Interesting Reducing Menus

Life is a funny proposition. You spend umpty years accumulating it sit back and take it casy, and then you don't dare take it easy for fear a pound of flesh might light in lumpish fashion be-tween the shoulder blades or underneath the parent chin.

Or, if you make up your mind to take it easy in spite of everything, along comes Mrs. Catt, with the bright and cheery greeting: "Oh, how do you do, dear. You've got so fat I hardly knew you."

You stifle the remark that is on your tongue about her hair being a shade or two redder because-well because you're not so painfully truthful as she, but principally because you know by stuffed feeling of late you've felt there's truth in it, and your secret is out.

Then you begin on your birdseed diet and pity the poor folk who pity the early Christian martyrs who knew not what renunciation meant at all because their figures didn't figure in their martyrdom.

All of which leads up to the burning question predominant in my mail

How to slim a silhouette so it will fit into the frock the frock is fitted

Well, you can do a heap of slimming at your own home table, and to answer the numerous inquiries as to dicts I give below a few which you may use for a week, changing daily until the course is outrun, and then repeating. At any rate they give you a fine opportunity to see just how anxious you are to get back to form.

QUNDAY. One-half grapefruit, without sugar, egg poached, on thin slice graham gluten bread teasted, no butter.

gluten bread teasted, no butter.

Coffee, clear.

DINNER.
Oysters on half shell (half dozen).
Turkey or chicken, celery, radishes.
One teaspoon cramberry sauce.
Spinach.
Fruit salad: Grapes, oranges, with lemo inice. Apple.
Coffee, clear.
SUPPER.
One slice Swies cheese, mustard.
Head lettuce and cucumber salad wit vinegar, salt, and pepper.
Tea or coffee, clear.
MONDAY.

MONDAY. BREAKFAST. DREAKFAST.

Julya of one orange.

One thin crisp slice bacon.

One egg, peached.

One ellice gluten bread, no butter.

Coffee, clear.

LUNCHEON.

One up clear boullon.

Slice gluten bread, no butter.

no sugar.

Tex. clear.

DINNER.

One serving lean roast beef,

One serving lean roast beef.
Cohelaw, vinegar dressing.
The Serving plain boiled Brussels sprou
Fruit gelatin without cream or sugar.
Coffee, clear, or one-half teaspoon milk

TUESDAY.

TUESDAY.

BREAKFAST.
One-half grapefruit without sugar.
One thin silice rye bread, no butter.
One egg. poached or boled,
Coffee. clear.
DINNER.
Clear meat broth.
Cucumber and tomato saiad, vinegar
dressing.
Coffee. clear.
SUPPER.
Steamed Cysters (twelve).
Celery and radishes.
Gluten bread, no butter.
Baked pear spided, no sugar.
WEDNESDAY.
BREAKFAST.

BREAKFAST.
Three stewed prunes, without sugar,
hree ounces broiled hamburger steak,
thin slice togsted tye breads no butter
Coffee, clear,
THEORY

LUNCHEON. LUNCHEON.
One cup clear soup.
eviled egg (two) on asparagus tips
Two soda crackers.
Tea or coffee, clear.
DINNER.
One serving boiled tongue.
One serving spinach, no butter.
Endive, vinegar dressing.
Coffee, clear. THURSDAY.

BREAKFAST. towed pears or prunes without sugar One small elice toasted gluten or rye bread.
One broiled lamb chop or one small cake broiled hamburger steak.
Black, sugarless coffee.
LUNCHEON.

Black, sugariess collections of the LunchEon.

Suffed egg salad (without mayonnaise). Spinach with hard boiled or ponched egg.

Three small crackers.
Buttermilk or tea without cream or sugar.

DINNER.

One cupful vegetable soup.
One medium slice lean roast beef, chicken or brolled steak.

Celery or olives or radishes.

Stewed or boiled tematoes or boiled cabbage.

Black sugariess coffee or tea.

FRIDAY.

BREAKFAST.

BREAKFAST.
One baked apple without sugar,
flavored with lemon.
One egg, soft boiled.
One thin slice toasted gluten bread.
Coffee, clear.
LUNCHEON.
One cup clear towate soup.

One cup clear tomato soup.
Two crackers.
Lettuce and cottage cheese said dwith French dressing.
Tea or coffee, clear.
DINNER.

DINNER.
One serving broiled halibut (three inchesquare) with lemon.
Cauliflower, plain.
Cauliflower, plain.
Head lettuce, with vinegar, salt and pepper.
One small sliced orange without sugar.
Coffee, clean.
SATURDAY.

BREAKFAST.

Baked apple or stewed prunes without sugar.

One small, thin slice rye bread without butter.

Two eggs poached or soft boiled.

Unsweetened black coffee.

LUNCHEON.

Vegetable soup (chough to satisfy).

Three small crackers.

DINNER.

Brelled or roast beef, lamb or fowl.

Two vegetables (no beans, peas or potators).

One small thin slice rye bread.

Unsweetened black coffee or tea or buttermilk.

Lowe Avenue Presbyterian Ladies' Aid Society Re-Elects Officers.

The Lowe Avenue Presbyterian Ladies' Aid society met Friday afternoon at the home of Mrs. A. O. Peterson and re-elected the following officers for the ensuing year: Mrs. P. M. Conkiin, president; Mrs. J. A. McClain, vice-president; Mrs. Elmer Johnson, secretary; Mrs. C. L. Vance, treasurer.

Division leaders and their assistants, who were chosen, include Mesdames H. M. McClanahan, C. D. Hutchinson, W. W. Carmichael, L. E. Caldwell, E. T. Munroe, R. H. Baldwin, E. M. Jones, C. O. Dooley, R. U. Powers and Robert Mc-

Leaders for the young women's division will be appointed Tuesday afternoon at the home of Mrs. C. E. Lowry, 3027 Lincoln boulevard. An executive board meeting of the aid society will be held Thursday afternoon at the home of Mrs. H. M. McClanahan, 1312 North Fortieth

state to be licensed by the Metho- and the calluses, without soreness or dists of that state.



ADVERTISEMENT

"They WORK

while you sleep"

Do you feel bilious, constipated,

griping, no inconvenience.

dren love Cascarets too. 10, 25, 50

THE ancients firmly believed that travel a great deal. They have an the time of a child's birth was an unfailing indication of his nature. Persons born between March 21 understandings. They are jovial, vi-

and April 19, when the sun is in vacious and combative and abhor Aries, are earnest, intuitive, full of anything that verges on deception or determination, self-sacrificing, and secrecy. Have a keen sense of huliable to fortune and renown. They mor and sarcasm. make good leaders, scholars, and Persons born between December

Persons born between April 19 and May 20, when the sun is in Taurus, are liable to have a strong great ideals; are instigators of large will, to be courageous and generous They think a great deal of appearance, and love the good things of life. They lose their tempers easily unless given their own way. The men especially are domineering and selfish unless principles to the con-trary were instilled in youth.

Persons born between May 20 and June 21, when the sun is in Gemini, are affectionate, generous, courteous, careless in money matters, and excel in the arts and sciences. They are prouder of accomplishment than of wealth. They are nervous and unsettled, their opinions changeable and easily influenced.

Persons born between June 21 and July 22, when the sun is in Cancer, are characterized by a sympa-thetic, persistent, and strong willed nature; feelings easily hurt; love money; lazy, fond of fine clothes, selfish and jealous; lovers of home withal; fine intellects, and much executive ability.

Persons born between July 22 and

August 22, when the sun is in Leo, have much self-control, magnetism, sympathy, and generosity. They are good nurses, good cooks, and good story tellers. Their intuition often helps them escape from the consequences of their actions. They must fight against prejudice, ar-rogance, laziness and love for creature comforts.

Persons born between August 22 headachy, upset, full of cold? Take and September 22, when the sun is in Virgo, have cool, calm, orderly bearing; self possessed, and de with head clear, stomach right. bearing; self possessed, and de-pendable, excel in every thing they undertake—business, play, study, griping, no inconvenience. Chilcompetition, or effort of any kind; have remarkable memories. Make have remarkable memories. best teachers and lectures. Somewhat inclined to selfishness and self gratification, but as friends they are levoted.

Persons born between September 23 and October 23, when the sun is in Libra, have conservative, modest, retiring dispositions. They are sensitive and poetical, persistent and competent in the performance of their duties. They have great imitative ability, and it, together with their strong emotional nature makes excellent actors and actresses of

Persons born between October 23 and November 22, when the sun is in Scorpio, have a courageous, loving disposition. Have natural dignity and great persuasive ability. Make friends readily. More power over the minds of others than over their own impulses. They are aggressive and executive and naturally fitted to oversee others. They are capable of great things if they can be induced to stay at one thing long enough-but are impatient of results. They are well adapted for government

Persons born between November 22 and December 21, when the sun is in Sagittarius, are liable to have to

ADVERTISEMENT

Lift Off with Fingers



Doesn't hurt a bit! Drop a little Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fin-

gers. Truly! Mrs. A. M. Livingston, of Spring-field, Mo., recently licensed as a preacher, is the third woman in that undertakings and belong at the head of large enterprises. They are dis-posed to have things done for them. They are determined and never give Are endowed with an ease and treedom of manner that is pleasing; are great talkers and make good business men and good housekeepers.

Persons born between January 20 and Fefruary 19, when the sun is Aquarius, are broad judges of human nature and can be relied upon to estimate a person's honesty almost at first sight. They are good "mixers," lovers of public entertainments, theaters, fairs, public ceremonies, absorb information easily and from every possible source. They are clever at mimicry and see the funny side of or political pursuits.

Persons born between February 19 and March 21, the Pisces sign, have a quiet, loving disposition and make loyal friends. Honesty and purity are theirs and a lack of selfesteem which causes them to be easily deceived by others. They should guard against habits of carelessness, restlessness and inattention and the habit of scolding.

Mrs. L. Edna Hawman, who has been named on the board of directors of the new bank in Philadelphia to be run and managed by women, owned and managed for 10 years the "Dutch Kitchen," one of the University of Pennsylvania's "home'

Kid Glove Fancies.

It is truly a feminine instinct to hesitate reluctantly as you throw away the gloves that have finally reached the point where they refuse to hold together through anothen cleaning. Probably the top lefthand drawer of nearly every woman's dresser would disclose at least one odd glove of white kid living a life indolence. Why not make the

Kid gloves no longer serviceable for the hands should be cleaned, then split up the side and spread out to make the most of the material. Make a fancy motif pattern from memory of a clover or daisy or use life. Are well adapted to mercantile a small transfer design from some embroidery stamping pattern and cut out kid motifs. These may be left white and appliqued with buttonhole stitch on a background of material or painted and slipped onto stems such as come for making paper flowers.

Odd and pretty patterns may also be developed for the one who does not care for the simpler way by cutting kid crescents and stars, or rings with cut-out centers. These may be painted in orange, black, blue or red, and the result given to fancy work or smock will be "Romany" in full

While the students at the Robert college in Constantinople are Armenians, Greeks, Persians, Tartars and Turks, all the teachers are American women.

STEINWAY

The Instrument of the Immortals



To own a piano is one thingto own the instrument of the Immortals is another. The Steinway is the piano over whose keyboard Richard Wagner dreamed his visions and enriched the world. It is the voice which Liszt, Gounod, Rubinstein and their immortal fellows spoke to mankind. It is the piano of Paderewski-and the piano upon which Hofmann and Rachmaninoff are playing their way to immortally today. It is the chosen instrument of the masters and the lovers of immortal music.

We carry a complete line of these matchless instruments at all times and you are cordially invited to pay us a visit of inspection. If unable to call, write today for free catalog and prices. We accept used instruments of all makes in exchange and arrange terms of payment to suit the convenience of our patrons.

SCHMOLLER & MUELLER PIANO CO:

Exclusive Steinway Representatives for Nebraska and Western Iowa.

HEAVY CREAM FOR CATARRH Hoisting

1212 Farnam. Tel. D. 353



OPENS UP NOSTRILS

Tells How To Get Quick Relief from Head-Colds. It's Splendid! In one minute your clogged nos-

trils will open, the air passages of your head will clear and you can breathe freely. No more hawking, snuffling, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh will be gone. Geet a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing creeam in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffedup with a cold or nasty catarrh-Relief comes so quickly.

It Now Holds This Price Advantage

Essex quality quite naturally creates an expectancy of high price. Compared on every hand to costly cars, it would be strange if many did not fall into that error.

Thus actual price comparisons give Essex true value in sharp relief.

How many of the cars in the Essex price range do you ever embrace in the same thought with it in regard to fineness, ability and distinction?

And do not the cars that you consider in the Essex quality class invariably cost hundreds of dollars more?

In reaching a standard by which to understand Essex values you must consider such price contrasts, as well as facts bearing on ability and dependence. Such examination will convince you also of the unusual value the Essex repre-

'GUY L'SMITH

SERVICE FIRST

2563-5-7 FARNAM ST. OMAHA, U.S.A. PHONE DOUGLAS 1970

S. E. COR. 16th & JACKSON STS.



ChePrice Slasher says GoingDown The PRICE SLASHER To the Extreme Limit of Value Giving for This

Price Revision Sale

HIS sale is the result of the urgent need of stimulating the movement of merchandise in general, as well as clearing our floors for spring, and holds for you the year's greatest values in furniture.

O SUM it up, Lower Prices are what you have been looking for-and what you must have-and they are here on guaranteed, dependable furniture for every room in your home, and on the most liberal terms.



Pathe Records With Three Sides Have Arrived for "Pathe Week"

Impossible!! You say? Not so-there's a secret. Come and see them during Pathe Week, you will be delighted with this NEW kind of record.

Pathe's Greatest Sensation Is



The Actuelle

This Phonograph is as true to life as the artist, doing away with the old-fashioned tone arm and tone chamber found on presentday Phonographs.

SAVE \$40.00

A Model 7 Pathe (as pictured) formerly \$125.00, and \$25.00 worth of Records—a regular \$150.00 outfit, now only \$110.00.

A Pathe Phonograph Given Away Next Friday



in beautifully polished mahog-any finish with large top and big drawer in the "Price Revision" Sale is \$15.95



Stately Buffet in heavy quartered oak with roomy top, large French plate mirror, drawer lined for silver and linen \$39.50 compart-



Handsome Dresser, built of fine walnut with spacious top, a large French plate mirror and four roomy draw-\$49.50



Queen Anne Dining Table of genuine American walnut with 54-inch extension top, reduced \$69.50 in this sale



Simmons Combination Bed in

white enamel finish with heavy, continuous posts and large fill-

ers with a Simmons, high riser, link fabric spring; the complete

\$18.75

Full Size Slat Bed in nicely finished walnut with securely locked corners in this "Price Revision" Sale \$19.75



Slat Back Oak Rocker in beau-tiful golden finish with com-fortable saddle seat and well this sale......\$4.25 braced arms; in



Puts this time and labor saving HOOSIER Kitchen Cabinet in your home. It gives you extra time to do the things you want

The Home of Home Outfits

Young couples can

buy in this "Price Revision" Sale with the assurance that prices now wer, than they will be ater on. And, as always, you make your own terms.

THREE-Room Outfits \$199 FOUR-Room Outfits \$275 FIVE-Room Outfits \$345



Glass Egg Beater, 9c An ideal Egg Beater or Cream Whip, made of heavy glass, that will last for years. Aluminum Percolators at \$1.25 Good Brooms are 31c Electric Irons.....\$3.95 Whisk Brooms at17c Long Handle Dust Pans ... 25c Splint Clothes Hamper at \$1.69 Glass Berry Bowls29c Carpet Sweepers\$1.29 Aluminum Tea Kettles at \$2.09 Boxed Stationery21c Step Ladder Chairs \$1.95 Galvanized Water Pails ... 41c