

Holiday Tea With Its Menu

By JANE EDDINGTON.

The tea wagon, convenient for hauling laundry to and fro, for wheeling dusters and soiled china out of the dining room has lost its prestige, if it ever had anything besides its convenience to recommend it! Everything except the food is brought in on a tray the little plates piled up with layers of napkins, etc., the boiling kettle, the spirit lamp, the sugar bowl. The food may be on the tea table, on which its tray is set, or on the shelves of the "curate."

Mrs. Emily Post in her "Blue Book of Social Usage" clings to this rather facetious name for a charming piece of furniture, although many a possessor of this portable piece have never ceased to give it the old and more dignified and suggestive name "muffin stand." It is no such general purpose piece of furniture as the tea wagon is, but it does give a man at a tea something to do—passing it. In the hands of a pretty maid it seems right also, for she may instantly put it down and attend to something else, as she cannot a tray.

Menu is Limited.

And under the headings, "Things People Eat at Tea," Mrs. Post tells us what should be on the "curate." She says that the top dish should be a covered one, and hold hot bread of some sort, but you know the napkin is considered quite as suitable by many people for holding hot breads and "things," and nowadays the most dignified and suggestive name is made for every conceivable food service, serviettes and holders, and so on.

The middle or second shelf usually holds sandwiches, and the third cake. "Or perhaps all the dishes hold cake; little fancy cakes, for instance, and pastries or slices of layer cakes. Many prefer a simpler diet, and have bread and butter, or toasted crackers, supplemented by plain cookies. Others pile the "curate" until it literally staggers, under pastries and cream cakes and sandwiches of pate de foie gras or mayonnaise. Others, again, like a normal meal, or have bread and butter, or on buttered toast or muffins. This necessitates little butter knives and a dish of jam added to the already overloaded tea tray."

Runs in Cycles.

And, further, "Selection of afternoon tea food is entirely a matter of whim, and new food fads sweep through communities. For a few months at a time everyone, whether in private house or in a country club, will eat nothing but English muffins and jam, then suddenly they like only toasted cheese crackers, or Sally Lunn, or chocolate cake with whipped cream on top. The present fad of a certain group in New York is bacon and toast sandwiches and fresh hot gingerbread." And so the description goes on, making the statement so often made that a party sandwich is not the sort of sandwich to eat when you are hungry. (The shape or cut of sandwiches gets full attention.)

And one more paragraph must be given in this laying down of rules: "Afternoon tea at a large house party or where especially invited people are invited to tea, should include two plates of hot food such as toast or hot biscuits split open and buttered, toasted and buttered English muffins, or crumpets, corn muffins or hot gingerbread. Two cold plates should contain cookies or fancy cakes, and perhaps a layer cake. In hot weather, in place of one of the hot dishes, there should be a pate or lettuce sandwiches, and always a choice of hot or

iced tea, or perhaps iced coffee or chocolate frappe, but rarely if ever anything else."

All the above has been given because not infrequently I receive questions for just such information as is here given, and especially at this time of year. Women are most commonly criticized by men because they cannot "present" food. There is, indeed, a great deal of etiquette in the matter. In fact, you can see that even in this matter of tea, a whole treatise can be written. There are books of tea recipes—printed in the greatest land of tea drinking and tea giving—England.

But if one thing shines out more than another in all these lists of foods, it is the fact that good and simple breads are always appropriate, correct, indispensable. For true entertaining with foods, dainty to exquisite, breads are about three-quarters the whole refreshment. They may be plain, or given a meat value with certain sandwiched fillings, or given a cake value with others or a dessert value with jams.

Simplest Quick Muffins.

There are endless adaptations of the baking powder muffin and all charming if we choose to make them so, but to my mind many of these muffins are made with too thick a batter, so that they have a rough surface instead of a smooth one like that of a cup cake. Therefore I scant the flour which is standard for the batter of one cup of liquid to two of flour, and my formula reads: One egg, one cup of milk, one and three-fourths cups of flour, two teaspoons of baking powder—no more—one scant teaspoon salt, one to three tablespoons sugar, one to three table spoons of melted butter, added last and thoroughly beaten in. Regard less of funnels we do beat this batter exceedingly well, and when there is not too much flour in it there can hardly be failure.

Date Muffins.

The plain muffin batter, with four or five ounces of dates, is brought up to exceeding fineness, unless the batter is too stiff, when the whole becomes quite plain, adding, whereas a small date muffin may be as exquisite as a perfect bun. There are various ways of adding the dates. One way to prepare them is to wash them thoroughly, rub off loose skins, open and inspect in removing seeds, roll up again, cut in three parts, and use these large pieces on top of the muffin or press them down into the batter. If it goes into the oven. Finer cut dates may be stirred into the batter.

Hot Chocolate.

A number of items of late have brought to my attention that home hot chocolate is poor. It is not cooked enough. It is not as thick as French and Spanish chocolates. Sweet chocolates may be secured in superior flavors—in the more expensive sorts—but in most cases more than a small date muffin may be as exquisite as a perfect bun. There are various ways of adding the dates. One way to prepare them is to wash them thoroughly, rub off loose skins, open and inspect in removing seeds, roll up again, cut in three parts, and use these large pieces on top of the muffin or press them down into the batter. If it goes into the oven. Finer cut dates may be stirred into the batter.

Russian Chocolate.

Some people call a chocolate in which coffee replaces the water used in making plain chocolate Russian chocolate. Unless made with great care this may be bitter, but sugar always modifies this, but if the sugar and chocolate are not well cooked together the sugar makes the whole insipid, and there are always the uncertain elements to be considered. Coffee differ enormously in flavor, and chocolates almost as much. At any rate, cream will be needed to soften the harshness, and there is always the milling to do the same—milling is beating with something comparable to

Plans Xmas Party for Children



Miss Juliette Griffin is chairman of the committee in charge of the annual Christmas party to be given by the Omaha College club at Swift & Co's plant, South Side, for the children of the former Social Settlement, Thursday afternoon.

The general meeting of the club will be held in the recreation room of Swifts at 11 a. m. and will be followed by luncheon in the cafe at 12:30 o'clock. Reservations should be made with Mrs. William Locke, Harney 6921 by Wednesday, 9:30 p. m.

As in former years the club will decorate the Settlement Christmas tree which will be presented to the children by the students of South Side high school.

A Bacon Sandwich.

One of the less usual ways to make a bacon sandwich is to put the bacon through a food chopper, then into a cold pan and cook with constant stirring over not too hot a fire until the small bits are almost like popcorn but never a dark brown. Have ready buttered bread with a piece of leaf lettuce, and dip up with a strainer spoon the bacon on the lettuce. Into what was half a cup of bacon may be poured a tablespoon of vinegar, and a table spoon of sugar added to make this a witted lettuce sandwich.

Christmas Party.

Bellevue chapter will entertain at a public installation and Christmas party, Wednesday, 8 p. m. in the shrine room, Masonic Temple. Boys of the Masonic home will be honored guests and all members, their families and friends are invited. A Christmas tree will be a feature of the affair.

Card Party.

The women of St. Bernard's church will entertain at a card party Wednesday, 2:30 p. m. in the Benson city hall.

Hadassah Linen Shower and Program.

The following program will be given in connection with Hadassah's annual linen shower for the hospitals of Palestine Wednesday afternoon, 3 o'clock in Burgess-Nash auditorium.

The Fairies of Zion will present a musical revue, "Miss 1776 and Miss 1922," under direction of Miss Mary Malzel, the cast including Betty Steinberg, Annette Hurwitz, Sara Janoff, Lydia Ross, Ida Tenenbaum, Helen Janger, Esther Cohen, Ethel Hurwitz, Pearl Fellman. Musical numbers will be given by Miss Rees Barber.

"Mrs. Baum Makes Amends," a comedy in two acts, will be presented by Kate Goldstein, Elsie Hurwitz, Bertha Kushner and Gertrude White.

Dr. Victor E. Levine of the Creighton Medical school faculty, will speak on "Hospital Needs."

Dundee Woman Compiles Attractive Cook Book.

An attractive cook book which would make an ideal Christmas gift, is being sold by the women of the Dundee Presbyterian church for the benefit of the church fund.

The book has a washable cover and contains 1,000 choice and practical recipes which have been tested by members of the woman's aid society and their friends. It was compiled by Mrs. Fred Larkin and may be obtained from her at Atlantic 5815, or Walnut 2285, or from Mrs. Elmer Thomas or any member of the aid society. It is also on sale at downtown stores.

Business Women to Hear Noted Organist.

The Omaha Business Woman's club will meet as usual at 6:15 p. m. next Tuesday, but will adjourn immediately after dinner so that the members may have an opportunity to attend the organ recital by Marcel Dupre, organist of Notre Dame, Paris. The concert will be given at the First Central Congregational church under the auspices of the Young Woman's Christian association.

Christ Child Society.

Four hundred guests attended the tea given by the board of directors of the Christ Child society at the Center last Sunday afternoon. The Christ Child orchestra furnished the music.

Omaha Walking Club.

The Omaha Walking club will hike from Crescent, Ia., to Council Bluffs this afternoon, leaving the Northwestern passenger station at Eleventh and Broadway, Council Bluffs, at 2:25 p. m. (not 2:56 as scheduled in the Walking club bulletin), on the Northwestern train to Crescent. Paul Hummer, leader.

L. O. E. Card Party.

The L. O. E. club will entertain at a card party Tuesday, 2:15 p. m. in the Elks' club rooms.

A Worry Saver.

Smear the bottom of the preserving kettle with butter before putting in the fruit and sugar. It will prevent the jam from burning or boiling over.

Sawdust in Lieu of Ashes.

Sawdust sprinkled on the slippery front walk is not nearly as injurious to the parlor rugs as the customary ashes or salt.

Problems That Perplex

Answered by BEATRICE FAIRFAX.

By BEATRICE FAIRFAX.

"I am troubled with a peculiar mind disease," writes Discouraged. "Ever since I can remember I have felt a certain fear of crowds. At school the teachers never expected me to recite like the other children—I grew too excited and forgot my part. Now that I am 23 crowds actually make me feel miserable."

"In streets, at parties (when I attend them, which is very seldom), in fact even in street cars or wherever there are crowds of people, I am numb with self-consciousness. My features twitch with nervous apprehension and I cannot control them. Can you imagine a state of mind like mine? It is really a 'condition' just like not being able to walk straight, or being stooped."

A mind disease like this occurs more frequently than the unhappy writer of this letter guesses. Many people have it in some slight degree—and suffer from some form of shyness. But the point is that it is all in the mind, and since it does not belong there (or anywhere else) it can be driven out.

Perhaps Discouraged was terrified in some way when a child. Maybe a herd of cows or a flock of geese came her way when she was a wee child and terrified her. And she was ashamed of her "silly fear" and tried not to acknowledge to herself that she could be so "scared." So she pushed the terror down into her subconscious mind—and it bobs up all the time to annoy her.

I wish that you, Discouraged, and all who suffer from shyness or self-consciousness would first of all realize that your trouble is right in your own mind and has nothing to do with circumstances outside. Then you have only to make up that same mind that such a foolish error doesn't belong there and need not stay.

When you have told yourself enough times that the shyness and nervous timidity do not belong to you and that you won't carry them around

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love and kindness to all you meet that it is bound to come back to you in turn. Look yourself straight in the eye in the mirror and tell yourself that kindness and love are your heritage and that you are going to give them out to all the world. When you feel your crowd-terror coming on, start telling yourself that you love every soul in the crowd.

Then assure yourself that since you are radiating kindness, it must come back to you. Assure yourself that the world is beautiful and friendly. Say it out loud. Say it over and over. Believe it when you say it.

Notice the folks around you. Think of them—not of yourself. Think of people kindly and wonder what you

can do to bring happiness—and in a little while you will find that you are free from the old lie which chained you.

To Wash Shields.
So that they will last a while, use lukewarm soapy water and a teaspoon of baking soda. Do not rub the soap directly on the shields but on a small brush and brush both sides of the shield vigorously with the warm water. Rinse in water of the same temperature and let dry.

Roasting Wild Ducks.
Place an Irish potato inside the wild duck when it is set in the oven to roast and the fishy odor will disappear.

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Are You Tired?

A feeling of weariness comes too often upon many women, and some men; but if it is caused by shoes that bind the feet, that check the circulation or that strain the nervous system by inducing poor carriage, you can readily gain better vitality and health. Change to Cantlever Shoes. Cantlever Shoes do not bind the muscles, check circulation or press on the nerves. They give your feet absolute freedom to function naturally. The Cantlever arch is made flexible. In harmony with your foot arch which nature made flexible. Thus, the muscles can exercise properly in walking; normal circulation is stimulated; the nerves which run from your feet through your body are comforted and energized.

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All guesswork eliminated; every shoe is now fitted by X-ray without extra charge to you.

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The fresh, living cells of Fleischmann's Yeast contain a natural "J"—with the very elements which help the body perform these two vital functions.

Like any other plant or vegetable, yeast produces the best results when fresh and "green"—not dried or "killed." Fleischmann's Yeast is the highest grade living yeast—always fresh. It is not a medicine, it is a natural food. It helps to "tone up" the whole system and assures regular daily elimination. Results cannot be expected unless it is eaten regularly.

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Then she began to eat Fleischmann's Yeast. "I have been eating it for three months now," she writes, "and have found it simply wonderful. Before I started to eat it, I weighed only 104 pounds. I have gained sixteen pounds, and my indigestion has disappeared."

Eat two or three cakes a day regularly—plain, or spread on crackers, or mixed with water or milk. If you prefer, get six cakes at a time. They will keep in a cool, dry place for two or three days. Begin at once to know what real health means! Be sure you get Fleischmann's Yeast. All groceries have it.