SECHION OF WHIE

Conducted by Ella Fleishman



The Broiling of Meats

There is a flavor in meat cooked directly over a flame that is hard to duplicate by more roundabout methods of cooking. Whoever has enjoyed a piece of steak cooked on the end of a stick over a camp fire will agree that such steak is food fit for the high gods. Part of its deliciousness is no doubt due to the charm of the outdoors, but part of it must be laid to the means of cooking.

It is possible to have real broiling over a range fire after the fire has greased the meat will not stick. A died down to a bed of glowing coals; piece of suet held on a fork is good and we have arranged our gas ovens so that meat may be cooked directly under the flame, the juice caught in a pan below. Next best to broiling is pan broiling, or cooking meat in a lf there is much fat on the chops or very hot pan that has been slightly steak, remove as much as possible,

Value of Broiled Meat.

Ask an epicure why he wants of each chop should be removed, and it has the best flavor in the world, tor why he recommends broiled meat cooking. and he will say because it is easy to Turn meat frequently during broildigest—no heavy grease coating to ing. I once saw the ridiculous directax the powers of the digestive systion, "Turn steak every 10 seconds for tem. Ask the food administration the first three minutes"-advice which why they say "fry less and broil would be a bit difficult to follow; but more," and they will tell you because steak and chops should be turned broiling conserves the precious fats.

What Can You Broil? Granting the desire to broil steaks ing is not so necessary.

nd chops, the very high price of such Do not broil meat for too long is and chops, the very high price of such cuts bars many people from their fre- time even if it is desired well done. quent use. But there is one kind of Steak or chops one inch thick require inexpensive meat which lends itself 10 minutes to be medium well doneadmirably to broiling or pan broiling. less time if thinner. Too long broil-That is hamburger steak. Ninety- ing will dry out the meat. The flame roundings. Why not talk the matter. He must face the future from an cooks out of a hundred neglect their should be high throughout the procopportunity to serve that meat in the ess unless the meat is desired well your priest, or minister; some one ac- he looked at life from before the war most delicious and healthful way, pre-ferring rather to overcook it in fat. for the last few minutes.

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.

Because broiling is so simple it is impossible not to make a good job of it, but there are a few tricks to the

If the bars of the broiler are for greasing.

The broiler should be heated at least five minutes before putting on the meat.

If there is much fat on the chops or

yet leave enough for the steak to hold in one piece. The issue or skin on the outer edge

broiled steak and he will say because the tissue on steak should be slashed in several places to prevent which is perfectly true. Ask a doc- the steak from curling up during

every two or three minutes till both sides are well seared: Then the turn-

Good Things for Pickling to Be Found in Omaha Markets

By BEATRICE FAIRFAX.

Dear Miss Fairfax, Omaha Bee: Your writing is good, but I had to

curiosities because they are no more basketful. expensive than in former years. The Then there are pickling onions, cents a pound, the crab apples for cents a basket. Chili peppers are 10 \$1.50 a market basket and the quinces cents a dozen, spice peppers two for 5 at 121/2 cents a pouund. All, especial- cents and green peppers 5 cents and ly the quinces and crab apples, are two for 5 cents. just the thing for making the most delicious jellies, and now is the time about 5 cents a pound. Rocky Ford

about \$4.50 a bushel.

basket full of dill cucumbers sells sell for 5 and 10 cents each.

since February. His twenty-first birth-

day will be next month. Would it be

proper for me to give him a token of

remembrance, as he might leave for camp soon? We are just good friends.

I am dark complexioned and have dark hair. What colors can I wear

anything he wishes. The boys going to camp need many little things which

sweater, give him a comfort kit, or what is your advice?

you to supply, as he cannot carry as they seem to her?

If proper, what would be fitting?

think I weigh too much?

want duplicates.

Several curiosities on the local mar- | around 75 cents, and the same quanket are California grapes, Michigan tity of pickling gherkins costs \$1.75 crab apples and quinces, and they are to \$2.25. Is is said there are 700 of these little gherkins in one market

white California grapes sell at 10 tiny little fellows, that sell for 60

Watermelons are still on hand at cantaloupes are 10 and 15 cents each.

Also Seckel pears, which cost tomatoes at 60 cents for an eightpound basket.

For pickling there are all sorts of Little pumpkins sell at 5 cents each. fine things on the market. A market Summer squash and crookneck squash

before publishing your letter.

A Cinderella Letter.

WAR PUZZLES



ITALIANS CAPTURE SUMMIT OF MONTE SAN GABRIELE One year ago today, September 14,

YESTERDAY'S ANSWER Lower right hand corner down, face in leg and boot.

be inclined to take it with better grace. quainted with you, personally, ought to have a better grasp of the situasingle, these things pursue one.

Again the Difference in Age.

Dear Miss Fairfax, Omaha Bee I am 20 and in love with a man of 36. He has asked me to marry him, but I do not know what to answer. Will you be kind enough to advise me what courage-if to do? We both love each other very maimed, dearly, but I am afraid to marry a

dearly, as you say, I do not see how a direction. question of a few years appears to human liberties, against a medicval you in the light of an insuperable dim- despotism, and the men who have culty. Some of the happiest mar-Damson plums and California Sweet potatoes are very fine, and so riages have been where there has been prune plums are also new to the mar- are potatoes, though the price of the a greater disparity of years than those to travel in Europe again, it is likely ket and fine for making preserves. latter is still rather high.

Peaches at about \$3.50 a bushel and "jelly grapes" at 45 cents a basket are in the ring as fine for making jelly a few of the little, yellow preserving in the ring as fine for making jelly a few of the little, yellow preserving to the little, yellow preserving pose you take a little longer to think. the question out.

Courtesy Letters.

Dear Miss Fairfax, Omaha Bee: When the company that you have entertained at your home for some time returns home, of course the elder peo-ple of the house write to you express-Advice to the Lovelorn ple of the house write to you expressing their thanks and appreciation of ing their thanks and appreciation of the course of the cour your kindness; also their safe arrival home. Now, is it necessary to answer this letter? Is it better to anhow becoming various colors are, swer it or not? M. K.

It is not necessary to reply to a let-I have been going with a young man correct both spelling and grammar ter of thanks for entertainment, unless you wish to establish a regular correspondence. As a usual thing, no answer is expected to such a letter.

Woman's Great War Work

American Women Begin Salvaging Soldiers Who \$ Must Learn New Manner of Bread Winning

By BEATRICE FAIRFAX.

them when they were whole and all soldiers who survive may be sal-The other day I saw a young beautiful. friend of mine in a uniform that was new to me. It had a long serviceable than could any telling, how that brave It is this magnificent cape of blue, a soft, comfortable hat little country, crouching in the path american soldier that will bring him with a maroon cockade at one side, of the invader, and suffering all through his second battle. And let and there was a blue tailored coat and things, gave the rest of the world a the woman he comes back to not forskirt. It was comfortable, durable, chance to awaken and rush to defend get to cheer him on, to make him reand not too swaggeringly picturesque. And the glorious work they were infinitely deeper, we must keep in our in patience and silence than she was about to engage in, over in France, hearts for these young heroes when when they pinned the Cross of War was the salvaging of soldiers whose they return. They may come back

a new manner of bread winning. taught painting.

No useless, enervating pity-but a hearts and wives can do the biggest war work woman is capable of doing when the boys come home to them

Never in the history of the world man so much older than myself. Do has there been so just a cause as the you think the age question is so very one for which they are now fight-important?

UNDINE D. Their sacrifices have given the ing. Their sacrifices have given the If you both love each other very world a mighty shove in the right done that are entitled to love, admiration of respect-not to pity.

After the war is over and we



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Peanut Butter, lb. 22½c
6-lb. pail Oleo, per pail \$1.38
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Fresh Eggs, per dozen 32c
8 lbs. Table Pears, 6 cans for 88c
Monarch Jam. extra fine, per jar 29c
8 pkgs. Yeast Foam for 10c
8-lb. can Kraut, per can 16c
8-lb. can Kraut, per can 16c
8-lb. can Kraut, 6 cans for 68c
Red Beans, 6 cans for 68c
Eagle Brand Peas, 6 cans for 68c
Ginger Snaps, lb. 11c

Conservation Prices in Our Fruit Department.

 Silver Prunes, basket
 45c
 Corn, per dozen
 30c

 California Grapes, 3 lbs. for
 25c
 Lemons, Sunkist Brand, dozen
 27c

 Celery, 3 bunches for
 10c
 Blue Plums, dozen
 5c

 Conservation in Our Meat Department.

Mutton Roast, lb. 16½c Sugar Cured Bacon, lb. 38½c
Pork Roast, lb. 26½c Veal Chops, lb. 25c

In Our Delicatessen Department you will find a complete line of salads and dressings, cold meats and roasts and smoked lunch meats. OUR SERVICE—Service is GOOD when it is the best that can be obtained under existing conditions. We are giving our best in so much that we have the best help we can find, the best merchandise that can be purchased and our prices are fair and reasonable.



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or modeling some of the thoughts that came to him under the stars out on the battlefields-waiting. The War department, with commendable foresight, is sending out

Something of the same feeling, only ning this second and greatest victory

on his breast.

this band of picked workers to train the first to suffer wreckage. It does

not wait till the war is over. It be-

gins its work of reconstruction as

soon as the soldier is out of hospital.

It is the ambition of this country that

vaged; that not one who has borne

arms in this glorious cause may be-

It is this magnificent initiative of the

alize that she is prouder of him win-

Newark, N. J., Sept. 13 .- The fabri-

tion at Port Newark. They consti-

Two-a-Week Program is

yard's two-a-week program.

Those battle-scarred Belgium towns

And it is up to every woman to

we have for this second great battle

with none of the inspiring drama o

Different from Man's Job.

ing patiently at loom or lathe may seen insignificant as compared to the "man's job" that claimed the

soldier before the war. But we shall

not feel that way after our eyes have

Many of these reclaimed soldiers

will doubtless be toiling at something that will make the world more

beautiful-some old handicraft that

we had all but forgotten in our sense-

less rush and hurry. And he will put

into the long hours of patient carving

been opened to the significance of

this new calling.

At first this new business of toil

infirmities necessitated their learning wraiths of their former splendid man-The blind are to be taught weaving they have given to the than the glory thing infinitely greater than the glory and basketry. Men, who had lost of youth and the strength of young legs and would have to depend on a bodies. sedentary occupation were to be taught modelling, stencilling, china make some soldier-beginning life decoration, jewelry making, wood over again on account of his infirmicarving, and when they showed the ties-feel the tremendous admiration necessary ability they would be that must be fought out alone and

Those who had lost arms would tend looms, manipulated by foot war. power, and so it went. This wonderful salvaging unit had taken account of all the human wreckage of battle and it would take a disabled man and teach him a new way to make his livang and enable him to keep his self-

After long weeks, and sometimes months, in hospital, when a soldier realizes he has got to begin life all And 17 seems "terribly" young to over again, and learn a new occupation over with some tried older friend, or angle entirely different from the one

tion. Sometimes things that seem so lift from a strong, helpful hand, is the bitter to youth are nothing more than tonic that soldier requires. And here the daily grind of life. Married or it is that the soldiers' mothers, sweet-

Do Not Depress with Pity. Do not depress them with your pity, but hearten them with your they should return



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 Per dozen
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 Three cans
 \$1.00
 Three cans \$1.00
Extra Faney Sunkist Sliced
Peaches, can 35c
Three cans \$1.00
Extra Faney Sunkist Egg Plums.

 Per dozen
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 Large cans Milk
 12c

 Per dozen
 \$1.40

 Smañ cans Milk
 6c

 5 bars Electric Spark White
 5 bars Electric Spark White
Soap 25c
10-oz. pkg. Macaroni or Spaghetti, pkg. 7½c
30c grade Lord Cecil Coffee, per
can 25c
Extra Fancy Bulk Coffee—
25c grade 20c
30c grade 25c

Fancy Fresh Dressed Spring Chickens, per lb...... 33c Fancy Pure Pork Sausage, lb.25c lb. California Style Hams,

Prime Rolled Rib Roast, per 1b............................... 271/2 c Shoulders, Young Mutton. | lb. 16e Young Mutton Breasts, FRUITS AND VEGETABLES

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