

... waves eternal winds.—  
—Enchangers of the souls of mortals!  
—Stedman.

# WOMAN'S SECTION OF THE BEE

In contemplation of created things  
By steps we may ascend to God.  
—Milton.

## The "Delphians" Organized

Ida Kruse McFarlane to  
Lecture Monday at the  
Blackstone.

Ida Kruse McFarlane, well known educator and professor of English of Denver university opens the lecture season for the Omaha chapter of the Delphian society Monday, June 16, when she speaks upon "Standards of Modern Culture." The lecture will be given in the ball room of the Blackstone hotel at 11 o'clock.

The Delphian society is an educational movement of national scope, with lecture centers in many of the larger cities of the United States. The Omaha chapter is fortunate in having Mrs. McFarlane for the entire series. A large number of the representative women of the city have registered for the course.

Mrs. McFarlane is a graduate of Vassar college and has been a student in many of Europe's leading universities as well as having had honors conferred upon her by America's leading institutions of learning.

She has the distinction of being the only woman in the United States contributing to the president's labor mediation committee.



Ida Kruse McFarlane, A. M. Litt., D. Director of Denver and Kansas City Delphian Chapters.

**Church Party.**  
The women of St. Rose's parish will give a dancing and card party Thursday evening at 8 o'clock, at Father Flanagan's boy home, 4206 South Thirteenth street.

**Dancing Party.**  
A dancing party was given in honor of Miss Bess Kroupa, Saturday evening, at her home, 4113 South Ninth street.

Mlle. Marguerite Metivier, a noted French beauty, dispenses cigarettes and candies at a little stall in the vestibule of the Hotel du Crillon, headquarters of the American peace delegation in Paris.

Those present were:  
Messrs. and Mesdames:  
J. E. Kroupa, Ed. Seffron,  
Misses:  
Caroline Uhlir,  
Vilma Burros,  
Sylvia Riba,  
Blanche Bartos,  
Helen Vanora,  
Georgia Tuma,  
Emily Premisl,  
Ruth Tuma,  
Anna Hladik,  
Georgette Kroupa,  
Messrs:  
Jack Urban,  
D. Stamer,  
Frank Urban,  
Clarence Chruska,  
Frank Janousik,  
J. Rozay,  
Jerry Z. Tsear,  
George Langer,  
H. Postal,  
Charles Serpan,  
Frank Kufak,  
George Hoffman,  
Henry Veraska.

## HELP YOUR DIGESTION

When acid-distressed, relieve the indigestion with **KI-MOIDS**. Dissolve easily on tongue—as pleasant to take as candy. Keep your stomach sweet, try **Ki-moids**.

MADE BY SCOTT & BOWNE MAKERS OF SCOTT'S EMULSION

**For Miss Gustafson.**  
Miss Regina Andrensen entertained Saturday evening for Miss Ruth Gustafson, who will be married Tuesday of next week, to Thomas B. Larsen. Miss Gustafson was the recipient of a number of beautiful and useful gifts. Sixteen were present.

Mrs. Nels Backlund will entertain for this bride-to-be on Tuesday evening.

Mrs. C. D. Cooley and son of Tampa, Fla., arrived Saturday evening to visit her sister, Mrs. F. H. Turrey.

## Home Economics

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

Food.	Preparation.	Time at 20 Pounds Pressure.
Dried fruits	Soaked 1 1/2 hours	10 minutes
Navy beans	Soaked 1 1/2 hours	30 minutes
Lima beans	Soaked 1 1/2 hours	15 minutes
Irish potatoes	Washed, pared	10 minutes
Sweet potatoes	Washed, pared	10 minutes
Squash and pumpkin	Cut in thin slices	20 minutes
Carrots	Washed, scraped	10 minutes
Beets	Washed	15 minutes
Onions	Washed, skinned	10 minutes
Cream of Wheat	Stir in to boiling salted water, cook until thick	10 minutes
Rollt oats	Stir in to boiling salted water, cook until thick	15 minutes
Rice	Soak 30 minutes	15 minutes
Hominy	Soaked 1 hour	40 minutes
Cornmeal mush	Stir in boiling salted water, cook until thick on stove	25 minutes
Spaghetti	Stir in boiling salted water	15 minutes
Chicken	Cut in pieces, scalded and seared	24 to 40 minutes
Ham, 6 to 8 pounds	Scalded and scraped	50 minutes
Beef Ck Roast, 3 lbs	Seared, salted	40 minutes
Boston Brown Bread,	Batter poured into tin can. Lid put on can.	1 1/2 hours
12 oz. loaf	Per cook open	1 1/2 hours

(Reproduced by the Pressure Cooker Service Co., Omaha, Nebraska.)

**Steam Pressure Cooking.**  
This department has recently received an interesting circular on the topic of steam pressure cooking. The material is so good that it is printed verbatim. The editor would add a word that she has personally used a pressure cooker and can recall some definite figures worked out which prove that a cooker pays for itself in a year by the saving of fuel.

"The home kitchen has gone to school to the factory and cooking by steam is becoming a common practice in many households. A piece of tough meat no longer runs up the fuel bill in the cooking, run the dexterity of father in the carving, or the teeth of the family in the eating. A dinner of meat, vegetables and pudding may be placed in the pressure cooker at 11:30 and appear upon the dining table, thoroughly cooked, savory and toothsome at 12 o'clock sharp.

"How does it happen? The explanation is simple enough. The cooking is done in a steam-tight vessel. Whenever steam is not allowed to escape as it forms, it creates pressure and this pressure raises the temperature. This means that food can be made much hotter in the pressure cooker than in an ordinary kettle with a loose fitting lid. When the temperature goes up, the time required for cooking is shortened; for example, dry beans which require nearly three hours' boiling in an ordinary kettle may be thoroughly cooked in 30 minutes in the pressure cooker. This not only means great saving of fuel, but great saving of time as well, since it is not necessary to watch the kettle for so long a time and no stirring or replenishing of liquids is necessary as with long boiling.

"The pressure cooker is not only valuable for general cooking purposes during the entire year, but it is a 'friend, indeed,' during the canning season. Fruits, vegetables and meats can be canned in much less time and with less fuel than by any other method.

"The cooker is in the form of a heavy aluminum kettle with a specially fitted cover which fits snugly in place to prevent the escape of steam. The cover is fitted with a safety valve and stop cock by which pressure is regulated. The mechanism is simple and cooking temperatures may be more easily controlled than with ordinary cooking stoves. The heat necessary to generate steam for cooking is obtained by placing the cooker over a gas, kerosene or electric burner or on a wood or coal range. When the range is used, best results are obtained from a quick fire such as may be had from coals or chips. The pressure cooker may be used as a fireless cooker by heating to desired pressure, then turning out the fire, placing the cooker on a board or asbestos mat and wrapping in a blanket. Complete directions for operating the cooker are sent by dealers to those who apply."

**Reasons for Pressure Cooker.**  
Time, labor and fuel are saved. Money is saved because cheaper foods are being appetizing. Foods are never burned in cooking. Foods keep hot longer because the heavy aluminum retains heat. Food flavors are better because there is no loss of vapors or juices in cooking. An entire meal may be cooked at once thereby saving dishwashing as well as fuel. The higher temperatures employed destroy organisms that might cause food poisoning. The cooker is convenient, durable and easy to manipulate.

**Points to Remember.**  
1. Time is saved by having the cooker hot when food is placed in it.  
2. It is best to start with a hot fire under the cooker, then lower the heat after desired pressure is reached.  
3. When gas or kerosene is used the fire may be turned out a few minutes before time is up.  
4. If it takes a long time to reach desired pressure the time for cooking at that pressure may be shortened.  
5. Less water should be added than for boiling since none is lost by evaporation.  
6. Time is saved by cooking together foods that require the same length of time instead of exhausting the steam to place in the cooker some food that requires a shorter time.  
7. When time is up, remove cooker from fire. Best results are obtained when pressure is allowed to run down before steam is exhausted. Remove lid when all steam has escaped.  
8. When the cooker is used to get a whole meal, separate pans are used. These may be placed one above the other with pieces of heavy galvanized screening between. No lids are necessary since vapors do not land.  
9. Roasts should be seared in the bottom of the kettle before water is added.  
10. Potatoes cooked in a pan in the cooker may be mashed very satisfactorily.  
11. Experiments have shown that fruits cooked first by steam pressure yield 15 to 25 per cent more jelly than when cooked in the usual way.  
12. When canning, if all the space is not filled, some article of food may be placed in a pan on top of the jars, or in another jar if there is room.  
13. In making soups, less flavoring is needed since none is lost by evaporation.  
14. Steamed puddings and brown breads may be cooked in jars, pans or cans. In order that such products may not be heavy they should be cooked at three to five pounds pressure or with the pet cock open.  
15. As with all other cooking devices best results are obtained when directions for use and cleaning are carefully followed.  
16. The pressure cooker is most practical for cooking of meats, chicken, soups and stews; for cereals and vegetables which require long cooking, and for dried fruits. It is less desirable for the strong flavored vegetables, as onions and cabbage.

## Blue and Gold



Miss Kathleen O'Conner, the actress, is standing by the French door of her home in a simple but elegant evening gown of baby blue and gold. The gown is made entirely of squares of cloth and can easily be made at home by the woman who is a wee bit skillful with the needle.

**Sauce for Beets.**  
1-3 c sugar, 2 tbsps. butter or other fat, 2 tbsps. corn starch, 6 tbsps. vinegar, 2 tbsps. water.  
Mix corn starch with sugar. Add liquids and cook until thickened. Pour over beets and let stand few

## Vegetable Beef Stew With Dumplings.

2 lbs. boiling beef, 1 c cubed carrots, Fat for searing meat, 2 tbsps. vinegar, 1 1/2 c boiling water, 2 cloves, 1/4 small onion, 1 c cubed potatoes (chopped).  
Prepare vegetables. Cut meat in pieces for serving. Sear in fat in cooker. Add other ingredients. Cook 40 minutes at 20 pounds pressure. Make a soft biscuit dough for dumplings. Exhaust steam, remove lid and drop dumpling mixture by spoonfuls on top of stew. Replace lid, leave pet cock open and steam 10 minutes.

**Apricot Tapioca Pudding.**  
1/2 c pear tapioca, 1-2 c sugar, 2 c dried apricots, Few grains salt, 2 c cold water.  
Soak tapioca and fruit one hour or longer in the cold water. Add sugar and salt. Cook 10 minutes at 20 pounds pressure. Any dried or fresh fruit may be used.

The Winter Dancing club will hold their picnic Wednesday at Elmwood park. The guests will meet at Harte's hall in Dundee at 5 o'clock.

## Red Cross Call.

Mrs. Fred Larson, chairman of the Dundee Community Center Red Cross auxiliary, calls for workers for civilian relief garments, for Wednesday afternoon, from 1 until 5 o'clock, at her home, 4932 Davenport street.

The Carter Lake club Red Cross unit will meet for luncheon at the club house Wednesday at 1 o'clock. Mrs. A. D. Chapman, chairman, urges all members to be present. Plans for making garments for the French orphans will be discussed. All knitting must be turned in at this meeting.

**Musical Tea.**  
Mrs. Douglas Welpton gave her last musical tea, Tuesday afternoon, at her home. The house was prettily decorated in peonies. Twenty-two of her pupils sang.

**For Miss Allen.**  
The Misses Fry will entertain at tea Wednesday afternoon at the Country club, in honor of Miss Mable Allen, who will be married June 18. Twenty-five guests will be entertained.

## Bowen Again Offers Exceptional Values on Grass Rugs

Many women are fast realizing the advantage of having light, rugs to use during the summer well woven and serviceable grass months in place of their heavier and more expensive ones, and to better introduce these rugs to the housewives of Omaha, the Greater Bowen Store offers several hundred of them Saturday at prices which spell the word ECONOMY in capital letters. These rugs can be had in any size from the small, 27 by 54-inch ones, to the large room size. Arrange to be at the Bowen Store early Saturday morning to secure one of these handsome and useful Rugs.

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Nobody has ever been able to successfully imitate it, because its quality is indelibly registered in the taste of the American public.

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## Fashionable White Footwear

The fascinating style of White Footwear for summer is delicately shown in the delightful array of summer models at the Fry Shoe Store. Smartly cut and beautifully finished are they. There are Pumps and Oxfords in all patterns, that are agreeably cool and comfortable. In fact, there are so many different styles that a satisfactory final selection is certain.

# FRY SHOE CO.

16th and Douglas.

## Rose-Petal Complexion

Smooth and velvety as the petals of a rose is the complexion aided by Nadine Face Powder

This delicate beautifier imparts an indelible charm—charm which lingers in the memory. The smooth texture of Nadine adheres until washed off. It prevents the sunburn or the return of discolorations. Its coolness is refreshing and it cannot harm the tenderest skin.

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Sold in Green Boxes Only. At leading toilet stores. If they haven't it, by mail, \$1.00.

NATIONAL TOILET COMPANY, Paris, Tenn.

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# Armour's

## Cooking Fats

LET the Armour Oval Label simplify your selection of cooking fats. We offer you every variety for every purpose. You can choose your favorite and yet be assured of the very highest quality and value, under the name of Armour.

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Veitbat Package Foods—(Soups, Meats, Fish, Fruits, Vegetables, Condiments, Shortenings, Beverages, etc.)