

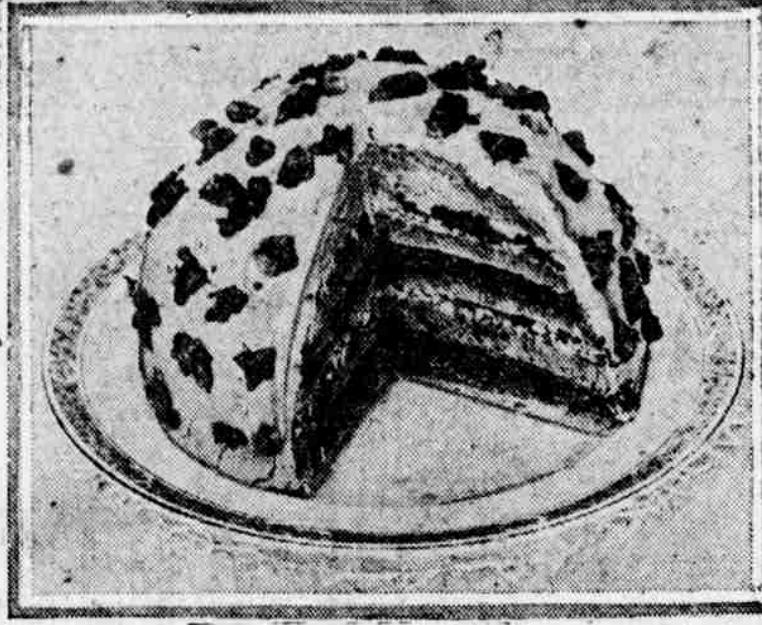
### Poor Health Is Out of Fashion

An enormous change has come about in the way people regard ill health since grandmother was a girl. People used to talk about interesting invalids then and the word delicacy was synonymous with daintiness and prettiness. If a girl was too healthy she felt that she ran the risk of looking like a peasant. To perfect her bodily health might mean to increase the girth of her 18-inch waist or to make her feet too large for her 2 1/2 shoes. Moreover, it was fashionable for young women to be passive, docile creatures, or at least to appear so in all matters of the heart, and the girl with good red blood coursing through her veins was not so apt to remain so sweetly docile as was the hothouse maiden of fewer red blood corpuscles.

And so it was that a certain amount of ill health was deemed part of the lot of the well bred, well born woman. It was quite pardonable and expected for the young girl to faint at dances or to be missing at dinner when important guests arrived because of a headache or a "slight indisposition." Now the heady girl sees the oculist, gets more outdoor air and realizes that even a slight indisposition is something to fight against and something that will tend to handicap her success in life.

In a little manual for men in the army occur these words: "The best way for a man to be patriotic is to keep in good health. To aspire to be popular among men requires good health. They will not admire a man

### Devilled Ham Loaf



Devilled ham loaf makes a most appetizing course for luncheon, or a cold supper.

Resembling a layer cake, it is a surprise to the guests when cut in slices it is found to contain a goodly portion of meat and salad.

To Make—Trim off all the crust evenly from a 10-cent round loaf of sweet rye bread. Cut a generous slice from the bottom of loaf, as that part is inclined to be tough—this slice is not to be used; cut the remainder of the loaf across the top into four layers of equal thickness, then spread each layer—both sides—with butter, which has been mixed with a little made mustard. Put a layer of devilled ham on the bottom layer of bread, close it in with another layer of bread and butter and press closely together; on the top of this put a layer of chopped hard-boiled eggs, mixed with a thick mayonnaise, press over with another layer of bread and butter, then a layer of devilled ham, then bread and butter, and the remaining layer of bread spread thickly with chopped canned pimientos mixed with mayonnaise dressing. Put on the bread top, mask over the whole loaf with a thick layer of cream cheese which has been mixed with sweet cream and beaten to a smooth paste; decorate with English walnuts.

who continually visits the doctor. They know that an officer has no right to allow his system to get in such a condition that it requires continued care. Wounds and accidents are a different matter."

### HOLDING A HUSBAND

Adele Garrison's New Phase of Revelations of a Wife

The Way Mrs. Ticer Commanded That Madge's Secret Be Kept.

I wakened early the next morning in the unfamiliar bed bedroom of the farm house where we had secured temporary quarters for my father, Dicky and me, wondering what had set my mental alarm clock.

If I had anything especially on my mind I have the lucky faculty of being able to waken at exactly the time I planned to do so. I had charged my memory upon retiring, after our moonlight drive to the beach and the old Dacey farmstead, that I wished to arise early enough to do—what?

For a tantalizing minute or two I could recall no reason for early rising. Then the remembrance of the scheme Dicky had proposed the night before flashed over me, and I knew what it was that I must do. Before Mother Graham should awaken I must warn Lillian, Marion and the Tickers to drop no hint that I had ever heard of the Dacey farm, much less had contemplated buying it. For even though in my heart of hearts I resented Dicky's scheme of leading his mother to discover the place, and to plan to buy it, yet I knew that it was the only possible way out of the dilemma forced upon us by the combination of the nousing situation and my mother-in-law's general crankiness.

In Plenty of Time.

I dressed quickly and noiselessly, pinned a note on Dicky's pillow to

diminishing by huge onslaughts a stack of pancakes.

I am afraid a dietitian would not have approved this menu for a warm spring morning, but I confess that after my motor trip of the night before, my sound sleep with windows wide open, and my brisk morning walk I envied Mrs. Ticer's men-folk their hearty breakfast. As I appeared in the doorway, Mrs. Ticer, with a little exclamation, dropped her pancake turner.

"Well, I declare, Miss Graham!" she said. "You gave me a start. Is there anything the matter?"

"Not a thing," I responded cheerily, "except that I want you all to keep a secret for me."

"It was amusing to see the round eyes that Sam Ticer and Jerry turned on me. Both the farmer and his son have child-like minds, and are neither as quick nor as poised as Mrs. Ticer."

"A secret!" Sam Ticer echoed. "Haven't you got any ears?" his wife snapped. "That's what Miss Graham said. Come right in, Miss Graham, and sit down if you can find a chair fit to sit in." She flicked some imaginary dust from a speckless chair as she pushed it forward.

"And just tell us what you want," trust a woman to keep a secret, Sam Ticer cackled. "But I'm a master hand. I don't ever tell nobody nothing. I'm just like a grave, I be."

"Don't pay any attention to him, Miss Graham," his wife begged. "He's always putting his foot in his mouth every time he opens it. What was it you wanted us not to tell?"

Her tone and manner eliminated her husband from the discussion as completely as if he had been a pan of rubbish which her broom had just swept up. But Sam Ticer knew it

for good-natured banter, though with a touch of firmness beneath the railery. I saw by the slow appreciative grin that spread across his face. But he did not speak again until I had stated my errand.

"So you see," I finished, "it is vitally necessary that Mother Graham does not guess I have looked at the property or planned to buy it."

"I see," Mrs. Ticer said tersely. "You remember that, Ticer and Jerry, and don't let me hear of either of you ever blabbing a word about this. And now you say you want to see Miss Underwood without your mother-in-law knowing it, I'll tell you, Marion will be slipping down here in a minute or two—she gets up early to see the men milk, and then you can send a note to her mother. Now Ticer and Jerry, you clear out of here and let me give Miss Graham some breakfast. She must be starved!"

(Continued Tomorrow.)

**Hands vs. Housework.**

Rub the hands thoroughly with a little lard. Put gloves on. Do all sweeping, dusting and all work that does not require wetting the hands. Then wash all necessary things at the same time. By not putting the whole weight of the body on one hand when washing floors hands will not be red and swollen and veins will not bulge out, causing thick, shiny hands. Just relax the hands when working. It is a great help for those who do their own housework.

**Shoes for Baby.**

Do not put patent leather shoes on the baby. To produce the patent leather a varnish is used which does not permit of any ventilation of the feet. The best leather is kidskin or very soft calfskin.

Prominent Japanese women have decided to form a woman's peace association to promote a world peace.

## BUEHLER BROS.

Omaha's Leading Cash Markets

**Quality Meats, Lowest Prices, Quick Service**

212 N. 16th St.      2408 Cuming St.      4903 S. 24th St.

<b>Choice Small Lean Pork</b> Loins (1/2 or whole)	<b>Choice Lean Pork Butts</b> for Roasting	<b>Choice Beef</b> Pot Roast	
17c	16c	10c	

<b>Choice Beef</b> Chuck Roast	<b>Choice Beef</b> Pot Roast
11c	10c

<b>Strictly Fresh Roasting Chickens</b>	<b>Best Creamery Butter</b> , 1-lb. prints
17c	32c
<b>Strictly Fresh Young Hens</b>	<b>Native Steer Rib Boiling Beef</b>
28c	6c

**SMOKED MEAT DEPT.**

Sugar-Cured Skinned Hams... 26c  
 Sugar-Cured Breakfast Bacon... 24c  
 Sugar-Cured Strip Bacon... 18c  
 Sugar-Cured Brisket Bacon... 17c  
 Sugar-Cured Picnic Hams... 17c  
 Puritan Regular Hams, 10-lb. av. 30c  
 Cudahy Puritan Breakfast Bacon 40c  
 Armour Star Breakfast Bacon... 42c

**PORK PRODUCTS**

Choice Fresh Spareribs... 9c  
 Choice Fresh Neck Bones, 6 lbs. 25c  
 Choice Fresh Pig Feet, 5 lbs. 25c  
 Choice Fresh Pig Hearts, 5 lbs. 25c  
 Choice Fresh Leaf Lard... 10c  
 Choice Fresh Pig Liver... 6c  
 Pickled Pig Tails, 4 lbs. 25c  
 Pickled Pig Feet, 3 lbs. 25c  
 Sweet Pickled Pork... 16c  
 Strip Salt Pork... 17c

**SAUSAGE AND COOKED MEATS**

Choice Wienies and Frankfurts... 17c  
 Choice Polish & Garlic Sausages... 17c  
 Choice Minced Ham... 20c  
 Choice Pressed Ham... 20c  
 Fresh Liver Sausages... 15c  
 Fresh Bologna Sausage... 15c  
 Fancy Summer Sausage... 20c  
 Choice Veal Loaf... 20c

**CHEESE**

Fancy Brick Cheese... 22c  
 Fancy Cream Cheese... 22c

Swift's Gem Nut Margarine, special, per lb. 21c  
 Swift's Premium... 22c  
 Buehler Bros. B. B. Brand, 2 lbs. 35c

**VEAL CUTS**

Choice Veal Stew... 12 1/2c  
 Choice Veal Roast Shoulder Cut 15c  
 Choice Veal Legs... 20c  
 Choice Veal Loins... 20c  
 Choice Veal Chops... 20c  
 Choice Veal Steaks... 30c

**BEEF CUTS**

Prime Rib Roast Rolled... 22c  
 Choice Cut Round Steak... 20c  
 Choice Cut Sirloin Steak... 20c  
 Choice Cut Porterhouse Steak... 20c  
 Fresh Cut Hamburger Steak... 15c  
 Choice Corned Beef... 12 1/2c  
 Fresh Breakfast Sausage... 18c

**SPRING LAMB**

Genuine Spring Lamb Hindquarters, at... 20c  
 Genuine Spring Lamb Forequarters, at... 14c  
 Genuine Spring Lamb Chops... 22c

**PURE LARD AND SHORTENING**

Compound Lard, per lb... 11c  
 Swift's Premium Lard, 10-lb. pail, each... \$1.60  
 Swift's Premium Lard, 5-lb. pail... 80c

**SPECIALS AND CANNED GOODS**

Fancy Early June Peas, 3 cans... 25c  
 Fancy Sweet Corn, 3 cans... 27c  
 Fancy Pork and Beans, 3 cans... 27c  
 Fancy Tomatoes, 3 cans... 27c  
 Fancy Sardines, 5 cans... 25c  
 P. & G. White Naptha Soap, 10 bars for... 60c  
 Tee Pee Laundry Soap, 10 bars... 35c  
 Evaporated Milk, 3 tall cans... 35c  
 Kasper's Stars and Stripes Coffee 30c  
 Kasper's Big 5 Coffee... 38c

Mail and Express Orders Filled From This List

## The TABLE SUPPLY

OMAHA'S PURE FOOD HEADQUARTERS

SEVENTEENTH AT DOUGLAS STREET  
DOUGLAS 3940

Orders of \$5.00 or More Delivered to Any Part of the City Free.

### SATURDAY SPECIALS-Real Money Savers

Comparison of prices and quality is your surest path to establish in your own mind the wonderful advantages of concentrating all your Food buying at the Table Supply.

Cantaloupes, salmon tinted, Carload Finest Imperial Valley each 7 1/2c and 10c; market basket only... \$1.00

Pure Cane Sugar, 100-lb sack... \$6.25  
16 lbs. .... \$1.00

California Broilers, 35c per lb.

#### Save on Groceries

Swans Down Flour, pkg. .... 37c  
 Elkhorn Milk, per can .... 10c  
 Blue Rose Rice, 5 lbs. for .... 25c  
 Budweiser, per case of 2 dozen .... \$2.75  
 Farmhouse Ginger Ale, per dozen .... \$2.25  
 Fels Naptha Soap, 10 bars .... 65c  
 P. & G. White Soap, 10 bars .... 47c  
 Electric Spark Soap, 10 bars .... 47c  
 Crystal White Soap, 10 bars .... 59c  
 Sardines, in finest olive oil, 1/2-lb. cans .... 22c  
 Butter, Best Creamery, lb. .... 34c  
 New York Cream Cheese, lb. .... 22c  
 Sundried Japan Tea, 60c quality, lb. .... 45c  
 Ice Tea Blend, 60c quality, per lb. .... 45c  
 Lipton Cocoa, 1/2-lb. cans .... 26c

Rinso Demonstration Special—4 for 25c  
8 for 49c; 17 for... 98c

#### Meat Specials

Boneless Rib Roast, lb. .... 25c  
 Lamb Stew, lb. .... 5c  
 Boneless Bacon, per lb. .... 17c  
 Pot Roast, lb. .... 11 1/2c  
 Rib Roast Beef, lb. .... 5c

#### Fruits and Vegetables

New Potatoes, per peck... 63c  
 Wax or String Beans, Home Grown, per quart... 15c  
 Apricots, per basket... 35c

**Ortman's Bakery Products**

3-Layer Cake, each... 50c  
 Jelly Roll, each... 20c  
 Cookies, all kinds, doz. 15c  
 2 for... 25c  
 Crispy Potato Chips, per pkg., 10c; lb. .... 60c

We cut the Price

CIGARS CIGARS

Just inside the Door

We Sell SKINNER'S

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

Do not parboil this mild Puritan Ham before broiling or frying

## Puritan

"The Taste Tells" Hams

It's uniformly mild

Puritan Ham is always the same—mild and sweet, tender and flavorful, full of wholesome goodness. That is because of the utmost exactness which regulates the selection and preparation of Puritan. It means an appreciated quality and an assurance of unvarying satisfaction.

It pays to be particular. Always buy by name. Be sure you get Puritan and you'll always be delighted.

THE CUDAHY PACKING COMPANY

## In the Grocery Department

See What One Dollar Will Buy In Our Mammoth Grocery Department

10 packages Jello, all flavors, only... \$1.00

4 large bottles Snider's Catsup... \$1.00

8 lbs. best Soda Crackers... \$1.00

3 lbs. of our Famous Ankola Blend Coffee... \$1.00

6 cans choice Pink Salmon \$1.00

22 bars Electric Spark Soap for... \$1.00

30 bars Beat 'Em All Soap \$1.00

20 lbs fancy Blue Rose Rice \$1.00

10 lbs. choice Oregon Prunes for... \$1.00

## TRY Hayden's FIRST

Quality Goods at the Lowest Prices, The Household Word

10 lbs. best Pure Cane Granulated Sugar.....	69c
Fancy Blue Rose Head Rice, per lb.....	5c
The best No. 1 Hand Picked Navy Beans, lb.....	5c
The best Rolled White Breakfast Oatmeal.....	4c
16 ounce cans Wilson, Pet or Carnation Milk 12 1/2c	
4 pkgs. Macaroni or Spaghetti.....	25c
Large jars pure Fruit Preserves.....	25c
No. 2 1/2 cans Hawaiian Sliced Pineapple.....	25c
No. 2 1/2 cans choice California Peaches, halves.....	25c
No. 2 1/2 cans choice California Peaches, sliced.....	25c
No. 2 1/2 cans choice California Apricots.....	25c
No. 2 1/2 cans choice California Royal Anne Cherries for.....	30c
No. 2 cans Washington Blackberries.....	23c
Snider's Soups, Tomato, can.....	11c
Snider's Catsup, large bottle.....	28c
No. 2 cans Early June Peas, fancy Sweet Sugar Corn or solid packed Tomatoes, can.....	9c

Dried Fruits for Sauce, Puddings, Pies and Cakes

30-40 fancy Santa Clara Prunes, lb.....	20c
40-50 fancy Idaho Prunes, lb.....	15c
50-60 fancy Idaho Prunes, lb.....	12 1/2c
60-70 fancy Idaho Prunes.....	10c
Cleaned Currants, per lb.....	23c
3 Crown Muscatel Raisins, lb.....	23c
Fancy Muir Peaches, lb.....	20c
Fancy Evaporated Apples, lb.....	17 1/2c
Fresh Roasted Peanuts, lb.....	12 1/2c
8 lbs. shelled Popcorn.....	25c

TEAS AND COFFEES

Our Quality, Price and Reputation on Teas and Coffees Needs No Explanation

Fancy Golden Santos Coffee, lb.....	21c
H. B. C. Special Blend, lb.....	35c
Ankola Blend, nothing like it, lb.....	45c
For Ice Tea try our famous Diamond H. Blend, at, per lb.....	45c

The Vegetable and Fruit Market of Omaha

6 lbs. No. 1 New Potatoes.....	25c
Fresh Asparagus, bunch.....	5c
8 bunches fresh Beets.....	10c
2 bunches fresh Turnips.....	5c
3 bunches fresh Leaf Lettuce.....	5c
Fresh Peas, per lb.....	10c

### Meat Specials for Saturday

Spring Lamb	Lean Pot Roast, lb... 18c
Forequarter, lb... 15 1/2c	Fancy Veal Roast, 17 1/2c
Hindquarter, lb... 22 1/2c	Extra Lean Breakfast
Steer Pot Roast, 12 1/2c	Bacon, lb... 29 1/2c

Large variety of Summer Sausage and Smoked Meat in Delicatessen Department at Saving Cash Prices.

### Butter and Egg Department

Butter, Eggs, Cheese, Oleomargarine and Pickles

The best No. 1 Creamery Butter, per lb... 35c  
 Fancy Country Creamery Butter, per lb... 28c  
 The best No. 1 Brick Cheese, per lb... 20c  
 The best No. 1 Full Cream Wisconsin Young American Cheese, per lb... 22c  
 Best No. 1 fresh ground Peanut Butter, lb 14c  
 Milcoa Brand Nut Butter, churned fresh daily, per pound... 23c  
 Fancy large Queen Olives, per quart... 40c  
 Fancy selected ripe Olives, per quart... 40c  
 Best No. 1 Pickles White Onions, per quart 60c  
 Fancy large Dill Pickles, per dozen... 35c  
 All the best brands Nut Butter, per lb... 24c  
 The best No. 1. strictly fresh Eggs, per dozen 24c