# WOMAN'S SECTION OF THE

find; kneck and it shall be opened unto you. For everyone that asketh receiveth and he that seeketh findsthe and to him that knocketh it shall be opened.

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

Kitchenette Breakfasts

Since kitchenette cooking suggests a busy life, the morning meal is probably a triumph of haste. In fact, it may be such a triumph of haste, especially with women, that it ceases to exist at all. It means a few extra precious minutes in bed ifyou omit breakfast entirely, and that is surely a blessing. After a few days you probably do not feel hungry, most people feel, however, that it is a real mistake to do without breakfast even if one how do without breakfast even if one has no feeling of hunger. I once heard a doctor use a striking comparison: "You wouldn't start on a long trip in your machine without gasoline, then why start the day without fuel in your While this comparison is

you in good stead some day. A Good Breakfast. morning meal? Something hot is siken for granted. If you are "hy- bulk. Thus the cooked cereals cost grenic," you may dring cocoa or cereal coffee or milk; if you "want what you want," you will probably drink coffee. I will not go into the

relative merits of the different bev-

erages, except to say from the stand-

WAR PUZZLES



BRITISH TOOK A MILE OF GERMAN TRENCHES

Near Beaumont-Hamel, two years ago today, January 11, 1917.

YESTERDAY'S ANSWER. Upper right corner down in coat.

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 ques-

point of time and nutrition milk is the best beverage. If you prefer it cold, you can get your hot food in

tions that her readers may ask.

cereal or egg. Unless you have a fireless cooker you are limited to a ready-to-eat cereal, though some of the brands of cereal requiring cooking advertise an incredibly short time preparation. A cereal is an excellent lood for breakfast, as it gives a no argument, strictly speaking, yet good deal of food value in an easily it sums up the practice. Having the digested form. This statement is not right food at the beginning of the so true of the very light cereals, such as the puffed cereals, as the ordinary day is one of the "factors of safety" as the puffed cereals, as the ordinary in human well being. It may stand serving of these has only one-third to one-half the food value of a small serving of cooked cereal. The same What is the right food for the eat cereals in a less degree, for food value is proportional to weight, not

> a great deal less in proportion to food value. All of which informa-tion is good to remember if one is considering the advisability of buying a fireless cooker. Some breadstuff is necessary for reakfast; but the hot-breads are

aboo for kitchenetters because of time of preparation. This taboo may be a blessing in disguise! While it is possible to make griddle cakes very quickly, I doubt whether it is wise for any person, unless engaged n strenuous outdoor work, to load flown his system with hot cakes. l'oast is a far better standby, for it is equally hot, more quickly prepared, and fresh, hot toast is surely a delicacy. A grill at table is the ideal way of making it, but a 10-cent toaster on a gas burner will turn out a fine product, provided it is served immediately.

Fruit for Breakfast.

orning meal with it; but if you will not allow more than five or 10 min-utes for breakfast you can scarcely include fruit. But don't forget it for lunch or dinner if you do omit at breakfast,

One of the most quickly prepared and nutritious of breakfast dishes is Though they are expensive state. The consumer will be called on to pay from five to ten cents a dozen more than he paid before the advance in price to the wholeMarines," Lothrop, Bessie Barriscale, "Heart of Rachael;" Suburban,
Marie Wallcamp in "Tongues of

A Standardized Breakfast. If you do not demand too much

### The Very Latest Fashions

Republished From Good Housekeeping the Nation's Great Home Magazine.



Here is a charming blouse made in the newest way of sprightly blue or rose checked organdie with a voile collar plaited and stitched in color. And here is a suit waist of white volle with valenciennes lace edging and fastening at the side. This is only one of many models in the January issue.

I am now about to make a start-ling statement. I suppose no ideal breakfast is possible without fresh an egg. Then each morning you or cooked fruit, but the eating of fruit is a great time consumer. Fruit is an absolute necessity in the diet—
I should like to see this statement labit. A habit once firmly estabcapital letters-and there are good lished means this saving of time lietary reasons for starting the and thought, and it also means you will never omit your breakfast.

Movie Programs.

Movie programs sponsored by the better films committee of the Omaha Woman's club for this eve-

Rohlff, Bert Lytelle in "Austin sion committees have Blackey's Little Pal," Grand, Jane pointed by the chairman: and Katherine Lee in "Tell It to the Mrs. Frank Judson, ch Marie Wallcamp in "Tongues of Flame;" Maryland, Madge Kennedy in "Baby Mine;" Apollo, Geraldine Farrar in "The Turn of the Wheel;" variety, you will find a standardized Orpheum, South Side, Clara Kimbreakfast a wonderful saving of time ball Young in "The Road In the and energy. You decide just what Dark."

Y. W. C. A. Notes

will be given Saturday afternoon, January 11, at 4 o'clock in the second floor parlor of the Y. W. C. A. Mrs. Marie Leff Caldwell will speak on "The Practical Problems Involved in the Every Day Life of the Working Girl." Mrs. Charles Offutt, chairman of the committee, will lead the discussion.

The Countess Markievicz, the only woman who won a seat in the

The following industrial exten-sion committees have been ap-

Mrs. Frank Judson, chairman of the hospitality committee; Mrs. Ida-Hanchett, chairman of the educa-tional committee; Mrs. Henry Wy-man, social service committee, and Mrs. Charles Offutt, research.

Among the occupations for which the British government is preparing to train war widows are dressmaking of all kinds, the higher branches of laundry work, piano-making, general nursing, instructresses in swimming and gymnastics in day and poarding schools, sanitary inspecion, infant welfare work and school teaching. During the training course, which in most cases will extend over a period of about three months, the widows will be allowed

nly woman who won a seat in the British parliment in the recent election, is an Irish girl who married an Austrian of title. She first came in-to wide public notice for the part she played in the Sinn Fein rebel-



1608-10-12 Harney St.

and you will come always.

DENTRAL

### Due to Increase in Express Rates When shipments from the south investment, especially if you do not

of spring beets, carrots, turnips and radishes are resumed to the Omaha market prices will advance about they both contain substances that are vital to life and health. There two cents a bunch on these commodities, A. King, manager of the grocery department of risyden Local grocers are at a loss to Bros., declared.

Because of a backset to the crops by the recent cold weather, and the irregularity of the train service, shipments from the southern marker have been more or less demoralized. During the past several days shipments of green groceries only have been arriving at infrequent intervals, it was said.

The advance in the price of green goods from the south is said to be lue also to the increase of express rates, which became operative Wednesday. The express rates have advanced 55 per cent, and in order to meet the additional expense, it has been necessary to charge the con-sumers higher prices, Mr. King said The express on some of the green groceries from the south is said to exceed the price paid the producer

for them.

Due to the killing frost in Cali fornia recently, oranges have advanced from \$1 to \$1.50 a box. The frost is reported to have killed 10 per cent of the orange crop in that at the present time, an egg is a good

Ginger Bread

% c. sugar. 2 eggs. 1 c. molasses. % t. cloves. % c. shortening. 2% c. flour.
2 t. ginger.
4 t. cinnamon.
2 t. soda dissolved in
1 c. hot water.

Cream sugar and shortening; add molasses and eggs and mix well. Add flour and spices, then sods in water. Beat all together well. For-ty per cent barley flour can be used or 40 per cent commeat. If commeal is used heat molasses and add cornmeal to it, as you would make mush, and cook ten minutes. Let cool before adding mixture. Makes 24 cup cakes or can be made in

The recent November election, at thich Michigian, Oklahoma and outh Dakota enfranchised their women, resulted in the addition of 1,500,000 women of voting age to the electorate of the United States.





Phone Doug. 1796

# Tremendous Advance in Vegetables

Local grocers are at a loss to explain an advance of 5 cents a pound on cheese. The increase came several days ago in quotations to retail merchants without an explanation. The price jumped from 37 to 42 cents a pound. There has been a shortage in the supply of cheese for the past week. This con dition also remains unexplained.

The wholesale price of beef has advanced from 16 to 20 cents a pound. The reason assigned for this is that the packing houses just have begun to handle the corn-fed

Among Other Good Things Krispy Crackers

beef, which is a much better quality of meat than that which has been raised on grass. The range stock is said to have been practically exhausted, and the corn-fed meat will be found exclusively on the market the remainder of the winter.

Krispy Crackers With Olives, Soups Cheese Et



wegian Cod Liver OH . . 59c

wegian Cod Liver Oil, \$1.18

\$1.75 Pint Bottle Pure Nor-

25c Beecham's Pills .... 17c

25c Pears' Soap, unscented, 14c Eagle Brand Condensed Milk

\$1.25 Goutorbe Face Powder

Denatured Alcohol, keep your radiator from freezing, per gallon .....\$1.10

25c 4711 Glycerine Soap. 14c \$2.00 Ideal Hair Brushes (triple bristles) ...\$1.10 25c Nature's Remedy Tablets

\$1.25 Pint Imported Olive Oil

50c 3-P Capsules ..... 29c

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25c Dewitt's Cold Tablets. . 19e | \$1.00 1/2-pint Bottle Pure Nor-25c Liquid Veneer.....19c 25c Porter's Silver Polish, 1-lb. 

20c Cuticlene .....9c
50c Varnish Food .....34c
30c Mennen's Corn Remedy 25s Barkeeper's Friend Brass and Nickel Polish...12c 30c Sloan's Liniment....19c \$1.00 Woodbury Scalp Cleans-

\$1.00 Woodbury Skin Lotion 20c 3-oz. Singer Machine Oil 

30c Listerine ......19c 

EDISON MAZDA LAMPS 10 to 50-watt Mazda Lamps 60-watt Mazda Lamps....40c We carry a stock of all lamps up to 500 watt.

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# Men's and Young Men's Suits and Overcoats Reduced--331 Per Cent Discount

The odds and ends (the ones and twos of a kind) of our Winter Suits and Overcoats are now marked at prices designed to effect a speedy clearance. You are offered substantial savings on the new Winter Suit and Overcoat you need.

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Your Boy. All \$6.00 Suits and Overcoats, now......\$3.98 All \$7.50 Suits and Overcoats, now......\$4.98 All \$9.00 Suits and Overcoats, now......\$5.98 All \$10.00 Suits and Overcoats, now ...... \$6.98 All \$12.50 and \$15 Suits and Overcoats, now ..... \$8.98

> We will take your Liberty Bonds at full value and pay you the difference in cash.

> > Another Snap Men's Union Suits

In Sizes for Both the Slight and Stout Person

and at January Sale Prices.

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All \$2.50 Union Suits, now......\$1.98

All \$3.50 Union Suits, now ..... \$2.48

All \$5.00 Union Suits, now .......... \$3.98

All \$7.50 Union Suits, now.....\$4.98



Trousers, now. \$1.98 All our \$3.50 Trousers, now. \$2.48 All our \$4.00 \$2.98 Trousers, now. \$2.98 All our \$5.00 \$3.48 All our \$6.50 \$4.48 Trousers, now. \$4.48

TROUSERS





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Blue Bell or Sunkist Flour,
48 pound sack for ... \$2.90
Blue Bell or Sunkist Flour,
24 pound sack for ... \$1.45
Shredded Wheat, per pig. 12½c
Süc Grade Sunkist Plums ... 25c
10 oz. Bottle Mayflower Ketchup,
for ... 15c
½ Gallon ean Advo Pure Maple
Syrup for ... \$1.75
Quart Cans Log Cabin Syrup 63c
A full line of Iten's Fancy Cakes, Cookies and Crackers.

Pig Pork Shoulder Roast, | Shoulder Young Mutton, per pound ......25c Prime Boiled Rib Roast, per pound ......30c Steer Round Steak, lb. 30c Young Veal Breast, lb. 1716 | Bacon, square, per lb. 35c

Fancy Creamery Bulk Butter, per lb. ..... 56c Selected Storage Eggs, per dozen .......62c 5-lb. pail Swift's Snowflake for .....\$1.75 Gem Nut Margarine, per pound .......32c | per quart .......30c

Fancy Small Pig Pork Loin Roast, per lb ... 311/2c per pound ......16c Fancy Veal Roast, at, per pound ... 221/4 c, 25c Steer Sirloin Steak, lb. 30c Extra Fancy Sweet Navel Oranges, each ......6c Medium Size Oranges, at, per dozen ......30c Yellow Meat Sweet Potatoes, per lb. 10c, 3 lbs. 25c Extra Fancy Cranberries,

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