

Cutting Down On Meat

By LORETTO C. LYNCH.
An Expert on All Matters Pertaining to Household Management.

With the recent increase in the price of meat the country over, the average housewife is worried. Said a Louisiana housewife to me recently, "I do not know just what we are going to do. I went to the butcher shop to purchase some top round of beef to roast. The beef was 40 cents the pound. Think of it—why, a 10-pound piece would cost \$6."

It is all very well to say don't purchase meat, but the average family demands meat at least once in a while. But while I was thinking up some advice to give this woman I came upon a remarkable man. He was perhaps 50. He looked 40.

"What are you ladies gossiping about now?" he inquired good-naturedly. And without a second thought I presented the problem to him.

"Well," said he, "if you asked me a question like that two years ago I should have put you off and told you I was not interested in foods."

And then he went on to tell that after consulting doctors and getting some of every known medicine a specialist threw away the medicine and to eat meat only three times a week.

Wise physician. He knew how well nigh impossible it is to quickly change the habit of a life time. And so he decreed—for the \$50 fee—that Mr. C. might have any meat but pork on Tuesday, Thursday and Sunday at the principal meal of the day.

What did he have as the principal dish on the other days? Let's take Monday, for instance. Soup was excluded. There were boiled onions, baked potatoes, cold slaw, chocolate pudding and frosted milk chocolate.

On another meatless day, there were nut croquettes and cream gravy and fresh garden peas and spaghetti with tomato sauce and lettuce salad and custard pudding.

Not so bad, was it? And every day, instead of spending upwards of \$1 for his luncheon, this man now expended 25 cents for milk and a few slices of stale bread.

In short, he attributed his wonderful health to this new, modified diet. Perhaps he has found the answer to the housewife's problem of the newest high cost of meat.

No solution, however, is possible to any problem unless the housewife starts to reduce the number of times meat is served in her household during the week, she ought to hold a family counsel. It may be well to show that the increased cost is going to cause you a decided financial hardship to serve it every day, not to mention two or three times a day.

You might also appeal to the love of good health which we all possess but do not always apply to our daily lives. Do not, however, allow the family to fall into the dietary error of supplying the meat lack by eating an abundance of white bread.

If the family finds it necessary to eat more than two slices of bread at a meal, your meal is lacking in some respect. Try putting in more vegetables or try serving larger portions.

White bread often causes the common condition known as "gassy stomach."

Among the substitutes for meat are milk, eggs, fish, shellfish, wheat, flour, peas, beans, lentils and nuts.

Try the modified diet and watch the family health improve.

Turn On the Faucets.
On your return from vacation don't forget to let the water run for several minutes; it will put you on the safe side as regards pure water.

The Last Word in Paris Fashions



1. Dance frock of black satin and embroidered white tulle. 2. Dance frock of sea green tulle with skirt ornament of silver and pearls. 3. Frock of white linen over dark blue plaited skirt. 4. Dress of thin material, embroidered, over foundation black chiffon.

By MARY BRUSH WILLIAMS.
PARIS. — (Special Correspondence) — The French were a long time coming to that idea of a separate skirt and waist. A tailored suit for women didn't sound dressy enough for them. When they finally had to accept the suit as a solemn, established fact, they tried to take the curse off of it by making a blouse as exactly like it in color as the dyeing industry of France would permit. Thus, we had a one-piece dress, with a jacket thrown in.

Now, all of a sudden, the fancy for the tailored suit seems to have hit Paris hard. They are making "smoking" or dinner jackets, and three-quarter length coats, and always, even in their everlasting one-piece dresses, they are making blouses that at least look as if they were separate, and instead of dyeing materials to keep both sections in the same color, they make the top part and the bottom, even of dresses, contrast.

As for the matter of the contrasting materials, the first sketch shows the idea in a little dance frock. There are puffed sleeves, a tight bodice, and an apron of black satin, and the last falls over an overskirt of embroidered, white tulle. The design of the embroidery consists of bunches of roses in all colors. Round the bottom they are trained over a lattice work of black shiny raffia. If you are making it for the winter I should put this in velvet.

I think the second costume is a wonder. Mr. Woodruff, the artist who has drawn it for this paper, designed the dress, and Molyneux made it. It has proved very popular with the French—although an American boy created it, and an English house made it.

The line of the little cape is beautiful. It is of tulle and gathered—puckered I should have called it—when a little girl—until its entire width is bunched at a point on the level with the shoulders. In the back the entire width spreads, until it makes a straight line from the crown of the head almost to the bottom of the belt. It gives a lovely

line in the back, and completely conceals any bulging tendency sometimes displayed in the would-be straight lines of the stout.

The frock itself is of tulle, with one design on the front of it, low down on the skirt, for its ornamentation. It is a large, round design in silver and pearls applied in silk embroidery. There is a design the length of the ceinture in the same color arrangement. The dress, by the way, has been made in different colors, but the favorite of the house which makes it is, I believe, sea green. There is a graceful South American girl who dances in it, and has been likened by various admirers to a wave of the sea.

The next girl isn't a Jap, although some of Cheruit's best patrons are. Maybe the artist came away with the image of them in his mind. Anyway, the costume and not the wearer is the subject up for discussion.

It is of white linen embellished in open work embroidery set with patches of white kid. It has been one of Cheruit's most admired models. The collar is of white satin, and the belt is of kid, finished with a huge jelly roll of a rosette in red felt, edged with blue serge. When you get through with it in this capacity, you could use it for the head roll on your sofa—but it looks miraculously well just where it is. I don't blame you if you do not believe me. The underskirt of this remarkable costume is of dark blue plaited serge. The cuffs are of white kid.

The fourth costume, by Weeks, follows the wide flat silhouette of the day. It is really a very lovely thing. The embroidery, which is the most conspicuous thing about it, is of black, bright blue and gold thread, on some thin material wired heavily over the hips. The underskirt is of black chiffon, and the bodice—what there is of it—maybe we'd better call it a belt—is of black satin. The sleeves are of black chiffon and they are very much in effect like a fichu with a ruffle round them that goes across the back.

Cool Drinks

Cranberry Punch.
One quart cranberries, juice four oranges, four quarts water, juice seven lemons, one pint can shredded pineapple, granulated sugar.

Boil the cranberries in one-half the water for 30 minutes; sift, add two-thirds as much sugar as cranberry juice to the remaining water and boil five minutes. Chill both mixtures, combine, add fruit juices and pineapple and serve with cracked ice. This amount will serve 40 guests.

Apricot Punch.
One quart can apricots, one quart boiling water, one and one-half cupfuls sugar, juice two lemons.

Chop the apricots very fine and add the juice to them. Boil together the sugar and water for ten minutes; add to the apricots and let cool. Then add the lemon juice and dilute with ice water or cracked ice to the desired strength. This serves 20 guests.

Turkish Punch.
One quart canned apricots, one cupful sugar, one cupful water, two cupfuls canned apple juice or cider, juice one orange, juice one lemon.

Rub the apricots through a coarse sieve. Boil the sugar and water together for 10 minutes and add to the apricots. When cool, follow with the other fruit juices. Let stand two hours to ripen and dilute with ice water, or serve in punch cups half-filled with crushed ice and accompanied by straws. This makes 20 small punch cupfuls.

Invert Wet Umbrella

Some persons wonder why their umbrella stays always break loose at the tip, or ferrule. It's probably because they stand their umbrellas in a corner to dry, handle end up, and the water runs down and rusts out the joints.

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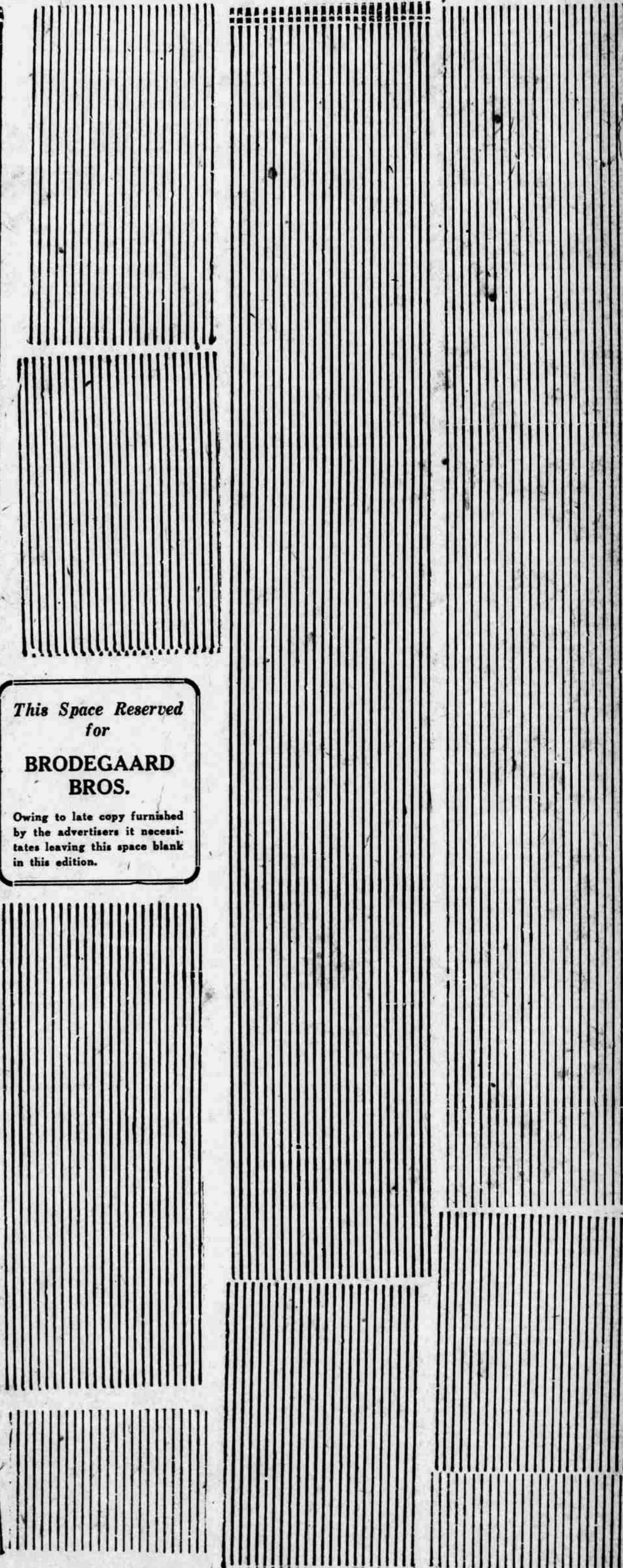
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