

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 luncheon 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 that this earnest woman is interested 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 adolescence. 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 food help, too. The thing that gives the added muscle that helps toward giving the developed contour of womanhood.

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 it 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 bodies at this time.

In the Julia Richman High school in the city of New York, there was an interesting poster over the lunch counter. It read: "You require 800 balanced calories 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.

Table with columns: Item and Calorie count. Includes Split pea, bread and butter; Hot chili; Vial stew with vegetables; Vegetables; Lima beans; Sandwiches; Desserts; Beverages.

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 name is Bernice Abbott.

She is just 22, and she was born in Cleveland.

She was bored with her life and went to New York. She was penniless, and she looked about her for a job.

She turned to posing. Then one day in a sculptor's studio she found she was essential as a model.

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 bell is an ugly thing, so she made a brass knocker for her front door and waited.

Someone came and admired it; she made another and another.

Knockers of natural objects, a lion; a little grinning monkey, a fight between a horse and a lion, leaves, flowers and many conservative designs.

But this was not going far enough. She saw that nearly all cupboards had sad-looking knobs on the doors. So she turned out some dozen or more designs for knobs.

President-Elect

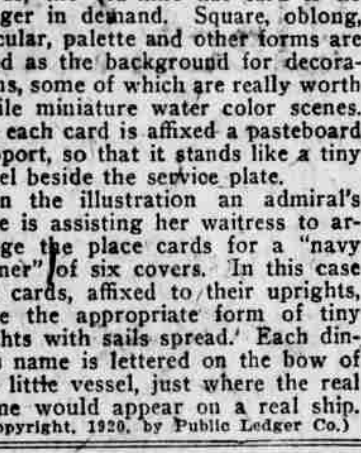


Mrs. Harriett T. Cain of Fremont is the newly-elected president of the Rebekah assemblies of Nebraska.

Recipes

- Caviar: 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 horseradish sauce and serve very hot. Potted meats may be served in place of the caviar.
- Shrimps: To two tablespoonsful 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



Benson Society

Benson Woman's Club. Mrs. John Calvert will be hostess to the Benson Woman's club Thursday, November 4, at her home, 2910 North Sixty-third street. After the business session a program on classic art will be given.

Members of the Methodist church will entertain at a Harvest Home festival Friday evening, November 5, in the parlors of the church. The decorations, which will consist of autumn leaves, fruits and flowers, will be arranged by the Epworth League society.

Roast Beef Dinner. The ladies of the Presbyterian church will serve a hot roast beef dinner Tuesday evening, November 4, in the parlors of the church.

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

Gymnasium Class for Boys. Paul Rivett is arranging for a gymnasium class for boys, which will be conducted at the Benson gymnasium, under the direction of a municipal leader. Fifteen boys are required to form the class.

Tri-City Quarterly. The ladies of the Baptist church entertained the Tri-City Baptist church quarterly Friday, at the Benson Odd Fellows' hall.

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

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. Hodger, with Miss Florence Hodder as

hostess. Thirty-eight members of the junior social set were in attendance. Hallowe'en decorations, consisting of Jack-o'-lanterns, witches and goblins, were used throughout the rooms. After an evening spent in music, witch games and fortune-telling, a dainty luncheon was served.

Keystone Park Card Club. Mr. and Mrs. George W. Hamilton were host and hostess at their home Friday evening to the members of the Keystone Park Card club.

Philanthropic Activity. The women of Benson community have been busy assisting in the philanthropic drives that have been in progress during the past few weeks.

Roast Beef Dinner. 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.

Mrs. Penoyer and Mrs. Legge Entertain. 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.

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 Famp.

Benson Methodist Choir. Among the musical organizations who took part in the municipal concert was the Methodist choir of Benson.

Presbyterian Ladies' Aid. Mrs. C. E. Smith assisted by Mrs. S. W. H. Baldwin, Mrs. L. W. Raber

and Mrs. H. Jones, will entertain the Ladies' Aid of the Presbyterian church, Wednesday, November 3, at the home of Mrs. Smith, 2930 North Fifty-ninth street.

Baptist Booster Club. Mrs. A. Lissenbee entertained the members of the Baptist Booster club at her home in Morningside, Tuesday afternoon. After the business session the hostess, assisted by Mrs. M. Hennegan, served a luncheon.

Belle Rebekah Lodge. The regular meeting of the Belle Rebekah lodge will be held Monday, November 1, at 8 p. m. in Sorensen's auditorium.

Baptist Musical and Picture Program. The members of the Baptist choir, assisted by Mrs. J. C. Edwards and Charles Rogers of Omaha will render a musical service Sunday evening, which will be interspersed by screen pictures 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 7 o'clock, taking both B. Y. P. U. and church periods.

Personal. 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 trip to Chicago, Ill.

Mrs. J. Dale Wolfe is visiting her parents in Gregory, S. D.

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

Mrs. W. D. Pence returned Tuesday 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.

Mrs. A. E. Carter and son, Robert, and Miss Florence Cunningham spent the week-end in Cumberland, Ia.

Mrs. Nellie Millay of Gregory, S. D., was a guest during the week

at the home of Mr. and Mrs. C. N. Wolfe.

Mr. John McColl left Thursday for Chicago, Ill., for a short visit 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. A. J. Senger of Ashland, Neb.

was a guest the early part of the week at the home of his daughter, Mrs. W. H. Loechner and Dr. Loechner.

Mr. Glenn Gardner and sister, Jane, who are attending the University of Nebraska, spent the week-end at the home of their parents, Mr. and Mrs. H. D. Gardner.

Mrs. H. J. Kelland and daughter,

Miss Evelyn, returned Wednesday to their home in Des Moines, Ia., after having spent a few days with friends in Benson and Omaha.

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 week.

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Mixed Wool and Cotton Warp with All Wool filler, gray plaid Blankets, size 68x80—a wonderful value	\$14.95
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Wool Blankets of high grade quality—extra large sizes in mixed plaids, sizes 72x84	\$14.45
Bowen's Special Value	
All Wool Blankets, plain colors, with pink or blue borders, overlock edge—Size 66x80	\$17.45
Bowen's Special Value	
All Wool Blankets in large plaids, overlock edge, good quality. Size 72x84	\$18.95
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All Wool Blankets in large blue plaids, Silk bound. Size 72x84	\$26.95
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Druggist Says Ladies Are Using Recipe of Sage Tea and Sulphur

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 mixture improved by the addition of other ingredients by mixing at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," 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 alter 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.

- Charles A. Goss
- Charles Leslie
- William A. Redick
- Willis G. Sears
- Alexander C. Troup
- Arthur C. Wakeley

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