

But it is better to follow even the shadow of the best than to remain content with the worst. —Van Dyke.

WOMAN'S SECTION OF THE BEE

Own, if you can, one of those pleasant faces that bring the sunshine to earth's shadowed places. —Nison Waterman.

Minnie Maddern Fiske, actress. Born in New Orleans, lives in New York. Married.

CLUBBING

For Women Voters

Department Leader of Woman's Club Made Committee Head



Nujol
For Constipation

A New Method of Treating an Old Complaint

OMAHA club women in recent years have been actively engaged in movements relating to the nourishment of children. At one time the penny lunch system was in operation here. Those who are concerned in the necessity for such institutions may be interested in the report of the government health department made public recently. Its record of child hygiene for the years 1915 to 1919, shows some surprising facts.

"Just now," says the report, "there is considerable interest in the proper nutrition of children. This is a phase of school medical inspection in which the department has long been interested, and in which, though much valuable and interesting data has been secured, it has been handicapped owing to lack of equipment."

The following figures bearing upon malnutrition as found in the school children of Chicago are of interest. Of 141,811 children examined, 86,556, or 61.2 per cent, were found defective. Of these 80,830, or 57 per cent, showed a deviation from normal not severe enough to be of pathologic import to the child; 5,269, or 3.75 per cent, indicated defects calling for attention and treatment; and 475, or .35 per cent, were found with defects so serious as to demand immediate attention and treatment.

"The relation of nutrition to men-

tality is indicated by the following figures:

Nutrition	Excellent	Good	Fair	Poor	Very poor
Mortality (per cent)	24	50	24.5	10	5

"And, finally, it is both interesting and encouraging to note the results when, through proper co-operation, corrections of defects found have been obtained. Take, for example, nutrition. Of 1,393 cases under observation and treatment, 1,094, or 78.5 per cent, showed improvement in health; 877, or 62.9 per cent, improvement in mentality, and 922, or 66.1 per cent, an improvement in attendance."

Art Department.
The art department of the Omaha Woman's club will meet Thursday afternoon at 2:30 in the Y. W. C. A. Mrs. J. B. Adams will speak on "Americans Abroad." Mrs. H. H. Claiborne on "Newspaper Illustrations" and J. W. Bloodhart on "Cartooning."

Daughters of Civil War.
The Daughters of Civil War Veterans, Betsy Ross tent No. 1, will meet Thursday afternoon at 2 o'clock in Memorial hall, court house.

West Side W. C. T. U.
The West Side W. C. T. U. will meet with Mrs. E. Grover, 1936 South Fifteenth avenue, Thursday afternoon at 2:30.

Nebraska women are to vote this year. Their vote may be decisive, quite naturally, they are confronted with many new questions, both as to the procedure of voting and the issues involved.

The Bee, under this heading, will answer each day such questions as its readers may ask. The questions need not be exclusively by women, although special attention will be paid the women's problems.

Address "The Woman Voter," The Bee.

Will you kindly tell me what is meant by "constitutional offices" for which women cannot vote?

"Constitutional offices" refer to the offices created by the constitution. In Nebraska they are:

United States senator, congressman, governor, lieutenant governor, secretary of state, auditor of public accounts, state treasurer, state superintendent of public instruction, attorney general, commissioner of public lands and buildings, railway commissioners, regents of the state university, state senators, state representatives, supreme judges, district judges, county judges, police judges, and justices of the peace.



Mrs. H. J. Bailey

is at present leader of the political and social science department, which office she has held for the last two years. She is compiler of a pamphlet relating to the municipal government of Omaha. Mrs. Bailey is known as one of the reliable, co-operative and progressive members of the Woman's club, of which organization she has been a member since 1914.

Mrs. Bailey is one of the club women who does not object to Sunday dances when they are properly conducted. She does not approve of commercialized amusements on Sunday, but declares that women should not lose sight of the fact that some recreation must be provided.

"Our endeavor should be to make amusements for our young people as wholesome and well supervised as possible. Instead of having numerous dance halls open on Sunday night throughout our city, for instance," she stated, "it seems to me that as a municipality we could open our Auditorium, or a similar place, arrange for proper supervision such as our welfare board would give, provide good music and operate the dance without charge." A small tax might be necessary to meet part or all of the actual expense attached, but, in her opinion, no commercial profit should be allowed.

Domestic Education A. C. A.
The Domestic Education section of the A. C. A. will meet Thursday, March 4, at 1:30 with Mrs. Roy Sunderland. Each member is requested to bring two recipes for the diet of children.

Community Service.
Thursday, March 4—Dinner and social evening at Girls' Community house for D. T. A. club at 6:30 p. m. Dance at Army and Navy club, given by K. K. K. club, 8:30 to 11 p. m.

Immanuel Ladies' Aid.
The Immanuel Ladies' Aid of Benson, will meet Thursday afternoon at the home of Mrs. H. D. Lebbert, 6573 Maple street. Mrs. Otte will assist the hostess.

Home Economics.
The home economics department of the Omaha Woman's club will meet Thursday morning at 10 o'clock with Mrs. H. T. Zibler. "Modern Kitchen Equipment" will be discussed. Luncheon at noon.

Lovelorn

By BEATRICE FAIRFAX.

To Whom Does Ring Belong in Broken Engagement?

To whom does the ring belong when an engagement is broken? Miss Fairfax invites her readers to reply to this question. The ring is in token of a certain promise between a man and woman. Suppose the woman is willing to keep her promise and the man makes it impossible for her to marry him. Should she return the ring or might it be honorably retained as a symbol of the love once given? The girl might never marry. Would the ring be a comfort to her through the years? Perhaps the woman breaks the engagement. Would the young man who gave it to her with his vows of love prefer that she keep it and wear it with some kind thought of the donor than to return it merely because of its commercial value? What do you think? A letter signed "Miss Lovelorn" brings up the engagement. We trust our readers will be able to settle it for her.

Children.
Dear Miss Fairfax, Omaha Bee: This is the first time I have written for your advice.

We are two girl chums, one 15, one 14. Do you think it is right for our boy friends to take us to the shows and to the dances?

Hoping to see our letter in print soon. I am, I trust, TWO PALES.

You are too young to be going with boys.

Mixed-Up.—Do not marry him. He has lived to a ripe old age. Let him pass on in peace.

Mrs. R.—Beet sugar can be used successfully in canning. Cane sugar is more refined and is better than beet sugar.

Hippo.—Ask your father's advice and follow it. You are childish for your years.

Does Love Beget Love?
Dear Miss Fairfax, Omaha Bee: Does love always beget love?

The answer is no. Just as a soft answer turneth away wrath, so love and kindness inspire like feelings in those around us, but that rule—nor any other—does not apply to love in its romantic sense.

Join a Community Club.
Dear Miss Fairfax, Omaha Bee: I am a young man of 19 and have no girl friend. I do not dance, is the only reason I can give for not having a friend. I don't think I have to dance to have a friend because I believe there are girls that do not dance and would like to have a boy friend. I am writing to you because I think you might help me as you have others.

I am six feet tall, blue eyes and a gentleman. I dress as neat as I possibly can. I do not know very many young people in Omaha and find it is lonesome without company. I wish a respected, true-hearted girl would write to me. I will leave my name and address with Miss Fairfax, hoping to hear from some one.

DICK.

To the Friend of Children.
Will the "Friend and Lover of Innocent Children" write to Violet at the original address. We have talked with her, and she makes this request, thinking mail has gone astray during the past two months.

Z. B. W.—You are too young to take any boy seriously. You are not more than a "mere kid" now. Keep your hair down and do not try to rob yourself of childhood.

Inquisitive.—The address of "Baby" Helen Marie Osborne is Diando Film Corporation, Glendale, Cal.

Longfellow Circle.
The social meeting of the Longfellow Circle, which was to have been held at the home of Mrs. Byron

Oberst Thursday evening, has been indefinitely postponed, owing to the illness of Mrs. Oberst and her daughter. The regular meeting will be held Thursday evening at 7:30 at the public library.

W. C. T. U. Delegate.
Miss Ida Kubby was guest of honor Tuesday night at a farewell party given by the Young Women's Hebrew association. Miss Kubby is a past president of the organization. She leaves Thursday for London, England, to attend the world convention of the W. C. T. U., especially representing Americanization work. She will visit in eastern cities enroute, sailing from New York March 30. While in Europe Miss Kubby will visit Poland and the battlefields of France and Belgium. A loving cup was presented to Miss Kubby Tuesday evening by the Y. W. H. A. through the president, Miss Iva Siegel.

ADVERTISING

DYED HER BLOUSE, SKIRT AND A COAT

"Diamond Dyes" Turned Faded, Shabby Apparel Into New.

Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods—dresses, blouses, stockings, skirts, children's coats, feathers, draperies, coverings.

The Direction Book with each package tells so plainly how to diamond dye over any color that you cannot make a mistake.

To match any material have druggist show you "Diamond Dye" Color Card.

Famous Old Recipe for Cough Syrup

Easily and cheaply made at home, but it beats down all for quick results.

Thousands of housewives have found that they can save two-thirds of the money usually spent for cough preparations, by using this well-known old recipe for making cough syrup at home. It is simple and cheap, but it really has no equal for prompt results. It acts right hold of a cough and gives immediate relief, usually stopping an ordinary cough in 24 hours or less.

Get 2½ ounces of Pinex from any druggist, pour it into a pint bottle and add plain granulated sugar syrup to make a full pint. If you prefer, use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, it tastes good, keeps perfectly, and lasts a family a long time.

It's truly astonishing how quickly it acts, penetrating through every air passage of the throat and lungs—loosens and raises the phlegm, soothes and heals the membranes, and gradually but surely the annoying throat tickle and dreaded cough disappear entirely. Nothing better for bronchitis, spasmodic cough, hoarseness or bronchial asthma.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, known the world over for its healing effect on the membranes.

Avoid disappointment by asking your druggist for "2½ ounces of Pinex" with full directions and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Ft. Wayne, Ind.

WARNING

In keeping your bowels regular do not become addicted to washing pills or mineral laxatives. Just try NUGIOL: safe, gentle, wholesome. Best and surest. Obtainable at drug stores, everywhere. Keweenaw is relief for many ailments: indigestion, constipation, headache, dizziness, biliousness, gas, heartburn, torpid liver, bad breath, nervousness, dyspepsia, indigestion, obesity, neuralgia and physical distress.

Alvin York of Tennessee

Sergeant 328th Infantry A. E. F.



Colonel Governor's Staff Tennessee



MRS. ALVIN YORK WIFE



MRS. MARY YORK MOTHER

ALVIN C. YORK PALL MALL, TENN.

On October 8, 1918, Sergeant Alvin York and seven privates, advancing on a German position in the Argonne, faced an entire machine gun battalion. Official records show that York killed 20 Germans with his automatic pistol and rifle, captured 132 prisoners, and put 35 machine guns out of action. York received the highest American military decoration—the Congressional Medal of Honor. Upon his return from France, the Tennessee Legislature commissioned him a Colonel, for life, on the Governor's staff.

A Black-Draught Family

To a reporter, who visited the York home, Colonel York authorized the publication of the following statement:

"My mother has used in our family for years, Thedford's Black-Draught for torpid liver, stomach trouble, headache and other troubles. We certainly can recommend it and gladly do so.

"We use it constantly and call it our family medicine. My mother doesn't think she could get along without it, and we, when children, dared not complain unless we wanted to be dosed with

Thedford's Black-Draught

BLACK-DRAUGHT IS MADE IN CHATTANOOGA, TENNESSEE

THE COLFAX

An American "Spa" Bearing Favorable Comparison With Exclusive Foreign Resorts

160 acres of wooded grounds located upon high hills; one of the most desirably situated hotels on this continent for people requiring absolute Rest and Recuperation.

A Mineral Water beneficial for Liver and Kidney disorders. Scientific Massage and Baths for Rheumatic ailments.

A Cafe operated upon the European Plan with "Table d'Hote" and "A la Carte" meals at sensible prices.

Information and Booklets Can Be Had at the Resort Bureau of this paper or by Addressing

James P. Donahue, Proprietor
Hotel Colfax and Mineral Springs,
COLFAX, IOWA
On the Rock Island Lines

BUEHLER BROS.

FOUR NEW CASH MEAT MARKETS

212 North 16th Street Omaha	2408 Cuming Street Omaha, Neb.
4903 South 24th Street South Omaha	634 Broadway Council Bluffs

For Quality Meats, Service and Low Prices.

Choice Beef Pot Roast 11c	Fresh Leaf Lard 22c	Choice Chuck Steak 16c	Sugar Cured Breakfast Bacon (½ or whole) 31c
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BEEF CUTS	SMOKED MEATS
Choice Rib Boiling Beef . . . 9c	Fancy Sugar Cured Picnic Hams . . . 19c
Choice Beef Chuck Roast . 12½c	Fancy Sugar Cured Regular Hams . . . 28c
Choice Rib Roast, Beef . . . 18c	Fancy Sugar Cured Skinned Hams . . . 26c
Choice Round Steak . . . 20c	Cudahy's Puritan Bacon . 41c
Choice Sirloin Steak . . . 24c	PORK CUTS
Fresh Cut Hamburger . . . 18c	Pork Loin Roast . . . 24c
Choice Boneless Corned Beef, at . . . 17c	Fancy Pork Chops . . . 26c
CHEESE	Fresh Boston Butts . . . 24c
Fancy Cream Cheese . . . 37c	Fresh Spare Ribs . . . 20c
Fancy Brick Cheese . . . 37c	Fresh Pigs' Feet, 4 lbs. . . 25c
SAUSAGES AND COOKED MEATS	Fresh Pigs' Ears, 4 lbs. . . 25c
Choice Frankfurts . . . 18c	Fresh Pigs' Hearts, 3 lbs. . 25c
Choice Wienies . . . 18c	Fresh Pigs' Tails . . . 16c
Choice Garlic Sausages . . 18c	Fresh Neck Bones, 4 lbs. . 25c
Choice Polish Sausages . . 18c	VEAL CUTS
Choice Minced Ham . . . 25c	Choice Veal Breasts . . . 15c
Choice Pressed Ham . . . 25c	Fancy Veal Roast . . . 18c
Fancy Summer Sausage . . 24c	Fancy Veal Legs, ½ or whole, at . . . 20c
Fancy Boiled Ham . . . 55c	Fancy Veal Loins . . . 20c
Choice Liver Sausage . . . 17c	Fancy Veal Chops . . . 22c