fantry, in France, has cited Miss Cora Van Norden, daughter of the late Warner Van Norden, New York banker, for her services in the Salvation Army in ministering to the men. Miss Van Norden has been in charge of the Salvation Army canteen, which vice in three sectors, and has established her hutments close behind the front lines. The citation was made as if Miss Van Norden were a regular member of the regiment, and she is the only woman who is permitted to wear the regimental insignia,

them a better start in life? I hope to see your answer in Saturday's Bee. ANXIOUS M.

Girls in the city are not allowed on public dance floors until they are 18 years old. That is plenty young enough. If you do go, by all means go with your parents, though there are many better places parents can take their young daughters than publie dances. Young girls should not be out until midnight, and should not entertain young men as late as that under any circumstances. It is silly to allow such performances as you mention. The sensible, sane young girl, who plays games, dances at little home dances and engages in athletic sports is the girl who will have no sad experiences to look back upon later in life. The young girl whose mind is filled up with such fluff as "fellows," "spooning" and the like is the kind who keeps the neighbors gossiping part of it. sleep each night, devote daytimes to as gardening, knitting or the Red

Bust Developers.

Dear Miss Fairfax, Omaha Bee: Can you give me any home remedy to develop the bust? What is the meaning of Mary? Ernest? Henry?

Do not use any drugs, but take arm exercises and massage gently with Ernest and Henry are German names.

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Creamery Butternut Butter, per lb 48c Mayflower Pumpkin, per can......10c Creamery Butternut Butter, per 10. 25c Lilly Oleo, in 5-lb. tins, per tin. \$1.38 American Cheese, per ib. 38c Peanut Butter, per lb. 22c No. 3 can Table Pears, 6 cans for 88c No. 3 can Tamatoes, 6 cans for 58c No. 3 can Tamatoes, 6 can Soc No. 3 can Tamatoes, 8 can Soc N 15-oz. cans Tomators, 6 cans for..... 58e California Peaches, 15-oz. cans, 5 cans 70c Assorted Cakes in Cookle depart

Conservation Prices In Our Fruit Department

Conservation Prices In Our Meat Department.

 Milk Ped Spring Chickens, per lb.
 33e
 Pot Roast
 26½c

 Fresh Porter House Steak
 29½c
 Pork Butts
 28½c

 Pure Cone Leaf Lard
 28¾c
 Young Veal Stew
 16½c

 Steer Rib Roast
 23½c
 Extra Lean Bacon
 46½c

 Steer Pot Roast
 19½e
 Pig Pork Loins, per lb.
 29¾c

 Lamb Stew
 12½c
 Sugar Cured Bacon
 38½c

 Mutton Roast
 16½c
 Extra Lean Hams
 33½c

OUR SERVICE-We always want to give "Service," but under the Present conditions we are sometimes handicapped. However, we request that you report any delay to the management immediately and thereby help us to help you.



is the contratant of the contr Conducted by Ella Fleishman Commence of the commence of th

Goes to War to Get a Hun

to Avenge His Pal's Death When David Thomas, a U. S. marine from Billings, Mont., finished out his four years as a sea-soldier, he bade farewell to his bunkie, Joseph S. Wilkes, of Salt Lake City, whom he had induced to enlist in the devil dog outfit. "You go to school, Dave," said Joe.

"I will get you a Hun. But if they get me, it is up to you to get one for So Dave went back to school, and

Joe went to France with the marines One day Dave saw Joe's death reported in the casualty list.

"I am not afraid of being killed, but I am afraid of being a coward," said Dave, as he signed up for another 'hitch" at the marine corps recruiting station. He is now on the way to get that Hun for Joe.

OF INTEREST TO WOMEN.

The Chamber of Commerce of Durnam is the first body of its kind in North Carolina to open its membership to women.

An ever-increasing number of women are being employed as bond salesmen by banking and brokerage ouses in New York city.



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large package

BONI-AMI Powder or

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Kellogg's Corn Flakes, 12½c package 12½c Post Toasties,

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Postum

arge INSTANT, pkg., 45c;

27ci Cereal, pkg. 23c

PYRAMID POWDER.

GOLD DUST.

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Grape Nuts,

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Shredded Wheat,

Oatmeal, QUAKER,

QUAKER OATS,

package

nackage

mall INSTANT, pkg.

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7с Mountain Brand, sliced or Yellow Free, can Plums, Easter Brand, Green Gage or Golden Drop, can Apricots, Easter 28c Brand, can Apricots, Mountain Brand, can...... Maple Syrup.

Scudders, 50% Cane, 50% Maple Pints, 35e; Quarts, 61c; 1/2 gallon, \$1.10.

MAPELINE. per 35c bottle Milk, Fall, Wilson, per can Chocolate, 25c cake Walter Baker's Chocolate, 250 cake Raisins, Seedless, 1-lb. package Raisins, Seeded, 1-lb. package Heinze Catsup, 31c large bottle

MOZOLA Bottle, 13c; Pints, 33c; Quarts, 65c; ½ Gal. \$1.28; Gal. \$2.50.

Oleomargarine TIP Brand, highest qual- 35c Cash Habit, medium 32c grade, 1-lb. carton.... Magnolia, 2-lb. Roll, Nutola, 1-lb. 34c carton

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Coffee

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