

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

Home Economics

Edited by IRMA H. GROSS HOUSEHOLD ARTS DEPT. CENTRAL HIGH SCHOOL

Body Building Foods

It is a matter of common knowledge that our bodies have the power of building themselves out of the material we supply them through food.

The Proteins. The other side of the problem is to find what foods are especially fitted for this building task.

There are nine types of food which are especially valuable for their body-building qualities—meat, fish, eggs, milk, cheese, dried beans, dried peas, lentils and nuts.

Proteins Differ in Quality. It has been found that all proteins are not equally good for this purpose of building.

Red Cross

By-laws sent by the Central Division, Chicago, were amended to suit requirements of Omaha Red Cross chapter, and approved by the executive committee and board of directors at a recent meeting.

At least five days in advance of the meeting. Omaha chapter is co-operating with health authorities in combating the Spanish influenza by supplying as many nurses as possible and 2,000 "flu" masks.

A call has come from Central division for kid waistcoats for men in active service. In making the waistcoats, soft waste leather of every description is used.

Wolfe & Bros. company of Elgin, Neb., collected a barrel of peach stones and nut shells for the making of gas masks, and appealed to

SOCIETY

Honoring Miss Baum.

When Miss Katherine Baum visits in Omaha it is quite like a home-coming for we still claim this charming girl, even though her home is now in the east.

Pre-Nuptial Affair. Miss Anna Milder, an October bride, has been honored at various pre-nuptial affairs.

The Half-Ounce Protein Portion. In order to judge the amount of protein one is eating daily, here are some approximate measures offered by the government.

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Save \$10 to \$15 On That New WINTER COAT. Saturday we feature the most startling Coat values of the season.

Parisian Cloak Co. 1519-21 Douglas St.

EAT SKINNER'S THE BEST MACARONI. THE BEST MACARONI.

OUR PRIDE. Puritan Hams and Bacon are more than a mere commodity with us.

Puritan Hams and Bacon. When you buy ham and bacon, be sure to insist upon Puritan.

THE CUDAHY PACKING COMPANY. If your dealer doesn't handle Puritan telephoned:

"Government inspection for your protection"

will take place Tuesday, and dainty place cards marked the places of these visitors: Mesdames J. J. Taxman, M. Taxman, I. Scrimoski and Miss Ruth Taxman of Eldorado.

Many of the younger set will remember Miss Hazel Parker Benedict of Orange, N. J., who was the guest of Miss Josephine Congdon some time ago.

A Former Omahan. A former Omaha girl, Miss Lelia Jameson, has heard her country's call and has enlisted as a canteen worker for overseas service.

A Liberty Band Will Reduce the Strength of the Kaiser and a Good Steak From the WASHINGTON MARKET will produce strength for you.

EVERYTHING FOR THE TABLE. 1608-10-12 Harney. Douglas 1796. (U. S. Food Administration No. G-18173.)

Many people ask us every day why it is that we can offer the very best quality of goods at such reasonable prices.

Groceries. 6 bars Crystal White Soap, 3 pkgs. Crystal White Soap, 3 bars Imperial Peroxide, 4 bars Cream Oil Soap Free with above.

Meats. Fancy Fresh Dressed Spring Chickens, per lb. 30 1/2 c.

FLOWER DEPARTMENT. Large Boston Ferns, each .60c. Fresh Bud Roses, each .40c.

FRUITS AND VEGETABLES. Fancy Concord Grapes, basket, .48c. Fancy Tokay Grapes, basket, .55c.

BUTTER, EGGS, CHEESE AND OLEO. A Few Dozen Strictly Fresh. Mail Orders Filled at Above Prices.

Following the ceremony a reception was held at the Essex Country Club at Hutton park, and with the allied flags and profusion of flowers and ferns decorating the club, the many pretty girls and stalwart officers in attendance, it was a beautiful affair.

Miss Congdon will not return until late in the fall, for she will be the guest of her sister, Mrs. Robert Forgan and Mr. Forgan in New City for several weeks.

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for Mesdames H. F. Nielsen, S. W. Jensen, H. C. Claggett and E. H. Stevens.

Luncheon for Visitor. Miss Henrietta Rees will be hostess at a small luncheon party at the University club Saturday when Mrs. Alfred P. Metcalf of Los Angeles, will be the honor guest.

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Rye in its most delicious form... Cream of Rye... more than a breakfast food. Flaked, easy to cook, tasty, easy to digest.

Thorne's Particularly Noteworthy Styles in These "True Blue" Serge D-R-E-S-S-E-S. As Well as Those Fashioned From Favored Tricotine, Wool Taffeta, Jerseys and Broadcloth.

HOLIDAY NUTMARGARINE. Prepared for your table Free from animal fats. OLEOMARGARINE. Northern Coconut Butter Co. Minneapolis, Minnesota.

A Big Factor In The Present Day Food Supply. EVERY housewife knows and all of the family are fully satisfied that this quality product does not incur the slightest sacrifice to taste or satisfaction.

A Great Treat. The superiority and richness of our Ice Cream have become quite generally recognized. It will be sure to please you—for it is made for particular people, by particular people.

Lend Freely. IT IS YOUR DUTY TO THE BOYS IN KHAKI. You owe it to them to keep production up to the limit. You can help by keeping fit and able to do your part.

Puritan Hams and Bacon. When you buy ham and bacon, be sure to insist upon Puritan. "The Taste Tells" THE CUDAHY PACKING COMPANY.

When Buying Advertised Goods Say You Read of Them in The Bee