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



clear complexions

If you find yourself "left out" because of a poor skin, and want a clear, fresh complexion, use Resinol Soap at least once a day. Wash thoroughly with a warm, creamy lather of it, then rinse the face with plenty of cold water.

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Being Oneself

By CHARLES F. THWING.

President Western Reserve University. A singular notion it is that anyone can permanently deceive others in respect to his real character. The notion is both common and persistent. Youth is inclined to believe it. Age is not entirely free from the false judgment. The ignorant accept it easily, and the wise need to remind themselves of the self-revealing qualities of genuine character.

One may act as a part, but it is a part only, and not the whole of oneself. The mask cannot be worn all the time. Counterfeit coins pass current for a while but they finally come to the scales of the mint and are cast out. The lying witness discloses his lying in ways of which he knows not. The fraudulent practitioner cannot long hold out.

It is also important to learn that any attempt to be other than oneself is not only useless deception, but it is also weakness in one's character and ineffectiveness in achievement. One is never too strong in himself, but to try to be other than himself results in deciension indeed. It stands for the minus and points on toward the minimum.

Nature never designed one to be other than he is. If she had so designed, she would have made him that other in the first place! Nature is the great creative as well as the most conserving force. The true philosophy lies in accepting oneself as one is: Byron with his lameness, I amb with his stutter. Fauce t with his sudden gun-made blindness. Let each ditions. Let cotton threads remain as cotton threads. Most useful are they Let them not attempt any unsuccessful imitation of silk strands. If conditions are inevitable, to seek to overcome them is waste. If conditions are unchangeable, and ought to be changed or removed, the removing may be part of life's duty.

"I have done the best I could with the stuff which nature gave me," said Jean Paul Richter. That is all that is required of the poorest and the weakest, and that of these estimates, which formerly was is required of the richly endowed. With almost universally regarded in Christian all the triumph consists simply in being

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ene-pint bottles.

How Old is the Human Race?





The human skull of today and the skull of a chimpanzee. make the most of himself under the con- Note the difference in frontal development.

By GARRETT P. SERVISS.

How old is the human race? Six thousand, ten thousand, twenty-five thousand, fifty thousand, one hundred thousand, two hundred and fifty thousand, five hundred thousand-these are some of the many answers that have been given within the last century.

Very few persons now accept the first countries as resting upon divine authormands several cons of thousands of years at least. But this evidence is incomplete and inexact for several reasons, one of which is that it is difficult to fix, with certainty, the precise location in the strata of the earth's crust of some of the ancient human remains that have been found, while another is that there is disagreement among authorities concerning the character of the very earliest of the supposed human remains.

A difficulty of another kind arises from the practical impossibility of accurately applying the measure of years to the geological record. The geologist knows that certain strata were formed earlier or alter than certain other strata, but he can only make more or less probable estimates concerning the number of centuries required for the formation of those strata. There can be no doubt, however, that the human race is at least ten times older than the 6.56) years said to have elapsed since the creation of Adam. Every year the evidence becomes clearer

that several successive rages of men lived in Europe ages before any historical rec ords were made or thought of. The great, primary division is between the men of the paleolithic or old stone age, and those of the neolithic, or now stone age. The paleolithic races certainly lived

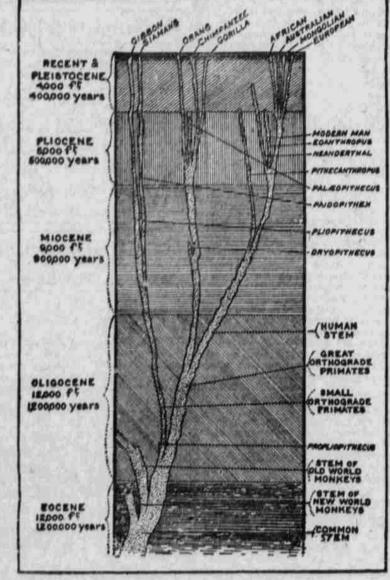
during, or in the intervals between, some of the later glacial periods, when large regions of the northern hemisphers were more or less covered with ice, and when arctic, or subsarctic, climates prevailed where now temperate conditions exist. race lived amongst animals which are no

longer found in the temperate zone, and upon the earth. Certain species of Bons. bears, hyonas, and other animals, for instance, are known to have been contemperaty with the men of the old sten? age, and even to have inhabited some of the caverns which were, then, the only permanent shelters that man possessed

We know as surely as we can know anything that men, reindeer, mammoths, Pons, tizers, thinosceroses, etc., lived together, at different times, in southwestern Europe, where none of the ant-

One of the greatest purgles about early series, although all are in accord conmun is the fact that some of the very cerning its very great antiquity. oldest human skulls that have been A curious fact is that many of the sione age afford reason for thinking that found exhibit a remarkable brain capacity. Some of the men of that ancient hibit a peculiarity which distinguishes existed among men at that early time. time would seem to have had brains as large as the average of today. The socalled "Cromagnon men" had even larger skulls than the average European of our day. But there were others whose skulls resembled those of apea or monkeys.

This difference has led to the supposttion that there were at least two principat races of early man, one greatly su



A drawing, showing one view of the rise of man, as attested by the finding of fragments of skulls of past ages in certain strata of the earth's surface.

those having large skulls of the true most exclusively by the long-heads.

human type came later.

Those early representatives of our is of fascinating interest, fargely be- "dollchocephalic," which means "longcause of the mystery which it involves, beaded." Round, or short-headed men There is some evidence that the very are called "brachycephalic." Both kinds many of which have become extinct first man-like creatures on the earth co-exist today, but in sociithic times Euwere of the ape-like species, and that rope seems to have been inhabited al-

There are unexplored depths of pre-The oldest remains suspected to be history here which cannot yet be pene human are probably those of the cele- trated, but which make a powerful apbrated "pithecanthropus," found in Java, peal to the imagination. Professor Arin 180). An antiquity of as much as half thur Keith, an English archaeologist, a million years has been assigned to the estimates that the neolithic period in Eufragments of a skull, and a few other rope probably lasted about 10,000 years, bones, which are all that could be col- and that it was succeeded by the "bronze mals mentioned are now found except in thorities differ in regard to the precise After that came the "age of iron," lead-

Some of the Troubles of an Engaged Girl

The engaged girl has troubles of he own, new troubles, different from those of the girl whose love is not reciprocated and the wife who doesn't understand her husband. They arise out of

us most other troubles. His old friends, for instance, Of course, they like to see him as they used to do. and, of course, his flances wants him rather more than she used to do. If an brow is furrowed by a frown and the dear young thing herself is cold and distant, until she has given him to undershe should be neglected. Edwin should not neglect Angelina to

spend evenings with his friends and Angellon should not grucke to Edwin occasional hours with his chims. Give and take must be the motto for

an engaged couple. Edwin is often just as unreasonable.

Angelina's time must be wholly his or he wants to know the reason why. This to taking a girl "body and soul" and the sooner Edwin is disflusioned the

During engagement days the conduct of Edwin with regard to other g'ris may not be all that could be desired. To be frank, he flirts. Naturally, Angelina tesents it and lets Edwin know. She should that it will not occur again. mecause and Edwin does not, well-will they be happy as husband and wife?

Any attention paid to other girls must necessarily have a disquieting effect upon the engaged girl herself. Edwin may have discovered that his affections were not so entirely disposed of as he suspected. He may, in fact, have formed a sudden and violent attachment for meone else. Whether he has or not, Angelina is apt to torture herself with such fears, for men have often discovered at the eleventh hour such changes in them-

When this happens the man should do the proper thing and confess to it. No good can come of keeping it secret. If Edwin's love is given elsewhere it is certain that he will not marry Angelina. But he may lack the courage to speak. and so go on putting off the wedding and keeping up a half-hearted courtship with a girl for whom he has censed to care, and causing her agony by the changes she sees, but cannot account

If a man suddenly discovers that he cares for another woman more than the girl he is engaged to, he cannot be held altogether to blame. Probably he was quite convinced that he loved A until he met B. It will be heartbreaking to A to hear this, no doubt, but would A care to go on with the wedding knowing what she does? It is better for her to know than for Edwin to marry her out of a mistaken sense of duty.

Such a marriage would mean more agony for the wife than a broken engagement could mean for the engaged

The business of breaking an engagement is a delicate one, but it should not be shunned on that account. Even when it is not a question of a change of feelings it may be necessary. A man's prospects in life may have changed, and he cannot offer her the luxury that he would have done. In such a case he should at least offer to release her, and if she accepts the release, who can blame her?

It is nice to think that a girl is preperfor to the other. The entire subject certain racce of today in that they are pared to be true to a man through all things; but if a girl feels that she cannot face poverty, or is not disposed to wait years until fortune comes, she should say so. We may say that it is a happy release for the man, but the girl is honest, even though we despise her.

Advice to Lovelorn By Beatrice Fairfax.

bones, which are all that could be collected of the Java "ape-man." But anthorities differ in regard to the precise
lecation of this relic in the geological
series, although all are in accord concerning its very great antiquity.

A curious fact is that many of the

I have expressed myself very frequently on the subject of kissing games. are cheap, silly and undignified. Don't have them at your party. A very interesting game that was in vogue several years ago might be revived. Cut popular advertisements out of the backs of the magazines and carefully omit any printed matter to show just what each picture is advertising. Then give a prize to the person identifying the greatest number n half an hour's time. Or you might have a progressive party with various games, such as pavehest, authors, table archery and other games any clever clerk in a toy store can recommend.

You Can Save Him.

on of this affair shows that he to hen- Eden without a single winners to it. cat of weak, stand by how and don't let realistat or suspicion make you limthis toward a characteristic live Household Helps patient, good-tempered put now-as well as a loving wife. Porget personal vanity and printers and make an honort our filled with black rather than white offict to save poor lave.

Fair Plan.

Pour Mina Phirles I have been going then the black or even gray half-ted has always been covided and to these countries and he has always been covided and by the half of the half been covided and to the best countries of the half of

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druned untrace.

Minding Your Own Business Greatest Art

By DOROTHY DIX.

A man asked me the other day what I considered the finest art in the world. To this I promptly responded: "Tha the peculiar circumstances in which cou- art of minding your own business," and ples are placed and are as troublesome I added with a sigh, "it's an art that seems to be beyond the grasp of my own

And that is a sad, sad truth. Women can learn anything else except to let other people run their own affairs. That neglects her for them the fair white is as much beyond the average woman as a flight to the stars. It takes a woman of heroic mould to arrive at the point of grace when she can behold anstand that she considers it unfair that other individual making a pie without thrusting her finger in it.

Woman is a great original and unreconstructed Buttinsky. She always has been like that. She was built that way: And it always has been her bane. She has broken her heart over other people's sorrow. She has lain awake at night and lost sleep over other people's worries. She has bankrupted herself paying other people's debts. She has brought on nervous prestration trying to run other people's lives. She has stirred up more heart burnings and jealousy and bitterness and strife by not minding her own business than have been caused by

anything else in the world. Of course, there are men meddlers, but they are few and far between. The mahave in return a declaration that file-tation was not intended and a promise ness is distinctly feminine. man feels that he has got about all that if Angelina disapproves of such thinks he can manage with his own affairs and trouble enough of his own without borrowing his neighbor's.

The average woman attends to her business in tile intervals when she isn't worrying about why the Browns don't send their children to the public school instead of to a private one, when Brown is only on a salary, and how the Smiths can afford a new automobile this season. And the queerest part of it all is that by some quirk of feminine logic this un-warranted butting into other people's

affairs is accounted a virtue by her instead of a vice A woman's definition of selfishness la an individual who attends strictly to his own business and who doesn't interfere with advice when other people are in trouble, nor prescribe on his own hook

for a sick person. This inability to attend to her own business and leave other people to run theira, without any assistance from her, goes a long way toward explaining why women to often fall in their undertakings. For instance, it is the principal reason why so many women break down physically They try to carry the universe on their

They could manage well enough with their own work and bear with sufficient fertitude their own troubles, but when they add to that the accumulated afflictions of everybody with whom they are acquainted they collapse under the burden of woe.

It is doubtless a pity that Mrs. Jones should be such a poor manager and so wasteful and extravagant. It is much to be regretted that young Blank does work and support his widowed mother. It is a crying shame that the Gray baby should be fed on satter krant and beer instead of sterilized milk, but, after all, the other women in the neighborhood are not responsible for these affairs, and there isn't a blessed thing they can do about them, so why should they worry. Yet they do.

There isn't a wife and mother for blocks around who isn't wearing herse.t into a frazzle over the way the Jonesea and the Blanks and the Grays of their communities conduct their households, and all to no purpose, for the Jonesea and the Blanks and the Grays don't want their advice, and won't have it at any

Of course, when there is any need of Solomon, every woman feels capable of speaking right up and answering the call, but it is well to occasionally reflect that other people are almost as capable of running their own affairs as we would be. This is always a surprise to us, but it is a fact, nevertheless.

There was probably never a marriage when everybody in the community didn't feel that they could have made a much more judicious selection for both parties than they had made for themselves, yet divorce is comparatively rare. Everyone of us is dead sure that we could being up everybody else's children much better than they are doing it, yet other people's children seem to turn out about as well as our own.

We women generally afflict ourselves about these matters. We are reduced to tears because Salite Peters is going to marry the man she wants to instead of the man whom we think would suit her. We aggravate our souls because Mrs. Perkins lets her haby play in the back yard with the cat instead of having it. folding paper main at the kindergerten. If the sympathy we lavish on people who don't used it nor desire it, and the amount of energy we expend on other people's affairs could be applied to our own business, we should all be shining

Dear Mise Pairfax: I am 26 and fourFied five months. I dearly late his his
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three this works man a chance to de- all the grease will disappear, and after found bireach. We one about he one remains it role water both breakes and fromba will be perfectly alash.



Apple Pork Pie

By CONSTANCE CLARKE.

A PPLE-PORK PIE is among the silced apples, a thin farer of sugar most delicious Bunday night and optes; a little butter may also suppor dishes cooked in the cas he laid on the apples. Repeat the

pork to four large apples. Cut the tup layer is of apples. Season the pork into tuck lengths, cover with gravy taken from the stewed pork, water and stew gently for half an stilr in some browned flour, and pour hour. Let it get cold. Take the pork it into the pls. Cover with pastry, out, and arrange it in layers at the and take in a moderate even for one bottom of a casserola dich, pepper and a half hours. Herva hot, gapand salt a little. Make a tapur of nished with pareley,

layers; thus, one over another, until Take two pounds of frush, lean the dish contains sufficient, see the

(To-morrow-Old Vegetables Made New.)

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