



## Swat the Fly

Mr. and Mr. House Fly are here for their protracted annual visit. Now is the time to swat them!

Flies are great spreaders of typhoid, tuberculosis, cholera, summer complaint and other intestinal diseases. An investigation conducted by the Connecticut experiment station showed that a single fly carried more than six million bacteria.

If a fly simply lights on bread or potatoes in the dining room it may leave behind it hundreds of disease germs.

To avoid sickness in the summer time, kill all the flies possible and especially the early ones and do the following things.

1. Keep the home screened.
2. Keep the food covered.
3. Keep your garbage covered, make your neighbor do the same and keep the neighborhood free from filth.
4. Keep netting over the baby.
5. Eat no food that flies have been on.
6. Buy no food from stores where flies abound.
7. Report fly breeding stables to health authorities.

## A Nourishing Lima Bean Loaf

Spring brings with it the opportunity for the housewife to exercise her ingenuity in providing her household with vegetable substitutes for the ordinary meat dishes. Here, for example, is a lima bean loaf. Use one cup of dried lima beans. Put to soak overnight. In the morning drain and cook in boiling water slowly until the beans are tender, but have not lost their shape. Drain them in an enameled ware colander. Melt two and one-half tablespoonfuls of butter, and into that stir two and one-half cups of bread crumbs. The crumbs should be taken from the soft part of the bread, not from the crust. Add one tablespoonful of chopped parsley and one-quarter of a tablespoonful of powdered sage; also one and one-quarter teaspoons of salt. Beat three eggs and mix with the beans. Stir in the bread crumb mixture. Have ready an enameled ware breadpan well buttered. This will turn out quite solid and can be sliced as one would veal loaf.

## A New Pudding

Here is a good dessert for the warm days of spring. Mix four tablespoonfuls of cornstarch with a little cold milk until it is a smooth paste. Heat one quart of milk in an enameled ware double boiler, stirring in three tablespoonfuls of sugar, one tablespoonful of butter and then the moistened cornstarch. Cook in the enameled ware double boiler 20 minutes. Then add one cup of chopped dates. Remove from fire and add one teaspoonful of almond extract and one-half teaspoonful of vanilla. Let it get cold and serve plain or with whipped cream.

## Facts About Moths

A PAPER prepared by E. A. Back, entomologist in charge of Stored-Product Insect Investigation Bureau of Entomology, gives some very important and interesting data about moths and their destructive capabilities.

We will give you the salient paragraphs for your edification and hope you will be benefited by them.

Moths that fly in large numbers about the home light are generally feeders upon outdoor vegetation and will not eat household fabrics.

The common clothes moths are usually seen flying in darkened corners and just beyond range of the brightest rays of the lamp. They prefer darkness. They are frightened when clothing and other objects are suddenly moved, and are then seen running rapidly or flying to conceal themselves in the creases of clothing, racks or other dark places.

The harmless moth miller is parent of a destructive worm. The moths or millers, as they are called, have imperfectly developed mouth parts and could not feed upon fabrics if they desired. Their purpose in life is merely to lay eggs that develop into the worms, which alone can cause destruction.

Remember, only the worm or larva of the clothes moth is capable of destroying fabrics. They construct burrows or silk-lined galleries in all directions throughout the infested material, and often cause quite as much injury by these as by the amount of the fabric that is usually eaten.

Clothes moths feed upon wool, fur, hair, feathers and all fabrics manufactured from them. When a campaign is waged against them it must be remembered that they feed upon carpets and rugs. Stuffing and covering of upholstered furniture, tapestries, stuffed animals or birds, dust brushes, shaving brushes, the felts in pianos, and a long array of articles often little thought of as being fed upon by clothes moths. A single piece of hair-stuffed or feather-stuffed furniture may keep a house well stocked with clothes moths for years.

Here are some remedies for the killing of fabric pests, or for protection against them. They have been thoroughly tested and are in general use by the public. They are recommended without reservation if used with an intelligent understanding of their good or bad features and in accordance with directions:

1. Constant watchfulness. This must be the watchword for successful control. No treatment known to kill clothes moths already in fabrics will have any lasting effect in keeping other clothes moths from infesting the fabrics later if they are left exposed about the house.
2. Thorough brushing, beat-and, if possible, sunning fabrics before any treatment is applied. These are important under all circumstances.
3. Careful wrapping in unbroken paper.
4. Naphthalene. Very effective in the form of flakes or moth balls for protection of clothing in closets, trunks and tight chests.
5. Cold Storage. Rather expensive, but a certain method of protection against clothes-moths injury during the period in storage.



## The Weight of Women

"IT is hard to diet. I want to reduce, but I get hungry and just have to eat."

How can women avoid that hungry feeling and yet not over-eat? The first step in reducing is to find out what is the normal weight of a woman of your age and height. Then get weighed—this is sometimes a shock.

When you have decided how many pounds you are going to lose, list on paper the approximate amount of food you have eaten for the last few days and see where you can best make some readjustments. Usually the first cut is in the amount of food you eat. And this is what sometimes causes a feeling of emptiness—often wrongly called hunger. A glass of water will relieve this to some extent. Get in the habit of drinking water or a cup of bouillon when you have this sensation—but don't let any food accompany your beverage.

The foods which are considered most fattening are bread, butter, nuts, candy, sugar, rich cake, and pie—all things we like. It will not be much of a hardship, though, to make substitutions, if you really have a will to reduce.

Eat bran bread, or bran muffins, instead of white bread, and be very sparing of the butter. A thought which may give you encouragement is the smaller butter bill at the end of the month. Eat dried fruits, dates, prunes, or cereals without sugar. Choose sponge and angel cakes instead of butter cakes.

Prepared cereals are excellent "fillers". Eaten dry, they necessitate chewing and a smaller quantity will produce a feeling of satisfaction than when they are combined with milk.

Choose green vegetables rather than the more starchy ones such as potatoes, beets, corn and carrots. Eat fresh fruits for dessert instead of pastry and puddings. Drink plenty of water and keep your diet laxative.

### SUGGESTED MENU FOR A DAY

#### Breakfast

Crumbled bran with orange juice (instead of cream)  
One egg (not fried)

#### Mid-morning Lunch

one cup bouillon

#### Luncheon

Vegetable Salad  
Whole Wheat Bread  
Sandwich  
Soft Custard

#### Afternoon Tea

Tea

#### Dinner

Lean Steak  
Spinach Cabbage  
Sliced Tomatoes  
Brown Bread  
Fruit

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