WOMAN'S SECTION OF THE BEE

ome Economics

Spring Greens The person who is fond of the spring greens will wonder why it is necessary to mention the subject at all. Spring greens to their admirers are as much of the spring menu as are strawberries and asparagus. The person who scorns the humble greens will wonder why the editor should fill up a column with the stuff. They are so utterly plebeian.

This article is written for neither the stuff of the stuff of

key. Certain foods give us heat and energy, the power to keep going; other foods make good the wear and tear on the body, and in the case of children, provide for body growth; still others, and greens belong to this last class, keep our bodies in good physical condition, that is, regulate the body. What many people get from medicine, the wise person gets from a judicious to the served with greens and bacon fat instead of butter.

Spinach With Buttered Crumbs.

Mix cooked chopped spinach with a small amount of well buttered crumbs. Toss till the ingredients are thoroughly mixed.

Cream of Spinach Soup.

1 pt. water in which 1 t. sait. spinach was cooked Pepper. 1 pt. milk. 1 to 1 e. cooked that is, regulate the body. What many people get from medicine, the wise person gets from a judicious selection of his food. Greens are also in the second class of foods, that is, the iron of spinach is of great value and occurs in large amounts relative to its occurrence in the average foods.

Cream of Spinach Soup.

1 pt. water in which 1 t. salt. spinach was cooked Peopler. In this, is plant was cooked Peopler. The butter. In the water and flour, then milk and stir to boiling. Add seasoning, spinach water and cooked spinach. Serve with croutons. the average foods.

The leaves of plants have been found recently to contain a very valuable substance, different from the values discussed above. That is, the leaves of plants provide what is called an accessory substance which is necessary to health. Only leaves of plants, milk and eggs provide this substance. Hence there is a new count in favor of the humble spread.

A reader asks for a recipe for toffee frosting (mocha frosting):

1 T. butter.

1 M. c. powdered

2 T. strong black
sugar (or more.)
coffee.

Cream butter, add cocoa and a small amount of sugar. Gradually add coffee then enough sugar to make of the right consistency to spread.

Personals

4106 Dodge street.

greens. Now, will you have greens The Style Barometer Says for dinner tomorrow? To Cook Greens.

1. Pick over and wash the leaves, plunge into boiling salted water and boil till leaves are tender, about 25

party, but for the vast majority who neither like nor dislike the greens, just enough to prevent burning at their related to the start. The spinach will cook in For values they have, almost magical values, if one stops to consider their various claims. They are the key to bodily well being; or, to be more accurate, they are a part of the key. Certain foods give us heat and energy, the power to keep going:

Question Box

Married

Mr. and Mrs. Glen Milligan of Redlands, Calif.; Mr. and Mrs. O. J. Milligan, Mrs. James Beaver and Mr. John Beaver of Scribner, Neb., were guests over Sunday at the home of Mr. and Mrs. Fay Beaver, 4106 Dodge street.

Mrs. John H. Sorenson, 123 South 42d street, announces the marriage of her daughter, Miss May Sorenson and Mr. P. E. Randolph. Mr. Randolph has just returned from overseas' service. The wedding took place Saturday afternoon, May 10, at the Part of the street o Mr. and Mrs. Ben Somberg.
Drake court, announce the birth of a son, born Sunday at 7:30 o'clock, at Nicholas Senn bosnital Both at Nicholas Senn hospital. Both mother and child are doing nicely.

The wedding of Miss Annie R. Barnes, daughter of Mrs. Gilbert M. Barnes, and Mr. John O. Trentiss The Fidelus club of St. Cecilia's of San Benito, Tex, will take place

The Fidelus clib of St. Cechias of San Benito, Fex, will take place cathedral will give a May party Wednesday evening at the Metropolitan hall. High-five, bridge and dancing will be the program of the evening. A buffet supper will be served at 11 o'clock.

Thursday evening.

All of the prominent universities in the United Kingdom, save Oxford and Cambridge, now confer legal degrees on women who duly qualify.

Oxfords and Pumps

"'Tis Time for Them Now"

These warm, balmy Spring days demand cool and dainty foot-

wear for women of style and

distinction. Fry's footwear com-

bines quality with distinction. Our complete stock

of Spring and Summer

footwear is now ready

and we assure you that it is no trouble

to show

them to you. Why not see

them tomor-

Man She Loves in Denmark "Sateens" and Famous Vampire Will Quit Vamping Because She Is In Love.

By ADELAIDE KENNERLY. Valeska Suratt is here! Valeska Suratt is in love! Yes, the Valeska of the movies-Valeska the vampire-Valeska the

neartless We begged, bribed, coaxed and entreated her to tell us his name, but "nothing doing" was all we could get from Miss Suratt.

He is a good looking man with stern features, clipped mustache and stands in a leather frame—an expensive leather frame-on her dresser. He is a Dane and lives in Denmark and when they are married the stage will see no more of its famous vam-pire and New York will sadly miss

its gay bird of plumage—its gorgeous peacock of the Avenue.

"You ask me, what is love," she
laughed. "Well, it is an indigestion.
I suppose, and I haven't found a
remedy, to say nothing of a cure."

Her Children.

In a minute we shall tell you about clothes for the coming season, for. indeed, is not Valeska Suratt the best style barometer in the country! But first we must whisper a word about her children. Seven is the number she has educated, cared for and lavished her wealth upon. Some of them belong to the "most wonderful brother in all the world" and the others are progeny of the "darling-est sister God ever created." In fact she declares the seven of them have kept her so busy that there was no time to have children of her own.

But she loves them! She adores them! She is mad about them! Life isn't worth a cent without

She dislikes the stage and fiendish roles, but when they are given to her and a contract with many figures presented for signature, she "digs in and does her best." What she really is ambitious, to play is a Japanese or Chinese role.

Now for the clothes and fashion's Blue and White Gingham.

Four years ago Valeska Suratt months. Naturally she will take But we can only tell what we find made the checked gingham popular only roles without rolls since that in Valeska Suratt off stage. And —yea, even famous. She was cartooned and sketched and New York

"I suppose I have been about as sateen dresses knocks the props
from under our well established noabout her blue and white checked an on earth," said the actress approtions of Valeska, out the props must pos of nothing as she pushed back match. Then she had other ging-hams and plain organdies and dimities of valeska, out the props must come. We might as well don sateen the hair in an effort to conceal two unruly tears. "I am not a vampire at style Barometer. ties. Buyers for New York stores all. I have so much heart that I tell how she brought ginghams into must laugh with a chuckle, hollowly,

Then Miss Suratt brought forth a lovely piece of sateen, a dark blue ground with dots. White collar and cuffs will be used to relieve the one-

All expensive clothes owned by his popular actress are worn at rivate parties, dinners and abroad A few are seen on the stage. The wonderful natural Kolinsky coat which she wears in her act, "The Purple Poppy," is valued at \$3,000, and the only one "in captivity." A \$10,000 chinchilla coat she has worn out five times and says, with a wave of her hand and the Suratt smile: "Oh, bother about such expensive things as chinchilla coats and pearls. I am going to sell them and spend the money on little kids who haven't shoes on their feet or food in their Going back a bit to one of Miss



Suratt's "bird of plumage" pictures 'fallen down on the job' in some "The Soul of Broadway" more than say."
\$10,000 was spent on clothes. The Sorry! Terribly sorry to shatter all scene where she rolled down the the lovely horrible dreams which steps left her a semi-invalid for five have given us so much to talk about!

"Tell me something! Where shall looking little blonde with the big R. W. Reed, Tyler 1166, or to Mrs. "Tell me something! Where shall I find a good dressmaker who can make me a sateen dress? I am bringing out sateens this season because they are so pretty and practicable," she parenthesised between relevant remarks.

The Miss Suratt brought forth or the case in life—we have ambition to pose in life-we have ambition to do our parts well, but I have yet to see the first professional vamp who really is a love thief at heart. They are usually mothering a brood of children somewhere—children whose real parents have deserted them or

Heart Beats

She longed For the life Of the Villagers And gay New Yorkers
She dreamed of the cabarets And Boheimian parties And the fast gait Of Manhattan inhabitants So she hied herself Away to the heart of The four million And the home of The FREE. She danced until Her slender feet were sore And she drank A few Bronx— Before and after dining— Until her weary brain Ran riot And blood rushed Singing through her ears. But she has returned To the great openness Of the West— To the over-stale crowd She left. We invited her to Because we liked her And because we hungered From the Old Town. We detected a sly Little twinkle

In her eye And a queer Good homored smile Around her ruby lips. In a carefully guarded Burst of confidence We learned that— She is satisfied with And she loathes cabarets. wiggling, slinky Artificial women Are disgusting. What Broadway Thinks funny Our friend Thinks is boresome. "Having seen both' She confided "I am forced to decide That my tastes have Altered completely. I like the gay Intellectual life

Not shams But the physical gay Of notorious Broadway Is coarse And ugly And vulgar And dregs,"

like intellectual

Sprees and companions

favor and the quality up to its present state of finesse. Four years have elapsed and we, of Omaha, are buying it for the first time in large type for vamp roles I do not know.

The annual dinner of the North-western University Alumni association too sentimental. Why they pick my thou will be held Friday evening at type for vamp roles I do not know.

6:30 o'clock, at the University club type for vamp roles I do not know. Roy Ralph, Walnut 2474.

> Bolly says o I've been comparing corn flakes, and for me an' mine, give me

POST TOASTIES

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of Omaha

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Dempster Co.

1813 Farnam St. Branch 308 So. 15th St.

Valeska Suratt Soon to Quit Stage for Child Welfare Workers to

> Nations Meet In Chicago May 19-20.

The eyes of America have been The eyes of America have been messages of the foreign authorities opened by medical statistics on on the subject at the Chicago meetdrafted men during the war to the large percentage of physical unfitness among young men of the country. One-third of all men examined try. One-third of all men examined were found defective in some way and most of these defects could have and most of these defects could have been cured or prevented in child-hood. The facts are appalling and the moral apparent. Child welfare movements have taken on wider growth and deeper significance since growth and deeper significance since of the British wage earners which the truth has become known, and the has advocated the national protections. United States government itself has advocated the national protection of maternity and infancy; Sir Cyril Jackson, board of education, London; R. C. Davison, director of the Juvenile Labor Exchanges of England.

Ten distinguished experts in the Sold of children and the mothers of children.

Ten distinguished experts in the Sold of children and the mothers of children.

France: Dr. C. Mulon of the

field of child welfare will be in Chicago for public meetings and confer-ences at the Congress hotel, May 19 and 20, guests of the United States in response to invitation of President Wilson, Secretary of Labor Wilson and Miss Julia Lathrop of the Children's Bureau. This is the announcement of Mrs. Draper Smith, chairman of child welfare in Nebraska under the Federal Depart- relief work. ment of Labor. There has not been,

nor will there probably be, in many years, a meeting of greater worth and more inspiring interest in the field. Anyone is privileged to attend tui, in charge of child welfare work. Meet

Meet

Meet

Representatives of Different

North Michigan avenue, Chicago, Ill. Mr. W. W. Bradley of the Humane society, possibly Mrs. Draper Smith, and others, will go from

Omaha. interest will therefore attach to the

France: Dr. C. Mulon of the French War department, who advocated creches in connection with munition plants.

Luncheon for Mme, Breshkosky. Madame Catherine Breshkovsky the little grandmother of Russia, arrives in Omaha Wednesday morning for her lecture Thursday evening. Madame Breshkovsky is accompanied on her tour by Dr. Edward H.

In many respects the United anied on her tour by Dr. Edward H. States lags in the preservation and advancement of child life. Peculiar can Red Cross in Russia. Madame Breshkovsky and Dr. Egbert wil be honor guests at the regular meet-ing of the board of directors at luncheon Wednesday at the Maytime tea room.

The guests will include the follow-

The guests will include the ing members of the board.

Mesdames:

A. W. Bowman,
A. F. Jonas,
George Holdrege,
L. M. Lord,
J. W. Robbins,
S. A. Cressey,
Harold Gifford,
George Morton,
George Payne,
Henry Hmiller,
G. W. Wattles.
Leff Caldwell.

Include the board.

M. M. Gedames
W. P. Adkin
E. W. Nash,
E. W. Nash,
C. W. Axtell
C. W. Axtell
J. H. Dumon
Edgar Scott, Medard.

Medarmes:
M. T. Feil,
E. W. Gunther,
F. R. Hoagland,
W. P. Adkins,
E. W. Nash,
M. M. Levings,
E. M. R. Sunderland,
Draper Smith,
C. W. Axtell,
F. S. Hanna,
J. H. Dumont,
Edgar Scott,

With the Visitors. Miss Elizabeth Nuttman of Washington, D. C., arrived Tuesday morning to be the house guest of Miss Mildred Rhades. Miss Nuttman is the daughter of General Nuttman, commanader of the 89th division of volunteers and is in service over seas. Miss Mildred Rhoades will en Italy: Prof. Fabio Frassetto, professor of anthropology at the University of Bologna.

Japan: Mr. Takayuki Namaye.
Japanese Interior department, especially in charge of reformatory and relief work.

Serbia: Dr. Radmila Lazarevitch

seas. Miss Mildred Rhoades will entertain informally Friday afternoon at her home in honor of her guest. Saturday evening there will be a dance given in honor of Miss Nuttman at the Prettiest Mile club, when Miss Gretchen Swoboda will be the hostess. Miss Nuttman plans to remain about two weeks.

Thomas

If You Wear Size 16, 18 or 38 be here Wednesday

Extraordinary Reductions SUITS, DOLMANS CAPES

I'O REDUCE OUR STOCK we have taken several scores of models that were formerly priced to \$95.00 and have divided them into three lots-

29.75, 39.75, 49.75

PLAIN TAILORED as well as those handsomely embroidered, some with and others without vestees. MATERIALS of all types, including tricotines, serges, Poiret twills, silvertone, bolivias and many

DURING THIS SALE. EARLY SHOPPING IS ADVISED.

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Always Reliable and Always Good

The Standard Wholesomeness

THE BUTTER-NUT BOY He is Always on the Wrappers of

TER-NUT BREAD

It is the Bread that The Consumers Like to Buy The Dealers Like to Sell Everybody Likes to Eat

It Is a Friend Maker and Friend Keeper

Made only by SCHULZE BAKING CO.

The Best Test for **Baking Powder**

If you are using some other baking powder because it costs less than Royal, get a can of Royal Baking Powder from your grocer, make cake or biscuits with it, and compare them with those made from the cheaper powder.

The food will be lighter, of finer flavor and more wholesome when made with

ROYAL Baking Powder

Absolutely Pure

Made from Cream of Tartar derived from grapes

Royal Contains No Alum-Leaves No Bitter Taste