## High School Luncheons

By LORETTA C. LYNCH. In my mail is an interesting letter from a lady who has a chance to do the catering for the local high school. The school has about 500 students, and they must either bring funcheon from home, or purchase it at the school lunch counter. The enterprise is to be self-supporting, but no profit is expected. The equipment is to be provided by the school authorities and they are to pay her a salary for her services. There is to be some other help, too. But the thing this earnest women is interthing this earnest women is inter-ested in is: "What shall I serve these young people that will be nourishing, inexpensive and at the

same time attractive? The high school age is also the period of adolesence. It is the period when the little boy of yesterday suddenly stretches out and there is the task of covering the long frame with new muscle. It is the time when the chubby little girl grows less fat, but must meet the demand for more blood and must eat foods that give the added muscle that helps toward giving the developed

Of course, the school through its lunch counter cannot supply all the foods required at this period, but it can do this. It can establish some good food habits. It can encourage in the right direction. And if the department of physical training can be made to co-operate, you will find, if you are patient, that the students will take a real interest in properly nourishing their

an interesting poster over the lunch counter. It read: "You require 800 balanced calo-ries for lunch. Purchase the items

which gives this quantity."

Some of the dishes provided at this counter for the very mixed (as to nationality) student body are suggested below.

Soup: Cape
Split pea, bread and butter. 310
Hot dish:
Veal stew with vegetables,
bread and butter. 250
Vegetables:
Lima beans 125
Sandwiches:
Date and nut on graham bread. 245
Chopped egg. 209
Desserts: Ice cream
Bread pudding, chocolate sauce.
Baked apple and cream.
Apple

Of course, this menu is merely suggestive, and it varies from day to day. It must be remembered, however, that the students are going back to do brain work, and heavy, greasy foods are out of place even if they could be afforeded. Among the soups suitable for a luncheon at midday are tomato, green pea, split pea and bean soup made from the several varieties of beans.

### Articles in Every Home Out of Keeping

This is the story of a girl who started on her road to success by the way of a door-knocker. Her dame is Bernice Abbott. She is just 22, and she was born

Iss, and she looked about her for a job.

She turned to posing. Then one day in a sculptor's studio she found she was essentially a sculptress.

She began making the usual things heads and fountains, but there were so many heads and fountains in the world that she looked for something that was needed more.

There were so many ugly things about a house that no one had ever thought about making lovely, so she turned to these.

She began on door-knockers. A'

She began on door-knockers. A' bell is an ugly thing, so she made a brass knocker for her front door and waited.

Someone came and admired it the made another and another.

Knockers of natural objects, a faun, a little grinning monkey, a fight between a horse and a lion, leaves, flowers and many conserva-

tive designs.

But this was not going far enough.

The saw that nearly all cupboards

and sad-looking knobs on the doors.

So she turned out some dozen or more designs for knobs. These were cut in wood or made up of glass or metal.

A big firm on Firth avenue began

to take notice, and now she has about as much as she can do nosing out the neglected side of household furnishings.

"It is almost like discovering or-phans," she said, "this discovering of the things that no one has ever thought enough about to make beau-tiful. I feel almost like a detective, too. Whenever I go into a house my eyes fairly ache. I turn thera on so many forgotten corners.

"In nearly every home even the homes of the wealthy, there are at least 30 things which are hopelessly out of keeping.
"For instance, the 'blowers' for

open fires—are they not impossible? And who said they could not be made attractive by the right design-

"Kitchen things, too—just because they are kitchen things people seem to think they have to go on casting irons in the same old way, with unlovely handles, and that kitchen utensils of all sorts must be plain. Why, some of my best work has been in lacquering tea caddies, cocoa cans and pepper pots.

"But what amuses me most is in the discovery. At present I am making a set of keyhole blinds—you know, those little things they put over keyholes so that no inquisitive friend may look through and see what you are doing—I'm on the fifth, and they are handsome and such

Miss Abbott does her work at home—"where all the things I love are near me," as she says. And above the knocker on her door is a little sign:

"She who abides within seeks for

the ugly that she may make it beau-tiful."—New York Mail.

If saucepans are burned fill with a sandful of salt and cold water. Soak over night and the burnt part will come off easily.

### President-Elect



Mrs. Harriett T. Cain of Fremont is the newly-elected president of the Rebekah assemblies of Ne-

## Recipes

On toasted slices of bread spread caviar, put on top of each a poached egg, seasoned with paprika and a bit of onion salt. Cover the egg with In the Julia Richman High school of onion salt. Cover the egg with on the city of New York, there was an interesting poster over the hot. Potted meats may be served in place of the caviar, Shrimps,

To two tablespoonfuls of butter add one-half tablespoonful of flour, add salt, paprika and one teaspoonful onion juice. Simmer without browning for three minutes. To this add a can of shrimps, cook for five minutes, stirring constantly.

What's What By HELEN DECIE



cards partake of the quality of fa-vors. At a well-known shop, for incards partake of the quality of favors. At a well-known shop, for instance, where artists make exclusive designs for luncheon and dinner cards, the old-time flat card is no longer in demand. Square, oblong, and business sessions were held in longer in demand. Square, oblong, circular, palette and other forms are used as the background for decora-tions, some of which are really worth while miniature water color scenes.
To each card is affixed a pasteboard support, so that it stands like a tiny easel beside the service plate.
In the illustration an admiral's

wife is assisting her waitress to ar-She was bored with her life and went to New York. She was penniless, and she looked about her for a spropriate form of tiny take the appropriate form of tiny yachts with sails spread. Each diner's name is lettered on the bow of the little vessel, just where the real name would appear on a real ship. home (Copyright, 1920, by Public Ledger Co.) with

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# **GRAY HAIR NOW**

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Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless is caused by a lack of sulphur in the hair. Our grandmother made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful and thousands of women and men who value that even color, that beautiful dark shade of hair which is so attractive, use only this old-time recipe.

Nowadays we get this famous mix-ture improved by the addition of other ingredients by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," which darkens the hair so naturally, which darkens the hair so naturally, so evenly, that nobody can possibly tell it has been applied. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning the gray hair disappears; but what delights the ladies with Wyeth's Sage and Sulphur Compound is that, besides beautifully darkening the hair after a few applications, it also brings back the gloss and lustre and gives it an appearance of abundance.

# DISTRICT **JUDGES**

The following are the present Judges of the District Court. They are all candidates for re-election.

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### Benson Society

Benson Woman's Club.

Mrs. John Calvert will be hostess the rooms. After an evening spent the Benson Woman's club Thurs- in music, witch games and fortuneday, November 4, at her home, 2910 telling, a dainty luncheon was served.

North Sixty-third street. After the Keystone Park Card Club. the Benson Woman's club Thursbusiness session a program on classic art will be given. Mrs. F. B. Oliver will review the life of Raphael and Mrs. N. H. Tyson is scheduled for a talk on the "Art of the Vati-can." Mrs. Roy Marshall will read a paper on "Who's Who in Art."

Harvest Home Festival. Members of the Methodist church vill entertain at a Harvest Home festival Frifay evening. November 5, in the parlors of the church. The direction of Mrs. J. W. decorations, which will consist of \$100.40 for the society. autumn leaves, fruits and flowers, will be arranged by the Epworth League society. A miscellaneous program will be given, after which harvest home lunch will be served. Roast Beef Dinner.

ladies of the Presbyterian hurch will serve a hot roast beef dinner Tuesday evening, November 4, in the parlors of the church. Mrs. H. Reed Hostess.

Mrs. Harry Reed will be hostess to the Methodist Ladies' Aid society Wednesday, November 3, at her home in Dundee. A 1 o'clock luncheon will be served, after which luncheon will be served, after which Mesdames, Gorton Roth, C. E. the work of the society will be taken Bowen, E. F. Smith, Walter Reishaw up. Mrs. G. W. Smith and Mrs. and W. D. Green. up. Mrs. G. W. Shitti ars. Reed W. A. Sterns will assist Mrs. Reed Autumn Picnic.

Mr. and Mrs. J. W. Fitch entertained at an autumn picnic at Elm-wood park Sunday. Their guests were Mr. and Mrs. O. C. Roberts, Mr. and Mrs. Lawson, Mr. and Mrs. L. White and Miss Carol Killion of Arlington, Neb. After the picnic dinner the remainder of the afternoon was spent at the home of Mr. and Mrs. Fitch.

Shower for Bride-To-Be. Miss Lucine Beattie, who is to be a November bride, was entertained Monday evening at a miscellaneous shower at the home of Mr. and Mrs. oseph Gehringer.

Hallowe'en Party. Mrs. Charles Brumfield enter-tained Saturday evening at a Hal-lewe'en party for Paul Rivett's boys' class of the Presbyterian Sunday

Gymnasium Class for Boys. Paul Rivett is arranging for gymnasium class for boys, which will be conducted at the Benson gymnasium, under the direction of a

municipal leader. Fifteen boys are Mrs. Ben Smith had, as her lunch-con guests Wednesday at her home n Keystone park, Mrs. Percy Gwynne and her mother, Mrs. Clark

Birth Announcement. A daughter named Dorothy Ella was born Friday to Mr. and Mrs. E. W. Dean.

Tri-City Quarterly. the morning, luncheon at 1 o'clock, and a program, consisting of music and short speeches, was given in

Luncheon and Orpheum Party. Mrs. Ben Smith entertained at luncheon, followed by an Orpheum party, Friday, in honor of Miss Helen Carmichael, who is the guest of her sister, Mrs. C. N. Dietz, of

Junior Hallowe'en Party.

One of the largest Benson Hallowe'en parties of the season was entertained Thursday evening at the home of Mr. and Mrs. E. C. Hodder, with Miss Florence Hodder as

and goblins, were used throughout Fifty-ninth street . Baptist Booster Club. Mrs. A. Lissenbee entertained the members of the Baptist Booster club

November 1, at 8 p. m. in Sorensen's

Baptist Musical and Picture Program

Mrs. J. C. Campbell is ill.

Mrs. H. Armstrong left Saturday for Des Moines, Ia.

Mrs. F. D. McCray left Friday for Burlington, Ia.

Mr. Ben Smith is on a business

Mrs. J. Dale Wolfe is visiting her

Dr. and Mrs. W. H. Loechner motored to Ashland, Neb., Monday.

Mrs. W. D. Pence returned Tues-

day from a visit to Independence, Ia. Miss Elsie Lang of Sioux City,

Ia., was a Sunday guest at the home of Mr. and Mrs. F. B. Oliver.

Mr. John Young of Portland, Ore., is a guest at the home of Mr. and Mrs. John Herbst.

parents in Gregory, S. D.

at her home in Morningside, Tues-day afternoon. Afterthe business Mr. and Mrs. George W. Hamilsession the hostess, assisted by Mrs. on were host and hostess at their M. Hennegan, served a lunched home Friday evening to the members Belle Rebekah Lodge. of the Keystone Park Card club. The regular meeting of the Belle Rebekah lodge will be held Monday, Philanthropic Activity.

The women of Benson community have been busy assisting in the progress during the past few weeks. The humane tag day, under the direction of Mrs. J. W. Welch, netted

The members of the Baptist choir, assisted by Mrs. J. C. Edwards and Charles Rogers of Omaha will render a musical service Sunday eve-The drive for the St. James orphanage fund, with Mrs. Harry Knudsen as captain, netted \$170.90, and the Salvation Army drive, under the auspices of the Benson Woman's club with Mrs. F. E. Young, major, collected \$160.

Legge

render a musical service miner in the services of the battlefields of France, shown by Mrs. C. H. Forgy, who will give a short talk on each subject. The services will start promptly at o'clock, taking both B. Y. P. U. and church periods.

Mrs. C. H. Penoyer and Mrs. P. A. Legge entertained at luncheon Monday at the home of Mrs. Penoyer for the members of the executive board of the W. F. M. S. of the Methodist church. Guests included,

Luncheon at Pine Lane Farm. Mr. and Mrs. Otto Frahm and Miss Gertrude and Master Richard Frahm and Mrs. Peter Smith of Calhoun, Neb., were entertained at supper Sunday evening at the farm home of Mr. and Mrs. William

Benson Methodist Choir. Among the musical organizations who took part in the municipal con-cert was the Methodist choir of Ben-

Mrs. A. E. Carter and son, Robert, and Miss Florence Cunningham spent the week-end in Cumberland, Presbyterian Ladies' Aid. Mrs. C. E. Smith assisted by Mrs. Mrs. Nellie Millay of Gregory, W. H. Baldwin, Mrs. L. W. Raber S. D., was a guest during the week

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hostess. Thirty-eight members of the junior social set were in attend-the junior social set were in attend-ance. Hallowe'en decorations, con-sisting of Jack-o'-lanterns, witches and goblins, were used throughout of Mrs. Smith, 2930 North and goblins, were used throughout Fifty-ninth street.

And Mrs. H. Jones, will entertain the at the home of Mr. and Mrs. C. N. was a guest the early part of the week at the home of his daughter, to their home in Des Moines, Ia., Mrs. W. H. Loechner and Dr. after having spent a few days with fire Chicago, Ill., for a short visit with his parents.

Mrs. W. H. Loechner and Dr. after having spent a few days with fire Chicago, Ill., for a short visit with his parents.

with his parents.

Mr. and Mrs. D. S. Williams and Mr. and Mrs. Theodore Williams are spending the day with friends in Springfield, Neb.

Mr. Glen Gardner and sister, Ione, who are attending the University of Nebraska, spent the week-end at the home of their parents, Mr. and Mrs. C. C. Beavers and Mrs. W. A. Wilcox attended the state assembly of the Federated Women's club, which convened in Fremont, Neb., during the latter part of the

Mr. A. J. Senger of Ashland, Neb., Mrs. H. J. Kelland and daughter, week

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