

The Bee's Home Magazine Page

"Have an Object"

By ELLA WHEELER WILCOX.

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Whatever you set out to do, know this: It is yourself, not circumstances or conditions of influence, which will make your success. It is what you feel, what you think, what you do—not any one of these, but all of them. You may do all that the situation requires, but if you have no feeling in the matter your deeds will be almost barren of result.

You may feel strongly, yet if you do nothing your seed of feeling will not take root. You may feel and do, yet if your thoughts are not centered on what you do your work will but half succeed.



Are you a musician? All the technique, all the knowledge, all the industry of a lifetime of hard study will never make you a great artist unless you feel your music.

You can never move the hearts of people, you can never win your audience, you can never command pupils, as the least thorough artist may do who feels what he is portraying.

Are you a farmer? Then think of your business as the most important one in the world. Study it, love it, concentrate your mind upon it and work to make others realize its worth.

Are you a doctor or lawyer? Your following does not depend upon influence or luck; it depends upon your own attitude to your profession and to people. You can draw patrons to you as the magnet draws particles of steel, if your mind is focused and intense, and your methods earnest and unflinching.

There is no purpose in life which permits a divided interest without protest. This protest spells failure, and is usually attributed to "bad luck" by the victim.

Most of us belong to a class still more hopeless than the proverbial rooks who will learn in no school save that of experience. We will not even learn in that.

It is not to be understood that we can have but one interest in life; it is only that we must have but one at a time. There was a wonderful fisherman whose sprang to his bait, even when dropped in streams where no other sportman ever obtained a bite.

His basket was always filled when his companions, sitting at his side, went home unrewarded and ashamed. One day the famous fisherman fell in love. He could think, dream and talk of nothing but his heart's idol.

While he was at his favorite sport he dreamed of her, and the fishes sped by his bait without touching it. And the man called it "being down on his luck."

Afterward he married his heart's idol, and he was loyal and loving always; and as the fairy story tells us, they lived happily forever afterward. But there came a time when he was so assured and content in his love life that he could again think of his occupation as a fisherman, and his lost "luck" returned; and he never understood why it had left him nor why it had returned.

But it was all in accordance with a changeless law—the law of mind over matter and circumstance.

Think of one thing at a time. Put your whole mentality, your whole spirituality and your physical vitality into the matter at hand.

Be direct and send your thought as straight as an arrow to the target of your desire. All of success lies in you. You need never ask any man's aid or counsel if you set all your own forces to work.

As well ask another to walk for you as to help you to succeed. Depend upon yourself!

Eat Less Meat And Take Salts If Kidneys Hurt

Says a tablespoonful of Salts flushes Kidneys, stopping Backache.

Meat forms Uric Acid, which excites Kidneys and Weakens Bladder.

Eating meat regularly eventually produces kidney trouble in some form or other, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.—Advertisement.

Anita Stewart Tells Girls How to Achieve Success and Happiness

World-Famous Motion Picture Star Begins Here Today a Series of Unique Heart-to-Heart Talks to Girls

No. 1--The Road to Fame in the Movies

By ANITA STEWART.

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Perhaps it may seem a bit cheeky in a girl as young as I am—I am not yet 20—to attempt to advise other girls about how they should live their lives, and what they should do and not do.

But just because I am young, just because I am a girl living and working out in the world, I know perhaps better

girl of today is so different from what it was in the life of her mother that mothers really cannot take care of their daughters quite as well as they should. How can the mother who has lived all of her life in the home, surrounded by men she only knows socially, advise her daughter who is out in the world, struggling with men for a living?

How can the mother who only knows the problems of her own house be a guide

bedtime with each other when they get on their knees and let down their hair, and get out their cold cream jars, and tell each other the secrets of their souls.

I am sure of it from the letters they write me. "Dear Anita Stewart, I want to become a movie actress. How shall I go about it?" "Dear Anita Stewart, what shall I do to make myself beautiful like you are?" "Dear Anita Stewart, do you



Characteristic Poses of the Fascinating Anita Stewart, Whose Fame as a Motion Picture Star Has Made Her Name Loved from Coast to Coast.



PHOTOS BY CAMPBELL STUDIOS 638 5TH AVE

there is the question of looks. The woman who aspires to play romantic heroines must not only be beautiful, but she must take beautiful photographs. She must have a willowy figure, for nobody can imagine a fat, stumpy girl relaying thrills in a man's breast in a reel life, although she often does it in real life.

Also her face must be expressive because she has to convey her meaning to the audience without the aid of words. She must have the dramatic instinct so keenly developed that she can make people laugh or cry just by the lift of an eyebrow, or the wringing of her hands, or charm them by the sweetness of her smile.

Then you have to have a constitution of iron for the work is ceaseless and exhausting. I'm on my feet more hours a day than any shop girl, and much of the time rigged out in costumes that are a perfect torture to wear, and I have walked more miles in films than any circus-the-globe-pedestrian.

And you've got to be Sally-on-the-spot in keeping every appointment, for it costs

hundreds of dollars an hour for camera men, and the other actors to be kept waiting while some dillatory person needed to make up the scene, strolls casually in.

And the girl who goes in for moving pictures has got to leave her nice little tender feelings at home and not get hurt or mad when the stage director tells her his candid opinion, of how many kinds of an idiot she is, and that the way she walks across the stage looks like she was underfooting a three legged cow. Or words to that effect.

And she must be as obedient to discipline as a soldier and as patient as Job, and she must have the courage of a soldier in the trenches, for she has to risk her life many and many a time to make a six reel thriller.

To be a successful moving picture actress, you have to be born for the job, and be able to register most of the cardinal virtues. And any girl who can do that can get along in any career she chooses.

(The next article by Anita Stewart will be "Career, Real and Imaginary.")

than an older person just how the modern girl feels about things, just what temptations she has to meet, and what are her hopes and aspirations, and problems.

Of course, the eternal moralities are always the same from generation to generation. Things that were sins in our grandmother's days were sins in our mother's days, and are sins in our

It's because everything in the life of a

to her daughter who is living the life of the stage, or the store, or the office, or factory?

It's like a landlubber trying to tell a sailor how to manage a boat in a storm. And the girls know this, and that's why they often don't listen to mother's counsel. But I am of their generation. I live their life and that is why I think that their life, perhaps, have real heart-to-heart talks with me, just as girls do at

think it happier for a girl to marry, or have a career," and so on, and so on, until I am fairly buried in the letters.

Now to answer the first question first, about how to become a moving picture actress. I think that's the ambition of about nine hundred and ninety-nine per cent of all the women in America, young and old, ugly and pretty.

I don't criticize it. I like to see a girl have ambition, and spunk and what you

call get-up-and-get in good Americanness, and to be a moving picture actress is fine, interesting work and to be a moving picture star is—um—um—about the best thing ever, I think. Some job, believe me.

But in order to become a successful moving picture actress one must have certain qualifications. To begin with,

ANNIUS.

Advice to the Lovelorn

BY BEATRICE FAIRFAX

Prove Yourself.

Dear Miss Fairfax: I am 21, and, though I am considered bright and well educated, for both a business and a social world, I have been out of employment for some time. After six years of commercial experience—during which I had worked up to a salary of \$15 per week—I was finally compelled to accept a position as cashier, stenographer, bookkeeper and general helper—and all for \$5. I accepted this after various attempts to get positions, and took it only because I was getting so morbid. While in the class of the unemployed I lost my natural attitude, which was cheerful, congenial and accommodating. I am tasting a very bitter cup now of suspicion and jumping to unhappy conclusions. I am a failure to myself and dejected and disheartened, but I long to be cheerful again. Can you tell me how?

FLORENCE.

My dear girl, you are far too clever to yield to depression just because your present state is not as good as your past one. You can easily work up to a position as good as that you had before or even better. Just do your day's work and do it with a determination to make it so splendid and worth while that advancement will have to come. These are times of business depression, and you are sharing the common problem. You are not at all alone in your trouble. Since you know what your present failings are, you must make a stand against them. Very few things are permanent in the world. The feeling of unhappiness you have today may be quite gone by tomorrow. Make up your mind that your own nervousness, as well as the difficulties

that are causing it, are temporary things and that better is bound to come. So make the most of what you have and determine to get better. Just this little set-back gives you a chance to prove yourself a girl strong enough to face difficulties, to conquer them and to wrest success from them.

Engagement Announcements.

Dear Miss Fairfax: Will you please advise me as to the proper wording for an engagement announcement for a couple who are to be engaged without any reception or any festivities whatsoever?

ANNIUS.

Mr. and Mrs. X (or substitute the name of sister, brother or any guardian, and if you are alone it must be Miss X.) announce the betrothal (or engagement) of their daughter Anne to Mr. Henry Smith of Albany.

Ask Her.

Dear Miss Fairfax: I have been calling on a young lady for some time, and really love her. I hold conversations with her daily over the phone. She is always anxious for me to call at her home, but I cannot understand her ways. Although she is very courteous, she does not have much to say. Her affection seems to incline towards another, although he does not call. Several persons have told me that they had heard that the young lady say that she loved me.

A. B. L.

Tell the girl of your love and ask her what her feelings for you are. Her interest in "the other" man may be feigned merely to make you jealous—and to "bring you to the point."

In-Shoots

Every man does not laugh the same way at the same joke.

It is seldom that a dog's reputation for intelligence has been earned.

It is seldom that the husband and wife both entertain affection for another woman.

It is difficult for the average small boy to be decent without becoming girlish in his ways.

One good loser is the defeated candidate who does not beef when paying the campaign expenses.

When the base ball editors begin to talk of next year's prospects one can almost hear the bluebirds sing.

The man who attempts to get his living by his wits often finds that the world is full of rival humorists.

When a woman has no troubles of her own a kind neighbor can often come in and suggest a subject for worry.

When a man awakens to the fact that he has also married several of his wife's relatives, the divorce lawyer sits up and listens.

The fellow with profound knowledge of the Scriptures can always make you feel small in an argument, whether he can accomplish much in the way of conservation or not.

Armour's "SIMON PURE" LEAF LARD

is a careful selection of choicest leaf fat, rendered in open kettle by the Armour method.

Its richness makes it go a full third farther than ordinary shortening.

Pastry made with "Simon Pure" is both delicious and digestible.

"Simon Pure", packed in air-tight pails, is sold under the Armour Oval Label—the mark which distinguishes the best grade of each Armour product, such as

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Star Bacon	Devonshire Farm And Over 100
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