THE BEE: OMAHA, SATURDAY, OCTOBER 12, 1918.

DONNON HER ON ANY SECOND SOCIETY ome Economics

Honoring Miss Baum. man, M. Taxman, I. Scrimoski and with the allied flags and profusion When Miss Katherine Baum visits Miss Ruth Taxman of Eldorado, of flowers and ferns decorating the Luncheon for Visitor.

is now in the east. Every day of her Kansas City.

The sweeping closing order has member Miss Hazel Parker Bene- City for several weeks. made a number of changes in the dict of Orange, N. J., who was the parties planned for Miss Baum, but guest of Miss Josephine Congdon A Former Omahan.

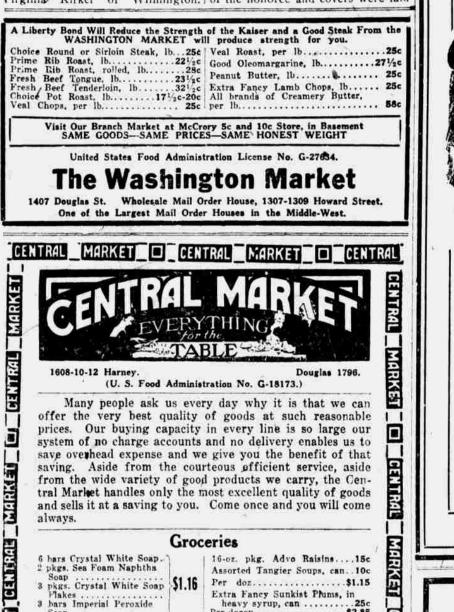
that of the full grown man or wo- said against including meat in the have outwitted even as august a one of the bridesmaids at the wed- Jameson, has heard her country's we recognize immediately that body as the city council, for we ding of Miss Benedict and Captain call and has enlisted as a canteen Charles Hugh Dickson, jr., U. S. A., worker for overseas service. Miss most of the typical protein foods are ner parties, when certain interesting which took place Tuesday in the Jameson has made her home in The need, then, for food to build and expensive foods; so an immediate officers were included in the guest North Orange church, Orange, N. Honolulu for the past four years repair body tissue is weil recog- reason comes for keeping the quan- list. Attracted by the glorious In- J. The wedding was indeed a beau- but has returned to Omaha to visit tity down. There is another rea- dian summer weather, Miss Helen tiful military affair, for the bride friends until she receives her sailson, much less apparent. Every bit Walker had planned a motor picnic was attended by her sister, Miss ing orders from the Red Cross. of protein we cat beyond what we in Miss Baum's honor, but she found Mavis Benedict, and the other Mrs. Otto C. Wreith, at whose home need immediately, is broken down it necessary to postpone the affair bridesmaids included Misses Eliza- Miss Jameson is a guest, entertained in the body and excreted through until this week. Friday Miss Walker beth Linder, Constance Ward, at luncheon in her honor Thursday. the kidneys. Large amounts of pro- invited a few guests in for a cozy Helen Silver, Eleanor Dickson and The party included intimate friends

will take place Tuesday, and dainty Following the ceremony a reception for Mesdames H. F. Nielsen, S. W. place cards marked the places of was held at the Essex County Jensen, H. C. Claggett and E. H. these visitors: Mesdames J. J. Tax- Country club at Hutton park, and Stevens.

in Omaha it is quite like a home- Kans., Mrs. H. G. Fleishman of club, the many pretty girls and stal- Miss Henrietta Rees will be

eautiful affair. Miss Congdon will not return un-Mrs. Affred P. Metcalf of Los Antil late in the fall, for she will be geles, will be the honor guest. Mrs. her friends have vied with each other in making her stay a pleasant one. Many of the younger set will re-Many of the younger set will restone Derby and Mrs. Derby.

> Mr. and Mrs. Gould Dietz will leave this evening for Excelsior Springs.



Per doz.....\$1.15 

Per dozen 18-oz. bottle Sunkist Ketchup,

4 bars Creme Oil Soap Free with

6



Conducted by Ella Fleishman 

Rye in its most

delicious form---

easy to digest.

ream of Rue

Flaked, easy to cook, tasty,

## **Body Building Foods**

It is a matter of common knowledge that our bodies have the power of building themseives out of the material we supply them through food. The infant's body increases in size and weight till it becomes man. We also know that the body of a grown person is continually being broken down and built up. repair body tissue is weil recognized.

## The Proteins.

The other side of the problem is to find what foods are especially fitted for this building task. Nutrition experts can help us out on this point. Every food will not build, as an English physician discovered, who tried to live on sugar. He died after a short period. Butter aione would not keep us alive, nor pure starchy foods, nor certain of the fruits and vegetables. That is, the body-building foods are not the sweets, the fats nor the starches, but they are what are called the proteins.

There are nine types of food which are specially valuable for their bodybuilding qualities-meat, fish, eggs, milk, cheese, dried beans, dried peas, lentils and nuts. Other foods, notably the cereals, contain smaller amounts of protein and we may get a considerably quantity of our bodybuilding material from the cereals because the sum stotal of cereal foods we cat is relatively large. Proteins Differ in Quality.

It has been found that all proteins are not equally good for this purpose of building. The animal proteins-the meat, fish, milk, eggs and cheese-are especially adapted to the needs of human beings, so that a smaller amount of them answers the body needs. This discovery is an answer to claims of the strict vegetarian who refuses even beans. milk, eggs and cheese. It does not, Two and one-half to three cups however, prove the need of meat cooked cereal. in the diet. There is much to be | Six slices bread, 3 1-2x3x1-2 inch.



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. Changes

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.

Edited by IRMA H GROSS

diet of young children.

for the kidneys-and sometimes lat-cluded Miss Baum, Miss Esther Wiler in life they break down under helm and Miss Erna Reed, had a the strain. There used to be nutri- delightful time around the pretty tion experts who advocated large luncheon table while the rain patamounts of protein and others who tered against the windows. advocated much smaller amounts.

Now the tide has turned in favor Pre-Nuptial Affair. of the smaller amounts, though Miss Anna Milder, an October

moderate thinkers do not yet go to the lower extreme. Something less than three ounces of protein less than three ounces of protein per person per day, is advocated Milder's honor had to be abandoned

The Half-Ounce Protein Portion. parties instead and the affairs were In order to judge the amount of protein one is eating daily, here are some approximate measures offered by the government. The following one of the largest parties of the each contain about one-half ounce of protein: One pint milk, whole or skim.

Two eggs. One-fourth cup of cottage cheese (2 ounces).

roses in the center with myriads of One and one-fourth inch cube of tiny silk flags fluttering among the American cheese (two ounces.) flowers. Many out-of-town guests Two ounces shelled peanuts. have arrived for the wedding of Miss A piece of lean meat without bone Milder and Mr. Ben Taxman, which two and one-fourth ounces), 2x2x

34 inches. A similar piece of fish. W. Farnam Smith, local chairman, One and one-half cups cooked

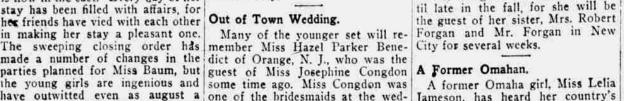
chapter, has a letter from Major Stokes, head of Nebraska base hos-

pital No, 49, "somewhere in France," at least five days in advance of The hospital is working to accomhe meeting. modate 3,000° patients when in full

operation. Omaha chapter is co-operating with health authorities in combat-

ing the Spanish influenza by supplying as many nurses as possible and 2,000 "flu" masks. Two thousand The work will be done in the Mamore are now being made at the sonic temple. Mrs. Arthur Mullen, chairman of hospital garments, an-Masonic temple.

nounces the October quota, 2,000 Mrs. Luther Kountze, d'ector of bath robes, has been assigned and were as follows: Membership, ex- canteen service, has wired for a will be completed as soon as the cept life and patron, shall begin sample of the winter uniform, which quarantine is lifted. will be shown in the court house



bride, has been honoree at various

pre-nuptial affairs. Many of the

out the hostesses gave luncheon

quite as enjoyable and the guests

spent the afternoons with bridge.

Mrs. Morris Milder entertained at

week in Miss Milder's honor Friday

when 19 guests were invited to a

bridal luncheon at the Fontenelle.

The guests were seated at one

large table, a low mound of red

The Bee for its further assignment.

Gould Dietz, chairman of Omaha

Omaha chapter has taken over

5,000 government shirts to put but-

tons on and 1.520 to be remodeled.

will look after the collection.

coming for we still claim this North Platte, and Misses Rose wart officers in attendance, it was a hostess at a small luncheon party at the University club Saturday when



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