

The Bee's Home Magazine Page





Beauty

Drink Buttermilk, and Don't Cry, Says Smiling Dorothy Brenner



By LILIAN LAUFERTY.

When Dorothy Evenner smiles and bair glints to an accompaniment ples and white teeth and bubbling you do not analyze "beauty '- you at enjoy it. But merry-heated Dorothy per can analyze and tabulate for cheerful, and to keep watchful eye on skin and figure-on digestion and dispo-

Mirs Brenner and Harry Carroll are playing "The Little Song Shop" on the Keith circuit, under the management of Max Hart, and, of course, we all like to know just how our favorite entertainers keep their figures and maintain a high average of complexion and of cheerfultermilk," says Miss Brenner, "and cry when you feel like it."

Worth investigating and particularising a bit when you come to lactic fer-ment and lachrymat glands in such cheerful proximity. To particularize-

for what ever alls me and buttermilk never falls me! I never lot myself get Eat-but when I find myself peus about eight or fen undestrable pounds. I proceed to go on the buttermilk treatment. I wo quarts a day suffice to feed me and ent do I permit myself. For two weeks I live on my dally allowance of two quarts of buttermilk per day. I have no stated time for drinking it-just whenweeks I am eight pounds thinner and much clearer as to complexion than when I started on the 'cure.' When I go off the buttermilk diet. I do not plunge into heavy eating and overtax my disestion, but then I don't believe in very hearty esting, anyway, For breakfast, fruit buttermilk and a sandwich, and diener, a simple repart of the supper variety. This is a good all-the-while custom of

What's Indigestion? Who Cares? Listen!

"My next use of buttermilk is exter-

"Pope's Dispepsin" makes Sick, Sour, Gassy Stomachs surely feel fine in five minutes.

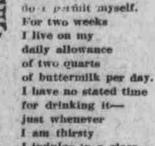
Time it! In five minutes all stomach distress will go. No indigestion, hearthurn; sourness or betching of gas, acid, or eructations of undigueted food, no dissiness, bloating, foul breath or headache. Pape's Dispepain is noted for its speed

in regulating upont stomachs. It is the surent, quickest and most certain indigesaedy in the whole world, and be-Millions of men and women now ant

their favorite foods without fear—they know Pape's Dispepsin will save them from any stomach minery.

Please, for your sake, get a large fiftycent case of Pape's Dispensis from any drug store and put your stomach right. short-you are not here long, so make your stay agreeable. Eat what you like and dignet it; enjoy it without dread or

Pape's Dispepsia belongs in your home any way. Should one of the family eat something which don't agree with them, or in case of an attack of indirection, leaves, and the next time he asked a dropping. restricts or stomach deranges for a five spot I turned him down that mf at daytime or during the night, it



I have no stated time I indulge in a glassdso whenever I am hungey. After the first day or two it is not hard to deny yourself foods, and at the end of two weeks I am eight pounds thinner and much clearer as to complexion

how wonderful a disposition a girl is heir to, there are times when it fraggles and dies and ravels at the ends-if any one

disposition will go back on the owner now and then! And a girl generally feels called upon to keep herself above par, and Loke. aches ; to smile until she wonders if she can ever untangle her real feelings from primitive! This is some of the history a gun on an elevation over z neighboring

character? IT DOES NOT. It curdles all the milk and honey sweetness in her natura I say-express your feelings; if you are blue and don't know why, or discouraged, and do know 'h"

by yourself, where you can't annoy the lighbors or wairy your what alls you, and just cry it out. C.y it out once for all, and then forget it. Cry it out and have it over with. Don't be sorry for yourself-notice what a fine old world it is-how it lets you go off and have a little April shower ocular demonstration, and then how glad everything looks when you look at it through a units. Allow yourself two or three good eries a year If you need them-and neveexceed your allowance, or forget that the sun has to shine a little harder always splanking in cold vater. At the end of sun has to shine a little harder always that time I feel as well as I look and 1 after a shower. So after you have had supply me with drinkables, and never a look as well as I feel-and both effects your cry out all by yourself, remember that you owe yourself and the world a lot are very satisfactory. Buttermilk is of smiles to make up for those weak

milk depot, and as it is a foe to fat and to digestive troubles, and a friend to weeps! There is a lot of philosophy in that if skin and complexion, working from the ever I am thirsty I indulge in a glara-linkide and outside for the mutual benefit follow directions. But following direc-slap, whenever I am hungry. After the of both-I feel safe in saying: 'No family tions means that you weep in private you will think it over, and just exactly and turn to the world and its people a "And now about crying: I don't care smiling face. Can you do it?

The Manicure Lady

By WILLIAM F. KIRK.

Miss Dorothy Brenner.

nal application. I use it on my face and

threat. First, I wash very thoroughly in hot water and pure castile soap. Next

omes a careful drying process and then

take a bit of cotton or soft cloth and

ut buttermik over my face and throat;

over the surface again. Ten or fitteen

I give my face a liberal washing and

cheap and easy to get at any neighboring

should be without it.'

nutes are allowed to pass and then

"Wilfred is going with a suffragette now," said the Manicure Lady. "He met her at a lecture on poetry and other pas-times the other night, and I guess she nust be different from most of the auflagettes that I have saw, because Wilred says she is a queen and that she calks in beauty like the night, whatever ud of way to walk that is. He don't all her hair hair at all, he calls it her reases, and instead of talking about her well lamps he says she has limpld orbs. have had a lot of admirers, George, none of the gents that ever shined

to me called my eyes orbs. That 'orb' cays, but plain talk and a good bankrull wins more of us trusting igris no-'B's funny, George, how love will dif-

or a man. The girl a fellow loves can make him change his mind quicker than changes his lie. Wilfred used to be theree against the suffragettes. He wrote s battle nymn, he called it, for all the men to sing, a kind of a bark against women over during to think of having the sacred right of the ballot ... 'I guess he didn't get no men to sing

it, but it was an awful panning for the girls that wanted to vote. And the time the suffragettes had their parade through the city not very long ago, Witfred ran along with the rest of the cutups and roasted the walking women as hard as se could. That was always Wilfred's speed unyhow, and I told him so that night when he got home all tired and beares, and the next time he asked me sdy to give the quickest, surest re- new girl of his hes got him shouting for skewer. what she calls for cause, and he and

father had a regular row at the table last night. The old gent ain't so good a talker as Wilfred, but he had something on brother because he kept all the time throwing up to Wilfred how he used to knock the very cause that he is plugging for now. There ain't much comeback to that kind of arguments, and after a while Wilfred shut up. The row all started over a fool poem that Wilfred wrote last night called, 'Vote Fair Women, Vote.', 1 brought it down to read it to you." "You didn't have to do that," said the

"But please listen. George," implored the Manicure Lady. "On the level, that is so had it is good. Lister:

"Voie fair women, vote!
That right must not be desied to you.
Men try to trample on thy throat.
And often they have lied to you.
From where the vast Pacific rolls
To where the Atlantic holds each boat,
Let us shout this ery a million souls.
Vote, fair woman, vote!

Vote, fair woman, vote! There is no reason why you shouldn't.
Gladly would I take off my coat
And work for you, only I couldn't.
I have so many tasks to do.
The same as any well known poet.
But this I ever shall sing to you:
"Vote, fair woman, vote!"

"Did he read that to his new girl?" asked the Hear Barber. "I think so," said the Manicure Lady. "She wasn't at home when he called her up this morning."

neet w la Made. Buy a piece of steak from the shoulder. Have it cut rather thin. Cut into four Dampen each side of meat in milk, roll in bread crumbs, add a little Wall, anyhow, as I was saying this onion: roll up strip and fasten with aw girl of his has got him abouting for skewer. Make from twenty to thirty

Lesson of an Old Legend -TIME-

The Human Race Since Its Be-ginning Has Waged Hopeless War Against This Re-lentless Foe.

By JOHN EDWARD GEARY.

the divinities of the Scandinavian myth-Thor was the god dear to the Norse heart; he was the god of beneficent summer heat; the thunder was his wrath; the gathering of the black clouds was the drawing down of his angry brows; the flash of fire coming out of heaven before the thunder was his all tending hammer blow. He drives his huge charlot over the mountain tops; that is the tnunder, angry "he blows his red beard"-this is the rustling storm blast before the storm begins. Thor is the god of peaceable industry;

friend and companion of Thaifi, manual labor. He scorns no work, no matter how lowly; himself engages in all kinds of manual work. The forces of nature in Scandinavian mythology were pictured as intelligent personalities; the good ones, such as the sun, summer heat, as gods, and the

dark and evil ones, such as frost, sea

he is the peasants' friend; he is the true

tempest, as demons. The forces of evil were called Jotuns. The gods lived on high in a place called Asgard, the garden of the divine oper The Jotuns lived in a dark distant land of chaos, called litgard, out garden,

Jotunheim, the home of the Jotuns. In this cold north country a great many of the evil forces were credited to crost and cold. The Jotun Hymer's cattle were iceberge; his beard was the hoar frost; the flerce glance of his eye would rend

It was most natural that eternal enmity and strife should exist between Thor, the god of summer heat, and the Jotuns, demons of frost and cold. Many were keenness. Once on one of his journeys vices, in which the sustaining property he met a giant Jotun, who laughed at of the sir plays a chief part, is a German what he considered the assumed power invention for revealing the position and

Ther, angered, seized his sword in the night both hands and cut the giant through The apparatus is called a "projectile middle. Such was the keenness of light-producer.' It consists of a special the blade the giant did not knew that form of projectile, which can be fired he was injured, the blade leaving a red from a field gun, at a high elevation, line of blood where it had cut. The and which is furnished with a parachute giant started to laugh at Thor and there- that begins to open as apon as the propon fell in two. Thor must have been jectile, having attained the summit of its the first "Jack the Giant Killer," a de- flight, commences to descend. Then an stroyer of demons and their powers. automatic device causes the ignition of

Thor's chief tool and favorite weapon inflammable material, which is so arwas his mighty hammer. This was made ranged that it continues to emit a powa present to him by his father, Odin, erful light for a considerate time. After who decreed that he should be a pro- the first explosion the light burns stead-

Ther heard that there was a tourna- parachute, and, being projected by lenses ment, games and feats of strength and or reflectors in a broad cone, illuminates skill, to be held in Jotunheim, and he the country beneath sufficiently to re-concluded to attend and take part. In weal the features of the topography, and did not know the way, only the general any marching of troops or direction. He had for companions Thaift batteries that the enemy may be conduct-Loke was the innate power that dwelt in fire or flame. How simple! How producing produ

of the working of the human mind in its valley, and the came of light from the the expression-garment she has put on infancy that has been handed down to us, descending parachule reveals to the The wonder that exists in fire or watcher the movements of an army corps fiame we hide behind a chemical name. in the distance. They pictured it as an intelligent will. The advantage claimed for this inven-

> within. Still there is wonder there. up, uniformly, a broad extent of country.

might be a Juton, stepped close and be no illumination of the aeroplane, eried into the giant's ear: "Can you which could quietly gilde away after please tell me the way to Jotunheim?" dropping its parachute. This would, per-The giant did not hear and slept on. Thor said to himself, "I'll wake you," vice than by firing the apparatus from a beneath blighter than that of a full more difficult and costly to conduct. and gave him a tap on the head with his hammer. The giant brushed his head with his hand and murmured, "I think a leaf must have fallen."

This angered Thor, and seizing his great hammer with both hands he rought it down with all his might on the giant's head. The lightning flushed and the thunder roared through the val-

The giant again brushed his head with his hand, saying: "There must be sparrows in this tree; I think one has fallen." Thor, now ashamed, went on his way and finally arrived at the gate of Utgard, "a gate so high that you had to strain your

neck bending back to see the top of it." Thor and his companions were adrhitted. He told of his ambition to gage in the contests. He was told that e might enter the contests, but to qualify he must first drink a drinking horn dry

that was handed to him. Thor drank long and hard three times: he scarcely lowered the horn any. was laughed at.

"You are a weak child; can you lift that cat you see there?" Try as he might he could not lift the "Why," they said to him, "none of

our men would contest with you, but there is an old woman here who might wrestle you." Thor, ashamed, seized the old woman, but try as he might he could He was thoroughly ashamed of his performance, and made ready to depart.

He was accompanied to the gate of the city by an attendant, they politely sending the chief jotan as escort. Feeling compassion for Thor, he said: You are beaten, yet feel not so much ashamed, for there was deception in 't.

giant you saw sleeping in the valley on your way here was the earth Jotan Skrymer. You did not succeed in waking him, but look at what you did. Thor looked and saw a recat cent torn in the mountain through which a mighty river was flowing where no water flowed

"That drinking horn was the ocean." said the Jotan, "who could drink the ocean dry? but you did lower the waters along the shore.

wreatling with Time. "Who can contend with Time? Gods It has come to be the belief of many little and men she prevails over all. That cat that "he walks with God," as Thalfi did tendencies of his youthful love making with you tried to lift was the great Midgard of old who does useful work, and the are a criterion, he will not limit his snake, which tall in mouth, holds up the best gospel is the gospel of service, "Help gallantry to "the younger girls" when he entire world. Had you succeeded in ye one another."

movements of an enemy's forces during

By in a receptable under the descending

Science Another Wonderful War Machine with an Incandescent Eye, by Garrett P. Serviss





The New Machine in Action, and a Diagram.

Greeks, the Hindus and others, as well shifted to another point, and so the so- shaking the nerves of the enemy, thus age was done.

Ther and his party went down through

It is proposed to employ a similar the light producing machinery in action a valley and came upon a giant asleep form of illuminating parachute. As its

A half dezen aeroplanes furnished with under some trees. Ther, thinking he light is all cast downward there would such parachutes and hovering over the a failing or swaying parachute. field where an enemy is suspected to be manoeuvring on a dark night could, by dropping one light after another, prohaps, be a better way to employ the de- duce an illumination of the landscape

capable of self-direction from within, tion is that, unifke a fixed searchlight, the location of the source o the light, cencesled in the contrasted darkness gun. There would be no noise to betray , moon, while they themselves would be the same was credited to all the per- it gives to the enemy no clue to the real and it would suddenly burst out over- above. A few bombs let fall into the ilsomalities, both gods and demons of position of their foe, for the gun, after head like a huge meteor. The element of uminated field would produce consterna-

ditions they always act the same; that too, the illumination is better distributed, work without noise, when not fired from a gun or dropped from a they are not capable of direction from being cast from overhead, and lighting a gun, or the simple automatic opening accounting acco of the paraclute may be caused to set on the fortification would be subject to bombardment, being always visible, while A half dezen aeroplanes furnished with it would be practically impossible to hit

> find their account in this invention, too, for it is another of the things which will render war less desirable by making it

Plight of "Freckles"

RY BEATRICE PAIRFAX. "I am 25 years of age," writes a girl when he has reached it.
who signs herself by the descriptive name. So prone is man to it

but when we attend a dance or party he vice, is the exception and not the rule. seems to pay more attention to the younger girls. Do you think he really Older women than Freckles, those who know what love it. At his age it is the have known more of love's sweetness and more of its bitterness, and to whom attracted the love of a woman who is man is no problem, but something to be

say wisely, "He is beginning too soon." some years his senior begins at some admiration as seriolus avowals. his youth on an "old woman," is inevit- Some because they love love, and will able; she may be only a few years his senior, but the marks of time are so much more apparent on her face and form than their charms attract only the impulsive

tearing up the world would have rushed Ther looked at his attendant. He discovered it was the Joiun Skrymer, who

thereupon vanished. Utgard, with it sky-high gater when Thor seized his hammer to smite them, had gone to air. Only the voice of the You were deceived by appearances. The giant was heard mocking, "Better come no more to Jotushelm." The great geologists of the last century

> struck the rocks with their hammers and a great river of knowledge flowed in upon They changed time-creation was said

to be the beginning of time-from being a kitchen clock of 6,000 years into millions To those who had implicit faith in the

story of creation, as then interpreted from their Bibles, to these for a time, it "The old woman you thought you were lowered faith and hope and brought much misery to many.

So prone is man to this injustice that of "Freckles," a name that speaks for the wife who is the junior is made to itself, "and am deeply in love with a feel with the years that she is too old young man six years my junior with for her husband. The man who is true in whom I have kept company for the last his thoughts, as well as his actions, to five months. He claims he loves me, the wife who has grown old in his ser-

Freckles, who is 25 years old and a woman grown, leves a boy of 19 years, and he says he loves her. He doesn't flattered pleasure a boy feels at having older. It is the love of the boy for his read as easily as a printed page, will school teacher told over again, and it is an injustice to him, as well as to herself, That the man who loves a woman to accept his stammered expressions of

Women do it, however, every day. welcome his messenger though he come in swaddling clothes. Others because on his that he feels justified in calling and impressionable. Others through mo tives that are mercenary, for behind the young boy there stands a werlthy father, end others, like Freckles, who love, taking no heed of age, and discover to their cost some day that this is a matter of which the man always takes heed, sooner

The boy Freckles loves is already beginning to wander. "When at a dance or party, he pays more attention to the ounger girls." If he does this in the first blush of his love, it is dreary to contemplate what he will do when that we has grown cold. When Freckles, for stance, is 41, and struggling painfully against wrinkles, a double-decked chin and a waist that moves steadily up. her husband will be 35, as young as he was. And if the years have brought him prosperity, awakened his intelligence and is very much better looking than he was

when a callow youth of 19. My dear girt, I fear that then, if the casually meets them at a dance or

primitive peoples; the mythology of the firing the projectile, can quickly be mystery might also have its effect in tion and disorder even if no direct damtual source from which the revealing suddenly brought into plain view, while Similarly a fortified position could be We know that natural forces act sc- light originates cannot be bombarded by their foca remained concealed and incording to a law; given the same con- them, as a searchlight could be. Then, visible. The apparatus can be made to occasional illuminating parachute, either

The advocates of universal peace may

party. I am sorely afraid, my dear, that like many men be will forget your love, your devotion, your constancy, and the untiring erforts you have made all these years to add to his comfort and further his prosperity. He will forget all these in some young girl whose smile is directed at the bank account you have helped to accumulate. Your labor, your sacrifice, in these tragic Jays will become to him more an irritation than an obligation.



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