Make Most Of Apples

By LORETTO C. LYNCH. With the first days of autumn, the marketer sees a glorious array of health-giving apples. Apples are to the fruit world what potatoes are among vegetables. Unlike most fruits, we do not readily tire of them. It behooves the housewife, therefore, to buy apples in quantity -such quantity as she can conveni

ently store.

Pick out the best-looking apples from among those you purchase wash them thoroughly with a brush and warm water, dry and polish with soft paper. Pile these in your prettiest fruit dish. The kiddie will often pass by the candy box to pick up and bite into an attractive apple.

While nearly always apples in the raw are easily digested it some-times happens that in order to be more easy of digestion they need to be cooked. There are innumerable recipes for cooking apples in various ways, but every housewife should be familiar with at least three or four easy methods of preparation

without reference to her cook book.

For baking, select the green or
cooking apple. It is perfectly possible to bake the pretty red apple so common in many sections, but connoisseurs long ago decided upon the all-around superiority of the green apple. Since apples are of the acid fruits, cooking them in either tin or iron vessels must avoided. An earthen baking dish an aluminum pot or pan, or the familiar agate or granite utensil must

Before deciding as to the number of apples you will bake remember that a left-over baked apple that has been properly cared for is quite as good the second or third day after baking. It may be wise in order to economize in oven heat to bake more than you expect to use imme-

diately.
Scrub the apple, remove the core and a strip of skin an inch in width from the stem end of the apple. This will help to prevent the burst-ing of the skin. Place the apple on the baking dish, fill each cavity with brown sugar and add either a few grains of ground cinnamon or a few drops of lemon juice to each apple. A dot of butter may be put here and there on the apple.

Pour a little water preferably hot, into the bottom of the baking dish and set the dish in a moderate oven. Open the oven every 10 minutes and with a spoon dip the syrup over the apple to prevent burning. Serve cold either with the syrup formed in the dish or with cream, plain or

From the less perfect apples one may prepare stewed apples. Cut the apple in half, remove the skin and core and from each half of the apple cut about four sections. Make a syrup by boiling together for five minutes a cupful of water and one-fourth of a cupful of sugar.

Into this put the apple and stew slowly until tender. Care must be taken not to overcook the apples and cause them to break. A bit of stick cinnamon or a couple of cloves or some lemon or orange rind may e cooked with the apple to vary

Deep dish apple pie should not be overlooked. This is made with an upper crust only. The best crust will soak the fruit juice if placed on the bottom, and unless one has a particularly good digestion it may cause trouble. A glass baking dish is ideal for this type of pie. The shops are showing delightful little individual glass pie dishes which archighly desirable for serving one crust pies.

Needlework Guild Will

Needlework Guild Will

Distribute Garmants

Distribute Garments

The annual collection of gar-ments to be distributed among local charities under direction of the Omahs branch of the Needlework Guild of America will be held Wednesday and Thursday, Novem-ber 2 and 3, at the First Congrega-

ber 2 and 3, at the First Congregational church, Thirty-sixth and Harney streets,

Mrs. W. W. Carmichael, vice president, will have charge of arrangements owing to the resignation of the president, Mrs. N. B.

Mrs. W. W. Carmichael, vice president, will have charge of arrangements owing to the resignation of the president, Mrs. N. B.

McConnell Drug Co. rangements owing to the resigna-tion of the president, Mrs. N. B. Newman, who is leaving soon for California, where she will reside. New officers will be elected Novem-

Requests for private cases should be sent to Mrs. T. H. Tracy, 208 South Thirty-fifth avenue.

The origin of the guild is English, having been started by the queen and her ladies-in-waiting, who at a certain time each year made garments and gave them to the hospitals. The idea was brought to America by a Mrs. Stewart of Philadelphia, who founded the Needlework Guild of America over 25 years ago. The organization now has branches in all the chief cities of America.



This institution is the only one in the central west with separate buildings situated in their own grounds, yet entirely distinct, and rendering it possible to classify cases. The one building being fitted for and devoted to the treatment of noncontagious and nonmental diseases, no others being admitted; the other Rest Cottage being designed for and devoted to the exclusive treatment of select mental cases requiring for a time watchful care and special nursing.

SKEPTICAL

Y. W. C. A. Class Instructors



Federated Club Notes

federation news readers. Besider

North Carolina's newly appointed commissioner of public welfare is a woman and one whose training in

Have Pretty Eyes

No girl or woman is pretty if he.

eyes are red, strained or have dark rings. Simple camphor, hydrastis witchhazel, etc., as mixed in Lavop-

tik eye wash, will brighten the eyes

and a week's itse will surprise you with its QUICK results. Regular use of Lavoptik keeps the eyes

healthy, sparkling and vivacious. The

quick change will please you. Dainty aluminum eye cup FREE, Slierman & McConnell drug stores and all

ADVERTISEMENT.

ALL HEALED

'Now I Can Walk." Says

Mrs. Southcott of Medina

"Here is another letter that makes me happy," says Peterson of Buffalo. "One that I would rather have than a thousand

N. Y.

Dear Sirs:

"I was an untold sufferer from an old running sore and ulcers. I had tried most everything without any relief from psin. A friend told me of your wonderful ointment and the first box took away the pain that had not left me before in years, and after using just nine dollars worth of the snive I am cured. The ulcer was 9 inches by 6½ inches, is all healed and I can walk. Never, never will I be without Paterson's again.

leading druggists.

Most Girls Can



'Tis wonderful classes they're having At the "Y" every night of the week, They's French (as Ring Lardner would put it) And art talks that just can't be beat, Millin'ry, cooking and sewing, First aid and the up-to-date "psych," Events that are current, and po'try,

Instructors are A-1, you bet yuh, Miss Towne's there and E. S. Kittle-son, Bea Swanson and others par exclent, Join now for they've all just begun.

public welfare work was received through federated club work, Mrs. Sixteen countries besides the Clarence A. Johnson, formerly state United States are represented among president of the North Carolina going to every state in the union and the District of Columbia this Federation of Women's Clubs Mrs ohnson is remembered by women edition will reach clubwomen in from all over the country as official China, Japan, Sweden, England, Prance, Germany, Australia, Canada Canal Zone, Cuba, Phillippine Islands. Hawaii, Isle of Pines, Alaska, Africa council hostess to the general federa-tion at Ashville in 1919,

Hold Special Meeting.

There will be a special meeting of the George A. Custer Woman's Re-Memorial hall, court house. The department president, Mrs. Lola Wintersteen, of Republican City, will con-

corps Monday afternoon in

Big Picture Frame Factory at Tenth and Douglas streets, manufactures our great line of Picture Frames, consisting of a thousand different patterns and designs, embracing gold, Roman gold tints, silver, mahogany, oak, walnut and the many pretty enamels. Frames to fit your pictures or your photos, wall frames, standard frames, standard swing frames. Prices running from 50c and up to the most expensive period models.

The Retail Art Department at 1513 and 1515 Douglas Street

exhibits the wonderful line of Art Pictures in many cabinets filled with real water colors. pastel paintings, mezzo tints, color prints, etchings, photos and Lessor prints.

Mottos in Exquisite Frames.

The very last word in popular titled pic-tures can now be purchased at

Pre-War Prices

Framed or unframed, to match the tone color of the subjects selected.

Bric a Brac

This section shows Piano Lamps, Desk Lamps, Candle Sticks, Electric Sticks and Candles in multi-colored designs.

Cordova Leather Goods, Mirrors of various periods, Book Ends, Statuettes, Incense Burners, Art Flowers and Vases.

A complete line of Artist Materials for the artist, the amateur, the school child. Your visit to our Art Galleries is appreciated.

A.Hospe Co.

1513 Douglas Street The Art and Music Store

Bowen's Value-Giving Store-



It is a great satisfaction to select your Stove at BOWEN'S. First-Because only the best stoves made in America a re found in our large showing: Garlands, Peninsulars, Economy, etc., etc. Second-Because BOWEN'S prices are lower, 50% lower than they were i n 1920.

Some Extraordinary Values are Ready for You

Small Coal Heater \$16.50 Medium Size Nickel Trimmed Heater Large Nickel Trimmed Economy Heater

Bowen's

Guaranteed

Oil

Heaters

Large Hot Blast, Nickel \$27.50
Trimmed Heater \$27.50
Good Size Nickel Trimmed \$31.50
Base Burner Base Burner Large Size Full Nickel Base Burner

OMARAS VALUE STORE STORE

See the Garland Pipeless Furnace at Bowen's

Howard, Bet. 15th and 16th

Fine Arts Society Lecture Change Announced

Miss Amy Lowell, poet, who was scheduled to appear before the Oma-ha Society of Fine Arts November 8 at 4 p. m., Fontenelle hotel, has

Mr. Bynner was graduated from Harvard in 1902. He was Phi Beta Kappa poet in 1911. In 1918-19 he was professor of literature at the was professor of literature at the University of California.

Miss Willa Cather will open the Fine Arts lecture season Saturday, October 29, at 4 p. m., Fontenelle

Many affairs are planned for the istinguished Nebraska author, Willa Cather, who will appear in Omaha before the Fine Arts society, October 29. The Omaha Society of Fine Arts will honor Miss Cather at luncheon or tea that day, Saturday. The league of women voters is planning a dinner for her that evening. The Omaha Woman's Press club has ex-tended Miss Cather an invitation for Sunday morning breakfast and Mrs Harvey Newbranch will have an af-fair that afternoon. Mrs. Newbranch and Miss Cather were classmates at the University of Nebraska, from where Miss Cather was graduated in 1895, and Mrs. Newbranch the year

The Cure.

Rub-"What's the easiest way to give up smoking?"

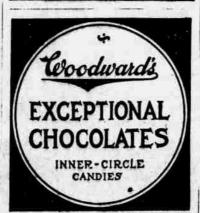
Dub—"Marry a woman who objects to it!"—New York Sun.

BETTER ON SCREEN THAN. STAGE, SAYS "SUN" OF

"Those who wept with Mrs Fiske as she struggled along Salvation Nell's thorny path can now repeat that experience without the inspiration of the actress' throbbing voice. The drama is as much s live as, and even more tense on the screen, than it was on the speaking stage."

That's Urge No. 4

RIALTO STARTS SUNDAY



ADVERTISEMENT.

Alkali in Soap Bad for the Hair

Soap should be used very carefully, if you want to keep your hair looking its best. Most soaps and prepared shampoos contain too much alkali. This dries the scalp. makes the hair brittle, and ruins it.

The best thing for steady use is
Mulsified cocoanut oil shampeo
(which is pure and greaseless), and
is better than anything else you

can use.

One or two teaspoonfuls of mulsified will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, tright, lustrous, fluffy and easy to manage. You can get Mulsified cocoanu

oil shampoo at any pharmacy, it's very cheap, and a few ounces will supply every member of the family for months. Be sure your druggist gives you Mulsified.



440 Berry Block, Nashville, Tenn.

ADVERTISEMENT.

In Blisters On Little Girl. Skin Sore and Red. Cuticura Heals.

"When my little girl was four months old eczema broke out on her face and neck in small blisters. Her skin was very sore and red. Later the breaking out developed into sore eruptions. She was cross and could not aleep day or night.

"The trouble lasted about six

weeks before I began using Cuticura Soap and Ointment, and after using two cakes of Soap and one and a half boxes of Ointment she was healed." (Signed) Mrs. Edna Pottorf, Orego-

Daily use of Cuticura Soap, Oint-ment and Talcum usually prevents

Use of the Fork

Perhaps there is no article of table furnishing so troublesome as the fork. In the letters asking for advice it seems to be the one thing on the table about which there is confusion. And if you watch any well-bred American gathering at dinner you will see that, although recently undergone an operation mobody eats with his knife, although make her lecture tour impossible this year.

Witter Bynner, playwright and poet, will take her place, appearing at the same date, time and place. We have a specific the same date, time and place of the same date of the same date.

> up. And according to good Ameri-can usage it is quite correct to hold the board, the fork in the right hand to eat scalloped fish, for instance, or mashed potatoes. The Englishman, of course, would eat the mashed poof course, would eat the mashed potatoes on the plate with his meat
> with a fork in the left hand, spikewise. In this country the one important thing seems to be to remember, after you have cut a piece
> of meat with the fork in the left
> hand, prongs down, not to shift the
> fork to the right hand, prongs up,
> and raise the meat thus to the mouth
> There will always be some who think
> between two crusts. This quantity
> of mince meat will make two uses. There will always be some who think between two crusts. This quantit this left hand method of eating meat of mince meat will make two pies. is graceless; nevertheless, it is quite

New System of

ADVERTISEMENT.

Fat Reduction

to laugh together at that old bugabou -Obesity. The saying that "there is rothing new under the sun" does not row apply to fat people any more. Here is semething new for them—s new sen-Salvation Nell

is semething new for them—s new sensation, a new pleasure, a new and graceful figure, easily found by anyone who is passing beyond the limits of silmness. Everyone has heard of the Marmola Pitsciphion, that harmless combination of fat-defying elements perfected by one of the foremost physicians. Now from the same high authority, there comes another idea—the idea of condensing these same, pure, harmless iffgredients into a pleasant little tablet. Taken after eating and at beddine, they help the stomach to dispose of all the fatty foods, converting them into compact, gold flesh, mus it sand energy, without disting or everelse. Marmola Prescription lablets reputate the entire system—do for you what bodily exertion and self-denial can not do, and the fat one routed is gone for good. You can prove all this at a trifling cost. Marmola Prescription Tablets are soid by all trusgrists or sent p-straid by the Marmola (fompany, in)? Woodward Avenue, Detroit, Mich. A case—sufficient to bring lasting results—is but one dollar.

ADVERTISEMENT.

Curling Hair Like This Promotes Its Health

For those whose hair is straight and lank nothing better could be recommended than the silmerine method. This insures a beautiful curliness which is perfectly natural in appearance, and the health of the hair is not affected as where the heated iron is used. A few ounces of liquid silmerine—which of course can be had at any drug store—lasts a long time, so it is quite economical to use. It is rleasant to use, too, being neither sticky nor greasy, and is easily applied with a clean tooth brush. The hair should be moistened the full length before doing it up. The pretty wavy effect in evidence in three hours is surprising to those who try, this simple method the first time. The liquid also serves as an excellent dressing, iquid also serves as an excellent dressing ADVERTISEMENT

STONES

Dr. E. E. Paddock, a physician of Kansas City, Mo., is giving away Free, an illustrated book that tells how hundreds of people have obtained wonderful results from a simple home method of treatment in cases of inflammation and catarrh of the Gall Bladder and Blie Duets as associated with Gallstones. Just send name to Dr. E. E. Paddock, Box OB-201, Kansas City, Mo.

Mrs. Edgar Penney Resigns From Presidency

nobody cats with his knife, although nobody drinks soup from the point of his spoon, although everybody knows the use of the butter spreader—if there is one—still there is a decided difference in the way people handle their forks.

Some persons always use the fork as a shovel, some as a spike—some hold it in the left hand with prongs down; some in the right with prongs up. And according to good Americans at the Brandeis restaurant.

At the state meeting of the woman's auxiliary to the American Legion, held recently in Fremont, Mrs. Penney, who was not in attendance, was elected president. M

Mock Mince Pie Peel two lemons, chop the rind finely and boil in water to well

You Can Be Fascinating

Lyko brings the happiness which has its source in good health. Happiness and health make any woman contented and tend to make her more attractive—more mag-netic in her personality Lyko-through its active agents cleaness the sys-tem and tones the body—and health means beauty and vivacity.



Lyko keeps a weman iooking young by keeping the bodily functions in normal condition. It is a great aid in removing waste matter and tones up the digesticory and the condition of the like Lyko can be purchased that will help her to retain pariect health. Lyko keeps a won Purity

Lyko is a comb-nation of laxative and tonic drugs of recog-nized therapeutic valua. The formula is the re-sult of a great many experiments by the best chemists. No remedy is better—none more effective as a mild laxative tonic.

Use "Gets-It" For Corns Stope Pain Instantly-Remove Corns Completely. Everybody, everywhere needs to know that millions of folks have already learned about "Gets-It." the guaranteed pain-

Millions



End Your Corns With "Gets-It."

less corn and callus remover. Any corn, no matter how deep rooted, departs quickly when "Gets-It" arrives. Wonderfully simple, yet simply wonderful, because all soreness stops with the first application. Get rid of your corn and wear shoes that fit. Big shoes simply make corns grow higger. Your money back if "Gets-It" fails. Insist on the genuine. Costs but a trifle everywhere. Mfd. by E. Lawrence & Co., Chicago.

DON'T SQUEEZE BLACK-HEADS--DISSOLVE THEM

Squeezing and pinching out blackheads make the pores large and cause irritation—then, too, after they have become hard you cannot get all of them out. Blackheads are caused by accumulations of dust and dirt and secretions from the skin and there is only one safe and sees way and one that never fails to get rid of them—a simple way, too—that is to dissolve them. Just get from any drug store about two ounces of calonite powder—sprinkle a little on a hot, wet sponge—rub over the blackheads briskly for a few reconds—wash off and you'll be surprised to see that every blackhead has disappeared, and the skin will be left soft and the pores in their natural condition—anyone troubled with these unsightly blemishes should try this simple method.

It does not cost more to phone your want ads to The Bee, the charge rates are the same as cash.

ADVERTISEMENT Rupture Kills 7,000 Annually

Beven thousand persons each year are laid away—the burial esetificate being marked "Rupture." Why? Because the unfortunate ones had neglected themselves or had been merely taking care of the sign (swelling) of the affliction and paying no attention to the cause. What are yeu desing? Are you neglecting yourself by wearing a truss, appliance or whatever name you choose to call it? At best, the truss is only a makeshift—a false propagainst a collapsing wall—and cannot be expected to act as more than a mere mechanical support. The binding pressure retards blood circulation, thus robbing the weakened muscles of that which they need most—nourishment.

Ask Your Druggist

Lyko is sold only in the original sackage.
It is bettled in our own inhoratories under the most hygiend sonditions and then early after a task as to its period compounding. Get a bottle to dear Your drugsts selle it.

Sole Manafacturers
LYKO MEDICINE COMPANY
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Tor sale by Beaton Drug Lo.,
I 5th and Farnam streets, and all retail druggists.

It does not cost more to phone your want ads to The Bec, the charge rates are the same as cash.

It does not cost more to phone your want ads to The Bec, the charge rates are the same as cash.

It Is Iron In The Blood That Makes Iron Muscles Like These—

