

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

Only Those Win Success Who Pay the Full Price

By DOROTHY DIX.

The great trouble with the world is that all of us want to dance without paying the fiddler.

We want success without having to work for it. We want to get rich without having to save. We want to eat and drink without getting dyspepsia. We want love without the burden of responsibility.

And because for everything we get good or bad, there is a fixed price, for which we have to pay cash down, we fill the air with our whines and laments.

There isn't one of us who is a failure, or an invalid, or a pauper, or friendless and unloved, who isn't in that condition because he or she tried to cheat in the game of life, and to get something for nothing.

Why does a man succeed? Because he is willing to pay the price of success. It is work, work, work, endless toil. It is plodding raticose that never wearies. It is the concentration of every thought, every desire, every aspiration to some one particular end. It is self-denial and self-sacrifice.

That is the price of success, and any man and any woman who is willing to pay it can have it. But you can't buy it with a little ineffectual spasmodic effort now and then. You can't buy it by loafing on your job, or working with one eye on the clock, or taking more real heart interest in your amusements than you do in your career.

We are all called on to help a great many old people who have "been better days." Nothing on earth is more pitiful than poor and dependent age, but those people have only themselves to blame. They are poor and dependent because they were not willing to pay the price for safeguarding the latter years of their lives.

The price of a comfortable and respectable old age is self-denial and thrift in one's youth. It is systematic saving. It is laying aside a definite sum every year for the rainy day that is sure to come to every one, for the old age that is inevitable. But these people defaulted on the price.

They wanted fine clothes; they wanted to take trips; they wanted to indulge themselves in a thousand foolish extravagances, so they spent every cent as they went along, with the result that in their hour of need they had to endure the humiliation of asking for charity, and in their old age they were dependent on those who gave them grudging food and shelter.

We are not to be well and strong, but we are not willing to pay the price of health. That is abstemiousness in eating and drinking. Yet because it tastes good we gorge ourselves on rich food that we know will give us indigestion; we drink alcohol that we know is a poison to our systems; we sit around in stuffy rooms and grow fat and heavy because we hate to exercise. Nine-tenths of the sickness from which we suffer we bring upon ourselves just because we are not willing to pay the price of keeping well.

The whole of the divorce evil is caused by people trying to evade paying the just dues of family life. A man and woman get married because they want domestic affection, because they want a home, because they want children.

They get these, but they begrudge the price. The man wants the faithful love of a wife who will stick to him through thick and thin, who will work by his side when he is poor, who will nurse him when he is sick, who is as unflinching as the north star, but at the same time he wants to be free to carry on flirtations with younger and gayer women.

He wants a home that he can come to when he is tired or down and out, but he doesn't want to have to come to it if some lively amusement offers. He wants the arms of little children about his neck, but he wants to spend the money it costs to support them on his own dissipations.

A woman wants a husband to support her and stand between her and the world, but she doesn't want to have to consider his pleasure or desire. She wants a home, but she doesn't want to have to work in it to make it comfortable and thrifty. She wants children, but she doesn't want to have to stay at home from bridge parties and dances to take care of them, and keep them from running wild on the streets.

Now the result of domesticity is self-sacrifice and devotion; it is mutual consideration and forbearance; it is the putting of the good of others before your own pleasure; it is the imputation of self on the altar of family and home, and it is because so few men and women are willing to pay this price that there is so much domestic misery in the world.

There is one thing in certain—there are no barons in life. Everything that is worth having is costly, and the price tag was written at the beginning, and it has never changed. Success, fame, riches, friendship, family life—we must pay for them in blood and sweat if we get them. Something for something, and nothing for nothing—that is the inexorable law of life.

Advice to Lovelorn

By Beatrice Fairfax

Not Proper.

Dear Miss Fairfax: Kindly let me know if it is proper for a young lady who is engaged to a young man to go to a party where there is a "chance" without a chaperon, or with her cousin.

It is never proper for a young woman to accompany a man on a trip such as you mention. The fact that you are engaged will not excuse you, for the view of a critical public, which judges by appearance rather than facts.

Marriage on \$17 a Week.

Dear Miss Fairfax: I am a young man of 25 years of age, have a good steady job, and have only \$17 a week. I have been engaged to a young lady who has a good steady job, and we are both very poor. I have been thinking about it, and I am sure that I can do it, but I am not sure that I can do it, and I am not sure that I can do it, and I am not sure that I can do it.

Marriage on a sum as small as you mention requires sacrifice of almost all social pleasures, comfort, good education, position, and really devoted love. I think that you should consider this fact in the light of the fact that you have only \$17 a week, and I am not sure that I can do it, and I am not sure that I can do it.

A Basket (Chair) of Kittens :-: By Nell Brinkley

Copyright, 1916, Intern'l News Service



KITTENS of Now be the same as Kittens of Long Ago; spite of Grandmother's meditations. Spite that she puts her teeth on a lower lip and looks up to the blue sky and shakes the frills of her white cap. Kittens still scamper and romp and do things that have no reason for the doing; kittens still are fluff and velvet and sniffling of advice; kittens still insist on going up and tapping a rattlesnake long side of the face if one serpentine by, and holding paws over ears when their mammy talks on snakes; kittens still try to walk on water when they want to "cut across;" kittens do chase idle colored balls for nothing 'tall but that they are glad to be living at last and must do something about it; kittens do have pretty baby eyes and an ardor for cream and sunshine and the bright fire and the soft spots to snuggle in; kittens dare anything, still, because they have no notion of distances and how far down the ground is and how rough it is at the bottom-maybe; kittens still long to not just step along in the same trail behind their mummies; they lift a round little face and ignorant elated eyes to another path that branches off while their mother calls and says, "ain't she ferrible!"; kittens do be lovable and darling and amus-

ing and helpless; and still does the older, wiser cat look on and say, "Kittens never did so when I was young!"

But after all, they don't just make merry with what is to be played around them—just as you romped in whatever garden and with whatever toys lay about you when you were a kitten—cat? And kittens have just the same guileless, merry-making, irresponsible little hearts with a dancing beat now, as they had ever when you were just eyes-open and down—there! And kittens still lift a woeful voice when they lose themselves and snuggle gratefully against their mammy when the sun goes and night sneaks down—in just the same way they ever did when grandmother was a girl.

NELL BRINKLEY

Choose Colors that Are in Harmony

Red and green may produce good results, provided the right shades are used. For instance, a red which is dulled with brown may be combined with dull green with harmonious results. Or a soft, dull green gown may be combined with light brown of red and white, without violating the rules of color harmony.

Brown and blue are not complementary colors, and yet many persons are given to combining brown and blue. All browns are either yellow or orange dulled with black. There are red browns and yellow browns, and the most harmonious combinations for them are warm, yellow, orange or red with a tinge blue to it. Brown is a warm color, gray, or most greys, are cold, therefore the intermediate blue greys in particular combine well with gray blue.

Pink in the hands of an artist may have a good happy effect taken with it, and with happy results in the hands of the average woman it combines best with white or black or a slightly deeper shade of pink. There is a soft sage green which is the complementary color of pink, and French women combine colors, blue, green and pink in one costume with exquisite color effect and harmony.

It is not always necessary to have a hot the same color as the costume. That is not necessary in primary harmony. It is necessary, however, to have the hot color with the trimmings of the costume or some blue or color in it. For instance, if the latter be brown, stamped with white or white, the hot color in either or in both of both or orange combined with brown.

Household Suggestions

White furniture and woodwork can be beautifully cleaned with whiting. Wring a flannel cloth from hot water, dip in whiting and rub well to remove all stains. Then wash off the whiting with clean warm water, and dry with a soft cloth. The rubbing stream should always be with the grain of the wood.

When the silver ware has become badly tarnished put it in an aluminum dish, cover it with water, and boil it in the water for a short time, and it will come out bright and clean.

You'll Find Yourself Delighted

with a package of Sunshine Krispy Crackers. They're light, crisp and flaky—full of nourishment. Buy the ten-cent package or the family tin which keeps the household supplied with fresh Krispy Crackers. Sunshine Krispy Crackers are one of 350 kinds of

Sunshine Biscuits

Baked in Omaha

Each a delicious and wholesome treat that will add delight to meals. Made in the lightest, brightest, cleanest bakery in the world.

LOOSE-WILES BISCUIT COMPANY
Bakers of Sunshine Biscuits

10c

"Self-Help" Wonderlift Corsets

Why Argue With Nature?

Just for one moment forget that Nemo Wonderlift Corsets are health corsets; that they are endorsed by physicians; that they give immeasurable relief and comfort to women who have suffered for years because they needed such hygienic support.

Forget all that—

And compare the lines of Nemo Wonderlift models with the latest Spring fashion silhouette.

Yes, they're identical!

The most remarkable hygienic corset ever made is also the most lovely style corset made. Its fine material and its gracefully beautiful lines delight the hearts of women who want an ultra-stylish figure.

We are proud of Wonderlift Corsets. They represent the highest achievement in corset-making, because their way is Nature's way. They give natural support by the inner adjustable semi-elastic bandlet which lifts up the abdomen and supports the internal organs. No unhealthful pressure.

These beautiful, helpful corsets may be had at all good stores in six models—one for every figure.

\$5.00 and \$10.00

NEMO HYGIENIC-FASHION INSTITUTE, NEW YORK CITY

Armour's

Glendale OLEOMARGARINE

is a scientifically correct combination of highest grade butter fat and pure nutritive oils. It comes to you packed in cartons, with Uncle Sam's endorsement of purity. The Oval Label is Armour's guarantee of quality.

Glendale is the delicious, economical spread for bread. Phone us today. Dealer's name if for sale in your city.

ARMOUR'S COMPANY

ROBT. BUDAIS, Mgr., 1015 & Jones Sts., Phone 5, 1031, Omaha, Neb. W. E. Wilkinson, 553 & O. Tel. No. 1740.

The Armour Oval never appears except upon the best that Armour makes.

Besides Glendale Oleomargarine, the Oval Label also identifies: Star Brand Ham, Star Brand "Sweet Pure" Lard, Lard, Dromedary Farm Sausage, Armour's Grape Juice, Cloverbrand Butter, and over 100 Armour's Foods.



There's an Armour Oval Label Store near you