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

Jealousy, Form of Insanity, Can Be Cured

By ELLA WHEELER WILCOX. Copyright, 1916, Star Company.

"Can you suggest a method whereby one can be cured of that species of insanity called jealousy?"

Every man or woman who has wielded the pen has discoursed upon this theme intil it is threadbare.

Yet all themes are old, but there are ever new audiences, as these letters of inquiry prove.

Jealousy is the offspring of selfishness and passion. It is no way related to love. Whenever a man or woman lover is jealous, the feeling springs, not from love, but from either the selfishness or the animal passions in the heart.

When I speak of jealousy I mean that unreasoning emotion which a look, a word, a common courtesy shown by another to a third party produces.

Many people refer to the natural feeling of wounded love and dignity which disloyalty or neglect from a dear one produces as jealousy.

It is not even remotely related to that ignoble sentiment

If a man never pays his wife a compliment, if he neglects her and finds fault with her upon every occasion, but is free in the flattery and praises of other women, it is not "jealousy" which embitters her mind, it is slighted affection and hort pride.

Jealousy is just what my correspondent calls it, a species of insanity resulting from an overwhelming self-love

I have seen scores of men who did not love their wives at all, yet who were monsters of jealousy if any other man showed them attention.

It was the dog-in-the-manger impulse. They did not care for the hay, but nothing else must touch it.

Women who nag their husbands to the verge of despair, who neglect them, and who are as incapable of love as an icicle of warmth, often display violent lealousy.

so fully and frequently proved that it seems the height of absurdity to call into a flash of many-covored fire where jealousy an offspring of love. Yes, love, it falls upon a case filled with what can and does often exist in an undisciplined heart, where selfishness and pas- jewelry. sion and their ill-begotten child, jealousy, also are allowed to dwell.

Only now and then do we encounter great soul, which has mastered the aser qualities, and learned that perfect love means perfect trust, and that the highest expression of love is in desiring its object to be appreciated and admired by others.

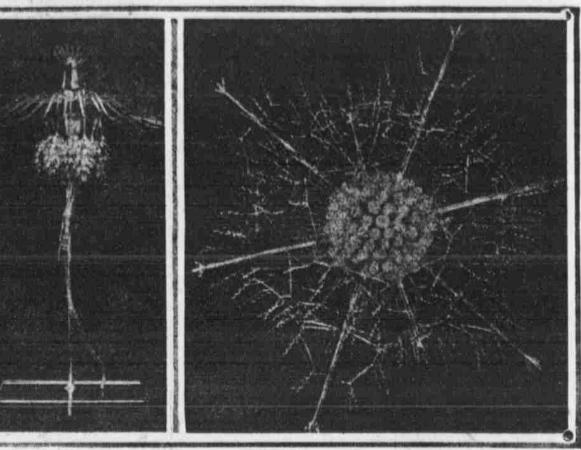
To every jealous man or woman-jealous by nature and by lack of self-government-I would advise a half hour every day taken alone for meditation and analysis.

Say to yourself: "This is a disease of my mind. It is sure death to the happineas and peace of the one I love. It is death to the feelings of respect and love in that heart for me. I married, meaning to be happy and to render another happy. This conduct of mine is unreasonable and undignified. I am making myself ridiculous. Nothing is so unbecoming and unattractive as jealousy. How can I expect to be loved when I appear to such disadvantage? I am insulting the partner of my choice" by

these doubts and suspicions, and I am making a fool and a bore of myself." Then take yourself in hand and drive out the demon of jealousy the moment it appears at the door of your mind.

Wonders of the Crystal Animals

Models of Lowest Forms of Life Show Marvellous Beauties of Structure and Color



Two forms of lower animal life enlarged 200 times and reproduced in glass at American Museum of Natural History.

for such purposes by higher animals.

By GARRETT P. SERVISS.

halls and alcoves of the American We have all seen these statements Museum of Natural History will occasionally see a stray sunbeam bursting against them. looks like an exhibition of venetian glass

These crystal shapes, often of marvellous complexity, and tinted with all places, is carpeted with their remains. the softest hues of harmonic colors, represent some of the most singular animal inhabitants of our globe. Although at the bottom of the scale of organic life, they yield to none of the higher forms in the elements of pure beauty.

They are called protozoa, or proto-'manifest a physiological complexity as zoans (Greek-protos, first, and zoon, striking as their structural simplicity, animal), and they consist either of a single living cell, or of a group, or colin that all the functions of higher organisms are here discharged by the ony, of such cells. Most on them are single cell. very small, and some of the models in "In the place of the tissues and organs

the museum are magnified more than a of the higher animals one finds differthousand diameters, so that the visitor entiations within the single cell which a virtually provided with magic eyes are related to special functions and hence is virtually provided with magic eyes which enable him to look down into the heart of a world of life where a drop of water may ensphere a metropolis. The life forces which determine their forms seems to act along the lines of

Those who are moved by the beauty those which shape molecules into crys-of that microscopic world may feel a tals. Many of them, as the accompany- the all important feeling and skill."

shock when told that out of it issues, ing pictures show, really resemble com-The visitor wandering through the some of the deadliest enemies of hu- plicated crystals. This is strikinly true manity, almost invisible agents of di- of the species called radiolarians. seases which laugh to scorn the strongest There is a great variety of size among

defenses that man's intelligence can erect the different kinds of protozoans, and it is very interesting to reflect that if they The natural home of the protozoans is could view one another as we larger water. Billions live in swamps and stag- animals view our contemporaries, the nant pools, and countless multitudes in smaller species might feel as great a sea water. The bottom of the ocean, in terror in the presence of some huge glittering animated crystal seeking its prey There is something very wonderful in as a flock of lambs experience on the their manner of living. They seize, de- approach of a wolf!

your and assimilate their food without It must not be supposed that the glass possessing any of the organs employed models in the museum are fanciful or imaginary representations of these "The protoza," says Prof. H. B. Ward, minute creatures. The models are blown from glass and built up and colored in faithful immitation of the originals seen under the microscope, and the art of creating such models is a fine development of special skill and knowledge, of which there are very few masters in the

> Herman O. Mueller says in the Meseum Journal that the calling of the glassblower is an inheritance from antiquity.

father's trade and devote themselves from early youth to the acquisition of

"BANANAS EN CASSEROLE.

Some Gayety in Petticoats

Wide petilcoats, banished while tight | black taffetas, sating and aliks have skirts hold sway, are again in favor, but flounces embroidered in white silk in during their absence they have gained both large and fine patterns. These are an added gayety. They are very short specially designed to wear on the street and boast a wire or reed at the edge, to with tailored gowns, hold out their billowy folds under the

gowns which grow oven fuller. It is possible an airy little net affair with tiny ruffles, the edges having a black slik fringe a sixteenth of an inch wide, and between each ruffle a pink taffeta pinked quilling one inch wide; dotted over the petticoat are tiny black pompons. Of sourse, this petticout is not destined to be washed, though it might survive one or two visits to the dry cleaner.

Then there are cloth of gold petticoats with gold ince ruffles, that are brilliant and fairly durable. Skirts made of ribbon and lace insertion stripes, with fluffy lace ruffles at the bottom, are very dainty for dancing. Some pretty skirts of slik have net ruffles embroidered in live to celebrate their golden wedding. gold or allver; one entirely made of lace

cups sugar

Even the old reliable silk petileoats show their gayety by being very short in New South Wales. It was four feet and full, with deep points of scallops nine inches high, three feet two inches around the bottom. For the women who wide, four inches thick on an average prefer them, there are skirts with jersey and weighed 540 pounds. The value of

or gather on to the tops. The lingerie skirts follow the same models and have stroyed by an earthquake in 1968, is the same elaborate trimming as the rapidly rising from its ruins. The new richer materials, but they have the ad- city is being constructed entirely of reinvantage of being washable. Of course, forced concrete, a style of construction the black and white fad is not forgotten which has proved its ability to withn the making of petticoats, and some stand severe shocks of earthquake,

Orange Delicious

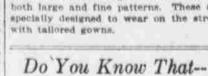
Boll sugar and water eight minutes, then add orange juice. Scald cream, add yolks of eggs, and cook over hot water until mix-ture thickens. Cool, add to first mixture with heavy cream beaten stiff. Freeze: when nearly frozen, add orange peel. Line a melon mould with Orange Lee, fill with Orange Delictous, pack in sait and loe, and let stand one and one-ball hours.

Serve

tomorrow

Order sweet, juicy, tender, delicious

I cup water 2 cups orange juice I cup he M cup shredded candled orange poel



Uruguay's navy consists of two ruisers. A dead ostrich when examined was

found to have swallowed 113 metal cartridge cases, weighing over three pounds. besides several stones and nails. Queen Elizabeth is responsible to some

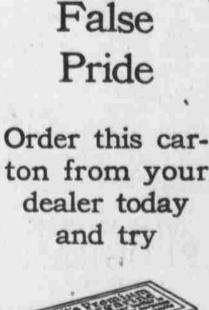
extent for the use of whalebone, and James 1 compelled all men and women courtiers to have "wasp" waists. According to an estimate, only one

out of every thousand married couples The Belgians are asid to be the greatgold or sliver; one entirely made of face is trimmed with garlands of tiny pink the Irish in that respect. On May 10, 1872, the largest place of

cold ever mined was taken from a claim

l cup cream Yolks 2 eggs l cup heavy cream

silk tops and silk flounces that button the motal was about \$150,000. Messina, the Sicilian city that was de-



Put Aside

Prejudice

and



Swift's Premium

Oleomargarine

You will find it to be all that is claimed for it -a pure, wholesome and econ-

Medical Mysteries--Leprosy

PART L grow and produce the disease in any By WOODS HUTCHINSON, M. D. animal.

Lepromy, instead of spreading and threatening civilization, is dwindling and disappearing almost as rapidly as the buffalo. But while there is no disputing the cheering fact, the most singular thing And while scores of accidental infec-Six ripe bananas, one small glass apple jelly, one cupful bolling water, juice of haif an orange.

world,

and that "the sons grow up to the

Tested Recipes

Compel yourself to treat some imaginary rival with utmost courtesy-find something to praise in him or her-and aurprize your wife or husband by paying the third party a compliment, while you endeavor to be as agreeable as possible yourself.

It is in excellent rule to establish, to try to excel your supposed rival in that one respect-of being agreeable. Once make that your object, you will find it impossible to display jealousy, as lealousy is intensely disagreeable in all its phases.

Having conquered any expression of jealousy, you have fought two-thirds of the Battle, for jealousy is a conceited monster and will not stay where he cannot display himself.

Tell yourself twenty times a day that you are too sensible and have too much self-exteem and too much goou sense and unselfishness to be jealous.

Try to realize home is the only place on earth to find happiness, and if you do not do your utmost to make your home a happy one, you are sinning against the Holy Ghost, which is love. and no place can be happy where jealousy dwells.

Advice to Lovelorn By Beatrice Fairfax

Consult the Girl.

Dear Miss Fairfax: I am 26 years of ase and considered popular, and am deeply in love with a young lady of 33 years of age. As I am about to start on a business trip to China and Japan, and will not be back before a year. I would appreciate your kind advice as to whether it would be fair to ask this young lady to wait for ms that length of time. I am size she loves me. W. T. L. Don't consult me! If you are sincere in ages.

mor love for this girl and not feel that she is 160 mature for you and that you will be inclined to tire of her and interest yourself in a younger woman, ask her to marry you and abide by her decision rather than by mine.

Leave Your Present Work.

Leave Your Present work. Dear Miss Fairfax: Am 18 years of age and keeping company with a man of 2. About two weeks ago we had to part because he is being foreed to marry an-other woman. As I am working with him at his father's place, kindly advise me whether I should leave the place. We love each other dearly and I cannot take a liking to another man and do not enloy mother man's company. HEARTBROKEN. You had befor seek other employment.

You had better seek other employment. for you cannot forget this man if you see him each day. Since he is going to food and under the conditions of the marry another woman you must put him entirely out of your life. In the course

of human nature you will forget him if you make an honest effort to do so.

No Cause for Offense.

Dear Miss Fairfax: I have known a young lady for the last three months and new find that her girl friends are not. In my opinion, suitable company for her. Reing interested in this young lady I cautioned her to keep away from her undersirable companions. Kindly inform her me if I passed the bonds of friendship in this respect. The young lady in ques-tion feels offended. Do you think she is builtied in feeling so? M. J.

The girl has no cause for feeling offended, inasmuch as your motive was famous Norwegian bacteriologist, wo ship, Possibly, however, you were a little cerned for nearly thirty years past, and harsh in your judgment of her friends. depend on its presence or absence to It is not wise to condemn anyone hastily, diagnose or determine the nature of a but I suppose you were conservative suspected case. But we have been enough to make sure before you spoke. utterfy unable to cause the germ to

is that we must frankly confess ourselves utterly at a loss to account for it. All we can say is, that with the coming of the improved living conditions of civilization, better and more varied and abundant food, beeter housing, better drainage, cleaner and more comfortable and probably also in beri-beri and pelhabits of life and work, leprosy rapidly

dies out and disappears. The same process is still going on in all the tropical and sub-tropical colonies of the western nations, where leprosy still exists.

It is customary to attribute a large share of this decline and disappearance their tissues, to active measures of isolation and segregation, gathering the known lepers

together into colonies. But this would hardly bear scrutiny, for two reasons. First, beacuse it rests upon the second great popular misconception that the disease is acutely and extremely contagious or catching; whereas, as a mat-

ter of fact, leprosy is one of the most feebly contagious and slowly and uncertainly spreading infectious diseases known. The children of a leprous father or mother, for instance, show no higher percentage of the disease than the rest of the community in which they live; and it is comparatively seldom that one case of the disease is followed by another in the same family or household. When two cases do occurs in the same

family they usually appear either simultaneously or so widely separated as to have no detectable connection with one another, and are probably due to common living conditions.

After a thousand years of intimate familiarity with the disease and nearly half a century of tireless modern bacteriological 'research, we know no more of how leprosy spreads from one victim to another than we did in the dark

One consoling fact, however, is almost absolutely certain, and that is, that it does not pass by direct personal contact. Of the tens of thousands of lepers under careful observation in Norway and in tropical colonies for the last forty years. not one has ever been proved to transmit the disease directly, either to another member of the family or household or to his doctor, nurse or attendants. The pitiful and dramatic case of Father Damlen, the devoted martyr priest of Molokal, was a one-in-twentythousand exception, and the strong probability and belief of experts is, that he contracted the disease as about one white man in 10,000 may do, from simply living in the climate and on the

islands. The best authorities are inclined to the opinion that the disease is transmitted indirectly either through infected or contaminated food or through the bite of some blood-sucking insect (the mosquito

through the genius of Hansen. the

WR

hat he would die for her often makes Take.

remove the threads and cut in halves lengthwise. Cut pleces in Indeed, thoughtful experts are inclined half crosswise and place in the caseregard leprosy as one of the great role . Melt jelly in the boiling water food, or food and living conditions and pour over the bananas, then add diseases, like peliagra and beri-beri and the orange juice. Cover the dish and scurvy. That is to say, while there cook in a moderate oven for half an is certainly a germ at work in leprosy, hour. Serve from the casserole as a sweet entres with roast beef, mutton or legra, either that germ requires for its beefsteak. transfer infected and decayed food, or vile and unsanitary housing and living

ugar

One cupful sugar, three eggs, three-quarters cupful milk, twenty-one graham crackers, three-quarters cupful caccanut or three-quarters cupful chopped al-monds, one teaspoonful baking powder. conditions, or the resisting power of patients must be lowered by insufficients food and injurious surroundings before it can succeed in getting a foothold in Roll crackers and sift with baking powder. Croam egg yolks and augus, add milk and crackers, cocoanut almonds, and egg whites. Bake in two

Six carrots, one pint vinegar, two pints ugar, one teaspoonful cloves, one tea-poonful clanamon.

Wash and scrape carrots and boil in

lightly salted water until tender. Make

syrup of vinegar, sugar and spices.

When ayrup is bolling, alloe in all the

carrot the syrup will cover, let simmar

for a while and then put in jars and seal.

More spices may be added, if desired.

CRANBERRY PIE.

A Dainty Blue Bedroom layers. CARROT SWEET PICKLES.

This bedroom is a real one, designed and furnished by a young girl. The walls and celling are done in blue and silver. the floor being covered with Japanese matting and soft blue rugs. The furniture is sliver birch, the bed a low brass one. In one corner is a big couch, with a single long blue upholstered cushion running its length, piled high with cornpolored, blue, delicate pink, lilac, nile green and black satin pillows.

Above the couch a pearl cord fish-net is draped, canopy fashion, falling down One and one-half cupfuls cranberries, one-half cupful water, three-quarters cupful sugar, ple dough. Cook oranberries, water and sugar in at the sides. In its meshes are all the favors and trophies of the passing social season. Golf clubs, racquets, a banjo and a broken oar blade with a Yale blue ribsaucepan for ten minutes, then cool. Line pie pan with dough, fill with cranberries bon tled to it, complete the corner. In another corner stands a deak with and place strips of dough across the book shelves above it which hold favorite top.

volumes of poetry. In a deep hay win dow, partly screened by the white Japanese crope hangings, stands a small upright plano with a silver birch case. and music rack to match. Another cor-

ner holds a white framework, which exand down either side of them to the teen minutes. Herve on dry toast. Garbaseboard; it is filled with photographs nish with parsley. of friends. On the shelves inside the framework are scrapbooks, programs and bound plays; a Morris chair stands

invitingly beside the books. Over the bed is a beautiful counterin the center is an applied design composed of a wreath of lace leaves.

Pastels, posters and water colors in sliver birch frames adorn the walls. The electric light bulbs are screened with blue silk-fringed shades.

In-Shoots

Greatness is always more attractive when on the opposite side of the street. It is better to beat it when the devil comes in the guise of a handsom roman

Without the privates and messenger boys the captains of industry could not win many laurests. In addition to his other discomforts,

very girl thinks that the wall-eyed man vants to flirt with her. It is difficult for the average society

roman to live up to those eighteen-dollar-a-dozen photographs. The fellow who during courtship said

bod by eating her cooking after mar-

Rats Don't Eat Safe Home Matches Rats don't eat Safe Home Matches. They can't be made to eat them. That's been proved. Safe Home Matches are made of ingredients which, although non-poisonous, are obnoxious

kist Salads and Desserts." Save Sunkist tissue wrappers for beautiful silverware. **California Fruit Growers Exchange** Eastern Headquartere: 139 N. Clark St., Chicago

California's Selected

Oranges

Order now. All good deal-

Write for free book "Sun-

ers sell these fine seedless

navels.

omical food product.





to rodents. Safe Home Matches light easily, but not too easily. They are safe-safe and sure. Sticks are extra long extra strong. They cost no more than other brands of matches.

Sc. All grocers. Ask for them by name. The Diamond Match Company



BACON RAREBIT. Spread slices of bacon lightly with prepared mustard, add a little salt and pile grated cheese thick on top, dotted with places of butter. Place in a baking tin tends across the top of the book shelves and bake in a moderate oven about fif-

VEAL CUTLETS WITH PEAS.

Use slices of veal from the log or from the ribs, but about half an inch thick, season with salt and pepper, dip in pane, made of dotted net over blue silk; crumbs, then in egg, then in crumbs a fourteen-inch flounce edged with lace again. Fry slowly until well browned goes all around, slashed at the corners and cooked through in pork fat or butter, te accommodate the brass posts, and tied or finish cooking in the oven in a dripwith a big blue satin bow at each post; ping pan, with plenty of fat. Serve with peas.

HOMINY CROQUETTES.

Two cupfuls cooked hominy, two tea-spoonsful butter, one-half cupful milk, one tablespoonful sait, two teaspoonsful flour, one-half cupful bread crumbs.

Drain hominy and mash. Make a white sauce of butter, flour, salt and milk. Mix this with the hominy and add bread crumbs sufficient to form into croquettes. Roll croquettes in bread crumbs and fry in hot fat until browned.

SPICE COOKIES.

One cupful butter, two cupfuls sugar, two esses, one-half taspoonful soda, one teaspoonful cloves, four teaspoonsfuls einnamon, one-half teaspoonful nutries, one cupful chopped raisins, one cupful chopped walnut meats, one cupful sour milk, three and one-half cupfuls flour.

Cream the butter, add sugar, then stir in eggs, slightly beaten, add the remaining ingredients in the order given. Use enough flour to make dough the proper consistency. Drop from a spoon on buttered pans and bake in a moderate over or ten or fifteen minutes.