

Junior Section

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EGGS CHEESE POULTRY

Omaha, Neb.

to Serving Delicia Ice Cream"

Stout? Want to Reduce? Listen!

By MADAME DAHL

NOWADAYS there is loud and much talk about reducing; that is, among those that belong to the sorority of stouts. Some dance to records to reduce, and others buy reducing girdles, meanwhile indulging in the richest foods and gorging themselves with them. No use! You, dear reader, can't reduce in that manner. No garment will reduce your figure, if you persist in crowding into your stomach all of the good things you're fond of, and then some. True, you can camouflage yourself with slenderizing effects, but then it's merely camouflage after all, and not reality. Correct dieting and correct corseting will bring about the desired effect.



Therefore, if you are a trifle stout—if you feel a wee bit bunched up—and are just barely able to skimp into those adorable new spring suits—O, how I sympathize with you. If you have to push and squeeze and have that terrible bursting feeling when you are doing nothing more sinful than trying on the season's mode—then you better look at the matter squarely and honestly and say to yourself, "I simply must reduce, not pretend." Then there will be the pros and cons—the arguments of those who tell you that plumpness suits you—the arguments of your own indulgent mind. Don't pay any attention to them, but be sensible—use your head!

First of all, let us commence with the suggestion, "I will practice self-control—I know how to reduce, to deny myself everything I want is one of the very best ways to develop self-control—I am corpulent, because day by day I have been indulging self-control—giving in, knowing that I should not do so—and eating whatever my appetite demanded." Thus, control in matters of eating, besides the joy of a slender figure, will lead to control in one's temper and control in one's daily mode of living.

Below, I am giving one week's menus. These contain 1,200 calories each. I have endeavored to combine them in such a manner that the change from the usual daily gorging will be the least noticed—and still if you adhere to them, you may lose from three to seven pounds during the first two weeks and steadily thereafter at the rate of two to three pounds weekly. This is as fast as you should reduce; 1,200 calories per day is your limit.

MONDAY MENU

Breakfast

- 1 orange sliced without sugar 100 calories
- 1 cup coffee, cream and sugar 100 calories

Luncheon

- 2 links sausage 200 calories
- 1 muffin 100 calories
- 1 pat butter 100 calories
- 1 cup clear tea, no sugar

Dinner

- 3 1/2 ounces lean, round steak 185 calories
- 1 medium sized potato 100 calories
- 1 pat butter 100 calories
- 1 cup coffee, cream and sugar 100 calories
- Large serving uncooked lettuce 15 calories
- Mayonnaise or oil, 1/2 dessert spoon 50 calories

You have not used all your calories today, but we are shrinking your stomach a bit.

TUESDAY

Breakfast

- 2 tablespoonfuls grape-nuts 100 calories
- 1 1/2 ounces cream 100 calories
- 1 cup coffee 100 calories

Luncheon

- 3/4 cup custard 100 calories
- 3 ginger-snaps 100 calories

Dinner

- 6 ounces roast beef 200 calories
- 1 sweet potato 100 calories
- 2 tablespoonfuls turnip 100 calories
- 1 pat butter 100 calories
- 2 tablespoonfuls ice cream 200 calories

(1,200 calories)



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Ortman's
 BAKERY AND LUNCH

WEDNESDAY

- For breakfast this morning we will have—
- 2 eggs, poached 160 calories
- 2 slices toast 100 calories
- 1 cup coffee 100 calories

360 calories

- And for luncheon it will be rather light—
- 1/2 portion of cottage cheese salad 100 calories
- 1 cup tea 100 calories

200 calories

COTTAGE CHEESE SALAD

- 1/2 cup ground carrot 1/4 cup cottage cheese
- 4 chopped walnut meats Juice 1/2 lemon

Wednesday Dinner

- 1 lamb chop 100 calories
- 1 medium sized potato 100 calories
- 1 pat butter 100 calories
- 1 cup coffee 100 calories
- 2 large tablespoonfuls ice cream 200 calories

And now Thursday and you are still alive and feeling—well, yes, better—and I'll warrant you are noticing that stuffy feeling disappearing just a wee bit already.

Thursday Breakfast

- 3 small slices crisp bacon 100 calories
- 1 muffin 125 calories
- 1 cup coffee 100 calories

325 calories

Thursday Luncheon

- A rather small piece of lemon pie 250 calories
- Tea with cream and sugar 100 calories

350 calories

Thursday Dinner

- 2 ounces fried ham 200 calories
- 1 slice bread 100 calories
- 1 pat butter 100 calories
- 1 medium sized potato 100 calories

Friday Breakfast

- 1/2 grapefruit 100 calories
- 1 cup coffee with cream and sugar 100 calories

200 calories

Friday Luncheon

- 1/2 portion of fruit salad recipe 100 calories
- 1 cup tea, cream and sugar 100 calories
- 2 tablespoonfuls ice cream (large) 200 calories

400 calories

FRUIT SALAD

- 1 large orange 2 tablespoonfuls lemon juice
- 1 average apple Sprinkle with grape-nuts
- 1 small banana 2 tablespoonfuls sugar

Friday Dinner

- 4 ounces cod or halibut 135 calories
- 1 potato 100 calories
- 1 pat butter 100 calories
- 1 glass milk, skim 100 calories
- 1 macaroon 50 calories

Saturday has rolled around and you are still alive and feeling fine. Dieting is oodles of fun!

Saturday Breakfast

- 4 tablespoonfuls grape-nuts 200 calories
- 1 cup coffee with cream and sugar 100 calories
- 6 tablespoonfuls cream (to be used on grape-nuts) 300 calories

You had 600 calories this morning, slow down for lunch.

Saturday Luncheon

- 1 cup tea 100 calories

Saturday Dinner

- 2 ounces beef tenderloin 200 calories
- 1 potato 100 calories
- 1 pat butter 100 calories
- 1 cup coffee 100 calories

Sunday we will rise late and have a combination breakfast and luncheon of course—

- 1 cup of coffee 100 calories
- 1/2 grapefruit 100 calories
- 1 pat butter 100 calories
- 2 boiled eggs, large 200 calories
- 1 muffin or slice of toast 100 calories

Now we have 600 calories left for dinner.

O joy! Isn't dieting growing better and better.

Sunday Dinner

- 1/2 portion of combination salad recipe 100 calories
- 1 potato 100 calories
- 1 pat butter 100 calories
- 2 1/2 ounces of turkey 200 calories
- 1 cup coffee 200 calories

COMBINATION SALAD

- 1 large tomato 1 carrot
- 6 stalks chopped celery 2 tablespoonfuls mayonnaise
- 1/2 cucumber (300 calories)

What a splendid week! You have stood your ground. You have kept within the bounds of propriety—and your reward is coming—maybe slowly, but surely. Take plenty of exercise. Breathe good fresh air, be perfectly corseted, and though we may never be mannikins, still we can wear one of those new suits with perfect assurance and ease. Isn't it worth it? Mother Bee is trying it also. We'll be glad to answer all questions. Write me in care of Practical Cookery.