

Cannot Cheat Nature of Reckoning

By BEATRICE FAIRFAX.

You can't dance till 3 in the morning and come down to work fresh and eager at 9 the next morning. You can't eat salad and ice cream and cake at 5 and bring much appetite to your 7 o'clock dinner.

There has to be a sense of balance in all you do, or nature adjusts the balance in her own way. Strangely enough, most humans complain about the effects they've managed to produce, but they don't do much to change the cause—nor even give due consideration to that cause.

Don't you know plenty of girls who insist on treating around all winter in thing silk stockings, laughing at their immunity to the colds that might beset other folks who didn't show due regard for keeping their ankles warm—and who are astonished and feel abused when the spring finds them constantly on the invalid list?

There's no way of cheating nature of her reckoning. She doesn't always collect the minute the bill falls due. It wouldn't be so bad if she did—for it's easier to reconcile yourself to paying for a bit of recklessness when the memory of your enjoyment is still fresh than it is to be called to account long after the glow is gone and forgotten.

In youth every one builds the foundation of his house of life. Habits, reputation, education, health, all start piling up a cumulative mass when folks are young, in what is called truthfully the "formative period."

In youth you're training the body, which is the only one you'll ever possess. You're building up the mind, which is to be an asset or handicap in life's struggle for success. And you can never call back one misadventure hour, nor yet live over one tawdry moment.

In doing a business job, if your calculations go wrong you can start over and do the problem another way. There's a waste of time and energy and often a sense of discouragement, but the thing may work out, and then there's a tremendous satisfaction in the mere fact of having persisted.

But in the process of living, it is harder to head back from the wrong direction and start over. Habits formed while you aren't on your guard. Drunkards and drug fiends aren't born—they are made. Congenital weaklings are sadly frequent, since we don't show much common sense about our race and its protection.

Life is an inexorable bookkeeper. Don't forget that. Love at First Sight. Dear Miss Fairfax: Some time ago a man friend of mine gave me the telephone number of a girl he was going about with. He also told me that he loved her very dearly.

I called this girl up and told her who I was and that I would like to meet her. Now I am very much in love with her. I would like to tell her so weeks ago if I were not for my friend.

I am making a very nice salary and live on the same very well. I should have some money in the bank. What I would like to know is, if my friend first, or should I let matters go on as they are? B. S. J. Talk the matter over with your friend. Frankness between you two men can work no harm and may clear up the situation. The other way to do it is to wait until he asks me to give him another chance and I stubbornly refused him and told him that my answer was "No," and that I never wanted to see him again. I must have been crazy at that moment, because if I wasn't I would never have said those words.

Charms That Make the Hostess

Not every woman possesses that inborn graciousness that makes the practice of hospitality a sort of second nature to her. Yet every woman can acquire the manner needed to make her guests welcome.

To begin with, guests should be made to feel welcome, not only by the pretty courtesies that are extended to them, but by the words and attitude of every member of the family they visit. Even the glad smile of a child of the house is a welcome that any one might envy.

You may, toward the early part of her stay with you, plan some sort of party—anything from a most informal knitting tea to a formal dinner or dance.

How to Make Good Fudge Creamy

Many people find it difficult to make fudge, because it suddenly turns grainy just as it is about finished.

If made the following way it will be found to be creamy and will remain moist for a lengthy time: To two cupsful of sugar add a cupful of milk and two ounces of chocolate. Cook this mixture until it forms a very soft ball in water.

What's What

By HELEN DECIE



The easiest and most charming way of entertaining friends during the summer months is by way of an "at home" outside of the house, on the porch or on the lawn, if there is available space not visible from the public street or roadway.

Afternoon tea on the veranda or under a tree is served just as for indoor affairs. Usually the tea wagon and chairs are of dickerwork, but there is no hard-and-fast rule in these matters. Tea is poured by the daughter of the house or by a visiting friend, leaving the hostess free to receive and introduce the guests.

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Simplifying Meals for Summer

By LORETTO C. LYNCH.

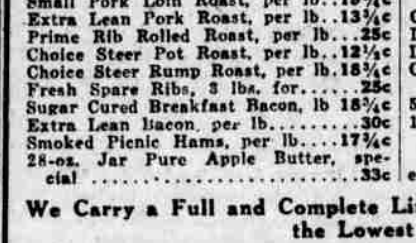
"Takes time to prepare a good meal—there's no getting away from it. And a woman's got to make a choice—the either gives her family two-hour-to-make chocolate cake or she buys some cheap imitation of cake at the baker's."

Thus spoke a woman who was well-nigh convinced that unless you resigned yourself to a fate of eternal cooking in the kitchen you could not give your family proper meals.



Delicious "Nougat" Special

Take home a quart of this cream, it is without doubt the finest cream made, and so appropriate for Sunday dessert.



YOUR DEALER CAN SUPPLY YOU. The Fairmont Creamery Co.

Come Once and You Will Always Come to the Washington Market

- Home Dressed Broilers, any size, per lb. 35¢
Best Creamery Butter, per lb. 30¢
Lean Pork Chop, per lb. 30¢
Small Pork Loin Roast, per lb. 18¢
Prime Rib Roast, per lb. 13¢
Choice Sirloin Roast, per lb. 12¢
Choice Sirloin Steak, per lb. 12¢
Choice Sirloin Steak, per lb. 12¢
Fresh Spare Ribs, 3 lbs. for, 25¢
Sugar Cured Breakfast Bacon, lb 18¢
Extra Lean Bacon, per lb. 30¢
Smoked Picnic Ham, per lb. 17¢
Star Pure Apple Butter, special 25-oz. jar, 46¢
Pickling Cucumbers, per market basket, 85¢
Pleasant Home Maid Salt and Hope, per set 25¢
Unbreakable Keystones Capping Machine, \$2.25
Our No. 3 Coffee, 3 lbs. for, \$1.00
Large Gold Dust, per package, \$1.00
Large Cans Delmonico Fruits, can 30¢
Curly Ripe Olives, small size, 10¢
Large Jar, 12-oz. Royal Baking Powder, regular 55¢ size, 46¢
Snow Drift, a price to be considered Saturday only.

SOMMER BROS.

Harney 0188. 28th and Farnam.

The human body has certain needs in the way of food. Too great a number of us eat only to satisfy our palates without another thought to the real reasons for eating. Why do we eat? To give us strength to do our work. To renew the worn-out tissues of the body and incidentally to give our palates a certain amount of pleasure.

To go back, however, to the question of the chocolate cake which takes two hours to prepare. What does it contain? Flour, milk, eggs, chocolate, sugar—Suppose we give these same ingredients to the family in another form. Lets call it a luncheon. The flour might be served in the form of toasted bread. Butter

might accompany this. The egg might be made into an omelet or a soft-cooked egg. The chocolate, milk and sugar might be made into a beverage.

Compare the amount of time necessary to prepare the luncheon containing practically the same ingredients as the chocolate cake. The 15 minutes it takes to prepare the luncheon is far short of two hours. Far be it from the writer of this to decry chocolate cake. It is, perhaps, one of the gastronomic delights. It is cited merely as an example; for the housewife who has to do all her own-work must study as to how to save her energy.

Dirty Duds

These hot days dirty duds and the wash tub make a particularly disagreeable combination. Save all the fuss, bother and work. Have your entire family laundry done.

THE WET WASH WAY Everything washed clean, flat work ironed, other pieces damp, ready for you to iron yourself. Eliminate the hard work—let us do it for you.



Ask Your Grocer for Crispy Potato Chips 10c

Put Up in Glassine Bags for Cold Dinners and Picnic Lunches

We have come to learn through many sad experiences that real strength is gained by co-operation. Have you ever thought of applying this to the meals of summer? Three women whom I know tried it last summer and it worked so beautifully that they are enlarging the number of co-operators this year.

They found that if you buy smoked ham by the slice you pay more for it than if you buy a whole ham. The three housewives decided to buy the ham together. One cooked it. Then it was divided. Finally they decided that one woman was to do the cooking of both

luncheon and dinner for one day out of three. Each housewife in turn was practically free after breakfast two days out of three.

Another good feature about this co-operative work is the fact that we come to know that there are many desirable dishes besides the limited number we know. This is good for any family from several standpoints. It keeps the family from becoming slaves to any one form of cooking. But, better than all, it gives the housewife a certain freedom from constant cooking.

Be Want Ads Produce Results.

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Be Want Ads Produce Results.

EAT Red Lob Macaroni Foods

—the muscle builder—the food of the worker—the one dish of which the appetite does not tire. It is made GOOD for you to eat. It contains genuine Semolina, from which the macaroni is made. For sale at all grocers.

CENTRAL MARKET

Everything for the Table

1608-10-12 Harney St. Douglass 1796

It's cool and inviting at the Central Market. Tempting salads, cold meats, delicious relishes, fruits and innumerable dainties are ready for your picnic. Come once and you will always come and economize at the Central Market.

Fancy Fresh Dressed Spring Chickens, per lb., 39 1/2c

Legs Genuine Spring Lamb, per lb. 25c	Steer Pot Roast, per lb. 11 1/2c	Best cuts Fancy Steer Shoulder Roast, per lb. 15c
Fancy Tender Steer Round Steak, per lb. 30c	Steer Rib Boil, per lb. 5c	Fancy Young Veal Roast, per lb. 17 1/2c
Fancy Young Veal Breast with pocket, per lb. 10c	Fresh cut Hamburger, per lb. 12 1/2c	Star or Supreme Half Hams, per lb. 32 1/2c
Tall cans Carnation Milk, each 10c	Tall cans Elkhorn Milk, can, 10c; case \$4.65	10 lbs. Sugar at 58c

48-lb. sack Blue Bell Flour \$1.98	Advoca Extra Sifted Peas, per can, 25c; doz. \$2.90	No. 3 cans Del Monte Peaches, per can, 35c; 3 cans. .95c
Kellogg's Corn Flakes, pkg. 9c	No. 2 cans Early June Peas, per can, 12 1/2c; doz. \$1.48	No. 2 cans Apricots in Syrup, 5 cans for .98c
5-lb. pkg. Sunswet Prunes, 65c	No. 3 cans Del Monte Pineapple, per can, 35c; 3 cans. .98c	10 bars Crystal White Soap, 58c
Large Raisins, per lb. 20c	Iten's Fig Bars, Buster Brown Cocoa Honey Cakes, per lb. 22 1/2c	10 bars Electric Spark Soap at 48c
3 1/2 lbs. Central Special Coffee for .98c	Imported Sardines in pure olive oil, 15c	3 bars Creme Oil or Palm Olive Soap for 25c
Butternut Coffee, lb. 39c		Iten's Gate City Ginger and Lemon Snaps, per blk. 35c
Tea Siftings, 1-lb. pkg. 12 1/2c		Large cans Booth Sardines, 20c
Cocoanut Snaps, per lb. 25c		
22-oz. jar Fruw Preserves, per jar, 25c; 3 jars. 72c		

Orange Cakes, each 30c	Chocolate-Strawberry Roll, each 25c	Fruit Jems, per doz. 20c
Danish Filled Pastry, 2 for 15c	Angel Food Jems, each 10c	Danish Goffee Cake, 10c-20c

McCombs' Home-Made Chocolates, regular 70c quality, Saturday, per lb. 59c	Extra Fancy Creamery Package Butter, lb. 35c	Strictly Fresh Checked Eggs in cartons, doz. 25c	New York Yellow Cream Cheese, per lb. 27 1/2c
Extra Fancy Limes, per 100, \$1.75; per dozen 25c	Extra Fancy Santa Rosa Plums, per basket 60c	Extra Fancy Italian Prunes, per basket 60c	Fresh Fruits and Vegetables of All Kinds

BUEHLER BROS.

Omaha's Leading Cash Markets For Quality Meats, Quick Service and Lowest Prices at 212 N. 16th 4903 S. 24th 2408 Cuming Stores Open Until 8 P. M. Saturdays

Fancy Young Hens 28c	Fancy Small Lean Pork Loins 1/2 or whole 20c	Sugar Cured Skinned Hams 1/2 or whole 29c	Best Creamery Butter 39c	Sugar Cured Breakfast Bacon 1/2 or whole side 25c	Fancy Rolled Rib Roast Beef No bone 24c
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PORK CUTS: Fresh Spareribs 9c, Fresh Leaf Lard 11c, Choice Pork Loin Roast at 20c, Fresh Boston Butts 18c, Little Pig Hearts, 3 lbs. 25c, Fresh Pig Livers, 2 lbs. 10c, Choice Salt Pork 22c, Pickled Pig Feet, 3 lbs. 25c, Fancy Dill Pickles, doz. 35c	VEAL CUTS: Choice Veal Chops 22c, Choice Veal Steak 28c, Choice Veal Roast 15c, Choice Veal Stew 11c, Choice Veal Legs (1/2 or whole) 20c	BEEF CUTS: Choice Rib Boiling Beef .6c, Choice Beef Pot Roast .11c, Choice Beef Chuck Roast at 14c, Choice Steer Shoulder Steak .16c, Choice Round Steak .22c, Fresh Cut Hamburger .15c, Prime Rib Roast Beef .20c, Choice Corned Beef .12 1/2c
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PURE LARD AND SHORTENING: Pure Lard, per lb. 15c, Compound Lard, per lb. 13c, Cudahy's Puritan Lard—100% Pure Leaf—5-lb. pails 90c, 10-lb. pails \$1.75	SAUSAGE AND COOKED MEATS: Choice Wienies 20c, Choice Frankfurts 20c, Choice Polish Sausage 20c, Choice Garlic Sausage 20c, Fresh Bologna Sausage 16c, Choice Minced Ham, sliced 22c, Choice Pressed Ham, sliced 22c, Choice Corned Beef, sliced 35c, Fancy Summer Sausage at 22c	"BUEHLER SPECIAL" A 1-lb. bar of White Naptha Soap, 6 bars for 50c
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CHEESE: Fancy Brick Cheese 22c, Fancy American Cheese, full cream 25c, Fancy Sandwich Cheese at 30c	SPECIALS ON CANNED GOODS: Fancy Early June Peas, 3 cans 35c, Fancy Sweet Corn, 3 cans 30c, Fancy Pork and Beans, 3 cans 30c, Fancy Tomatoes, 3 cans 30c, Fancy Sardines, 5 cans 25c, Evaporated Milk—6 tall cans 70c, 6 small cans 35c, Tomato Catsup—8-oz. bottle 10c, 16-oz. bottle 20c, Tee Pee Laundry Soap, 10 bars 32c, Kasper's Stars and Stripes Coffee 30c, Kasper's Big Five Coffee at 38c
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SMOKED MEATS: Sugar Cured Strip Bacon at 18c, Sugar Cured Brisket Bacon 18c, Sugar Cured Picnic Hams at 18c, Sugar Cured Regular Hams 25c, Cudahy's Puritan Bacon at 45c	BUTTERINE SPECIALS: Swift's Gem Nut 22c, Swift's Premium Oleo 22c, Buehler Bros. B. B., 2 lbs. at 45c, Swift's Brookfield Butter at 41c, Swift's Snowflake Butterine, 5-lb. tub \$1.10
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Delicatessen Dept. Featuring box lunches and the delectable of delicious salads. Very special prices.	Men's Fancy Picnic Mixed Cookies, special, lb. 35c	Ortman's Bakery Products: Orange Cake, each 20c, Chocolate and Strawberry Roll, each 20c, Danish Filled Pastry, 2 for 15c, Fruit Jems, dozen 20c
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Express and Mail Orders Filled From This List Promptly

Free Delivery to Any Part of the City on Orders Over \$5.00.

DOUGLAS TABLE SUPPLY

3940 Douglas Mail Orders Filled

Saturday's Unrival'd Values in Foodstuffs

Carnation, Wilacon, Pet. Dunde Milk, large cans, each 10c	48-lb. Sack Omaha Maid Flour—\$1.98	16 1/2 lbs. Best Cane Granulated Sugar—\$1.00
Peas, Corn, Tomatoes, 6 cans 59c	10 bars Crystal White Soap 58c	Best Creamery Butter, lb. 40c
Macaroni, Spaghetti and Noodles, 2 pkgs. 15c	New York Cream Cheese, lb. 23c	Elkhorn Brick Cheese, lb. 23c
Nomis Canned Fruits, per can, 25c; per dozen \$2.90	Burbank Plums, basket, 49c; per crate \$2.00	New Potatoes, peck 30c
Ice Tea Blend, lb. 48c	Our Famous Santos Coffee, per lb. 22c	Peaches, per basket 25c
Advo Jell, 3 pkgs. for 25c		

Saturday Meat Specials

Leg of Spring Lamb, lb. 23c	Roiled Rib Roast of Beef, lb. 23c
Rib Boiling Beef, per lb. 45c	Port Roast, per lb. 12 1/2c
Roasting Veal, per lb. 14c	Pot Roast Beef, per lb. 11c
Lean Bacon, per lb. 23c	

We Sell SKINNER'S the highest grade Macaroni, Spaghetti, Egg Noodles and other Macaroni Products.

We cut the Price CIGARS CIGARS Just inside the Door