

Woman's Work :- Fashions :- Health Hints :- Household Topics

Women Fast Becoming Responsible

By ELLA WHEELER WILCOX.

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A woman in business is very much distressed by having the statement made to her that the word of our sex was not held in high esteem in the legal world, that from almost every standpoint woman was regarded by man as a rather irresponsible being.

Until the last quarter of a century woman was what man made her, with his laws and restrictions and traditions. Yet even with all those handicaps she has left a remarkable record upon the books of history.

In every walk of life, in every art and sphere, woman has made her shining mark. During the last twenty-five years her progress has been impeded by the debris of old traditions, and she has sped forward upon the broadening road of progress with astonishing rapidity.

Comments and criticisms such as my correspondent repeats are scarcely worthy remembering or refuting. Man compelled woman to prevaricate about herself for so many centuries that if she has still the tendency to withhold the truth or to distort it at times we need not wonder.

Man hid her away from all knowledge of the great issues of life so long and kept her in ignorance for fear she would know herself and him too well that we should not be surprised if she is still unable to grasp real conditions of life as readily as he is.

A realization of personal responsibility has only begun to dawn upon woman. She still thinks of herself, to a great extent, as the privileged being—where self-dependence is concerned—that man educated her to believe it was God's intent when she was formed.

Without question, woman does not keep appointments of a business nature as promptly or rears obligations as seriously as the majority of men do. Few business women are as thorough as men in their work, and their methods are less direct, less positive. Women are usually more nervous than men, and consequently less agreeable to deal with.

It is only the exceptional woman who possesses the power of concentration which is one of the first qualities a man develops in business. Women scatter their forces in a thousand avenues where men conserve them. Women have not yet learned to know the value of time in business matters as men perceive its value.

Tactful and agreeable in social life, in business woman rarely shows these qualities to the same degree the most blundering man exhibits them in his dealings with his fellows.

She is often brusque with her own sex and indifferent with the other, mistaking both attitudes for poise in the business world. Woman still expects privileges and benefits to be granted her because she is a woman.

But all these peculiarities will be outgrown with the passage of time and the increasing opportunities allowed her for the cultivation of her full powers. Here are a few suggestions for every woman who has started upon a business career and who wishes to prove herself as successful as her male competitors.

Let her put down in her note book these qualities as worthy of cultivation: A sense of responsibility to fill her position, with dignity and exactness. A realization of the value of time, her own and that of others.

Promptness in keeping engagements. A purely business point of view regarding debts, with no idea of sex privileges or benefits.

The value of affability and the necessity of tact in business affairs. The need of controlling the nerves and nervous actions.

A fine sense of honor, of truthfulness, and a desire for thoroughness. Mentoring here is what is reported by Mlle. Borst, a French philosopher, who has been experimenting with men and women in the matter of credibility of evidence: The experimenter used twenty-four persons, twelve of each sex, in her investigation.

After ending the tests, which covered several weeks, as the subjects were examined repeatedly, Mlle. Borst tabulated the results.

She noted false answers, correct answers, answers certain and uncertain, correct or wrong answers given under oath. She thus discovered the extent of evidence given, its faithfulness, the assurance of the witness, the influence of the oath upon him or her.

These are her chief conclusions: Entirely faithful evidence is the exception, every witness supplying from his or her imagination the omissions of memory.

About 10 per cent of the statements in a voluntary deposition are wrong. Depositions brought about by suggestions are longer than voluntary ones—fuller, that is, of detail—but less reliable.

Evidence improves by practice. Women are more truthful witnesses than men. About one-twelfth of the statements in a deposition under oath are incorrect.

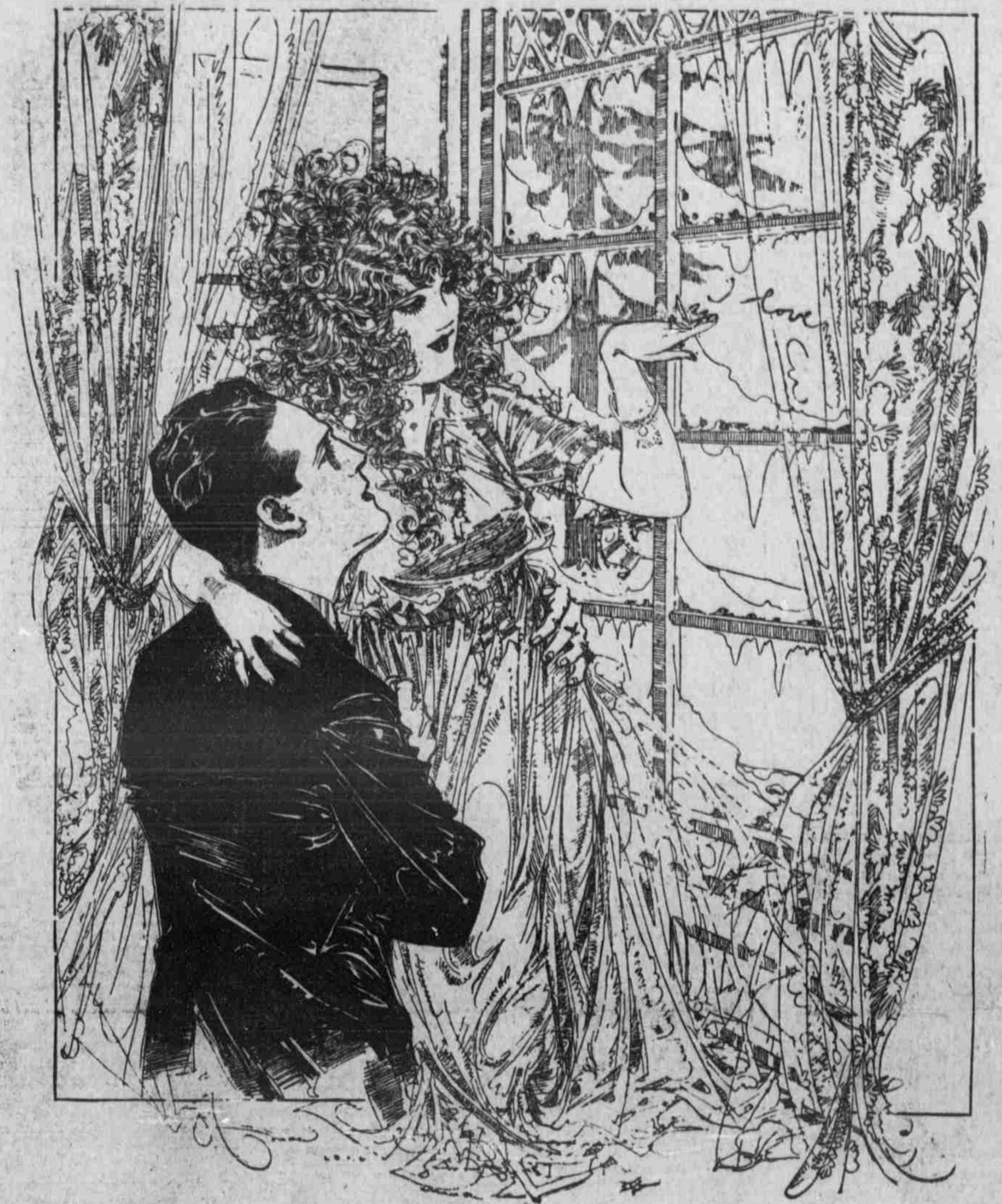
Mlle. Borst's investigation simply bears out, in a scientific manner, the idea that women give more details than men, and remembers them better. It is an interesting discovery. This would indicate that "the woman in business" has been misinformed regarding the legal status of woman's word the world over.

Advice to Lovelorn

By Beatrice Fairfax

Drop the Matter.
Dear Miss Fairfax: Some time ago a young lady left the chair in which she sat. She was well liked, and a great desire to get her back in evidence. "A," a young man who met her there, sent her a small piece of jewelry as a gift, but she returned it to him without comment. In view of the fact that this young lady had never been married, "A" does not know her name. "B" contends that "A" made a mistake by sending her jewelry, as such a gift was improper. Should "A" send a note of apology?
The wisest thing to do in this case is—nothing. It is distinctly in poor taste for "A" to send a gift of jewelry to a casual acquaintance of whose social regard he had no assurance. The mere fact that the girl is engaged makes the gift of jewelry in particular bad taste. Don't make a matter worse by dragging out the situation through apology and explanation.

"A Little Learning" : Copyright, 1916, Intern'l. News Service. : By Nell Brinkley



"A Little Learning Is a Dangerous Thing," for with It We May Write a Message in Any Country.

Given a frosty pane and the white world outside for it to stand out against, the warm words, the scent of flowers and two who love within, three words are quite enough to know to get somebody into trouble. Oh—trouble of the heart and mind!—so that one's dreams are tangled and they can neither eat their porridge nor plow their field, nor walk to market without writing two hearts in the snow, nor remember what one came for after one gets there, nor hear when any one calls, nor see what one is looking at! Given three words and there is a pretty pudding! After one begins to know when the moon is full, and what time she goes home every evening,

and when her birthday is, and what flowers she likes best, and whether she likes too big a house—ooh—or just a little one—ah-ah!—and just what a girl—her kind—likes best in a man—your kind! A frosty pane—and a little knowledge! And the book of love—a monstrous thick volume with mighty thin leaves and heaps of notes that you have to be looking up all the time—is open! You are a scholar for good and all. And the rules therein are hard and fast and they always say, "This given certain conditions, is always true—unless!" And then there's an exception to look up. A little learning—and a dainty pink forefinger tracing what it knows on the glistening pane!—NELL BRINKLEY.

Industrial Hygiene :::: Some Suggestions for the Better Care of Workers' Health ::::

By WOODS HUTCHINSON, M. D.

The development of industrial hygiene during the last thirty years is like the growth of a baby; for the science itself was only born about forty years ago, reached the age of consent less than a decade since, and is not yet old enough to vote.

The stride from zero to something plus must necessarily be a long and tremendous one, greater in fact than any ever taken by the fabled seven-league boots. And the growth is neither gigantic nor acremolemic nor hydrocephalic. It's perfectly normal and healthy and the science is in the big, husky boy stage with plenty of promise of future growth and abundant room for further improvement.

It is already manufacturing health for the millions, and the most important product of modern industry is the type of man it turns out and the kind of women and children who can live and grow up on their wages.

While we speak, and truthfully, of industrial diseases and the menace of shop conditions to health, broadly considered, modern industry is and has proved itself hygienic and health improving to an overwhelming degree, and its largest and most valuable output has been health in carload lots.

From the other point of view, improved health, which means increased working power and efficiency, has been one of its most important assets and factors in its success.

Modern industry could no more have scored its superb triumphs without the aid of the doctor than Panama could have been dug across without Gorgias.

But whichever end one prefers to take hold of it, by the broad fact remains that modern industry based upon the conquests of science has done more to improve the health of humanity than any other ten influences since the dawn of history.

Only the high lights of the proofs can be touched upon. First of all, in the last thirty to forty years the death rates of all civilized countries have been greatly reduced, the average length of life increased, the disease rate enormously lessened, and the average wages and wealth per capita hugely multiplied.

in spite of the enormous increase in population. Thirty years ago the average length of life in western Europe and America was about thirty-three years; now it is fifty-one plus.

The average annual death rate a generation ago was twenty-one per 1,000 living; now it is about fourteen. The death rate from tuberculosis, that finest and grimmest register of general health conditions, has gone down nearly 50 per cent, and the average wealth of the community per capita has increased from less than \$500 up to \$1,500.

In other words, we live almost twice as long, die more than a third less frequently, are sick only two-fifths as often and less than half as much of the time, and have three times as much money to spend for good food, good housing and healthful recreation.

That is to say, we would have if all got their fair share, which they don't. To secure this equitable division of our huge national wealth is the most vital and important health problem of the future—yes, of today.

To complete the parallel, these countries which are most highly industrialized and civilized today—the United States, England, Sweden—have the highest longevity and the lowest death rate, fifty-three years and fourteen per 1,000, respectively; while those least fully industrialized—Austria-Hungary, Russia, Turkey—have the lowest and highest, thirty-five and twenty-five, respectively.

For further consolation those countries which have scarcely been industrialized at all in the modern sense—India and China—still have an average length of life about twenty-two years, in spite of their blameless and repulatively virtuous habits, according to one school of health reformers, in abstaining from meat, alcohol, hot blood, canned goods and the pleasures of life generally.

Of course all these improvements cannot be claimed as products of modern industrialism, but they are of the joint product of modern inventions and scientific medicine and an awakened public conscience, which are all the children of modern science.

HEALTH COMFORT ECONOMY
MEATS
Faust Spaghetti vs. Meat
Faust Spaghetti costs 10c a meal for a family of six. Meat costs \$1.05. Faust Spaghetti gives four times the nutriment of the meat, does not heat the body to excess and does not tax the digestion.

He Should Worry
"Well, if that ain't the limit," mused the postman, as he came down the steps of a private residence.

"What's the trouble?" queried the mere citizen who had overheard the postman's noisy thought.

"Why," explained the man in gray, "the woman in that house says if I don't come earlier she'll get her letters from some other carrier."—Indianapolis News.

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When Everything Goes Wrong

By BEATRICE FAIRFAX.

There are a number of foolish old superstitions about the things that will happen to you if you get out of bed in the morning wrong foot first or if you put on your left shoe ahead of your right.

And there are plenty of people foolish enough to have a miserably unhappy day if perchance they happen start under the handicap of such superstition. The day is really miserable, not just so in imagination.

The point of the whole tragedy is that when your mental attitude is wrong everything else is likely to be wrong, too. Look for trouble and you will have very little trouble in finding it.

Suppose you get up in the morning and rip a few buttons off the shoes you are trying to fasten in haste. The time you use in sewing them on again makes you late and you gulp down your coffee and scald your tongue. Next you miss your car.

By that time you are in an irritated state of taking it for granted that everything will go wrong. You arrive at the office in an unpleasant state of mind and your own crookedness makes everybody cross to you in turn. Your work goes wrong. Perhaps you quarrel with your best friend. It may even be that you are annoyed to the point of resigning a really good and thoroughly congenial position.

Everyone has days like that. Days which, beginning with some little mishap, spread themselves out into a tortuous series of unpleasant happenings.

At any stage of the game in a day when "everything goes dead wrong" a sense of humor would save the situation. Suppose you stopped and traced back all your misfortunes to the simple cause that you managed to get completely upset over pulling two buttons off your shoes. Wouldn't you inevitably laugh good-humoredly at the thought of what two little black buttons had managed to do to great big you?

It is easy to lose your poise, your sense of balance, and the minute you do trifles annoy themselves and add themselves to one another in an enervating way.

Trace any that is one long series of aggravations back to its source and will discover that you let some trifle upset you; and that after that you got nervous over chance happenings, irritated over a fancied coldness in a tone of voice, and interpreted everything in the particular way guaranteed to make you most unhappy.

Just manage to pull yourself up short when the next of these days come. Examine seriously the incident that started it all; look dispassionately at the incident that is occupying your attention now, and you will realize that you have piled trifle on trifle and grain on grain and, by taking a series of things seriously and harboring resentments and grudges you

Makes Stubborn Coughs Vanish in a Hurry

Surprisingly Good Cough Syrup
Bastily and Cheaply
Made at Home

If some one in your family has an obstinate cough or a bad throat or chest cold that has been hanging on and refuses to yield to treatment, get from any drug store 2 1/2 ounces of Pinex and make it into a pint of cough syrup, and wash that cough vanish.

Put the 2 1/2 ounces of Pinex (50 cents worth) into a pint bottle and fill the bottle with plain granulated sugar syrup. The total cost is about 54 cents and gives you a full pint—a family supply—of a most effective remedy, at a saving of 5¢. A day's use will usually overcome a hard cough. Easily prepared in 5 minutes—full directions with Pinex. Keeps perfectly and has a pleasant taste. Children like it.

It's really remarkable how promptly and easily it loosens the dry hoarse or tight cough and heals the inflamed membranes in a painful cough. It also stops the formation of phlegm in the throat and bronchial tubes, thus ending the persistent loose cough. A splendid remedy for bronchitis, winter coughs, bronchial asthma and whooping cough.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, rich in gualic acid, which is so healing to the membranes.

Avoid disappointment by asking your druggist for "2 1/2 ounces of Pinex," and do not accept anything else. A guarantee of absolute satisfaction goes with this preparation or money promptly refunded. The Pinex Co., Ft. Wayne, Ind.

are in a fair way to land yourself in the midst of real trouble. Right-about face! There is no such thing as "a day when everything goes wrong!" There is only such a thing as a day when yourself are all wrong.

SUPERFLUOUS HAIR

Let Me Prove Free That You Can Get Rid of It Positively, Without Pain or Injury

Free Coupon Brings You Quick Help
For years I was in dire straits because of a disease called Superfluous Hair. I had a regular growth of Superfluous Hair. I had a regular growth of Superfluous Hair. I had a regular growth of Superfluous Hair. I had a regular growth of Superfluous Hair.

It was no successful in my own case that I no longer have the slightest trace of Superfluous Hair and I shall be glad to send free a sample and full information and complete instructions so that you can follow my example and completely destroy all trace of Superfluous Hair. Write me today, giving me your name and address, and stating whether Mrs. or Miss. All I ask is that you send me a 2-cent stamp for return postage. I will send you a 2-cent stamp for return postage. I will send you a 2-cent stamp for return postage.

MRS. HUDSON
Whose Soldier Husband's
Brevary Secured the
Great Hindoo Secret.
Frederick Hudson, Apt.
203 D, North Main Street, Attleboro, Mass.
DISPENSARY NOTES: Mrs. Hudson, belongs to a titled family, high in English Society; she is connected with the office in America for the benefit of a prominent officer in the British Army, so you can write her with entire confidence. She has operated an office in America for the benefit of a prominent officer in the British Army, so you can write her with entire confidence. She has operated an office in America for the benefit of a prominent officer in the British Army, so you can write her with entire confidence.

Women Know

that they cannot afford to be ill. They must keep themselves in the best of health at all times. Most of all, the digestive system must be kept in good working order. Knowing the importance of this, many women have derived help from

Beecham's Pills

These safe, sure, vegetable pills quickly right the conditions that cause headache, languor, constipation and biliousness. They are free from habit-forming drugs. They do not irritate or weaken the bowels.

Women find that relieving the small ills promptly, prevents the development of big ones. They depend on Beecham's Pills to tone, strengthen and

Keep Them Well

Conditions of Social Value in Women with Every Day. Let Everybody, in Women, Use It.

Yes, Swiscoo Will Grow Your Hair

LARGE TRIAL BOTTLE FREE
At Sherman & McConnell's 4 Stores.



"Glossy and Soft as Silk."
"Swiscoo" removes dandruff, grows new hair and restores color to gray or faded hair. "Swiscoo" stops baldness, bald spots, falling hair or scabby scalp, sore scalp, brittle hair or any hair or scalp trouble. "Swiscoo" 50c and \$1.00 size bottles are on sale and recommended by leading druggists and department stores.

FREE TRIAL BOTTLE COUPON
Send for a free trial bottle of any of the Sherman & McConnell Co.'s 4 Stores when name and address is properly filled in on detached lines below.

Name _____
City _____ State _____
Give full address, write plainly.
This Offer Is Good for 10 Days Only.

DON'T COAST--You May Get Your Business Injured

If you are traveling along a smooth boulevard in your automobile—going at a fifty-mile-an-hour clip—and you shut off the gas you can coast along for quite a distance before your machine stops. But the speed would begin to diminish the instant the power was shut off, and you would be losing headway.

Then if you came to a bad place in the road unexpectedly—a steep grade or a mud hole—you couldn't turn the power on quick enough or get up enough speed to carry you over. First thing you know you are stalled and you have to back up and try it over again—using as much power, or more, than you would have had you kept up full speed.

THE OMAHA BEE

"Where Continuous Advertising Will Pay"

It's the same with your business. Advertising is the power that keeps up speed for you. Business is good and you think you will coast for a time, but right there you begin to lose speed—begin to slack up—and when the mud hole or the steep grade of business confronts you there isn't enough momentum to carry you over.

There is only one way to keep business speeded up to standard and that is by keeping the power of advertising continuously turned on. Notice the fellows who are setting the business pace in this town—the fellows who keep up speed all the time—the fellows who NEVER coast. Their advertisements are continuously appearing in