Parties for February

By LORETTO C. LYNCH. (An acknowledge, expert in all matters

The party month - that's what this is-February. And, of course, every last girl in our land is looking forward to at least one party in February. But how about the mothers of these girls? Aren't they planning a party, too? Mothers can become the most enthusiastic of people when some one helps them

And since February offers Valentine's day and Washington's birthday and Lincoln's birthday, it would seem kind o' nice if the mothers planned a party for daughter's friends and then daughter responded by planning a party for father and mother's friends.

Inviting too many or inviting folks who are not congenial has spoiled many an otherwise wellplanned party. And so be careful in planning the guests. Give them notice of the event in due time so that in case of any refusal to accept you may ask others to fill out your

Suppose you plan for a Valentine party. Hearts cut from red card-board and pasted on white visiting cards will make pretty place cards if you serve reireshments. A pretty Jack Horner pie can be improvised by covering a round hat box with white crepe paper. The pie holds tiny gifts or favors, attached to which is a baby ribbon streamer. On the other end of the streamer

is a heart cut from cardboard, preferably red, bearing the name of the guest to sit at that place. A novel wist can be given the party by selecting little novelties as gifts that will cause merriment. For instance, one party had a good laugh because one gentleman who had a mania on room temperatures and was con-stantly raising and lowering the windows was given a miniature window

In the way of amusements, a

of the individual guests. Chicken is liked by most people, at least it does not disagree with the average stom-ach, while if one chooses lobster, in-variably there is some plate left un-

Chicken salad is simple to make,

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wance so as not to leave too much work for the last moment. A fourpound chicken serves eight or 10 good-sized portions. Cook the chicken in a covered pot with just enough water to make steam. Cook over a very low light, as quick cooking toughens. A fowl familiarly termed a "soup chicken" should be selected.

When the chicken is cooked, say after about two and one-half hours of simmering, remove the meat from the bones and cut into half-inch cubes with knife of scissors. Add an equal quantity of diced celery. When serving time comes season with salt and pepper and moisten

with mayonnaise. Serve on leaves of lettuce. On the top of each serving you might place a heart carefully cut from a bright red pimento. With the salad serve small rolls. It is sometimes desirable to butter these rolls before serving. Bread and butter sandwiches are also ap- body immediately falls forward. To propriate. Besides the salad, ice cream, either in fancy forms befit- body instinctively, without our realting the occasion or in slices, are izing it, finds it necessary to so

desirable.

Lenten Dishes

Fish a la Newburg. One pound fresh or canned flaked fish, 14 cupful butter, dash of pepper, few gratings of nutmeg, 2 tablespoonfuls cornstarch, 2 tablespoons

lemon juice, 2-3 cupful thin cream. 14 cupful milk, 2 yolks of eggs, 14 teaspoonful salt.

Flake the fish and add it to melted butter and cornstarch and cook three minutes. Add seasonings, lemon juice with cream and yolks stirred into it, and cook until thick ened, stirring constantly. Fillet of Bass.

Cut the bass or any fresh fish intosmall fillets and poach in water to which salt has been added. Sprinkle with salt and pepper, put in a shal-low well oiled pan and bake for about 12 minutes in hot oven Arrange on a rice border, garnish with parsley and serve with creole

Scalloped Canned Fish.

For one can of fish (any canned fish) use 2 cupfuls of stale bread phonograph with some attractive crumbs or 2 cupfuls of boiled rice, dance records will afford pleasure for 2 tablespoonfuls of butter, or pork the dancers as well as the listeners.

The book departments sell interpretation in the cooking fat; 1 tablespoonful of finely chopped once in the cooking fat; 1 tablespoonful of finely chopped once tablespoonful of finely chopped one tablespoonful of finely chopped Then, in the way of refreshments, pickle, 34 teaspoonful of salt. Into chicken salad is a good choice where a baking dish put a layer of bread crumbs or rice, spread over it a small amount of the chopped onion, with sauce, pickle and fat, adding a pinch of red pepper. Add a layer of fish and another layer of crumbs or rice and so on. Reserve about half the fat for a final layer of bread Chicken salad is simple to make, crumbs or rice on top of the dish. but should be prepared well in ad- Bake until the top layer is brown.

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\$2.98

Entire Physique Suffers From High Heels

People in general have realized hat the high heel and the pointed that the high heel and the pointed tighter lacing serves further to weaken the muscles of the back by accustoming them to artificial support and keeping them immobilized. toe of our present day shoe have they have failed to realize, until retraceable also to this type of shoe. the part of our women to return to oughly.

We are coming more and more to appreciate correct body posture. There is no one part of our modern scheme of dress that so deranges correct posture as the high heel. . Common sense tells us that a normal position cannot be mainovercome this tendency to fall, our align itself that it can keep upright. In order to recover balance, the curvature of the lower region of the backbone is unduly increased, and the abdomen is thrown forward be-

the knees are bent to compensate for the changed relationship of the lower leg bones to those of the foot at the aukle joint.

This newly acquired posture naturally disturbs the normal alignment of many of the internal organs

cause of this abnormal curvature;

of the body. The stomach, liver, kidneys, and intestines, in particular, must now

perform their duties while in an un-natural position and relationship to one another.

a lower heel, but it must not be for-gotten that where there has been a permanent shortening of the heel

The corset is faced more tightly to hide or overcome the increased a lower heel with comfort. protrusion of the abdomen and also to compensate the ever increasing cannot wear a low-heeled shoe, and, weakness in the muscles of the back, the reason is easily found in their

cord it is almost impossible to wear

whose normal tension and strength years of slavery to the high heel.-

acid dissolved in two or three table-It is pleasing to note that with the poured over the rust stain and the cently, that many diseased condi-tions in other parts of the body are shoe there is a marked tendency on always remembering to rinse thor-

"Vanilla Nut" for Sunday



some English walnuts, a de-lightful special.

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Mustard, prepared, pints

A-B-C Marshmallow Creme . 15¢ My Wife's Salad Dressing.... 19¢ Magic City Pickle, 10-oz.— Mixed Sweet Olives-Queens, 81/2-oz Stuffed, 2½-oz.

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Salad Dressing ... 25¢ No. 1 cans......8¢ Soup, tall 10¢

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Onions, 10 pounds ... 25¢

Making a Camisole It is impossible for a girl to have too many camisoles. Dainty little crepe de chine or mercerized lawn affairs can be made in half of no time. A strip of material (a little wider in front than at the back and half as long again as the bust measurement of the wearer), an edging of Valenciennes or filet insertion

hand-made roses. That's all, but slip or get uncomfortable.

And about the shoulder straps. them across on the shoulders and after which rinse.

(the straight edge is much smarter hold them together with a wee roses than scalloped lace edging), a hem bud or rosette of ribbon. This is for an elastic runner, ribbon shoul- the brilliant idea of a French womder straps, and a little wreath of an, and straps made like this never

Give each shoulder two straps in should be soaked in lemon juice and stead of the customary one. Set then put in the sun for several hours,

Courtney



Douglas 3940

A Store-Wide Group of Extra Special Offerings for Saturday Shoppers

Strictly Fresh

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Saturday,

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Cloverdale Corn, 6 cans for74¢ Extra Fancy Prunes, 3 lbs. for40¢ White Bear Preserves31c Grape Fruit, each10¢

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Correct Number of Labels in Container, 11,283 FIRST PRIZE, \$10 IN GOLD

Awarded to R. C. BROWN, 2625 Cass street, Omaha, Neb. Trades with DAVID BLUMENTHAL, 2902 Cuming street. GUESSING nearest correct number, 11,284.

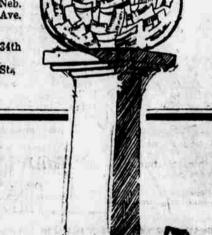
\$2.00 worth of HARD ROLL or TIP-TOP BREAD will be awarded to the Next Five Nearest Correct Guesses listed below. CLIP THIS AD—submit it to the Grocer whose name appears with yours. This ad authorizes him to give you \$2.00 in Trade of Hard Roll or Tip-

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