

## Our Women and Children

Conducted by Lucille Skaggs Edwards.

### ECONOMY IN THE HOME.

So fundamental is the matter of saving that it long ago came to be called economy, a term which originally meant the management of the house. As the importance of the principle grew into recognition, the word was applied to business and to the affairs of state.

The disposition to save is usually accompanied by a certain careful estimate of values, and those who have this disposition will be found spending their earnings for essentials and so applying their savings that they may grow into a source of income. Thus it becomes true that to him who hath shall the more be given. On the other hand, how often we see the hardy earned wage of toil spent on trifles!

As a race, we practice little self-denial. Imitation is one of our strong characteristics. We prefer a pleasure ride in a rented automobile than on the trolley car; the latter being within our means and the former making us ridiculous indeed. We often wear expensive clothing at the sacrifice of necessities, and in many ways beyond our means imitate the people for whom we labor. In old age we reap need, dependence and poverty, the fruits of wasteful living.

In the average home the woman has almost entire management of expenditures, and hence a great opportunity for saving. Winifred Harper Cooley says: "Women should look upon housekeeping as just as much of a business as conducting a factory or managing a railroad, and should study efficiency of operation, watch the debit and credit accounts, improve their 'plant' and dignify the status of their work."

With the children, woman's influence is almost unlimited, if early in life, by precept and example, they are taught the lessons of economy and thrift.

Not all of us have "made good," to be sure, but it is never too late to begin. The savings bank offers opportunity to young and old to form a nucleus for investment. Building and loan associations are also a favorite means of saving. The accumulation of property begets and fosters a sense of responsibility. This lends dignity to character and lifts one above many of the grosser temptations of life.

They who would be real benefactors must earn and save, serve and conserve in things material, mental and moral.

We are not raised the first day to the summit of perfection. It is by climbing, not by flying, that we arrive there.—St. Bernard.

The glory of life is to love, not to be loved; to give, not to get; to serve, not to be served. To be a strong hand in the dark to another in the time of need, to be a cup of strength to a human soul in a crisis of weakness, is to know the glory of life.—Rev. Hugh Black.

Lovely Lady—Oh, Professor! you must come to our affair tomorrow. All my friends are coming, though they say they haven't a rag to wear.

Professor—I shall be delighted.

The proper way to make an estimate of ourselves is to consider seriously what we value or despise in others.

### THE LITTLE CHAPS.

By LOUIS E. THAYER.

It's a comfort to me in life's battle,  
When the conflict seems all going wrong,

When I seem to lose every ambition  
And the current of life grows too strong;

To think that the dusk ends the warfare,  
That the worry is done for the night;

And the little chap there, at the window,  
Believes that his daddy's all right.

In the heat of the day and the hurry,  
I'm prompted so often to pause,

While my mind strays away from the striving,  
Away from the noise and applause.

The cheers may be meant for some other;  
Perhaps I have lost in the fight,

But the little chap waits at the window,  
Believing his daddy's all right.

I can laugh at the downfalls and failure;  
I can smile in the trial and pain;

I can feel that, in spite of the errors,  
The struggle has not been in vain,  
If Fortune will only retain me

That comfort and solace at night,  
When the little chap waits at the window,

Believing his daddy's all right.

### THE CIGARETTE HABIT.

With scarcely a single exception, from the Commissioner of Education down, all superintendents, school boards and teachers who have to do with the education of boys, are implacable foes to the cigarette habit. President David Starr Jordan of Leland Stanford University even forbids college men from using cigarettes anywhere on the university grounds.

H. H. Seerley, Principal of Iowa State Normal, says: "After making a study of several hundred boys running through a period of ten years, I have not met a pupil that is addicted to the habit that will go through a single day's work and have good lessons."

"Pupils under the influence of the weed are constant subjects of discipline, are not truthful, practice deception, and can not be depended upon."

Even more appalling, if possible, than the wreck of health and mind, is the effect of the cigarette habit on a boy's morals.

Judge Lindsey, of Denver—and the boy never had a better friend than Ben B. Lindsey, speaks emphatically: "I have been in the juvenile court nearly ten years, and in that time I have had to deal with thousands and thousands of boys who have disgraced themselves and their parents, and who have brought sorrow and misery into their lives; and I do not know of any one habit that is more responsible for the trouble of these boys than the vile cigarette habit."—Purity Magazine.

### Safety First in the Ministry, Too.

"And—ah—what salary would you expect?" asked Deacon Klutchpenny of the church at Hardscrabble.

"Seven hundred dollars a year without donation parties," replied the applicant for the pastorate. "Eight hundred and fifty with!"

## Culinary Hints and Recipes

BY E. W. PRYOR,  
Steward Omaha Commercial Club

### Albumen.

The purest form is found in the white of an egg. It is also found abundantly in the flesh of chickens, rabbits, fish, beef, and is a constituent of all sorts of meat in a greater or lesser degree.

When chopped beef or chicken meat is set over the fire in cold water, the water becomes milky while heating, caused by the albumen flowing out of the meat.

When boiling heat is reached the milky appearance is changed to perfect clearness of the water, and the albumen has risen to the surface in the form of scum.

Now then drop the chicken, ham or leg of mutton in boiling water, at once the albumen of the outside cooks instantly and keeps in the juices.

To make soups or stews where the substance is required to be extracted, put in cold water.

What then are the two great principles of cooking?

To keep in the albumen and other juices, put in boiling water.

To draw out the albumen and other juices, put in cold water.

Albumen is also used in large quantities in manufactures, especially in calico printing.

### Cherry Salad.

Remove the stones from canned cherries (preferably white) and insert in the cavities thus made filberts, from which the brown skin has been scraped. Arrange in nests of lettuce leaves and serve with mayonnaise or French dressing.

Potatoes are much improved if peeled and laid in cold water over night. It saves time in the morning and they are whiter and nicer in consequence.

For the week beginning July 11:

### Veal Birds With Giblett Dressing.

Select best veal steak, cut one inch thick. Divide this into four parts. Season.

### Giblett Dressing.

One-half teaspoonful chives, chopped; one-half teaspoonful parsley, chopped; one tablespoonful browned flour, two tablespoonfuls butter. Place this with the giblets, which have been chopped fine, into skillet and cook till tender. Put about two tablespoonfuls of this dressing into each piece of veal and roll, pinning at each corner, which will look like a bird if done properly. Bake slowly until very tender. Decorate with the bloom of celery and carrot.

To be demonstrated July 22 at St. Philip's Guild room.

MRS. J. W. WALLACE.

Fond Mother—Bobbie, come here, I have something awfully nice to tell you.

Lobbie (age 6)—Aw—I don't care. I know what it is. Big brother's home from college.

Fond Mother—Why Bobbie, how could you guess?

Bobbie—My bank don't rattle any more.—University of Nebraska A-gwan.

Teacher—Appropriate means fit. Can you give me an example?

Willie—No, I can't; but our old cat can. She has 'em.

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An inspired reporter said, in The Sunday Call's report of the Union Square meeting: "When Mrs. Gates, the mezzo-soprano, was introduced, the audience cheered and joined her when her face rang out with the strains of the 'Marseillaise.'"