

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

Fighting the Spring Epidemic

By Woods Hutchinson, M. D.

There is one marked and striking advantage about our modern view of the causation of our March epidemics. It gives us control over them in large measure. When we believed they were due to the weather, we were pretty nearly helpless, for while we have considerable power over some things, we certainly cannot control the weather any more than another most powerful and changeable influence that begins with "W."

We can do much, and are already doing much, toward reducing this heavy spring disease rate; partly by urging the open-air life all through the winter to cut down and counteract the piling up of toxins and hot-housing effects; partly by taking special pains at this time of year to prevent the spread of the contagious diseases that are now so deadly, partly by giving ourselves and our children every possible advantage of rest, vacation and relief from strain that we can at this season.

It is therefore a peculiarly appropriate step which has just been taken by the New York State Health department, and that is the placing of public places all over the state with cards giving warning against and clear directions for avoiding the spread of contagious diseases, particularly those of children.

Five of the great railroads in New York state have agreed to post these placards and keep them displayed in their waiting rooms, which is a very judicious step, because travelers often have considerable time on their minds and are willing to kill it by reading almost anything legible that catches the eye.

This is part of a general, well planned and already succeeding campaign against the spread of infectious diseases, and particularly those that are regarded as the milder and more trivial ones, though equally deadly in the long run.

The keynote of the movement now is: Parents, keep your children away from contagious diseases and from every child who either looks or acts sick, because this is the time of year at which their resistance against them is lowest.

It is not that the germs, or contagions, of these diseases are more virulent or more aggressive at this time of the year, but that the human soil has been so peculiarly and favorably prepared for their growth that they grow like weeds wherever their chance seed is scattered. The old idea of them, also, used to be that they were caused by the weather, spread like a miasma or deadly vapor over the landscape, were bred by heat and moisture, or carried down from the heavens above, as a judgment; or by the influence of some planet, as the phrase, "Under the weather," and the name of one of the swiftest spreading of them, "influenza," imply.

Now we know that the seed of each one of these infections is kept alive and carried over between epidemics by human beings, or occasionally animals, known as "carriers."

These are individuals who have had the disease and have recovered from it, but instead of expelling the germs from their system, still carry colonies of them lurking about in various nooks and corners of their bodies.

Most frequently about the roots of their teeth, or the sinuses of the nose in catarrh, or in the pockets about their tonsils, or in their gall bladders or appendices, or in swollen glands or abscesses in various parts of the body.

These colonies of "resting" or "wintering" germs are no manner of use to the host who entertains them; in fact, there is reason to believe that they slowly poison the blood and often produce gout, rheumatism and anemia as well as occasionally serious diseases of the heart, kidney and nervous system, but they do not produce another attack of the disease.

A carrier of this sort, with a smouldering germ-fuse in him, may go about harmlessly for months, or even years, until something that he sneezes out, or coughs or spits, gets on the fingers or on the food, into the mouth or into the nose of some child, who has never had the disease and whose resisting power is lowered by ill-health, indoor confinement, injudicious feeding or overstrain.

Then it bursts out into the blaze of a full-grown attack of the disease and spreads like a prairie fire to every other child of susceptible age brought in contact with the little sufferer, particularly if they, too, have been subjected to the same depressing winter influences.

The moral of which is: Keep your child, particularly at this time of the year, away from every other child that looks sick or unhealthy, and also from every boy, girl or grown-up who has red eyes, a blocked and snuffling nose, or is hawking and spitting with chronic catarrh, or has an offensive breath from decayed teeth, or even suffers much from rheumatism, or gout, or anemia.

If you do, you will greatly diminish his risks of catching not merely colds and sore throats, but also tuberculosis, pneumonia, scarlet fever, diphtheria and measles.

Clean up the so-called chronic diseases which scatter germs and a considerable proportion of the acute, infectious ones will disappear.

On the other hand, if your child is unfortunate enough to develop one of these milder infections or children's diseases, keep him at home, at rest and comfortable in the open air, either through wide windows or out of doors, and you will not only give him his best chance and a thirty-to-one chance at that of throwing off the disease quickly and completely, but also prevent its spreading to his playmates and school-fellows and friends.

In-Shoots

If a hotel clerk cannot afford a diamond scarpin he should be able to call the drummers who come once a month by name.

When the girl you have been treating to ice cream begins to display an economical streak it is time to propose or take to the woods.

When papa will hand the kid a nickel with the freedom that he will spend a dollar treating the bar-room crowd you may look for a happy home.

It is better not to lie about your salary if you intend to marry the girl.

Film base ball games will never be popular until some means of abusing the umpire can be devised.

When hoping for the smile of fortune we sometimes encounter only a ghastly leer.

"No Such Luck!" : Copyright, 1916, Intern'l News Service. : By Nell Brinkley



Seven Worries to Women

Not half the horrors that women suppose are going to happen to them ever do happen. Yet it is in the nature of the gentle sex to expect and look out for them; to anticipate what fate may never send. In the form that women nurture it, too, is so nebulous, so vague, so terrifying because so scantily defined, as to be absolutely possessive. It takes a horrible hold of the imagination, and works upon the mind like subtle poison.

The chief fears to which women are prone have been numbered as seven, and the two greatest are said, on good authority, to be, first "the fear of being an old maid," and secondly, the fear of "growing old."

The others are fear of losing a husband's love, of accidents, of loss of money, of loss of friends and of the future generally.

The third fear is a very potent one. It is the fear of losing a husband's love. Tradition teaches women that men soon tire of their wives, and that when the bloom of woman's youth has worn away, the love of man goes with it.

Or, if it is not her husband who is the hero of her morbid visions, it is her baby or her growing brood of children who may be killed before her eyes, or when they are old enough to marry, may choose some one she does not like. The last situation is about the most absurd of the whole seven, but it is, nevertheless, a fear that haunts hundreds of good mothers.

"I N comic pictures, soon as the Old Year had gone over the edge of the world," quoth a young confidant to me, "and the New had pulled out his chair at the table and come into the game—in comic pictures, I say—old bachelors are running like made from the leap-year ladies. They hide in chests and climb trees and scot down chimneys; and into the next picture comes a lady with a smile like the Cheshire cat, tap-tapping along after him with a butterfly net."

"It isn't so. I don't believe it! There is a dream of some kind—a fog of delusion—a fond faith—swirling about in bachelors' heads, I think, and they believe that someone—everyone—wants them. If he would stop running, and walk or wait, my friend Lone Chief would see!"

"No woman would be found climbing with her dainty feet to the empty throne beside him. No woman would breathe in his ear and stammer 'Leap year' while she asked for a rose. While he spun about on his heel and swept the countryside under the curve of his hand he would find it silent of silvery voices raised in the 'Gone away,' and empty of pursuing curls and finery."

"Girls aren't proposing—and they never will—no such luck! I know. There's a girl I know who won't. Her hair is spun yellow sugar. Her eyes are blue—or gray—or a little brown, I can't remember; for when she arches her brows and looks at me, my hair creeps."

"Maybe it was because the moonlight lay on my bed and shone in my eyes—but I dreamed she remembered it was leap year and that she loved me! I dreamed she asked me the question I am afraid to ask of her."

"I dreamed I tried to say 'Yes' with stiff lips—and while I struggled the planets of the sky whirled and flashed in colors of red and electric blue and topaz-kellow and violet and green and diamond-white. And when at last I shouted 'Yes! I sat up with the stars all gone out, the moonlight cold across the calendar and her picture just above. No such luck for one poor bachelor lad. I know a girl who won't!"

—NELL BRINKLEY.

The Suitcase Pincushion Advice to Lovelorn

The week-end suit case can be made an even greater convenience if its silk lining is turned into a special traveling pincushion. This does away with the need of providing special papers or boxes of pins when going on a journey, long or short. In neat rows and groups, fasten to the lining a dozen each large black-headed pins, small black-headed pins, large and small white-headed pins, small black and small white safety pins, large black and large white safety pins, a half dozen dress shield safety pins, two or three long flower pins, and three or four dozen small common pins. Run the safety pins in so that they all lie the same way and weave the straight pins in and out twice, so that they will not slip. This pin supply is easily accessible while traveling and forms a reserve stock at home, to be drawn on in case of sudden necessity.

If the suit case is unlined a dark moire lining or a gay chintz one can easily be put in by the woman who uses a pot of glue. A stitched lining, with pockets of various sizes, is not difficult to make or to insert in the suit case, and it adds to the daintiness of the bag as well as to its usefulness.

Things Worth Knowing

Suet and lard are best kept in tin vessels. Salt pork, however, should be kept in glazed earthenware.

When boiling turnips add a little sugar to the water; it improves the flavor of the vegetables and lessens the odor in the cooking.

If kerosene is rubbed into leather hardened by water it will soften it well.

When making a steamed or boiled pudding, plait the cloth in at the top to allow the pudding to swell.

When greasing a cake pan use sweet lard rather than butter. The cake will not be so likely to stick to the pan.

The Business Woman

By BEATRICE FAIRFAX.

The business world is a brand new place for woman and she has not quite adjusted herself to it as yet. She is an alien creature in the world of men and she has to steer a careful course between the cliffs of being over-masculine and the precipice of being over-feminine.

The two biggest "don'ts" for the business woman are rather contradictory affairs. But they can easily be reconciled by steering a neat and efficient middle course. First let us define our don'ts and then we can easily enough figure out that middle course.

Don't, as you value your own womanhood, permit yourself to become a hard, aggressive, pushing person who carries business methods into social life. You don't have to be any of these things in business in order to succeed.

Your mental equipment is feminine. And in the business world you are dealing with that feminine mental equipment. But the feminine emotional equipment has no place in the world of business.

Don't trade on your sex. Don't expect to get out of hard jobs because you are the "weaker" sex. Don't expect to be flirted with or catered to because you are feminine. Don't trade on your charm. It has no place in the world of business.

Don't try to be the emotional complement of men in the business world. These are the primary don'ts for woman in business.

shifted, far-sighted business woman. But she is not hard, nor ardent, nor masculine. And as a very great compliment she took a man's surprised ejaculation: "You talk just like a woman!" Her reply showed her sane normal sense of proportion. "Why shouldn't I—I am a woman."

There is the first great don't. When you go to business don't forget that you are a woman.

And the next great don't lies at the opposite extreme of the scale. Don't force upon all the men with whom you deal the consciousness that you are feminine, "the female of the species."

In other words, you have to think and feel and act and do according to your natural feminine equipment, but you do have to force on men the consciousness that you are a sex creature.

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