

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

## Swat the Fly and Save the Child

By WOODS HUTCHINSON, M. D.

The "best laid plans o' mice and men" may run curiously parallel. If we attack flies in the spring as they do bumble bees we may reap an even richer crop—of babies' lives—instead of honey.

This curious connection between, not "pigs," but mice, "in clover," gave rise to the one famous humorous flight of Darwin's great intellect. He once gravely assured a group of ladies that the crop of clover in a district depended upon the number of old maids in the neighborhood! They laughed and declared he was trying to make fun of them, but he proceeded to explain, with a twinkle in the corner of his eye, that bumble bees were the only insects which could fertilize red clover blossoms; that the principal enemies of the bumble bees were the field mice; that the greatest enemies of the field mice were prowling cats, and that the chief patrons and supporters of cats were old maids. Q. E. D. (Quod erat demonstrandum), which was to be demonstrated!

This fable teaches us that we may play the part of the devouring and destroying mice and by skimming through cellar and attic and closet and round all the back porches and killing every single fly that we can find at this time of year—most of which will be fertilized females—we

can enormously diminish the pestilent swarms of July and August and save, not our crop of clover seed, but our crop of children. For, though the fly is a fearful nuisance and a menace to grownups, the more we find out about him and his ways the more clearly it stands out that he is the special foe of babies, the real slaughterer of innocents.

The so-called infant mortality in summer, that is, the death rate during the first year of life, depends most heavily upon two factors—dirty milk, which the flies have helped to make dirty, and disease germs borne by flies.

For instance, Dr. Donald Armstrong of the New York Association for Improving the Condition of the Poor, has repeated on a larger scale the interesting experiment of carefully screening, cleaning up and otherwise protecting from flies certain tenement blocks and districts in various parts of the city during the summer, with again the surprising and gratifying result of reducing the number of deaths and the amount of sickness among the children of the screened block to less than one-half that of the average of the ward or district which surrounded them.

It seemed too good to be true when this great reduction was first reported two years ago, but the second test proves that it was no mere coincidence.

Further south, where flies are usually considered a natural and inevitable feature of the summer climate, Dr. Ernest Levey, the able and progressive health officer of Richmond, Va., after making considerable reductions in the death rate from summer sickness among infants and children by strict milk inspection, good sewerage and free ice, secured the heaviest drop of all by insisting, through his district visiting nurses, upon the prompt sterilization and disposal of the discharges from the bowels, so that flies could not gain access to them and carry the germs of the disease to other households and victims.

### Do You Know That

The United States pays rear admirals \$8,000 a year; Japan pays its \$1,643 a year?

There are now at least 100,000 girl clerks in London, compared with 27,000 before the war?

In the United States a general ranks with an admiral, a lieutenant general with a vice admiral, and a major general with a rear admiral?

## The Day of the Girl \* No. 2 \*

By Nell Brinkley

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**SHE** swims sensibly in a one-garment that is not likely to choke her to death by floating up around her face, or to drag her down to lie with the fishes and coral on the sunless, soundless ocean floor. If a man wore stockings ONCE in swimming he would be delighted to herald all girls to go without them—and give her not too long a glance. —NELL BRINKLEY.

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**Napier's Booterie**  
OMAHA

**Tips on Summer Fashions**

Long, full sleeves have deep gauntlet cuffs of linen.

Cape effects on some of the new summer blouses show deep hem-stitched borders.

Some of the most fashionable summer blouses are embellished by high stock ties of black taffeta.

Never before have ribbons been so much used. They are seen on nearly every garment.

A frock made of white material dotted with blue spots and trimmed with blue ribbon is ideal for a summer afternoon.

A rose fastened to each end of the girdle makes an unusual finish and adds sufficient weight and the necessary touch of color.

Silver rings with designs of peacocks, their tails studded with jewels, are among the most interesting of recent jewelry modes.

Tailored suits of white pique are among the new things.

New bathing suits are made of gay figured materials.

Victorian sprigged muslins are revived for the summer girl's holiday frock.

The new ribbed edges on warp-print ribbons are known as "candled edges."

Rather short coats of blue serge, with white collars, are worn with white dresses.

Long, full sleeves of sheer material are often gathered in at the wrist by a ribbon tied in a bow.

Flowers, fruit, animals and landscapes are now painted by hand on hats, stockings and gowns.

An overskirt of taffeta looped up

**TODAY'S DAINTIEST DISH**  
**'COOKERY IS BECOME A NOBLE SCIENCE'**

**Little Russian Cakes**  
By CONSTANCE CLARKE.

These are delicious sweet cakes to serve for afternoon tea or with cocoa for luncheon.

Put seven ounces of butter in a bowl and beat it to a creamy consistency, add the finely chopped peel of a lemon, six or eight drops of vanilla essence, six ounces of sugar, and work together for eight to ten minutes; then add by degrees six ounces of flour which has been passed through a sieve, and three

whole raw eggs, and work again for six to eight minutes, then mix in three ounces of dried cherries that have been shredded and three ounces of almonds blanched, skinned and shredded. Brush over little cake pans with warm butter, and then pour in the mixture and bake in a moderate oven.

These also can be used for dessert; serve in little paper cases.

(Tuesday—Planked Flounders.)

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## Wonders of the Mirage

By GARRETT P. SERVIS.

"Can anything that happens on earth be reflected in the sky? My grandfather tells a story of a battle fought between Germany and France about fifty years ago, seen in the sky in Poland at the same time. Is this fiction or fact?"

It may be partly fact and partly imagination. If I knew all the details I might be able to tell you how much of the story could be scientifically explained and how much should be set down to vivid fancy.

It is possible that what your grandfather, or his informants, saw was a mirage, one of the most wonderful of natural phenomena. A mirage is an apparition in the atmosphere arising from an extraordinary refraction (bending) of rays of light by the air. The refracting power of air varies with its density, and in some cases it causes objects lying behind and below the horizon to appear as if they were suspended in the sky above the horizon, and when, as occasionally happens, a magnifying effect is produced the objects even appear to be nearer than the horizon.

If you look through a pane of glass full of veins and inequalities you will see what surprising effects irregular refraction of light is capable of producing. Although I recall no case in which the scenes of a battle have been pictured in the sky, yet such a thing might, theoretically, happen. But it is practically impossible that it should occur when the distance between the observer and the actual scene is so great as the 500 miles separating the western border of Poland from the nearest point in France where any battle was fought in the war of 1870.

The greatest distance involved in any authenticated account of a mirage with which I am acquainted was fifty miles. This mirage was seen on the coast of Surrey, England, on the afternoon of July 26, 1798, the chief observer being Mr. Latham, a fellow of the Royal Society.

From Hastings he plainly saw the cliffs on the shore of France fifty miles away in an air-line, and in ordinary circumstances totally invisible on account of the rotundity of the earth. In fact, at a distance of fifty miles the surface of the globe rounds off or falls below the level of the observer's eye more than 1,600 feet. Yet on this occasion not only was the French coast lifted up into view by refraction, but there was also, apparently, a magnifying effect, since it seemed to be only a few miles away.

Some sailors who were with Mr. Latham pointed out to him the details of the French coast which were familiar to them from their visits to it, and with a telescope French fishing boats could be seen at anchor, while the buildings on the shore and the colors of the vegetation were plainly discerned.

These appearances continued for nearly an hour, the cliffs sometimes appearing brighter and nearer, and at other times fainter and more remote.

In another authenticated instance troops of cavalry exercising on the farther side of a hill range were seen as if they were on the hither side of the hill. In this case the actual difference between the observers and the objects was about a dozen miles. On yet another occasion, Prof. Vince of Cambridge saw Dover Castle apparently lifted over a hill, which conceals it from the point of view where his observation was made, and projected against the side of the hill facing him.

These wonderful appearances can all be explained by the effects of irregular atmospheric refraction. But, now let us take the case of the apparition in Poland, supposing the story to be based upon a mirage.

While at a distance of fifty miles the depression below the level of the true horizon is only about 1,600 feet, at a distance of 500 miles it is a hundred times as great, or about 30 miles, the depression varying as the square of the distance.

It is not conceivable that in so vast an extent of air as would be involved in this case the effects of refraction could produce a mirage bringing into view objects 500 miles away and sunk 30 miles below the horizon.

What may have happened was a mirage, similar to that above mentioned, in which troops moving behind some hill or elevation of the ground were brought into view, appearing, in this case, not against the intervening elevation, but above it in the sky. Many effects of this kind are on record.

At this time of which your grandfather speaks, all Germany was astray with military movements, and if the point of observation was situated near the German frontier we have the proper setting for a possible mirage of the kind described. Naturally the observers, having their minds full of the war, and seeing the apparition above the western horizon, would imagine that they were viewing a battle in France, miraculously reflected in the sky, and the more so if clouds of dust or smoke from actual firing enveloped the aerial spectacle.

## Advice to Lovelorn

By Beatrice Fairfax

Try to Forget Him.  
Dear Miss Fairfax: I am an orphan, 18, and keep house for my brothers. I've been going about with a young man six years my senior for a year. He proposed to me, but under the circumstances our marriage could not take place, as he is the main support of the family.

He asked me to elope, which I refused to do, whereupon he ceased calling. I've tried to communicate with him, but he won't listen to me and I simply can't get him out of my mind. BETTY.

I'm afraid, my dear girl, you will have to put all thoughts of this man out of your mind. Since he feels it is his first duty to support his family, an elopement ending in a marriage would have been most unfair to his people. It would have been just as practical from that point of view for you to marry at home. Since he has refused to see you because of your refusal to go away with him he has shown a tyrannical desire to have his own way as put you out of his life. His own way won't do, as the only practical thing is for you to rally your youth and hopefulness to your aid and forget him.