

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

Fixing for Family Picnics

All the world loves a picnic, but there is nothing more disappointing than to open a lunch basket and find everything squashed and messy. With a little care, however, this need never happen. Sandwiches wrapped in a damp napkin will always be the piece de resistance of any picnic basket. Oranges, apples or tomatoes may be scooped out and filled with fruit or vegetable salad, and then tops tied on with ribbon or fastened on with gelatine. Celery may be filled with cream cheese or peanut butter and wrapped in waxed paper. Hard rolls may have the soft part removed and be filled with chicken or tuna fish salad.

Cake in Pie Crust.

A delicious picnic cake may be made by lining pastry pans with pie crust and then filling them with a cake batter and baking them. They are much less apt to crush in the packing than the ordinary little cupcakes, and children love them.

Or a loaf cake may be baked in a tin cracker box. If this is done do not take it from the box. Just ice it and put on the cover and it will arrive in perfect condition.

Cream cakes are easily packed. A jar of cream filling can be carried or one of creamed chicken if there is any way to heat it. The puffs filled with this will be great favorites.

Iced tea can be made of cold water as well as of hot. Simply measure the tea into an earthen dish, pour over it the cold water, cover and let stand for an hour. One never gets the slightest bitter taste in tea made this way. The lemon juice mixed with the sugar may be carried in a bottle.

It is a good plan, especially if there are children in the party, to take in the basket one of those tiny first-aid boxes that are sold at all the drug stores for 25 cents. They are four or five inches square, and contain a roll of bandage, some absorbent cotton, a strip of adhesive plaster, a tube of antiseptic ointment and several other small first-aid necessities.

No Dishes to Carry Home.

There is no need of taking along dishes that have to be washed and carried about after lunch. One can buy for 10 cents a package containing two large plates, two six-inch plates for salad, or dessert, two olive dishes, two cups, two paper spoons and four paper napkins. These can be thrown away when one is through with them, and, of course, they are less bulky and much lighter to carry.

It has been said of us, as a nation, that it is a pity we do not enjoy ourselves more as families. Father has his kind of recreation, mother hers,

and the children theirs. This is not as true as it was before there were any movies. We have found out what a lot of fun we can have together. Now summer is here and we won't want to go to the movies as often; why not substitute picnics? Pack the supper in a basket and go out to the parks or to the country. It is great fun. And more than the fun will be the health which nature stands ready to give.—Philadelphia Ledger.

Thirsty Babies

By "T. F. M."

It seldom occurs to mothers and nurses that a baby needs any other liquid than its ordinary diet contains. Hence one of the commonest sufferings of infants is that of thirst.

In hot weather particularly this is a cause of a great deal of the digestive troubles from which young children suffer.

Every baby over a month old will be the better for a little plain water between meals. The water should be boiled and then let cool; keep it in a covered vessel and in a clean, cool place. Scald the vessel before putting in the drinking water.

A teaspoonful of cold or slightly warmed water may be given several times a day to a child of one or two months; this quantity may be increased to two teaspoonfuls as the child grows older.

Instead of plain water one may give barley water or toast water. Fruit juice is also very wholesome for young children over two or three months old. A teaspoonful of strained grape juice or orange juice, slightly sweetened, may be given twice a day with excellent results.

Another good way to give fruit to young children is to roast a ripe apple, well mash a portion of the pulp, mix it with a little cream, and give a teaspoonful of the mixture once or twice a day.

For children of an age when they have begun to run about a good supply of water is absolutely essential. And as they grow older there should be no stinting of liquid. In summer—and, indeed, throughout the year—a child of three or four years, and thence onward, should be let drink as much plain water as it desires.

Take care that the water is pure, that it is not iced or very cold, that the child does not drink immediately after violent exercise or when overheated, that he does not gulp down a large quantity rapidly; and, having taken these precautions, let him drink freely whenever he wants to drink.

Why He Likes the Water

Drawn for The Bee by Batchelor



What Do You Think About?

By BEATRICE FAIRFAX.

"As a man thinketh in his heart so he is."

Physical conditions write themselves on the face and body, and a doctor who is a clever diagnostician can almost read their meaning at sight. So, too, for mental states. The physician who has studied mental and nervous disorders recognizes certain facial characteristics that are symptoms of disease.

Who would wilfully print on his face unpleasant signs of unpleasant mental conditions? That is exactly what you do when you permit your mind to dwell on morbid things.

All thoughts of cruelty, or unkindness, of fear, of anger or of indecency leave their traces on the human face. This is not theory, it is fact. Tiny little marks and lines come into the face as a result of mental habit.

Who of us has not seen a drooping, twisted mouth that told of bitter cynicism? Which of us has not observed shifty, unfocused eyes that betrayed a habit of mental evasion? These are marked conditions, but the lesser ones are there, too.

The face betrays mental states. But it is the mental states themselves that are of greater importance. Think along certain lines long enough and you come almost to exist along those lines. Mental habits are dangerous to form.

Take the case of suspicion. Suppose you let yourself get into the way of wondering what hidden meaning there is behind what people say, what sly intention there is behind what they do; suppose you begin to question the sincerity of motives of your friends and acquaintances—the habit grows on you, more and more your tendency to question grows into one of distrust and finally suspicion becomes part of your nature.

And once suspicion takes possession of you, you become unable to accept anybody simply and honestly, and faith and trust become almost impossible for you to know.

If you think in terms of sunshine and good cheer, you come gradually to feel in those terms. Contemplating kindness and beauty brings them home to you. Mental habits are fairly easy to form and frightfully difficult to break. All of us who are normal have a choice of controlling our own minds or letting them run away from us.

There is an old German saying that suggests this idea. "Just as you shoot into the forest so the echo shall come back to you." And so you get from life fairly much what you have deposited in its bank!

Think of the world as a place which appreciates honest endeavor and which rewards merit with success and you will have a cheery willingness of endeavor and a hopeful feeling that success is yours for the taking. This attitude may never bring you ten thousand a year, but it will give you optimism that cannot fail.

What you think about conditions indicates not what you are, but what you inevitably must be. Look on life as a place where things depend on chance and where fate has been cruel to you and where everything is rather hopeless anyway and where to try were vain, and naturally, since your back is to the sun and you have encased yourself in a black canopy of woe, you will never see sunlight.

It is dangerous to get into the habit of thinking morbid, unhappy thoughts. And it is perfectly possible to get into the habit of thinking cheerful, optimistic, hopeful and constructive ones.

What you think about is a matter of choice—and a choice that ought to be carefully and sanely made.

A fevered imagination can fancy itself ill. A frightened diagnosis can consider all hope lost. But a sane and cheerful optimism gives courage to fight and conquer, since it never could imagine obstacles too high to surmount or woe too desperate to be overcome.

The man who thinks in terms of success cannot imagine failure. The man who does not know when he is beaten never is finally conquered, since he holds in his heart an indomitable cheer like to that of Browning's hero:

"One who never turned his back, but marched breast forward. Never doubted clouds would break. Never dreamed, though right were worsted, Wrong would triumph. Held we fall to rise, are baffled to fight better, Sleep to wake."

Tips on Summer Fashions

Marabou dyed the color of natural skunk is astonishingly becoming.

A charming new lingerie frock is of ruffled organdy in periwinkle blue.

Trails of tiny roses are becoming arranged on tulle dresses for girls.

Washable white taffeta skirts are trimmed with bright coral corduroy.

A recent corset or elastic is made without any opening and is slipped on.

A lovely evening mantle is made of a black uncut shawl of Chantilly lace.

Guimpes have full sleeves to show under the short bell sleeves of the dress.

Skirts which show voluminous half-draped panniers are particularly good.

Ruchings of colored silk are a favorite finish for evening petticoats of white net.

Uniformity is yielding to the idea that skirts and bodices may differ in material.

With suits of dark or neutral colors it is advisable to wear a bright-colored blouse.

Sleeves ending in a flare over the hand are peculiarly becoming to thin women.

Children's coats for school wear are best made of checks, serges, gabardines and twills.

Pongees, especially the rough weaves, are very effective with strong-colored embroidery.

Jacquard pleated ribbons are very much in favor, both for handbags and dress trimmings.

Grenadine, mohair and alpaca are among the old-fashioned fabrics which have reappeared.

Tulle and lace shawl capes are said to be coming in to wear over afternoon or evening toilettes.

DIAMONDS WATCHES ON CREDIT

To own and wear a splendid Diamond Watch or other article of Jewelry, you need not wait until you have saved all the money to pay cash for it. Step in and get your Diamond now. No red tape to go through—no embarrassing details. You get and wear the articles you desire while paying in small amounts, weekly or monthly, as suits your convenience. Your credit is good with us.

<p>\$50 14 K Gold</p>	<p>No. 4—Men's Diamond Ring, 14 K gold mounting, 14 K solid gold.....\$66 \$1.00 a Week</p>
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Open Daily Till 8 P. M., Saturday Till 5:30 P. M.

LOFTIS THE NATIONAL JEWELERS
602 N. 15th St., Omaha
Clear Street Store

Selection of Fresh Food

At all times we should be careful to select good, fresh food, unless we want our household to be in danger of ptomaine poisoning; but in hot weather we must redouble our vigilance.

It is most important that fish should be fresh, and you will know that it is if the eyes are prominent and full and the pupils dark. This, however, is not an infallible test, as the eyes become gray and shrunken long before the fish is unfit for food.

The gills should be red, not gray, white or greenish, and the scales should be firm and bright and not easily rubbed off. Beware of the fish that is soft and flabby to the touch and comes easily away from the bone, for most certainly it is not as fresh as it might be.

Another test is to hold the fish between the finger and thumb and press it gently. If the flesh parts easily it is not sound.

The tail of a fresh lobster always springs back when pulled and a stale one is always given away by its smell.

The main joints of the crab should be stiff when bent. If the claws feel sticky, you will know that it is far from fresh.

Great care must be taken in selecting oysters. They must be alive when opened, and the shell of a healthy oyster is always very tightly closed.

If the shell is slightly open and does not close at once when touched, it means that the oyster is dead. Good oysters, when first opened, should be round in shape and of a creamy color.

Choosing chickens is another task that requires care. The eyes of a fresh chicken should be bright and prominent, and the feet limp, moist and pliable. The flesh should be firm and plump and the skin clean and white.

When the chicken is decomposing, the flesh becomes dark and greenish, the feet hard, stiff and dry, and the eyes sunken and dull.

Healthy wild ducks have black feet. Any duck with soft pliant legs and feet, bright prominent eyes, and fairly firm flesh is in prime condition. Stale ducks have stiff, dry feet, sunken eyes, flabby flesh, discolored necks, and a greenish tint over the abdomen.

Meat wants a great deal of choosing. Good meat should be firm to the touch, and should show distinctly the branching veins. Beef or mutton should be a deep rose color, and the fat a rich cream. If the fat is hard and skinny, it shows that the animal was old and tough.

The best veal is of a pale color, and its kidney is enclosed in firm, white fat.

The rind of good pork is smooth

and thin, light in color, and firm to the touch. When it is cut through, or warm water is poured over it, there should not be any disagreeable odor.

When purchasing vegetables, be sure that they are fresh. Pass over any showing signs of decay or rot. Pea-pods should be crisp, and beans should not have a faded look or be limp when broken.—Philadelphia Ledger.

Things Worth Knowing

Things which will save time and make work much easier in the sewing room are a good steady sewing table with brass-headed tacks driven in the side to indicate yard length; a perforated wheel, pencils and chalk for marking; carbon paper for transferring; a remnant box, a large pin-cushion full of pins attached to the corner of the cutting table, and another cushion holding safety-pins.

"Odors end here," is the rule of charcoal. If the charcoal is made red-hot, and then cooled before using, its virtues are increased.

Do not forget to gather the rose leaves for filling the couch and porch pillows. Save them from bouquets. Their delicate perfume is delightful.

Prunes hidden in a meringue, the meringue browned in the oven, make a delicious dessert.

The newest dish-drying rack is made of wood, two rows of tall sticks in a narrow, gutterlike wooden tray. You place this on the draining board of the sink or on a waiter and do away with the rinsing dishpan altogether.

It is remarkable in how many ways the drudgery of dishwashing has been done away with in new devices (I cannot help the alliteration). One of the new machines that washes and dries dishes without the aid of dishcloth and towel is operated either by a hand-lever or a small motor.

The dishes are placed in a cylindrical container which has a diameter of about two feet, funnel shaped at the bottom and having a tightly-fitted cover to prevent the escape of steam. The dishes are scraped free of food, placed in the racks provided for the various table pieces, the hot water poured on, first for washing, then for rinsing purposes, the waters drained off and the dishes permitted to dry within the machine.

Advice to Lovelorn

By Beatrice Fairfax

Why Not Be Frank?

My Dear Miss Fairfax: I am much in love with a young man in the same office, and I feel my feelings are reciprocated. This young man called on me a few times and then suddenly stopped. I know he has been financially embarrassed for the last year due to the fact that he lost a little money. This young man spends a little time talking to me every day, and always speaks admiringly of me to his friends. Will you kindly advise me, as I really enjoy his company, even though he couldn't spend his money on pleasure. ANXIOUS.

Possibly this young man hesitates to call on you for the reason you suggest—that he has no money to spend in offering you attentions. If you really feel sure of his admiration and liking you might tell him quite frankly that you miss his calls. Don't attempt to force any confidence in regard to his financial situation, but try to show him by your attitude that you are not mercenary.

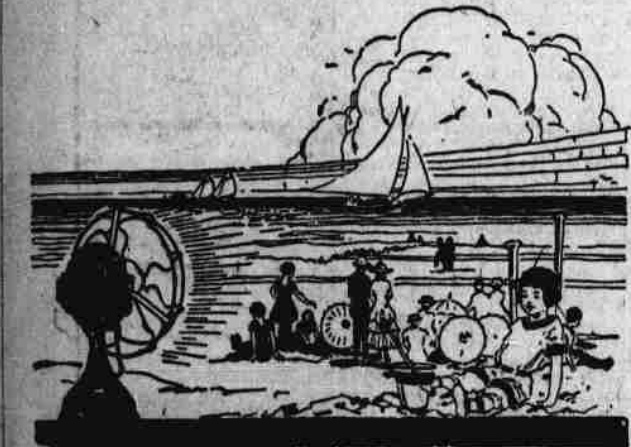
Talk to the Mother.

Dear Miss Fairfax: I am 21 and have been going about with a girl of 19 for six months. Her mother has taken a dislike to me and thinks I am too little to think of marriage. I love the girl and I know she returns it.

I think it would be wise for you to talk to this girl's mother. Tell her of your affection for her daughter and of your desire to save a little money and to work ahead toward a more prosperous future. Tell the mother frankly that you cannot afford extravagant pleasures, but that you hope some day to be able to take care of her daughter nicely. I think frankness will solve the problem.

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Cool As An Ocean Breeze

From the still, sweltering heat of mid-summer, light clothing and iced beverages offer little relief—what is needed is a breeze. You can have one—own your own private breeze, that you can turn on or off at will—if only you possess the supreme Summer comfort of an Electric Fan.

Let an Electric Fan Keep Your Home Cool

Just press the switch and feel the invigorating breeze set in motion—a breeze that will blow for hours without pause, at a cost of less than one cent an hour. Make up your mind now to be comfortable during the long, hot evenings and the sultry days. Then—pick out the fan you wish from the following dealers:

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- Brandels Store, 16th and Douglas Sts., D-1641
- Burgess-Granden Co., 1511 Howard St., T-581
- Burgess-Nash Co., 16th and Huron Sts., D-137
- Burkhardt, Frank C., 318 S. 19th St., D-75
- Burns, Joe. M., & Co., 704 N. 24th St., So. Side, So.-890
- Carr, James, Electric Co., 305 S. 19th St., D-4666
- Durkin, Thomas, 2419 Cuming St., D-2519
- Hayden Bros. Store, 16th and Dodge Sts., D-2600
- Milton Rogers & Sons Co., 1515 Huron St., D-124
- Mid-West Elec. Co., 1207 Huron St., D-486
- Nebraska Cycle Co., 15th and Huron Sts., D-1662
- Omaha Electrical Works, 1214 Huron St., D-1181
- Orrison & Wilhelm Carpet Co., 414 S. 16th St., D-313
- Sherwood, W. W., 215 So. 20th St., D-7633
- Thew & Lahr, Flatiron Bldg., D-3275
- Williams, E. B., 308 S. 18th St., T-1011
- Wells Electric Co., 1210 Farnam St., T-1414

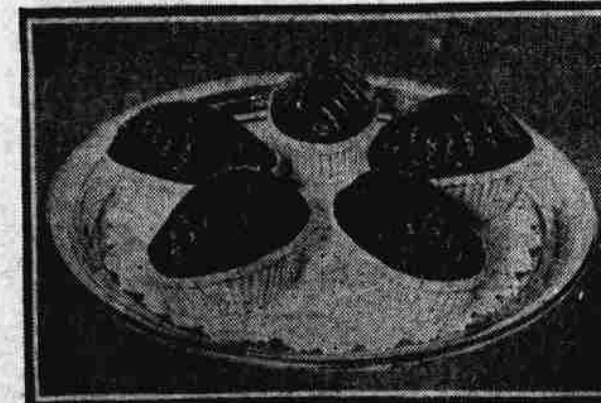
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TODAY'S DAINTIEST DISH

COOKERY IS BECOMING A NOBLE SCIENCE



New Carrots a la Francaise

By CONSTANCE CLARKE.

Now that summer vegetables and fruits are plentiful in the market, the thoughtful housewife will contrive to use vegetables as often as possible, knowing the benefit to be derived by the members of the family from a health point of view.

Take about one and a half pounds of carrots and pull or cut off the tops; wash the carrots thoroughly in cold water and peel them, then put them into a saucepan with sufficient water to cover them, and bring to the boil; then drain and rinse in cold water and rub them in a dry cloth to re-

move the outer skin; trim the tops round with a knife, and if they are large cut them in halves, then place them in a steupan with one and a half ounces of butter, a bunch of herbs (such as thyme, parsley and bayleaf), a dust of pepper and two finely chopped onions. Fry these for about ten to fifteen minutes, then remove the herbs and rub through a fine sieve. Put them into little paper cases, ornament the top with the point of a knife, and serve as a dressed vegetable or as a vegetable entrée. (Tomorrow—A New Fruit Salad.)