

Problems That Perplex Answered by BEATRICE FAIRFAX

Advice From Young Man. I have just read your request for replies from your readers to the two letters from "Hopeful" and her mother. I think that I will try an answer to the problem.

Times Have Changed. Dear Miss Fairfax: I read the letters of a mother and her daughter and I wish to express my opinion on it.

My good woman, please remember that a girl is young, but once and if you take away her good times with young men now she will never have the good times she and all other girls should have.

What a Young Man Thinks. Dear Miss Fairfax: You have asked your readers to answer "Mother and Daughter's" letter. I am a reader of your column. And have also received good advice from you.

Wrap Suitable for Many Occasions



Fashion Camera Photo. The practical coat for a business woman is a coat that will give good service in workaday hours, yet be smart enough for occasional wear at a dinner or theater gown.

A Transformed Tray

Every family has a large tin tray about the house which is, perhaps, a relic of the days when some member of the family acted as a volunteer waitress at a church festival.

Cover the entire tray with a coat of enamel in some attractive shade. After this has dried, paint a simple design in the center and around the edges in oils.

If you are not clever with drawing pencil and brush, use a transfer design for the center of the tray. A stencil will also do very well for this purpose.

A black enamel background, with design done in shades of blues, yellows and orange, will make a charming color scheme.

which uses dull blue for its foundation color and orange and reddish-browns for the design. The old tray thus becomes a delightful dining room accoutrement.

Ham Butter

Chop any cold boiled ham and mix with it an almost equal quantity of butter, cover and put away in ice box, where it will keep for days and be ready for sandwiches or appetizers.

The Massachusetts Minimum Wage board has handed down a decision granting scrubwomen a minimum wage of \$15.40 per week.

Since 1915 the enrollment of women at Cornell university has increased nearly 100 per cent.

Women in Japan are being urged to wear cotton instead of the more costly silks.

Variety in Oysters

We Americans have the distinction of having more ways of serving oysters than do Europeans. Oyster courses are rather more plentiful here than over there.

There is little feeling now toward raw oysters as possible conveyors of typhoid. However, to some persons the thought that the cooking of oysters does away with any remote danger of this sort is an argument in favor of some one of the palatable cooked oyster dishes.

Oyster Pie. Line a deep baking dish with pie crust, rolling the bottom very thin. Drain the liquor from about a hundred oysters. Now rub a tablespoon of flour with a tablespoon of butter together in a saucpan over the fire and add the drained oysters.

First Aid for Children

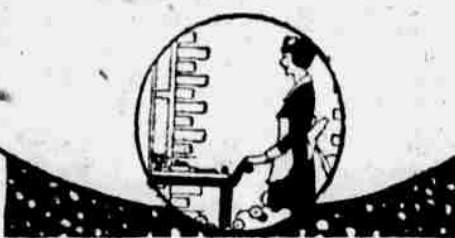
For Frostbite—Apply snow or ice to frost-bitten parts. Keep child away from heat. Removal to warm room should be made with great care.

For Headache—Find out and treat cause. Headache may be due to constipation, indigestion, eye strain, excitement, fatigue or overheating.

menthol, ammonia or smelling salts. Holding the Breath—Occurs after excitement, crying or exposure to cold air. Dash cold water in face. If frequent, consult physician.

Washington Special ICE CREAM

It's the most natural thing in the world to think of Cherries in connection with the "Father of our Country." So we took Cherries—full, luscious Bigaureux Maraschino Cherries—combined them with our celebrated Vanilla Ice Cream, called it "Washington Special" and prepared it for your delight next Sunday.



WHAT'S YOURS?

Women's Ideas That Paid Big Dividends.

By FRANCES L. GARSIDE. Miss Jane Hall Proved That You Can Capture a Good Idea, Even if You Have a "Club" It!

The bold announcement that one woman's contribution to progress has been the organizing of clubs carries little weight, for there are clubs and clubs.

But Miss Jane H. Hall may point to the three she originated and founded with considerable pride. The first was the Three Arts club, the second, the Rehearsal club, where women of the stage could get inexpensive lunches while engaged in rehearsing.

She heard mothers complain that because of their hours on the stage, professional children had no opportunity for going to school.

Miss Hall at once opened a Professional Children's school, with two pupils. This was six years ago and now she has daily attendance of 135 pupils and an enrollment of 205.

The great difference in these totals is accounted for by the fact that many of her pupils are out on the road. But they are compelled to take their books with them and to send in their reports.

The Professional Children's school has a corps of six teachers. The course of study is the same as in the public school, with the addition of greater time being given to French and English history. The child begins in the primary grade and is carried up to the second year in the high school.

This is the only school of the kind in the world. It required some courage to start it, but only those succeed who have faith and are not afraid.

It is Miss Hall's contribution to the welfare of society. What's yours? (Copyright, 1920, Thompson Feature Service.)

A Real Lenten Food



The real value of food depends entirely on the nourishment it contains. There is nothing that supplies the nutriment needed by the body for growth and energy so thoroughly or so well as milk. It's the best food there is

- to nourish and build the body. —to provide fuel for energy and bodily heat. —to promote growth.

ALAMITO Guernsey Milk

is unsurpassed. It is so highly nutritious, so easily digested, so wholesome and invigorating that it should be used in your home liberally at every meal.

Alamito "Milk-White" Dairy Leavenworth at 26th St. Douglas 0409. Phones: Council Bluffs, Red 2874

LOOK

At these prices, compare their quality then call Harney 0188 and leave your order.

- Sunkist Medium White Apples, per doz. \$1.49. California Figs, 8-oz. pkgs., reg. 15c, 2 for 25c. Dried Dates, 8 pkgs., for 25c. Shredded Wheat Biscuits, 3 pkgs. for 47c. Kellogg's Corn Flakes, 3 pkgs. for 38c. Crystal White Soap, 10 bars, for \$1.00. Imperial Valley Head Lettuce, 1 lb. and 3 for 25c. Sunkist Oranges, medium size, per doz. 20c. Don't forget to order your supply of Simon & Wells' Celebrated Matron Choice Young Lamb Legs, per lb. 20c. Deid's Berkshire Sausage, 1-lb. box, 25c.

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Washington Market

1407 Douglas Street.

CENTRAL MARKET Everything for the Table. 1608-10-12 Harney St. Douglas 1798. Your complete confidence in our word as your absolute guarantee of square dealing is the thing we prize most. There is a steady decline in most wholesale prices at present and you will find that decline immediately reflected in our retail prices. But you have the comfort of knowing that no matter how much our prices come down Central Market Quality will remain as high as ever. COME ONCE AND YOU WILL COME ALWAYS. Swift's Lean Breakfast Bacon per lb. 29 1/2. Lean Pig Pork Roast, per lb. 16 1/2c. Young Mutton Shoulder, per lb. 10c. Armour's Star or Morris Supreme Half Hams, 29 3/4c. Fairmont's Fancy Dry Picked Milk Fed Poultry. Best Cuts Fancy 13 1/2c. Steer Pot Roast lb. 13 1/2c. Young Mutton Chops per lb. 20c. Pure Pork Bulk Sausage, per lb. 15c. Prime Rolled Rib Roast per lb. 25c. Fancy Fresh Dressed Roasting Chickens 29 1/2c. Fresh Beef Tongues, 20c. Advo Extra Sifted Peas, can, 25c. per doz. \$2.00. Item's Virginia Peanut Cake, lb. 30c. Assorted Fancy Cookies, lb. pkc. 40c. McComb's Home Made Chocolates, reg. 70c quality, lb. at 59c. 10 Bars Electric Spark Soap, 45c. No. 3 cans Beans, 35c or 3 for \$1.00. No. 3 cans Pineapple, 35c or 3 cans. Snider's Pork and Beans, per can. 12 3/4c. Snider's Tomato Soup, per can. 12 3/4c. 3 cans. 35c. Extra Fancy Leaf Lettuce, each, 5c or 3 for 10c. Extra Fancy Sweet Grape Fruit, 5c or 3 for 10c. Egg Plant, Kumquats, Pascal Celery, Tomatoes, Fresh Strawberries, Mushrooms and Green Beans. York State White and Yellow Cheese, per lb. 27c. Cloverbloom Creamery pkg. Butter, lb. 40c. White Cream of Nat. lb. 40c. Guaranteed Fresh Country Eggs, per doz. 27c. Peanut Butter, per lb. 16c. Cream of Nut. lb. 30c.

Genuine Spring Lamb Hindquarters Special at	Sugar Cured Breakfast Bacon (Half or Whole)	Fresh Killed Roasting Chickens, Special at	Choicest Cut Round Steak, Special at
15c	24c	28c	16c

Choicest Cut Beef Chuck Roast, Special at 10c. Sugar Cured Skinned Hams, 22c. Choice Pork Loin Roast (1/2 or whole) 18c. Choice Leaf Lard, Special This Sale Only, 11 1/2c. Prime Beef Rib Roast, 17c.

PORK CUTS.		BEEF CUTS.	
Choice Pork Loin Roast	18c	Choice Rib Boiling Beef	8c
Choice Boston Butts	18c	Choice Beef Pot Roast	10c
Fresh Leaf Lard	11 1/2c	Choice Beef Chuck Roast	10c
Fresh Spare Ribs	12 1/2c	Prime Rib Roast Beef	17c
Small Lean Pork Shoulders	14c	Choice Round Steak	16c
Fresh Neck Ribs, 6 lbs.	25c	Choice Sirloin Steak	20c
Fresh Pig Feet, 5 lbs.	25c	Fresh Beef Hearts	10c
Fresh Pig Ears, 5 lbs.	25c	Fresh Beef Liver (sliced)	12 1/2c
Little Pig Hearts, 4 lbs.	25c	Fresh Cut Hamburger	14c
Fresh Pig Snouts	10c		
Fresh Pig Tails	15c	SMOKED MEATS.	
Fresh Cut Bulk Sausage	18c	Sugar Cured Strip Bacon, special at	14c
Fresh Pork Tenderloin	35c	Sugar Cured Bacon Squares	18c
Fresh Link Sausage	20c	Sugar Cured Breakfast Bacon (1/2 or whole)	24c
Choice Sauer Kraut, qt.	10c	Sugar Cured Picnic Hams	15c
Pure Lard, per lb.	16c	Sugar Cured Regular Hams	27c
Compound, per lb.	14c	Sugar Cured Skinned Hams	22c
		Cudahy's Puritan Bacon (1/2 or whole)	44c

VEAL CUTS.	
Choice Veal Stew	11c
Choice Veal Roast	15c
Choice Veal Chops	20c
Choice Veal Legs (1/2 or whole)	20c
Choice Veal Loins	20c

SAUSAGE and COOKED MEATS	
Choice Wienies	18c
Choice Frankfurts	18c
Choice Polish Sausage	18c
Choice Garlic Sausage	18c
Fresh Liver Sausage	16c
Fresh Bologna Sausage	16c
Fancy Summer Sausage	20c

SOAP.		SPRING LAMB.	
White Flag Laundry Soap, 10 bars	42c	Choice Fore Quarters	10c
Tee Bee Laundry Soap, 10 bars.	38c	Choice Lamb Stew	7c
		Choice Lamb Chops	18c

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