

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

COUNCIL BLUFFS

Tuesday morning at 8 o'clock Miss Hazel Dunigan and Lieutenant Leonard Ryan, both of this city, were married at St. Francis Xavier's church by Rev. Father McManus. They were attended by Miss Mary Kelly and Thomas Delaney. A wedding breakfast was served at the home of the bride's aunt, Mrs. E. E. Minnick, following the ceremony. The decorations were in Russell roses and sweet peas. Covers were laid for 12. Lieutenant and Mrs. Ryan will spend 10 days at Excelsior Springs and will then return to Camp Dodge.

Miss Aletha Putnam entertained the Unit K auxiliary at its regular business session Monday evening. So many of the members were unable to be present Wednesday that it was decided to give up the idea of having their picture taken with the mothers at the library. Tomorrow evening the members of the club will meet at the Red Cross rooms.

Mrs. E. H. Merriam entertained the members of Central chapter of St. Paul's guild Tuesday afternoon. "Cootie" proof garments proved a very interesting topic of conversation and the members plan to do as much as possible along this line. Arrangements have been made to hold a Liberty lawn social at the home of Mrs. Donald Macrae on the evening of Flag day, June 14. Elaborate plans have already been completed and there is every reason to believe that it will be one of the most successful affairs of the season. Mrs. Merriam was assisted in serving by her sister, Mrs. Howells.

On Monday Mr. and Mrs. Elden Lougee and Mr. and Mrs. Robert Wallace left on a motoring trip.

Mrs. Lettie Dodge Montgomery visited her aunt, Mrs. James Beard, at Boulder, Colo.

Mrs. W. R. Green has returned from Washington to attend the graduation of her daughter, Miss Margaret, from the Council Bluffs High school.

Mr. and Mrs. George Keeline have returned from Fort Sill, Okl., where their son Roger is with the field artillery.

The ladies of the Dodge engineers were entertained at the country home of Mr. and Mrs. J. F. Schultz on Wednesday afternoon. The members hemmed six dozen towels, which were donated by the bakers of the city and will be sent on to Deming, N. M., as soon as possible. A regular chicken dinner was served instead of a picnic lunch and the members fully enjoyed their outing in the country. Next Wednesday the club will report for duty at the Red Cross rooms and on June 1 will have their regular business meeting at the library. Owing to the fact that so many of the members were not present when the group picture was taken, another will be taken at that time and it is urged that the members all turn out for this.

Lieutenant Donald Macrae, 3d, who has been stationed at Camp Dodge, has been ordered to Camp Jackson, S. C. Mrs. Macrae and Donald, 4th, are visiting with Mrs. Donald Macrae, 2d.

Mrs. G. F. Scarr has returned from California.

Mrs. Albert Bartz entertained the El Deen club at its final meeting of the season. The club has planned to reorganize in the fall for Red Cross work.

At the final meeting of the Mothers' and Teachers' club of the Bloomer school it was decided to encourage the summer work by making a service flag for the boys and girls who enlist in the garden work.

Mrs. William Marquardt entertained the East End Card club at its

Antidotes for a Warm Day

By GERTRUDE BERESFORD

A SPORTS hat made of alternate rows of braid and ribbon, or all ribbon, is a charming color complement for the vivid sweater. Given as becoming shape, a girl could make this hat herself.



A HAT of gray Georgette crepe is the loveliest thing, and when a vivid poppy of deepest coral decides to linger on its brim nothing could be more becoming to the summer girl.

regular meeting. First prizes were won by Mrs. Al Fiori and Timothy Dunn, consolation by Mrs. Grover DeBar and Mr. Wright and the cut for all by Mr. Dunn. Mr. and Mrs. Al Fiori and Miss Agnes Plunkett were guests of the club. Mr. and Mrs. Eugene Hall will entertain at the next meeting.

Mrs. Ernest E. Hart and daughter Clara have arrived home from Tacoma, Wash., where they have spent the last five months. They were accompanied by Lieutenant Henry Hart, who is en route to Camp Jackson, S. C. Mr. and Mrs. Eldred Hart have also returned from Mexico, Mo., for a visit at the Hart home.

A LINGERIE hat is a very effective weapon against "the hottest day yet." This model of net and Valenciennes lace is trimmed with bunches of French flowers.

his dull, dry way. He accepted her as part of the flat furniture. In the scheme of things she occupied a place higher than the dining room table that held the meals, or the steam heat pipes that kept the place warm, because she saw to and administered them.

They might have gone on like this for years, but one day she heard a patriotic speech that stirred her as nothing had stirred her for years, and she went out and got that government job.

This gave her husband a terrific "jolt." The little, dull wife had her place in the world, the United States government had decided she was worth \$85 a month.

Nettie's Value to the Country. It was incredible, but Nettie was worth something besides going to market, cooking the dinner and making the stew, now that the price of steak had gone up so high. He polished his glasses and began to regard her with fresh eyes. She was only 36, after all—and not bad looking. So he began walking to her office with her in the morning, and sometimes bringing home a bunch of violets at night.

The maid they have in to cook the dinner is not so good a cook as Nettie—but what's the difference? That particular husband has begun to show some of the attentions of their courtship days—he's not so sure of Nettie as he was.

Women's food-production committees, which will make special efforts this summer for increases in poultry, pigs and bees, have been formed in 10 counties in Colorado, according to the Woman's Council of Defense of that state.

A new law in New York prohibits the employment of women under 21 as telegraph messengers.

"TIZ" FOR FEET

No More Sore, Tired, Tender Feet; No Puffed-up, Calloused Feet or Painful Corns—Try "Tiz"



Why go limping around with aching, puffed-up feet—feet so tired, chafed, sore and swollen you can hardly get your shoes on or off? Why don't you get a 25-cent box of "Tiz" from the drug store now and gladden your tortured feet? "Tiz" makes your feet glow with comfort; takes down swellings and draws the soreness and misery right out of feet that chafe, smart and burn. "Tiz" instantly stops pain in corns, callouses and bunions. "Tiz" is glorious for tired, aching, sore feet. No more shoe tightness—no more foot torture. Ask for "Tiz." Get only "Tiz."

BENSON

The Westminster guild attended the May breakfast given Wednesday by the business girls' club.

Mrs. J. C. Schiffbauer will be chairman of the Evangelical church Red Cross drive from May 20 to 27.

Rev. A. Atack of Gothenburg, Neb., visited old friends during the last week.

Mrs. J. S. Marshall will be hostess for the Good Times club Thursday.

Mr. Dick Morton is recovering at his home from an operation he underwent Monday.

Daughters were born to Mr. and Mrs. Fred Rice and to Mr. and Mrs. Harry Rivett during the last week.

The Methodist Ladies' Aid society held its May fair Wednesday. In the evening a chicken pie supper and reception for the pastor were given. The burning of the church mortgage took place during the evening.

Mrs. W. W. Ward was called to Plattsmouth, Neb., on Tuesday by the death of her grandmother, a pioneer settler and well known as "Grandma" Oliver.

Ed Yarton returned home on Monday for a few days' visit from the Chicago naval school.

Mr. and Mrs. William Calvert of Des Moines and Mrs. Gertrude Young of Camp Funston left Friday after a visit at the Calvert home.

The English Lutheran Missionary society met last Thursday at the home of Mrs. Lillian Kistler.

The Baptist young people's society gave a lawn social at their church last Friday evening.

Tap Morton left Friday for Anapolis, where he will be employed by the government.

Mrs. A. Werthel of Waterloo, Ia., has been spending the last two weeks at the home of her daughter, Mrs. O. Boyce.

The Woman's club will hold an inspection in the Jay Burns bakery on Tuesday and hold its annual luncheon in the Cricket Room on Thursday.

Richard Bachman has returned to Camp Funston after a few days' visit with his mother.

Mrs. E. Keller has returned home from a stay at Excelsior Springs. Her daughter, Mrs. McClelland, remained for a longer stay.

Miss Marie O'Connor has returned to Benson after a stay of two years in Minnesota. She is at the W. J. Culkins home.

Women of the English Lutheran church held their May fair Wednesday in the church.

Alabama conducted a six week's campaign, in its municipal kitchens for proper bread making and new wheat substitutes.



This institution is the only one in the central west with separate buildings situated in their own ample grounds, yet entirely distinct, and rendering it possible to classify cases. The one building being fitted for and devoted to the treatment of non-contagious and non-mental diseases, no others being admitted; the other Rest Cottage being designed for and devoted to the exclusive treatment of select mental cases requiring for a time watchful care and special nursing.

Two Potato Recipes

Even if you have never liked potatoes before, you will like them fixed in the following ways:

Potato Puffs.
2 c. mashed potatoes, 1/4 c. milk, 2 eggs, 1 t. salt, 1 c. grated cheese.

Add the milk and salt to the potato and beat until thoroughly blended. Add the beaten egg and the grated cheese. Baked in greased tins or ramekins in a slow oven.

Belgian Baked Potatoes.
Wash, pare and slice potatoes as for French fried. Lay the strips in an oiled pan and bake in the oven. Salt and serve.

The Massachusetts Federation of Women's Clubs will hold its annual meeting in Boston next month.

Allied Flags and Holders for Your Automobile



PRICE \$2.00

Sent Prepaid on Receipt of Price or Delivered Parcel Post C. O. D. Biltwell Accessories Co., Inc. 991 Intervale Ave., New York.

Women to Teach War Issues

To teach the issues at stake in the world conflict is the chief aim of the department of educational propaganda of the woman's committee of the Council of National Defense. The woman's committee has an organization through which it can reach every part of the country with its educational work, for it is carried out on the community plan. State divisions having county divisions, which in turn have smaller districts or blocks.

It is the committee's plan that meetings shall be held in the smaller communities where school houses may be utilized, these to cooperate with larger meetings where national speakers are employed. Clubs and societies are to be asked to study the issues of the war.

The Board of Education of Washington, D. C., has requested the girl graduates to make one dress do for both graduation and class day exercises and to have the dress made of inexpensive material.

Forty-three women physicians have been sent into foreign medical service by the American Red Cross.

ALL PEOPLE WISH FOR

A Long and Healthy Life

It is inborn—the desire to live as long as possible. Sound, strong teeth well cared for will add untold years to your life.

I am prepared to give you the very best dental service at very reasonable prices.

No charge made for examinations.

Dr. U. E. Ludwick

Dentistry of the Better Kind.
606 Bee Bldg.
Phone Douglas 1839.

I Wish Everyone Would Try Peruna



I Know What It Did for Me I am Well Now

Mrs. Mathilda Johnson, 220 Seymour, St., Cheboygan, Michigan, writes: "A few lines to the praise of Peruna. Four years ago I contracted a severe cold, which settled on my stomach and bowels, which was of a catarrhal nature. After using a number of bottles of Peruna, I am now enjoying the best of health and I sing the praises of Peruna far and near. I feel like another person. I cannot be without Peruna in the house; I cannot praise it enough. I wish everybody would try it. I know what it did for me; I am well now."

ECZEMA

Also called Tetter, Salt Rheum, Pruritus, Milk Crust, Water Poison, Weeping Skin, etc.



For fifteen years I have been treating one disease alone, ECZEMA. I have handled over one million cases. I do not pretend to know it all, but I am convinced the disease is due to an excess of acid in the blood, and closely related to rheumatism and cancer. This acid must be removed. Eczema is called by some people Itch, Tetter, Salt Rheum, Pruritus, Milk Crust, Weeping Skin, etc. I am fully convinced eczema is a curable disease, and when I say it can be cured, I mean just what I say—CURED, and not merely patched up for a while to return worse than before. It makes no difference what other doctors have told you, or what all you have tried, all I ask is just a chance to prove to you that this vast experience has taught me a great deal that would be of help to you. If you will write me today I will send you a free trial of my mild, soothing, guaranteed treatment that will do more to convince you than I or anyone else could in a month's preaching. It's all up to you. If you suffer any more with eczema, it is a curable disease, and I will write to you for free trial, just blame yourself. No matter where you live, I have treated your neighbors. Merely dropping me a postal today is likely to give you more real comfort in a week than you ever expected to enjoy again. Do it right now, your very life may be at stake.

J. E. CANNADAY, M. D., 1545 Court Bk., Sedalia, Mo. References: Third National Bank, Sedalia, or ask your banker to find out about me. Send this notice to some poor sufferer from eczema. It will be a kind act by you.

Years Fly By Without Fatal Footprints If One Keeps Busy

By BEATRICE FAIRFAX.

"How old are you?" might have been the title of an amusing comedy, enacted at the special congressional election in New York when women voted.

This inquiry was put to a tall, slim, boyish looking woman—one of the keen, live-wire type. Without a moment's hesitation she answered: "Forty-nine."

She was informed this was no occasion for jocularities, and serious consequence might ensue if she persisted in merry-making. The woman with an air of "I expected this," opened her handbag and produced a marriage license, setting forth that she had been married 28 years, and that she was 21 years at the time of the ceremony.

The men looked foolish, and the slender one, with an air of having insured herself against masculine stupidity, went on with her business of citizenship and departed.

Another woman with a triple chin, shortness of breath, and a general air of limppiness, who had got wind of the comedy nearly contracted apoplexy in running down the girlish forty-nine. "How do you do it?" she gasped.

And the woman who had held the clock back 20 years, answered briefly: "Interest and cash air."

And the greatest of these is interest. Some vital interest as a wet-stone for every faculty and the years fly by without leaving their fatal footprints.

A Group of Young-Old People. Clemenceau, the French premier, is 76 years old; Thomas Edison is 71 years, and he thinks nothing of working 48 hours on a stretch; Anna Shaw is also 71 years old, and she often sits up in a train all night, and makes three or four speeches the following day. If you've ever heard the magic of her eloquence, it is not necessary to say how young she is. Amelia Barr, at 87 years, is still writing books that sell up into the thousands.

These people haven't time to get old; they are too busy thinking and working at important things—they let the years take care of themselves. If you would be young and haven't a vital and consuming interest, "it's up to you" to create one. The war, with its countless opportunities for work, has been a godsend to the type I am going to call the mummified woman.

The mummified woman is to be found in all classes of society. The influences that control her life are always material. Her world is shown out of gear if the silver

can't be cleaned on Wednesday, if that happens to be silver-cleaning day. If the seamstress is late or unable to come, it is a tragedy. If the department store has no more magenta satin of the particular shade she has decided on for a belt, it is a world calamity.

As Old as "She." In her soul that woman is as old as Rider Haggard's "She." Never an interest in life above some foolish material thing, that she'd be better off without. Sofa pillows, lamp shades, a bargain—something not really needed—ice cream soda, cards, bridge movies and a petty rivalry in getting ahead of some other woman. She never thinks; her brain is the organ above which she pins her hat.

The mummified woman seldom cares about children—if she did they would keep away that slow, drying-up process. Usually she lives in a flat which reduces her housework to a minimum.

And her family consists of a couple of plants, a victrola and a canary; sometimes the canary is varied by a dog. More often than not there is a mummified husband in the background, and he, too, has his dry-as-dust little interests.

"Now the great world war has laid its grip on that family and shaken them out of that slow process of evaporation that was desiccating them body and soul. It has given her something to do, something to think about besides the iniquities of the janitor and the great question of does the laundress make off with the handkerchiefs?"

If she goes out to do Red Cross work it brings her in contact with other women who help to bring something into her life. But when a woman of this type decides to take a "job" it makes her over.

A Startling Change. I know several such women and the change in them is startling. One in particular who has taken a place with the food administration, where she gets a salary of \$85 a month, and with it a new lease of life. She was the most mummified person I have ever known. She kept house neatly and well, but there was not enough to keep her busy more than a few hours, the rest of the time she spent in drying up.

She and her husband had a simple breakfast at 8, and he departed not to return till 5:30 o'clock. Then they sat down to a silent dinner, not because they were "mad," but because there was nothing to talk about. She "did" the dishes and he smoked, and their day was done.

Her husband was fond of her in

You Must Have Plenty of Iron in Your Blood if You Want the Power and Energy to Win, Says Physician

When the crushing grip of worry, trials and care saps your vitality and keeps you from the full enjoyment of home, social and business life—take Nuxated Iron and watch its strength-giving, up-building effect—it will increase the strength and endurance of weak, nervous run-down folks in two weeks' time in many instances.



THOUSANDS are held back in life for want of sufficient iron in the blood," says Dr. James Francis Bull, formerly physician of Bellevue Hospital (Out-Door Dept.) of New York, and the Westchester County Hospital, in commenting on the relation of strong nerves and physical endurance to the attainment of success and power. "A weak body means a weakened brain; weak nerve force means weakened will power, and like the race horse beaten by a nose, many a capable man or woman falls just short of winning because they don't back up their mentality with the physical strength and energy which come from having plenty of iron in the blood. That irritating twitch that indicates a deficiency of iron in the blood is absolutely essential to enable your blood to transform the food you eat into muscular tissue and brain. It is through iron in the red coloring matter of the blood that life-sustaining oxygen enters the body. Without iron there is no strength, vitality and endurance to combat obstacles or withstand severe strain. Lack of sufficient iron in the blood has ruined many a man's nerves and utterly robbed him of that will force and stamina which are so necessary to success and power in every walk of life.

Therefore, I strongly advise those who feel the need of a strength and blood builder to get a physician's prescription for organic iron—Nuxated Iron—or if you don't want to go to this length, purchase only Nuxated Iron in its original packages and see that this particular name (Nuxated Iron) appears on the package. If you do not remember that such preparations are an entirely different thing from Nuxated Iron, which was formerly connected with well known Hospitals, the Hon. Leslie M. Shaw, former Presidential Cabinet Officer,

former United States Senator Charles A. Towne, former members of Congress, distinguished United States Army Generals (retired), Judge Atkinson of the United States Court of Claims, at Washington, and others.

In regard to the value of Nuxated Iron, William R. Kerr, said: "As Health Commissioner of the City of Chicago, I was impressed many times to recommend different medicines, mineral waters, etc. Never yet have I gone on record as favoring any particular remedy. But in the case of Nuxated Iron, I feel an exception should be made to the rule. From my own experience with it, I feel that it is such a valuable remedy that it ought to be used in every hospital and prescribed by every physician in this country, and if my endorsement shall induce anemic, nervous, run-down men and women to take Nuxated Iron, and receive the wonderful tonic benefits which I have received, I shall feel greatly gratified that I made an exception to my life-long rule in recommending medicine."

Dr. Schuyler C. Jacques, Visiting Surgeon of St. Elizabeth's Hospital, New York City, said: "I have never before given out any medical information or advice for publication.

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."

No matter what other tonics or iron remedies you have used without success—if you are not strong or well, you owe it to yourself to make the following test: See how long you can walk or how far you can walk without becoming tired; next take two five-grain tablets of Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. Nuxated Iron will increase the strength, power and endurance of delicate, nervous, run-down people in two weeks' time in many instances.

Manufacturers' Note: Nuxated Iron which has been used by so many successful people with such surprising results, and which is prescribed and recommended by physicians is not a secret remedy, but one which is well known to druggists everywhere. Unlike the older inorganic iron products it is easily assimilated and does not irritate the bowels, make the black mud spots on the stomach. The manufacturers guarantee successful and entirely satisfactory results to every purchaser or they will refund your money. It is dispensed in this city by Sherman & McClelland drug stores and other druggists—Attention.