

Program for Convention N.F.W.C.

The climax of the convention of the Nebraska Federation of Women's Clubs to be held in Seward October 24-25 will be the closing program on Friday evening, when John G. Neihardt, Nebraska's own poet laureate, will give interpretations from his "Lyric and Dramatic Readings." Miss Alice Howell of the state university will speak on "Nebraska in Arts and Letters" and Mrs. Louise Ormsby Thompson of Central City will present "Nebraska in Song."

The executive board meets Monday evening, October 24, and the usual preliminary conferences will occur Tuesday morning and afternoon. The convention opens formally Tuesday evening. The customary addresses of welcome from the city, hostesses and district club presidents will be responded to by Mrs. John Slaker of Hastings, state president, her subject being "Our Own Nebraska." General E. Martin, president of Kearney State Normal school, will speak on "Nebraska's History, from a Political and Historical Standpoint."

The morning sessions will be devoted to the business of the state federation.

Wednesday afternoon will be the general federation session. Mrs. Rose S. Berry of Berkeley, Cal., will speak on "At in Its Relations to Life." Mrs. Addison E. Sheldon of Lincoln, director for Nebraska in the general federation, will speak on the biennial meeting to be held at Chautauqua, N. Y., in June. Miss Katherine Worley of Lincoln, formerly of Omaha, chairman of the state board of control, will discuss "Nebraska and the Wards of the State" on Wednesday evening. "Nebraska's New Seal" will be the subject of a talk given by Mrs. E. B. Penney of Fullerton, vice president of the state federation. Dr. G. E. Condra, director of conservation and survey division of the state university, will give an illustrated lecture showing "Nebraska the Beautiful," telling of its natural resources and scenic beauties.

Thursday afternoon will be devoted to departmental conferences, at which the presidents of the districts will preside. State chairmen of departments will also speak.

I. A. Hartley, state supervisor of trades and industries, will speak on "Nebraska in the Industries" Thursday evening. Miss Alice Loomis of Lincoln, state supervisor of home economics and a member of the vocational educational state department will tell of the benefits derived from vocational education applied to some of our state industries. Mrs. John R. Hughes of Omaha, federation chairman of industrial and social conditions, will give a reading relative to the industrial problem.

Results of the election of officers, to be held Thursday afternoon, will be announced at the Friday morning session.

Cranberry Season Is With Us Again

By MRS. M. A. WILSON.

Early colonial settlers on the bleak and stony New England coast, welcomed the cranberry, which they found growing wild. History tells that the Indians also taught our feisty forefathers that this humble little fruit, with its delightful tart flavor, was very necessary for their physical well-being, during the fall, winter and early spring months.

The first cultivation of this pretty red berry began around Cape Cod and today Massachusetts is still the state that produces the largest quantity of berries. The acid content of this wholesome and delicious fruit is very acceptable to the body.

First—To provide various mineral salts and organic acids that purify the blood stream and help eliminate poisonous waste.

Second—To act as an antiscorbutic.

Third—Lessens the acid content of the blood stream and other bodily secretions.

Fourth—Stimulates the appetite and improves digestion.

How to Use Cranberries.
Cranberry cocktail and cranberry-ade are delicious beverages and should be served many times during the fall, winter and early spring. If you are giving a luncheon, serve cranberry cocktail or julep, and note how very agreeably surprised your guests will be and how very anxious they will be to try our own recipe.

Cranberry Cocktail.
Wash 2 pounds of cranberries and place in a preserving kettle and add:

3 cups of cold water.
Heat slowly to the boiling point and then cook very slowly until the berries are soft. Turn into jelly bag and strain the mixture. Measure this juice and add:

Tiny pinch of salt and 4 tablespoons of sugar to each cup of juice.
Heat to the boiling point and then cook for 3 minutes. Let cool and then pour in pitcher and place in ice-box to chill. Pour into cocktail glasses and serve at beginning of meal.

Cranberry Julep.
To serve this old-fashioned southern beverage, beat white of an egg slightly and then brush the outside edge of a tall thin tumbler with beaten white of egg, about 1-2 inch deep; then roll the edge of glass in powdered sugar and allow to dry. This frosting edge of glass makes a very pretty appearance. Now place in the glass:

1-2 cup cranberry cocktail,
1 tablespoon of sugar,
Little cracked ice.

Fill glass with carbonated water and add sprig of fresh mint leaves.

Cranberry Ade.
Use two parts water to one part cranberry cocktail mixture, adding:

1-2 cup of sugar,
1 banana sliced thin,
1 orange cut in bits,
Serve in thin glasses and add little crushed ice.

Have you a cold or do you feel chilly—then try this Indian cranberry tea. It is a fine stimulant, when you are fatigued or low spirited. Place in a pitcher:

2 cups of cranberry cocktail mixture,

To Manage Exchange



Mrs. William Mundorff will be sales manager of the woman's exchange to be opened the end of this week by the Omaha College club, formerly the Collegiate Alumnae. Mrs. Mundorff ran a successful exchange in Pittsburgh before the war. She has been in Omaha for the last two years. Mrs. Howard Rushton will keep books for the exchange.

Mrs. Harvey Newbranch is chairman of the examining committee. Mrs. C. J. Horn, Mrs. Bryce Crawford and Mrs. A. J. Randall are other committee members.

Rules for this new business are:

1. This enterprise shall be known as "The Woman's Exchange," under the management of the Omaha branch of the American Association of University Women.

2. All important business must be approved by the executive committee of the local American Association of University Women.

3. The exchange shall be operated by a committee consisting of five women—two having been appointed by the president, the other three to be chosen by them, and a sales manager who shall be under the immediate jurisdiction of the exchange committee.

4. The hours of business shall be from 9:30 a. m. to 5 p. m., except in December. Each consignee shall be assessed \$1 as an entrance fee and shall then be a member of the exchange.

5. Exchange shall not be responsible for ordinary wear and tear which goods receive, nor for perishable articles not sent in as special orders (this applies to foodstuffs, flowers, etc.).

6. No large pieces such as bedspreads and covers will be accepted for display; any member wishing to sell such articles will be notified should there be a demand for same.

7. Each consignee or member shall be given a number and shall be known by that number.

8. All work shall be subject to the approval of the exchange committee, who shall advise about prices to be charged; said committee reserves privilege of refusing work should it consider the articles unsalable (poor work, poor material) or in any way not in accordance with standard desired.

9. All articles received by the exchange must be plainly marked with uniform tag bearing owner's number and selling price of article.

10. Exchange guarantees no sales. (Work on merit).

11. All articles entered must be left two months; at end of which time, if unused, they will be returned to member. However, no article shall be withdrawn during the month of December.

12. Monthly settlements will be made with members on the 5th of each month. No payments to be made at any other time.

13. The exchange shall retain 15 per cent of the selling price on each article sold.

14. Rates shall be for cash only. When a special order is given for any article, 10 per cent of the price shall accompany the order.

The committee looks forward to a fund from which loans for materials may be made to worthy members.

1-2 cup of sugar,
1-4 teaspoon of powdered ginger,
Pinch of allspice.

Add 2 cups of boiling water and a handful of mint leaves, chopped fine. Cover the pitcher with a cloth for a few minutes and then drink. This can be given with safety to small children.

Now to utilize the pulp left in the jelly bag—run this through a fine sieve and remove the skins. Measure and place in preserving kettle and add:

2-3 cup of sugar for every cup of prepared cranberry pulp,
1 package of seedless raisins,
1-2 cups of finely chopped nuts.

Stir to blend and then heat very slowly, then cook very slowly until thick, like jam. Pour into sterilized glasses and seal in the usual manner as for jellies. Store in cool place. Use on cold meat, with boiled beef or cold boiled ham.

The prudent housewife will bottle as many bottles of cranberry juice as she possibly can utilize for summer beverages.

Broiled Tomatoes on Toast.
Cut some round slices of bread and fry them delicately in butter until they are brown. Slice firm, ripe tomatoes to match the slices of bread, broil the tomatoes just a wee bit, and then lay a slice on each piece of the bread. Season them with pepper and salt, scatter grated cheese over them, spread them with a layer of fine bread crumbs moistened with melted butter. Brown in a hot oven and serve piping hot.

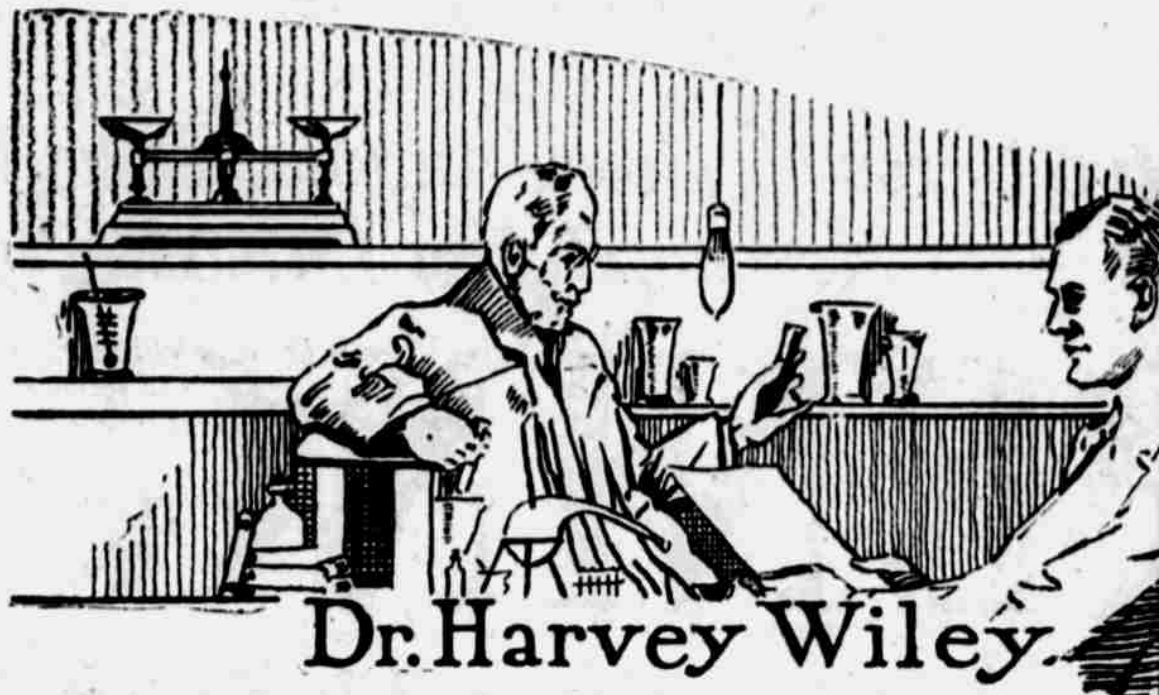
Things You'll Love To Make

Dolly's Tricote Dress



No doubt you have six stockings of various colors that have outworn their usefulness. Cut out the good portions of one and make dolly's tricote dress from it. Cut straight across the stocking. Measure the length of dolly from her neck to the hem. (Allow for the hem). Cut out the round neck. Stitch it with silk or worsted. Face the open sleeves. Stitch them around the bottom edges. Hem the skirt, and dolly has a smart tricote dress.

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Dr. Harvey Wiley.

DR. HARVEY WILEY, doctor, teacher, scientist and author of more than two hundred and twenty-five books and papers on sanitation and health, is a director in the Good Housekeeping Bureau of Foods, Sanitation and Health. This great man (for history will call him great) is constantly fighting the battle for purity in foods and drugs. Much of his work you do not see, yet his O. K. is back of every food product bearing the little oval trade mark of this bureau.



WE BELIEVE in Hard Roll Bread because we make it. We **KNOW** that we are putting into it only pure and wholesome materials. We **KNOW** that our baking methods are the latest and best that money can buy, we **KNOW** that they are clean. We **KNOW** that **HARD ROLL BREAD** is all that we say it is.

The housewife of today is vitally interested in the quality and wholesomeness of the food products that she selects for consumption by her guests, her family, as well as herself. It is for her further protection then that we call her attention to the bureau's trade mark on the wrapper of every loaf of **HARD ROLL**, for the housewife knows that the approval of The Good Housekeeping Bureau of Foods, Sanitation and Health is her guide to safe buying.

WARNING: The trade name **HARD ROLL BREAD** is protected by the laws of the state of Nebraska and the United States. The trade mark and design now used on the wrapper of **HARD ROLL BREAD** are protected by the laws of the United States.



The above trade-marked label of the Good Housekeeping Bureau of Foods, Sanitation and Health appears on the wrapper of every loaf of genuine **HARD ROLL BREAD**.

Petersen & Pegau Baking Company

Omaha

Nebraska