### She Could Do Better, They Declare

By BEATRICE FAIRFAX. A little while ago a lawyer wrote me concerning a problem with which some friends had come to

The daughter of the house, whom we might as well call "Ruth," is 19. She has fallen in love with a man twice her age. He is a widower, with two little girls, one of whom is only 7 years younger than the girls have the same than the girls with the same than the same th the girl he wants to make his wife. Ruth's family have the highest regard for the man as a man. But the combination of his years and his family make them inclined to think Ruth ought to do better.

Needless to say, the widower's circumstances are modest. He can give Ruth love and a home, but it will be the simplest sort of dwell-ing, where the woman of the family does her own work. Ruth loves her -let's call him Peter. The two of them are happy together. They are congenial, and her somewhat ad-vanced ideas and mature develop-ment make her older than her years, while the man is younger than his, Peter is stable, loyal and devoted. Ruth loves not only him, but his

daughters, who in turn adore her. Stated thus simply, what obstacle to happiness suggests itself? Ruth's people say frankly enough that they "haven't a thing against" Peter. But—they think she ought

to do better. I wonder what "doing better" means? Does it mean that Ruth must marry some one nearer her own age? Perhaps she could find a boy of 23 or 24 who promised well. But as he grew older and his character molded itself into more definite form-what proof is there that he wouldn't turn out to be the last type in the world to make Ruth

She might marry a rich man who'd neglect her for selfish pleasures. She might marry a man with brilliant prospects that came to nothing. She might marry a man who didn't have the handicap of two little children— and who didn't love children.

We can go on multiplying pos sibilities-absurd and otherwise-in-

Life is largely a matter of taking chances. Written guarantees don't go with marriages. But given a man of stability and character, who loves and is loved, who has proven his dependability and who answers the needs of a woman's heart and mind -why under the sun should her family go about looking for some-one who can give her more? That "more" may mean a great deal to the girl's family-and nothing to

Which of us can tell someone else what that someone clse will find satisfactory? We can prophesy the chances for shipwreck if two who know nothing about sailing so out in a catboat. We can state that, given a choice of circumstances, Group A. looks better than Group

But at best that's only opinion. When a silly girl is infatuated with an unworthy man, then comifler are invaluable. When anyone is in the grip of a wild emotion, a little sanity may be useful. But when a girl knows and admires a man for his stability, and congeniality, when there isn't a thing against him but a few worldly considerations which are weighed down by character and other good points-why look

Many a lonely old maid can trace. her state to a critical family's feel-ing that she ought to "do better."

### Broths for the Invalid

By LORETTO C. LYNCH. Perhaps one of the first things the average housewife thinks about when broth is recommended for the one who is ill at her home is chicken. But the chicken broth suitable for sick folk differs considerably from the rich, somewhat greasy soup that well folk get. A four-pound fowl may be selected.

Where there are other members in the family, have the butcher split the bird in half and chop one-half pieces. The other half may be cut into several larger pieces and, perhaps, made into stew, with rice for the well members. But the half that has been chopped into very small pieces is that from which you make your invalid broth.

Put the pieces into a cook-pot and cover them with cold water. Is the physician has no objection to the patient having salt in his diet, add half a level teaspoonful of salt. Salt helps to draw out the flavoring matter and the nutriment. The smaller are the pieces the more perfectly will this process of extraction be accomplished. The bones, of course, should be used, as well as

the meaty part.

Very gradually bring the water to the boiling point. Then reduce the temperature, so that the mixture simmers very slowly. When the meat has fallen from the bones remove the pot from the flame and strain. Let the broth cool. When cool the fat will have hardened into a cake, which can easily be removed

from the top.

The fat makes excellent shortening for biscuits for the well folk. Pour off liquid carefully, so as not to disturb the sediment from the bottom. The cold broth may either be stored in a wide-mouthed covered jar in the refrigerator, or it may be mmediately reheated for use.

If the broth does not seem as clear as you would like it, strain it through double cheesecloth or stir the lightly beaten white of one egg into the hot broth. The egg in coagulating will draw to itself all the tiny particles. This egg may be strained out and combined with the chopped chicken strained out of the broth, green pepper, onion and potatoes and made into a tasty hash

for the well folks. A pleasing variation of chicken broth that a certain expensive sanatorium offers some patients, is chicken broth with egg custard. To make the custard beat the yoke of one egg slightly with a silver fork. Add a few grains of salt, if permissible, and a tablespoon each of water and milk. Pour into a small buttered tin mold. place in a pan of hot water and bake until firm. When cool, remove from e mold and cut into fancy shapes,

### Brides of Coming Month



June will boast many brides for the month of roses seems to be a favorite for the misses who will don white satin and orange blossoms. The first of these will be Betty Ringwalt whose marriage to Lieutenant Richard Crane of Aberdeen Proving Grounds will take place June 4 at St. Barnabas Episcopal church. This will be one of the big church weddings of the month. Miss Esther Smith, fiancee of

Richard Mallory, has chosen June 25 as the date for her marriage. Miss Olga Metz, who will become the bride of Dr. Herbert H. Davis during June, has not yet announced

her wedding date.

Another June bride will be Miss
Louise White. The date for her
marriage to John Halbert of Salt Lake City has not been chosen to

Miss Mercedes Coad Jensen, who is engaged to Edward Robinson of Austin, Tex., will become a bride

Miss Goldye Pred will be married on June 6 to Mayer Spiesberger.

### Boxes Reserved For Spring Races

Olga Metz.

nd the yoke of one-half an egg

of butter for five minutes. Add three-fourths of a cup of chicken

broth and one-fourth slice of an onion. Simmer about 10 minutes.

Rub through a fine strainer, add one

spoon cream, a teaspoonful of but-

In place of the mushrooms one

might use a tablespoon of cooked

spinach or one-third cup of cooked

cauliflower or one-third of a cup of

If you live in a place where chicken is not available or is pro-

hibitive in price, try making broth

in a similar manner from rabbit. Rabbit makes a mighty good broth, and in most places is far less expensive than chicken.

Saturday Special

Real Values at Real Prices

Crisco, a vegetable shortening, 3-lb.

Wedgewood, Meadow Gold or Mid-west Butter, lb...............33c

Imported Dry Mushrooms, per lb., at .....\$1.49

One lb. equals 5 lbs. Fresh Mush-

Sunshine Graham Crackers, 3-lb.

Sunshine Ginger Snaps, per 2-lb

Family Tins Krispy Crackers, per 65c

Long Green Asparagus, per bunch 

New Potatoes, full weight, per peck,

Home grown Iceberg or Boston Head Lettuce, large heads, 4 for.....25c

Fresh Ground Veal Loaf, per ib., 25c

Order Friday afternoon for early divery Saturday.

SOMMER BROS

Harney 0188. 29th and Farnam

canned asparagus tips.

egg yolk slightly beaten, one table-

ter, and a little salt and pepper.

A number of the boxes for the 11, have been taken. Everett Buck- walls soak it thoroughly with wet The custard forms are served with ingham has one box. Others who have taken boxes include Miss the broth.

Often when a patient has been Gladys Peters, Louis C. Nash, John used to highly flavored food he objects to the rather tasteless dishes of the invalid dietary, especially when he is getting a bit better. It is at this time that you might make some this time that you might make the time that you might make some this time that you might make the timplication that you might make the time that you might make the t ter, W. D. Hosford, Arthur Guiou, conton soup if the doctor permits it Cook one-half large onion, thinly sliced, in one tablespoon of butter for five minutes. Add one cup of thicken broth and simmer twenty thinly through a sieve, add mion soup if the doctor permits it sliced, in one tablespoon of butter for five minutes. Add one cup of chicken broth and simmer twenty minutes Rub through a sieve, add H. Beaton and L. L. Kountze. two tablespoons of cream or top milk

On opening day, June 2, there will be a parade, in which the board of physician concerning the use of a very ordinary seasoning like salt, for there may be reasons for and pepper.

I have made a point of asking the free diet. So be sure to inquire if

will be presented with a silver plate salt may be used in any quantity, by Miss Gladys Peters, Ak-Sar-Ben Another variation of your chicken broth is mushroom soup. To prepare this clean and chop three mushrooms and saute in a teaspoon

A small piece of butter put into the pot with white potatoes will prevent their boiling to pieces.





Mercedes Jensen.

Furniture Polish. Take equal parts of turpentine

good cider vinegar and raw linseed oil and mix well together. Stale cake can be sliced very thin and used to line a mold for a gela-

Ak-Sar-Ben spring races, June 2 to To remove wall paper from the

### Professional Status of Trained Nurse

Many a young woman on com- they could share their responsibilivery anxious to have it understood that she is in no wise a servant and she sometimes assumes unendurable manners with cook and housemaid ust because she feels that she must assume social superiority when in their presence.

One young nurse on being em- it improves their flavor. pleyed some time before the war to go abroad with an invalid woman of considerable wealth was horrified to find that her party had been listed on the passenger list thus: "Mr. Jasper Brown, Mrs. Jasper Brown and nurse." Her personal identity was entirely lost sight cf, it seemed to her. What irritated her further was that because of her nurse's uniform that her employer wished her to wear she was not permitted to take meals with the regular passengers, but instead ate with the children and nursemaids, than whom she felt immeasureably superior.

To the experienced nurse these things are all part of the day's work, especially if she is sure in her own heart of her own position. As a matter of fact, most persons now regard a hospital trained nurse as they would any other highly specialized worker, whose work entitles her to a wage much higher than that of

The work of our Red Cross nurses overseas also raised the status of the trained nurse if it needed any rais ng, and the fact that many of the wealthiest and most aristocratic women of our land willingly donned the nurse's uniform and went through the nurse's training so that



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Whenever you enjoy every tempting morsel of your dinner you can just guess mother's been shopping at the Central Market -Come once and you will come always.

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Fancy Fresh Dressed Milk-Fed Broilers, per lb52½ c Best Cuts Fancy Steer Shoulder Roast, per lb15c Fancy Young Veal Roast, per lb	Fancy Fresh Dressed Stewing Chickens, per lb 19½¢ Prime Rolled Rib Roast, per lb	Steer Pot Roast, per lb	
White Rock Gingerale, quarts, 25¢; per doz	Monarch Peanut Butter,	per bottle	
No. 2 can Solid Pack Tomatoes, p Per doz	fine for Fancy Assorted	Coffee,  Bulk Cookies packed in lb25¢ and 35¢	
Guaranteed Fresh Country Eggs, per doz22½ €	Cloverbloom Creamery Package Butter, per lb32½¢	Virginia Wheel and Swiss Cheese, lb	
Devil Food Cakes, each30¢ Danish Coffee Cakes, each10¢ and 20¢	Plain Rolls, per doz	Crispy Potato Chips, per pkg10¢	
Extra Fancy Strawberries, per quart	Extra Fancy Leaf Lettuce,	Extra Fancy New Potatoes,	

Fresh Fruits and Vegetables of All Kinds

Fresh Crispy Peanut Brittle,

McCombs' Home-Made Chocolates, Saturday,

from her professional capacity.— New York Sun.

onlymenthmenthmenthmessemithermthermthroughenuthrem

#### Recipe for Hard Soap.

quart of cold water and a half cupful over. Be careful not to inhale the pleting her course of training in a ties and duties further elevated the fumes. Stir till dissolved and let pleting her course of training in a hospital finds to her immense amazement on going out on her first case that there are some persons who choose to regard her as a social infectior. Being young and inexperienced, she is very much hurt bethere in a strictly professional capacity

If a strictly professional capacity

New York

The idea that she is soap will become. Line a shallow box with paper and pour in the soap.

As it begins to harden cut in cakes of convenient size. Leave to rine the longer t rienced, she is very much hurt because she is never given a place at table with her employers. She is there in a strictly professional cabox with paper and pour in the soap.

If a man speak or act with a pure Add a little onion, a lettuce leaf thought, happiness will follow him, and a bit of sugar to canned peas, like a shadow that never leaves him. -Dhammapada,

#### Putting Strangers Next. To one-pound can of lye add one

"We must put the strangers next to one another at the dinner party. husbands and wives side by side.

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Norcanner Kippered Herring, Rubideaux Sardines, ½ cans, per can	per can21¢, in finest olive oil,	Bacon, Sterling, lb17½¢
Ortman's	Danish Coffee Ca Plain Rolls, dozen	ke

Spare Ribs, lb......9¢

The Highest Grade Macaroni, Egg Noodles, Spaghetti and other Macaroni Products

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Roasting Chickens **Broilers** Young Hens 54c 24c 17½c Prime Rib Roast Rolled, lb......25c 

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1 lb. Cocoa Free with 3 lbs. Food Center Special Coffee ......\$1.00 American Sardines in Oil, can........5c Gold Label Mayonnaise Sardines ..... 10c Mustard Sardines, large can.........10c

48 lbs. Gooch's Best Flour...\$2.15

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Oak Grove Butterine, lb ...... 30c Good Luck Butterine, lb. ..... 29c Wis. Full Cream Cheese ..... 20c Wis. Full Cream Nippy Cheese. . 200 Creamed Cottage Cheese ......20c Strictly Fresh Eggs ........23c Best Drinking Buttermilk in city, per glass, 5c; per quart .....19c

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Missouri Berries, quart box......25e Hot House Cucumbers, each ...... 10¢ CAN YOUR PINEAPPLE NOW, IS OUR ADVICE

#### Devil's Food Cake ..... 30c Danish Coffee Cake .. 10-20c Plain Rolls, doz ......12c Krispy Potato Chips, pkg., for ......10c

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