

Health Hints :- Fashions :- Woman's Work :- Household Topics

Tables and Menus for the Fourth

For the Fourth of July festivities the colors used for decoration are of course red, white and blue, and this menu may be carried out in the menu as well as in the table decorations. As it is not easy to carry out the blue in the foods, it is best to let the china and the garnishings supply the needed touch of blue. If possible use blue or blue and white china on the table.

Red, white and blue flowers make pretty patriotic decorations. An attractive centerpiece can be arranged by using red and white sweet peas in a blue bowl, or red and white poppies, or any other red and white blossoms in season. Red, white and blue bachelor buttons are effective. The color scheme may be carried out in the centerpiece by using a white bowl or basket and filling it with crimson rambling roses and placing it on a blue mat. Of course the patriotic colors can be repeated in flags of various sizes, which may be used profusely for decorative purposes.

In the first table pictured, a white cloth is used with blue and white china. The centerpiece is composed of four flags crossed and standing, surrounded by tiny shields laid in a ring on the cloth. Small birch-bark canoes, holding red and white roses, are placed around this centerpiece. The place cards are tiny pastebord boats decorated with flowers, and the bonbon boxes are in the shape of

shields. In front of each place is a tiny candle in a walnut shell, placed between two small crossed flags. The glass candlesticks have blue shades, trimmed with red and white flowers. On the second table are decorations suitable for a children's table. Two wide strips of crepe paper, decorated with eagles and flags, are used as runners, crossing in the center and reaching to the edge of the table. In the center is a mound constructed to represent a fort and covered with imitation grass cut from green crepe paper. This is topped with a flag and an eagle, and in the sides are stuck sticks of candy wrapped in red paper with strings at the ends to look like firecrackers. From this centerpiece streamers of red crepe paper extend to the edge of the table. Paper plates, with a flag pasted in the center of each are used. The bonbons are tied in paper napkins, twisted to resemble giant torpedoes and candy firecrackers, and crossed flags are laid on the cloth.

The center decoration in the third table is a white liberty bell decorated with crossed flags, hung from the chandelier. Underneath the cloth are crossed trumpets; in the center a single flag stands upright guarded by a minuteman. White lilies fall from the mouths of the trumpets, thus giving the suggestion of horns of plenty. Blue and white china is used, with silver candlesticks having shades

lined with red. The place cards are minutemen. The bonbon boxes are cone-shaped and have a lily at the end of each.

For a Fourth of July luncheon the following delicious menu is appropriate:

Cream of Celery Soup.
Salmon Croquettes. Tomato Sandwiches.
Red and White Radishes.
Cabbage Salad in Red Pepper Cases.
Raspberry Ice.
Small Cakes. Bonbons.

Serve the cream of celery soup in blue cups. Cut little red stars from pickled beets or pimientos and put on top. The salmon croquettes should be served with white sauce on blue plates. For the sandwiches, chop tomato and white onion together, mix with a little French dressing; add a little cracker dust to make of a consistency to spread, and spread on thin slices of buttered bread. To make the salad use only the white inside leaves of the cabbage; chop very fine, and to each cupful of cabbage add one-half cupful of chopped, sweet red pepper. Dress with French dressing and fill red pepper cases. Place each case on a star of blue paper on a white plate, or serve on a blue plate. Serve the red raspberry ice in white paper cases bordered with blue sweet peas, pansies, bachelor buttons or any other blue blossoms. Little cakes may be iced in white, sprinkled with red sugar and served on a blue plate. Red and white bonbons may be served in little blue boxes or baskets at each place.

The second menu is suitable for

Cherry Cup.
Stuffed Tomato Salad. Pimiento Sandwiches.
Strawberry Cream. Angel Food Cake.
Red and White Bonbons.

The cherry cup is made of red cherries and bananas, and should be served in blue bouillon cups. When making the salad, leave the skin on the tomatoes and scoop out the seeds and part of the pulp. Salt the inside and invert to drain. Fill with chopped celery mixed with mayonnaise and some of the tomato pulp. Fill the cavities with this mixture and chill. Place each tomato cup on a paraffin paper star placed in the center of a blue paper star that is cut at least an inch larger than the one of paraffin paper. Roll the sandwiches and tie with blue ribbon. Strawberry Bavarian cream may be served on blue plates, with whipped cream, or vanilla ice cream may be served in blue dishes, with large strawberries heaped around it. Bake the angel food cake in rectangular shape and ice in red, white and blue to represent the flag, using red fruit or vegetable coloring and indigo for the blue. On the blue field place white fondant stars.—Mary Mason Wright in Mothers' Magazine.

A Natural Greenhouse.

British Honduras presents the incongruous picture of a natural greenhouse, capable of growing almost every ordinary edible that people desire, importing nearly all of its food from overseas. Its natives know nothing whatever about agriculture, but the government has set aside a tract of land where experiments in modern farming are being conducted under the direction of practical men.

The Heavens in July - Eclipses of the Moon to Be Great Night Show

By WILLIAM F. RIGGE.

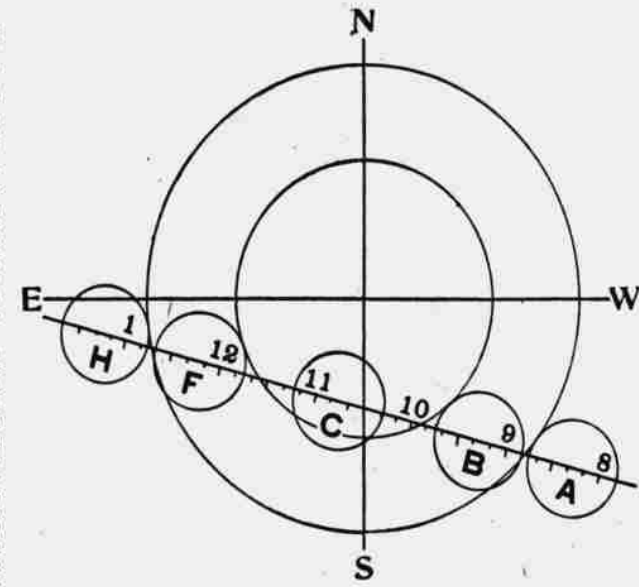
PARTIAL ECLIPSE OF THE MOON, JULY 14-15, 1916.

The chief event of the month is the eclipse of the moon on the night of the 14th-15th. The annexed diagram will tell us all about the particulars. The largest circle is the earth's penumbra and the one next in size is the earth's shadow at the place where the moon crosses them. N, S, E, W are the cardinal points, and the diagram must be held so that the line N S points to the pole star. When the moon is low down in the east at the beginning of the eclipse, the line N S is inclined considerably to the left. This inclination, however, continually diminishes as the moon approaches the meridian, after which the line inclines to the right.

The oblique line—A B C F H—is the path of the moon relative to the shadow, and the penumbra. The five small circles on it represent the moon at important moments. When its center is at A at 8:18 p. m., the moon enters penumbra. This fact cannot be observed, because the loss of brilliancy is too small to be noticed. As the moon nears B its forward or left side becomes darker, until at 9:19 when the moon enters shadow, quite a perceptible notch will appear to be cut out of it. At 10:46, when its center is at C, the moon has entered deepest into the shadow, and 80 percent of its diameter will be eclipsed. After this the moon begins to emerge and at 12:12 it leaves the shadow and at 1:14 the penumbra. The ten-minute marks on the moon's path enable one, if he be so inclined, to picture the exact appearance of the moon at any time during the eclipse, as he need but center a circle of the size of the moon at the desired time and see how it cuts the shadow and penumbra circles.

On the 23rd the sun enters Leo. The days diminish in length forty-one minutes during the month, being 15 hours, 3 minutes long on the 1st, 14 hours 49 minutes on the 15th and 14 hours 22 minutes on the 31st. The sun is from four to six minutes slow on local time, and from twenty-seven to thirty minutes slow on central time. Those that are clamorous to set the clock ahead one hour ought to see from the times given in the "noon" column in the subjoined table that we have already, by adopting central time, set our clocks ahead of the sun from twenty-seven to thirty minutes this month. The sun now sets not far from 8 o'clock, thus giving us three hours of daylight after quitting work at 5. That ought to be enough.

Putting the clocks ahead one hour within the limits of one city only and for a few months only, is a very questionable proceeding. First, there is the inconvenience of changing our time whenever we cross the city limits. Secondly, what will the vast majority of the people do with that "extra hour of daylight," as they call it? It is too light to go to sleep, by our usual clock time, and too light to begin a lecture or an entertainment that calls for artificial lighting. These will then begin an hour later by the clock. So that by really rising an hour earlier than usual and deceiving ourselves by imagining we are



A—Moon enters Penumbra 8:18 p. m.
B—Moon enters Shadow 9:19 p. m.
C—Middle of Eclipse 10:46 p. m.
F—Moon leaves Shadow 12:12 a. m.
H—Moon leaves Penumbra 1:14 a. m.

rising at the usual time, and then actually retiring an hour or more later than our usual bedtime, we are as a fact taking this hour or more from our sleep. Let those that are in favor of this early rising and thereby shortening their hours of sleep, do so to their hearts' content. But why should they force the whole community to do so? Let them, if they like, rise, go to work, quit work, take their meals, and do everything an hour earlier by the central time shown by our clocks. The whole problem meets in this way an easy solution. Everybody then has his own way, everybody is satisfied, and there is no deception, neither real or apparent. But by no means set all the clocks in the town out of tune with those in the county and in the state and force everybody into your way of doing things.

And then, why do this only for four months? Why not for the whole

year? The next step will then probably be to drop the a. m. and p. m., and use a 24-hour dial, or a 20 or 10-hour dial, with a 100 minutes to the hour and a 100 seconds to the minute and pull it in line with the metric system. And then, lastly, it is the dream of some enthusiasts to have what they call a "universal day," that is, have all the clocks in the world show simultaneously the same hour, minute and second. Did I say "lastly"? No there is no limit to the number of these fads.

SUN.			MOON.		
Rise/Noon/Set.	1916.		Rise/Noon/Set.	1916.	
29. 4 55 12. 27 7. 59	Thu.	3 58 11 54 7 48 29	29. 4 55 12. 27 7. 59	Thu.	3 58 11 54 7 48 29
30. 4 56 12. 27 7. 59	Fri.	4 54 12 44 8 28 30	30. 4 56 12. 27 7. 59	Fri.	4 54 12 44 8 28 30
1. 4 56 12. 27 7. 59	Sat.	5 53 1 31 9 01 1	1. 4 56 12. 27 7. 59	Sat.	5 53 1 31 9 01 1
2. 4 57 12. 27 7. 58	Sun.	6 54 2 17 9 30 2	2. 4 57 12. 27 7. 58	Sun.	6 54 2 17 9 30 2
3. 4 57 12. 27 7. 58	Mon.	7 56 3 00 9 53 3	3. 4 57 12. 27 7. 58	Mon.	7 56 3 00 9 53 3
4. 4 58 12. 27 7. 58	Tue.	8 57 3 42 10 17 4	4. 4 58 12. 27 7. 58	Tue.	8 57 3 42 10 17 4
5. 4 58 12. 27 7. 58	Wed.	10 00 4 24 10 38 5	5. 4 58 12. 27 7. 58	Wed.	10 00 4 24 10 38 5
6. 4 59 12. 27 7. 57	Thu.	11 01 5 06 10 58 6	6. 4 59 12. 27 7. 57	Thu.	11 01 5 06 10 58 6
7. 4 59 12. 27 7. 57	Fri.	12 05 5 48 11 22 7	7. 4 59 12. 27 7. 57	Fri.	12 05 5 48 11 22 7
8. 5 00 12. 27 7. 57	Sat.	1 10 6 31 11 47 8	8. 5 00 12. 27 7. 57	Sat.	1 10 6 31 11 47 8
9. 5 01 12. 27 7. 56	Sun.	2 21 7 24 12 09 9	9. 5 01 12. 27 7. 56	Sun.	2 21 7 24 12 09 9
10. 5 02 12. 27 7. 56	Mon.	3 26 8 19 12 31 10	10. 5 02 12. 27 7. 56	Mon.	3 26 8 19 12 31 10
11. 5 03 12. 27 7. 55	Tue.	4 26 9 20 1 03 11	11. 5 03 12. 27 7. 55	Tue.	4 26 9 20 1 03 11
12. 5 03 12. 27 7. 55	Wed.	5 20 10 24 1 49 12	12. 5 03 12. 27 7. 55	Wed.	5 20 10 24 1 49 12
13. 5 04 12. 27 7. 55	Thu.	6 18 11 31 2 49 13	13. 5 04 12. 27 7. 55	Thu.	6 18 11 31 2 49 13
14. 5 04 12. 27 7. 54	Fri.	7 13 12 40 3 56 14	14. 5 04 12. 27 7. 54	Fri.	7 13 12 40 3 56 14
15. 5 05 12. 27 7. 54	Sat.	8 12 1 35 4 47 15	15. 5 05 12. 27 7. 54	Sat.	8 12 1 35 4 47 15
16. 5 06 12. 27 7. 53	Sun.	9 06 2 35 5 47 16	16. 5 06 12. 27 7. 53	Sun.	9 06 2 35 5 47 16
17. 5 07 12. 27 7. 53	Mon.	10 02 3 30 6 45 17	17. 5 07 12. 27 7. 53	Mon.	10 02 3 30 6 45 17
18. 5 08 12. 27 7. 52	Tue.	10 57 4 21 7 50 18	18. 5 08 12. 27 7. 52	Tue.	10 57 4 21 7 50 18
19. 5 09 12. 27 7. 52	Wed.	11 53 5 09 8 52 19	19. 5 09 12. 27 7. 52	Wed.	11 53 5 09 8 52 19
20. 5 09 12. 27 7. 51	Thu.	12 48 5 53 9 40 20	20. 5 09 12. 27 7. 51	Thu.	12 48 5 53 9 40 20
21. 5 10 12. 27 7. 51	Fri.	1 46 6 43 10 24 21	21. 5 10 12. 27 7. 51	Fri.	1 46 6 43 10 24 21
22. 5 10 12. 27 7. 50	Sat.	2 47 7 30 11 12 22	22. 5 10 12. 27 7. 50	Sat.	2 47 7 30 11 12 22
23. 5 11 12. 27 7. 49	Sun.	3 49 8 15 12 00 23	23. 5 11 12. 27 7. 49	Sun.	3 49 8 15 12 00 23
24. 5 12 12. 27 7. 48	Mon.	4 52 9 00 12 48 24	24. 5 12 12. 27 7. 48	Mon.	4 52 9 00 12 48 24
25. 5 13 12. 27 7. 47	Tue.	5 56 9 50 1 36 25	25. 5 13 12. 27 7. 47	Tue.	5 56 9 50 1 36 25
26. 5 14 12. 27 7. 46	Wed.	6 53 10 40 2 24 26	26. 5 14 12. 27 7. 46	Wed.	6 53 10 40 2 24 26
27. 5 15 12. 27 7. 45	Thu.	7 47 11 30 3 12 27	27. 5 15 12. 27 7. 45	Thu.	7 47 11 30 3 12 27
28. 5 16 12. 27 7. 44	Fri.	8 41 12 20 4 00 28	28. 5 16 12. 27 7. 44	Fri.	8 41 12 20 4 00 28
29. 5 17 12. 27 7. 43	Sat.	9 32 1 10 4 48 29	29. 5 17 12. 27 7. 43	Sat.	9 32 1 10 4 48 29
30. 5 18 12. 27 7. 42	Sun.	10 20 2 00 5 36 30	30. 5 18 12. 27 7. 42	Sun.	10 20 2 00 5 36 30
31. 5 19 12. 27 7. 41	Mon.	11 10 2 50 6 24 31	31. 5 19 12. 27 7. 41	Mon.	11 10 2 50 6 24 31
1. 5 20 12. 27 7. 40	Tue.	12 02 3 38 7 12 1	1. 5 20 12. 27 7. 40	Tue.	12 02 3 38 7 12 1
2. 5 21 12. 27 7. 39	Wed.	1 06 4 26 8 00 2	2. 5 21 12. 27 7. 39	Wed.	1 06 4 26 8 00 2

MOON'S PHASES.

First quarters on the 8th at 5:55 a. m.
Full moon on the 14th at 10:40 p. m.
Last quarter on the 21st at 5:33 p. m.
New moon on the 28th at 8:15 p. m.

The beautiful planets Venus and Saturn have disappeared from our evening skies, and the whole month too near the sun to be seen. Mars also is very faint in the evening twilight, setting on the 15th at 10:44 p. m. Jupiter rises at midnight in the middle of the month. It will take a couple of months before it will be visible at a convenient hour in the evening. The moon is in conjunction with Jupiter on the 22d, and with Venus on the 27th.

The Savings Bank Yourself

By ADA PATTERSON.

A little gray woman came out of one of the city savings banks. It was a day of rain and she shivered in the cutting wind that blew up from the river. She clutched her bank book between her fingers that thrust themselves out of gloves that were past mending. As I passed her I saw that she was carelessly rather than poorly dressed.

A rip in her sleeve disclosed a sharp elbow. For lack of the stitch in time that saves nine, the hem of her skirt dragged in the mud. Her heel caught in it now and then, impeding her walk and adding an extra strain upon her nervous system. A shabby little hat, faded as to the straw and the flowers on it, tilted with a woeful attempt at rakishness over her ear. Her face had the grayish pallor of one illy nourished. She turned into a factory building and took her place in the march of the army of manual labor.

For how long? I wondered. Employers are impatient of down at the heels looking "help." They think it reflects upon the institution. And so in great measure it does. But we won't worry about the employer. Doubtless he is well able to take care of himself. Most of them are. But the little gray woman burdened my mind.

She and her fate weighted my spirit, because while she had been making a deposit in one bank she was so sadly neglecting another. She had patronized the City Provident bank and was plainly indifferent to the bank of Self.

I believe in saving. I consider thrift one of the cardinal virtues. A savings fund assumes a concrete form to me. I see it as a dike like those which the careful men of Holland build about their little country to keep it from being washed away by the sea. Adversity is a hungry sea of mountain high waves. The savings bank account keeps them back.

But I fear the little woman was trying to build her dike too high. Or that it would not have needed such height had she put more into the Bank of Self.

The wage earning woman should deposit money in a savings bank against the day or days of dread. The day of illness. The day of "trouble with the boss." The day of being "laid off" indefinitely. The day of waning strength which we call growing old. The day with the caprice of commerce or the march of progress when the demand for her kind of work is lessened, or when its rewards diminish. To that proposition there can be no dispute from one of sane mind or sound character.

But consider the case of the little woman who gripped her worn savings bank with her fingers that showed through her gloves. She did not put enough into the bank which is herself. She should have deposited in the bank of self more and better food. That her skin should have had the clearness and the dash of rose which are tokens of health. She should have made more deposits of clean, invigorating air. Yes, it can be done in a city in which a quarter hour's walk will take you to one of the two great rivers that bound its sides. She should have deposited enough of time to mend that rip in her sleeve and to have secured that hem in her skirt, that each step might not be a jar upon her nervous system and possibly fling her face downward on the sidewalk. She should have deposited enough of cheer and courage to keep her shoulders up and her face set bravely toward the future. Yes, it can be done. I have known persons but one step above beggary who did it, and they soon left the possibility of beggary far behind.

Don't acquire the whipped look. It invites whips. Put money into the savings bank, but don't forget to deposit enough in the bank of yourself to keep you solvent.

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