

# 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 conveniently 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 sometimes 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 one 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 be avoided. An earthen baking dish or aluminum pot or pan, or the familiar agate or granite utensil must be used.

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 immediately.

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 bursting of the skin. Place the apple on the baking dish, fill each cavity with brown sugar, 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 whipped.

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 be cooked with the apple to vary the flavor.

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 shons are showing delightful little individual glass dishes which are highly desirable for serving one-crust pies.

## Needlework Guild Will Distribute Garments

The annual collection of garments to be distributed among local charities under direction of the Omaha branch of the Needlework Guild of America will be held Wednesday and Thursday, November 2 and 3, at the First Congregational church, Thirty-sixth and Harvey streets.

Mrs. W. W. Carmichael, vice president, will have charge of arrangements owing to the resignation of the president, Mrs. N. E. Newman, who is leaving for California, where she will reside. New officers will be elected November 2.

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.

**Green Gables**  
DR. BEN F. BAILEY  
SANATORIUM  
Lincoln, Neb.

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 nonmenal 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.

**MR. H. NEHMA**  
Two years. Could not sleep, lost all appetite and finally collapsed. He was 30 years old. SKEPTICAL.

After being treated at the Green Gables Sanatorium, he is now a well-to-do man. He is now 32 years old. He is now a well-to-do man. He is now a well-to-do man.

**INGVOLDSTAD'S PHARMACY**  
Colorado Ave and 13th St., Colorado Springs, Colo.

# Y. W. C. A. Class Instructors



"The wonderful classes they're having at the 'Y' every night of the week. They're French (as King Lardner would put it) and art talks that just can't be beat. Military, cooking and sewing. First aid and the up-to-date 'parish.' Events that are current, and pretty. And everything else that you like.

## Federated Club Notes

Sixteen countries besides the United States are represented among Federation news readers. Besides going to every state in the union and the District of Columbia this edition will reach clubwomen in China, Japan, Sweden, England, France, Germany, Australia, Canada, Canal Zone, Cuba, Philippine Islands, Hawaii, Isle of Pines, Alaska, Africa and South Africa.

## Most Girls Can Have Pretty Eyes

No girl or woman is pretty if her eyes are red, strained or have dark rings. Simple camphor, hydrastis, witchhazel, etc., as mixed in Lavopt eye wash, will brighten the eyes and a week's use will surprise you with its QUICK results. Regular use of Lavopt keeps the eyes healthy, sparkling and vivacious. The quick change will please you. Dainty aluminum eye cup FREE. Sherman & McConnell drug stores and all leading druggists.

## BIG ULCER 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 dollars."

"I was an untold sufferer from an old running sore and ulcer. I had tried most everything without any relief from pain. 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 same I am cured. The ulcer was 9 inches by 6 1/2 inches, is all healed and I can walk. Never, never will I be without Peterson's again.

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## Hold Special Meeting

There will be a special meeting of the George A. Custer Woman's Relief Corps Monday afternoon in Memorial hall, court house. The department president, Mrs. Lola Winterstein, of Republican City, will conduct inspection.

## 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, mezzos tints, color prints, etchings, photos and Lessor prints.

## Salvation Nell

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

## Woodward's EXCEPTIONAL CHOCOLATES

INNER-CIRCLE CANDIES

## 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.

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

This is one of the secrets of the Great Power and Endurance of Athletes—How Organic Iron—Nuxated Iron Helps Build Rich, Red Blood That Gives Physical Strength and Energy To Go In and Win

To touch the arm of a strong, sturdy man—to feel the steel-like firmness of those muscular sinews—to think of the tremendous force and power that must lie behind such strength—these are thrills that come to the thin-blooded men and women whose own bodies are weak and physically unfit.

It takes men of red-blooded force and power to hit the sledge-hammer blows that count—and whether you are a day laborer or a bank president you cannot expect to win out against odds forever unless you are a man of iron—constantly able to strike—and strike hard.

There are countless numbers of men today who at 40 are broken in health and steadily going downward to physical and mental decay simply because they are allowing worry, over-work, nervous strain, dissipation and occupational poisons to sap the iron from their blood and destroy its power to change food into living tissue, muscle and bone.

A good reason for many of these failures is plain. As man approaches middle age THE IRON IN HIS BLOOD IS APT TO THIN OUT and he then lacks the necessary iron in his body to give him the force, strength and vitality; the "IRON-WILL" and "iron determination" to carry him on to success. In his own mind HE ALWAYS THINKS HE IS GOING TO "COME BACK," but he is like a crippled deer that rises up on its four legs after being shot, only to fall back again.

## Use of the Fork

Perhaps there is no article of table furniture 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 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.

## Mrs. Edgar Penney Resigns From Presidency

Mrs. E. B. Penney of Fullerton was a guest in Omaha Saturday, when she attended the luncheon of the Association of Collegiate Alumnae 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. Mrs. Penney stated when in Omaha that she appreciated the honor deeply and is much interested in the organization, but finds it impossible to accept the office at the present time. She has tendered her formal resignation to the board.

## Mock Mince Pie

Peel two lemons, chop the rind finely and boil in water to well cover until tender, reserving the liquor. Chop finely six peeled apples and add half a pound of beet sugar, chopped to a powder, one pound of seeded raisins, half a pound of currants, two ounces of shredded citron, a pinch of salt, one and a half cupfuls of sugar, the cooked lemon rind and the lemon liquor. Bake between two crusts. This quantity of mince meat will make two pies.

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Miss Amy Lowell, poet, who was scheduled to appear before the Omaha Society of Fine Arts November 8 at 4 p. m., Fontenelle hotel, has recently undergone an operation which will make her lecture tour impossible this year.

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

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## GALLSTONES

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# Millions Use "Gets-It" For Corns

Stops Pain Instantly—Removes Corns Completely. Everybody, everywhere needs to know that millions of folk have already learned about "Gets-It," the guaranteed pain-killer.



End Your Corns With "Gets-It." Less corn and callus remover. Any corn, no matter how deep rooted, disappears when you use "Gets-It." It is so simple, yet so powerful, because all corns stop with the first use of "Gets-It." Big shoes simply make corns grow bigger. Your money back if "Gets-It" fails. Instant relief. Write for "Gets-It" but a trifle everywhere. Mfg. by E. Lawrence & Co., Chicago.

# DON'T SQUEEZE BLACK-HEADS—DISSOLVE THEM

Squeezing and pinching out blackheads makes the pores clogged and causes irritation—then, too, after they have become hard you cannot get all of them out. Blackheads are caused by accumulations of dirt and dirt and secretions from the skin and there is only one safe and sure 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 blackhead powder—sprinkle a little on a hot, wet sponge—rub over the blackheads briskly for a few seconds—wash off and you'll be surprised to see that every blackhead has disappeared, and the skin will be left soft and the pores free of their natural condition—anyone troubled with these unsightly blemishes should try this simple method.

# Rupture Kills 7,000 Annually

Seven thousand persons each year are laid away by the burr article being marked "Rupture." Why? Because the unfortunate ones had neglected themselves or had been merely taking care of the signs (swelling) of the affliction and paying no attention to the cause. What are you doing? 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—does not prop against 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—your blood.

But science has found a way, and every truss sufferer in the land is invited to make a FREE test right in the privacy of their own home. The PLAPAO method is unquestionably the most scientific, logical and successful self-treatment for rupture the world has ever known.

The PLAPAO method when adhered closely to the body cannot possibly slip or shift out of place, therefore cannot chafe or pinch. Soft and velvet—easy to apply. Inexpensive. To be had without a doctor's prescription. The best of all, it works against 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—your blood.

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# 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 magnetic in her personality. Lyko through its active agents cleanses the system and tones the body—and health means beauty and vivacity.