

Potatoes in the Diet

By LORETTO C. LYNCH.
A king had to start the fashion of eating potatoes. Now, the average family feels neglected if potatoes do not appear at least once a day on the family board.
The days are gone when the average family stores potatoes in quantity for the winter. The woman with small house or apartment, buys possibly five to 10 pounds. If these are not used up readily, and the apartment is warm, the potato begins to sprout. Potatoes should be watched and these sprouts removed. For in sprouting, potatoes develop a poison called solanin. This, like some other poisons, does not have the same effect on every one, but frequently folks blame other things they have eaten for their poisoned condition when it is frequently due to the solanin developed in sprouting potatoes.
A small brush should be kept for scrubbing potatoes. Select medium-sized potatoes rather uniform in shape for baking. The skin of a well-scrubbed potato is edible and dieticians tell us we should eat the skins of our baked potato. Yet, so many baked potatoes are so unsightly. The skins are all charred. But the way to prevent this unsightliness is to scrub and dry the potato and then rub it over with fat or oil with a brush or a bit of soft paper. Place the potatoes on a pie plate and bake 40 or 50 minutes according to size. The oven-baked potatoes should be very hot. A potato baked in a slow oven is not easily digested.
A baked potato is done when a knitting needle inserted into the center finds no hard place. As soon as the potatoes are done crack the skin to allow the steam to escape. If the skin is not cracked the steam recondenses into water in cooling and gives a soggy, undesirable potato.
Often the cook splits the potato in half lengthwise and carefully scoops the potato out. She saves half the number of shells. The potato is whipped up with salt, pepper, milk and butter and packed back heaped into the shells. They are then placed on a plate, each brushed with milk and returned to the oven to brown. They are called potatoes on the half shell or canoes.
This affords the thrifty housewife a chance to use up certain leftovers. Those scraps of boiled ham may be minced and added to the potato mixture, or bits of green pepper and onion may be minced finely and added. Some like to put grated cheese over the top instead of brushing with milk before placing in the oven a second time.
But the potato called the average American man calls for in the restaurant is the French fried potato. These are not easy to prepare, but they give so much satisfaction that one feels the effort warranted. The potatoes should be scrubbed, pared, and cut into quarter inch strips. Then they should be thoroughly dried in a soft, absorbent cloth or towel. Unless this is done the fat is liable to blaze when the wet potato goes in.
Have ready some deep, hot fat. Some of the new vegetable oils on the market are excellent for frying potatoes. When the fat has ceased moving and a slight smoke begins to arise from the top of it, lower in some of the strips either in the regular wire frying basket or on a wire spoon. Care should be exercised not to put too many potatoes in at once. This may cause the fat to overflow or it may cool the fat to the soaking point.
When cooked, lift the potatoes from the fat, let drain a moment and place on a dish in the oven or over a pot of boiling water to keep warm. It is well to sprinkle the potato strips while hot with salt.

Grilled sweet potatoes are first boiled, peeled and sliced and then dipped in oil and grilled until lightly browned on each side.

Modish Coat Frock



By GERTRUDE BERESFORD.
Navy blue tricotine and black satin are combined in this interesting street frock. The undershirt and vest are made of the satin, while the turnover collar is also fashioned from this fabric. This is finished with a black silk tie, which, if the wearer desires, may be removed and the collar folded over the shoulders. Small cloth-covered buttons and silk stitching add to the beauty of this dress. A narrow belt of patent leather encircles the waistline. The hat is of rosewood-colored felt, one of the shades that will be much seen as the season advances.

Recipes

Tomato Nests.
(Individual)
1 tomato
1 teaspoonful Worcestershire sauce
1/2 teaspoonful pepper
1/2 teaspoonful salt
1 egg
2 slices bacon
Hollow out the tomato; put into the bottom of it one-half of the seasonings. Drop the raw egg into the hollow. Put the remaining Worcestershire sauce, salt and pepper on top. Cover with the slices of bacon placed in a cross fashion. Fasten the ends with toothpicks, if necessary. Bake very slowly in a moderate oven for 25 minutes.

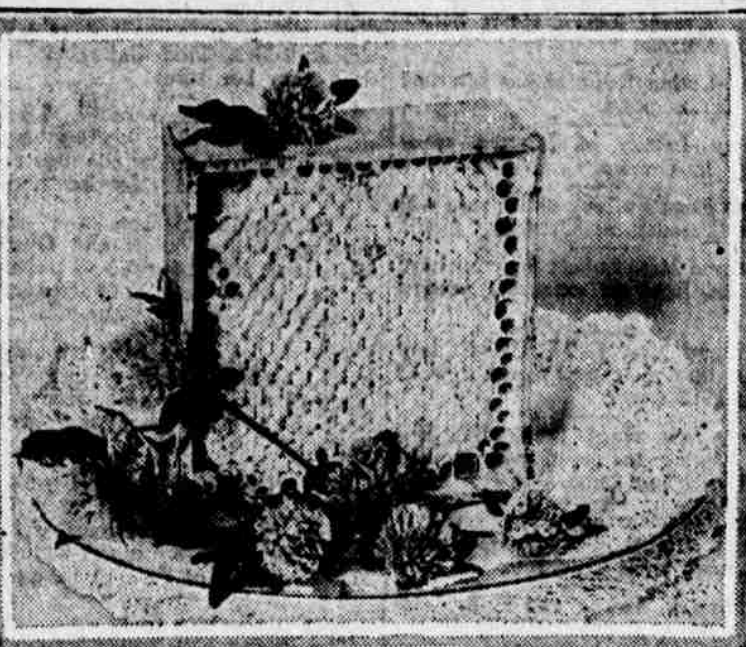
Tuna With Mushrooms.
2 cupfuls minced tuna fish
1 cupful thin cream or top milk
1/2 cupful butter
1/2 teaspoonful salt
1/2 teaspoonful paprika
1/2 cupful mushrooms
Few grains cayenne pepper
1 cupful thin white sauce
1 cupful thin white sauce
1 tablespoonful minced parsley, Toast.
To the tuna add the mushrooms, the cream and seasonings. Mix together and stir in the butter; simmer for 20 to 30 minutes or until the mushrooms are soft. Serve on strips of buttered toast and pour the hot, well-seasoned white sauce, with the parsley added, over all.

Butter Cake.
For a butter cake, butter or butter substitutes are the foundation. This variety of flavor, chopped fruit and nuts, and filling frosting. Under this head may be classed plain white cake, devil food cake, nut cakes, pound cake, white fruit cake, loaf cake, devil food cake, nut cakes, and a variety of cookies.

Mrs. Rinehart On "Gang" Spirit For Girls

Mrs. Mary Robert Rinehart has been appointed chairman of the Girl Scout membership campaign, which will take place simultaneously—November 6 to November 15—in every state, as well as in Alaska, Hawaii and Porto Rico, and the amount sought is \$1,033,400.
In accepting the chairmanship, Mrs. Rinehart said:
"It is time to realize that hundreds of thousands of young girls in this country—doubly important, now that they are future citizens—must be given a feeling of responsibility, a practical ideal to which they may bring their innate loyalty and enthusiasm. They need organized play and athletics. They need something concrete to tie to.
"They need to be taught, if you please, what is the 'gang' spirit among boys. They need to learn that their young bodies are to be used instead of decorated. Until they learn that we shall have sickly mothers and puny babies. No single movement for the improvement of the American people as a race, no advance of science or sanitation, can compare in importance with the necessity for building up morally, spiritually and bodily our future mothers. And that is what the Girl Scout movement does."
Mrs. Ella A. Boole, of Brooklyn, N. Y., a candidate for a seat in the United States senate, has been endorsed by a coalition of all the forces opposed to James W. Wadsworth, the present incumbent.

Tempting Honey Desserts



Honey is a deliciously wholesome and inexpensive sweet that can be utilized in numerous dainties. Honey dumplings are especially nice.
Make a very thin batter with three well-beaten eggs, a cup of milk, a pinch of salt, and enough flour to thicken. Have ready a saucepan of boiling water and drop a spoonful of the batter into it, allowing it to boil three minutes. The water must be boiling and only two or three dumplings dropped in it at a time. Place them in a sieve to drain and serve with honey.
Another dainty honey sweet is honey apples. Peel and core some apples, fill the centres with butter and put them on a well-buttered tin. Pour honey over the apples and bake them in the oven until they are tender. Baste them well with honey, take them from the pan and sprinkle with a little grated coconut, which will cling well and make a pretty dish. Serve with cream.
Rather than let them starve, many mothers in France are selling their children for a few francs.

We have reduced the prices of Phoenix Hose

Effective Monday, new prices on all PHOENIX HOSE will be in order in our stores. These new prices will put PHOENIX on a pre-war basis—the reductions are liberal, and in line with our policy of selling all our merchandise at honest prices.

Pray
For Men

TWO STORES:
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Anemic People Need Blood-Iron Phosphate

Anemic people are usually thin, pale, weak, discouraged, nervous wrecks; showing that lack of iron in the blood is all too frequently accompanied by a run-down nervous system due to lack of phosphorus. Strength, health, vim, vigor and energy depend almost entirely on making up this deficiency in iron and phosphorus.
Unquestionably one of the best things for this purpose is the great French discovery known among our druggists as Blood-Iron Phosphate. Folks who have tried it say that one five-grain tablet with each meal quickly restores depleted nervous energy, enriches the blood, increases strength, vitality and endurance, and those who are thin usually put on pounds of solid stay-there flesh in a short time.
Inasmuch as Sherman & McConnell Co. and all other druggists are authorized to sell Blood-Iron Phosphate under a guarantee of satisfaction or money back, every thin, weak, nervous or anemic man or woman should give it a trial without delay.
Important—Blood-Iron Phosphate is sold only in original packages, containing enough for three weeks' treatment, at \$1.50 per package—only 50 cents a week.

SAGE TEA TURNS GRAY HAIR DARK

It's Grandmother's Recipe to Bring Back Color and Lustre to Hair

That beautiful, even shade of dark, glossy hair can only be had by brewing a mixture of Sage Tea and Sulphur. Your hair is your charm. It makes or mars the face. When it fades, turns gray or streaked, just an application or two of Sage and Sulphur enhances its appearance a hundredfold.
Don't bother to prepare the mixture; you can get this famous old recipe improved by the addition of other ingredients at a small cost, all ready for use. It is called Wyeth's Sage and Sulphur Compound. This can always be depended upon to bring back the natural color and lustre of your hair.
Everybody uses "Wyeth's Sage and Sulphur Compound" now because it darkens so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through the hair, taking one small strand at a time; by morning the gray hair has disappeared, and after another application it becomes beautifully dark and appears glossy and lustrous.

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IF BACK HURTS BEGIN ON SALTS

Flush your kidneys occasionally if you eat meat regularly.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders come from sluggish kidneys.
The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scaling, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.
Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.

A New Principle in Complexion Treatment

Most creams are injurious when used habitually. They clog the pores and eventually form a permanent, soggy, stiffening film which interferes with eliminative action and makes the skin sickly and pasty. There is an application—mercerized wax—which acts upon an entirely different principle. While perfectly harmless, it has the peculiar property of removing by absorption the dead and half-dead particles of sear-skin, as well as unhealthy matter in the pores. Thus it takes away from instead of adding to the complexion, differing in this respect from cosmetics. The result is a perfectly natural and healthy young complexion. Mercerized wax, procurable at any drug store (one ounce is sufficient), is applied at night like cold cream and washed off in the morning.
The correct principle in the treatment of wrinkles is to tighten the skin, which naturally iron out the lines. A face bath, remarkably effective in this direction, may be made by dissolving an ounce of powdered sassailla in a half-pint with basil.

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Art Metal again saves important records



The plant of the Strassel-Gans Paint Company, Louisville, Ky., was destroyed by fire on May 20th. The following is an extract from their voluntary testimony to the fire-resistance of Art Metal:

"We had in our office one of your No. 1000 Mahogany Art Metal Letter Files. All the wooden fixtures around this file were either destroyed or burned so badly as to be rendered useless. When the file had cooled sufficiently to enable us to handle it, we were very much surprised to find the contents intact and the letters and papers therein not even scorched."

Not on mere claims but on its performance in actual fires may you place your confidence in the fire resistance of Art Metal steel.

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Do You Know---XI

Three Questions a Day for the Housewife.
1. What are Malaga or muscatel raisins?
2. When roasting meat how should the heat be regulated?
3. How to toughen common glassware?
These questions will be answered by the Housewife.
Answers to Previous Questions.
1. Rice is richer in starch than any other grain.
2. To grease the griddle pan for pancakes have the pan well heated and then rub with a piece of suet held in a piece of cheese cloth and pour pancake batter on at once.
3. Cover new utensils of iron or steel with fat and put in the oven, allowing the fat to bake in but not burn. This renders the utensils less likely to rust.
(Copyright, 1920, by the McClure Newspaper Syndicate.)

OUCH! LAME BACK Rub Backache, Lumbago, Soreness and Stiffness Away—Try This!

Back hurt you? Can't straighten up without feeling sudden pains, sharp aches and twinges? Now listen! That's lumbago, sciatica or maybe from a strain, and you'll get blessed relief the moment you rub your back with soothing, penetrating "St. Jacobs Oil." Nothing else takes out soreness, lameness and stiffness so quickly. You simply rub it on and out comes the pain. It is perfectly harmless and doesn't burn or discolor the skin.
Limber up! Don't suffer! Get a small trial bottle from any drug store, and after using it just once, you'll forget that you ever had backache, lumbago or sciatica, because your back will never hurt or cause any more misery. It never disappoints and has been recommended for 60 years.

ECZEMA CAN BE CURED Free Proof To You

All I want is your name and address so I can send you a free trial treatment. I want you to try this treatment—just one trial—just one trial. That's my only request.
I've been in the drug business for 25 years. I am Secretary of the Indiana State Board of Pharmacy and President of the Retail Druggists' Association. Nearly everyone in Fort Wayne knows me and knows about my successful treatment. Over fourteen thousand men, women and children outside of Fort Wayne have, according to their own statements, been cured by this treatment since I first made this offer public.
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