

What Women Are Doing in the World

CALENDARS

CLUBS

Monday—Convalescent Aid society, city hall, 10 a. m. Tuesday—Belles-Lettres club, Miss Edith Miller, hostess, 2 p. m. Wednesday—W. C. T. U. Frances Willard union, Y. W. C. A., 2 p. m. Omaha Woman's club, social science department, outing at Y. W. C. A. camp. Thursday—Welsh-American society, picnic at Hanscom park, W. C. T. U., West Side union, picnic at Carter lake.

RED CROSS CIRCLES.

Monday—In Baird building: Lowe Avenue Presbyterian church, Dorcas, Douglas county W. C. T. U.; U. S. Grant, George Crook and George Custer Woman's Relief corps, Mrs. H. M. Rogers' and Mrs. Ezra Millard's groups. Tuesday—In Baird building: First Presbyterian, St. Cecilia's cathedral, Pi Beta Phi and Delta Gamma, Dundee and Miss Gertrude Young, Miss Daisy Doane and Mrs. Fred Cuscaden's circles, Bemis Park, Mrs. E. J. Briss, hostess, Florence, Eagle hall, Daughters of American Revolution at Army building.

Wednesday—In Baird building: Turner Park, First Christian, Miss Margaret Gimmel, Miss Catherine Thummett and Mrs. George Jewett's circles, Happy Hollow circle at club house, Kaona Alpha Theta in Army building, Fort Omaha, Mrs. Frank Lahm, hostess, Florence, Eagle hall, Carter Lake circle at club house. Thursday—In Baird building: Westminster Presbyterian, Temple Israel, St. Mary's guild, Franco-Belgian society and Mrs. J. J. McMullen's circle, Union Pacific Pensioners' auxiliary, U. P. headquarters, Florence women at Eagle hall, Immanuel circle at church.

Friday—In Baird building: St. Mary's Congregational, Equal Franchise, Grace Lutheran, St. Cecilia's cathedral auxiliary, Mrs. Walter Silver's and Mrs. Herbert Wheeler's circles, Daughters of American Revolution in Army building, Normandy apartments, Hanscom Park circle, Fort Omaha, Mrs. Frank Lahm, hostess, Benson women, Benson city hall. Saturday—In Baird building: Walnut Hill, First Baptist, Letter Carriers' auxiliary, Mrs. W. G. Nicholson, Miss Katherine Smyth and Miss Lydia McCague's circles.

RED Cross activities will abate this fall, the outlook is, long enough to permit Omaha women to entertain three of the largest women's club conventions ever meeting in Omaha in so close a range of time. October, just following the Ak-Sar-Ben festivities, is the month designed for three big women's organizations to gather in Omaha. A church meeting, the annual convention of the Topka branch, Women's Missionary federation, October 10-14 will be the first. The following week, October 16, the supreme convention of the P. E. O. sisterhood will bring women from all over the country. The meeting will continue until October 19. Still one week later, October 23, the federated club of Greater Omaha will entertain the state meeting of the Nebraska Federation of Women's Clubs.

Social functions, which have always played an important part in the program of the latter meeting, will be somewhat curtailed this year on account of war conditions. Mrs. Earl E. Stanfield, regent of Major Isaac Sadler chapter, Daughters of the American Revolution, announces the following appointments on committees: Program, Mrs. E. L. De Lanney, chairman; Mrs. H. M. McCulloch and Mrs. Ed Gibbs; music, Mrs. S. K. Hanford, Miss Maud Royce, Mrs. Richard Kitchen; membership, Mesdames A. V. Drescher, G. R. Gilbert and Robert Gilder; constitution, Miss Cassie Royce, Miss Edna Durland and Mrs. Burris Smith; historic marker, Mesdames William Archibald Smith, E. G. Eldridge, S. M. Jones; patriotic education, Misses Ida Crowell, Ethel Eldridge, Frances Gross; auditing, Miss Frances Thompson and Mrs. R. A. Newell.

The opening meeting will be held the first Saturday in October. Frances Willard Woman's Christian Temperance union will hold its annual election of officers Wednesday at 2 o'clock at the Young Woman's Christian association assembly room. Annual reports of officers will also be given.

Belles-Lettres Literary club will meet Tuesday at 2 o'clock at the home of Miss Edith Miller to complete the study of Hawthorne's "The Marble Faun." One hour will be given over to current topics discussion.

West Side Woman's Christian Temperance union will hold its annual all-day picnic at Carter Lake club Thursday. The Welsh-American association will hold a picnic in Hanscom park Thursday afternoon and evening. For further information call Mrs. Samuel Morris.

U. S. Grant Woman's Relief corps has postponed its annual picnic until August 14.

Benson Humane society was represented by Mesdames M. C. Berry and W. H. Loechner Wednesday at the Omaha council meeting when Mayor Dahlman appointed Dr. W. H. Loechner to represent the society in this district.

Omaha Woman's Christian Temperance union will meet Wednesday at 2:30 o'clock in the pioneers' room at the court house. Election of officers takes place and annual reports of all departments will be given by local superintendents.

Benson Women's Christian Temperance union will hold its annual election of officers Friday afternoon in the Benson city hall.

Head New Red Cross Auxiliaries



MRS. W. H. DRESSLER RINEHART STEFFENS PHOTO

Mrs. R. P. Falkner heads the new South Side Red Cross chapter which opened a workroom in Library hall, Monday, for the preparation of hospital supplies.



MRS. R. P. FALKNER

BLIND MAN "SEES" THE BATTLE FRONT

Sir C. Arthur Pearson of London Goes to British Line to Look Over" the Conflict.

(Correspondence of The Associated Press.) With the British Armies in France, July 6.—Blind himself and head of the British National institute, devoted principally to men blinded in the war, Sir C. Arthur Pearson of London was recently a most interesting visitor at the British front. His enthusiasm for all he "saw" was unbounded and he declared he would take back to the sightless men at home new words of encouragement as to how "their" army was carrying on.

Sir Arthur climbed the Vimy ridge and to his great delight some German shells broke so close they splashed him with mud and the party had to take temporary refuge in a dugout. "A man doesn't have to see to know when to duck, does he?" laughed Sir Arthur in relating the incident that night. "I also find," he added, "that it doesn't take long to know when they are going and when they are coming."

That is always a great source of entertainment to visitors in the fighting zone. At first the shells that are going over from the British guns swish along through the sullen air with a noise that is quite startling enough, but the sightseer "fortunate" enough to hear a German missile "coming in" soon finds it sings a somewhat different song. Sir Arthur aptly described it.

Depends on the Whiz. "Our shells," he said, "go with a bang and a whiz; the Germans come over with a whiz and a bang. It all depends upon the position of the whiz." Sir Arthur was deeply impressed by the work of the guns. He remained with some of the batteries for a long time and listened to their noisy rattling with a keen appreciation of all that was going on about him. He was particularly delighted to hear above the reverberating echoes the songs of larks—always to be remembered by the soldiers on this front as their ever-cheerful companions of trench and battlefields.

Trudging over some of the older battlefields of the Somme, walking through the trenches, and standing in the higher places where the panorama of battle spread below him, Sir Arthur drank in the atmosphere of the war—the meaning of it all. He "saw" the "tanks" in repose and heard them at drill, he stood outside a prison cage and visualized the rounded Germans within the barred wire barriers. He asked a guard if any of the prisoners ever attempted to "escape, sir?" replied the old sergeant; "a few, but you couldn't drive 'em away; they like being prisoners, sir, they do."

The ruined cities of the Somme, Bapaume and Peronne, affected Sir Arthur deeply.

"I wish the whole world—all but the Germans who already know what they have done—could come and stand in the grand squares of these cities as I did today," he exclaimed, "and see and feel the desolation and the wanton destruction. They are ghastlike, these cities of the dead. I knew them on motor trips in other days, when they were alive and I could see, and I could picture the scene today as if I were looking at a painting. The Germans will find, however, the day of reckoning is near at hand. I shall take back words of great cheer to the men at St. Dunstan's."

Enraptured by officers of all ranks. Sir Arthur declared his days and nights at the front had been filled to overflowing. No visitor ever followed the workings of the vast British army machine with a quicker, keener appreciation and understanding than he. He was gratified to find in the army a similar interest and appreciation in the work at St. Dunstan's for the blinded soldiers and sailors.

Sir Arthur told of the resentment he felt when unthinking people referred to St. Dunstan's as a "home" for the blind, as if the blind were to be segregated there for the rest of their days.

Does Not Believe in "Homes." "It is not a home for the blind," he protested, "and I do not believe in 'homes' for the blind. St. Dunstan's is an institution where those who cannot see are helped to equip themselves to retake their places in the ordinary affairs and walks of life. Often dependent at first, they are set some simple task, and when they find how easily it is done, a spirit of regeneration seems to come over them. They catch the spirit of accomplishment and thereafter nothing is too great for them to attempt."

"One of the most dependent men with whom I have had to deal was a blinded 'Tommy,' who had been a sort of steam fitter or house heating expert. None of the ordinary trades applied to him, and he felt as if he were altogether done for. Suddenly

I asked him how he would like to go back to his old job. He shook his head sadly. It couldn't be done. I told him we would see about that. I wrote to his old firm, and one of the partners came to see me. I asked if they would take 'Tommy' back. I was assured the firm would like to do so, but they could not see how a blind man could fill any post in their business. I obtained a promise, however, that if I would assist the soldier to such an extent that I felt he was entitled to a trial they would do so. "I immediately sent for all the available text books on house heating I could find. I even got two volumes from America. The end of the story is very simple. I had a letter from the firm a few days ago saying 'Tommy' was receiving nearly double his old salary, was of more value to them than he had ever been, or they believed, ever would have been."

Muny Guards Getting in Line for the Camp Duties

The Muny Guards are preparing for camp. Mrs. Clifford Anderson of the Hanscom park district, whose son is a member, says that ever since her boy joined the junior army she has not had to peel potatoes. The knifecarrier that he will be expected to do cook duty while at camp. He is becoming proficient in his work. Arthur Atkinson of the Kountze park company is crazy about keeping guard. He has asked to be put on duty from midnight till 2 in the morning. He parades in front of his home every night, gun on his shoulder, for 10 to 11, to get in practice. He has caused much excitement in the neighborhood, refusing to talk while on duty. He will not stop to drink or rest.

Japanese Appellate Court Refuses to Add to Fine

(Correspondence of The Associated Press.) Tokyo, July 20.—The court of appeals has rejected the appeal taken by the public prosecutor in the case of Ralph Hoyt Thayer of Utica, N. Y., who was recently fined \$10 for entering a fortified zone at Yokosuka without authority.

There was no reason, the court held, for sustaining the request that the penalty be made heavier.

NAVY AID SOCIETY APPEALS TO WOMEN

Officers of Great Lakes Auxiliary Wants Organizations Perfected in Thirteen States.

Chicago, Aug. 4.—An appeal to the millions of people in the middle west for co-operation during the national emergency in the work of the Navy Relief society was made here today. Issued by the officers of the Great Lakes auxiliary of the organization it was directed especially to the club women, patriotic and civic workers, and state, municipal and other officials of Wisconsin, Illinois, Missouri, Minnesota, North Dakota, South Dakota, Kansas, Kentucky, Indiana, Michigan, Ohio, Iowa and Nebraska.

The launching of an intensive campaign for civilian memberships followed a meeting of the officers and board managers of the Great Lakes auxiliary of the Navy Relief society, Heretofore, as Mrs. W. A. Moffett, president of the auxiliary and wife of the commanding of the United States Naval training station at Great Lakes, Ill., pointed out, it has been unnecessary to seek civilian aid and membership. With the exception of a few members, membership has been confined to men in the service. The demand of the war, however, she said, has necessitated the expansion of the society and the establishment of the "Great Lakes auxiliary" as the active body for the states of the central west. She urged the establishment of state, city and town chapters in the thirteen states.

Appeal to Women of West. The appeal requested the co-operation in the organization of women in every community in the middle west and women interested in such patriotic work are urged to communicate with Mrs. Moffett, who promises to provide them with detailed plans for organization, together with literature and other necessary advertising matter.

The society was organized in 1904 by the late Admiral George Dewey, for the purpose of caring for those needy widows, orphans and mothers of officers and enlisted men in the navy or marine corps who die in service. It has the co-operation of the bureau of navigation and of the surgeon general of the navy and its work is directed voluntarily by navy officers.

As explained by Lieutenant J. Allyn Haines (J. G.), United States naval relief fund, who is executive secretary of the auxiliary, the organization maintains an office in the Navy building at Washington to which reports of all deaths and disasters to men on ships of the navy are sent immediately upon their receipt by the department. Through the organization the local committee in a man's home community is in touch with the surviving members of his family within twelve hours and their immediate needs are cared for. Later permanent relief is given. The organization differs from other war relief bodies, he pointed out, in that it cares for the families of officers and enlisted men of the navy and marine corps in time of peace as well as in war.

Relief of Dependents. Mrs. W. A. Moffett, president of the Great Lakes auxiliary, pointed out that among its undertakings are immediate financial relief for dependents and continued monthly allot-

ments until such time as the family can be put on a permanent self-sustaining basis. Women who have no means of support are taught vocations, assistance is given in the obtaining of pensions and orphaned children are educated and placed in homes. She asserted that practically every man in the navy is now a member, but that relief is given in every necessary case, regardless of membership in the society.

The appeal issued today said: "With the nation involved in war an organization is necessary, the tentacles of which shall radiate like the spokes of a wheel, reaching every hamlet and every home in the middle west. In this way only can the men who offer their lives to their country have the mental relief that comes with the assurance that in the event of death their families will be cared for. Those who are left at home should help the struggle for democracy in this way. Every man, every woman and every child in the section should be a member of the Great Lakes auxiliary of the Naval Relief society."

Mexican Railroads Lift Sleeping Car Tickets

(Correspondence of The Associated Press.) Mexico City, July 30.—The prices of railway and sleeping car tickets on the railroads operated by the Mexican government were increased 5 per cent on July 10.

ENGLISH DELIGHT TO WATCH U. S. TARS

Come from Miles Around to See Men from the American Destroyers at Their Base.

(Correspondence of The Associated Press.) Base American Flotillas in British Waters, July 15.—A top steep acclivity that skirts the harbor of this port much like the Palisades do the Hudson river, hundreds of villagers and folk from a nearby city gather each night to watch the American destroyers—the trim little fighting ships Uncle Sam has sent across the Atlantic to combat the submarines. On a peaceful, beautiful, moonlight night these people have a picture of silent activity that is hard to beat. From their high perch the people can see for several miles a vast expanse of hills and water that make a wonderful setting for the fighting craft at their feet. The British and American sailors on shore leaves bring their girls up there and men and women trudge baby carriages from miles around to watch the silent ships. It has come to be one of the most popular walks in the country.

even the railroads run week-end excursions to the spot, bringing hundreds of holiday-clad boys and girls from great distances to see the Americans.

Up to a certain hour the ships are outlined in the darkness by many lights. But all the time there is a scene of activity on board and in the water. The bluejackets, with their little white caps, seem to be always moving about, motor dories dart here and there among the ships, orders are called out and occasionally is heard the shrill warning of the horn on the dories. Always the dories are running from ships to shore, loaded with men going on leaves or returning to ship. Wireless and searchlights which at night replace the flag signals and semaphores are exchanging messages, and lights on board each ship flicker up and out in Morse code.

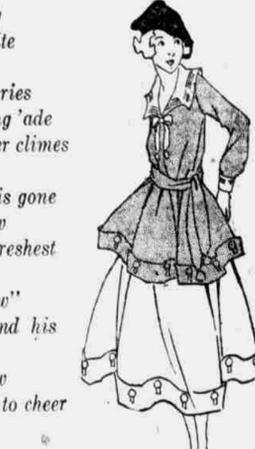
In the midst of all this is heard the strain of string music—guitars, banjos and violins—which seem to be favorites with American boys. From the deck of the supply or mother ship, which boasts a string orchestra of fifteen pieces, Hawaiian melodies enchant the music lovers on shore. From other ships music from the phonographs, with which every ship in the flotilla is supplied. On week-ends many of the towns people crowd into small boats and swarm about the destroyers in their anxiety to get as close as possible to the music.

Bee Wants-Ads Produce Results.

Let's Go Shopping with Polly

Oh! Nebraska, land of plenty You're fair to look upon When the sun shines warm above you Or the glorious rain comes down. The Old Sol seems too radiant A bit too warm for some The tiny tots in garments cool Just laugh and think it's fun; The cheery milkman smiles and says "Oh! I don't mind the heat." And when the grocery boy comes 'round With fresh good things to eat, His courteous manner pleases quite;

The iceman, too, each day Has been exceedingly polite 'Tis much the better way, My neighbor canning cherries Brings a glass of sparkling 'ade To make me think of cooler climes Not "100" in the shade— At evening when the sun is gone And pleasant breezes blow Fair maidens in their freshest frocks "A veritable Fashion Show" Then old J. P. rolls 'round his clouds And makes the world anew Most ever yone has helped to cheer Have YOU?



DEAR READERS: I'm off for my vacation For a week or more—maybe, But if you want some shopping done You needn't wait for me. Another "Shopping Lady" I've happily secured, So when you ask "Miss Lucy Lowe" Her BEST will be assured. Address your wants to "Polly," Just as you've always done, And Lucy'll do your shopping. She thinks that "I'll be fun."

Velvet gowns in all soft shades will be exceptionally good for the coming season.

SAILING, sailing o'er the bounding main! Any little man would simply swell up with joyous pride if he were the possessor of one of those real Jack Tar Sailor Suits, which are in the Boys' Shop at Benson & Thorne's. They're made of English drill, with two pairs of trousers—short and long ones—in sizes 4 to 8 years, and priced at \$4.39; or in beautiful blue serge for \$10.00. They are made by an ex-navy man, so you can imagine that the boy who dons one will look every inch a sailor.

OUR dear friend R. L. S. says, "This world is so full of a number of things, I'm sure we should all be as happy as kings"—and one of them is the Ad-Joy Jr. overall suit, which Miss Cole of The Lingerie Shop, 511 Bee Bldg., will make to order for any little maiden for \$1.95 and up (it all depends upon the material). Made of ginghams and variously trimmed—it's just too cunning for anything.

They say "applique," for silk or lingerie blouse is a new feature.

YOU don't have to wait to be really, truly rich to buy that wrist watch, diamond ring or other pretty piece of jewelry that you've wanted so long. The Arnold H. Edmonston Jewelry Shop on the 2d floor of the Rose Building has a plan that will enable you to own the choicest of gems by making easy monthly payments. Just drop in the shop and talk it over with Mr. Edmonston or Mrs. Nieman.

I have sent you C. O. D., And you wish to return it, Don't send it back to me; I have so many trips to take It makes an extra one. Please send it straight back to the store, Which some of you have done.

TO SEE the hot weather through, there are some of the most beautiful white frocks of refreshing coolness, now very specially priced at Lamond's, 2d floor of the Rose Building. Crisply fresh organdies, dainty voiles and nets—some of net combined with organdy, trimmed with embroidery and lace and ribbon girdles that are positively exquisite. They'll be just as appropriate as can be for little dancing frocks for Fall and Winter, so 'twill be real economy to buy one or more of them.

I WATCHED a bunch of pretty girls dancing the other evening at one of our country clubs, and quite a number of them carried the faddish little swagger sticks. The next day I discovered a fine assortment of these sticks at F. W. Thorne's Uptown Shop, 1812 Farnam. White, blue, Kelly green and purple enamel eled ones, and a few in natural woods with leather wrist loops. Every girl wants one! Priced at 65c, \$1.00 and \$2.00.

HERE'S interesting news for the girls who are getting their wardrobes in readiness to go away to school. The new silks and satins for "dress-up" frocks and separate skirts have arrived at Thompson-Belden's, and they are perfectly wonderful to behold in their soft color tones and shimmering richness—so altogether different and dignified from the startlingly gay silks we've had this summer. Dame Fashion has decreed that satins are to be particularly roughish this Fall, and they are to be seen in broad ribbon stripes of alternate shades, or in harmonious cluster stripes. Satin de chine, which is an especially lovely material, is shown in the various fashionable shades of plum, beet-root, smoke-gray, Hunter's green and walnut. For party frocks there are new crepe de chine—in perfectly ravishing evening shades.

Did you ever hear of Soapoids? I thought at first glance they were medicine waters, but "they're little soap cakes, that you'll find handy wherever you may be—when you are off upon a trip, on land or on the sea."

PIANO in the home has the power of creating a new world of happiness, and many of you have been longing for the time to come when you might be the possessor of one, but have hesitated because you felt it was a luxury you could not afford. Now, do you know that The Hospe Co. is offering some splendid specials in pianos this month? One which bears their own name, "The Hospe." Such a sweet-toned instrument may be purchased at the exceptionally low price of \$247.50 during August. "The Hospe Piano Player," which is a wonderfully easy pedaling instrument, is only \$467.50.

TELL the boys in your family that they'll find the regulation adjustable military collars, khaki shirts and military string ties at Lucien Stephen's Shop for Men, 1901 Farnam Street.

THE linings in the new Fall suits are gay, and so "different" that you can't help from wondering where on earth the designers got their inspirations. In a very strikingly handsome tailor the lining looks like nursery wall paper decorated with pink and black geese, birds and dogs fitted into tiny hexagons, and a few purple and green half-moons and pyramids. Maybe the design is Egyptian—does anyone know?

MIDDLES! Oh, no, not the ordinary kind; these are imported ones from the Orient, and are beautifully made of white Japanese crepe. I discovered them in a deep drawer at The W. H. Eldridge Importing Company's Oriental Shop, 1318 Farnam Street, and considered them such "a find" that I asked if I might tell you about them. They're priced at \$1.50.

IT'S AN old saying that a word to the wise is sufficient, and, acting on that hunch, you will do well to invest in one of those luxurious double silk wrap Puff Coats handsomely trimmed with fur, for the prices now are markedly less than when the weather is reasonable for them. I saw a perfectly splendid line of these at F. W. Thorne's Uptown Shop, 1812 Farnam.

GOING to school? Then you'll want an attractive kimono or two to tuck in your trunk. That fascinating little Japanese Shop of The Nippon Importing Company, 218 South 18th St., has a wonderful array of crepe kimonos in delightful colors and embroidered in flowers, birds and fanciful Japanese designs, as reasonably priced as \$2.00, \$2.45, \$2.75 and \$2.95.

A suit coat that's right-fitting, is tight-fitting—for Fall.

PARDON me for stealing the tiny phrase, "Your nose knows," for it certainly does when you use Water Lily incense. Its fragrance is enchanting! Comes in 25c and 50c boxes, at The Alla Shop, 207 South 18th St.

IF YOU like to see your wee girl "dolled up" in dresses that are really unusual—dresses that show every line that they were built by a specialist—you should just take her down to The Tot's Shop at Benson & Thorne's and try some of those lovely little dresses on her, which are now being offered at one-third off the regular selling price. Quaint little picture book frocks they are, accenting the little lassie's juvenile cuteness. French knots, smoking, feather-stitching and hemstitching are only a few of the painstaking touches that distinguish these dresses. White lace-trimmed lingerie frocks, dainty-colored voiles and Dolly Varley roses and dimies. Ages 2 to 6 and prices \$1.67 to \$3.34.

I'm off, you know, for a little trip. So I can't skip in and out of the shops Next week, to seek new things to write about. So THERE WILL BE NO SHOPPING COLUMN IN NEXT SUNDAY'S PAPER. While I'm away these few days I trust I'll find some new ways. And new frocks to tell you about—And while I'm out I'll see what's new in other shops—maybe—

Bright spots or dots, and lots of 'em, you may add to your white Georgette blouse—to lend a bit of color.

Today, no more, but au revoir.

Polly

NATIONAL BREAD ECONOMY

Our Annual Waste \$20,000,000

By Ida C. Bailey Allen. Editor Housewife Forum, Pictorial Review, author Mrs. Allen's Cook Book, lecturer Westfield Domestic Science Schools.

IT is indeed time for the American housewife to correct her "unpardonable fault of waste and extravagance." When that phrase of President Wilson's was first circulated through the country, the majority of housewives metaphorically shrugged their shoulders, and mentally, if not audibly said, "This denunciation does not apply to me."

This was not because the American woman was unwilling to curtail waste, but because material had been so reasonable and money so plentiful that the need for absolute conservation had never occurred to her, and she felt that her attempts at economy had already made her mistress of the situation.

But in the meantime, even in the most thrifty households, a tremendous waste had been going on. It was in the form of leaks, a little here and a little there, that in themselves were apparently nothing, but that in the aggregate amounted to tons upon tons of weight and thousands upon thousands of dollars in value. In other words, the housewife has been so bound in by her own horizon that she has missed the vision of the concerted efforts of the combined women of our nation.

Now she must mobilize. A mighty army to conserve waste must be formed. The first and most important product to be conserved is wheat. There may be bread for us, our children and the allied nations. Now there are many ways in which bread, and therefore wheat, may be conserved. The first method that has been discussed—that is the elimination of bread from the diet—can not be considered, because there is no one other food that has an equivalent place in the diet. This applies to plain white bread, whole wheat bread, rye bread, Boston brown bread, breads of all kinds, for each contains a certain amount of nutritive value, a certain amount of energy, certain properties which feed the nerves and blood and others which store up reserve force in the form of fat.

Obviously, then, the lifting of bread from the daily menu should be the last resort, and will not be necessary, even in the poorest families, if it is treated as a food, not an accessory, and if the housewife will do everything in her power to save every crumb.

In most households the meal has been planned without regard to the food value of bread itself. This has been tacked on. For instance, a dinner that contains potatoes, cottage pudding and bread, has too much starch. The potatoes may be omitted, the bread and cottage pudding supplying all that is necessary. A supper that includes rice, bread and cake will be dietetically bettered by the elimination of either the rice or the cake, the bread furnishing the necessary constituents.

In other words, bread is, in spite of the present high prices, the most inexpensive food because it contains the largest amount of varied nutriment of any food that may be purchased, and because if combined properly into the menu, other foods, such as potatoes and rice which have been included through habit, may be eliminated. This means an actual saving in cash and at the same time an increase in family health, because the over-amount of starch, which has figured in our national menus will have been decreased. This means, in turn, less auto-intoxication, fewer sick headaches, less indigestion and fewer doctor's bills.

Bread and Cheese Pudding. 1 1/2 cups crumbled dry bread crusts, 2 eggs, 1 teaspoonful salt, few grains paprika, 1/4 teaspoonful pepper, 2 tablespoonfuls good oleomargarine, melted, 1 pint milk, 1 1/2 cups chopped American cheese. Scald crumbs in milk; beat together the other ingredients. Pour over the hot milk, transfer to a buttered baking dish, set in a pan of hot water and bake until firm in a moderate oven.

Bread Savory. 6 onions, 3 cupfuls milk, 1 1/2 cupfuls dried crumbled entire wheat bread crumbs, 2 tablespoonfuls ham fat, 1/2 cupful minced ham or smoked beef, 2 eggs slightly beaten, 1 teaspoonful salt, 1/2 teaspoonful pepper. Slice the onions thin and cook till soft and yellow in the fat. Then add the other ingredients in the order given, pour into a baking dish, rubbed with a little ham fat, and cook gently until set.

—Recipes from Mrs. Allen's Cook Book. Copyright 1917 by T. T. Frankenberg.