

What to Eat At Fifty

By LORETTO C. LYNCH.

The celebrated Sir Henry Thompson said at one time: "I have come to the conclusion that more than half the disease which embitters the middle and latter part of life is due to avoidable errors in diet, and that more mischief in the form of actual disease, of impaired vigor and of shortened life accrues to civilized man in England, and throughout central Europe from erroneous habits of eating than from the habitual use of alcoholic drink, considerable as I know that evil to be."

Since many men and women of means are almost as bad as too much, special thought should be given to the preparation of the food for these older people. But what should one serve to folks past 50?

Better start with small portions, increasing reluctantly, as too much food is almost as bad as too little, considering the weakened powers of digestion and elimination.

In her very valuable work, "Feeding the Family," Mary Schwartz Rose gives a day's plan for an elderly person. It follows:

Breakfast.
Soft, sweet fruit or mild, diluted fruit juice (grape, pineapple or apple).
Well-cooked cereal with thin cream and a little sugar.
Toast or zwieback with butter.
Bacon or soft-cooked eggs.
Tea or coffee with cream and sugar.

Lunch.
Cream soup.
Fish or oysters, cheese soufflé or fondue.
Rice or baked or fried potato.
Toast or zwieback with butter.
Stewed fruit or fruit jelly with gelatin or tapioca.

Dinner.
Chicken or lamb chops or broiled beef balls.
Riced or baked or mashed potato.
One other vegetable (soft enough to mash with a fork).
Custard or cereal pudding or gelatin dessert.
Tea or coffee with cream and sugar.

It might be well to paste this little plan somewhere in a notebook and refer to it when planning meals. There is nothing in this diet that might not be taken by members of the family of every age, except, of course, tea and coffee, which is not for children.

Where there are children and old folks in the same family the diet should be planned to suit the majority.

So let us think a little more about the food to be served to folks getting on in years. And if you feel that considering the food problem in your family seriously is rather a useless job, read over again the quotation at the beginning of this article. But in any event, give a little special attention to the older folks for a while. We owe them much. From them we can learn much.

Social Etiquette At Dinners

Ward McAllister, the authority on the manners of fashionable wealthy New York society a generation ago, felt particularly convinced of the sacredness of a dinner engagement.

"A dinner invitation once accepted is a sacred obligation," he said. "If you die before the dinner takes place your executor must attend the dinner." And then, lest his little joke might have been too keen for his reader, he adds that the last remark is only to be taken in a figurative sense.

One thing that should be remembered in connection with the sacredness of a dinner invitation is that the guest should always be present promptly at the time stated by the hostess, who usually, to be on the safe side, sets a time 10 or 15 minutes in advance of the time that she plans to have the dinner served. Thus, if she planned to have dinner served at a quarter of 7 she would invite her guests for 6:30. A guest should never take advantage of a probable leeway, however, and should be present as promptly at the time as if he were quite sure dinner was to begin at that time. A dinner guest should never arrive more than five or 10 minutes in advance of the hour for which he is invited.

It is not considered a necessary part of hospitality to delay dinner for a tardy guest for more than 10 or 15 minutes. Possibly if the delayed person were the guest of honor for whom the dinner was given a hostess would wait longer than this, though no one would have the slightest reason to feel offense if a dinner progressed without him when he failed to be present at the time set. The story is told of a tactful English hostess who, seeing that one of her distinguished guests had arrived late for dinner, gave the cue for two members of her own family to leave the house quietly and enter a few minutes after the arrival of the distinguished guest. This she did so that the late arrival might not be embarrassed with the thought that the dinner had been kept waiting on his account. Usually, however, a hostess will not have presence of mind enough or tact enough to smooth over your blunders in that way. So, to avoid embarrassment, always arrive in time.

The A B C of Laundry Knowledge

The more pains that are taken in drying the clothes the less pains will have to be taken in ironing them. If they are hung straight and folded and stretched carefully when taking them from the line much time can be saved when times comes to iron. Clothes placed in the clothes basket any old way become wrinkled and take much longer to iron than those folded with some care.

Starched clothes should be dried and dampened for ironing at once. They should not be allowed to remain dry long before dampening and rolling up.

White cotton or linen clothes become whiter when dried in strong sunlight. Woolens become yellow when exposed to direct sunlight.

Much time is saved in washing if clothes are soaked. Cold or barely warm water should be used for this. The soaking opens the fiber of the fabric and makes it give up the soil quickly.

FASHION'S BLUE BOOK



By CORINNE LOWE.

New York.—(Special correspondence.)—When summer is the employer, organdy never forgets to punch the time clock. It's always present, and O, the things it finds to do! In today's costume of corn colored chambray its services, although not spectacular, are thoroughly efficient, for it forms the collar and cuffs and pipes the skirt pockets and the hem of the blouse. In prompt return for this the yellow chambray pipes the white collar and cuffs. As to the frocks made of organdy, never were there more delightful. One of the most elaborate models from Paris, for example, shows a skirt embroidered with silver thread. And if you want something really charming get yourself one of the new organdy frocks with the new taffeta and redingote of contrasting tint.

Fruit Butter

Springtime often finds the housekeeper's supply of jelly and jams in a depleted condition. When this is the case, peach butter made from canned and dried peaches may well come to the aid.

The following recipe recommended by the United States Department of Agriculture food specialists is delicious:

To each 4 pounds of dried peaches use 2 quarts of canned peaches. Soak the dried peaches in water several hours and cook until tender. Add the canned peaches and rub the pulp through a colander or wire sieve. Stir 2½ pounds of sugar into this pulp and cook slowly, stirring often, for two hours, or until of the right thickness. Pack while hot and sterilize like peach butter.

Use a piece of candle instead of a cork in your glue bottle. It will not stick and the glue will not become so dry.

Bag for Each Costume

The thing to do nowadays is to have a handbag of some sort for every costume. And, furthermore, the thing to do is to make that bag yourself.

At least that is what many smart women are doing. The little bags they make are difficult of accomplishment, and they have the distinction of being really unusual, really individual. That is always one advantage the "home made" product has over the one made away from home, be it fudge or lamp shades, frocks or garbets.

Home Productions.
There are enough disadvantages in most home-made things, as everybody knows, so it is just as well that there are some advantages. But in these little bags the disadvantages are negligible. The advantages are everywhere.

One especially smart woman recently made a little handbag for herself to wear with a beige costume. It was made of the same beige-colored material as the frock. On it she outlined tiny farmyard animals, little pigs and ducks and dogs, and she outlined them in little pink beads. The effect gained really with a minimum of work gave a delightful impression.

Bead Outlines.
And, by the way, it is the thing now to outline the design in beads rather than to work the beads solid, as we have done for so very, very long. The outlining process, of course, uses less beads and less labor. But that is not the point. The point is that the thing is considered smart.

Another original bag devised by a girl who was a golf enthusiast was made with a little Scotch golfer worked on it, and with clubs and balls surrounding him. This, too, turned out to be extremely effective.

It gave rise to a good many other bags made to fit different people's hobbies—gift bags, some of them, much appreciated, too.

Originality and Economy.
There are many other less original bags made to go with different frocks—made of the trimming fabric of the frock, or of the body fabric cleverly trimmed in the same manner as the frock. They are usually just pulled up on drawstrings, which is far easier than fitting them into frames. Sometimes the tops are cut in battlemented effect and edged with a piping or with tiny beads sewed on securely.

Holes in Walls

Have you a hole in some wall? Or a corner which has been carelessly jammed by furniture or trunk and the plaster has been marred—if so it can be made far more sightly by very little labor. Get some plaster of paris, and when moistening it do so with a saturated solution of borax. This solution added one part to 12 parts of water will prevent hardening taking place before the mending has been accomplished.

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Do's and Don'ts For Travelers

There was a time, unfortunately, when the American traveler in Europe was known as a rather hump-topped sort of person who went about bragging of the perfection of his own land and poking fun at the habits and customs peculiar to the foreign lands in which he journeyed. Of late years we have become far more cosmopolitan, as a race, and therefore we have made better travelers.

Now, there is no place on earth where our good—or bad—manners are so obvious as they are when we are traveling. And we have it in our power, by showing kindly manners and good breeding, to make our fellow travelers comfortable, just as

we can, by bad manners, make them uncomfortable to the point of unhappiness. Here are some reminders to help you make travel pleasant, not only for those about you but for yourself. For, of course, the courteous traveler enjoys his journey far more than the rude or thoughtless one.

To begin with, don't believe that your ticket entitles you to more than your own seat. If you are fortunate enough to travel in a car that is not crowded take all the room you want—until you see that others need it. If you buy a seat in a parlor car remember that it entitles you only to your own seat and be especially careful not to monopolize more than your own seat.

If you are traveling at night consult the pleasure of your seat companions, who have either the upper or lower berth, as to the time of

having the berths made up. Don't insist on having the lower berth, if that is yours, made up at 8 o'clock, when perhaps those in the upper berth do not wish to go to sleep till 9:30.

In the morning don't lie abed. Remember that the person in the other berth in your section must either find another seat or else stand in the aisle until you get up and the section can be put to rights.

If you are in an upper berth be sure to secure all your possessions so that they will not tumble down into the aisle.

Don't complain at the prices charged in the dining car. They are high nowadays. But that is not the fault of the waiter or of the man in charge of the dining car. You are privileged, you know, to carry your lunch if you cannot afford to pay the required prices.

Freshening Rolls

Frequently muffins, gems, corn-bread, bran bread, etc., are a part of the evening dinner and seldom are all eaten during the evening meal, some being left over.

The question comes to the conscientious housewife: "How can I serve them again in their original freshness?"

It can be easily done. Grease a piece of brown paper, using plenty of grease. Wrap in it the muffins, bread, etc. Place in hot oven for 10 or 15 minutes, unwrap, serve, and, if you did not know, you would think they were just baked.

Mrs. Margaret S. Gray, superintendent of the bureau of recreation in Pittsburgh, is the first woman to hold a city position in the Smoky City.

DECIDEDLY INTERESTING

are the Furniture Values Offered at the Greater Bowen Store This Week

If you have decided on refurnishing your living room, dining room, bedroom, or only wish to add an extra piece of furniture to the home you will find extra good offerings at the H. R. Bowen Co. this week.

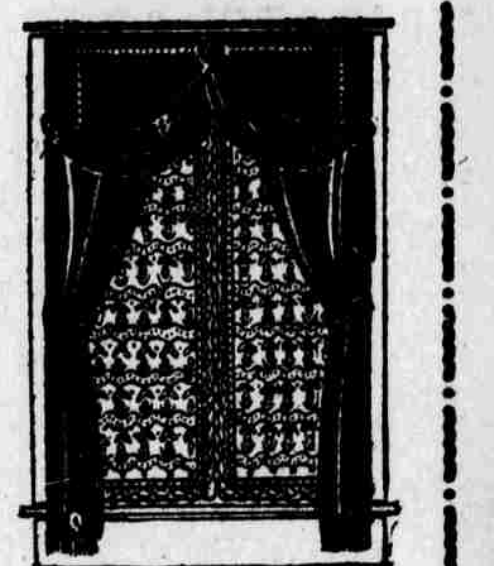
Queen Anne Dining Room Suite



in genuine walnut, consisting of nine highly finished and polished pieces, offered at Bowen's astonishingly low price.

Former Price	Bowen's Price	Former Price	Bowen's Price
\$150—54-inch Table, at	\$77.50	\$115 Large China Cabinet	\$57.50
\$145—60-inch Buffet, at	\$72.50	\$27.50 Diners with genuine leather seats, each	\$13.00
		\$35.00 Host Chair with genuine leather seat	\$17.00

Drapery Fabrics



After all, it's the home where one finds the greatest comfort and the best entertainment, therefore it is quite natural one wants the interior to be as inviting and pleasant as possible.

Properly Designed and Made Draperies

at the windows lend much to the decorative appearance of the rooms—ofttimes in fact draperies are the one thing necessary to complete a room's furnishings.

Made-to-Order Draperies

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Cretonne Overdrapes

with Valance, ready to hang, 2 yds. long. Dozens of pretty patterns. Per pair, only—
\$2.95 and \$3.95

Cretonnes

Many select patterns of Cretonnes for aprons and laundry bags, at, per yard—
59c, 65c and 75c

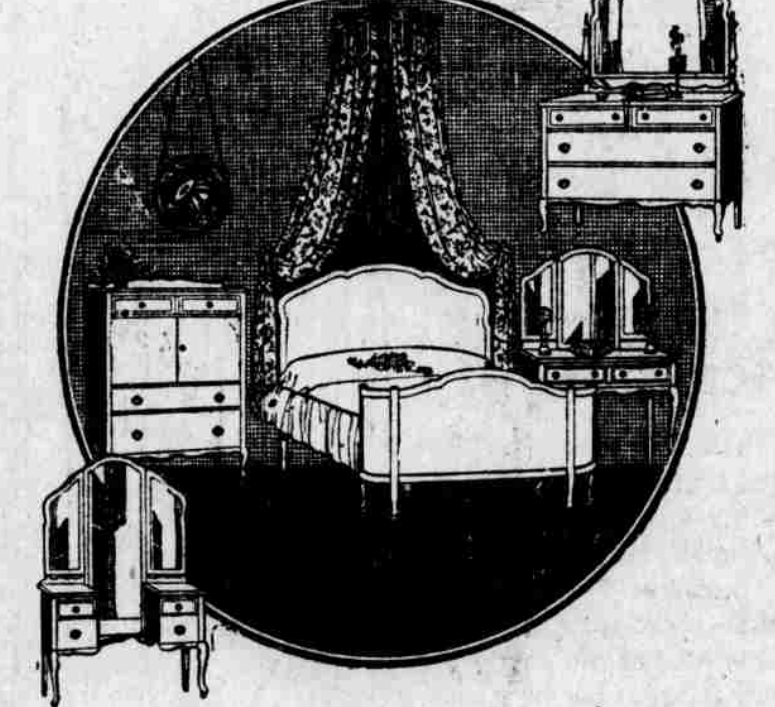
Cretonne Bed Sets

Very pretty Bed Sets, full size with scalloped edges and cut corners, trimmed with edging to match, at—
\$9.75, \$12.50 and \$17.50 each

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Three-Piece Duofold Suites

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