

Spring Garden Contest Planned by Bensonites

Gordon Roth, president of the Benson Improvement association, has appointed Fred Grouseman chairman of the garden committee to confer with the committee from the Garden club of Omaha and also the United Improvement club's committee in the putting on of a city-wide garden contest. Mr. Grouseman, who is chairman of the committee for the Omaha Garden club, and also a member of the same committee of the United Improvement club, will tell, at the regular Benson Improvement club meeting to be held Monday evening, March 16, in the community hall, how this contest is to be conducted. Every Benson home owner should be interested in this contest. Other improvement projects will be discussed at this meeting. After the business session Mrs. C. C. Beavers, chairman of the dramatic department of the Benson Woman's club, will put on the playlet entitled "Saturday Night in New England," and Miss Dora Smith, accompanied by Miss Claudia Shaduck, will render a harp solo.

Benson Woman's Club.
The regular meeting of the Benson Woman's club will be held Thursday, March 19, in the community hall. After the business session the parliamentary law department will have charge of the remainder of the program. Judge W. W. Sibbald will be the principal speaker of the afternoon. His subject will be, "Behind the Scenes in Politics." Mrs. E. W. Johnson will talk on "Welfare Legislation" and Mrs. E. B. Oliver will give a short parliamentary chart talk.

B. S. Chapter Elects Officers.
At the regular session of B. S. chapter, P. E. O. sisterhood, the following officers for the coming year were elected: President, Mrs. J. T. Pickard; vice president, Mrs. A. C. Nerness; recording secretary, Mrs. H. W. Wendland; corresponding secretary, Mrs. D. M. Wyckoff; treasurer, Mrs. W. R. McFarland; chaplain, Mrs. D. A. Tracy; guard, Mrs. B. B. Combs. Mrs. Pickard was elected delegate and Mrs. J. W. Welch alternate to the supreme convention to be held in Minneapolis in October. Mrs. Pickard and Mrs. D. M. Wyckoff were made delegates, with Mrs. W. R. McFarland and Mrs. D. A. Tracy alternates, to the state convention to be held in Loup City in June.

Parent-Teacher Association.
Charles M. Nye was elected president of the Benson Parent-Teacher association Monday night at the regular session held in the high school assembly room. Other officers elected were: First vice president, Ernest Horn; second vice president, Miss Bess Bedell; recording secretary, Mrs. E. N. Carson; corresponding secretary, Mrs. George Novak; treasurer, Mr. H. C. Wolfe. After the business session members of Benson High school put on the program. The assembly room was packed to overflowing. President Nye will have charge of the next program, to be held in April.

Reorganize.
"God made a garden before He made a home" said a member of the Highland Park Kensington at its meeting Friday afternoon, March 13, at the home of Mrs. W. A. Wilcox, and reorganized into a flower and garden club. This club will study landscaping and shrubs and flowers.

Has Role in Uni Play



Miss Frances McChesney
TOWNSEND PHOTO

Christine Johnson, who recently moved into her new home on North Sixty-third street. Miss Johnson has been a faithful church worker and is much appreciated by the members of this organization.

To Speak Before North Omaha Club.
Mrs. Fred Grouseman will speak the first week in April on "Landscaping" before the North Omaha Woman's club.

Glissman-Petersen.
Bernard Glissman of West Center street and Miss Bess Petersen of Kenwood were united in holy matrimony Wednesday, March 4, at the home of Rev. and Mrs. F. W. Seesko, the Rev. Seesko reading the marriage lines.

Personals.
Rev. B. H. Marshall and E. S. Sharp returned home Wednesday from the Baptist pastors' convention at Grand Island.

The son of Mr. and Mrs. Mervin Ross has been ill for the past week. Mrs. Lisetta Wehrs is ill at the home of her daughter, Mrs. F. W. Seesko, and the Rev. Seesko.

Mrs. C. Stafford has received a beautiful pair of Yorkshire birds from England.

Mrs. L. A. Johnson of Creighton, Neb., arrived Thursday and will spend a fortnight caring for her mother, Mrs. P. Christensen, who has just returned from the Methodist hospital.

Card Parties.
Columbian club of Sacred Heart parish will give a St. Patrick day party Tuesday afternoon in the C. D. A. clubrooms at 230 sharp. Bridge and high five will be played.

Luncheon and Rehearsal for "Sister Mason" Cast.
Mrs. C. D. Birkett, president of Liberty Star Kensington, O. E. S., will entertain at luncheon followed by rehearsal at the Blackstone Tuesday for members of the cast of "Sister Mason," a playlet to be given by members of the Kensington at the Blackstone, April 16. Those taking part in the play will be:

Meesdames: Byron Peterson, W. A. Smith, Frank J. J. White, G. V. Carson, Will Brown.
Meesdames: Jo Bushman, H. E. Simpson, W. E. Stockham, C. O. Osander, Fred Sander, Jr., G. V. Carson, H. L. Zust.

Classique Revue.
Music department, Omaha Woman's club, will present a classique revue at the Gayety theater, Tuesday, April 28.

Delphian Luncheon.
Delphian Society Gamma chapter will meet at the Athletic club, luncheon, 12:30. Regular meeting, 2. Subject, "The Social Life of Egypt." Mrs. David Northrup, leader, assisting; Meesdames—A. L. Harp, A. H. Murdock, H. O. Patterson, Lena Mortensen, E. M. Mortensen, C. M. Mortensen, F. C. Kettner.

"Artists-Models" Parties.
Parties for "Artists and Models" at the Brandeis theater, March 19, will be given by H. B. Jones, 4; L. E. Williamson, 4; L. Kirschbraun, 8; P. S. Gaines, 4.

Mrs. Roberts Entertains.
Mrs. L. T. Roberts will entertain at a bridge luncheon at her home, Saturday, March 21.

Kountze Round Table.
Kountze Place Round table, one of the study groups of the Educational Department of the Omaha College club which has been devoting its time to child study, is now extending its work into the Parent-Teacher association of Saratoga school.

Liberty Star Kensington club will meet Thursday afternoon, March 19, at the Blackstone hotel, eighth floor, instead of their regular meeting place. Cards will be the diversion of the afternoon. Mrs. G. V. Carson will be

George Crook Woman's Relief corps, No. 32, will entertain at a "mysterious" luncheon and progressive card party Thursday, March 19, 2 p. m., Brandeis grill room.

Reservations are being made with Mrs. D. S. Flaughner, Walnut 3695 or Mrs. H. N. Anderson, Harney 4765. Prizes will be given. Tickets may also be obtained at the door.

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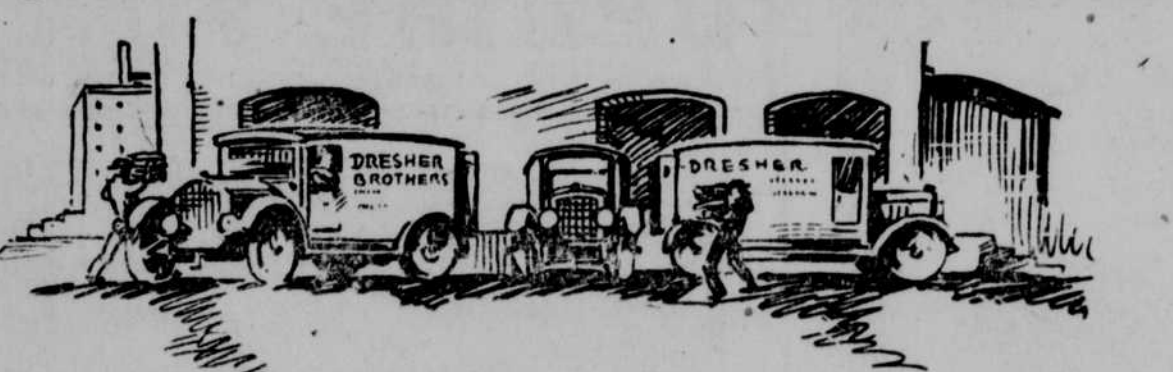
If it were not for sickness and doctor bills, it might be economy to wear more clothing and consume less heat-producing food. Evidently, however, nature had no such plan. More children take cold from wearing too much clothing in warm houses and from too many covers at night than from any other cause. Nature provided means for keeping us warm in cold weather. We must keep this ability to resist cold. We must keep ourselves, to a certain extent, hardened or we get sick. The best health insurance comes from getting accustomed to outdoor atmosphere. Let children out-of-doors as much as possible.

But we must feed the furnaces within them. Do not skim your child's milk to get cream for your coffee. Buy cream. Butter fat is a wonderful food and children as well as older folks should have plenty of it. Until the last few years chemists rated food values by the amount of heat they made pound for pound, when burned in a furnace. Now science knows better. Actual feeding tests have shown such value in dairy products that all health authorities urge their greater use. When your child goes out to face the cold wind a large cupful of milk, either hot or cold, is much better than coffee. Hardy people eat heartily, exercise a great deal, and are able to withstand severe temperatures changes.



Our soldiers in the trenches usually gained weight while they were enduring severe hardships, because they had good appetites and were given large amounts of food. Cattle feeders know well the working of this principle. They know that cattle grow and fatten better in open feed lots than they do in warm barns.

In many families there is the problem of getting children to eat sufficient food and to drink enough milk. Almost without exception it is because these children are kept too closely indoors. Outdoor air and sunshine will work a miracle for closely housed children. It will no longer be necessary to coax and bribe them to eat, for a hearty appetite will bring them racing to the table.



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