THE OMAHA SUNDAY BEE: NOVEMBER 21, 1920.

The Family at Ge Last Word in Paris Fashions Meal Times By LORETTA C' LYNCH.

One of the lovely things about nome life is that the whole family is privileged to meet together at together at all meals. Then the housewife should make special effort toward things particularly pleasant at the one meal at which they may all he together. 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 mem-ber of the family is delayed, the rest of the family should not be made 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 con-cerned. 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 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 neces-sity of tidying up at meal time must begin with herself. Many women cook so elaborate a meal they sink down to the nical with untidy hair and often soiled, disarranged clothing. This may be easy and comfortable, but it is an extremely bad example. Better by chopped green pepper, two fresh tar a meal of bread and milk and a mushrooms sliced and one minced clean, tidy housewife than greater onion. Add one pound of crab meat elaboration and a tired, unkempt and cook slowly seven or eight min

woman. Whether one must eat in the kitchen or a regulation dining room, it is a nice practice to open the win-pers, add one-fourth pint of aream, dows for a moment to change the a piece of butter, salt and papper to air or carry off cooking odors before taste; add crab meat and boil 10 calling the family to be seated.

It is unfortunate that in some families meal time is not sacred to. the business of eating and nourish-ing the body, but is devoted to a more or less severe form of bicker-ing and quarreling. The best food properly prepared will become in-digestible and fail to nourish under

these circumstances. spect is inculcated in her family serve. group by urging cleanliness and a tidy appearance at meal time,

Adequate Cleaning Device Lightens



Gown of geranium frille silk with draped back and trimmings of pearl. Gown of leaf brown chiffon with round neck and skirt in three tiers of plaited ruffles. Cown of leaf brown chiffon with round neck and skirt in three tiers of plaited ruffles.

Crab Meat Delicacies

Crab Meat Creole. Cook in butter two tomatoes, one chopped green pepper, two fresh

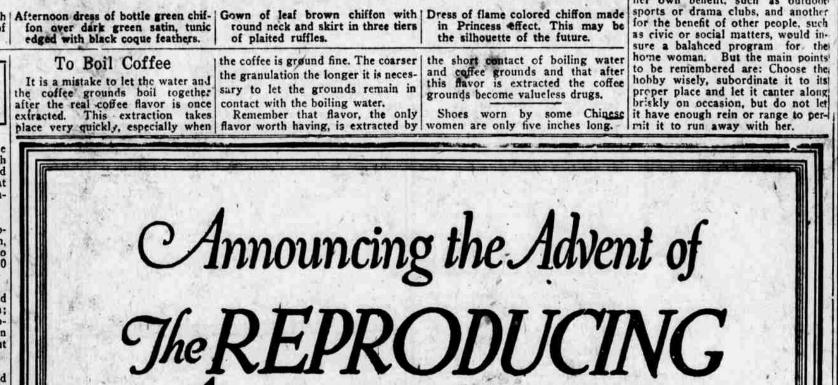
utes. Serve with toast points. With Green Peppers.

minutes. Thicken slightly. With Cream.

Stew crab flakes in butter; add

To one pound of crab meat add And the mother who has the health and advancement of her fam-ily at heart will see to it that only the most pleasant conversation is spoonful Bechamel sauce. Stir the carried on. And the really worth-while mother will see to it that re-utes. Put into hot patty cakes and

The late Queen Victoria was a clever designer of Christmas cards.



OLLO PIANO

Two Hobbies Are Often Better Than One

ONE WEEK ONLY? Every woman needs a hobby, preerably one that will give her both ferably one that will give her both mental and physical exercise. A November 22 to 27, Inclusive 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 ound 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 ac-tivities 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 revolu-tionize social and civic and political movements generally. She will ac-couplish more by a steady and peristent effort at some one phase of whatever movement claims her en-thusiasm. If her hobby happens to be gardening, she should not compele 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 I It may be that two hobbies are even better than one, so that neither will over absorb. One for her own benefit, such as outdoor sports or drama clubs, and another



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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 do wonders toward making her way easy, and she can achieve this result only by patiently testing methods anl by having an adequate cleaning equipment always accessible for use. The house that hides away in its darkest remote corners a few non-descript 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 be-cause of the unsightly mops and lop-sided brooms and dingy cloths with which they worked at their first tasks of cleaning. But self-respect

tasks of cleaning. But self-respect and scrubbing are not at all in-compatible when a good scrubbing equipment is skilfully used. Just the right tool for each job lightens the labor of cleaning, and cleaning the tools well before put-ting them away insures their effec-tions their next use withtive service at their next use with-out any loss of time. The supply of soaps and powders and other needed cleaning agents should never be allowed to remain depleted tor longer than the actual time nector longer than the actual time hec-essary to replenish it. Few things do more to stimulate the house-keeper's feeling of independence from drudgery than the conscious-ness that an orderly cleaning outfit is in readiness for instant use. The immediate and tangible re-when of effective cleaning more than

sults of effective cleaning more than make up for whatever may be un-pleasant in the processes. Women make up for whatever may be un-pleasant in the processes. Women who frequently express their loath-ing for dishwashing are likely to rouse the suspicion that they employ poor methods and sight skill in per-forming that thrice daily task, while the woman who perfects herself in its every detail gets through it with a mechanical dexterity and no an-noyance. Best of all, the house-keeper who makes herself an expert in the field of cleaning saves much valuable time and energy for outvaluable time and energy for out-door activities that are so pleasant and so necessary in her life.

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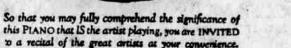
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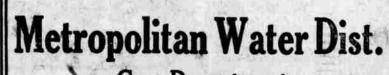


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