

### When He Takes You Out

By LORETTO C. LYNCH.  
AM a poor girl brought up in a home where good table manners never reigned supreme. Suddenly there has come my life a young man from a home of culture and refinement. He begins to take me out. But I am always at a loss to know what order at a public eating place. I have been studying up from a book of good manners, but it does not give the least hint on what a girl should order. Can you or will you help me out?"

Isn't it charming in these days to find a girl who knows that she does not know? Here is a little miss whose family laughs at her attempt to use the knife and fork correctly. There are lots of little heart sobs between the lines of her letter. And it is a pleasure to offer my humble suggestions that will help her to be happier all round.

In the first place it quite depends upon the hour of the day. Let us suppose you have left home early in the morning for some delightful summer-day excursion. The meal you will wish to order will be the principal meal of the day. The eating places of today serve two varieties of meals. They serve what is known as a table d'hotel and a la carte. In the former a meal of several courses is served. It usually consists of soup, fish, roast, and dessert and something to drink. From each of these groups you should make a choice. For the entire meal there is a fixed price.

But where the service is a la carte, one chooses only the dishes he wishes from a long list of them. The portions served a la carte are larger than those of the table d'hotel. Therefore you order fewer dishes, remembering that often one portion is sufficient for two.

Should you be ordering the principal meal of the day from a la carte bill of fare, you might say, "Well, I feel like having some chicken today." If you wish to try something new, you should say whether his taste runs in the same direction. And he will retort with some remark, plus, "And what vegetables would you like to have?"

Usually potatoes in some form are chosen. Often a second vegetable, like peas or stewed tomatoes, or green beans, may be chosen. It takes decided poise to eat anything like asparagus or corn on cob, therefore, refrain from ordering these unless you get lots more practice in eating out.

A light salad like lettuce and tomatoes with French dressing is appropriate. Ice cream, pastry or pudding and a small cup of coffee conclude the meal. If you wish to go after a theater or dance a little before midnight one is not supposed to order a heavy meal. Something to dispel the little hungry feeling, and that something should not be an over amount. It is quite proper to order a club sandwich, ginger ale, tea or coffee in an appropriate drink with this. A toasted cheese sandwich is also appropriate. Or, if something a little more substantial seems desirable, order chicken or lobster salad. An order for rolls and butter may likewise be given. Any of the drinks suggested above are appropriate. If you wish a dessert, avoid ordering ice cream with any dish containing lobster. While the combination has no ill-effects on some digestions, nevertheless it has been known to have decidedly unpleasant effects on some. Rather choose French pastry or cake.

It is not considered well-bred to appear ravenously hungry. You may be, of course, but try to avoid the appearance of so being. The idea of taking a lady to dine out is for a man to be in her company under pleasant conditions. I have seen ill-mannered women eat and eat with evident enjoyment, yet they scarcely uttered a word of social conversation to the escort who often looked disgustedly on.

### Gardens

Europeans on visiting our country are struck with the fact that our gardens and lawns are almost always unweeded and unbedded. While we, when we go abroad for the first time, are filled with unsatisfied curiosity to see the other side of those miles and miles of garden wall that seem to meet us on all sides as we go through the country regions.

And among people you meet here there are always those who are inclined to favor the secluded, hedged-in garden and those who like their lawns exposed to public gaze. You can always start an argument as to which is the preferable arrangement. You forget perhaps that it isn't a matter that can be argued on at all. For it depends entirely on your temperament, something you would down deep in you that you cannot change.

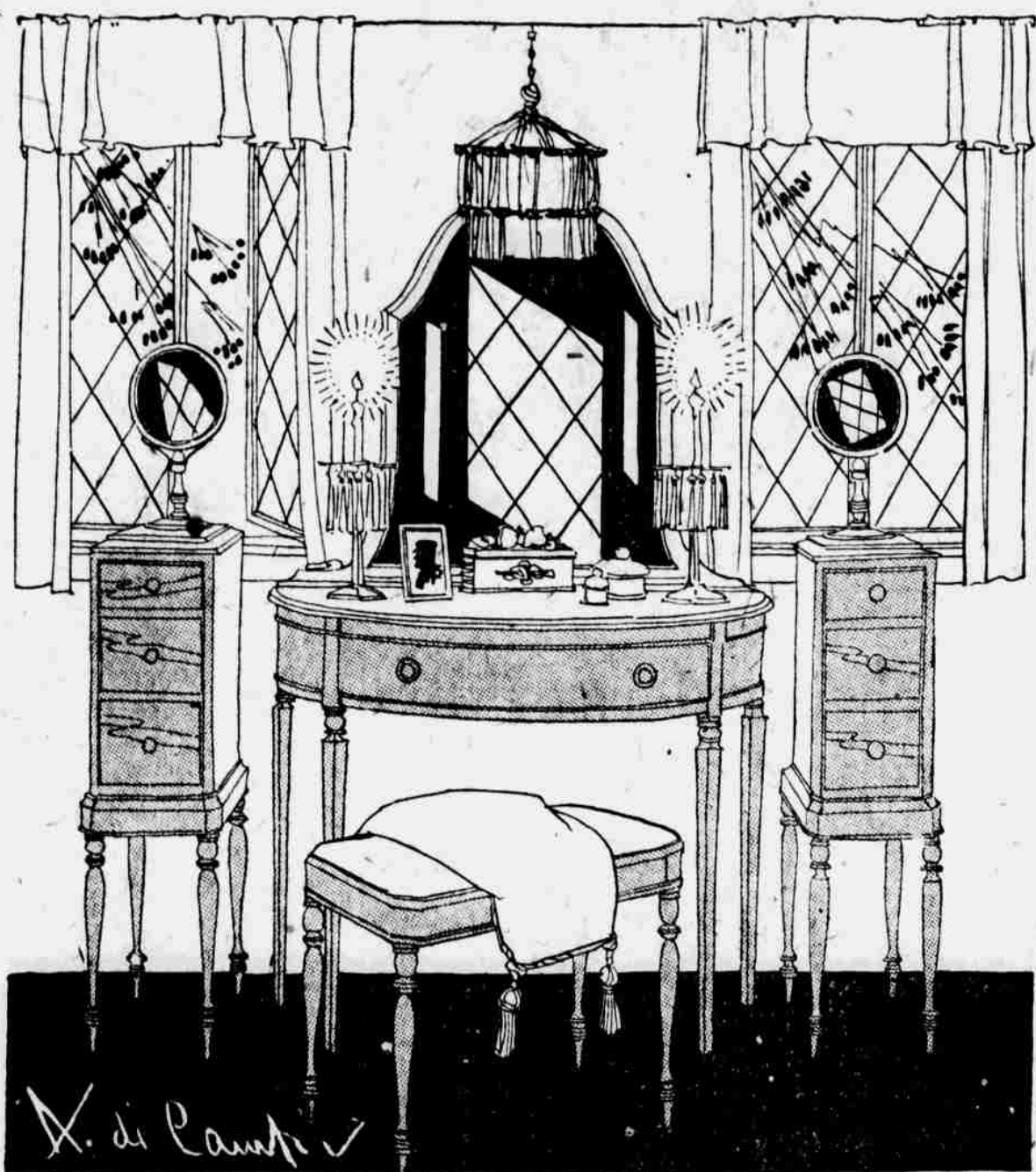
Now take yourself, for instance. When you have a few minutes or a few hours to while away on your cool veranda do you like to look forward to the prospect of catching a glimpse of Mrs. Smith's new car as she rolls by? Do you like to be by to greet callers when they come? Do you like to feel as you look over a stretch of well kept lawn and pleasant groupings of trees, plants and flowers that your neighbors are enjoying and admiring them, too?

Or, when you have time to enjoy the open, do you like to feel that you have a little of the edge of a microcosm, if you will, where you may reflect on the wonders of nature and enjoy them to their full without the thought that others are sharing in your domain? Do you like a place where you can drink and play about and lounge and read and Mrs. Smith or Mrs. Brown may see you as they roll by? If you do, then doubtless you have managed to plant around some part of your garden, not a stone wall, but a privet hedge or perhaps one of those twisted honeysuckle or woodbine over the old picket fence.

**For Musty Teapot.**  
Metal teapots if unused for some time give a musty flavor to the tea. This may be prevented by placing a lump of sugar in the teapot before putting it away.

### The Home Harmonious

By ANITA de CAMPI



Dressing Table With Rounded Front

**Showing French Influence.**  
NEW YORK.—(Special Correspondence.)—The influence of French taste is making itself apparent among eastern decorators to a great extent. Manufacturers have yielded to the charm of French design and some very lovely furniture, inspired by French artists but American made, has been modified to meet with our own requirements. Colors are light and bright and tinged with a certain gay abandonment that indicates a desire to "get away" from sombre effects. A mark that is almost invariably found in French interiors is the use of the circle as a decorative motif. Mirrors are framed in circular frames, carpets are round, chests of drawers and tables have bombe fronts, lamps have round shades, cushions are cylindrical or disk shaped, round bowls are used, chairs have rounded backs, all of the furniture has the frame work rounded off at the edges and corners, and doors and windows have arched tops. The illustration shows a copy of a French dressing table, elliptical in

form, flanked by a pair of narrow stands with drawers. These are surmounted by little round standing mirrors. A similar model has the mirror suspended instead of attached to the stand. In this case the mirror is round, and the dressing stool is round. One of the fads of the season, coming straight to us from Paris, is that of painting wall paper. It sounds frightfully messy but is in reality quite effective if properly done. A dining room, with walls papered in light blue striped paper, has the stripes in varied widths, and the color in two tones of blue, the lighter being almost white. Over this great branches of apple blossoms are freely sketched and delicately laid in, in natural colors. It goes without saying that pictures are not used in the room. The branches extend clear across each wall space. The colors used are light tints of opaque water colors. In the corner of the room is a little built-in china closet with solid wood doors. These are painted on the outside in pale gray to match the rest of the woodwork in the room, but when they are thrown

open, the apple blossoms are seen repeated on the inside of the doors and on the background of the shelves. The floor is painted blue, and the light gray chairs are upholstered in deep blue and white silk. The curtains are bathed in two tones of light blue and trimmed with a deep blue silk band. A remarkable feature of the room is that three small tables are used instead of one large one. The carving and serving are done from the buffet or from the kitchen. Isn't that simple and easy for father and mother? They have a table all to themselves. This is the kind of dining room I should like to make compulsory for a tired business man, father of five children, whom I once heard complain: "Dinner time is the most disappointing hour of my daily married life. I never have a chance at any intelligent conversation with my wife. She is too preoccupied governing the table manners of the brood, and by the time I have finished carving and passing for the whole family, the few scraps that are left on the platter for me are cold." (Why Poppah leaves home!)

### The Cook Book

By Jane Eddington

Of late a number of people have applied to me for help to begin to cook. That is, they want, seemingly, not to learn but to go at cooking by main force, as it were. The only way to do that sort of cooking is to watch some one cook, and then imitate them. That is how the art of cooking has been in large measure handed down to us, passed from mother to daughter, and to her daughter, and then to daughter's daughters.

There is a great deal of fine and useful food work being done by pure imitation. Knowledge and even skill in cold pack canning has been handed on to thousands and tens of thousands by this method. A true teacher-demonstrator goes through this work so clearly, every step, that girls only 10 years old can imitate that teacher to perfection. Young girls have been even more successful in this work than older women, because they have nothing to learn. So important a part of home thrift is canning that some of the later domestic economy textbooks for the schools take it up almost at first. It is practical but not highly reasonable.

**Each Textbook Different.**  
A great number of textbooks on cooking have been written, but no two teachers present the subject in the same way. There is no agreement as to what the young student should learn first. A few years back the girls in high schools learned first to cook cereals and to make a white sauce. One or two textbooks and teaching outlines followed this plan. The first recipes given by Mrs. Lincoln, who was one of the earliest of domestic science teachers in America, in her textbook are for baked potatoes, baked apples, etc. To learn to do these and to cook a cereal, to thicken milk with flour for a white sauce, and with egg for a custard, to learn to make toast and tea and coffee, are to my mind first steps. How to cook sugar in a candy, because of its allurement and interest-arousing power, may come almost at first.

In learning to bake a potato a little should be learned as to how an oven behaves, besides learning to do that one thing. In learning to boil water and milk a little is learned about the behavior of fire under a liquid, and a knowledge of this subject has indefinite applications. It is all right at first to learn to do a given thing just so, with no connection with anything else in the world, but the cook who continues along that line will not get far, and there are too many of that sort. In learning to cook a cereal something ought to be learned about combining ingredients, for here are the two main ingredients of hundreds of recipes—a wet and a dry, a starchy product and water, a product that, when wet, will swell with heat and take up moisture, which, however, may be dried out again, with too much fire. In cooking it correctly

in some way or another, and serve it to their families. Now it is not easy to tell anybody how to go about learning to cook. It is terribly difficult, if you know nothing about how much will power and mind and willingness to work they have. You ought also to know how much they have to unlearn.

**Faults of Textbooks.**  
It seems to me that one of the faults of the textbooks, and also of the cook books prepared for young cooks today, is that they are over-stuffed in manner, but not in substance. Talk and directions are stretched until they fairly crack. If the directions were perfect, sound and significant there would not be cause for this criticism, but they are not. The real facts are diluted with endless sappy talk, like the old-fashioned books written by those who wrote much but cooked seldom. I have two new books before me which are amazingly of this character. One is for junior high school girls, and is based on some of the best of modern practices in teaching domestic science, but all this is diluted with endless small talk beginning "I wish" or "I have an idea" or "one day" or "Jennie thought." The other is based on nothing at all. One page is given to telling how to make cheese toast with one level tablespoon of cheese and two cups of milk.

All this indicates in its way, that while many young and able-bodied people are greatly interested in learning to cook, they want to get at it in the easiest way and with as little work as possible. "Isn't that a lot of trouble?" says a certain young woman to me often, when she gets the answer as to how to prepare some dish. She puts herself to a deal more trouble in a great many ways than she would by putting her mind to the mastery of a few directions, not complicated, the carrying out of which is easy enough once you have accustomed yourself to doing it.

**Certain First Principles.**  
If you take a first lesson in a language, with a good teacher, the first thing you must do, willy-nilly, is to learn to pronounce the vowels correctly. If you refuse, you may still get a smattering of the language, or if you are where you can imitate that one, and learn inaccurately what you might with a little will power learn well. There are but five vowels, but they are fairly typical of the barred door to any accomplishment. People find it a terrible bore to learn to pronounce them correctly, and they will not. To learn to cook there are certain principles to learn, and once learned they save infinite time and trouble. In learning to cook a cereal something ought to be learned about combining ingredients, for here are the two main ingredients of hundreds of recipes—a wet and a dry, a starchy product and water, a product that, when wet, will swell with heat and take up moisture, which, however, may be dried out again, with too much fire. In cooking it correctly

### Height of Tables Should Vary

The height of woman's kitchen sink, washtub and work table is an important factor in her well being and well doing. It takes more of her strength and tires her more to do the same amount of work when she has to bend over too far or hold her arms too high than when she is in a comfortable position.

The following figures make a good general guide in finding the correct height of working surface. Each woman ought to find out for herself the working level at which she can work most easily and efficiently and see that her work table, washtub and sink are adjusted accordingly. She should remember that the working level of a sink is the bottom, the working level of a washtub a point about half way between the bottom and the top (where most of the work of scrubbing is done), and that for ironing a lower surface is needed than for a general work table.

Height of Woman	Height of Working Surface (Inches)
4 feet 10 inches	30 1/2
5 feet 0 inches	30
5 feet 2 inches	29 1/2
5 feet 4 inches	29
5 feet 6 inches	28 1/2
5 feet 8 inches	28
5 feet 10 inches	27 1/2

### Cleaner Leaves No Ring

The woman who has to go into the kitchen in her best suit skirt is sure to find an unexplainable grease spot lurking on the front breadth. This cleaning fluid is especially good for such spots, as it leaves no ring: One pint deodorized benzene, 1-16 ounce bay rum, 1-16 ounce ammonia, 1-16 ounce ether, 1-6 ounce oil wintergreen, 1-2 ounce alcohol, 1-2 teaspoonful borax. A bottle of this kept in a convenient place will avoid many cleaning bills.

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### Food Hints

In the cooking of vegetables, beets excepted, they can be thinly sliced or divided into quarters, so that the time required in cooking is abbreviated one-half or less; carrots can be sliced to water thickness, parsnips divided into eighths, potatoes quartered and other vegetables shaved to shave the gas bill.

Sprinkle a little lemon juice over bananas or apples for fruit salad; it will keep them from turning dark before they are served.

Put cranberries through the fine part of the meat grinder for an easy way to prepare sauce.

Wrap cheese in a cloth wrung out of vinegar, put in a paper bag and hang in a cool place and it will keep moist and fresh a long time.

Have the water bubbling hard when you drop in sweet potatoes and they will not be soggy.

In frying tomatoes for breakfast stir in a well-beaten egg or two while cooking. It adds to the tastiness and substantiality of the dish.

A few drops of camphor on the toothbrush is refreshing, and it will harden the gums.



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