

Adelaide Kennerly
EDITOR

WOMAN'S SECTION OF THE BEE

Ella Fleishman
ASST. EDITOR

CLUBDOM

CLUB CALENDAR

Monday—
Omaha Woman's club, Board of Education rooms, city hall, 2:30 p. m.
Omaha Society of Fine Arts, lecture by John Masfield Fontenelle, 3 p. m.
Association of Collegiate Alumnae, music section, Y. W. C. A., 4 p. m.
Bible class leaders, Y. W. C. A., 2:30 p. m.
All Saints Red Cross auxiliary, parish house, 9 a. m.
Chautauqua circle, Tennyson chapter, public library, 2:30 p. m.
Many Centers club, Y. W. C. A., 6:15 p. m.

Tuesday—
Omaha Woman's club, public speaking department, Metropolitan club, 10 a. m.; parliamentary law, 2:30 p. m.
South Omaha Woman's club, literature department, Library hall, 2:30 p. m.
P. E. O. Sisterhood, Chapter B. X., Mrs. A. B. Cullison, hostess, 1 p. m.
Belles-Lettres club, Miss Helen Anderson, hostess, 2 p. m.
Business Women's council, luncheon and prayer meeting, Auditorium, 11 a. m. to 2 p. m.
Business Women's club, Y. W. C. A., 6:15 p. m.

Wednesday—
Miller Park Mothers' club, school, 3 p. m.
Omaha Woman's club, literature department, 10 a. m.; Red Cross auxiliary in Baird building, 9 a. m.
Railway Mail Service, Woman's club, Mrs. J. H. Evans, hostess, 2:30 p. m.
Mu Sigma, Mrs. G. W. Platner, hostess, 2 p. m.
Belvidere Woman's club, school, 1 p. m.
Association of Collegiate Alumnae, story tellers' section, Mrs. Martin Dimery, hostess, 4 p. m.
Custer Woman's Relief corps, Sunshine party, Mrs. E. J. Clark, hostess.
Sacred Heart Alumnae literary circle, Park place, 4 p. m.

Thursday—
Omaha Story Tellers' league, public library, 4 p. m.
P. E. O., Chapter E, Mrs. M. L. Corey, hostess, 2 p. m.
W. C. T. U., West Side union, Mrs. H. S. Nielsen, hostess, 2:30 p. m.
Omaha Woman's club, home economics department, 10 a. m.; music department, Mrs. Johnston, hostess, 2:30 p. m.
Train School Mothers' club, school, 1:30 p. m.

Friday—
Scottish Rite Woman's club, cathedral, 2:30 p. m.
Railway Mail Service, B. T. club, Mrs. E. E. Anderson, hostess.
Women's Auxiliary to Episcopal churches, St. Martin's church, 2:30 p. m.

Saturday—
Association of Collegiate Alumnae, drama section, Miss Bess Dumont, hostess, 11 a. m.

Miss Esther Stamates Of Y. W. C. A. Will Help Red Cross



Esther Stamates
Home Photo

Miss Esther Stamates, domestic arts secretary of the Young Women's Christian association, will head the instruction department of the Omaha Red Cross chapter. This department includes home nursing, first aid and dietetics classes. Registrations for these classes, most of which will meet evenings for the convenience of business girls, are now being received.

A day meeting of the home economics department Thursday beginning at 10 a. m. There will be a roll call on the subject and this will be followed by a demonstration of mazzola, a corn product.

Each one is asked to bring her own luncheon and coffee will be served. All members of the club are cordially invited to bring a guest and enjoy a social hour with this department.

Mrs. Jean Johnston will entertain the music department at her home, 1525 South Twenty-ninth street, Thursday at 2:30 p. m.

Collegiate Alumnae News.
The music section of the Association of Collegiate Alumnae will meet Monday at 4 o'clock at the Young Women's Christian association. Miss Marguerite Burke will be leader.

The story tellers' section meets Wednesday at 4 o'clock at the home of Mrs. Martin Dimery. Miss Helen Nason and Miss Louise Essex will tell stories.

Miss Bess Dumont will be hostess for the meeting of the drama section Saturday morning at 11 o'clock at her home. Miss E. Van Sant Jenkins will conduct the program.

Trinity Parish Aid.
Trinity Parish Aid will meet Tuesday morning at 10 o'clock at the First Presbyterian church, and Wednesday morning at 10 o'clock at the parish house, 1716 Dodge street.

Belles-Lettres Club.
Having finished their second assignment of swaters, Belles-Lettres club members will take up the work of darning and mending for the soldiers at Fort Omaha. At the meeting Tuesday at the home of Miss Helen Anderson, a George Washington program will be given while the members knit. Messdames Bacon, Wilkie, Goodwin, Hislop and Miss Irene Hislop were guests of the club at the last meeting.

Old People's Home.
The Rev. William Spence of Hanscom Park Methodist church will conduct services at the Old People's Home on Fontenelle boulevard Sunday at 3:30 o'clock.

W. C. T. U. Meetings.
West Side Woman's Christian Temperance union will meet Thursday with Mrs. Hans S. Nielsen, 827 South Fifteenth street.

State Federation News.
Mrs. Addison E. Sheldon, president of the Nebraska Federation of Women's clubs, has issued a questionnaire, the responses to which will be interesting to state clubwomen at large. Among the questions asked are:

Should individual club reports be given at the state convention?
If so, how much time should be given to this part of the program?
How should these reports be brought before the convention?
What clubs do you know of which should come into our state federation? Give name of some members in each.
In which communities could clubs

be organized, where now no club exists?
Our treasury is quite inadequate for the large, strong work Nebraska should be doing through its women's clubs. How can an adequate endowment fund be raised?
How may "The Bulletin" be of greater service to your club?
How may the district convention better serve the clubs in your district?
How may the state convention be improved?
What further suggestions have you for making stronger and better the club work in Nebraska?

Railway Mail Service.
The Woman's club of the Railway Mail service will give a patriotic program at the home of Mrs. J. H. Evans, Wednesday at 2:30 o'clock. Roll call response will be facts about American women.

B. T. club of the Railway Mail service will be entertained by Mrs. E. E. Anderson, 3161 Meredith avenue, Friday afternoon.

Bible Class Leaders.
Leaders of Neighborhood Bible classes will meet at the Young Women's Christian association Monday at 2:30 o'clock. Miss Mary B. Griffith will lead the lesson.

Annual Meeting.
The Women's Missionary Federation of Omaha will hold its annual meeting and election of officers, Wednesday, February 27, in the auditorium of the Young Women's Christian association.

Scottish Rite Club.
The Scottish Rite Woman's club will entertain all the new members of the club Friday afternoon at 2:30, in the Scottish Rite cathedral. The Red Cross auxiliary meets Wednesday from 10 a. m. to 4 p. m., in the cathedral.

Mothers' Clubs.
Miss Nellie Farnsworth of the federal food administration will be the speaker at the Miller Park Mothers' club meeting Wednesday at 3 p. m. in the school auditorium. The club has formed a Red Cross auxiliary which meets in the school building each Wednesday between the hours of 10 a. m. and 5 p. m., to which all women of the neighborhood are invited to work, whether members of the mothers' club or not. Mrs. T. P. Davis is chairman.

Mothers' club members will meet at the First Presbyterian church Wednesday to help with the Nebraska base hospital work, instead of holding their regular business meeting. Luncheon will be served at 12:30 o'clock.

Train School Mothers' club will hold a business meeting in the school house Thursday at 1:30 p. m.

South Omaha Woman's Club.
Religious life and thought of Scotland will be studied by the literature department of the South Omaha Woman's club Tuesday in Library hall. Mrs. C. W. Sears, who leads the program, will be assisted by Mrs. Jessie M. Caughey and Mrs. J. B. Watkins.

P. E. O. Sisterhood.
Mrs. M. L. Corey will be hostess for Chapter E; P. E. O. Sisterhood, Thursday at 2 p. m., Mrs. T. H. Mat-

ters, Mrs. W. A. Shropshire and Mrs. Zella Flinton will take part in the program on Mexico.

Woman's Relief Corps.
The sunshine party of George A. Custer Woman's Relief corps will be given Wednesday afternoon at the home of Mrs. Emma J. Clark, Forest Lawn and Dale avenue.

George Cook Woman's Relief corps will meet Tuesday in the Baird building to make surgical dressings.

Chapter B X of P. E. O. sisterhood will be entertained at 1 o'clock luncheon Tuesday at the home of Mrs. A. B. Cullison, 4912 Davenport street. An educational day program will be given.

Counties Raise Funds.
An honor roll of counties who have already raised their quotas of the state fund for carrying on the work of the woman's committee of the Nebraska State Council for Defense is announced by the treasurer, Mrs. Keith Neville. These counties are Buffalo, Cheyenne, Fillmore, Gage, Hooker, Howard, Keya Paha, Otoe, Stanton, Washington, Wayne and Wheeler. Wayne county has gone over the top to the amount of \$43, while Buffalo, Gage and Keya Paha have each sent in a surplus.

The drive for \$20,000 with which to carry on war work has been instituted by the woman's committee until the next meeting of the legislature, when an appropriation will be asked for.

Story Tellers' League.
Patriotic stories will be told by members of Omaha Story Tellers' league Thursday afternoon at the public library. Miss Emma Rosicky, leader, will tell the story "A Boy of the First Empire"; Mrs. P. M. Pritchard, "Star Spangled Banner"; Mrs. Hugh B. Mills, a selected and Miss Hermine Blessing, an after-dinner story.

Mu Sigma Birthday.
Mu Sigma will omit this year its 24th birthday party, which is generally celebrated February 26, but will hold an afternoon meeting instead on Wednesday at the home of Mrs.

George W. Platner, when a social hour will follow the program. The works of Conrad will be discussed by Mrs. George Thompson, Mrs. William J. Hotz and Mrs. Frank Norton. Mrs. Ralph Kiewit will sing.

Business Women's Council.
Rev. J. M. Wilson of North Presbyterian church will be the speaker for the Business Women's council at the Auditorium Tuesday. Luncheon will be served between the hours of 11 a. m. and 1:30 p. m.

Episcopal Women Meet.
The Women's auxiliary of Episcopal churches will hold its monthly meeting Friday at 2:30 o'clock in St. Martin's church on the South Side.

Club Meeting.
The Wellesley club will meet Wednesday afternoon at the home of Mrs. J. C. McCloud.

This little club will begin work for the Wellesley unit at this meeting. Garments will be made for small children, as these are so badly needed in France.

Y. W. C. A. Notes.
The vesper service Sunday is under the auspices of the extension department. Rev. T. N. Bennett of Council Bluffs will speak on "Girls Opportunity for Practical Patriotism." Mrs. E. B. Zahradka will give violin numbers. During the social hour Mrs. Malstrom will give readings.

The Business Women's club will meet Tuesday evening with supper at 6:15. Mrs. Jessie Field Shambaugh, who was with the national board of the Young Women's Christian association as a town and country worker, will speak on "History of the Young Women's Christian Association as a World Movement." The leader for the evening is Marie Grant.

The Many Centers club will meet Monday evening and entertain as guests the Cornell club. Work on the baby kits for French and Belgian babies will be begun. New household art classes are beginning. The attractively planned cooking classes are to use the new recipes. Classes in spring sewing and millinery are teaching the girls and women to Hooverize in that line.

The business women's auxiliary to the Red Cross meets every Tuesday evening at 7 o'clock to make surgical dressings.

Red Cross Work.
The Red Cross auxiliary of Sacred Heart parish will meet Monday at 1 o'clock in the sacristy of the church to make hospital supplies. All women of the parish are urged to come.

Omaha Woman's Club.
A JOINT meeting of the Omaha Woman's club and the Nebraska Conference of Charities and Correctives will be arranged for Monday afternoon by Mrs. F. H. Cole, civil service reform chairman for the General Federation of Women's Clubs. For the convenience of Woman's club members, therefore, the business meeting at 2:30 o'clock will be held in the Board of Education rooms on the fifth floor of the city hall, as the charities conference is to be held in the council chamber at 3:30 o'clock.

Dr. Owen R. Lovejoy, secretary of the national child labor committee, and Miss Harriet Vittum, head resident of Northwestern Settlement House in Chicago, are speakers of national reputation who will appear on the program. J. H. Beveridge, superintendent of local schools, will speak on "Vocational Instruction as Applied to Municipal Employees" and Chancellor C. A. Fuller of Wesleyan university on the same instruction for federal and state employees. Mrs. Cole will talk on "Trained Public Employes an Aid to Social Agencies and the Remedy for Much of the Evil Existing in Cities."

The public speaking department meets Tuesday morning at 10 o'clock. The parliamentary law department meets the same afternoon at 2:30 o'clock, when the lesson will be on "Orders of the Day—Definite and Indefinite Postponement." Part of the hour will be devoted to practice.

Dr. H. Von W. Schulte, an addition to the Creighton medical college faculty, will be speaker for the literature department meeting Wednesday morning at 10 o'clock, when Mrs. E. M. Syfer is leader of the program. Dr. Schulte will review the last volume of "Pella, the Conqueror," with a general resume of the preceding volumes. Dr. Von Schulte will trace the development of socialism and its effect on the Danish people, as well as giving a literary criticism of the book. A cordial invitation is extended to men and women interested in this review.

Dr. Schulte, who recently came to Omaha, is professor of anatomy and junior dean at Creighton. He was educated at St. Paul's school, Concord, N. H., and at Trinity college, Hartford, Conn. He acquired his medical education at Columbia university and until last year, was a member of the faculty at Columbia. He is a member of many scientific societies and of the New York Academy of Science, of which he was for two years vice president. His investigations have been concerned largely with the development of the vascular system and of the brain, and he has also published studies in comparative anatomy. He is now prosecuting for the American museums of natural history an investigation upon the okapi, a rare and interesting animal, found in central Africa, which can best be described as a short-necked giraffe. This animal has escaped the notice of science until the beginning of this century, and is as yet imperfectly known.

"Indian Corn, Its Uses and Possibilities," will be the topic for the all-

HOW TO PREVENT APPENDICITIS

Appendicitis is primarily due to the poisons formed by decaying food in the bowels. It is a disease caused by improper and insufficient bowel elimination. Many people have only a small passage in the center of the bowels, while the sides are clogged with old, stale, fermenting matter. They may have a bowel movement every day, but it is not a complete movement and the old, stale matter remains in the system to ferment and cause trouble. Besides appendicitis, such unclean bowels cause headaches, stomach trouble and 90 per cent of all other sicknesses. The old, foul matter sticking to the sides of the bowels often stays for months, poisoning the body and causing that listless, tired feeling known as "auto intoxication."

HOW TO AVOID TROUBLE

The way to avoid sickness and to keep feeling full of ambition is to watch your bowels. Just as you keep the outside of your body clean, you should KEEP THE INSIDE CLEAN. It is even more important to keep the bowels clean than it is to keep your body clean, because the millions of germs in the thirty feet of bowels quickly absorb poisons generated by decaying food left carelessly in the bowels. Don't let the old, fermenting, filthy stuff stay in your bowels for weeks, but GET IT OUT and keep it out. Remember, filthy bowels are the cause of most sicknesses—no stomach, liver or any other organ can do its work with a foul cesspool sending out gases and poisons. Even

Union Pacific Railroad Company
Farm Lands in
Kimball County, Nebraska

Several Sections Good Agricultural Land
Close to Railroad and Good Town.

Sheep and Cattle Grazing Lands
in Sweetwater County, Wyoming

Fine Tract of About 63,000 Acres, Well
Adapted for Sheep or Cattle Raising,
Adjoining Railroad and the
Green River.

Right Prices and Easy Terms.
For Full Information Call Upon Or Address

J. A. GRIFFITH, Land Commissioner,
U. P. R. R. Co., Omaha, Neb.

Mother Why Don't You Take Nuxated Iron

And Be Strong and Well and Have Nice Rosy Cheeks Instead of Being Nervous and Irritable All the Time and Looking So Haggard and Old?—The Doctor Gave Some to Susie Smith's Mother and She Was Worse Off Than You Are and Now She Looks Just Fine.

NUXATED IRON WILL INCREASE THE STRENGTH AND ENDURANCE OF WEAK, NERVOUS, CAREWORN, HAGGARD LOOKING WOMEN IN TEN DAYS' TIME IN MANY INSTANCES.

THE CHILD'S APPEAL

Dr. E. Sauer, a Boston physician, who has studied both in this country and in great European Medical Institutions, says: "As I have said a hundred times over, organic iron is the greatest of all strength builders. If people would only take Nuxated Iron when they feel weak or run-down, instead of dosing themselves with habit-forming drugs, stimulants and alcoholic beverages, I am convinced that there are thousands who might readily build up their red blood corpuscles, their physical energy and get themselves into a condition to ward off the millions of disease germs that are almost continually around us."

"It is surprising how many people suffer from iron deficiency and do not know it. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking, just like a plant trying to grow in a soil deficient in iron. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. I have seen dozens of nervous, run-down people, who were ailing all the while, increase their strength and endurance in from ten to fourteen days' time while taking iron in the proper form. And this, after they had in some cases been going on for months without getting benefit from anything. But

"There can be no healthy, beautiful, rosy-cheeked woman without iron," says Dr. Ferdinand King, a New York Physician and Medical Author. "I have strongly emphasized the fact that doctors should prescribe more organic iron—nuxated iron—for their nervous, run-down, weak, haggard-looking women patients. Pallor means anemia. The skin of the anaemic woman is pale, the flesh flabby. The muscles lack tone, brain fags and the memory fails, and often they become weak, nervous, irritable, despondent and melancholy. When the iron goes from the blood of women, the results go from their cheeks."

"In the most common foods of America, the starches, sugars, fats, cereals, polished wheats, white bread, soda crackers, biscuits, macaroni, degenerated cornmeal, no longer is iron to be found. Refining processes have removed the iron from Mother Earth from these impoverished foods, and silly methods of home cooking, by throwing down the waste pipe the water in which our vegetables are cooked are responsible for another grave iron loss."

"Therefore, you should supply the iron deficiency in your food by using some form of organic iron, just as you would use salt when your food has not enough."

"I have used Nuxated Iron widely in my own practice in most severe and protracted conditions with unfailing success. I have induced many other physicians to give it a trial, all of whom have given me most surprising reports in regard to its great power as a health and strength builder."

Dr. Ferdinand King, New York Physician and Medical Author, says that physicians should prescribe more organic iron—Nuxated Iron—for their patients—Anemia—iron deficiency—the greatest cause of the health, strength, vitality and beauty of the modern American Woman.—Sounds warning against use of metallic iron which may injure the teeth, corrode the stomach and in many cases do more harm than good; advises use of only nuxated iron.

NOTE—Nuxated Iron, which is prescribed and recommended above by physicians, is not a secret remedy, but one which is well known to everyone. It is easily assimilated, does not injure the stomach, makes them strong, and entirely satisfactory results to every purchaser or those who will refund their money. It is dispensed in this city by the well-known and reliable drug store, Dr. King's Dispensary, 1016 Broadway, New York City.

Union Outfitting Co.
S. E. COR. SIXTEENTH AND JACKSON STREETS
"The People's Store" Opposite Hotel Rome