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

Why Winter Causes Skin Troubles

By WOODS HUTCHINSON, M. D.

We should always treat our skins with the profoundest respect and politeness, and failure to do this is the cause of some of its most frequent and annoying disturbances, though they fortunately are comparatively trivial as far as serious injury to health is concerned.

These are the apparently causeless and uncalled-for attacks of itching, tickling, and even burning, which come on over considerable areas of the body, particularly about this time of year, when the weather is changing from warmer to

They may also occur before a storm or change in the weather, and very frequently after a bath or just after undressing and retiring at night.

These itching and prickling spells are comparatively unimportant so far as ill health or even serious discomfort is concerned; but they are often extremely annoying, and those that come on at bedtime may sometimes very unpleasantly interfere with sleep, while those that occur in the daytime after a bath or a change in the weather produce guch a sense of restlessners and discomfort as to considerably interfere with concentration upon whatever work may be in hand.

Furthermore, no one who has ever experionced it needs to be told how intensely exasperating, even maddening, is such a trifling and almost judicrous discomfort as vigorous and incessant tickling and itching, if it only just keeps up long though.

The severest forms, such as associated with severe chropic disease of the skin of the nervous system, have actually been known to drive their victims insane by robbing them of sleep, rest, appetite, so that they have servely a mement's pleasure in life. So that there is a certain slight and remote basis for the vernacular expression, "Tickled to death."

without some physical provoking cause, though it be but the proverbial "straw. These annoying and uncalled-for pranks on the part of our skin have each of them a more or less definite basis, although they often seem absurdly out of pro-

Even tickling, however, does not come

portion to it. But this is accounted for by the fact that it is the skin's business to be sensitive, and that the same touchiness which gives rise to these cutaneous "brain storms' is the delicate and vitally important sense which keeps us so promptly and unerringly informed of change of temperature, moisture, pressure and elec-

tric tension in our surroundings. Take one of the simpler cases firstthe itching which follows a bath. It is chiefly due to a comparatively simple physical change, and that is the washing or soaking or soaping, as the case may be, of a little too much of the natural lubricating oil or home-made cold cream out of the skin.

The skin, like a piece of kid or washleather, is ordinarily kept supple and smooth by being both coated and saturated with this oil, deposited there by the sweat glands. ,

Cold water has comparatively little efbut both hot water and soap dissolve it out quite quickly, and as soon as we are dry after a bath the surface layer of our skin, rebbed of its coating of oil, breaks, at the very first movements of the body, into a network of tiny microscopic cracks.

These expose the delicate end organs of the skin to the air, and they respond by itching. In fact, the physical basis pepper, nutmeg. of itching is precisely this icritation of swelling, as in urticaria, or hives.

these physical changes of either minute are attended by itching; those diseases which do not, no matter how severe nutmeg. Serve hot. they may be, are not itchy.

The process, in fact, may be seen magnified fifty fold in the familiar "chapping" or cracking of the skin in wintertime. Only in this case the cracks going deeper produce pain and burning, which either cover up the itching or render it either cover up the itching or render it less noticeable,

The remedy for this after-the-bath itchiness is simple enough in principle. that is to check this undue leaching of its natural oil out of the skin, but this is not always as easy at it sounds.

In some cases, not taking the bath quite so hot or cutting short the period of blissful soaking and parboiling is sufficient. In others, it is due to impurities

In other cases the main trouble is in an insufficient supply of the natural lubricant in the skin, and in that case rubbing the skin with some pure and harm-Jess cold cream, particularly of the "vanishing"-that is to say, made with milk curds-varieties. Almost any intelligent physician or Board of Health will furnish you with the formula for a pure and inexpensive cold cream, which you can either prepare yourself or have made up

at the drug store. The reason why these attacks of irritation, either spontaneous or after the bath, are more likely to occur in the changeable weather of the fall and early winter or during severe storms with wind and cold in the winter, is twofold.

First and most important, the first effeet of cold is to shrink up and contract the dense mesh of blood vessels in the sk n. capable of holding nearly a third of all the blood in our body, so as to drive their contained blood into the vital organs of the body to keep them warm and diminish the loss of heat from our surface.

The moment that this is done the action of the sweat glands drops to almost nothing, and as their most important product is this natural skin cream, the surface layers of the skin are almost cut off from their supply and become dry

and wrinkled and cracked. As soon as we have got hardened to the cold its tonic effect upon the heart and blood vesse's and upon the appetite has had time to get in its work and the blood comes rushing back to the skin sguin, not in quite such large amounts as before, but enough to make it feel warm and comfortable, and, as we say,

"don't feel the mold." A little attention at times of changeuble weather, either just after the buth or just before retiring, rubbing with cold cream or dusting with some light talcum antiremen chalk," suspacene) and starch powder will tide us over and add very utuch to our comfert.

AN ADAPTION OF CHERUIT MODEL IS Secret of Staying Young: made of orchid silk and flame colored tulle trimmed with silver braid



How to Retain Youth

By ADA PATTERSON.

I know three persons who are grow-

Neither is it untrue. I know all these fidavit in an office, or were to testify the opportunities it has given her.

Two of them are women, one a man. Nature, the captain, seems to have com-Go straight back to the camp of youth!" I know all these persons, well, the

women particularly well. All of them I have known for twelve years or more. One of the women I remember as a tense, knifelike creature. She was heavlly charged with storgy, not a whit of which she ever wasted. She had a great deal to do in the world and she did it. She did it so well that success came to her. And when success came she changed. And, I am glad to say, for the better. Her thin figure, rounded into gracious curves. The face that used to be too thin has taken on fuller, softer lines. Her olive skin is satin smooth. Her black hair has grown gray, but it is soft and abundant, and the silver frame throws her dark features into pleasant relief. Notwithstanding the hair she looks younger than she did in the time of stress and strife, and incalculably handsomer. Her old friends con-

gratulate her and anxiously inquire: Why, have you grown younger?" they ask, some enviably, some all earnestly,

and she answers: "I'm not sure. It may be because things are coming my way. So there isn't the wear and tear inside there used to be. No woman ever looks young in the striving stage, or, if she does, she looks young and tired, which is only another way of looking old. But since 1 em reaping the reward of my long work I don't fret and chafe as I used to do,

has sat down in the midst of her success and given herself up to idle enjoyment getting back to the old wear and tear in- salt.

workers and would be miserable if she were not husy. But she has more leisure No, the statement is not extravagant, to do the things also wants to do and one of these is to help others. She is an persons well, and if I had to make at actress and is grateful to the stage for in a court of law, I should solemnly, on | want to give back to it some of the skip for you you must adopt one of two benefits it has given me," she says, so courses. Either make every effort to for- be neither loyal to his fiancee ner just to she teaches gratis the young women who get him-in which you will succeed ulti- his old friends for a man to take them are beginners in the art. She does a manded them: "About, face! March great deal in helping others to build their backward along the road of the years. lives upon the strong foundation of in dustry and self-respect. And she finds interest in every life problem presented to

> The other woman is less successful, but since obstacles yield to some extent, If not wholly, to the onelaughts of industry, she has advanced from the point at which we met on life's pathway. She is not without anxieties, but she has philosophy to match them. She, too, is vastly interested in every person she meets. His or her life is a fascinating new study, to her "It may be because my mind and beart

are both open to every current of life is her answer to the query. "Why liatime stood turned about and marched back for you?" The man is a city official. When I met

him he was a considerably older person than he is today. He has done the work of a lifetime since. He has had some nuccess, some fallures. He has received praise, some criticism.

'I do my work as well as I can and take a ten mile walk every Sunday is the secret of youth. But I might amend that be is known as the man with the helping band. He can't keep his hand out of his pocket when any one starts a hard luck I have heard of him, "Everybody's troubles are his troubles."

There it is again, keen interest in life and our brothers and sisters in life. They all had it, this surprising trio who "But don't imagine that this woman are growing younger. All dare and have been hard workers. Sloth does not make for youth. All have or have had of it. If she did the success might pass anxieties, but all take them more or less and she would be under the necessity of lightly with a seasoning of philosophic

> Druggists keep it within easy reach to meet the daily demand for

Send 2c stamp for generous sample of either Dr. Lyon's Perfect Dental Creum or Tooth Powder. I. W. Lyon & Sons, Inc. 577 W. 27th St., N. Y. City

By Beatrice Fairfax

"I man should have broken off his friendmately-or humble your price and ask him if there is not some explanation he tion as to his engagement.

Advice to Lovelorn a triendship which you had hoped was as dear to him as to you.

Take One of Two Stands.

Dear Miss Fairfax I am deeply in love with a man with whom I have corresponded for over a year or go. He stopped writing for no reason I knew. He is in college and I am a business girl.

Kindly tell me what to do, as I miss him very much. HEARTHROKEN.

If there is no reason why this man about as to women the case is fidence it is not fair for an engaged man to show attention to other girls. It would

out without giving them honest informa-

Only 3 More Days of Drexel's Shoe Sale

Thousands of Satisfied customers have visited our store to take advantage of these wonderful bargains. If you have not or if you are numbered among those who could not be served because of the crowds you will make no mistake in coming down tomorrow for our stock is so large that the assortments are almost as good now as the first day of the sale. Remember you will not be able to buy Drexel quality shoes at these prices again until next year. Some of these shoes are

At Less Than Half Price -Special for Women-

\$3.50 and \$4.00 values. 500 pairs broken lots; patents, dull calf and kid. No charges, deliveries or \$5.00, \$6.00 and \$7.00 values. Your choice of any colored cloth top shoes in brown, gray, sand and fawn, in our stock

- Hanan and Armstrong makes. No charges or deliveries..... \$6.00 and \$7.00 values, in bronze, patent kid. \$2.45 200 pairs, broken lot of women's dress and party slippers, black suedes, beaded and plain 100 pair broken lots, party slippers, patent and dull kid, and black, white, blue and pink satin, beaded and

plain: no charges or deliveries, \$3.50 & \$4 values \$1.45 200 pairs, broken lots, house and dress slippers, \$3.00 and \$4.00 values, no charge or deliveriesprice

-Special for Men-

100 pairs regular \$5 and \$4 values, in patents, button and lace, no charges, deliveries or exchanges. Priced at only.....

Drexel Shoe Co.

1419 Farnam Street

Tested Recipes Mother's Magazine.

Cabbage and Apples.

One large cabbage, three large, sout cooking apples, one-quarter cupful lard, twelve slices bacon, butter, half cupful stock, one tablespoonful vinegar, sait, perper, nulmer

Trim and wash cabbage and shred as the sensitive nerves of the skin through finely as possible. Peel and core apples tiny cracks in the outer layer of the and cut in thin slices. Meit lard in pan, cuticle, or, less commonly, sudden line bottom with six slices of bacon, put stretching of these nerves by rapid in cabbage and apples mixed together, cover with bacon and put a few bits of Diseases of the skin which produce butter on top. Beke in a moderate oven for about three hours. The pan should cracking or quick stretching of the skin be well covered. Add stock, and vinegar, seasoning to taste with salt, pepper and

Curried Fish Flakes.

Melt butter and cook onion in it until softened and vellowed; add flour, curry powder and paprika and stir until frothy; add milk and stir until holling; add fish flakes, mix and let stand to become hot. Serve with hot boiled rice.

No Danger--No Delay IF YOUR money is deposited in a bank protected by the State Bank Guaranty The State Bank

of Omaha 16th and Harney and that bank should become insolvent. and that bank should become insolvent, you will receive your money—in full—within SIXTY DAYS at the most. Few banks fail, it is true, but it occasionally happens. Could you afford the less and delay if your funds were in an unprotected, insolvent bank? The State Bank

of Omaha invites and guerantees y 3% peid on Sevings



Easy Way to Keep Your Hair in Curl

a you have trouble keeping your hair a u-r. you'd do well to try plain flouid alimerine. Apply a little at night with a diean tooth brush, diswing this down the foul length of the hair from root to tip. The hair will dry in the prettiest waves and curia that you can arrenge, and the effect will appear altogether natural instead of that dull dried-out look which the heated from gives, the hair will be bright. Instroug and beautiful.

Liquid silmerine is of course perfectly harmics to hair and scalp and is neither greasy nor gummy. If you will get a few quares from your druggist you will find it quite inexpensive to use. Advertiss ment.

Soon There Will Be Regrets!

The what might have beens have ever been counted sad--- and so we think there will be some in Omaha who will feel somewhat sad when they find that they have been procrastinating and putting off until too late and as a consequence have missed the

Wonderful Sale at Kilpatrick's

In our last ad we promised some surprises. Here are a few for Thursday:

Fool prices on spring and summer dresses-What bodes it that these are of another vintage? Who cares whether carried over-of yesteryear or not?

Two Lots Starting at 8:30 a. m. \$1.00 for Dresses, which sold to \$7.50 \$1.98 for Dresses, which sold to \$12.00

Put them by, make them over, wear in the kitchen or for gardening later. You'll get your money's worth. If there should be any left of our high cost Blouses on Thursday morn-

ing you can take your pick at \$6.50.

As we go to press there are a number

which sold up to \$25.00.

MEN AND BRETHREN! Let us Searf you Thursday. Handsome Scarfs, Real American beauties, for they were made in Uncle Samdom; were \$1.00, \$1.50 and \$2.00.

Thursday, 69c each. If you cannot come in person send proxy-Wife, sister, cousin, aunt or

Next ad in Friday's papers will be a regular Abba-be-a-criss-a-crack-a-cooka-lorum.

neighbor will be glad to pick 'em out

We are busy as bees measuring and measuring, yard by yard and piece by piece, all the thousands of pieces of goods in this store. Some contract you would say if you followed the yard stick-And then the endless counting seems sometimes as if we never would get thru.

We would a heap rather count the money—and if prices mean anything if money-saving interests you-we'll count much money instead of merchandise on Thursday.

Take Bedding for example -69c for Cotton Blankets, which were 85c. 98c for Cotton Blankets, which were \$1.25. \$1.29 for Cotton Blankets, which were \$1.50. \$1.75 for Cotton Blankets, which were \$1.49.

\$1.95 for Cotton Blankets, which were \$2.25. \$1.29 for 66x90 White Cotton Blankets, which were \$1.50. \$1.49 for 70x90 White Cotton Blankets, which were \$1.75.

\$2.98 for Plaid Blankets, which were \$4.00. WOOL BLANKETS-AYE A.OO \$2.98 for Plaids, which were \$4.00. \$3.95 for Morning Glory, which

were \$5.50. \$5.50 for T. K. Special, which were \$5.50 for Nebraska, which were

\$7.25 for Talpa, which were \$8.50. \$8.25 for Nagel, which were \$10. \$11.25 for Queen, which were \$12.50. At present price of wool, would cost much COMFORT-GIVING COMFORTERS. \$1.29 . . . for 72x84, instead of \$1.50 \$1.59. . . for 72x84, instead of \$2.00

\$2.15...for 72x84, instead of \$2.50 \$2.45 . . . for 72x84, instead of \$3.00 \$4.25 Wool filled, instead of \$5.00 \$4.75 Weel filled, instead of \$6.00 \$7.25 Down filled, instead of \$8.50 \$9.25 Down filled, instead of \$12.50

Remnants of Casing, Tubing, Muslin, Cambrie, Sheeting, etc., at extremely low prices.

Broken lines of Sheets to close out at \$1.15 for the \$1.50 grade; \$1.25 for the \$1.65 grade. \$1.20for \$1.62 grade \$1.25..... for \$1.90 grade \$1.00 for what were \$1.321/2

\$1.15 for what were \$1.65 Some 63x99, others 90x29. Items from hither, thither and you all priced very low.

5c.....for 71/2c Outing Flannel 9c......for 10c Outing Flannel 11c for 121/2c Outing Flannel 81/2c.....for 10c Percales 271/2c....for 35c Beacon Robing WASTE BASKETS

Were \$1.25, will be98c He or she who seeks will find many other lessons in economy. Not going to say much about linens. Prices will have to do the talking. The

values, however, will talk much louder.

CLOTHS

\$3.25......8-4, were \$4.00 \$3.75......8-4, were \$5.00 \$4.25......8-10, were \$5.00 \$4.75......8-10, were \$6.00 DAMASK

79cinstead of \$1.00 98c instead of \$1,25 \$1.271/2....instead of \$1.50 \$1.671/2..... instead of \$2.00 \$2.25instead of \$3.00 Naps also.

HUCK TOWELS 5c for the 71/2c quality 19c.......Union, 25e quality 25c......All Linen, 30e quality

Saturday the harpoon hits other departments--and it's going to sink in deeply---We said we would, and so we will---

Thomas Rubalriet