ot much work.

Doughnuts.

twisting the strips to make a "bow

knot." or cut in solid circles so they

will be balls when cooked. Dust

Lettuce Sandwiches.

This gives you something new i

cover with a lettuce leaf. Combine

both pieces of bread, brown quickly

Rochester Sandwiches.

thin as possible, cut in circles, bake

in a hot oven. While still hot put

Tea Accompaniments.

powdered sugar and cinnamon.

Lemon sprinkled with

rubbed with lemon or orange.

Thin cinnamon sticks.

CHIROPRACTIC

Conquers St. Vitus Dance and Paralysis

Mary Greaser, aged 12, was stricken with St. Vitus

Don't neglect a child that is not normal, but give the nervous, weak, delicate child a chance to live and be nor-

Write or phone for literature-Complete X-Ray Laboratory under the direction of Dr. Wm. J. Gemar-Sanitarium

Dr. Frank F. Burhorn

Suite 414-420-423-426 Securities Bldg.

Lady Attendants

dance and in 30 days latter paralysis set in and left the

child completely helpless-Mary is now normal and healthy,

the result of Chiropractic adjustments given by Dr. Burhorn.

If we cannot help you, we will not accept your case.

accommodations for outside patients-Twelve private ad-

mal, robust and healthy like other children.

Corner 16th and Farnam Sts.

justing rooms at the office.

Barley sugar sticks.

Slices of orange sprinkled with

Slices of lemon stuck with cloves.

Sugar cubes which have been

Candied cherries stuck with strips

together with pimento cheese.

in a hot oven, only on one side.

Cut the dough in thin strips,

Recipes for Wedding Dishes

Wedding Breakfast. Stuffed Breast of Guinea Chicken

with Ham Forcemeat Crab Meat and Pineapple Salad Tiny Buttered Rolls French Ice Cream with Caramel Sauce Bride's Cake

Wedding Cake

Coffee Clear Mushroom Soup. Add stems and skins of one-half pound mushrooms to three pints oup stock. Simmer one-half hour. strain, cool and clear. Stuffed Breasts of Guinea Chicken

With Ham Forcement.

§ guinea chickens
Ham forcement
Larding pork
Salt and pepper
Cream

Flour

2 tablespoons fat

2 tablespoons peanut butter

114 cups stock from guinea chickens

Remove breast meat from birds

nake a pocket in each and stuff with orcemeat. Lard upper part breast with four small strips of lardsalt and pepper, brush over with melted butter. Make gravy from two one-half cups chicken stock, and one-half teaspoon salt and a few grains pepper. Stir and boil two

Forcemeat. 14 lb, lean raw ham, chicken or veal egg whites ew grains pepper

Cow grains peoper Few graings nutmeg cup heavy cream Chop the meat finely, add egg whites unbeaten and mix to a

add pepper, nutmeg and heavy cream, a little at a time. A forcemeat can be baked in timbal or cutlet molds and served with

smooth paste. Rub through a sieve,

Bechamel or mushroom sauce. Crab Meat and Pineapple Salad.

teaspoons gelatine
to cup chicken stock
tablespoon tarragon vinegar
cup mayonnaise dressing
grapefruit
cup canned pineapple

Soak gelatine in chicken stock and dissolve over hot water. Add tarragon vinegar, then add slowly to mayonnaise dressing, beating thor-Pare grapefruit, remove sections free from membrane and cut in pieces. Cut pineapple in small cubes, mix fruit, crab meat and mayonnaise and serve on let tuce leaves garnished with Mara-

French Ice Cream with Caramel Sauce. vanilla bean

Split bean, add to milk and scald Pour over egg yolks mixed with sugar and salt. Return to double boiler, stir and cook until coating is formed on the spoon. Cool, strain, add heavy cream and freeze, using three parts crushed ice and one part ice cream salt. Remove dasher, drain off water and repack with four parts ice and one part salt. Iwo teaspoons vanilla, added jus efore freezing, may be used instead vanilla bean.

Caramel Sauce for Ice Cream.

1/2 cup sugar
1/2 cup corn syrup
1 cup thin cream
1/4 teaspoon vanilla
1/4 teaspoon salt

Mix sugar, syrup and cream, and boil stirring occasionally until it forms a very soft ball. Add vanilla and salt. Leave over hot water

and salt. Leave over hot water until ready to serve.

Bride's Cake,

2-3 cup butter
2 cups flour
15 teaspoon soda
136 tablespoons let in juice
Whites 6 eggs
136 cups powdered sugar
Cream butter; add gradually one
and one-third cups flour sifted with
soda; then add lemon juice. Beat
egg whites until stiff; add powdered
sugar gradually, while beating consugar gradually, while beating constantly; combine mixtures, then fold in two-third cup flour. Bake in two round cake pans, one smaller than the other. Put together with frosting, having the smaller cake on top. Cover with ornamental frosting and decorate with frosting in

white or colors.
Uncooked Ornamental Frosting: Put two egg whites in a large bowl add two tablespoons confectioners sugar, and beat three minutes, using a perforated wooden spoon. Repeat until one cup of sugar is used. Add two teaspoons lemon juice gradually, as mixture thickens, Continue adding sugar by spoonfuls, and beat until frosting is stiff enough to keep in shape. (Recipe for Cooked Ornamental Frosting given in the June

Wedding Cake.

114 lbs. citron, thinly sugar, sliged and cut in 1b. butter. 1b. brown sugar. 1 lb. brown sugar,
12 eggs.
1 c. molasses.
1 lb. flour.
1 t. cinnamon.
1 t. alispice.
1 lt. mace.
1 nutmes, grated.
1 lbs. raisins, seeded and cut in strips.
1 lb. currants.
1 preserved lemon rind.
1 preserved orange rind.
1 c. grape juice or jelly.
1 lbs. raisins, seeded a sugares chocolate, melted.
2 lbs. Sultana raisIns. strips.
1 lb. currants.
1 preserved lemon rind. 15 preserved orange

Cream the butter, add sugar grad-

ADVERTISEMENT "TIZ" GLADDENS **SORE, TIRED FEET**

No puffed-up, burning, tender,

aching feet-no corns or callouses.

"Tix" makes sore, burning, fired feet fairly dance with delight. Away go the aches and pains, the corns callouses, blisters, bunions and chil-

"Tiz" draws out the acids and poisons that puff up your feet. No matter how hard you work, how far you walk, or how long you remain on your feet, "Tiz" brings rest-ful foot comfort. "Tiz" is magical, grand, wonderful for tired, aching, swollen, smarting feet. Ah! how comfortable, how happy you feel. Your feet just tingle for joy; shoes

never hurt or seem tight.

Get a box of "Tiz" now from any druggist or department store. End foot torture forever—wear smaller shees, keep your feet fresh, sweet and happy. Just think! a whole year's foot comfort for a few cents.

Betrothal Cake



The comparative excellence of all and sugar to a cream. Whip the roll to about one-third inch thick-

ing pork. Place in pan, sprinkle with of cream, two cups of flour, one and pour into a pan lined with but-salt and pepper, brush over with pound of raisins seeded and tered paper, filling it about threecream, dredge with flour and bake chopped, half pound of citron cut fourths full. Smooth the top with will be balls when cooked. Dust in a hot oven 30 minutes, basting in long strips, one tablespoonful of a wet knife, and bake in a moder-with powdered sugar mixed with three times with fat in pan or with ground cinnamon and one grated ate oven for about two hours. Cover tablespoons fat in pan, peanut but-ter, one and one-half tablespoons ground allspice, and one teaspoonful designs and little china cupid flour browned together, one and of vanilla essence. Rub the butter favors.

but is there any housekeeper who become thick and creamy. Stir you can find, use small vegetable will not welcome a new recipe for them into the butter and sugar a cutters if you have them. Bake in making cakes? The following recipe will be found both good and unusual:

For a betrothal cake of generous little at a time, adding the cream a moderate oven seven minutes. Split, pread with butter and serve theroughly with the fruit and spices with the additional to the egg mixture. size, allow one cup of butter, one Stir all well together and add the cup of sugar, six eggs, half a cup vanilla. Beat long and vigorously nutmeg, half teaspoonful of mace, with a boiled icing. For a be-

ually, add melted chocolate and beat thoroughly. Separate yolks from whites of eggs, and beat yolks until thick and lemon colored. Add to first mixture, then add flour (excepting one-third cup, which should range. It will bake potatoes, apcepting one-third cup, which should ples, biscuits, a small roast, pie and be reserved to dredge fruit), mix cake as well as the large gas oven, and sifted with spices, fruit dredged with flour, lemon rind and orange rind finely chopped, grape juice or jelly, and whites of eggs beaten until stiff and dry. Just before putting into pans, add soda dissolved in hot water. Cover pans with buttered paper, and steam four hours. Finish cooking by leaving in a warm oven over night. Cake may be baked in should be very cold. Lettuce and fireless cooker with two stones other greens may be kept crisp by heated to 350 degrees.

Coffee. Serve boiled or filtered coffee sweetened with honey, and whipped cream.-Woman's Home Companion.

In pressing a serge dress over a wet cloth, the precaution should be taken of not continuing the pressing until the cloth is dry, as this causes child's toy iron makes it much

cakes is a matter of individual taste, eggs without separating until they ness. Cut with the smallest cutter

Saving Gas

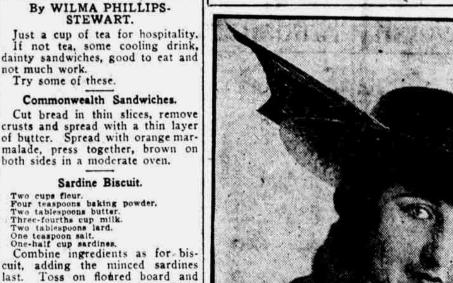
To save gas during the warm weather get a small gas oven that fits over one burner of the gas without having to wait 10 or 15 minutes for the oven to heat. It is particularly good for warming portions of food, and without the cover makes an excellent toaster.

Salad Hint

All the ingredients for a salad should be very cold. Lettuce and wrapping them in a cheesecloth or a clean towel and putting them on the ice. If your greens have be-come wilted you can freshen them by putting them in a covered tin pail and setting the pail near the ice.

When ironing baby clothes or fine garments of any kind, the use of a easier to avoid unsightly wrinkles.

Afternoon Tea Sailors Are Larger



There must be one sailor in your hat closet of course, but the size and shape is the thing rather than the color. The tiny old-fashioned hats known as sailors would stand a sorry chance these days. They have vanished along with other relics of the past. Would you ever recognize the hat picture as a sailor? Well, it is, and a very typical one in navy the lettuce line. Spread slices of graham bread with butter. Spread graham bread with butter. Spread blue, with a rolling brim and a huge black wing poised ever so jauntily one side with cream cheese mixed on the right side of the brim. It is otherwise bare.

A few rough straws are to be seen in the sailor variety, but the ma-

jority are milans. Blue and brown are the favorite shades. A gold-colored straw with a black wing is considered the very acme of sailor elegance. As to furs, there must be a little band around the neck of the tailored gown even if the days are getting warm.

One-half cup butter.
One-half cup sugar.
One egg.
One-sixteenth teaspoon salt.
One square of bitter chocolate.
Two tablespoons milk.
One-fourth cup flour.
One teaspoon baking powder.
Mix like a butter cake. Roll as of angelica.

Orange Nectar. Combine ingredients and sweeten is ironed.

When starching linen, add a few drops of glycerine to the starch. The irons will not stick and the linen will have a beautiful gloss after it

I Extract Teeth



fact that is proven by the testimony of HUNDREDS of patients in Nebraska and lowa-

This is a plain statement of

Without Pain

Ask ANYONE Who Has Had Work Done Here.

In this office quality is the first consideration and I do all work personally in order that I can give my PERSONAL guarantee. No students or inexperienced dentists touch your bridge or plates.

All Work Leaving This Office Is Ready for Inspection By Any State's Dental Board

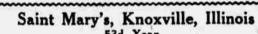
Open Sundays Until 1

DR. W. F. CROOK

Entrance on 16th Street at Harney

Daily Hours: 8:30 to 6 P. M.

Phone Tyler 5117



An Episcopal school for girls 12 to 20 years of age. Standard preparatory work and two years of advanced work offered. Secretarial and Cultural Courses. Advantages in Music, Expression and Domestic Science. For Catalogue Apply to the Dean



Tender, Growing Feet are put to severe

tests!

The growing Boy and Girl must have good feet to be Strong and Healthful, Think of the tremendous strain the tender bones, ligaments and muscles are put to in playing their games and sports. Without proper support, their feet will break under the strain; Broken Arches and Nervous troubles start in childhood.

Our Shoes are built to fit and support growing feet PROPERLY. Dr. Weeks, Surgeon-Chiropodist, is in this store to advise you. There is No Charge for this

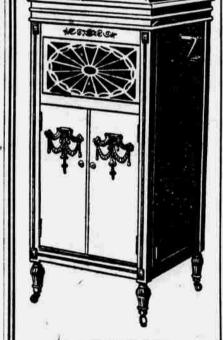
COMPETENT SHOE FITTERS

W. S. Stryker

DOUGLAS SHOE STORE, INC.

117 North 16th Street, Opposite Postoffice. SEE STRYKER"





Doug. 5347

Phonograph

Supreme

The

Schmoller & Mueller Guaranteed Phonograph

Clear, resonant, powerful tone. Art Cabinets—the highest achievement of expert craftsmen. And the PRICE is less than any other high type phonograph.

6 Models \$70 to \$250. Ask us for Booklet.

militaring magamal artist pasmi factor in characteristic stromesti

DELIVERS THE INSTRUMENT TO YOUR HOME

Together with the records you select and buy.

Balance to be paid in small weekly or monthly payments.

If you cannot come in phone or write us for information.

LATEST O. K. RECORDS

4092—Rose of Washington Square; Song of Omar......\$1.00 4089—Make That Trombone Laugh; where; When the Harvest Moon is

Schmoller & Mueller Piano

114-16-18 South 15th Street

Phone Douglas 1623

A Happy Marriage Is Fifty-Fifty

ied life, because you do not enjoy the same sorts of things? Are you associating with those you like because they like what you njoy, and leaving your helpmeet to indulge in what he or she thinks

This plan, carried to excess, leads you only farther and farther apart.

Are you not traveling a dangerous course? Getting more and more interested in those with whom you associate nd gradually losing interest in the one who should command your at-

Isn't it a fact that in your home you find little to interest you and there is always a desire to get with those who have tastes similar to How much better if you would adopt a give and take system where-

by you could manifest at least a passive interest in what your nuptial partner enjoys, and then perhaps your companion would be a little inerested in what you like.

You must realize that your home will never-be what it should be while you both keep going in opposite directions for your enjoyment. It takes two to make a bargain, and each is responsible for half. Fifty-fifty is a good rule.

Copyright, 1920, Interna tional Feature Service, Inc.

Removing Creases

Removing Creases
When gowns become wrinkled boiling water, stirring all together thoroughly. More oatmeal may be used if desired. Use cold. This makes rom being packed, hang them in a bathroom and run in enough hot drink. water to create a good deal of steam, Close the door for half and hour and the creases will go away. This treat- dren's dresses is wool embroidery ment is far better for silk or chiffon than pressing with a hot iron.

Summer Drink

A good summer drink to keep al-

ways in the ice box is oatmeal lem-

monade. Put into a large pan one-

quarter of a pound of fresh, fine oat-

meal, six ounces of sugar and half a

lemon sliced thin. Mix with a little

warm water, then add one gallon of

refreshing and strengthening The newest fad for trimming chil-

POPULAR MUSIC sitively Taught in Twenty Lesson Christensen System OMAHA STUDIO
4225 Cuming St.
Phone Walnut 3379
Call or Write for Booklet

There Is No Gift For the Bride

that compares with the Dowry Chest of Sterling Silver Flatware, from the dainty Oyster Forks to the After-Dinner Coffee Spoons. Twelve of each.

Dinner is where you entertain your dearest friends. The Bride cannot receive a gift that will ever compare with the Chest of Silver from her Mother on her wedding day. Our Silver Department is the largest in the West. We guarantee to sell all Gorham Silver at the price it is sold for in the Gorham Company's New York store. It will be a pleasure to show you.

C. B. Brown Company



Diamond Merchants Jewelers. 16th and Farnam

The Wedding Gift Supreme



Knabe or Packard Grand

You cannot take too much care in your selection of any instrument from which you expect life time service.

WITH EVERY

KNABE and PACKARD Piano

Is the maker's guarantee of durability and musical excellence.

We only ask you to see and hear them before you buy any piano.

MICKELS

"The House of Pleasant Dealings." 15th and Harney Sts.