

Adelaide Kennerly EDITOR

WOMAN'S SECTION OF THE BEE

Ella Fleishman ASS'T EDITOR

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...

The Associated Charities held its monthly meeting at the Creche Monday afternoon. The Creche itself was inspected and declared to be in fine condition.

Mr. and Mrs. J. G. Mitchell entertained the members of the McPherson Avenue Improvement club Monday evening.

Mrs. Richard Green entertained the South First street chapter of St. Paul's guild Monday afternoon at her home on Graham street.

Mrs. G. W. E. Sauer entertained the Central chapter of St. Paul's guild Tuesday afternoon. The election of officers had the following results:

Mrs. Hollingsworth entertained the Tuesday History club. Mrs. Cooper was the leader and a very interesting program was given...

Mrs. George Shoemaker entertained the members of the Morningside chapter of St. Paul's guild at her home on Commercial street Tuesday afternoon.

Mrs. J. K. Williams entertained the J. G. Card club Wednesday. Mrs. Grover Debar won the first prize.

The Unit K Mothers' club met Wednesday at the Young Women's Christian association and Mrs. Donald Macrae gave a very interesting talk on the work of Major Macrae in the trenches.

Members of the R. E. M. club were the guests of Mrs. J. V. Carter at a 3 o'clock Hoover dinner Wednesday.

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

Mrs. J. Amish entertained at luncheon 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 married women as teachers in the public schools.

It is a fact not generally known that a woman has long been included on the staff of White House detectives.

New York City has furnished approximately 1,200 women physicians, nurses and canteen workers for overseas service.

Mrs. Frank Wilson of Shawmut, Mont., is the first woman of her state to apply for a license as a stationary engineer.

Women jurors sitting in the superior courts of San Francisco have been granted permission to knit while listening to the trial proceedings.

Women nurses employed by the federal government in the military hospitals during the civil war were paid \$12 a month and given their food.

Women of Russia were wont to live in Asiatic seclusion until the time of Peter the Great, who decreed that they move about freely in the European fashion.

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 American, judging from the baby registration Saturday at Cass school, which is in the district of foreign-born residents.

Mothers and big sisters nearly all spoke the broken English which betrayed their 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 Josephine Morocco, 206 North Tenth street, is one small daughter of Uncle Sam, whose mother, Mrs. Francis Morocco, came from sunny Italy.

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 Johnson for the English Lutheran on Wednesday.

Mrs. M. C. Berry has returned from California, where she has been spending several months.

Mr. Otto Kunneman of this place was married on Wednesday to Miss Otte of Elkhorst.

Mrs. F. S. Walker has returned from a week's visit in Eldora, Ia.

Mr. A. G. Metzger left Thursday 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 Westminister Guild at her home last Tuesday evening.

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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 wardrobe—day and evening, indoor and outdoor wear—has been planned as a single unit.

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

The slip is made without sleeves, in 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.

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 undertunic of lighter shade for afternoon and luncheons, while for tea and informal dinners a plain chiffon overtunic may be added.

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 applied lapels in the afternoon.

Advertisement for Fresh Eggs and Egg Preserver. Text: 'Next winter when eggs are at top prices and fresh ones at summer prices. Egg Preserver. Keeps eggs for cooking, boiling, frying or whipping for 12 months. Guaranteed for 12 months. Preserving costs but 2¢ per dozen. Buy from your druggist or grocer. One-cent order direct to: Herbert A. Wilkinson, Des Moines, Iowa.'

her picture was being taken. Josephine is 2 years old. Mrs. M. Cohen, whose birthplace is faraway Russia, brought her little American-born child, Pearl, to register with Uncle Sam's forces. Pearl is past 3 and pronounced an average baby.

third street. Mayfield is "most genuine called Jack," according to his small aunt, Miss Charlie Bell, Carroll, who brought him to the school for his registration, and is seen in the group above helping to keep the "lil pickaninny" from laughing till the photographer got his picture. Jack is 2 years old, a perfectly normal child and the most popular baby who visited the school.

Former United States Senator Mason, Pioneer in Pure Food and Drug 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 Child.

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.

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 endorse Senator Mason's statement in regard to Nuxated Iron. There can be no vigorous man or woman without iron. Pallor means anemia. Anemia means iron deficiency. The skin of anemic 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 his statement on the Nuxated Iron to which he refers. There are thousands of men and women who need a strengthening and health-giving remedy, 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 R. Kerr, of the City of Chicago, says: "I have taken Nuxated Iron myself and experienced its health-giving and strength-building effect, and in the interest of the public welfare 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 Nuxated Iron I feel it such a valuable remedy that it ought to be used in every hospital and prescribed by every physician in this country."

While former Health Commissioner Kerr is not himself a physician, still his own great physical activity is largely due today to his personal use of Nuxated Iron. From my own experience with Nuxated Iron I feel it such a valuable remedy that it ought to be used in every hospital and prescribed by every physician in this country."

Dr. Schuyler C. Jacques, Visiting Surgeon of St. Elizabeth's Hospital, New York City, said: "I have never before given out any medicinal information or advice for publication, as I ordinarily do not believe in it. But in the case of Nuxated Iron I feel I would be remiss in my duty not to mention it. I have taken it myself and given it to my patients with most surprising results. And those who wish quickly to increase their strength, power and endurance will find it a most remarkable and wonderfully effective remedy."

What Senator Mason Says

Gentlemen: I have often said I would never recommend medicine of any kind. I believe that the doctor's place. However, after the hardest political campaign of my life, without a chance for a vacation, I had been starting to die every morning with that horrible tired feeling one cannot describe. I 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 advising with my medical friends, I gave it a test. The results have been so beneficial in my own case, I made up my mind to let my friends know about it, and you are at liberty to publish this statement if you so desire. I am now 65 years of age and I feel that a remedy which will build up the strength and increase the power of endurance of one at my age, should be known to the world.

W. E. Mason

From the Congressional Directory published by the United States Government—"Wm. E. Mason, Senator from Illinois, was elected to the 51st Congress in 1887, to the 52nd Congress in 1891—defeated for the 53rd Congress 1892—Elected Senator to the 54th Congress 1897 to 1902." Senator Mason is now Congressman from the State of Illinois. Senator Mason's championship of Pure Food and Drug legislation, his fight for the rural free delivery system, and his strong advocacy of all bills favoring labor and the rights of the masses as against trusts and combines makes him a national figure at Washington and endears him to the hearts of the working man and 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 Iron must convince any intelligent thinking reader that it must be a preparation of very great merit and one which the Senator feels is bound to be of great value to the masses of people everywhere, otherwise he could not afford to lend his name to it, especially after his strong advocacy of pure food and drug legislation.

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 I. Taylor, who were there until recently, 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 ambassador 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.

Advertisement for "77" Colds. Text: 'To get the very best results take Dr. Humphrey's "Seventy-seven" at the first sneeze or shiver. "Seventy-seven" breaks up Colds that hang on—Grip. All Drug Stores. "77" COLDS'

Advertisement for Limb Troubles. Text: 'LIMB TROUBLES Wear Our Laced Stocking 25¢ NO RUBBER, 25¢ WASHABLE The Ideal Support for VARICOSE VEINS, SWOLLEN OR OPEN LIMBS \$1.75 each, two for \$3.00. Send for self-measurement blank 35¢. PRICE ADVANCES on May 1st to \$2.25 each. CORLISS LIMB SPEC. CO., 1476 Broadway, New York, N. Y.'

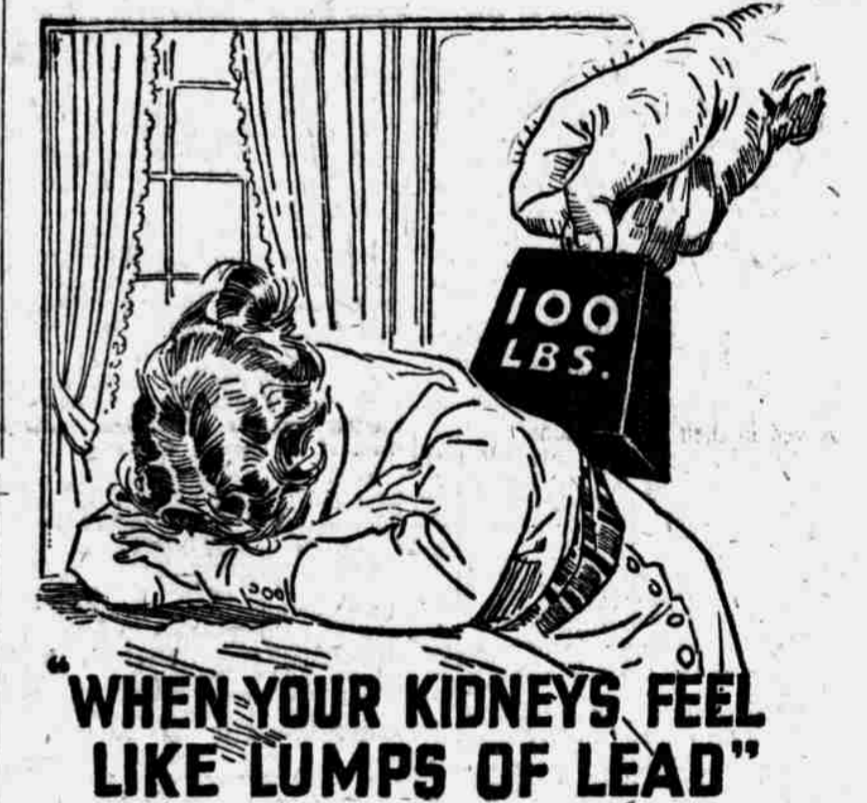
LADIES! DARKEN YOUR GRAY HAIR

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

The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother'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 applied with wonderful effect.

But brewing at home is messy and out-of-date. Nowadays, by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," 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 nobody 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 Compound is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of disease.—Advertisement.



When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known 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 twinges. The urine is cloudy, full of sediment, channels often get sore, water seals and you are obliged to seek relief two or three times during the night. Either consult a good, reliable physician at once or get from your pharmacist 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 salt 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 meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.—Adv.

"TIZ" FOR FEET

For Sore, Tired, Swollen Feet; For Aching, Tender, Calloused Feet or Painful Corns—Use "Tiz!"



Good-bye, sore feet, burning feet, swollen feet, tender feet, tired feet. Good-bye, corns, callouses, bunions and raw spots. No more shoe tightness, no more limping with pain or drawing up your face in agony. "Tiz" is magical, acts right off. "Tiz" draws out all the poisonous exudations which puff up the feet. Use "Tiz" and wear smaller shoes. Use "Tiz" and forget your foot misery. Ah! how comfortable your feet feel. Get a 25-cent box of "Tiz" now at any druggist or department store. Don't suffer. Have good feet, glad feet, feet that never swell, never hurt, never get tired. Beware of imitations!—Advertisement.