WOMAN'S SECTION OF THE BEE 化自己的名词复数自己的 化合物的 化合物 L'EASTA DAS TO ASTA DATA HAS SAL Adelaide Kennerly Ella Fleishman EDITOR ASS'T EDITOR COMPANY AND A DESCRIPTION OF

COUNCIL BLUFFS

The Garden club held its first meeting of the season Tuesday at the home of Mrs. Whitehead. This club has the distinction of being one of the first of its kind in this locality, having been founded a number of years ago when gardening was not a patriotic duty but a very delightful arrangement for the pursuit of health and knowledge without going too far from the domestic side of life. The club has held a prominent place among the clubs of the city, more for its beauti-ful gardens and its interesting programs than for its vegetables; but now in this time of national awakening it has made for itself a new reputation for beautiful and useful gardens and plans to do even better and more useful work this year than ever before.

The Associated Charities held its monthly meeting at the Creche Mon-day afternoon. The Creche itself was inspected and declared to be in fine condition. The spring houseclean-ing has been done, new bedding provided and much of the spring clothing for the children has already been completed by the various clubs who attend to a certain proportion of it every year. Large donations have also been received of fruit, fresh eggs and clothing. Sunday school will be discontinued during the summer and the children will be allowed to attend the churches of that vicinity.

Mr. and Mrs. J. G. Mitchell enter-tained the members of the McPherson Avenue Improvement club Monday evening. The hostess was assisted by Mrs. Fred Barton. Mr. and Mrs. D. J. Pierce will entertain the club May 13.

Mrs. Richard Green entertained the South First street chapter of St. Paul's guild Monday afternoon at her home on Graham aveaue. Committees were appointed to arrange the details of the party to be held April 19 at the home of Mrs. Forrest Smith, 744 Madison avenue. It was announced that the church drive for funds was practically completed and that the long dreamed of parish house is soon to become a reality.

to become a reality. Mrs. G. W. E. Sauer entertained the Central chapter of St. Paul's guild Tuesday afternoon. The election of officers had the following results: Chairman, Mrs. W. L. Douglas; sec-retary, Mrs. Xenephen Kynett; treas-urer, Mrs. Van Inwegen. In addition to the members the chapter enter-tained Mrs. Binder, sr., and Mrs. F. R. Starr. After the business session the guests spent a social hour, which the guests spent a social hour, which was followed by light refreshments. Mrs. Van Inwegen and Mrs. Kendrick will be the next hostesses at the home of Mrs. Van Inwegen.

Mrs. Hollingsworth entertained the Tuesday History club. Mrs. Cooper was the leader and a very interesting program was given, which included data on the liquor traffic, consolidated schools, state institutions and various

other topics of interest to Iowans. Mrs. Carl Pryor, sr., will entertain



Babies of All Classes Registered at Cass School

Reading from left to right, top row: Miss Charlie Bell, Carroll, Miss Jennie Morocco, Baby Josephine Morocco, Mrs. M. Cohen. Bottom row: Master Mayfield Simmons and Miss Pearl Cohen.

Every baby in America must be an her picture was being taken. Jose-American, judging from the baby reg-istration Saturday at Cass school, Mrs. M. Cohen, whose birthplace is small aunt, Miss Charlie Bell Carwhich is in the district of foreign-

born residents. Mothers and big sisters nearly all spoke the broken English which bebaby

spoke the broken English which be-trayed birth under some overseas flag, but the record cards of the little tots all read "born in the U. S. A." In the above group, three classes are represented. Little Miss Jose-phine Morocco, 206 North Tenth street, is one small daughter of Uncle Sam, whose mother Mrs. Francis Sam, whose mother, Mrs. Francis Morocco, came from sunny Italy. Her big sister, Jennie, held her while

hine is 2 years old. Mrs. M. Cohen, whose birthplace is small aunt. Miss Charlie Bell Carfaraway Russia, brought her little roll, who brought him to the school American-born child, Pearl, to reg- for his registration, and is seen in the ister with Uncle Sam's forces. Pearl is past 3 and pronounced an average baby. group above helping to keep the "lil pickaninny" from laughing till the photographer got his picture.

For just a touch of color to the pic-ture is the presence of Master May-field Simmons, 1811 North Twenty-



The Art of Dress

New York women are viewing with keen interest and favor the new and revolutionary solution of the dress problem. The basis of this solution is the fact that the entire wardrobeday and evening, indoor and outdoor wear-has been planned as a single unit. By this means every garment has a definite practical as well as artistic relation to every other garment, thus permitting a greatly increased

degree of economy. The more essential garments are: The slip, a one-piece dress of a de-sign yielding perfect simplicity, yet the long, unbroken lines artists de-mand in dress; the undertunic, the combination undertunic, the overtunic and the reversible cost and the reversible coat.

The slip is made without sleeves, in any material. The undertunic is of any material. The undertunic is of self-material, chiffon or georgette. This convenient garment supplies yoke and sleeves and being separate is not only easily cleaned, but can be exchanged for other undertunics to be worn with the same slip. The combi-nation undertunic is the same gar-ment lengthened so as to serve also for corset cover and petticoat. The overtunic, made in several different forms, goes on easily over the head forms, goes on easily over the head and when combined with the slip gives it an entirely new effect.

Material for Slip. A favorite material for the slip is blue silk crepe, as this can be worn both for day and evening. The crepe slip is worn with a long sleeved undertunic of dark shade for morning street use; with a long sleeved under-tunic of lighter shade for afternoon and luncheons, while for tea and informal dinners a plain chiffon overtunic may be added. In the evening the crepe slip is worn by itself, as low neck, or with a short sleeved undertunic of sheer chiffon, and sometimes also an elaborate hand painted overtunic is put on.

The reversible coat is often made up of velvet lined with gold or silver satin. By a clever arrangement of the collar, the coat can be worn with high collar in the morning, wide, low collar and appliqued lapels in the afternoon,

EGG PRESERVER

while in the evening the velvet side is turned in and the satin outside. These garments are not discarded until actually worn out. The woman merely adds a new slip and tunics from time to time. After a season or two, thanks to this scientific treatment of the problem, she has a wardrobe which combines in nearly 20 ways, meeting every need and mood. The entire cost is less than for the ordinary dress of equal quality which is thrown away, as soon as the style has changed.

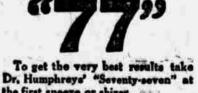
Our Women in Russia

Having stuck by the guns all through the turbulence in Russia, the eight representatives of the National Y. W. C. A report association work opened in four places in that country.

Miss Clarissa Spencer, who passed through one revolution in Moscow, remains at her post in that city, and Miss Helen Ogden and Miss Clara L. Taylor, who were there until re-cently, have gone eastward 900 miles to the city of Samara, where they have launched association work. The latter news came during the week by special cablegram. No word has been heard from Miss

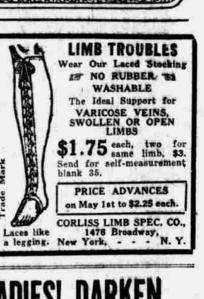
Elizabeth Boies, Miss Marica Dunham and Miss Elizabeth Dickerson, the association's three workers in Petrograd, since the American am-bassador left Russia. Miss Katherine Childs and Miss Muriel Heap, who were held in Vladivostok, en route to Russia, are still in that city and they too report having begun association work for women and girls of that city.

With Texas women participating in the primaries, and so virtually in the elections in that state, women will now have a hand in electing more than a hundred members of the lower house of congress.



the first sneeze or shiver. @ "Seventy-seven" breaks up Colds that hang on-Grip. All Drag Stores.

disease.-Advertisement. 00 LBS



LADIES! DARKEN YOUR GRAY HAIR

years younger! Use Grandmother's Look recipe of Sage Tea and Sulphur and nobody will know.

The use of Sage and Sulphur for restoring faded, gray hair to its ha-tural color dates back to grand-mother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was ap-plied with wonderful effect.

But brewing at home is mussy and out-of-date. Nowadays, by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Com-pound," you will get this famous old preparation, improved by the addition of other ingredients, which can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says it darkens the hair so naturally and evenly that noboy can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes

beautifully dark and glossy. Wyeth's Sage and Sulphur Com-pound is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of

it the next meeting. Mrs. George Shoemaker entertained

the members of the Morningside chapter of St. Paul's guild at her tome on Commercial street Tuesday afternoon. The usual routine business was transacted. The annual election of officers will take place at the next meeting at the home of Mrs. Craig-mile on South First street.

Mrs. J. K. Williams entertained the J. G. Card club Wednesday. Mrs. Grover Debar won the first prize, Mrs. Andrews the second and Mrs. Eugene Hall the cut-for-all. Mrs. Kinney, Mrs. Beaut and Mrs. Kirkpatrick were guests of the club.

Members of the R. E. M. club were the guests of Mrs. J. V. Carter at a 5 o'clock Hoover dinner Wednesday.

The Unit K Mothers' club met Wednesday at the Young Women's Chris-tian association and Mrs. Donald Macrae gave a very interesting talk on the work of Major Macrae in the trenches. The work changes its character constantly and he is getting a variety of experience along very different lines from those which were taught in the training camps. However, he is very much wrapped up in his work and Mrs. Macrae is up in his work and Mrs. Macrae is equally enthusiastic, although her work is at home. Mrs. Macrae has charge of the shipping department at the Red Cross every Friday and the club will furnish her the necessary helpers. It was voted to send a tele-gram to Donald Macrae 3d to con-gratulate him on the arrival of Don-ald Macrae 4th. In the future the meeting will be opened by a review meeting will be opened by a review of current war news. The committee appointed for the last meeting con-sists of Mrs. W. K. Orohard, Mrs. H. H. Wheeler and Mrs. H. T. Hall.

Mrs. G. G. Baird, who has been at Horicon, Wis., for the last three months, returned home Tuesday. Her daughter, Mrs. W. H. Van Brunt, has been in a sanitarium for some time, and her mother has had charge of her 8-month-old twins, Mary and Martha. The Unit K auxiliary met Wednes-

day to report their success in selling tickets at the Strand last week, but were unable to get any definite in-formation. About 3,000 tickets were sold and they will receive 10 cents for all used tickets and 22 cents on unused tickets.

"Rice Polish" as a Cereal

The question of grinding flour from rice was recently discussed by a con-ference of rice millers in Louisiana. They decided that rice flour does not possess sufficient merit to justify its manufacture on a large scale. Rice

flour is not a complete substitute for wheat flour because it lacks gluten. It can be mixed with wheat flour in conservation of bread, but other ce- seas service. reals are, better known.

There is a real opportunity, how There is a real opportunity, how-ever, to broaden the market for what is known as "rice polish." This is the product of the brushes used in polishing rice when its brown coating is removed to produce the familiar white rice of commerce. Rice polish has been sold chiefly for stock feed, but is a bight, commenterial food but is a highly concentrated food, more nutritious than rice itself, because it contains valuable chemical federal government in the military

BENSON

Mr. Edson Rich addressed the patriotic meeting Thursday evening at the West Side school.

Mrs. C. A. Bloomberg was hostess for the Augustina Ladies' Aid society on Thursday, and Mrs. Hans John-son for the English Lutheran on Wednesday. Mrs. M. C. Berry has returned from California, where she has been

from California, where she has been spending several months. Mr. Otto Kunneman of this place was married on Wednesday to Miss Otte of Elkhorn. Mrs. F. S. Walker has returned from a week's visit in Eldora, Ia. Mr. A. G. Metsger left Thursday for Steldala Ba for Stockdale, Pa., to accompany the body of his father, who died suddenly while on a visit here.

Miss Veda Paddock entertained last week in honor of her cousin, Miss Helen Dimond, who is here from

Providence, R. I. Mrs. J. W. Welch will have Mrs. Addison E. Sheldon of Lincoln as a guest at "Cherrycroft" during the district convention at Ralston next week. The P. E. O. sisterhood will be entertained at a kensington on Monday by Mrs. J. F. Wood of Bemis park. Mrs. A. Gabnebin will be hostess for the Methodist Ladies Aid society Wednesday afternoon.

Mr. Louis Campbell has returned to Fort Riley, after a few days visit at the home of his parents.

Miss Helen Jorgensen entertained the Westminster Guild at her home last Tuesday evening.

The newly organized Krug Park Improvement club will meet next Wednesday evening at the Lyck's

Mrs. J. Amish entertained at lunchcon Sunday, when covers were laid for four guests.

Of Interest to Women

Women were the first agriculturists.

All the large automobile factories are now employing women.

A troop of mounted girl scouts is helping to patrol the Florida coast.

In the United States there are 7, 000 women who possess medical degrees.

Tacoma has lifted the ban on the employment of matried women as teachers in the public schools.

It is a fact not generally known that a woman has long been included

New York City has furnished ap-proximately 1,200 women physicians, nurses and canteen workers for over-

Mrs. Frank Wilson of Shawmut,

been granted permission to knit while listening to the trial proceedings,

Women nurses employed by the grain. It will add nutrition to bread paid \$12 a month and given their food.

cause it contains valuable chemical ingredients from the surface of the grain. It will add nutrition to bread and is an excellent ingredient for pancakec, graham bread and other dishes. It also has the merit of cheapness, the price for stock-feeding purposes ranging around J cents a pound at present.



In Rure Food and Drugs Legislation Father of Rural Free Delivery System Says Nuxated Iron

Increased His Power and Endurance so Much That He Feels It Ought to Be Made Known to Every Nervous, Run-down, Anaemic Man, Woman and

Opinions of Dr. Ferdinand King, New York Physician and Medical Author; Dr. James Francis Sullivan, formerly Physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital; Former Health Commissioner Wm. R. Kerr, of the City of Chicago and others.

Child.

Senator Mason's statement in regard to Nuxated Iron was shown to several physicians who were requested to give their opinions thereon.

Dr. Ferdinand King, a New York Physician and Medical Author, said: "I heartily indorse Senator Mason's statement in regard to Nuxated Iron. There can be no vigorous iron men without iron. Pallor means. anaemia. Anaemia means iron deficiency. The skin of anaemic men and women is pale: the flesh flabby: the muscles lack tone; the brain fags and the memory fails, and often they become weak, nervous, despondent and melancholy."

Dr. James Francis Sullivan, formerly Physician of Bellevue Hospital (Outdoor Dept.), New York, and Westchester County Hospital, said, "Senator Mason is to be commended on handing out this statement on

Nuxated Iron to public print. There are thousands of men and women who need a strength and blood build-er but do'not know what to take. In my own opinion there is nothing better than organic iron-Nuxated Iron-for enriching the blood and helping to increase the strength and endurance of men and women who burn up too rapidly their nervous energy in the strenuous strain of the great business competition of the day."

Former Health Commissioner William strength, power and endurance will find R. Kerr, of the City of Chicago, says: it a most remarkable and wonderfully I have taken Nuxated Iron myself and effective remedy."

"I have taken Nuxated Iron myself and experienced its health-giving and strength-building effect, and in the fu-terest of the public welfate I feel it my duty to make known the results of its use. I am well past my three-score years, and want to say that I believe my own great physical activity is largely due today to my personal use of Nuxated Iron. From my own experience with Nux-ated Iron I feel it as such a valuable remedy that it ought to be used in every hospital and prescribed by every physi-cian in this country."

While former Health Commissioner Kerr is not himself a physician, still his experience in handling public health problems must give his opinion more than ordinary weight.

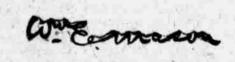
Iron is absolutely necessary to enable your blood to change your food into liv-ing tissue. Without it, no matter how much or what you est, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you be-come weak, pale and sickly looking, just like a plant trying to grow in a soil de-ficient in iron. If you are not strong and well you owe it to yourself to make the following test: See how long you can work or how far you can walk without tablets of ordinary Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained.

MANUFACTUREN'S NOTE-Nurated Iron, minch was used by Senator Mason with such sur-prising results, and which is prescribed and rec-commended alone by physicians is not a secret remedy, but one which is well known to drug-gista everywhere. Unlike the older inorganic iron irroducts it is easily assimilated and does not in-jure the teeth, make them black nor upset the stamach. The manufactures guarantee success-ful and entirely satisfastory results to every mirchaser or they will refund your money. It is disputated in Omais by Sherman & Moleonedi Drug Co. Stores and all other druggists.-Adv



Chicago, Ill.

Chicago, II. Gentiemen: I have often said I would never recommend medicine of any kind. I believe that the doctor's piece. How-ver, after the hardest political campaign of my life, without a chance for a vacation. I had been starting to court every morning with that horrible tired feeling one cannot describe. F was advised to try Nuxated Iron. As a pioneer in the pure food and drug legislation. I was at first loath to try an advertised remedy, but after ad-vising with my medical friends. I gave it a test. The up my mind to let my friends know about it, and you are at liberty to publish this statement if you so de-edy which will build up the strength and increase the power of endurance of one at my age, should be known to the world.



From the Congressional Directory published by the United States Gov-arment—"Wm. E. Mason, Senator from Illinois, was elected to the 50th Congress in 1887, to the 51st Con-gress in 1891—defeated for the 52nd Congress 1892—Elected Senator to the 55th Congress 1897 to 1903." Senator Mason is now Congressman from the State of Illinois. Senator Mason's championship of Pure Food and Drugs legislation, his fight for the rural free delivery sys-tem, and his atrong advocacy of all bills favoring labor and the rights of hines makes him a national figure at Washington and endeared him to the great masses of people throughout the United States. Senator Mason has the distinction of being one of the really big men of the nation. His strong endorsement of Nuxated From weter that it must be a preparation of very great merit and one which for a feels is bound to be of great or value to the masses of people verywhere, otherwise he could not afford to lend his name to it, espe-ially after his, strong advocacy of pure food and drugs legislation. cially after his strong advocacy pure food and drugs legislation.



When you wake up with backache | seek relief two or three times durand dull misery in the kidney region ing the night, Either consult a good, reliable phy-

it generally means you have been eating too much meat, says a wellknown authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sours, tongue is coated and when the weather is bad you have rheumatic

sician at once or get from your phar-macist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular twinges. The urine is cloudy, full meat eaters. It is inexpensive, cannot of sediment, channels often get sore, injure and makes a delightful, effer-water scalds and you are obliged to vescent lithia-water drink.-Adv.



Calloused Feet or Painful Corns---Use "Tiz!"

Whole year's foot comfort for only 25 cents

"I use 'Tiz' when my feet ache, burn or puff up. It's fine!"



Good-bye, sore feet, burning feet, wollen feet, tender feet, tired feet. Good-bye, corns, callouses, bunions "Tiz" and wear smaller shoes. Use "Tiz" and forget your foot misery. Ah! how comfortable your feet feel. and raw spots. No more shoe tight-

Get a 25-cent box of "Tiz" now and raw spots. No more snoe tight-ness, no more limping with pain or drawing up your face in agony. "Tiz" is magical, acts right off. "Tiz" draws out all the poisonous exuda-tions which puff up the feet. Use

