

The Bee's Home Magazine Page

Ten Commandments for the Traveling Girl

By DOROTHY DIX

When thou travelst, oh, my daughter, put money in thy purse and consideration for other people in thy heart, for like unto a public in the shop or a thorn in the flesh is the woman who borrows the price of a ticket to get back home, and who thinketh that she owneth the Pullman Car company and all that pertaineth thereto.

2-Remember, beloved, that thou art not the only pebble on the beach, and that thy fellow travelers have the same right to have their windows down that thou hast to have thine up.

3-Ask not of the station agent more than 536 times at what hour doth the 6 o'clock train leave, lest peradventure being an impatient man he hateh thee in consequence thereof.

4-Leave behind thee thy canary, and thy cat, and the wilted flowers, and the stale fruit that smelleth to heaven with which thy fool friends and thy secret enemies load thee at parting, for, verily I say unto thee, that a grateful public shall arise and call down blessings upon the head of the woman who journeyeth with only one small bag in her hand.

5-Also, if thou possesseth an infant that howleth by night and maketh sleep impossible to those in the neighborhood round about it, stay within thine own home, and thy reward shall be as



LEAVE BEHIND THE CANARY.

their locks, and put ointment and paint upon their countenances, and dye their finger tips with henna, while their sisters moan and blaspheme in their limboes without the portal, vainly seeking entrance.

7-When thou visiteth a strange place clamor not for the things thou hast at home, and not Paris because it hath not the customs of Sweden, for thy voice smelleth that from afar, so that none can mistake thee.

8-When thou arteth in the morning in the sleeping car, cover thy head and thy curl papers lest they offend the eyes of thy fellow travelers and hasten swiftly to the dressing room, where thou shalt dispatch thy toilet with great speed. Be not one of those she dragons who bar the door while they narcotize



KEEP YOUR HOME.

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WARE THE POST CARD.

Girls, Why Disobey?

By MARY CHATWORTH

Judging by most of your letters, my girl readers, you think disobedience a sign of firmness of character. Never was there a more mistaken opinion. To yield with a good grace when one's inclinations are all opposed to such yielding, is one of the hardest things one can do, and therefore to succeed in accomplishing it is one of the great triumphs.

To learn why you do so often wish to disobey your mothers? Is it for the mere sake of being disobedient? There is no particular pleasure to be found in most of the things to which she objects.

You know that. You go and do something she dislikes, and all the time your conscience is pricking you. Pleasure at such a price is too dearly purchased, I think.

Is there anything more uncomfortable than a prickly conscience? And I do not know with what one can compare a conscience that is really enraged.

It sits on one's chest like bad indigestion, it burns like scarlet fever and runs with ice pills up and down one's spine; it chases after one in the dark like a bogey and keeps one awake at night, grinning and gibbering through the curtains and rumping the bed-clothes.

And all this in payment for a silly out-break of independence. Really, girls, is it worth while?

Awaiting The Joyful Sound

The Wonderful Music that Bursts Forth When the Stork Arrives.

That baby, little, brassy cry that echoes the arrival of the new baby is perhaps the



most cherished remembrance of our lives. And thousands of happy mothers owe their preservation to health and strength to Mother's Friend. This is an external remedy that is applied to the abdominal muscles. It relieves all the tension, eases tenderness and pain, enables the muscles to expand gently, and when baby comes, the muscles relax naturally, the form is preserved without laceration or other accident.

You will find Mother's Friend on sale at almost any drug store, as it is one of the standard, reliable remedies that grandmothers everywhere have relied upon.

With its daily use during the period of pregnancy, it relieves all the tension, eases tenderness and pain, enables the muscles to expand gently, and when baby comes, the muscles relax naturally, the form is preserved without laceration or other accident.

Especially to young women. Mother's Friend is one of the greatest of all baby remedies.

You will find this wonderful remedy on sale at the store where you trade or you will get it for you. It is prepared by Dr. E. C. Regulator Co., 114 Lamar Building, Atlanta, Ga. Write them for a very valuable book to expectant mothers.

Coney's Sands Hold Many Joys For Bathing Girls and Boys



By LILIAN LAUFERTY.

There are two reasons for going to Coney—to enjoy yourself, or to find out what others can manage to enjoy down at the "Island." I found myself in the latter category one typical mid-summer and blaringly blatant July day last week—and, whelp! never, oh never again will I be found in the group of "enjoyers."

For Coney is a delusion and a snare, as far as it is the Coney of comic supplements and the country "cousins" drama, and all the little widely-separated, fenced-in beaches are so triumphantly jammed with humans that the sands of the shore are, if not outnumbered, at least concealed. However, as the old Indian said, "It is well we don't all think alike, or everyone would want my squaw!"

And as the smiling pictured ladies show, I am in the great majority in my failure to appreciate that old established purveyor of summer pleasures, Coney Island.

They tell us that at Newport, the women of fashion are wearing bathing suits consisting mostly of silk, and beach dresses of the proper Parisian diaphanous material. At Coney "lothes is clothes" and so they clothe.

The chief costume in the order of the day as you walk along the great eastern and western thoroughfare, is the perennially useful shirtwaist and skirt. Pads in costume may come and go, but the

white waist and skirt marked down to one just like it for \$35, your exclusive democracy gathers. But let us leave sun and artificial glitter and embark on a tour of the beaches where just-above-the-knee bathing suits and just-below-the-collaborous flimsiness enjoy sun and shore and admiring glances.

Perched on a high bulkhead is a white sponge skirt topped by a little coque of swallowtail fashion and robin's egg blue colorfulness.

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know; Coney lovers may have a way of trailing drying locks on the sands of the shore, burrowing noses into the sand and draping sweetly-effectionate arms about their swains; but when clothed in the fruits of bargain basement and lurid ideas of what is "amazing" and "shic" and worn on Fifth Avenue, Coney, is more nearly clothed than her on-model model.

Coney's best little bathing suits seem to be constructed on a one-piece model of soot black satin slip that looks like brothers sleeveless jersey above and has almost material enough below its black patent leather belt to make baby sister a skirt. But silk stockings are the order of the day, though perhaps they are changed for twelve-and-a-half cent cotton ones before the swim is accomplished.

A pretty little golden-haired lassie sat on the beach near us, and suddenly stooped with great concern to brush a grain or two of sand from her king's blue silk knees. "Gee, what would happen if she got 'em wet," cried a bold-eyed youth.

"She's the gal that goes in bathing walking in trim white skirt and newly 'Blancoed' boots made her one of the coolest and most refreshing bits of landscape and girl-escape at all of Coney. If all the little girls who have just a limited amount to spend for the summer wardrobe would buy the simple, plain colored skirts, blouses and sailor hats they pass scornfully by for frills and furbelows, the beauty admiring world would not pass them so scornfully by."

But Coney offered me one fashion hint that I mean to take. Above a pair of big blue eyes was a little rubber cap that be-

comingly confined all but a few flying locks of copper hair. It fitted tightly with a little fluted band of the rubber to hold it in place, and perkily arranged over each ear was a fascinating little ronette. Only "rubber!" And the most fascinating little head-dress I have ever seen.

A big black hat that shades the eyes and tips up gracefully at the back beneath a big bunch of black aigrettes was in earnest conversation with the little blue cap—and peeking under it I found big brown eyes and raven's wing hair.

And the belles of Coney Island's fashion show were the simplest things I saw—a white shirtwaist and skirt, a blue rubber cap and a big black hat.

It might be urged against any and every crowd, that it is used as a means of livelihood by its leaders. The high-salaried clergymen and bishops, the pomp and glory with which many church dignitaries surround themselves, the large prices demanded for pews in fashionable churches do not permit, the Christian organizations of our land to vaunt themselves as wholly outside the realm of those who consider the money side of the question religion.

We all live in a material age and we all depend upon material means to exist. It is quite right that the clergyman, who gives his time, thought and efforts to helping his congregation spiritually should be paid a sufficient salary to enable him to keep a roof over his head and garments upon his body.

If we lived in a tropic climate he might possibly doze on naps and wild berries and sleep in a tent, but even the wandering priests of India, who claim to be above all material consideration, are supported by their devotees.

Some one must furnish the robes they wear and the food they eat. It would be oppression and tyranny to legislate against the people's right to feed and clothe them.

Proletely as is it oppression and tyranny to legislate against paychees.

Obese Should Lose Fat Gradually, Says Henkel

(From Men and Events)

According to Prof. Francis Henkel of the Paris Academy of Medicine, it is a mistake to expect obese persons to attempt to lose flesh rapidly. Emptying the tissue of its fatty element too suddenly causes the skin to become flaccid, instead of firm and wrinkleless. Besides, any means by which this is accomplished, takes too much of the patient's energy.

The obese being least likely to be energetic. Though the average loss of weight desired is from 25 to 30 pounds, this should not lose more than 5 to 6 pounds a month.

Drugs which cause speedy reduction are objectionable not only for the reasons given, but because they affect unfavorably the stomach, kidneys, heart or nerves. It is safer to use only boraxium jubus, which have been found wonderfully effective in all obese conditions. They do not injure healthy tissue or any organ and, if three or four are eaten daily, will not produce the rapid reduction. Boraxium jubus, obtainable at any drug store, act both as an absorbent and an eliminant of fatty matter.—Advertisement.

Religious Freedom

By ELLA WHEELER WILCOX

Copyright, 1913 by Star Company. The constitution of the United States of America provides for religious liberty. Since the burning of witches in Salem a few hundred years ago there has been a slow but steady growth in liberal thought, and when the man who called himself a "Unitarian" twenty years ago was regarded as a menace to Christianity, and was ostracized by orthodox people, he is considered quite orthodox today, and no one questions his respectability.

Therefore it seems inexplicable that we still have men and women among us who consider it a right and duty to make rigid laws to enable them to persecute another religious sect, viz., the people of America who believe in the existence of the spirits of human beings after death, and who claim to possess the power or the ability to communicate with them.

In a recent number of the Progressive Thinker appears the following:

"PROTEST.

"Whereas, There have been in all the past among all nations of the earth mediums, seers, prophets and clairvoyants, and

"Whereas, The Old Testament Scriptures abound in accounts of seers and prophets who conversed with 'familiar spirits,' and the New Testament tells how Paul heard spirit voices, and Peter, James and John saw the spirits of Moses and Elias, and

"Whereas, All Pagan nations, as well as Jewish and Christian, also had clairvoyants, seers and prophets, among whom Socrates, the wisest of all ancient philosophers, who held daily converse with his spirit guides, and

"Whereas, Joan of Arc, a simple, uneducated peasant girl, aged 15, saved France as a nation, and, as commander of its armies, won memorable great battles, being directed in all military movements by the voice of a spirit, and

"Whereas, Earth's distinguished scientists, philosophers and statesmen, among whom were Swedenborg, Victor Hugo, Gladstone, Camille Flammarion, Alfred R. Wallace, Judge Edmonds, Harriet Beecher Stowe, Prof. James and Prof. Hyslop and scores of others believe in Spiritualism, and

"Whereas, The fundamental teachings of Spiritualism are: A belief in an infinite Intelligence or God, and a universal brotherhood of man; death is not extinction, but birth to a higher life. The conscious spirit, or mind of man, after leaving the body, lives in a spirit zone, or sphere, invisible to our mortal eyes, but a real tangible world to spirits. We are, each of us, spirits here in the mortal form. All of us possess a 'sixth sense,' or clairvoyant and clairaudient faculties in an embryonic state. A few favored ones have this sixth sense unfolded or partially so. These are known as seers or clairvoyants, or prophets, and

"Whereas, To millions of people this belief is confronting—is a sacred delusion; now,

"Therefore, We, the undersigned citizens of the United States, do here and now and ever firmly protest against the proposed enactment and enforcement of statute laws under which Spiritualists and their mediums, who are their pastors, can be persecuted as lawbreakers and vagrants.

"Such proposed statutes are in conflict with the Constitution of the United States, and a grievous outrage perpetrated upon millions of good citizens because of their religious beliefs."

This protest is quite reasonable and should be signed by every person who values the reputation of our country as a land of freedom.

It is urged that it is not the belief which is being legislated upon, but the use of that belief as a means of making money.

It might be urged against any and every crowd, that it is used as a means of livelihood by its leaders. The high-salaried clergymen and bishops, the pomp and glory with which many church dignitaries surround themselves, the large prices demanded for pews in fashionable churches do not permit, the Christian organizations of our land to vaunt themselves as wholly outside the realm of those who consider the money side of the question religion.

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The Metal Workers

By EDBERT HUBBARD

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I live in the age of steel. Steel is the synonym of civilization and the badge of prosperity. When the railroads are buying steel and extending their lines, we are prosperous. The farmer builds barns, fences broad acres, puts up silos, and the young folks make homes. Iron and steel enter into every building project.

America, by reason of its enormous consumption of metals, has earned the title of the "Land of Steel."

To certain persons of "artistic temperament" the term "commercialism" is anathema. They see no beauty in the smokestack, the sky-scraper, the huge mills, the flying locomotive.

They perceive only the dewdrop, the lily, the clouds, the cowbells, the moonshine. They rave about the grotesque garrets upon some old church-tower, but cannot imagine the chimney-potter, as it gives out its incense of commerce, a monument to the industry of man.

They rhapsodize about the sunset, but fall to see the magnificence of the man at the forge—framed in glowing gold, wrestling steel from stones.

And again we hear men speak of the sordidness of industrialism. "The dragon

of aviciousness enmeshes us; the collections for foreign missions show a lamentable decrease, and the automobile industry is booming."

The soap-box reformer spouts of the luxuries of the rich and draws a harrowing contrast between the Brussels "carpet" and the "elbow" cushions of these parasites and the laboring classes.

And some few, mistaking the shadow for the substance, the mirage of ease for the oasis of success, leave the beaten, upward track, and slide down the toboggan of inertia into oblivion.

The vast majority of us, though, realize that industrialism is the life-blood of the nation; that nothing contributes more to a nation's greatness than its men and women who work; and that true progress is the natural result of a people bound together with the sympathy and mutualty incidental thereto.

We are moving onward. Sometimes we whirl like a dervish, remaining almost stationary, at others we outdo the "limited." We are now alive to the necessity for a sound mind and a healthy body. And we also realize that a healthy body is conducive to intelligent thinking and wise decision.

Business development is possible only through continuous, concentrated effort and conscientious, painstaking labor. We have countless examples of that truth in the annals of our country's achievements.

Mammoth industries have evolved from small beginnings by the application of those vital principles. Labor has until recently been wholly associated with the pick and shovel, the axe and saw. It is now, however, pretty generally recognized that both bodily and mental sweat is necessary to the successful issue of business enterprises.

From every man according to his ability, to every man according to his need. One may be a hewer of wood or a drawer of water; another a captain of industry. One may be a toiler in the valleys, and still another in the observatory on the mountain top, reading the signs of the times. Yet what matters it, if they are all co-operating?

The manufacturer needs the miner, the miner the manufacturer. They both need the farmer, and he needs them both. Brain? Yes. Brawn? Yes. But brawn and brain is the combination. Together they can move mountains, link countries together, or slice a continent in half. By their exercise we reach up into the clouds and bind the lightning to our chariot wheels, or utilize its power in manufacture.

We annihilate space by wireless telegraphy, we spurn the earth with aeroplanes. We dig and burrow, pump and mine; we tap nature's stores and put harness on her forces.

We plough, we plant and reap; we drain and irrigate. We make gardens of

waste places, and the desert to blossom like the rose. When trials come, we meet them with manliness.

When difficulties arise, we seek their solution. We are becoming more self-reliant and confident every day. Superstition and the shackles of the unknown fetter us no longer. We are gods in embryo. We have no limitation but ourselves.

Iron is the most abundant and useful of all metals, and has been known from the remotest time.

The ancient Egyptians were familiar with the process of working iron and undoubtedly knew how to make steel.

Tools found in their temples were made of this metal, and in the British museum is to be seen an axe-head from the pyramid of Gizeh dating B. C., 4000.

The Assyrians and Babylonians were also skilful workers in iron. The Greeks obtained their knowledge of iron-working from these older nations. The Romans learned the art from the Greeks, and developed it in England, where it had been in operation since B. C. 25.

Other European nations were also workers of iron at an early date, using rude forges and crude methods.

For several centuries progress was slow, and the manufacture of iron or steel was not considered of sufficient importance to be called an industry.

Not until 1856, when the manufacture of cast iron and steel was inaugurated in Germany, did the industry assume any importance.

The fuel used for the smelting of the ore was charcoal. In 1855, the British Parliament passed the legislation which is a permanent characteristic of that august body) passed laws restricting the building of ironworks in some parts of the country, and forbidding the cutting off of trees for fuel. This cutting off of supplies led to the search for a substitute for charcoal for fuel, and in 1833 a man by the name of Dudley used coal for the purpose of smelting. The plan was not received with favor and fell into disuse.

What Girls Should Know

By BEATRICE FAIRFAX

That the girl who marries a man to reform him breaks her own heart instead.

That no man dreams of marrying every woman he tells he loves.

That when she compares the criticisms of her father with the praise of her lover she does an injustice to the man in whose love for her there is no element of selfishness.

That the girl who steals another girl's lover more often becomes an object of pity than of envy. The lover who can be stolen will not bring joy to any woman.

That some men's attentions are truly said to be marked because they leave a mark that is never rubbed off.

That for a girl to oppose the conventions is like getting out in deep water with a strong undercurrent and no life-guard in sight.