

He was the mildest manner'd man That ever scuttled ship, or cut a throat With such true bounding of his soul.

WOMAN'S SECTION OF THE BEE

Long, long afterward, in an oak I found the arrow, still unbroken; And the song, from heathen to end, I found again in the heart of a friend.

Cheer Up Girls! Every Woman Is Beautiful to SOME Men

By BEATRICE FAIRFAX. When a man wants to prove a favorite theory, he begins collecting statistics, taking notes, visiting foreign countries, that promise to contribute the desired information, and finally he writes a book, which, often as not, gathers dust on the shelves of public libraries. Here it remains—uncalled for, unread and unsung.

A woman on the other hand has a much less expensive, less cumbersome method, of arriving at conclusions than this—she consults her intuition, and nine time out of ten she is right.

For instance, Prof. W. M. Galligan wrote a book on "The Psychology of Marriage," in which he says that "primitive man was allured by physical charm and is still so attracted among uncivilized tribes."

She recognizes that as an incontrovertible truth, and she would never think of visiting the Hottentots to observe its baleful effect. She may see it next door, down town or under her own roof, for that matter.

To her straight-to-the-point, instinctive way of looking at things a book on the subject would be a waste of ink. Without stopping to theorize, she turns to the business in hand—the abjuration of man by good looks, either natural or acquired.

She changes her figure, the color of her hair, her expression, her very stature itself to suit the prevailing standards of beauty, whatever they may be. Her business is to look pretty and appeal, and this she does quite successfully. In the meantime, man writing tomes on the subject, gets no nearer the truth than "Primitive man was allured by physical charm, and is still so attracted among uncivilized tribes."

Personal Experience to Help. His own experiences are apparently no help to him. He sees a Hottentot worship a fat lady—that particular "heaven's ideal of beauty"—his own Waterloo may be excessive slenderness, he falls, but he never learns.

Standards of female beauty differ all over the world. The Arab admires slenderness to the point of emaciation. Other desert tribes share the Arab's abhorrence of fat. Readers of the "Garden of Allah" will recall Hitchin's description of Irena, the Kabyle dancing girl who looked enigmatic, almost tubercular, yet thrilled the spectators to the verge of frenzy by her dagger dance. He thus describes her: "Her features were narrow and pointed. Her bones were tiny, and her body was so slender, her waist so small, that, with her flat breast and meager shoulders, she looked almost like a stick crowned with a human face and hung with brilliant draperies."

The tribes of Africa, on the contrary, esteem fat. And they are not alone in their admiration of a generous outline. "The Rubens type," says another authority, "is perhaps the most admired by man. No doubt the desire for a disparity of structure and form, in the two sexes, is deep and fundamental."

Havelock Ellis, who has written a library on the general subject of sex attraction, asserts that carriage has decided influence on selection, and that an awkward gait detracts from a woman's attractiveness. Stoutness is, however, not necessarily a handicap to graceful movements. Spanish women tend to stoutness, but they have the inward curved spine, which makes for statures bearing and nimbleness in motion.

Carrying Bucket on Head. The carrying of a bucket of water or other burden on the head insures an incomparable beauty of gait. A number of opera singers have recourse to this particular form of exercise in their physical culture exercises. It insures poise, with a rhythmic, yet hardly perceptible undulation. Many of the women of our Indian tribes have this splendid characteristic in walking, due to the bearing of head-burden.

Ideals change, the excessive slenderness that has been so much admired in America of late years was not very long ago regarded distinctly unattractive. The belles of the '80s wore a garment called a "basque" that fitted them as a pin cushion fits its cover. Furthermore, they distended the back breadth of their skirts with steel atrocities known as "reeds" and they were not obliged, as are their present-day counterparts, to give up cream and cellulose in order to sidestep adipose tissue.

Before the reeds we had the crinolines of the sixties, which were, of course, a revival of a much earlier fashion. The farthingale of the Elizabethan days and the hoop skirts of the Velasquez sitters were doubtless designed to heighten the suggestion of embonpoint when excessive corpulence was the feminine ideal of beauty.

Havelock Ellis also notes a masculine preference for blonds as widespread. Even in Italy and Spain, where an olive complexion is a racial characteristic, fair women are preferred.

The sole exception to this appears to be the Chinese, who abhor blonds, regarding them as the result of carnation deities. When Miss Carl painted the portrait of the late dowager empress of China, the imperial lady gave the artist a magnificent sable cap with which to cover her blonde tresses, as even a glimpse of blonde hair was distasteful to her.

Men write books on physical characteristics and continue to give themselves away in their chapters. But woman does not commit herself; she is there, however, with whatever brand of beauty is called for. "We aim to please" might be the motto of the fair sex, only on this subject she has succeeded in maintaining an absolute silence. He does the writing and talking, she acts.

Linen or Pongee



—Fashion Camera Photo. He looks cool, doesn't he? Why not when his sailor costume is made of Irish linen or pongee and is so easily washed? Collar and cuffs of brown tiffen are removable and the entire suit is extremely serviceable.

Girls Eat Too Fast and Foolishly

Girls eat irregularly, too fast and without the proper regard to the rules of diet. Such is the pronouncement of Dr. Augusta Rucker, director of the division of health of the social education department, Young Women's Christian association.

Next to faulty eating, lack of proper exercise plays the most havoc with girls' health nowadays, says Dr. Rucker. Her plan is to establish health centers all over the country, where girls and business women can be examined and advised in health matters and where they may, if they wish, enroll in classes for gymnasium work which will be given with a special thought toward corrective exercises. The purpose of the center is "To keep women well."

A model health center has been opened in New York City. Examinations are made from 12 until 10 p. m. daily in order to accommodate business women. No fees are charged. Any woman may go in to be examined. Dr. Florence Meredith, who has recently made medical examinations at Wellesley college and at a Boston factory where 3,500 women were employed, is directing the center.

Cleaning Household Articles

A knowledge of practical chemistry and physics can be used to good advantage in the home when methods for removing stains and cleaning household articles are to be utilized. One must exercise care in the choice of agents to see that they do not injure the article to be polished or cleaned.

Borax, added to water, greatly aids in the removal of dirt, and most readers are familiar with the use of ammonia for this purpose, says a writer in Electrical Experimenter for July. All polished wood surfaces, except those finished with wax, may be cleaned with a weak solution of ammonia, but they never should be treated with a strong alkaline solution. Kerosene or turpentine may be used as solvents for grease, and painted surfaces, especially white, and may be cleaned with whiting.

Leather may be kept bright or clean with kerosene and occasionally a little oil, marble may be scoured with sandpaper, and alcohol is used extensively to clean dirty glass. As a substitute for dangerous gasoline one may use carbolic tetrachloride, which is non-inflammable.

Women from Many Countries Due at "Sex" Meeting

A convention of large national women's organizations which have carried responsibility for some phase of constructive work on sex problems has been called in New York for the week of October 19 to 24 by social morality committee of the War Work Council of the Young Women's Christian association for the purpose of initiating an enlarged program of education on health and social problems.

Delegates to this convention will be invited to the open sessions of the International Conference of women physicians, which will then be holding its final week's program. This conference, also called by the Y. W. C. A., will last for six weeks, and will include among the delegates leading women physicians and psychologists of Europe, Asia, South and North America.

Among the national organizations to be represented at the October convention are: Association of Collegiate Alumnae; Council of Jewish Women; General Federation of Women's clubs; Medical Women's

Association; Congress of Mothers and Parent-teachers; American Women's Suffrage associations; National Council of Women; National League of Women Workers; Women's Trade Union League; Southern Association of College Women; National Women's Temperance Union; Women's Department of the Civic Federation; Young Women's Hebrew association; National Board of Young Women's Christian association and Professional Women's clubs.

Between 15,000 and 20,000 women are convicted of drunkenness in the metropolitan area of London each year.

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An Unusual Dental Exhibit

Will Be Shown at the Victory State Fair at Lincoln, Neb. This unusual exhibit will include all the latest improvements in Dentistry: The Respirator for Painless Dentistry, Muscle Trimmed Plates that fit all cases, Dr. Todd's Patent Teeth, also his latest discovery of Medicated Pyorrhea Chewing Gum.

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Dr. G. W. Todd, Barker Bldg.

Advice to the Lovelorn

Love Comes Unbidden and, "To Love or Not We Are No More Free Than the Ripple to Rise and Leave the Sea."

By BEATRICE FAIRFAX. Undecided. Like this young man, but I do not think you love him, for the simple reason that there are doubts in your mind. Go to business college this winter, if you like, and continue to be good friends with him. Time will tell, and maybe in a few months you will know your own heart, which you certainly do not now.

Pawn Shop. Dear Miss Fairfax, Omaha Bee: I am a young girl coming to you for a little information, but not "Advice to the Lovelorn." Are there any jewelry or pawn shops here in Omaha where one can sell second-hand rings at a reasonable price? If so, can you give me the address? How's my writing? Sincerely, C. C.

My experience with pawn shops has been so limited that I hesitate to give advice. However, there are such places listed in the classified section of the phone book and city directory.

Dear Miss Fairfax, Omaha Bee: I am a reader of your "Advice to the Lovelorn," so I have come to you for advice. I am a girl with dark hair, eyes and dark complexion. Now, a boy friend of mine that I like quite well goes with me once in a while. He takes me home from parties and shows. Then he will

Remember, there is a great deal more to the marrying game than just pretty new clothes, gifts and general glamour. There is always the dull gray of the morning after, and if you are not sure—I advise you to go slow—by all means. You

women who are supposed to be fairly representative of health ideals. It is important for the industrial girl to be able to say not only what she can do today, but with a fair degree of certainty what she will be able to do one year or two years from today. If she comes to us comparatively well, and follows our instructions, she will be able to keep her health and to improve it. For that reason industrial girls will be the first consideration at the health center.

In examining factory girls and college girls, I have found that there is no great difference in their conditions. It is true that one has been under a mental strain and the other under a physical strain, but I have found that the girl who is delicately brought up has not the chances of one who has had to rough it. The main thing that is wrong with both classes of girls is their faulty eating.

HEAVY HOISTING. E. J. DAVIS. 1212 FARNAM ST. Tel. D. 353. Three ways to reduce your weight. Particulars mailed free to any address. Hall Chem. Co. Dept. B-69 St. Louis, Mo.

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A Household Necessity. THERMOPAK is a household necessity and should be in every home. The longer you delay buying a THERMOPAK, the more housekeeping inconveniences you will experience.

The very next time you have ice cream delivered to your home have it sent in a THERMOPAK. Then, when you are ready to serve it two hours later, you will find it to be in perfect condition.

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turn me down and go with the worst girls in town. Would you go with him if you were me? Do you suppose he likes me? How old should a girl be before she goes with boys? What should one do if a boy kisses and hugs you against your will? Is my writing good or poor? One night I went with a boy and he tried to hug me before we were introduced. Do you think that was right? If you are well acquainted with a boy and you like him is it all right for you to let him kiss you? I hope to see this in print in The Omaha Daily Bee soon. I am ATWIN SISTER.

I am surprised that a self-respecting young girl would go out with a boy who treated her with such discourtesy. I fear he is fooling you. A girl should be old enough to have sense enough to conduct herself properly. Some girls attain this degree of wisdom very early and some never. Boys do not kiss girls against their wishes more than once—if it occurs more often, the boy evidently takes it for granted that

you are quite pleased with his familiarity. The boy who tried to kiss you before you were introduced was rushing things a bit, to say the least. Personally, I don't care how many boys you kiss, but it is bad taste in the extreme and cheapens you in their eyes. Now, with this advice, go as far as you like and act as silly as possible.

Ask Him. Dear Miss Fairfax, Omaha Bee: I am in need of some good advice. I am a girl, 18 years of age. I am engaged to be married in one month from date. I think very much of my fiancé and he loves me dearly, so he says. I always trusted him and thought him true until one week ago, when I saw him out riding with another girl. I didn't say anything to him, but I have thought a lot about it and it worries me very much. Should I let it go or should I say something about it to him? I would not like to marry him and think him untrue. I have a beautiful diamond and we have selected our furniture. I am undecided and

need your good advice. Please assist me if you can. IN DOUBT. Mention it to him and relieve your mind. He may have met some friends, who merely said: "Jump in and take a little air with us." No harm to that at all. Then, he may be all wrong. Ask him.

Brown Eyes—You have evidently made your decision about marrying, so why bother me? If you 18-year-olders would only realize what you are losing by trying to imitate women of mature years you would laugh and romp and cling to youth as long as possible.

Sweetheart—I see no harm in going to little parties with nice boys if mother knows all about it and approves. "No steadies" mind you. Every year you are too young to be engaged. It is a bad practice for girls so young to spend money in large sums. It fosters false ideas of what money is worth.

Miss Elva Krogh's group held a swimming party at Krug park, Friday morning.

Growing Children Need Milk For Health, Growth, Strength. MODERN experiments in nutrition have proven beyond shadow of doubt that milk, which contains "Vitamines," is a necessity to the growth of children and the good health of everyone. Vitamines is only obtainable in appreciable quantities in milk, butter, cheese and eggs. In sections of the country where dairy products are scarce, children have rickets, tuberculosis and other skeletal diseases in great numbers and those that avoid such diseases are stunted in growth and delicate. Give your children milk—lots of it. Every child should have a pint of milk a day—a quart is better. Use only pure, pasteurized milk. To be sure buy from ALAMITO (MILK WHITE) DAIRY. Doug. 409 Council Bluffs 205.

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Physician Explains Secret of Strong Nerves, Keen Active Brains, and Great Physical Energy—Tells How Nuxated Iron Helps Make Red Blood, Strength and Endurance.

"Strong, healthy men and women with plenty of iron in their blood are the ones who go through life with a smile, self-reliant and fearless, and their dynamic power and energy make them virtually masters of their own destinies," says Dr. John W. Van Horne, formerly Medical Inspector and Clinical Physician on the Board of Health of New York City, in commenting on the relation of strong nerves and physical endurance to the attainment of success and power.

"Strength and vitality of body and mind are derived from the blood and the blood in turn derives its strength from the food we eat and the oxygen contained in the air we breathe. But unless the blood is rich in iron to increase its oxygen carrying power it cannot develop living tissue, muscle and brain or keep active the vital forces. Many a bright, intelligent man or woman works hard for years to make a success of life only to find that when the crucial test comes they may lack the power and energy to combat the obstacles and withstand the strains demanded of them in order to win. Not until bitter disappointment men starts them in the face do they realize that the real and primary cause of their failure may be nothing more than depleted nerve force—physical and mental depression—and a general run-down condition brought on by lack of iron in the blood. It is surprising how many people who do not get along in life are in reality suffering from iron deficiency and do not know it. To supply this lack of iron and help build stronger, healthier men and women, better able physically to meet the problems of everyday life, believe that physicians should, at every opportunity, prescribe organic iron—Nuxated Iron—for in my experience it is one of the best tonic and red blood builders known to medical science."

Nuxated Iron has been used and highly endorsed by widely known men and women of the higher caliber. When people like these come out frankly and publicly endorse a product which they have personally found valuable for building health, strength and endurance, there can certainly no longer be any doubt as to its efficacy. It is being used by over three million people annually. If you are not strong or well you owe it to yourself to make the following test: See how low your iron count is. 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.

Mrs. James Longstreet, widow of the famous Civil War General, and one of America's foremost editorial writers, says Nuxated Iron brought her back to health, strength and strength when every other tonic had failed her.

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This Is Great for Tired, Wilted, Wrinkled Faces. An effective warm weather treatment—helps tend to ease wrinkles and flabbiness—is a skin-lightener made by dissolving one ounce of powdered azolette in half pint of water. Rubs the face in to solution and remarkable improvement will be observed immediately. The lines and sag disappear in a hurry. You feel and look much refreshed. The face has a more youthful appearance. As there is beneficial tonic action the results are more than temporary, this being noticed particularly in the effect upon the hair. The azolette is a safe and healthful wash, which can be purchased at any drug store, are quite harmless, of course.—Advertisers.