

Council Bluffs Society

COUNCIL BLUFFS will be an... luncheons and bridge parties on the calendar, and the cabaret dance in the auditorium Thursday night as a special October event.

Every Thursday for the past few weeks, a group of women have met at the home of Mrs. O. P. Wickham, where the afternoons have been spent wrapping packages for the fish pond.

Another popular booth will join this where delicious home-made cakes, pies, cookies, jam and candy may be had, and other opportunities will be given those in attendance to obtain the things which they most desire.

Some unusual entertaining features are on the program and the spacious floor of the Auditorium is in excellent condition for dancing.

Among those who have already made table reservations are John Henry, A. Bernstein, D. J. Rockwell, A. D. Anis, W. A. Maurer, Charles T. Stewart, E. W. Hart, Robert Wallace, Emmet Timley, George Wright, E. E. Spelman, Walter Stephan, Clarence Hafer, W. L. Douglas, William Coppock, W. S. Stillman, Eldon Lougheed, Thomas Metcalf and Edward Schoentgen.

Stewarts to Entertain. Mr. and Mrs. Charles T. Stewart will entertain on Thursday for Miss Lennie Davis and the members of her bridal party.

At the wedding of this Omaha girl to Henry Bohling of St. Louis next Saturday evening, one of the attendants is to be Mrs. Donald McFerron of Hoopstown Ill., daughter of Mr. and Mrs. Stewart.

Bridge Series. Three tables of guests were invited by Mrs. E. E. Spelman Wednesday for an afternoon of bridge, at which Mrs. Frank Garret had high score. Mrs. Stewart was awarded the consolation.

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To Visit California



Mrs. Oscar Keeline leaves early in November with her husband for Los Angeles, where they plan to spend the winter.

Mr. and Mrs. Keeline are the parents of Mrs. Roy Wilcox and since November, Mr. Wilcox and his sons, Franklin and Richard, have been making California their home, the Keelines have divided their time between there and here.

Rules for Press Club Writing Contest

Rules for the writing contest conducted by the Omaha Woman's Press club are as follows: 1. There shall be three classes under which manuscripts may be entered; but no contestant may enter more than one piece of work in a single class; for instance, one may enter a poem and a story, but not two stories or two poems.

Short story, maximum length, 4,000 words. Poetry, short poems, not exceeding 24 lines. Essay, including such material as nature, travel and character sketches, editorial and informal essays, limited to 1,000 words. Length limitations must be observed.

At least three entries shall be necessary for a contest in any class. It is also desired that no manuscript which has appeared in print be submitted.

Each contestant shall enclose her manuscript in a large envelope, bearing the title and class in which entered, and enclosing with it a sealed envelope bearing the same title and class and containing a card on which is written the writer's name and address; all of this to be enclosed in a second large envelope addressed to the chairman of the contest committee. By this means the identity of the contestant is not revealed to the judges, should the competitor desire the return of her manuscript; stamps should be provided.

An engraved silver loving cup will be awarded to the best manuscript in each class, as decided by the judges selected outside the membership of the club.

This contest closes December 10, 1921. Mail all entries or questions to the chairman, Mrs. Laura McLaughlin Smith, 4224 Farnam street, Omaha, Nebraska.

The contest is open to all women of Nebraska.

Jane Hamilton Rhodes of Los Angeles, Cal., manager for Ruth St. Denis and Ted Shawn, has the distinction of being the only woman who has completely managed a big concert tour.

For two years she had charge of a Ruth St. Denis company of 16 dancers, being not only stage and business manager, but directing manager as well. She has been in Omaha the past few days arranging for the appearance of Mr. Shawn at the Brandeis Monday and Tuesday nights.

Mrs. Rhodes is president of the Orange County Community Players association of Santa Ana, Cal. She was province resident of Alpha Chi Omega sorority in the northwest territory for three years and had charge of physical education at Simpson college for five years.

Shawn Manager



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Shawn to Speak Before Fine Arts. Ted Shawn, who appears at the Brandeis next week, will address the Fine Arts society, Monday afternoon at the Omaha library. His subject will be "Dancing and Its Related Arts," and the general public is invited.

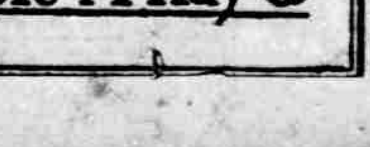
Mr. Shawn will exhibit some of his costumes and experiments in dyeing and balking in the museum of the library.

Tuesday noon Mr. Shawn will speak before the Lions club at the Rome hotel, and two members of his company will dance.

Ruth St. Denis, the other member of the Denis-Shawn establishment, is to be in town this winter. She is busy with plans for a "greater Denis-Shawn" to be built near San Diego, adjoining the home of Mme. Schuman-Heink. The estate includes 20 acres.

Ted Shawn has recently written a book called "Ruth St. Denis, Pioneer and Prophet," which has been published by John Henry Nash and is a limited edition, only 250 copies having been made. It is beautifully illustrated.

Woodmen Federation to Meet. The Omaha Woodmen Circle Federation will have a luncheon in the Brandeis restaurant on Saturday, October 29.



Salad Making Is an Art

Salad-making is really an art and not merely the placing of the greens in a dish with oil and vinegar and seasoning poured over them.

In the first place, all materials should be secured fresh, well cleansed and washed with as little handling as possible. Salad should be made immediately before the meal and kept cool until wanted.

Potato salad is best made with warm potatoes. Wash lettuce under cold running water and it will be crisp.

Vegetables for salads should be thoroughly dry or the dressing will not stick. All salads should be thoroughly chilled.

Stir mayonnaise with an egg beater if hurried. For smooth dressing blend with a fork, not a spoon.

Mix the flour and sugar together dry for dressing, then add boiling water and stir. If dressing curdles add cold water and stir quickly.

If the vinegar is heated before adding to the dressing it will not curdle. If mustard is mixed with milk instead of water it will not dry out.

Mix salt thoroughly through your minced potatoes before adding the dressing to prevent flat taste.

Those Four and Twenty Blackbirds. This is the opening number of our own classical series of "Sidelights on the culinary art."

Every well educated child, and adult who was once a child, is familiar with the four and twenty blackbirds baked in a pie, but not many know what the original of that pie was. An out-of-town visitor in Omaha who has a penchant for odd stories told Gabby the other day the real truth.

When Genghis Khan, the great Tartar chieftain was ruling, some bandits carried off his favorite wife. In a fury he sent word that unless she was at once returned he would annihilate the robber band.

So they hastened to escort her back with every care. But on the return trip an heir to the throne was borne and the bandits were at their wit's end to know how to protect a baby from the dangers of travel.

At last they decided to make up a lot of bread dough, and in this soft warm covering the baby was carried safely back to his father. Genghis Khan undoubtedly thought it a "funny dish to set before a king."

Organists Guild to Meet. The Organists Guild will meet for dinner at the All Saints Parish house on Monday evening, October 24. The dinner will be served by the Woman's Auxiliary.

Miss Willa Cather



Miss Willa Cather, a Nebraska woman who has few rivals among the American women novelists, will open the lecture series of the Omaha Society of Fine Arts Saturday afternoon, October 29, at 4 o'clock in the ballroom of the Fontenelle hotel.

Miss Cather was born near Red Cloud, Neb., where she spent her girlhood with her parents on the Nebraska prairie—the country she has so wonderfully pictured in her book, "My Antonia," said by critics to be the best picture of pioneer life in the northwest. She was graduated from the Nebraska university in 1896.

The Omaha Society of Fine Arts will entertain at luncheon for Miss Cather preceding the lecture when covers will be placed for the board of directors, committee chairman and members of committees.

Mrs. A. B. Currie, chairman of the membership committee, asks those who wish to become members of the society to send their dues to the treasurer, Mrs. C. C. George, 5218 Chicago street.

The Human Foot Is Beautiful and Useful

The human foot is one of the most beautiful and useful instruments ever conceived, but, unfortunately, it is not what a motorist calls "foot-proof."

There is a great deal of misunderstanding about our feet. We treat them outrageously, as either custom or fashion may dictate. As a result, about one-third the population is splay-footed, another third walks like a hen on hot cinders and the remaining third may be said to walk fairly naturally.

The foot has a graceful arch running fore and aft. We take this longitudinal arch, turn the toes outward so that the heels meet at an angle of 45 degrees and then put our pressure in a skew direction across the arch.

No railway engineer would dream of building a straight arch bridge to carry loads; neither across nor along the arch, but irregularly askew over it.

We ought to walk with our great toe pointed straight in the direction of progress, as the Indian runners do, and "spring from the great toe." Instead, most of us "take off" in a lumbering sort of way from the ball of the great toe.

The arch of the foot is supported largely by the tendon which runs under the foot to the great toe itself, and this neglect of use renders this tendon weak and lax and causes the depression of the arch. The best care for weak arch is the practice of raising one's self upon the great toe, that is, doing as a penalty exercise what you should have done all along naturally.

If you will try when walking to keep the feet straight, and to end each stride with a little "spring" off each big toe alternately, you will be rewarded by finding that progress seems easier, quicker and more buoyant.—London Daily News.

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Problems That Perplex

Answered by BEATRICE FAIRFAX.

"After reading your article on 'Trying to Please Men' I decided to write to you and tell you how I agree with you in everything that you have said in that article.

"Since I was 17 I have worked and supported myself, and during that time I lived in furnished rooms because I lost my parents when I was very young. I had no home, but I tried to keep myself above reproach. I have had my temptations and my so-called chances, but I always depended upon the good Lord for encouragement and He has never failed me.

"I didn't dress up to the minute, nor make up, and sometimes I wondered if it were worth while to 'play the game' the way I was trying to.

"In the winter of 1919 I met a young man then in Uncle Sam's naval service. I liked him, but I knew that he took out girls of very questionable reputations. But I continued to be friendly. I thought perhaps he had never known any really good girls, and I was right.

"When he was released from service he came home. He had noticed the difference. He gave up his other acquaintances. That Christmas he gave me a pretty little diamond ring. In January we were married. Now I have a very attractive home near where he gets his bonus we are planning to start to buy our own home.

"And last but not least of our happiness is the fact that the angels are going to send us a gift straight from heaven in November. We are very often, when I sit and sew on my tiny, snow white garments, and my husband is beside me in the evening, reading from his newspaper, I think of my early struggles, and I realize how small they are compared to my present happiness.

"And so I want to tell all the real girls that read your paper, to stay real. By no means should they envy their showy, tawdry sisters. They should pity them because of all the happiness—true happiness—they are missing. I feel there is only one reward for a real girl, and that is the one I have received.

"There are many men that do appreciate goodness when they see it. It is their friendship that a real girl

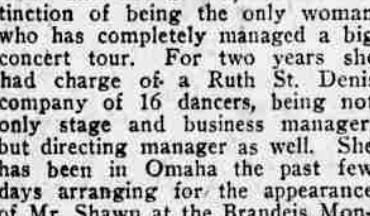
can count on. It is a question of time when she will get it. I, A. B."

A simple bit of testimony this. But it tells the story. The things that last aren't won in a moment's wildness. The big basic joys of life don't come in response to the cheap lures. The fine response to just love and happiness and devotion are built can't be won except by deep, fine feelings.

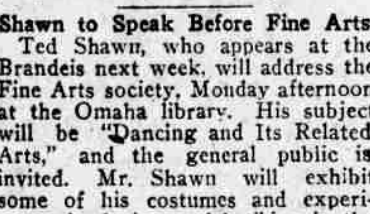
All our helter skelter mad pursuit of pleasure today won't give us anything with more lasting quality than a "cob-web wet with morning dew." Such a web is exquisite for a moment—then it is gone.

Is a moment enough? Or shall we strive for a necklace of moments—lifetime of sweetness?

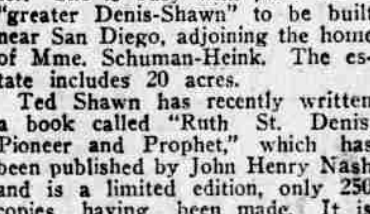
Potato Biscuits. Sift together one tablespoonful of baking powder, one cupful and a half of flour and add half a teaspoonful of salt. Rub in with the finger tips three tablespoonful of creamy mashed potatoes (cold) and one tablespoonful and a half of mixed butter and oleo. When the mixture resembles coarse cornmeal wet to a very soft dough with ice cold milk. Handle as little as possible, cut into biscuits and bake in a very quick oven.



The Iron Food for Vitality. They need it—The Iron Food for Vitality.



Hot Fruited Toast. Toast this raisin bread and taste a new delight at luncheon.



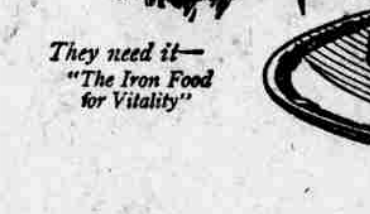
Raisin Pie. Men are quickly refreshed at night by a dessert like this.



SUN-MAID RAISINS. Use Sun-Maid Raisins, made from California's finest table grapes.



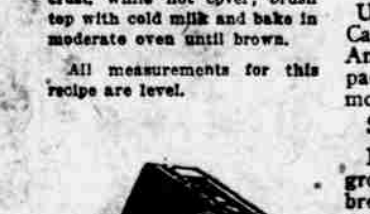
Dainty Raisin Bread. Dainty thin slices of crispy, brown, fruit-flavored toast—with or without butter—and a cup of tea.



SUN-MAID RAISINS. Use Sun-Maid Raisins, made from California's finest table grapes.

Free. We'll send 100 Luscious Raisin Recipes in a free book to anyone who mails coupon.

CALIFORNIA ASSOCIATED RAISIN CO. Membership 12,000 Growers. Dept. P-41-36, Fresno, Cal.



Cut This Out and Send It. California Associated Raisin Co. Dept. P-47-26, Fresno, Cal.



DREXEL SHOE CO. 1419 Farnam St.



Omaha laundry owners invite you to be their guests October 24th to 29th.

THESE are the folks who help keep us "the cleanest clothed nation in the world"—the laundry workers in America—in number more than 250,000.

You will find acceptance of this invitation most helpful and most enlightening. Most certainly, you will find lively evidence of the progress of the many modern ideals of this public-serving institution.

This will be Visitors' Week in every modern laundry everywhere.

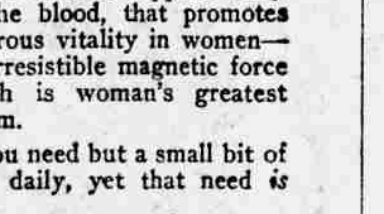
Visit your laundry and see how clothes are made clean.



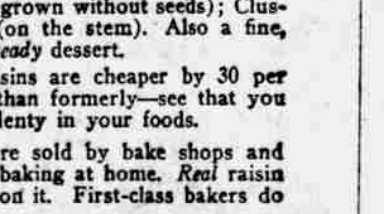
Respect for the Departed. From time immemorial it has been a reverential custom to show respect for the departed.



Cole-McKay Co. 2616 Farnam St. Phone Farnam 6154.



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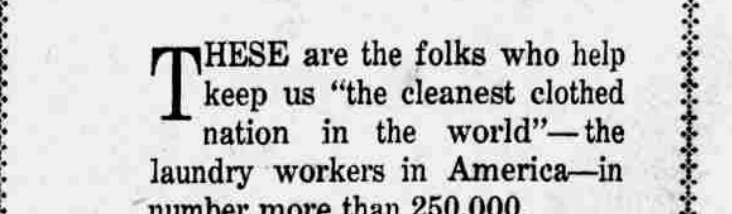
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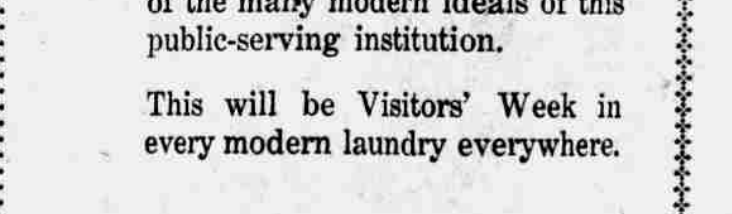
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