

The Family at Meal Times

By LORETTA C. LYNCH.
One of the lovely things about home life is that the whole family is privileged to meet together at meal times. Perhaps they are not together at all meals. Then the housewife should make special effort toward things particularly pleasant at the one meal at which they may all be together.
The housewife should decide on a time convenient to all for the evening meal. And she should endeavor to have that meal as nearly as possible at that time. If one member of the family is delayed, the rest of the family should not be made to wait. One woman of whom I know keeps her family waiting sometimes as long as two hours if the father is detained. She considers it disrespectful to begin the meal until he is present, with the result that sometimes her school children get their evening meal as late as 8 o'clock. They go to bed soon after eating and, of course, it is telling on their health and efficiency in school.
When the stomach is trained to expect food at 6 in the evening, it is unwise to change this time frequently, so far as health is concerned. Regular meals at regular hours is one of the common health slogans.

Another thing, there is no meal too plain but that the family should be trained to make ready for it. When one considers the innumerable disease germs on hands apparently clean, the necessity for clean hands is obvious.
But, of course, the housewife who would impress her children or perhaps her husband with the necessity of tidying up at meal time must begin with herself. Many women cook so elaborate a meal they sink down to the meal with untidy hair and often soiled, disarranged clothing. This may be easy and comfortable, but it is an extremely bad example. Better by far a meal of bread and milk and a clean, tidy housewife than greater elaboration and a tired, unkempt woman.
Whether one must eat in the kitchen or a regulation dining room, it is a nice practice to open the windows for a moment to change the air or carry off cooking odors before calling the family to be seated.
It is unfortunate that in some families meal time is not sacred to the business of eating and nourishing the body, but is devoted to a more or less severe form of bickering and quarreling. The best food properly prepared will become indigestible and fail to nourish under these circumstances.
And the mother who has the health and advancement of her family at heart will see to it that only the most pleasant conversation is carried on. And the really worthwhile mother will see to it that respect is inculcated in her family group by urging cleanliness and a tidy appearance at meal time.

Adequate Cleaning Device Lightens Labor

The way of the housekeeper is hard or easy, according to her choice and use of methods. Expert use of good cleaning tools will lead to wonders toward making her way easy, and she can achieve this result only by patiently testing methods and by having an adequate cleaning equipment always accessible for use.
The house that hides away in its darkest remote corners a few nondescript tools and cloths intended for cleaning purposes usually is not very well kept, or, if it is, usually has a tired out woman at its head. There are many girls who have taken a dislike to housework because of the unsightly mops and lopsided brooms and dingy cloths with which they worked at their first tasks of cleaning. But self-respect and scrubbing are not at all incompatible when a good scrubbing equipment is skillfully used.
Just the right tool for each job lightens the labor of cleaning, and cleaning the tools well before putting them away insures their effective service at their next use without any loss of time. The supply of soaps and powders and other needed cleaning agents should never be allowed to remain depleted for longer than the actual time necessary to replenish it. Few things do more to stimulate the housekeeper's feeling of independence from drudgery than the consciousness that an orderly cleaning outfit is in readiness for instant use.
The immediate and tangible results of effective cleaning more than make up for whatever may be unpleasant in the processes. Women who frequently express their loathing for dishwashing are likely to rouse the suspicion that they employ poor methods and slight skill in performing that thrice daily task, while the woman who perfects herself in its every detail gets through it with a mechanical dexterity and no annoyance. Best of all, the housekeeper who makes herself an expert in the field of cleaning saves much valuable time and energy for outdoor activities that are so pleasant and so necessary in her life.

Mrs. A. Viola Smith, who has been named secretary to Julian Arnold, American commercial attaché in Peking, is, so far as known, the first woman to be appointed to a place in the foreign trade service of the United States.

Mrs. Pierce
Announces
That she will serve the same home-cooked dinner Thanksgiving day. Hours from 12:30 to 2:30—5:30 to 7:30.
\$1.50 Per Plate
Hotel Keene Bldg.
Opposite Court House

The Last Word in Paris Fashions



Gown of geranium frill silk with draped back and trimmings of pearl.
Afternoon dress of bottle green chiffon over dark green satin, tunic edged with black coque feathers.
Gown of leaf brown chiffon with round neck and skirt in three tiers of plaited ruffles.
Dress of flame colored chiffon made in Princess effect. This may be the silhouette of the future.

Crab Meat Delicacies

Crab Meat Creole.
Cook in butter two tomatoes, one chopped green pepper, two fresh mushrooms sliced and one minced onion. Add one pound of crab meat and cook slowly seven or eight minutes. Serve with toast points.
With Green Peppers.
Cook in butter minced green peppers, add one-fourth pint of cream, a piece of butter, salt and paprika. Boil ten minutes. Thicken slightly and serve with or without toast.
With Cream.
Stew crab flakes in butter; add one-quarter pint of heavy cream; season with salt, pepper and paprika. Boil ten minutes. Thicken slightly and serve with or without toast.
Patties.
To one pound of crab meat add six drops of anchovy sauce, tablespoonful of lemon juice and a bit of cayenne pepper and four tablespoonfuls Bechamel sauce. Stir the mixture over the fire about five minutes. Put into hot patty cakes and serve.
The late Queen Victoria was a clever designer of Christmas cards.

To Boil Coffee

It is a mistake to let the water and the coffee grounds boil together after the real coffee flavor is once extracted. This extraction takes place very quickly, especially when the coffee is ground fine. The coarser the granulation the longer it is necessary to let the grounds remain in contact with the boiling water. Remember that flavor, the only flavor worth having, is extracted by the short contact of boiling water and coffee grounds and that after this flavor is extracted the coffee grounds become valueless drags. Shoes worn by some Chinese women are only five inches long.

Two Hobbies Are Often Better Than One

Every woman needs a hobby, preferably one that will give her both mental and physical exercise. A carefully chosen hobby, ridden at a gentle gait, is one of the most pleasing and beneficial ways of getting outside the circle of the every day round of inescapable activities. Some women discard their chosen hobby in a short time because they either do not choose wisely in the first place or because they overestimate its importance and give it a major role in their lives, when it should have only a minor one.
The woman who spreads her activities out thinly over a wide field achieves little of satisfaction or result, so it is not wise for the home woman to try overmuch to revolutionize social and civic and political movements generally. She will accomplish more by a steady and persistent effort at some one phase of whatever movement claims her enthusiasm. If her hobby happens to be gardening, she should not compete with florists and truck gardeners in the variety of her products, but should specialize on a few plants that are adapted to the space and soil in which they must be grown. It may be that two hobbies are even better than one, so that neither will ever absorb. One for her own benefit, such as outdoor sports or drama clubs, and another for the benefit of other people, such as civic or social matters, would insure a balanced program for the home woman. But the main points to be remembered are: Choose the hobby wisely, subordinate it to its proper place and let it center along briskly on occasion, but do not let it have enough rein or range to permit it to run away with her.

Announcing the Advent of The REPRODUCING APOLLO PIANO

Trade Mark Registered in UPRIGHT and GRAND Designs

NEVER in our career, nor in the history of music, has an instrument so far reaching and comprehensive in its effects been perfected, as the ART-APOLLO reproducing piano. It gives to all lovers of music not an approximation, but the actual Pianism of world famous pianists and composers.

Partial list of ARTISTS you may hear on the ART-APOLLO Reproducing PIANO

- | | | |
|---------------------------|--------------------------|-----------------------------|
| Pianists | Prof. X. Scharwenka | Mme. Marguerite Volavy |
| Ignace Jan Paderewski | Howard Brockway | Ruggiero Leoncavallo |
| Josef Hoffmann | Joseph Lhevinne | Prof. Theodor Leschetzky |
| Harold Bauer | Moses Boguslawski | Prof. Engelbert Humperdinck |
| Leopold Godowski | | Edward Grieg |
| Fannie Bloomfield Zeisler | Pianist Composers | Carrie Jacobs-Bond |
| Rudolf Ganz | Ignace Jan Paderewski | Egbert Van Alstyne |
| Ossip Gabrilowitsch | Mme. Sturkow-Ryder | Rudolph Friml |
| Frank La Forge | Dr. Richard Strauss | |
| Vladimir De Pachmann | Prof. X. Scharwenka | |
| Prof. Emil Paur | C. Saint Saens | |
| Olga Samaroff | Vladimir De Pachmann | |
| Prof. Emil Sauer | Lee S. Roberts | |

The tonal range of the reproducing ART-APOLLO, instead of being confined to an arbitrary fixed number of shades, as in the past, is limitless in its expression. The most minute tonal subtleties of each individual artist are reproduced. You may also introduce your own interpretation if desired. Through the advent of the ART-APOLLO reproducing piano the art of the pianist is made imperishable, and the world is given an opportunity to hear the composer play his own compositions. Musical education and appreciation are extended beyond the limits of concert stage, to every home that contains an ART-APOLLO.



Dr. L. C. Larsen
Registered Optician and Eye Culture Specialist.
Save Your Eyes
Seeing is believing. With our 14 years of experience and our new electric testing cabinet, we are anxious to prove that our scientific lenses will enable you to see plain at all distances and give you perfect eye comfort. If you have had trouble in getting glasses that fit then we especially want your case. Our system is short and perfect and requires but one test. Our prices are the lowest, as we are located out of the high rent district.
Kryptok Glasses
Would make a fine Christmas gift for father or mother.
Entrance at
Larsen Jewelry Store
204 1/2 North 16th Street.
North of Post Office.

I Extract Teeth Without Pain

All work is done by me personally, even to the smallest detail—no assistants. No charges for extractions when work is done.
All work leaving my office is open to inspection by any state dental board.
DR. W. F. CROOK
206 NEVILLE BLOCK, OMAHA
Entrance on 16th St., at Harvey
Tyler 5117
Hours: 8:30 to 6
Sundays 10 a. m. to 1 p. m.

A. Hospe Co.
1513 Douglas St.
The Art and Music Store.
So that you may fully comprehend the significance of this PIANO that is the artist playing, you are INVITED to a recital of the great artists at your convenience.

ONE WEEK ONLY!

November 22 to 27, Inclusive

This Beautiful Three-Piece Set of aluminumware absolutely FREE with every Range sold for \$60.00 or more during this week. The aluminumware is QUALITY BRAND and is guaranteed to wear for twenty years.



Why buy from others when you can trade with yourself? The city owns the gas plant, so in reality when you buy from us you are patronizing your own interests.



BUY FROM YOURSELF YOUR OWN GAS PLANT
OUR SPECIAL
No. 24 Premo Eclipse Range, with 3-piece set of aluminumware, only \$66.00.
In order that this remarkable offer may be within the reach of every household—you can obtain this Range and set of Aluminum by paying us only \$6.60 cash. The balance \$6.00 each month with your gas bill, or 5% cash discount if you pay within thirty days.

—This Holiday Special—
is only open for One Week. Come and make your selection early. This is an occasion of timely interest to every household in the City of Omaha.
Metropolitan Water Dist.
Gas Department
Douglas 0605 1509 Howard Street
W. L. BURGESS, Commercial Agent