BEE: OMAHA, WEDNESDAY, MAY 31, 1916

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

# Some Spring Housecleaning Suggestions

pring is the season that is usually the despair of the neat auburban house keeper. The sun in its unusual brightness seems to pick out all the shabby places in carpets and rugs, solled or broken places in the wall paper, and faded parts in the upholatery, while the urtains refuse to drape in their cusand raggy in the searching light. The lines closet is an excellent place

to begin. Mend and have freshly laundered all that is available. Thus you may see just what is lacking and what counter. may be supplied at the least possible cost from the spring white sales.

Summer draperies may be sorted and cleaned or washed so as to be ready to put up when the house cleaning is done. life seem at home with one another. Linen slip covers for the furniture may be gotten ready to place on when the time comes.

cleaned, limed and whitewashed, for help is easier to get now than after people get husy with their gardens. Gardens and lawns may be raked over and freed from the winter's trash, and burned over before things begin to grow, then the small amount of trash that collects from week to week may be easily disposed of, The attic, also a spring problem, may bs attacked, and once weeded and cleaned it will be ready to receive the winter clothes in trunks and boxes. The winter book shelves may claim their share of attention. Magazines and books for which thanks might be given it can be looked over and sent on to some charity, where they can continue theiruzefulness; horrowed books hunted up and returned, music mended, pictures of happiness, which, if duly woven framed or reframed. Window shades into the woof of life, would brighten and kitchen utensils may be replenished

better now than at the busy season. regarding the putting away of the winter clothes, capecially to those who are doing it, perhaps, for the first time. Do not hang furs out in the sun; but, immediately after their usefulness for the visitor to partake the cheering cup season is over, shake and brush them; with her. She did so, and was given carefully do them up in newspaper and lay them away in trunk or cedar chest. For if they are hung in the sun, insects sting them, which fact is a forerunner of the moths.

Other winter clothing should be thoroughly brushed, pockets of all coats emptied; spots wiped off with ammonia water, and then the garments should be carefully packed away.



## Early Trials of Wedded Life

#### BY IRENE WESTON. It is an old saying that great re-

sults spring from seemingly insignificant causes, and so the newly married, while avoiding such barrier reefs. tomary noft folds and just hang limply as ill-temper, jealousy and the like. would do well to look out for, and steer clear of the many small rocks which they are pretty sure to en-

Strange as it may be to say so, it is well known that comparatively few in the early days of wedded The house is often new, the furniture and the surroundings are newer, but Cellars and all outbuildings may be palpably the newest of all are the couple who have just been married. This is one reason why in some cases it is painful to visit one's friends who have taken the plunge until, perhaps, six months have elapsed. As one cannot stay away so long without offending them, one goes and suffers One is more than anxious to tell them not to do this, and another is burning to beg them to do the other,

but a word dare not be uttered. There are a thousand daily joys only their realization could be at-tained, but many let them pass by. They vaguely recognize them as bits it as no jewels ever could.

Just a word or two may be helpful to see a married woman of a few months' standing, and was, naturally, received with pleasure. She, however, mentioned Edwin as "teaing" at his mother's, and asked her bread and butter and bride cake. And then ensued the following conversation. Looking at the bride cake, the visitor said:

"Not eaten it all, yet?"

"Oh, no, not eaten yet! We have it every day for tea," she responded in the most cheerful manner. "Why not keep it for Sundays birthdays and Christmas?" was the next suggestion, and the reply was: "What's the use of letting it get ry or buying other cakes, when we ave this in the house?"

Certainly that was one way of looking at it, but the friend of the newly wedded one understood why dwin had gone to his mother's for

In another case a friend had over presents when she married They pretty near filled the drawing room in her little villa-in fact, a very large table, half the size of the room, groaned under them; others were on chairs, the sofa and even the floor. They were in view for several weeks and they may be there yet. It was nearly as depressing to live in that room as it would be to camp out under a bazar stall. The presents and things continually in evidence emphasize the situaton, and prevent them feeling at home. If newly married people want to settle down quickly they should use the backing cases for firewood and to try to forget they are married. What causes the most friction between the married couple is, perhaps. the indifferent cooking. A thoroughly domesticated wife is a jewel, and she can turn herself out as bewitching as anybody. It is well known, however, that a vast number of men hate twice cooked meat, but the careful frequently dine upon stews and hashes. It sometimes happens that these dished are watery, greasy, flab-by, and everything but appetizing. This would be avoided if only she had taken a course of instruction be-fore she had been married or a few



NTOT you." said Love with an eye to the aviary netting, and peer- | are never King! A great bird stands on one lep smiling black

#### "Just Nerves" By DR. ROBERT WATSON.

By Nell Brinkley

The public is generally cautious in vielding sympathy to folks whose complaint happens to be "just

nerves So many humbugs suffer from that ailment. In the experience of most, cases have occurred where money and time and love and trouble have been expended lavishly, and events have either proved that the patient did not deserve such care or the recovery has been of a kind to generate uncomfortable suspicions.

But it does not do to be incredulous always. A genuine nervous breakdown is as real a calamity as a broken leg, and far more difficult to repair

Moreover, there is a refinement of torture in very many nervous condi-tions which puts them upon an altogether different plane from the imple ache or even agony of the surgical case.

It is reasonable that such should be the effect of damage done to the finest, frailest, most intricate organ of the body-the organ, he it remember-ed, through which every sense achieves its work and all feelings are experienced

Three letters have arrived in the weekly batch from correspondents with nerve "like sweet bells jangled, out of tune and harsh

R. M. "is greatly troubled with twitching nerves which cause sleep-lessness. What is the best cure? R. M. has had neutritis lately, which she understands is an affection of the nerves. What permanent cure is there?

Dorothy, the second writer, is hardly so abrupt. She asks:

"Could you give me any advice?-I have been suffering from neures-thenia for over two years. No doubt you know symptoms of such, but perhaps in my case it would be best to mention how I feel. I am not par-ticularly nervous of anything, but get very prostrate and weak and peculiar feelings come over me of faintness and sometimes when walking, I do not feel steady on my feet. I might mention my age is twenty-seven." The third communication comes

from a mere male: "I should be grateful if you would advise me as I have been ailing this two years with nerves. The first time ever I felt nervous was about two years ago. I was sitting down having tea when something came over medike as if I were to faint. ] was home from work six months. was then too nervous to be alone. I don't fancy that I get the right bene-fit from my food as I ought. I feel after I have been without food for couple of hours done up. After I get the meal I feel better, but then get that full up feeling and palpitation of the heart and wind. too shy to pass people on the road and very excited. I am twenty-six years of age."

Dorothy has the diagnosis correctly. All three writers have probably neurasthenia, otherwise nervous debility, nervous breakdown, and "that tired feeling."

And the unfortunate feature of all three letters is the absence of details of the work and homelife of the suf-No clue to what provoked ferers. the conditions is furnished, nor any hints likely to enable one to successful treatment. The writers each expect, what R. M. demands, "the best permanent cure." Their minds are fixed on a magic drug which will instantly, for always, secure "heaven's best treasures, peace and health. One may at once disilfusion them, There is no cure possible in that way, a drug did seem to bring the desired relief, it could only be by its temporary tonic or sedative effect upon the distressed system, so impressing the mind as to create confidence. and banish the worrying, pessimistic spirit, which blocks every other attempt at treatment. What they need to believe is that all their nervous system requires to effect its restoration to health is relief from whatever circumstances have driven it into debility and good spell of ease and quiet. For the worst cases bed and a proper nurse are indispensable. The patient is cut off from the world at large, and from so much of his (often her) peculiar section of it, that existence, from hes ing complicated, difficult, hurried, heomes incredibly simple, with no duties, no obligations, sometimes with hardly a muscular movement. Thought circles in a restricted peaceful sphere. The days bring no inc. dents. Brain and nerves have little to do but rest and make good the excesses of the past. That is the re-t cure proper But all cures "for this ill" are in a sense test cures-vest in change of scene, rest in change of occupation in change of mind or of soul's Security.

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tions and orange blossoms. It is good to teach young people to The variation in the length of the

appreciate the infinite, every day pleasures that surround them; and hour the whole month. another secret of happiness in daily ife is the appreciation of the friendship and affection which some are inclined to uphold, but lightly until hreatened with their loss. To awake a full sense of its value is to learn slow. appreciate it as it never had been

before. hat to be domesticated is a middle- 29 empty nunded, and think it smart to be able to do nothing. This is a grand mistake in more ways than one, for idle people are never happy, and frequently their lives bring a ating of terrible remorse in their train grand mistake in more ways than one, for idle people are never happy, and frequently their lives bring a sting of terrible remorse in their

IN ing at the grim dark eagle with his golden eye cold with pride, "not you, though you have flown into the blue flare of lightning, have soared against the sun with your eye undimmed

with its splendor, have built your home on the corries's crest, where the wind lives, have screamed with fierce laughter at the humble aeroplane that aspired below you, and even though the Maker of birds and the man who tells about you in big books dubs you so, you

BY WILLIAM F. RIGGE.

Secrets of Neat Dressing The sun attains its highest posi-tion north on the 21st at 12:24 p. m. "The little more and how much it

French Woman's

trimming very sparingly; if bows

as it was the favorite distraction of

with deference to the infportance of

the mousseline de soie with which

Her silks may rustle, but always

her not very distant ancestor.

tries, capital sauces, and truly lovely afternoon tea cakes. The best thing to be done is to banish every bit of white ribbon, silver decora-bit of white ribbon, silver decora-The gift of selection in clothes seems to be born with the women of the 18th to the 29th are equally long.

Paris, and when new fashions come day does not exceed a quarter of an with new seasons they gather them with a critical eye for what is most The sun is three minutes fast on becoming. local time on the 1st, on time on the If pockets appear, as they have dur-

14th, and four minutes slow on the 30th. On standard time it is from ing the last two seasons, they are used twenty-one to twenty-seven minutes of ribbon come into the scheme, those BUN

which have no reason for existing are MOON firmly suppressed. Superfluons ornaments are as much the abhorrence of the modern woman

Rise Noun Sat JUNE, Rise, South Set.

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12 4 64 12 14 1.85 Thu: 25 4 54 12 14 1.85 Fyt. 26 4 54 12 14 7.58 Fyt. 24 4 54 12 26 7.65 Fat.

they are trimmed. Very rarely does she look glaringly new; seldom can she be accused of having what an English woman once described as "a bald face." Sun. Mon. Web. Fit. Fit.

Very early in life she puts on a litthe powder, and she drifts softly with the years into a little more, but to "make up" is very much less the fashion than it was.

It is not so necessary as it was Want of air and exercise, lack of hygiene generally, ravaged the beauties of old days and drove them to powders, pomades and other mysteries. Today, especially since the war, women have less time, less need, and

leas inclination to artificial make up and where help is necessary they fall back on massage, simple creams and as little powder as possible. To arrive at this finished effect most

women have to go through a great deal of aelf-discipline, and are often femus still dominates the western! after summer. It is, however, di-Style after sinited. If is, however, style in brilliancy, and sets on the 13th at 9:40 p m. Saturn sets ball-hour in hed. Quite old ladies are then matters and half-hour in hed. Quite old ladies are strea hour or such matters and increasing the value comprised and increasing the value comprised in. the same size as the there is the matter is the test of the set of the

eye warm and soft, down there 'a ways,' and he knows where the garden beyond the moon lies and mites of babies sleep in lily-pads. And he can go there and fetch the! YOU do not know the way there, though the west wind is your blood-brother. And the little couple pacing along there arm in arm-and on her little left hand, I am gratified to see, is the glint of gold and dew-they know that he knows. And they will tell you that he is the King of The Birds!" -NELL BRINKLEY.

To take dress alone: It is pleasant | dress much more to please themselves to see how many walk about with than others. straight, well-set-up heels, skirts that They trust their own taste as intuihang straight and look as if they had tively as some people trust their own been pressed the day before. judgment in more serious matters.

A hat that does not sit on the head The result is that as we see it, and at naturally is an exception. French peo- the present moment, at any rate, it is ple do not talk very much about their neat, appropriate, and charming. pence had been expended on a cook-ery book. She would then have been It is then at the summer solstice, and is; the little more and how much it dress; they take it for granted, and From the toe of the well-made boot is; the little less and what worlds only think about it when they want to the topmost line of the well-worn book been it is then at the summer solstice, and is; the little less and what worlds only think about it when they want to the topmost line of the well-worn book been it is then at the summer solstice, and is; the little less and what worlds only think about it when they want to the topmost line of the well-worn been it is then at the summer solstice.

> PODAY'S DAINTIEST DISH COOKERY IS BECOME A NOBLE SCIENCE

# A New Cake-Queen Cocoanut Cream.

#### By CONSTANCE CLARKE.

To arrange the food temptingly, thoroughly moved pour size a round |

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### Advice to Lovelorn By Beatrice Fairfax.

He is Concethy-

He is Construct a going about the first second state of the second many many first terms in a second state of the second state

When a man lies to the womais he loves about his acquaistance with an-other woman he does her a double in-fusive. He presupposes that she will he scalnus and unforgiving and he shows that he is the type to decease a woman when it suits his conveni-ence. If you are abauturely sure of your facts and know on reliable and incontrocertible anthorny that he has hten carrying on an affair with an other contant. Logited any here your hour his licensis survey his decent

Wolfing to Dis-

