

WOMAN'S SECTION OF THE BEE

Do not manage, guide, and master th' emence
Of men's affections, more than all their swords!—Daniel.

His life only is worthless who fails of discovering
The worth in other lives.

Home Economics

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

Jams

This is the season of the year when the small fruits should begin to be plentiful. I think the outlook for their abundance is not very good but there are always a few people who are blessed with their own currants, berries, etc. Jellies and jams from berries are always delicious, especially jams from them. There is just one method of making jam, and it is unnecessary to have more than the one recipe. It is always interesting to invent new combinations, and it is possible to stumble onto delicious flavors. The proportions of the different fruits need not be the same at all times, either; as a variation in the proportion of fruits will give quite different results.

Pick over and wash fruit, put into a preserving kettle. Mash some of the fruit and add three-fourths its weight in sugar. The old rule was pound for pound of sugar, but the needs of the war have made many of us realize that really better flavors are obtainable with less sugar, even if there is no specific rule for conserving sugar. If you have no scales add the sugar by measure. While the measure is not so accurate it will serve quite well. Cook fruit and sugar with frequent stirring 40 to 45 minutes, or until a small amount will thicken on a saucer. Pour into sterilized glasses and seal with paraffin.

Sealing with Paraffin

There are three methods of sealing with paraffin, and each has its advantages. Some people advocate letting the jelly or jam cool, then putting on the melted paraffin later. This method allows the jam to cool and shrink first. An easier way is to pour on the melted paraffin, while the jam is hot, immediately after the glasses have been filled. This way allows no chance for the top of the jam to be exposed to air. A third way is to put shaved paraffin into the bottom of each glass and pour the hot jam over it. The heat of the jam melts the paraffin, which comes to top and forms a seal. Personally I think it is more bother to shave the paraffin than to wash the dish in which it is melted.

Kinds of Jam

Almost any kind of fruit makes delicious jam, but there are certain ones that are prime favorites. Strawberry jam heads the list for some people; others delight especially in raspberry or blackberry or gooseberry. If you have ever tasted wild raspberry jam, you know that there is nothing to equal its delicacy of flavor. Some economical housewives have learned the value of rhubarb as a "filler." With everything sky high, rhubarb still remains within the reach of everyone; and its tartness is good with any fruit. Thus you can make the flavor of the choicer fruits stretch over a large amount by using a certain amount of rhubarb in any jam.

Good Combinations

Current and raspberry.
Pineapple and apricot.
Pineapple and strawberry.
Rhubarb and strawberry.
Pineapple, gooseberry and barb.
Apricot and gooseberry.
Blackberry and cherry.
Cherry and pineapple.
Blackberry and pineapple.

Horlick's the Original

Malted Milk. Avoid Imitations and Substitutes

Smart Frocks and Parisian Hat

An unusual foulard street dress in brown, cream and red plaid for daytime uses and a small hat tilted in the back. These models are only a few of the many up-to-date creations illustrated in the pages of Good Housekeeping.



A frock in which the collar takes a new shape is shown at the left. The frock is of green taffeta with panel and sash.

How to Keep Summer Meats

"Oh, what shall we have for dinner?" This is the ever-present question the housewife faces when making out the menu. When on the summer vacation it often seems more difficult than ever. As the family and guests troop in to eat after a long tramp through the woods or an especial long row on the lake, they are often too tired to enjoy a hearty meal. Summer time is bound to be warm, it is true, and vacationists are bound to romp through the woods, row around the lake all afternoon or by various methods manage to exert themselves, so that they come in to their meals hot and fatigued. However, a menu which will make them forget the heat and that "tired feeling" is easily arranged by a careful selection of summer meats and summer specialties which will arouse their appetites.

These summer meats and specialties include boiled ham, jellied loaf products of all kinds, dry sausage, luncheon beef, tongue, frankfurter and many other articles which can be made up in attractive manner-pleasing to the palate of the most critical. Summer time is the season when ready-to-serve foods are in demand all over the country. Housewives should bear this in mind and pay particular attention to these various hot-weather specialties offered by manufacturers of food commodities. Of course, heavier meats, such as roast beef, roast pork, and so forth will be necessary, also, and these can be served cold with salad. The jellied loaf products, however, such as corned beef, tongue, meat loaf, etc., are all summer meats. They include many different kinds of meats, and consequently satisfy all tastes. The large line of dry sausages on the market is also particularly adaptable and should be kept in mind when placing orders for supplies. Dry sausage needs no refrigeration, and is especially desirable for summer luncheon. All these summer specialties when properly arranged with radishes, olives or salads, can be made into appetizing meals, and hostesses who make a study of this will realize not only in pleased guests but in increased popularity.

Tobacco Habit Dangerous

says Doctor Connor, formerly of Johns Hopkins hospital. Thousands of men suffering from fatal diseases would be in perfect health to-day were it not for the deadly drug nicotine. Stop the habit now before it's too late. It's a simple process to rid yourself of the tobacco habit in any form. Just go to any up-to-date drug store and get some Nicotol tablets; take them as directed and lo! the pernicious habit quickly vanishes. Druggists refund the money if they fail. Be sure to read large and interesting announcement by Doctor Connor soon to appear in this paper. It tells of the danger of nicotine poisoning and how to avoid it. In the meantime try Nicotol tablets; you will be surprised at the result.

"War Enlarged Men's Heads"

ARE men's heads growing larger? This is a question which manufacturers of hats are asking just now, for the orders which are coming through at present reveal a marked increase in sizes. The standard sizes formerly were 6 1/2, 6 3/4, 6 7/8, but now these are by no means popular. Instead, the majority of hats are made in sizes from 6 7/8 to 7 1/8. A man wearing a hat over size 7 used to be credited with a superabundance of brains, and if a hatter was called on for a size 7 1/4 hat he usually had plenty of banter or flattery ready, suited to the customer's taste.

Heart Beats

By A. K.

Our mingling
Is mixed
With a number of things
And it seems
Almost impossible
To sift from the mixture
The good and the bad.
There are sins aplenty
Stacked up against us
And at times—
Overwhelmed—
Sick and sad
Sinks the heart
For we wonder
Why whence and whither
Some folks are so
Sin soaked
And still hold their friends.
They smile as they
Meet you
They laugh as they
Leave you
And the memory that lingers
Is like perfume—
Like wine
To the senses—
Balm to the nerves.
They promise so gaily
All you ask
Of them daily
Or hourly—
But mercy!
Dependable never!
They are sports
No disputing—
Good company—
We'll wager
There is none better
Than the one
Who spreads sunshine
Good will—
And rash promises.
We all know their failing
Discuss
Their shortcomings
And admit they are useless
In the big scheme
Of things
For their promises means nothing
And they won't keep their word.
Yet we smile
And we wonder
If the froth
Isn't worthwhile
Just to keep us from
Drowning
In cold facts and figures.
We welcome the golfers
Truly as one of us—
We herald the sports
Of the outdoors and in
Practising their place
In the cycle of things,
Whv not with a grin
Let these folks in
And acknowledge their worth
In a humanlike way
For we need much
More laughter
More smiles
More tears.
Instead of condemning
Them for what they are not.
Let's recognize virtues
And welcome as one of us
These wholesome
Sports of
Good intentions.
For God made
Them, too. SELAH!



Young Hair

On Old Heads

is proof that its owner has been careful always to keep the scalp and hair clean and free from dandruff and dust that clogs and closes the tiny oil glands on which the hair depends for life and vigor.

QUINEGG Shampoo

is far superior to any soap for washing the hair and scalp and preventing baldness. Thorough rinsing in clear water removes not only every particle of dust or scale but also every trace of lather. Try it once and use it always.
Large bottle only 50c.
"Be Fair With Your Hair"
Vosburgh—Chicago

Cuticura Soap

Best for Baby

is the best remedy and only one that cures itching and only one that cures eczema and only one that cures dandruff and only one that cures all skin troubles. It is guaranteed to cure all skin troubles. It is guaranteed to cure all skin troubles. It is guaranteed to cure all skin troubles.

Shepherd's Penicillin

After each meal—YOU eat one EATONIC

FOR YOUR STOMACH'S SAKE
and get full food value and real stomach comfort. Instantly relieves heartburn, bloated, gassy feeling, STOPS acidity food repeating and stomach misery. AIDS digestion; keeps the stomach sweet and pure.

NEIGHBORS ARE SURPRISED BY HER RECOVERY

They Thought the End Was Near for Mrs. Colton, But Tanlac Brought Health Back.

"You may say for me that I don't believe I could have lived much longer if I had not been for Tanlac," said Mrs. George Colton, when the special Tanlac representative who had heard of her remarkable recovery, called at her residence, 1114 East 21st Street, Kansas City, recently, to ascertain the facts.

When for any reason it seems best to quit coffee, think of INSTANT POSTUM

with its health-giving properties and delightful flavor.

Opposite the Hotel Rome Out of the High Rent District



"The People's Store."

The Union Outfitting Company

16th and Jackson

Let this big Housefurnishing Institution serve you with dependable, guaranteed merchandise at money-saving prices.

Nationally Advertised



Why were typewriters invented?

INVENTION has made industrial life attractive to women as well as men. Time and labor saving inventions have banished the day when workers were slaves. But kitchen work still holds many housewives in thrall—bonds that a work-reducing Hoosier Kitchen Cabinet will release. Your kitchen needs Hoosier's inventions. It needs the convenience a Hoosier can bring. Low prices and easy terms leave you no excuse for continued drudgery.

Sole Agents in Omaha

SCHULZE'S Butter-Nut BREAD

WHEN A BETTER BREAD CAN BE MADE WE WILL MAKE IT

Omaha's Popular Priced Shoe Store

White Oxfords and Pumps

Good shoes cannot be purchased for less than we ask here—yet there is no reason to pay more. We are able to list just a few of our specials.

White Canvas Pumps, covered Louis heel, long vamp—
\$4.25

White Kid Oxfords, flexible sole, covered Louis heel,
\$7.25

White Canvas Outing Oxfords, rubber heels—
\$3.95, \$4.75, \$4.95

White Canvas Pumps—military heels—
\$3.75, \$4.00

White Nile Cloth Oxfords, covered Louis heels, at—
\$5.95

White Kid Military Oxfords, stitched tip, for street or dress—
\$6.95

Shoe Market

CONANT HOTEL BUILDING

On 16th St.

Eggs Kept Fresh One Year for 1c a Dozen

EGG-O-LATUM is a snow-white, odorless, tasteless, non-poisonous egg pore sealer; neither shrinks, swells nor cracks. Impervious to air, moisture, odors, germs or decay. Easily and quickly applied. Keeps eggs fresh until used.

"We are today using eggs prepared with Egg-o-latium 9 months ago. You could not tell them from eggs fresh from the farm."—C. B. Jordan, Omaha, Neb. The demand for Egg-o-latium is increasing. All users speak of it as very satisfactory.—Lamon & Lamon, Fairmount, Ill. The Egg-o-latium was used at intervals up to the end of 8 months, and was used exactly as fresh eggs."—Grant M. Curtis, Editor of Reliable Poultry Journal.

New York Price of Eggs:
1919—Large, 24c; Small, 22c
1918—Large, 24c; Small, 22c
1917—Large, 24c; Small, 22c
1916—Large, 24c; Small, 22c
1915—Large, 24c; Small, 22c
1914—Large, 24c; Small, 22c
1913—Large, 24c; Small, 22c
1912—Large, 24c; Small, 22c
1911—Large, 24c; Small, 22c
1910—Large, 24c; Small, 22c
1909—Large, 24c; Small, 22c
1908—Large, 24c; Small, 22c
1907—Large, 24c; Small, 22c
1906—Large, 24c; Small, 22c
1905—Large, 24c; Small, 22c
1904—Large, 24c; Small, 22c
1903—Large, 24c; Small, 22c
1902—Large, 24c; Small, 22c
1901—Large, 24c; Small, 22c
1900—Large, 24c; Small, 22c

May and June Eggs are Cheapest. Chickens Generally Moulting and Quit Laying after June. Winter Egg Prices are Always At Least Double Summer Prices. PUT UP EGGS NOW, NO MATTER WHAT THE PRICE NOW, IT WILL DOUBLE NEXT WINTER.

Egg-o-latium is prepared in two sizes—a 50c jar, for 50 dozen eggs, and a \$1.00 jar, for 100 dozen eggs. We pay postage on either size from Omaha.

GEO. H. LEE CO., 1115 Harney St. OMAHA, NEB.
For Sale by Druggists, Poultry Supply and Seed Stores

Alkali in Soap Bad For the Hair

Soap should be used very carefully, if you want to keep your hair looking its best. Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and ruins it. The best thing for steady use is Mulsified coconut oil shampoo (which is pure and greaseless), and is better than anything else you can use. One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage. You can get Mulsified coconut oil shampoo at any pharmacy, it's very cheap, and a few ounces will supply every member of the family for months.—Adv.

THERE'S A SURPRISE FOR YOU IN Cheeona Evans Beverage

FORMERLY KNOWN AS CHEEONA EVANS ALE

A jolly, good bread and butter beverage that you will enjoy to the last drop.

Substantial and Satisfying. Order dozen bottles for home.

GLADSTONE BROS., Distributors, 1316 Farnam St. Omaha.

Lion Tank Water Heater

Special Price During June

\$26.00

5% Discount for Cash in 30 Days

Omaha Gas Co.

1509 Howard St.
\$5 Down and \$3 per Month

Beddeo Clothing Co. Secures 100 Dozen Garments at Fraction of Their True Worth and Will Offer Them to the Women of This City at a Ridiculously Low Price Next Friday

It's a Tip of a Highly Important Sale of House Dresses, Porch Dresses and Bungalow Aprons—Next Friday Is the Day! Here's News That Will Receive a Mighty Welcome.

We won't tell you the entire story of this sale today—but we will say that the House and Porch Dresses and Bungalow Aprons secured in this gigantic purchase are by big odds the best value ever offered by the Beddeo Clothing Co. They are made from Gingham, Percales and Chambray into styles that one could actually use for street wear; neat-fitting, finished in a clever style, plain, combination of two colors as well as stripes, checks, plaids, figured, dotted; long sleeves, short sleeves, belted, novel collar effects, and all sizes from 16 to 44. The dress making on these garments alone would cost more than what we will offer them to you Friday. Tell your friends and neighbors about this big sale and watch for the surprise in Thursday evening papers.

BEDDEO CLOTHING CO.
1417 Douglas Street

"SO SICK AND MISERABLE"

Mrs. A. E. Hager, 909 London Road, Duluth, Minn., writes: "I have been taking your Cadomene Tablets for the past month. They certainly did wonders for me, as I was so nervous I wasn't able to do my own housework; so sick and miserable. Now I can do all my own work and feel good all the time. My daughter and her husband have also been taking them, and they helped wonderfully."

Thousands of sick, nervous, impoverished, weak men and women have found Cadomene Tablets a true tonic and builder. Try them—if not perfectly satisfied with the results, your money will be refunded purchase price. Sold by all druggists everywhere.—Adv.

NEIGHBORS ARE SURPRISED BY HER RECOVERY

They Thought the End Was Near for Mrs. Colton, But Tanlac Brought Health Back.

"You may say for me that I don't believe I could have lived much longer if I had not been for Tanlac," said Mrs. George Colton, when the special Tanlac representative who had heard of her remarkable recovery, called at her residence, 1114 East 21st Street, Kansas City, recently, to ascertain the facts.

"Since I have gotten well," continued Mrs. Colton, "my neighbors told me they used to expect every morning to hear that I had passed away. My health had been failing me for seven years. I had no appetite and what little I did eat would sour on my stomach, causing nausea and intense suffering. I also suffered, like I believe thousands of other women are, from going through that period of life that taxes a woman's strength almost beyond endurance. I was unable to do any work and would get so discouraged at times that I would almost give up in despair. I was very dizzy and so nervous the least noise would nearly drive me distracted, and while I spent hundreds of dollars trying to get relief, nothing helped me. My back and head ached all the time and no one knows how terrible my suffering was, because I just can't fully describe it. No one thought I would get well and I had about lost all hope myself.

"But here I am, after eight bottles of Tanlac, able to do all my housework and everybody who knew how bad off I was is surprised at my wonderful recovery. My son, who had taken Tanlac, wrote me from Omaha, Nebraska, begging me to try it. Well, it commenced helping me almost at once and by the time I had finished my second bottle I noticed a great improvement. My appetite got better, I was less nervous and the pains in my back and head did not trouble me so much. I can eat just anything I want now, everything agrees with me perfectly, and I have gained ten pounds in weight. I can sleep eight or nine hours every night and can say that my health is just splendid, and my neighbors come to see me and go away praising Tanlac. I will always praise it for what it has done for me and never expect to be without it."

Tanlac is sold in Omaha by all Sherman & McConnell Drug Company's stores, Harvard Pharmacy and West End Pharmacy. Also Forest and Meany Drug Company in South Omaha and the leading druggist in each city and town throughout the state of Nebraska.—Adv.