

THE BEE'S PURE FOOD PAGE

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Delicia

THE PERFECT ICE CREAM

The Special This Sunday Is

"Montrose"

A rare old special with all the goodness that good ice cream possesses.

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Fairmont Creamery Co.

EAT SKINNER'S



Progressive Women Use The Omaha Bee Advertising Columns as Their Shopping Guide.

The Bee's Household Arts Department

Cheap Cuts of Meats Are More Easily Digested Than Choice Cuts.

Winnifred Harper Cooley, Department of Food Economics, Armour & Co.

Cheer up, dyspeptics, the scientists now know all about digestion. A group of 25 healthy young men have been lending their digestive

apparatus to the cause. Five famous physiologists have been conducting experiments with beef, lamb, pork and eggs. The results are comforting.

One thing they tell us is that the cheaper cuts of meat, the actually "tough cuts," that require a long time in cooking, are more digestible than the expensive porterhouse steaks. Surely that is good news in these days of H. C. L. Domestic science experts have been telling

PURE AND DELICIOUS BAKER'S COCOA

Is a most satisfactory beverage. Fine flavor and aroma and it is healthful.

Well made cocoa contains nothing that is harmful and much that is beneficial.

It is practically all nutrition.

Choice Recipe book free.

Walter Baker & Co. Ltd.
Established 1780. Dorchester, Mass.

housekeepers for years that they ought to buy the cheaper cuts because they are economical and nutritious; but certainly the home managers ought to be convinced now, when the digestive juices of 25 persons proclaim the fact of their easy digestibility!

Dr. Evans, the ex-health officer of Chicago tells enthusiastically of the experiments, which resulted in the following discoveries:

Pork is digested with no great difficulty, in spite of the old idea to the contrary. The same is true of fried meat! "Very tough cuts," such as rump and shank showed far greater digestibility than tenderloin or sirloin. Whether or not we are a prey to indigestion, it is comforting to know just which meats may be disposed of easily and comfortably, and to learn that the very most easily digested are the cheaper ones. If we take a little trouble to use fireless cookers or casseroles, so that the meat may be cooked slowly, we will notice a distinct reduction in our butcher bills, which surely is to be desired. At the same time, we may feel serene in the knowledge that we are not starving our family, or lowering our standards of good food.

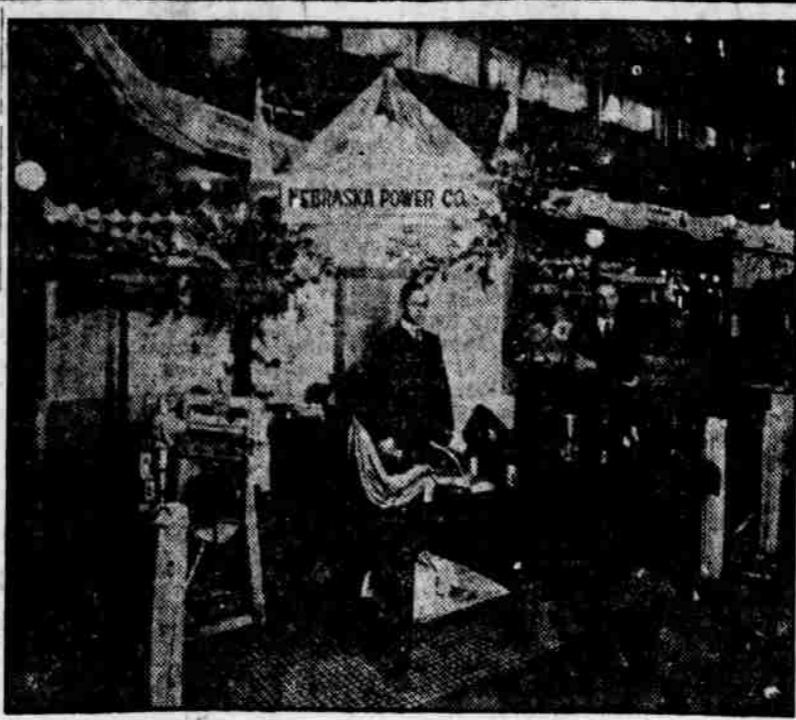
It seems that tripe is one of the most easily digestible of all; so one may save much money by using this. Hamburger steak, corned beef, Bologna, frankfurters and sweetbreads took about as long as roast beef; these are comparatively inexpensive. Sheep brains are rapidly digested. Next in digestibility are roast lamb and mutton chops, and it is interesting to note that these are more easily digested than lamb stew, which seems so tender.

Hog meat does not tax the stomach unduly, but it requires a little longer than lamb or beef, because of the fat.

A very strange fact develops, that is that in its ignorance, humanity has managed to work out some good combinations of food dietetically in the days before dietetics was known very generally. For instance, ham sandwiches are one of the great staple combinations that are relied on by millions of persons, presumably because they are simple, cheap and appetizing. Now, we learn that the bread makes the ham more digestible—that is, a ham sandwich actually digests more easily than fried ham; and liver and bacon more easily than bacon alone! These two combination foods are good from the standpoint of digestibility and along with them is the common garden variety of meat called pigsticket. Roast pork and pork chops take longer, and are paralleled with roast beef. But pork sausage is better than these from the standpoint of quick and easy digestion.

Bacon and eggs are quickly digested, which is a nother instance of the old-fashioned combinations that show a sort of intuition on the part of cooks of past ages.

Every one knows that eggs are



The Nebraska Power company booth at the Food Show shows young people how to cook with one electric socket, 16 cooking operations demonstrated.

Advice to the Lovelorn

Loves Comes Unbidden and, "To Love or Not We Are No More Free Than the Ripple to Rise and Leave the Sea."

By BEATRICE FAIRFAX

Dancing.

Dear Miss Fairfax, Omaha Bee: I am a young girl and have been attending dances for some time. Now they are dancing a dance called "shimmy."

I am not fond of this dance. Would a decent girl dance it and is it proper to dance with faces together, which most do here? Hoping to see this in print soon in The Daily Bee. BROWN EYES.

The Adopted Child.

Dear Miss Fairfax, Omaha Bee: About eight years ago we took a boy to raise. He is now 9 years old. Since taking him we have been blessed with one of our own. He is 6 years old. This foster child has turned out to be a little thief and liar. We cannot leave money lay around in the house without him taking it. He emptied his own and foster brother's banks and when we noticed it he tried to blame it on his little brother, but after questioning he finally admitted

prescribed by doctors, especially the soft-boiled and poached, when one is troubled by indigestion. Raw white eggs seems to pass through the stomach to the intestines without digesting. White of eggs and orange juice left the stomach more quickly than any.

A High Flyer.
"Bankrupt, is he? Why, I thought he had a fixed income of \$10,000 a year."
"So he had, but his wife fixed that in three months after marriage."
—Boston Transcript.

the child, keep him and do the best you can. By giving him a home, the father and mother love, you would be doing a great work for humanity. If you do not love him and love your own child so much more that this little fatherless boy does seem all wrong to you, then give him up. Your unfairness would be plainly visible to him and have a tendency to exaggerate this trait of character rather than to correct it. Had you ever thought that children are given, through God, for a purpose; and that your own child may have been the blessing sent as a reward for your kindness to the homeless one. Think well before you do something which may remove this blessing.

Matrimonially Inclined.

Dear Miss Fairfax, Omaha Bee: I have read with much interest some of your replies to questions asked through the columns of The Bee. I am a widower, 40 years old, with no children. For several years I have been a traveling salesman and am thinking of settling down and marrying.

My opportunities for meeting ladies of near my age and of a desirable character have been very limited, as I am in one place only a short time. If you have any suggestions that would help a man in my position I certainly would appreciate hearing from you. Sincerely,
"MATRIMONIALY INCLINED."

A Lost Photo.

Dear Miss Fairfax, Omaha Bee: Would it be possible for you to give me the names and addresses of pho-

tographers in the district of Camp Funston? I had a friend in the service there who afterwards went overseas and was fatally injured. I lost his photo and have no way of obtaining another, as he had no relatives. He had a photo taken while at that camp. I feel very badly over my loss, and if I could get this information I never will be able to thank you enough for your trouble. I remain, A CONSTANT READER.

Impromptu Wedding.

Dear Miss Fairfax, Omaha Bee: I am very much interested in the "Lovelorn" column and am now coming to you for some advice. If a wedding should be performed at the minister's house in the winter time, should the girl remove her coat, hat and gloves before the ceremony? Also, should a date be made with the minister beforehand? Thanking you in advance for your advice, I remain,

Interested.

Appointment should be made with the minister, though the legality of the ceremony is not affected thereby. It is merely a matter of convenience and courtesy. The bridegroom in the case you describe, unless she prefers to do so, if a ring is placed on her finger during the ceremony it is necessary for her to remove only the glove of her left hand.

Cooking Lessons.

Dear Miss Fairfax, Omaha Bee: Will you kindly tell me the best place in the city where I can take cooking lessons and oblige. MRS. K.

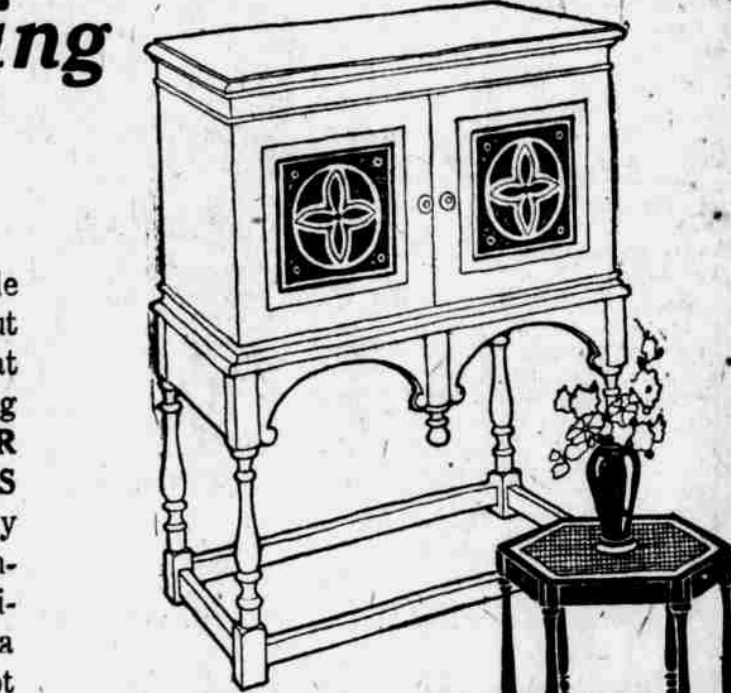
The University of Omaha.

A good domestic science department. The city high schools and the Y. W. C. A. also offer instruction in this subject.

To Council Bluffs for Good FURNITURE at a Big Saving in Price!

Price, however, never made an article a good value—but the same high quality that you have been paying big prices for IS HERE FOR YOU AT MUCH LESS MONEY! When can you buy at this store the same nationally known lines—the identical pieces for instance, at a money-saving, does it not prove to you that this store is asking a lower margin of profit than you have been used to paying? There are many reasons why we are able to do this. Lower operating expenses throughout this entire establishment is the main one, combined with the fact that we are heavy buyers from all of the principal factories of Grand Rapids, Michigan.

We don't ask you to come see a limited showing. THE SELECTIONS HERE AND STOCK ARE ENORMOUS.



Over 50,000 square ft. of floor space



Continental

FURNITURE & CARPETS

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—Council Bluffs, Iowa—

You'll vote every time for that Sunday Special supreme—

Tutti Fruitti

Vanilla Custard combined with the choicest assorted French Fruits.

If you haven't tried it yet, get it this Sunday—you've never tasted anything quite so good.

Hardings'
The Cream of all ICE CREAM

Omaha's New Store

Grocery Dept. SPECIAL FOR FRIDAY AND SATURDAY

Tall cans Pet and Carnation Milk, 16c
Extra good grade of Navy Beans, per lb., 9 1/2c
Sugar, per lb., 11c
Macaroni and Spaghetti, per package, 10c
Lenox Soap, per bar, 5c
Rub-No-More, per pkg., 7c
Lux, per pkg., 14c

H. H. HARPER CO.
17th and Howard, Flatiron Building

Bee Want Ads Are the Best Business Producers.

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THE BEST BREAD

SKINNER BAKING COMPANY
DOUGLAS-1902

Basket Stores Specials

For 6 Days, Saturday, Nov. 1, to Friday, Nov. 7

NAVY BEANS, clean and hand-picked. The most nutritious food, per lb.	9c	RUMFORD BAKING POWDER—Full 1-lb. cans, per can.	22c
BASKO JELLY POWDER—Makes delightful desserts, per pkg.	7 1/2c	LARD COMPOUND—A very low price, per lb.	28c

We reserve the right to limit quantities.

Other Money-Saving Items

BASKO FLOUR, 24-lb. cotton sacks.	\$1.52	CHOICE WASHINGTON JONATHAN APPLES—Splendid value, worth \$4.00, per box.	\$2.98
BASKO FLOUR, 48-lb. cotton sacks.	\$2.98	BASKO MACARONI AND SPAGHETTI—Full 8-oz. size, choice, per pkg.	8c
AUNT JEMIMA PANCAKE FLOUR, 1 1/4-lb. sacks, 14c; 4-lb. sacks.	45c	INDEPENDENT COFFEE, highest quality, 1-lb. cans.	52c
AUNT JEMIMA BUCKWHEAT FLOUR—1 1/4-lb. sacks, 16c; 4-lb. sacks.	49c	DIAMOND "C" SOAP, per bar.	\$1.01
TIP BAKING POWDER, our leader, full 1-lb. can.	19c	CASH HABIT BLUEING, per bottle.	8c
SNIDER'S PORK AND BEANS, tall cans.	14c	CASH HABIT AMMONIA, per bottle.	15c
CAMPBELL'S PORK AND BEANS, can.	13 1/2c	OLD DUTCH CLEANSER, per can.	9c
SNIDER'S CHILI SAUCE, large size.	35c	REX LYE, none better, per can.	10c
SNIDER'S CATSUP, large 35c size.	29c	MATCHES, per box.	5c
CAMPBELL'S SOUPS, assorted, can.	11c	MORTON'S HANDY SHAKER SALT.	9c
NONE-SUCH MINCE MEAT, fresh, pkg.	13c	TOOTH PICKS, per box.	4c
MASON JARS, qts., 55c; pints.	75c		
BLUE ROSE RICE, finest quality, lb.	15c		

SPECIALS FOR SATURDAY, MONDAY AND TUESDAY IN OUR SANITARY MEAT MARKET

FANCY STEER POT ROAST, lb.	12c	MEADOW GROVE SAUSAGE, 1 lb.	33c
FANCY STEER ROUND STEAK, lb.	22c	FRESH HAM, whole or half, lb.	26c
FANCY STEER BOILING BEEF, lb.	10c	FRESH HAM, sliced, per lb.	30c

Specials Daily—It Will Pay You to Watch Basket Stores Windows.

One Million Dollars Increase, Basket Stores Goal for 1919

Basket Stores Guarantee "Money's Worth or Money Back"

PURITAN FLOUR

(IT'S GUARANTEED)

—recommended by teachers of domestic science and used by women who are students of domestic economy.

That's why millions of housewives prefer PURITAN FLOUR.

Visit Our Booth. Your Grocer Has PURITAN FLOUR.

Wells-Abbott-Nieman Co.
(Est. 1870)

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OMAHA'S NEW STORE
Buy Combination Coal and Gas Stoves Friday and Saturday at HARPER'S, Flatiron Bldg.
17th and Howard.

Look at the amusement ads before going to the theater.

OMAR WONDER FLOUR