

Notes About The Biennial

A PRESS luncheon and conference will be a feature of Friday, June 18, and will be held in the Venetian room at Hotel Savery. Mrs. Edwin Knapp, press chairman of the G. F. W. C., will preside at the luncheon at which Miss Georgia Bacon of Worcester, Mass., first vice president; Mrs. Thomas G. Winter of Minneapolis, second vice president; Miss Helen Louise Knapp, editor of the G. F. W. C. magazine and others will speak.

Philander P. Claxton, United States commissioner of education, will be one of the speakers for the education department on a special program devoted to the subject of the value of the kindergarten.

To make every penny buy something that women really need and want and to utilize it to the best possible extent as though it were money itself is the great message that the thrift committee of the G. F. W. C. is stressing in its spring campaign.

The reorganization of the working policy of the general federation is to be worked out at this convention. Mrs. Robert Burdette of Pasadena, Cal., has arranged a plan and it was approved by the executive board of the organization. This plan will be presented for approval at the convention in Des Moines.

Inquiries are being made repeatedly concerning the housing of visitors to the convention who are not delegates. All visitors will be equally welcome and many rooms will be accessible outside the hotels as a moderate price of \$1 per night or \$1.50 for night and breakfast.

These rooms are being listed by the ways and means committee of the Des Moines Federation of Women's clubs and will be for the most part in homes of club women. Application for such rooms should be made through the hotels committee. Mrs. W. H. Seider, 900 Fleming building, chairman, and are being offered not alone to Iowa women, but to women from other states as well.

The hotels committee regrets that every club woman in the United States who wishes to visit Des Moines in June cannot be given a room alone, with bath, and at the headquarters hotel, but those who must go outside will be well cared for and made most comfortable.

The chiropodists tell me they never did a bigger business than they have been doing this spring. "These high heels are a grand old thing for us," said one of these friends of the troubled pedestrian. "My mail never had so many calls for relief from the woes of the foot as it has during the last few weeks here."

Costs Wrinkles and Pain.
High heels are the temptation of temptations. No matter how normally sized a woman's feet may be, she would have them appear smaller. And there's no denying that feet are daintier appearing in a heel of the above description; but what's the use of acquiring the excessive daintiness at the cost of wrinkles and a pained body and possibly distorted feet.

If you want to be convinced of what these heels actually do to the feet, you might have an X-ray taken of the foot in one and note the displaced bones and ligaments. Or a simple home test: Take a block of wood or pile up a couple of books and set the heel at that height. Isn't it rather ridiculous when you think of it, to send missionaries to China to tell the heathen Chinese how sinful it is to strap and bind the feet of girls, when young women of our own national persuasion mince around on a pair of shoes comparable in proportion?

Only Shoes to Blame.
The folly of it is that the troubles are not the trifling ills of a misplaced vanity. The general vigor and general health are impaired when anything that interferes with foot and leg ease is adopted.

In almost every instance foot troubles have only shoes and one's bad sense in the choice of them to blame. They are responsible for corns, callosities, jammed and crowded toes, ingrowing toe nails, flat feet, bunions, broken arches, perspiring feet and cold feet; the latter due to inability of the blood to circulate freely.

The heel may vary from an inch to an inch and a half, according to the requirements of the feet around the instep, and so long as it does not develop into a high heel that does not upset the rational center of gravity.

"Tip" from the Army.
Now, for a few remedies for the innumerable complaints suggested by my correspondents:
To avoid blisters at the heels—

Why Criticize China?



The main, is used in the advertised remedies for foot troubles.

For calluses use a hand pumice stone, rubbed vigorously after bathing the feet.

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No More Corn Suffering
"Gets-It" Never Leaves Corn On Any Foot For Very Long.

The hurting "pop" goes right out of that corn the moment a few drops of "Gets-It" lands there. It is through, and "for keeps."

Corns and "Gets-It" Can't Live Together.

You'll have no more pain but will notice the corn getting loose and wobbly. In a day or so, you lift it right off without any feeling. That's the end of the corn and of your troubles. Millions have proved "Gets-It" to be the one and only unflinching common sense corn remover. Why not you?

"Gets-It" costs but a trifle at any drug store and carries a money-back guarantee. Mfd. by E. Lawrence & Co., Chicago.

ADVERTISEMENTS

To Banish Night-Made Wrinkles in Morning
When one gets up in the morning after a troublesome, sleepless night, haggard and worn, with the tell-tale lines and wrinkles, and dark circles under the eyes, here's the thing to quickly make one normal-looking and presentable. Bathe the face in a simple lotion made by dissolving an ounce of powdered zinc in half pint of witch hazel. Almost immediately there is a wonderful transformation. One effect is to tighten the skin and obliterate the wrinkles and lines, likewise puffiness under the eyes. The face looks—and feels—bright and refreshed, as though insomnia's victim had just awakened from a beauty sleep.

Any druggist can supply zinc oxide and witch hazel, and any woman can easily make this harmless and splendid facial rejuvenator.

ADVERTISEMENTS

Red Blood for Pale People!
A big supply of red blood corpuscles is what helps to make any man or woman have a healthy, pink complexion and cherry red lips. Resort to paint and powder are totally unnecessary and besides that, are harmful. Three-grain hypo-nucleate tablets, if used regularly for several months, seem to create a greatly added number of millions to the red and white corpuscles of the blood, and not only improve the color, but add increased flesh to the thin and frail body. These tablets promote assimilation, absorption and digestion, and this splendid aid to nature's forces transforms the complexion and figure. They are prescribed by physicians, but being of a perfectly harmless character, self-administration is being followed by many, who obtain their direct from any well-stocked apothecary shop.

Camp Fire Girls

Monday afternoon from 4 to 6, the Guardians' association of the Omaha Campfire Girls will have a tea at the Blackstone in honor of Miss Helen Buck of New York. Miss Buck is head of the plan and method department of the national headquarters of Campfire Girls.

The Omaha Campfire held a council fire Tuesday at the home of their guardian, Miss Margaret Stirling. Jane Roberts expressed her desire to become a Campfire girl and was received into the circle. Pauline Parmelee took the wood gatherers' rank and Marjorie Corey and Elinor Ryner received special local honors for assisting in their homes during illness. Marion Hoerner also received a local honor.

The Waha group with their new guardian, Miss Margretha Grimmel, enjoyed an industrial hike Saturday morning to the Kirkenhall shoe factory, after which they returned to her home for luncheon which was prepared by four of the girls as a requirement for their fire makers rank.

Ruth Grimmel, Virginia Worst, Virginia Heyden and Dorothy Rutherford cooked and served the luncheon.

The Aokiya group held a ceremonial meeting Tuesday and their guardian, Mrs. Virginia Davidson,

talked on the law of the campfire. About half of the group had finished their head bands and wore them at this time. The candles of work, health and love were lit by Mildred Cole, Helen Bloss and Lois McDonald.

The Wishago Campfire girls, Miss Helen Pecha guardian, won the challenge with the Boy Scouts of Troop 34 for the best program at the community center. On Friday they gave a play at Edward Rosewater school; also dancing, reading and piano selections. The seven judges who were chosen decided in favor of the Campfire girls.

The Luta group met at their guardian's home Thursday afternoon and planned a ceremonial for next meeting.

The Geneshaho group, Mrs. Katherine Fisher guardian, held a meeting Wednesday afternoon at the Y. W. C. A. Corine Anderson, Marguerite Lattimer and Eloise Margaret were taken into the group.

At the Church of Our Redeemer two campfire groups were organized Thursday afternoon, one a High school group with Mrs. T. B. Bialles as guardian, the other a grade school group with Mrs. Frank Nelson guardian. A board of counselors, including Mrs. George Boyer and Mrs. C. B. Harmon, were elected.

NEVER GRIPE OR SICKEN
Cascarets
FOR LIVER AND BOWELS
THEY WORK WHILE YOU SLEEP

All Biliousness, Headache and Constipation gone!

See the Poisons In Your Blood
Mighty Poisons Accumulated Through the Winter Months Mean Disaster and Disease.
Says Rid the System With Sulpher Tablets Easily.

ANTI-FAT
Art thou stout and getting stouter? Stop repining—cease to moan; Hie thee to the nearest drug store—Ask for "Tablets Arbolone."

II.
Arbolone will stop that craving. Make thee normal—that's well known. Thou'lt forget that hungry feeling After taking Arbolone.

III.
And the pounds away will dwindle—Wait no longer like a zone; Thou'lt be thankful to the maker Of those Tablets Arbolone.

Note.—This little poem was written by a literary woman of Los Angeles, Cal., as a testimonial to Tablets Arbolone. It so aptly and truthfully describes the virtues of this well-known anti-fat that the proprietors use it for advertising. Facts and gratitude are both expressed with admirable rhythm and metre.

ADVERTISEMENTS

DON'T SQUEEZE BLACK-HEADS—DISSOLVE THEM
Squeezing and pinching out blackheads make the pores large and cause irritation—then, too, after they have become hard you cannot get all of them out. Blackheads are caused by accumulations of dirt and dirt and secretions from the skin and there is only one safe and sure way and one that never fails to get rid of them—a simple way, too—that is to dissolve them. Just get from any drug store about two ounces of calomel powder—sprinkle a little on a hot, wet sponge—rub over the blackheads briskly for a few seconds—wash off and you'll be surprised to see that every blackhead has disappeared, and the skin will be left soft and the pores in their natural condition—anyone troubled with these unsightly blemishes should try this simple method.

See Want Ads Are Best Business Boosters.

Hair Removed DeMiracle
This method for removing superfluous hair is totally different from all others because it attacks hair under the skin as well as on the skin. It does this by absorption.

Only genuine DeMiracle has a money-back guarantee in each package. Ask toilet counters for DeMiracle. It costs 50c or \$1.00 per package. Buy from us in plain wrapper on receipt of price.

FREE book with testimonials of highest authority, explains what causes hair on face, neck and arms, why it increases and how DeMiracle destroys it. Mailed in plain sealed envelope on request. DeMiracle, Park Ave. and 129th St., New York.

ADVERTISEMENTS

Pay When Cured
Dr. Burkhardt wants you to write him today for a treatment of Dr. Burkhardt's Vegetable Compound for Liver, Kidney, Stomach Trouble, Constipation, Catarrh, Rheumatism. Pay when cured. Don't miss this grandest of remedies and wonderful preventative for Grip. Fla. Address 621 Main St., Clifton, O. For sale at all Drug Stores. 30-day treatment 25c—Adv.

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One of the potent ingredients of Kotalo—for the hair—is genuine bear oil. There are other active ingredients not found in any other hair preparation. Kotalo has succeeded in many cases of baldness, falling hair and dandruff when every other hair lotion or treatment has failed. \$3.00 Guarantee. Amazing results in every case considered hopeless. You never saw a bald Indian!

Why become or remain bald if you can grow hair? If others have obtained a new growth of hair through Kotalo, why may not you? Get a box of KOTALO at any drug store or send 10c to Dept. of Sales, The BROTHERS, 1127 W. 7th St., Chicago, Ill.

See Want Ads Are Best Business Boosters.

350 to 36%
THE word "Profiteer" is popular in these days of high prices. It is applied impartially, regardless of the true facts in the case. Launderers have been accused, in common with other lines of business. Few stop to think what the Launderers have to pay for labor, supplies and service to customers, today, against what they paid two years ago.

Take a few of the many items used in Laundries, for instance: Soap cost 6c lb. in 1918, now 18c lb. Cotton sheeting 40c yd. in 1918, now \$1.65 yd. Starch \$3.50 per hundred in 1918, now \$10.00. Paper boxes \$19.00 per 1,000 in 1918, now \$54.00, and so on down the line. The average increase since 1918 in the price of supplies is 350%. Labor, during the same period, has increased over 100%. Cost of service, i. e., delivery, has increased more than 100%.

On the other hand, the prices of laundry work have increased an average of only 36% during the same period. In the light of these facts, the launderers, assuredly, cannot be accused of profiteering.

Our experience is duplicated in every home laundry. You, Mrs. Housekeeper, can readily compare what it costs you for soap, starch and other supplies two years ago with what you pay now. Compare also what you paid for labor then and now. Add to this the annoyance, worry and care of the weekly wash day and you will agree it pays you in time, money and pleasure, to

Send it to the Laundry

Omaha Launderers Association

KEEP LOOKING YOUNG
It's Easy—If You Know Dr. Edwards' Olive Tablets

The secret of keeping young is to feel young—to do this you must watch your liver and bowels—there's no need of having a sallow complexion—dark rings under your eyes—pimples—a bilious look in your face—dull eyes with no sparkle. Your doctor will tell you ninety per cent of all sickness comes from inactive bowels and liver.

Dr. Edwards, a well-known physician in Ohio, perfected a vegetable compound mixed with olive oil to act on the liver and bowels, which he gave to his patients for years.

Dr. Edwards' Olive Tablets, the substitute for calomel, are gentle in their action yet always effective. They bring about that natural buoyancy which all should enjoy by toning up the liver and clearing the system of impurities.

Dr. Edwards' Olive Tablets are known by their olive color. 10c and 25c.

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EVERY PAIR INSPECTED
From Boston Makers who produced them by the thousands for the Government. Every pair stamped by the inspectors just the same as our army contracts. Soles sewed, not nailed.

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Reolo is a wonderful tonic and stimulant, that is rich in raw, organic iron, and the health restoring Cell-Salts, which Nature must have, to restore and maintain the strength, health and vitality of the body. It is Positively Guaranteed not to contain anything that is injurious, and does not leave any depression or bad "after effects." Reolo re-vitalizes the blood with health giving oxygen, and supplies the natural Cell-Salts which stimulate the nerve centers and restore normal health and vigor.

Two Weeks' FREE Trial

Order a box of Reolo today. Deposit the regular price \$1 as evidence of good faith. Then take Reolo regularly according to the directions—for two weeks. After the two weeks trial, if you are not perfectly satisfied that Reolo has benefited you, come and get your money back. You will not be under the slightest obligation. Every box of Reolo is guaranteed—and if the two weeks trial treatment does not help you—it will not cost you a cent, to make the test.

The Dr. A. L. Reusing Laboratories has authorized us to make you this Special Trial Offer—for a limited time only—to give you an opportunity of trying Reolo, and finding out for yourself what a wonderful tonic and stimulant it is. Thousands of people—who were nervous, run down and discouraged have been benefited by Reolo. Don't delay—come in and get a box today.

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