

Don't Let the Past Always Haunt

By BEATRICE FAIRFAX.

A most unusual letter has come to me from a man who feels and thinks and who doesn't find it easy to control his imagination though he has faced and conquered a big problem. Walter's letter is worth thinking about. Here it is:

"I am 27 and have known a girl for three years. Before meeting me she had a love affair with a man 10 years her senior. After giving him everything a woman has to give she was informed that he had no intention of marrying her.

"She took me into her confidence and told me this after I had known her about three months. Now this does not make any difference to me, for I realize that she has been unfortunate and misplaced her trust. But what troubles me is this: We go out for an evening and enjoy ourselves in a fine way since almost all our interests are in common. But when I take her home, and she thinks I am not looking, she has a far away look in her eyes that I cannot explain. And if I talk to her she doesn't even hear me. I've asked her once or twice what she was thinking about and she just told me, 'Nothing.'

"Now, I love her dearly and I want to marry her, and know her wish is the same. But playing substitute all my life does not seem very encouraging. I thought three years of friendship would make a difference. But that look in her eyes comes back sometimes. I've spent many sleepless nights over the problem and I am about ready to give up."

"Here is a man who has enough vision to accept a girl he loves and to feel that her past blundering has not touched on her present beauty of soul or that she has even climbed through suffering. Yet he cannot quite trust the girl he so magnanimously forgives.

"The truth of it all seems to be that Walter is rather proud of himself for overlooking the past, but he doesn't forget it. He doesn't trust the girl he loves to forget it, either. Well—suppose she doesn't?"

"Does Walter wish to feel that the woman he wishes to make his wife gave herself lightly and has nothing of regret—nothing of sorrow in her memories? Does he want her to be callous and smilingly put out of her life all thought of a love which cost her so much?"

"Most of us stumble across unhappiness in love through an overdeveloped sense of possession. We cannot bear to have a thought unshared with our beloved or to permit that beloved to care for something which threatens our supremacy. But it isn't possible to fetter the mind, or to say:

"You shall not think of this. You must not remember that."

Walter cannot know how much the girl he loves suffers in the thought that she has been compelled to make her sorry confession to him. He cannot guess how bearded she feels at the need of forgiveness and how much she longs to be able to give royally the gift of herself without any tragic background of mistakes and shame and sorrow. Perhaps in his very acceptance of the situation and in his very generosity there is a tiny quality of priggishness or condescension which humbles his sweetheart anew and hinders and over again.

To "forgive" without forgetting is to make life a series of adjustments and tortments. Happy the man who is fine enough to listen to a woman's tragedy and say: "Your suffering has made you the woman I love. Let us forget it."

But if he only says that he loves and must try to forgive and accept, and does not look ahead to the future in a proud refusal to let the past haunt him with suspicious, none of his seeming "generosity" is big enough to insure happiness.

Sweet Potato Fritters. Wash, peel and grate finely some raw sweet potatoes. Squeeze a little, if extra moist, then add one beaten egg to every small cupful of raw potato, and a scant tablespoon of flour; mix well and fry in Crisco or other fat. Serve on a doily, with sprinkled sugar and slices of lemon. This may be used as a savory by adding more pepper and salt. Serve with sprigs of parsley.

Cooking for An Invalid

By LORETTO C. LYNCH

As the average American family cannot afford a trained nurse it behooves every woman to know how to do some of the things required in a sick room. There are a number of books to be had at the library touching on home nursing and even a reading course is better than no training at all.

It is the purpose of this article to help the woman who has the problem of cooking for an invalid thrust upon her.

First, ask the physician for a list of foods that the patient may have. Orangeade is one of the things frequently ordered. It is well to make it up fresh each time. Squeeze the juice of an orange through a strainer into a glass. Fill the glass to the top with water previously boiled and cooled. Stand the glass into a bowl of crushed ice until sufficiently chilled. Sweeten as permitted.

Egg-nog is a favorite drink among invalids. To prepare this, beat one fresh egg and add to it three-fourths of a tablespoon of sugar and a few grains of salt. Add very slowly, heating constantly, one tablespoon of brandy. Pour in gradually two-thirds of a measuring cup of milk. Strain and serve. If brandy is unobtainable or not permitted, add one-half teaspoon of lemon or orange extract instead.

Patients used to drinking tea often miss it dreadfully. If it is allowed, put one teaspoonful of tea in a teaball. Warm a cup by dipping it into boiling water. Pour half a measuring cup of freshly boiling water into the cup. Lower the ball into the cup, let stand one minute, then remove. Serve with sugar and cream.

Many requests have come to me for a good recipe for fruit bran muffins. Grease and flour your muffin tins. The recipe ought to make about eight. In a mixing bowl, beat 1 egg until light. To it add 2 tablespoons of molasses, 1 cup of milk, 1 cup of bran, 1/2 cup of graham or entire wheat flour, 1/2 teaspoon of salt, 2 English walnut meats and 1/2 cup seeded raisins. The walnut meats should be broken into pieces and the raisins should be cut into pieces. Beat for several minutes and bake in the muffin tins in a hot oven about 20 minutes.

The serving tray should be just large enough to hold the needed dishes. It should be covered by a scrupulously clean cloth. Occasionally, a single flower laid upon the tray cloth will add to the attractiveness.

Left Over Cake. An interesting method in which to use left-over cake is in Diplomat Pudding.

Chop together a few cherries and raisins and three-quarters of a cupful of currants. Cut into small dice a number of slices of cake. Place these ingredients in a mold and pour over them custard made from two cupfuls of milk, four eggs and three-quarters of a cupful of sugar and flavored with vanilla. Bake in a medium hot oven in a pan of water for half an hour. Turn out of mold when very cold and serve with a sauce made from crushed red currants and sugar syrup.

Flour should be measured after a single sifting.

Like the rich, juicy goodness of Maraschino Cherries? You'll enjoy the flavor of

Cherry Ice Cream

The special for this week in Harding's Ice Cream—made only as Harding can make it. Locate the dealer closest to home and order some for dessert.



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The Cream of all ICE CREAM

Tomato Time

Oriental Preserve (Green Tomatoes.)

Cut one dozen lemons in exceedingly thin slices, add one quart of water and let stand overnight. Cook in the water in which they have been sliced until the lemon rind begins to be tender and add two pounds of sugar, 10 pounds of young green tomatoes, cut in thin slices, and a large jar of preserved ginger. Cut the ginger in small strips and add the syrup as well. Let simmer until the tomatoes look clear. Seal as for canned fruit and divide the ginger and lemons equally between the jars.

Grandmother's Tomato Catsup. Wash one peck of ripe tomatoes, cut them in small pieces, add a chopped clove of garlic, four cupfuls of mild vinegar and cook until the tomatoes are soft and pulpy. Then press through a pure sieve. Turn into a preserving kettle, add a spice bag, containing one tablespoonful of whole allspice, two tablespoonfuls of broken stick cinnamon and one and a half tablespoonfuls of whole cloves. Add also one cupful of sugar, one tablespoonful of salt and paprika, or cayenne, to taste. Simmer until of the desired consistency, stirring frequently, turn into self-sealing sterilized bottles and seal air tight.

Tomato Jelly. Use tomatoes that are not quite ripe, cut in slices and let cook over boiling water until soft. Drain

ADVERTISMENT

WHY WEAK NERVES AND THIN WATERY BLOOD

CAUSE SUCH GREAT PHYSICAL WEAKNESS AND MAKE ONE AN EASY PREY TO A MULTITUDE OF DANGEROUS DISEASES.

Every human being is born with a certain quantity of "nerve force"—some with more than others. Your body normally makes or generates nerve force only about so fast, and if through overwork, worry, constant nervous strain or other excesses, you use up your nerve force faster than your body makes new nerve force, then your nerve power becomes weakened, and as a consequence your blood may become thin, pale and watery, and you become feeble, cross, and irritable. In such a state you may not only suffer terrible tortures from a multitude of alarming symptoms, but in a more or less insidious manner you may easily contract some dangerous or even fatal disease.

In such cases you should immediately take something to revitalize your worn-out, exhausted nerves and create new nerve force. This is most effectively accomplished by the free use of Nuxated Iron. This valuable product quickly aids in enriching the blood and thereby helps to furnish an additional supply of new nerve force with which to revitalize and regenerate the brain and nerve cells. It also contains a product which represents the principle chemical constituent of the living nerve force in a form most nearly allied to that in the nerve and brain cells of man. Nuxated Iron, therefore, he said to be both a blood and a nerve food as it furnishes strength-giving organic iron to the blood and the most important element of the nervous fluid of the nerves. The effect of Nuxated Iron in cases of nervous, nerve force and impoverished blood is so remarkable and surprising that it often increases the strength and endures in two weeks' time. In fact, the manufacturers guarantee satisfactory results to every purchaser or they will refund your money. Nuxated Iron is for sale by all druggists.

through a jelly bag, without pressure, and for each quart of the juice add the thin yellow rind and juice of a lemon. Let cook for 20 minutes with three-quarters of a cupful of strained apple juice and add a cupful of heated sugar for each cupful of the combined juices. Remove the lemon rind and seeds, skimming well, until it jells when tried on a cold plate. Cover the next day with melted paraffine.

Piccaililli. Chop one quart each of green and ripe tomatoes, one small head of celery, two sweet, red peppers, one green pepper (remove the seeds from peppers), one cucumber, one large Bermuda onion and half a head of small cabbage. Let stand overnight in layers, sprinkling between half a cupful of salt. In the morning, drain and press in a cloth to remove all the liquid possible. Turn into a preserving kettle and add three cupfuls of vinegar, one pound of brown sugar, half a teaspoon of mustard and half a teaspoon of cayenne. Simmer until clear (about one hour) and store as for canned fruit.

Chamois gloves may be kept soft and pliable by adding a teaspoonful of olive oil to the water in which they are washed.

Fruit Used for Its Decorative Effect.

To what extent will fruit replace panelled with medallions of fruit done in brilliant colors.

Take many of the new frocks. They show tiny bunches of fruit on the shoulders. They show grilles formed of artificial fruits held about



the waist. They show garlands and flowers as a decorative motif? Nobody knows. But it is a fact, for the present at least, that fruit is much used where a few years ago flowers would have been naturally chosen.

Take, for instance, a new and charming tea room. Its walls are festoons of fruit on the skirt. They show designs of fruit embroidered or even—in Paris—painted on the frocks. We don't care very much

for painted frocks, even when they are signed by the name of the artist, as some frocks have been lately. But Paris has frocks painted by hand with luscious and beautiful fruits.

Not long ago in the window of a famous silversmith there was an interesting grouping of sculpture. It was in the lovely soft greens of bronze. To give the tone of contrast needed to bring out the full beauty of the green there was a

green candle, a big one, lighted and burning with a brilliant orange flame. And scattered about among the statues were big round—orange, just oranges. But they gave the right color, and their spherical shape was good, too. Interesting, wasn't it?

Loose wide cuffs of fur on coats are similar to the type of chiffon cuff employed on dresses for the summer season.

TABLE SUPPLY

OMAHA'S PURE FOOD QUARTERS
SEVENTH AND DOUGLAS STREETS

California Freestone Peaches, per crate \$1.33
Sugar, 10 lbs. for 64c
Blue Bell Flour, 48-lb. sacks \$1.85

Tail cans Salmon, per can	10c	FRESH DRESSED SPRING CHICKENS	29c
Oil Sardines, 7 cans for	25c	Leg of Lamb, per lb.	20c
En-Zo Milk, small cans, 7 for	25c	Veal Roast, per lb.	15c
Pearl White Soap, large bars, 10 for	47c	Rib Boiling Beef, per lb.	5c
Creme Oil Soap, 6 bars for	47c	Shoulder Roast of Beef (best cuts), lb.	13c
Assorted Fruit Preserves, per jar	20c	Pork Loin Roast, per lb.	20c
Baked Beans, large cans	10c	Pot Roast of Beef, per lb.	9c
Large Queen Olives, per quart jar	43c	Pure Lard, per lb.	15c
Best Creamery Butter, per lb.	40c		
Young American Cheese, per lb.	23c		
Advo Jell, 3 pkgs. for	25c		
S. D. Japan Tea, per lb.	48c		
Santos Coffee, per lb.	22c		
Angkora Coffee, per lb.	40c		
1/4-lb. cans Lipton's Cocoa	22c		

CIGARS—Just Inside the Door

OUR OWN IMPORTATION

Flora De Intala, 6 for 25c; 100 for	\$4.00	Honey Dew, 3-layer cake	50c
Adelaida, 4 for 15c; 100 for	\$3.25	Fig Layer Cake	40c
La Armida, 3 for 25c; 50 for	\$3.75	French Rolls, per doz.	20c
Mozart Sublime, 15c value, 50 for	\$4.50	Cookies, per doz.	15c
Camels, Spurs and Chesterfields, per carton	\$1.60	2 doz.	25c
Horseshoe Tobacco, per lb.	75c		
White Smoking Tobacco, full lb.	45c		
Waxed Tobacco, Glass Jars	\$1.44		

CANDY SPECIALS

Kisses, per lb.	20c	Iten's Creme Sandwiches and Coconut Creme Cookies, per lb.	29c
Borden's Chocolate Bars, box of 24 for	\$1.00	Iten's Ginger Snaps, per lb.	19c
Home-made Fudge, 25c box	15c	Graham Crax, per lb.	17c
Salted Peanuts, 2 lbs.	35c		

Cracker Dept.

Potato Salad, per pint. 30c
Cabbage Salad, pint. 30c
Box Lunches, each .25c
Sandwiches, each .10c
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48-lb. Sack Sweet Tooth Flour	\$1.85
48-lb. Sack Medal Flour	\$2.25

(These are both old wheat flours.)

FRUITS AND VEGETABLES

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Calumet Baking Powder, per 1-lb. can	25c	10 bars Big 4 White Naphtha Soap, per crate	65c
Blumenthal Special Coffee, per lb.	35c	And one bar PRIDE	10c
2 lbs. Raisins	25c	Palmetto and Ivory Soap, 3 bars for	23c
2 lbs. Malt and Hops	35c	Beechwood Creamery Butter, per lb.	39c

MEATS MEATS MEATS

Special Home Dressed Spring Chicken, per lb. 35c
Fancy Pot Roast, lb. 15c
Pork Roast, per lb. 25c

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COMBINATION NO. 1		Tall Cans Salmon	10c
100 lbs. fine Gran. Sugar	4.50	1 lb. M. G. Iced Tea Siftings	12 1/2c
6 lbs. Choice J. R. Santos Coffee	2.40	Caroline Milk, per can	8c
2 lbs. Uncol. Japan Tea	1.00	Danish Pride Milk, per can	10c
1 lb. best Black Pepper	.60	Fresh Boston Pork Butts, lb.	18 1/2c
12 Large Cans Peas	1.80	Fresh Spareribs, lb.	8c
1 lb. Fine Shredded Coconut	.40	Steer Rib Boil, lb.	5 1/2c
2 lbs. Best Cocoa	1.20	Steer Pot Roast, lb.	10 1/2c
		Steer Round Steak, lb.	19c
		Steer Sirloin Steak, lb.	19c
		Fancy Veal Roast, lb.	12 1/2c
		Fancy Veal Steak, lb.	25c
		Fancy Sugar-Cured Bacon, per lb.	18 1/2c
		Sugar-Cured California Hams, per lb.	15 1/2c
		Choice Cream Cheese	19 1/2c

Pennant Flour, guaranteed, 48 lbs.	\$1.82
Choice Tuna Fish, white meat, 1/2-lb. can, 25c seller, spe.	15c
Choice No. 1 Kipperd Her-ring, reg. 35c size, per can	15c
Reed & Murdock 35c size Catsup, each	17 1/2c
Santa Clara Prunes, per lb.	12 1/2c
Per 25-lb. box, special	\$2.00
Gallon Cans Syrup	45c
Puritan Malt and Hops	85c
Peas, Corn or Tomatoes, can 10c	
Quality Coffee, 45c grade, lb.	35c
Advo Coffee, lb.	35c

COMBINATION NO. 2	
18 lbs. Fine Gran. Sugar	.70
3 lbs. Choice J. R. Santos Coffee	1.30
Total	\$2.00

PLEASE MENTION THESE ADS
Write for city price list. Mail orders filled at above prices good for one week. Check or money order must accompany orders. Reference—Corn Exchange National Bank.

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Banana Ice Cream

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Home Dressed Spring Chickens, per lb.	23 1/2c	Regular 10c size Perfumed Toilet Soap, special, 3 for	10c
Best Creamery Butter, per lb.	37c	Regular 35c size Pure Tomato Ketchup, 3 bottles	50c
Choice Steer Round Steak, per lb.	22 1/2c	Nomis Pure Cider Vinegar, quart glass jug with handle, special for Saturday, each	24c
Choice Steer Shoulder Steak, per lb.	17 1/2c	Washington's Special Coffee, 3 lbs. for	\$1.00
Extra Fancy Veal Roast, lb.	15c	2 doz. bottle caps free with each set of Malt and Hops, special, per set	75c
Veal Breast, per lb.	10c	Large, Nice Ripe Tomatoes, per basket	10c
Young Mutton Chops, Loin or Ribs, per lb.	15c	Bartlett Pears, Freestone Peaches and Plums, per basket	25c
Choice Steer Porterhouse Steak, per lb.	25c	Log Cabin Maple Syrup, special per can	34c
Choice Steer Sirloin Steak, lb.	28c	Five 1-lb. bars Big Jack Laundry Soap for	39c
Sugar-Cured Breakfast Bacon, per lb.	19c		
Sugar-Cured Picnic Hams, lb.	15c		
Pure Lard in Cartons, per lb.	15c		
Fresh Spareribs, per lb.	8 1/2c		

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Young Mutton Shoulders, lb.	12 1/2c	Legs of Young Mutton, lb.	17 1/2c	Fancy Young Veal Breast, lb.	10c
Fancy Young Veal Roast, lb.	17 1/2c			Armour's Shield Breakfast Bacon, per lb.	29 1/2c
Pig Pork Roast, per lb.	18 1/2c				
Kellogg's Corn Flakes, pkg.	12 1/2c	Elkhorn Milk, can	10c	No. 2 cans Del Monte Peaches or Apricots, per can	22c
Excellor Cake Flour, pkg.	12 1/2c	10 cans	98c	5-lb. box Sunsweet Prunes	65c
Swansdown Cake Flour, pkg.	37c	No. 2 cans Baked Beans, per can	10c	10 bars Fels Napha Soap	68c
Tall cans Red Salmon	25c	3 cans for	25c	10 bars P. & G. Napha Soap at	68c
Tall cans Snider's Tomato Soup, per can	12 1/2c	No. 2 cans Morris' Brand Apricots, per can	20c	10 bars Pearl White Soap	48c
Campbell's Tomato Soup, per can	10c	5 cans for	98c	3 bars Creme Oil Soap	25c
Tall cans Borden's Milk, per can	10c	No. 3 cans Kamo Pineapple at	30c	10 bars D. C. Soap	35c
10 cans for	98c			Ivory Soap Flakes, pkg.	10c

10 lbs. Cane Sugar	63c	Gold Medal Flour, 48-lb. sack	\$2.35	40c Grade Central Special	98c
100 lbs. Fine Granulated Sugar	\$6.75	Omar Flour, 48-lb. sack	\$2.05	Extra Fancy Santos Coffee, 4 lbs. for	98c
Shredded Wheat, pkg.	15c	Blue Bell Flour, 48-lb. sack	\$1.98		
Extra Fancy Colorado Peaches, per bu.	\$3.50			Honey Dew Cakes, each	50c
California Grapefruit, each	5c and 10c			Fig Layer Cakes, each	40c
Extra Fancy Italian Prunes, per crate	\$1.10			Cookies, dozen, 15c; 2 doz.	25c
				French Rolls, per dozen	20c
McCombs' Home-Made Chocolates, regular	59c				
				Fresh Ceylon Cookies, a rich brown cake with Ceylon Coconut, per lb.	28c
				Fresh Fairy Sodas in 14-qt. cans	\$1.20
Butter-Nut Creamery Package Butter, per lb.	39c				
				Fresh Cottage Cheese, lb.	15c
				Central Xtra Quality Creamery Butter, lb.	41c
				Best Fresh Checked Eggs, pe doz.	25c

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