Sunday as a Day of Rest

By Loretto C. Lynch The other day I called on a sincere old gentleman who is working very hard for what is termed the "Blue Sunday." He told me he believed everyone should observe Sun-He believed that folks who work hard six days a week should in the interest of health, if for no other reason, have the seventh day upon which to rest. He was the speaker, I the listener. But he interrupted himself about 2 in the afternoon to inquire of his wife if dinner was ready. There was some sort of a feeble reply from the kitchen. Then said the man: "It's takin' her all fired long to bring on the dinner to-day-been at it, too, since 9 this morning."

I waited, anxious to hear him denounce the lady who had been working in the kitchen from 9 in the morning on "the day of REST' and waited-but there wasn't even a murmur in this direction.

The dinner was a delight. We began with iced grapefruit and went through all the courses of the conventional dinner from soup to nuts. "You've quite a party dinner to-I suggested, knowing that I

had dropped in upon these folks un-expectedly and that no special preparation had been made for me.
"No, indeed: this is our regular Sunday dinner-bout the same every Sunday. Pa just has to have a course

dinner on Sunday." It would not have been polite to say anything at the time, but who could help think, about the consistency, or rather the inconsistency, of such a situation? Here was a man who worked hard for the observance of the day of rest by the OTHER fellow and then insisted on having a course dinner prepared by his own wife when he realized full well that it meant hours of work in preparation and in cleaning up.

Yet in the average workaday American family Sunday is often the only day when all meet to gether around the family board to exchange the gossip of each one's small world. Then, must the mother work all day to provide the Sunday dinner? Must she be busy in the kitchen cooking or cleaning up, while everybody else in the family sits restfully about and reads the Sunday newspaper, or

plays a quiet game, or takes a nap? The answer depends largely upon the woman herself. She must elimi-nate elaboration. She must carefully plan. She must manage to carry out her plan. The observing woman will soon be

able to gauge the appetites of each member of the family and will come pretty near to putting the required amount of food on the plate. A salad or a dessert and a drink will omplete this dinner with a minimum of dishes to be washed, and mother will be able to enjoy the meal with

the family. "Why, my family would not eat meat that had been cooked the day before and then just reheated," said in indignant woman to me when I suggested that she more than half roast the beef on Saturday and fin-Ish the cooking just before serving time on Sunday. Yet both her husmembers and frequently attended and any high school girl who chef at one hotel told me that at one of these banquets, where more than 250 turkeys were served, they had been almost cooked the day before and the cooking was completed just

before serving hour. Plan a simple meal for Sunday. Only have desserts and other foods that will be good if they are made the day before and stand in the refrigerator over night.

If the housewife cannot have day of complete rest, at least she should plan to do as little work as should plan to do as little work as an author some fine day and write up the place."

Vegetable Omelets.

A baked vegetable omelet or souffle is a good way to combine eggs and vegetables. If made with the green-shelled peas, beans, soy beans or cow peas, it may be served in place of meat. The following general recipe for making these appetiz-ing spring dishes is given by food specialists in the United States Department of Agriculture:

A thick sauce made with 1-4 cup fat, 1-4 cup flour and 1 cup liquid, which may be milk (whole or skim), cream, meat stock or the water in which vegetables have been cooked One cup thick vegetable pulp made by draining cooked vegetables and then mashing them or putting

them through a sieve.

Three eggs, the whites and yolks beaten separately.

Flavoring: Salt, pepper, onion juice and any one of the following may be used: Very finely chopped parsley, chives or ham, or 1-8 teaspoon curry powder. Bacon used in

making the sauce gives a good flavor.

Mix the vegetable pulp, seasoning,
sauce and well-beaten egg yolks.

Carefully fold in the well-beaten
whites of the eggs, put into a buttered baking dish and bake in a slow
oven until firm.

Mrs. Katherine Conklin, of Jersey City, N. J., claims to be the only woman train caller in the United States. She stands upon the platform in one of the subway stations and announces the arrival of more than 100 trains a day.

Neat, easy to read labels on canned goods are a great conven-

Years ago a girl in an open boat called to her captain on the bridge of his big liner. But he pretended not to hear.

The Other Shoe By John Fleming Wilson



The BLUE RIBBON story in

The Bee Sunday

Engagement Announced



Professor Theodore Rud Reese an- | Marshall Dillon and Mrs. J. A.

nounces the engagement of his daughter, Miss Elsie Reese, to Floyd E. Davison, son of J. R. Davison of Hutchinson, Kan.

The marriage of Miss Reese will not take place until her return from abroad. With her father she will leave Omaha May 23 soiling for leave Omaha May 23, sailing for Europe June 4. Miss Reese will be gone a year. She will study voice and piano at the conservatory of Berlin and also at Liepsig. Miss Reese appeared recently in the Mikado, presented by the Omaha Opera association. She has been a violin student of Henry Cox. Among the hostesses who have entertained for Miss Reese are Mrs.

Student Club Encampment.

The Student club encampment at Camp Brewster will be held from the afternoon of Friday, May 27, to the evening of Monday, May 30. Games, stunts, a treasure hunt, swimming, dancing, songs around the campfire and all kinds of good 'eats" are among the attractions. Camp Brewster will be turned over to the girls for this week-end,

invited to come For further information ask any student club member from any of the high schools of the city, or phone Mrs. Margaret B. Richardson, girls' work secretary at the central Y. W. C. A., Douglas 1248.

Eye on Future. "You seem to keep on friendly terms with all the children." "It's the best thing to do when you live in a small town. One of

Women prominent in business and professional lines in Cincinnati have formed an organization to fight the passage in the legislature of the Schrimper bill, which provides for a minimum wage for women and

China now has a woman clerk in he National Assembly-the first in the history of the empire. She has beeen assigned to the work of publishing the Parliamentary Record.

Extra Fancy String Beans,

Good, Cheap Dinner. The following is a weekly cheap

dinner and my family like it, too: Pound a flank steak with a knife and work flour into it; salt well and brown a little on both sides. Cut up potatoes over the steak and add little water and a dash of garlic. Cover the skillet tight and let simmer for an hour.

Bar to Romance. Short skirts are taking the

romance out of life for young girls. They now have nothing to look had so many heart aches and disapforward to in that dress transition time that formerly marked the age when they quit being little girls and became young women. In the old days before all of the girl's life was when she would wear her first long dress. It was parallel to the small boy becoming a young man when he put on his first long trousers. This glorious to go.

I the box would friend's house in another state to make my home. There is a young man there whom I used to go with, and my friend here does not want me to go.

I. C.

But aside from the dropping of her "pig tails" and the addition of a powder puff there is no new era for her as life develops.

Problems That Perplex

Answered by BEATRICE · FAIRFAX

Home or Husband? girl 19 years old. I am alone in this world, or at least might as well be, for my home is away from here. I have been going with a young man for about four months. When I first met him I did not even consider married life for at least two years. But in the last few months I have

pointments that I long for a real home. I love this young man and he loves me. He makes enough money so that we could have a nice little home. But he says he will not get married until he has a different posigentler sex wore short skirts one of the most anticipated days in a she has an honorable position. I girl's life was when she would have a chance to go away to a

moment survives to the boy, but is denied to the girl. She has nothing for me to say whether you should to plan for the time when she "gets big." She is wearing short dresses is not overly anxious to marry just now and she will be wearing them yet, and you, too, may be wanting a short when she reaches young not quite enough. You must be sure womanhood.

Iron colored linen on the wrong



This new style package is a can to be returned when empty-just like a milk

When you buy Iten's Graham Crackers in returnable Half Cans you pay only for the crackers, but deposit 50 cents with your grocer to cover the cost of the can. When the can is empty you can exchange it for a full one, paying only for the crackers, or you can return it and get your

Iten's Grahams are certainly mighty fine eating in spring and summer with milk or cream, or half-and-half.

G-o-o-d morning, noon or night.

Your grocer has the new Half Can of Iten's Grahams-or can get it for you quickly.

Handy-convenient-always ready.

Iten's Grahams The Snow White Way Iten's Grahams

Ink Stains.

georgette waist with success: Place the article in strong sun light, covering the stain with lemon juice and rubbing common salt into the stain with the lemon juice every Dear Miss Fairfax: I am a young once in a while until the stain has

have been successful.

This has been tried on the finest

Conversational Ammunition. "Do you suppose there is any truth in those awful things they are saying about Mrs. Hoozis?" asked the lady who was pouring tea.
"Probably not," admitted admitted her guest. "but aren't they just thrilling for anything?"

It is claimed that not more than 10 per cent of the Franco-American marriages contracted during the war

Specials for Saturday MEAT DEPARTMENT

GROCERY DEPARTMENT Home Dressed Young Roasting Chick- Our No. 8 Coffee, 3 lbs. for \$1.00 Lean Pork Loin Roast, per lb 19 4c Pet Milk, 3 small cans, for 19c Fresh Spareribs, per lb9%c Large Gold Dust, per pkg......29c Best Pure Lard, 2 lbs. for 25c Nomis Fruit, all kinds, No. 3 cans, special, per doz......\$3.25
Snowdrift, special, 1-lb. can......15c Choice Steer Rump Roast, per lb. 17%c Choice Steer Pot Roast, per lb...12½c Extra Fancy Porterhouse Steak, per lb. 29c Snowdrift, special, 2-lb. can....29c Snowdrift, special, 4-lb. can ... 58c Young Veal Chops, per lb 20c Palmelive Soap, 4 bars 31c

We Have a Full and Complete Line of Fruits and Vegetables at the Lowest Prices.

Washington Market



Jackson 3940-\$5 Orders Delivered to Any Part of City

Join the Crowds of Enthusiastic Shoppers That Will Respond Saturday to These

CARNATION MILK, PER CAN

PURE CANE SUGAR, 13 LBS. FOR

Electric Spark Soap, 10 bars 47c Light, 10-lb, pails63c Farrell's Wedding Breakfast Big 4 Naptna Soap, 10 bars.63c Corn, Peas, Tomatoes, 6 cans Dark, 10-lb. pails......53c

Nomis Canned Fruits, can. . 250 Per dozen ------\$2.90 Del Monte Fruits, 3 cans. \$1.00 Per dozen\$3.90

Table Supply Quality Meats

Young Roasting Chickens, per lb221/2
Pork Loin Roast, per lb
Pot Roast, per 1b
Boiling Beef, per lb
No. 1 Rib Roast, per lb
Round Steak, per lb
Shoulder Steak, per lb
Veal Roast, per lb
Veal Stew, per lb
Hindquarters Spring Lamb250
Forequarters Spring Lamb

Candy Specials for Saturday

Lyon's Chocolate Covered Glace Fruit, \$2.00 value,

Butter and Cheese

Fresh Vegetables Asparagus, home grown, 4 bunches

Coffee and Tea

Ortman's Bakery Products

We SKINNERS The Highest Grade Macaroni Angle Food Cake......30c Sell SKINNERS Egg Noodles, Spaghetti and Butter Rolls, doz.20c other Macaroni Products Bread Rolls, doz.12c

Bee Want Ads-Best Results Sunday Special

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by Usini



would stop that itching.
No matter how severe or
stubborn the trouble, unless it is due to some internal disorder. Resinol
Ointment usually clears it
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Come Once and You Will Come Always



1608-10-12 Harney St. Douglas 1796

Extra Fancy Leaf Lettuce, doz.,

After you once enjoy the satisfaction of shopping at the Central Market you don't care to go anywhere else-because there is no element of chance in buying at the Central Market. You are certain of the better values, the efficient service and the wholesomeness and purity of the food you buy here.

COME ONCE AND YOU WILL COME ALWAYS

Fancy Fresh Dressed Young	Hens, per lb	32½¢
Young Mutton Shoulders, per lb12% &	Steer Pot Roast, per lb	Prime Rolled Rib Roast, per lb
Best Cuts Steer Shoulder Roast, per lb15¢	Steer Shoulder Steak, per lb	Pig Pork Roast, per lb
Fancy Fresh Dressed Milk-Fed Broilers, per lb60¢	Fancy Young Veal Roast, per lb 1746	Fancy Young Veal Breast, per lb12%
Tall cans Carnation Milk, per can124¢	48-lb. sack Climax Flour at\$1.95	Advo Extra Sifted Peas, 3 cans70¢
J. M. Assorted Fruits in heavy syrup, can, 23¢; doz 82.75	Sunkist Assorted Fruits in heavy syrup, can, 25¢; doz. \$2.95	Large cans Fancy Ripe Olives29¢
Monarch Maine Corn, can, 25¢; 3 cans65¢	Large cans Del Monte Asparagus at 35¢; 3 cans\$1.00	Waldorf Toilet Paper, reg. 15c roll, each, 10¢; doz. \$1.00
Central Special Coffee, 3½ lbs98¢	Golden Santos Coffee, per lb 2246	The state of the s
McCombs' Home-Made 70c Choc	olates59¢ 70c Satin Finish	ned Candies59¢
Iten's Returnable Half Can Graham Crackers \$1.75	Assorted Cookies, per lb25¢	Iten's Delicious Fig Bars, per lb
Angel Food Cake, each30¢	Butter Rolls, doz20¢	Bread Rolls, doz12¢
Cloverbloom Creamery Pkg. Butter, per lb 34¢ Guaranteed Strictly Fresh Eggs, doz 22½¢	We Sell SKINNER'S the highest grade Macaroni, Sparketti, Egg Noodles and	Country Creamery Pkg. Butter, per lb

Spaghetti, Egg Noodles and

other Macaroni Products.

Pay your Telephone and Electric Light bills at pay station in our store.

Mail in your orders. Shipments made same day as order received

The food Centers BETTER THINGS TO EA

5 March Marc

1814-16-18 FARNAM STREET

Phone Atlantic 4603 We deliver to any part of the city orders of \$5 or more

Saturday's Smashing Specials on Food Stuffs

Here's another vivid demonstration of the wisdom of concentrating all your buying of Foodstuffs at Omaha's largest, finest, most sanitary market. It's a delight to shop here, and the money savings to be enjoyed make it doubly so.

From the Meat Section

POULTRY HEADQUARTERS

Finest select Chickens, secured by our country buyers direct from the farmer. Dressed in our own store.

Fresh Dressed Roasting Chickens, per lb ... 221/2¢ Fresh Dressed Young Hens, per lb......321/20 Fresh Dressed Young Spring Frys, each....65¢

Pig Pork Loins, lb	1/2¢
Prime Rib Roast Rolled, lb	
Porter House Steak, lb	Oc
Fresh Spare Ribs, lb	0e
Shoulder Pot Roast, lb	1/2¢
Steer Shoulder Steak, lb	
Fancy Veal Roast, lb	/2¢
Veal Stew, lb	
Lean Breakfast Bacon, lb	
Sugar Cured Small Skinned Hams, lb	5¢
Pure Rendered Lard, lb	/2¢

Grocery Specials

10 lbs. Granulated Sugar, the best obtain-

48-lb. Sack Gooch Best Flour\$2.15

One lb. best bulk Cocoa FREE with 3 lbs. Food Carnation, Pet, Kamo, Dundee, Elkhorn Milk, extra special large can121/2¢ 5 tie Fancy Parker Brooms......39¢ 5 lbs. Hand Picked Navy Beans......24c

Full Quart Jars Old Monk Selected Queen Olives,

Rogers' Candy Specials Toasted Marshmellows, box 29¢ Campfire Marshmellows, box 19¢

Cigars the Door Cigars 20c Mozart, 15c; box of 25 for. \$3.25 15c Mozart, 11c; box of 50 for. \$4.85 of 50 for\$3.75

We Sell SKINNER'S

the highest grade Macarons, Spaghetti, Egg Noodles and other Macaroni Products

Headquarters for **Dairy Products**

Thomsen's Dairy Maid Fancy Creamery Butter, lb.......33¢ Fancy Tub Butter, lb 32¢ Wisconsin Full Cream Cheese, per lb.20¢ Wisconsin Full Cream Nippy Brick, per lb.20¢ Creamed Cottage Cheese, per 1b. 20¢ Best Drinking Buttermilk in the city, glass, 5¢; quart..... 10¢ Strictly Fresh Eggs, doz 23¢ Full and complete line of all fancy package cheese found on our counters at all times.

Fruits and Vegetables Radishes, 3 bunches for5¢

Rhubarb, 3 bunches for 10¢ Home Grown Spinach, peck 20¢ Fancy California Tomatoes, 100 size Sunkist Sweet Oranges, dozen57¢ Winesap, best eating Apples, Ortman's Bakery Products

Angel Food Cake30c Butter Rolls, dozen......20c Bread Rolls. dozen......12c