

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 Sunday. 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 taken 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 I 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-day," I suggested, knowing that I had dropped in upon these folks unexpectedly and that no special preparation had been made for me.

"No, indeed; this is our regular Sunday dinner—about 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 eliminate 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 complete 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 reheated," said an indignant woman to me when I suggested that she more than half roast the beef on Saturday and finish the cooking just before serving time on Sunday. Yet both her husband and her sons were active club members and frequently attended club banquets at local hotels. The chef at one hotel told me that on 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 a day of complete rest, at least she should plan to do as little work as possible on the day the other folks rest.

Vegetable Omelets.
A baked vegetable omelet or soufflé 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 appetizing 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 asparagus, 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 convenience.

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



Elsie Reese

Professor Theodore Rud Reese announces the engagement of his daughter, Miss Elsie Reese, to Floyd E. Davison, son of J. R. Davison of Hutchinson, Kan. The Concordia Singing club will give a party for Miss Reese Monday evening prior to her departure.

Marshall Dillon and Mrs. J. A. Flynn. Mrs. E. A. Reese gave a dinner Friday evening and Mrs. Val J. Peter a party Saturday night in her honor. The Concordia Singing club will give a party for Miss Reese Monday evening prior to her departure.

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 "cats" are among the attractions.

Camp Brewster will be turned over to the girls for this week-end, and any high school girl who wishes to enjoy the good times is 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 the kids is almost sure to turn out an author some fine day and write up the place."

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 children.

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

Come Once and You Will Come Always

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 lb. 12½¢
Best Cuts Steer Shoulder Roast, per lb. 15¢
Fancy Fresh Dressed Milk-Fed Broilers, per lb. 60¢

Tall cans Carnation Milk, per can 12½¢
J. M. Assorted Fruits in heavy syrup, can, 23¢; doz. \$2.75
Monarch Maine Corn, can, 25¢; 3 cans. 65¢
Central Special Coffee, 3½ lbs. 98¢
McCombs' Home-Made 70c Chocolates. 59¢ | 70c Satin Finished Candies. 59¢

Iten's Returnable Half Can Graham Crackers. \$1.75
Angel Food Cake, each 30¢
Cloverbloom Creamery Pkg. Butter, per lb. 34¢
Guaranteed Strictly Fresh Eggs, doz. 22½¢
Extra Fancy String Beans, per lb. 20¢

Assorted Cookies, per lb. 25¢
Butter Rolls, doz. 20¢
We Sell SKINNER'S the highest grade Macaroni, Spaghetti, Egg Noodles and other Macaroni Products.

Country Creamery Pkg. Butter, per lb. 32½¢
Extra Fancy Home-Grown Spinach, peck 20¢
Extra Fancy Leaf Lettuce, doz. 40¢; 3 bunches 10¢

Resinol
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 away in a reasonable time. Try it today. At all drug stores.

Supply Your Needs by Using Bee Want Ads—Best Results

BISQUE' Sunday Special
Something different is Bisque' Caramel Cream, with macarons; a most delicious special. A trial will prove this.

Delicia ICE CREAM
THE PERFECT
YOUR DEALER CAN SUPPLY YOU
The Fairmont Creamery Co.

Central Market
Everything for the Table
1608-10-12 Harney St. Douglas 1796

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Now, dear, it would be pretty hard for me to say whether you should marry the man or not. I suspect he is not every anxious to marry just yet, and you, too, may be wanting a home more than a husband, which is not quite enough. You must be sure you love the man, and that he loves you, too.

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