

WOMAN'S SECTION OF THE BEE

Conducted by Ella Fleishman

WOMEN IN WARTIME

Church Women Gather Funds for Second Red Cross Drive

Mrs. W. J. Hynes, chairman of the Protestant churches' committee for the second Red Cross war fund drive, has named the following assistants: Baptist Churches—Mrs. Frank Field, chairman; Mesdames W. R. Coonley, W. G. Vickery, Minnie Taylor, N. C. Talbot and W. T. Loomis; Benson, Mrs. D. H. Fair, chairman; Mesdames C. A. Johnson, F. T. Peckard, F. S. Truelling, W. F. Schneider, R. F. Seese, John Calver and Mary Norton.

Episcopal Churches—Mrs. Henry Wyman, chairman; Mesdames Miles Standish, Sam Burns, George C. Smith, John Douglas, Thomas Rich, Charles Merle, C. W. Royce, W. P. Adkins; South Side, Mrs. F. E. Ames. Methodist Churches—Mrs. David Cole, chairman; Mesdames Lloyd Huffstetter, George W. Goodsell, C. B. Swan, T. F. Sturgess, William Temple, R. C. Smith, C. E. Shimer, George W. Potts.

United Presbyterian—Mrs. J. S. Dodds, chairman; Mesdames James McClair, C. K. Camblin, S. N. McCord. Unitarian Church—Mrs. Walter Abbott, chairman. United Brethren—Hartford Memorial, Mrs. J. E. Talmadge. Evangelical Churches—Mrs. E. A. Jackson, chairman; Mesdames Joseph Franz, J. H. Williams.

Salvage Sale On "Now on sale" is the way they do business down the Red Cross Salvage committee headquarters, at 1409 Harney street. Rowed in second hand books line the walls, all sorts of ornaments are distributed about. An addition which came too late for the sale Saturday is two van loads of fine furniture, mahogany beds, and a handsome desk. This donation came from the O. E. Serle home.

For the lover of antiques, the salvage committee has a wonderful offering. It is the spinning wheel brought from Norway by Mrs. Chambers and presented by her to the Red Cross. She values the ornament at \$100. Such great stacks of paper and old magazines are stored in the big back room that more than 200 calls are not able to be answered by the truck driver, because there is no room to store the papers until it is sorted, weighed and sold to the paper company. Every afternoon the services of city firemen have been accepted, and now the salvage work women are going to call the police. It's not that the firemen are disturbing the peace, which ma.e the women call on the aid of the "coppers," it's because they need the latter for still more heavy work.

Standard and War Flour Under regulations of the food administration all the flour mills in this country are making a grade of flour that uses much more of the wheat kernel than has been used in the high grades of pure wheat flour to which the American housewife has long been accustomed. This action on the part of the millers has increased the wheat supply by making it go farther. It is estimated that fully 15,000,000 bushels of wheat have been saved in this way per month.

Government Standard flour, as it is called, is still all-wheat flour. Home mixing must be resorted to in complying with the administration's desire to have us use harley flour, rye flour and the like. Mechanical difficulties are in the way of the miller, who would attempt to produce ready mixed flour, although in some few cases there are rye and wheat flour blends on the market.

War flour, as it is known in Europe, is far inferior to the "standard" flour of America. In Europe war flour is made by grinding from 80 to 90, and even in extreme cases 100 per cent of the wheat berry into the flour. This includes bran and a good deal of the flinty, fibrous particles of the wheat.

On the occasion of the death recently of Miss Estelle Biedenbach, the first woman member of the Pittsburgh bar, the courts of that city adjourned out of respect to her memory.

Khaki-Mended Sweaters, Local Women's Work, Are Sent to Capital

"Knit and the world knits with you, darn and you darn alone," used to be a war slogan, but now darning is quite the thing. Rivalry runs high among women of the National League for Woman's Service, who have taken up mending for the soldiers as a work of patriotism. Such high scores are held by the darners and the patchers that the military men in charge of the reclamation station in Omaha have asked permission to send samples of the work done in Omaha to Washington to show the whole country just what can be done to khaki clothes when an expert mender plays her needle.

When the samples are sent, one of the articles will be a khaki wool sweater which was given to the league in a positively useless condition. The entire back and arms were peppered with holes, many as large as an inch square. It looked very much like the work of the southern crickets who may have made a feast with the khaki yarn, of which they are said to be very fond. Mrs. Thompson G. Travis took the garment and darned the holes until the sweater was made in perfect condition. Another reclaimed sample is an O. D. shirt which had the button holes badly torn and several large rents in it. Gloves, underclothes and other apparel will be sent as examples to Washington.

One thousand pounds of wool for the Red Cross knitters has been ordered for Omaha. A part of this arrived Monday and weighs more than 250 pounds. A shipment will be made of sweaters at the end of the week. All who are nearing the end of their work on these knitted articles are urged to hurry their stitches and finish in time for the shipment in order that as large a shipment as possible may be made.

Flirting With Temptation

By BEATRICE FAIRFAX. "Come on—be a good sport—take a chance," says Lucy. "But I really oughtn't to. I never work very well the next day if I've been up late at night," replies Helen. "You'll be a long time dead. Why don't you have a little fun while you are here?" insists Lucy. "I oughtn't to—I haven't the right kind of clothes."

"Oh, Helen, be game. I'll lend you a hat and the money for a new waist. We'll have a lot of fun and—suppose you don't work so well tomorrow." "Mother wouldn't like me to go out with men I don't know, anyway." "Now, Mabel Hollins, they are my friends. Are you hinting I didn't meet them in the right way, or would you go out with fellows that are not just what they ought to be. Don't come if you don't want to—but you needn't go hurting my feelings about it."

And Helen goes. In the first place she had said, "No, Lucy, I can't," and had stuck to that simple statement, all would have been well. But she flirted with temptation and the results are—a waist she could not afford to buy, a headache that interferes with an important day's work and gives the manager of her office his first doubts about her efficiency—both of these, and more, too.

That one flirtation with temptation has given Helen a desire for more "good times" bought at the risk of health and efficiency, and an equally dangerous desire for the sort of clothes she cannot afford and the society of people who may amuse themselves with her, but who will never give her sincere, helpful or loyal friendship.

It is easier to conquer the first temptation than to deal with all the others that grow out of it. It is never particularly hard to say, "No" to something which doesn't mean very much to you, since you have never tried it. It is never very hard to bend your energies in making up your mind and keeping it made up when you know that every possible advantage lies in firmness. But it is very, very hard to resist the lure of going on with a habit once you have begun to form it.

The first drink, the first misdeed, the first extravagance, the first lowering of your own standard—actually it is harder to yield to these temptations than to resist them. But fear of being laughed at and sheer mental laziness keep folks from the firmness refusal requires. They yield not to any desire for the thing to which they "sell out," but simply and solely because "it is easier to give in than to fight against temptation."

Red Cross Chairman No. 18



MRS. HARRY B. CROUCH. Mrs. Harry B. Crouch is chairman of the new surgical dressings auxiliary of the Scottish Rite Woman's club, which she organized. Since its inception in the middle of March, the 20 members, who work each Wednesday in the Scottish Rite cathedral, have completed 963 4x4 wipes and 725 8x4 wipes. Now the women are working on a bolt of muslin, which will make 200 triangular bandages.

Mrs. Crouch has completed the surgical dressings course specified for all heads of units. Mrs. Earl Stiles, Mrs. Charles Adams and Mrs. Sorenson, are her assistant instructors.

Flowers Arranged With Art and Taste

To anyone of artistic tendencies, a few flowers arranged naturally in a well-selected vase, dish or bowl are more pleasing in appearance than a mass of blooms crowded into any receptacle conveniently at hand which will hold water. There are three, and situations too, when a massing of flowers is desirable, but in rooms of limited area, such as are found in the ordinary home, a simple arrangement in which the individuality of the flowers is preserved is very much more effective. The Japanese have taught us much in the arrangement of flowers for table decoration, and through their teaching the use of low bowls, dishes and trays has become quite general.

In the selection of a receptacle for flowers, the shape adopted should be the one best suited to holding the blooms as nearly as possible in the position in which they appeared on the plant. For instance, iris blooms in the garden are rather loosely disposed; the individuality of each stalk of flowers is very apparent, and a similar effect should be sought in the table arrangement; a few stalks arranged so that the blooms are held in a vase without regard to natural growing conditions.

Where low dishes are used, the flower stems are kept in the required position by means of stem blocks, purchasable at any first class store. These blocks come in various sizes and have angular perforations to hold the flower stems. Sometimes such blocks are in fancy forms, turtles, frogs, lily pads and the like. Flat Receptacles. Bowls and flat receptacles may be filled or partly filled with pebbles, to provide support for the flower stems. Carnations are generally arranged with large other than their own, such as asparagus and ferns, and often with light and small foliaged flowers like stevia and gypsophila. Sprays of carnation foliage, when procurable, cost as much as the flowers, for the reason that every spray cut means the loss of a flower to the grower. Parsies and violets usually look best when arranged in low bowls, and as color is the predominating feature in them, as it is also in sweet peas, wallflowers, and the like, they may be massed. But lilies, iris and orchids should be arranged so that their forms are accentuated; massed arrangements do not suit them.

Five women students in the chemistry course at the University of Wisconsin have volunteered to spend the summer vacation doing men's work in a large iron works. An aggressive campaign to Americanize women of foreign birth has been opened in Buffalo by the Civic Education society of that city.

BLAKE SCHOOL FOR BOYS LAKEWOOD, W. D. Summer session from July to October. Rapid preparation for college. Boys admitted to enter government service. Military training by experts. Horseback riding. Hand and water sports. If you have a son from 12 to 18 you will be interested in our new booklet. Address necessary.

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Secret Service for Cooks

Can you tell the difference between a barley flour chocolate cake and a wheat flour chocolate cake? Do you know whether your biscuits are rice flour or wheat flour? Could you make an accurate guess as to whether that pie crust was corn flour or wheat flour? If you can't, then isn't it silly to say, "O, I can't use these wheat substitutes. The family won't eat them." It is not a question of becoming used to wheat substitutes, but we must realize that the time for idle prejudice and idle talk has gone. It is a question of life and death for our soldiers that we eat other cereals and send the wheat to them.

Cooks of America, line up the ranks of the secret service. You do not hear an employe of that branch of the service talking about his work. But he gets results. So can you. Don't say to your family, "We have no wheat on the table, we are eating no wheat, we haven't had any wheat for weeks." Say rather, "Yes, I think that bread is pretty good my-

What to Wear in Spring

May is an interesting fashion month to every one. Those of us who are not forehanded have still a spring silk frock to get or a hat of all service, and those of us who are forehanded are thinking busily of summer clothes. Whether the dress is going to be of silk or of linen, the narrower under-

skirt with a tunic or panels is common to both. From Paris we learn the best line is straight, or nearly so, with a chemise blouse top loosely draped and tied about the waist or hips. Not so many elaborate dresses were shown this year, but more tailored frocks, probably owing to the lack of material. There are also some draped frocks shown for the summer, and the prettiest of these is one where the drapery is but scant, and a rather straight line is kept.

Women in Reformatory Eager for Red Cross Workers

"One hundred women in Bedford reformatory have been working for the Red Cross," states Agnes M. Penrose, assistant secretary of the Church Mission for Help. "Hundreds of sweaters, scarfs, socks and wristlets have been turned over to that society." The Church Mission of Help is the organized effort of the Episcopal church in diocese of New York for the rescue and rehabilitation of wayward girls.

ARE WEAK NERVES AND LACK OF PHYSICAL STRENGTH HOLDING YOU BACK IN LIFE?

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

Thousands are sold back in life for want of sufficient iron in the blood. Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Out-Door Dept.) New York, and the Westchester County Hospital, is 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 irritable twitch, that fit of despondency, that dainty, fearful feeling—these are the sort of signals nature gives to stir the latent force in the blood, clamoring for strengthening iron—more iron to restore the health by enriching the blood and creating thousands of new red blood cells. "In my opinion the greatest curse to the health and strength of American people of today is the alarming deficiency of iron in their blood. Iron 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 strains. Lack of sufficient iron in the blood has ruined many a man's nerves and utterly robbed him of that virile 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 trouble, then purchase only Nuxated Iron in its original packages and see that this particular name (Nuxated Iron) appears on the package. If you have taken other iron products and failed to get results, remember that such preparations are an entirely different thing from Nuxated Iron, which has been used and strongly endorsed by many physicians 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 imported 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 should 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 it." Dr. Schuyler C. Jaques, Visiting Surgeon of St. Elizabeth's Hospital, New York City, said: "I have never before given out any medical information or advice for publication. I 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. Manufacturer's Note: Nuxated Iron which has been used by so many successful people with such surprising results and which is prescribed and recommended above by physicians is not a secret remedy, but one which is well known to drugists everywhere. Unlike the older iron tonic products it is well assimilated and does not irritate the bowels, make the black nor upset the stomach. The manufacturer guarantees successful and entirely satisfactory results to every purchaser of the product if it is used as directed in this city by Sherman & McClelland drug store and other druggists.—Advertisement

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