

Lack of Trust Is The Cause of Unhappiness

By BEATRICE FAIRFAX.

"I love him, but I don't trust him," wailed Grace. "I can't live without him, so I'm going to marry him."

"You can't live with him—" I began. "Oh, don't say that! I'll have to," she cried doggedly. "I love him so that I'd rather be miserable with him than happy with any other man."

Don't tell me to give him up. Tell me how to make him care so much for me that he won't go racing after every new girl that comes along. He comes back to me. He always has. He says he'll always will. But I go almost crazy every time for fear he won't I want to be happy. Tell me how.

And I couldn't. There isn't any way of being happy with a man you don't trust. I said it to Grace. I said it to every other girl who writes me that she is in love with a man in whom she has no faith. All the big institutions of life are built on confidence. Business, the affairs of nations and the great institution of the home are based on nothing save when they are based on belief in the integrity of the people involved.

A man may be a bit of a philanderer and still make a woman happy if she feels in her soul that he is only a child and that he likes new toys—new excitements occasionally. I'm not retracting what I've just said. I'm merely stating that we don't have to doubt someone we love merely because he or she is a flirt and given to wandering from the central interest of life once in a while. But when that wandering causes doubt, when it undermines confidence, then the doubter is lacking in loyalty and stability—then marriage can't be the big, fine, satisfying thing we all crave.

I know a charming woman who has a giddy, fainly longing for admiration and excitement. She is married to a big, sturdy, chap, who wishes she wouldn't do some of the silly things she contrives to do now and then—but who knows that she is devoted to him and that her foolishnesses don't touch her loyalty and devotion? He doesn't agonize when some new swain sends her orchids or takes her to lunch. He merely smiles tolerantly as if his wife were a child racing after a toy balloon.

And because he has faith and confidence his wife doesn't take her own "crushes" seriously, but laughs with him at her own confessedly absurd desire for conquest. Those who know Joan and Marian wish she wouldn't be such a goose—but that's as far as criticism can go.

Not many men—not many women could accept a foolish and unconventional attitude so calmly.

Generally an unconventional attitude is a thing that can logically be taken in that way. And even if it were, only one in a hundred has the poise and sanity and self-control to accept it so.

Most of us have a strongly developed sense of possession. Even when we talk wily about "freedom of the individual" and the folly of trying to own a human soul, we are still aching because the one we love isn't having the utter devotion and showing the complete absorption we crave. And since we have to deal with human nature as it is, and not as it might be, the facts of life make it obvious that it doesn't pay to marry a man who—deservedly or not—fails to inspire faith.

The philanderer may not be immoral, but at heart, deliberately or not, he is generally weak and unstable. And unless the woman who loves him is actually a superwoman in her sanity and strength and self-control, life

with him is going to be a matter of doubt, and misery and broken ideals.

Friendship and Love.

Dear Miss Fairfax: For five years I have known a fine young fellow five years my senior. He is a college boy studying a profession, though not over enthusiastic about his career. In the first four years of our friendship he was a brother to me, helping me with my school work. He had my full confidence. In the past nine months I've learned that I care for him more than I realized. He knows this, how, I don't know. I've reason to believe that he does not care for me in the least, and is just the same friend as ever before. What can I do?

When it comes to love and marriage, a fine man is likely to be far more sane and practical than a woman. He has to, for it is he who makes the living and furnishes the wherewithal for her to make the home. So this boy, because of his youth and the fact that he isn't on a self-supporting basis, can't permit your friendship to turn into a love affair. Don't agonize over it. Recognize the fact that your affection must be held in check. Self-control is a thing any fine character must learn and can practice. Stop analyzing your friendship and try to enjoy the loyalty and devotion which you possess without wanting the thrills and emotional qualities which would endanger everything for you now.

Dorothy: My dear, cameo pins, like the poor, are with us always. They are not for poor people, however. For a cameo is a costly thing. One may express great individuality in the selection of a cameo. Some of the most valuable ones we have today are heirlooms from generations past.

Washing Marble.

Marble is best washed with soap and water. To keep the polish avoid using acids of any kind in the water. To polish after the marble has been washed rub with another piece of marble wet with cold water; dry with a soft cloth.

Salmon Souffle With Peas.

Cook one cupful of hot milk, three-quarters of a cupful of soft bread crumbs, one tablespoonful of oleo, half a teaspoonful of salt and a quarter of a teaspoonful of paprika together in the upper part of the double boiler for 10 minutes. Then add one large cupful of flaked cooked salmon, half a cupful of cooked peas and fold in lightly the stiffly whipped whites of two eggs. Turn into a buttered souffle dish and bake in a moderate oven for 25 minutes.

In Japan, dresses are frequently sold by weight.

STORY TOLD BY THIS MERCHANT IS REMARKABLE

Really Sounds Incredible, but Well-known Man Testifies to Truth of It. Writing from Maxeys, Ga., A. J. Gillon, proprietor of a large department store at that place, says: "I have a customer here who was in bed for three years and did not get up to a meal at any time. She had five physicians and they gave her out. One bottle of Tanlac got her up, on the second bottle she commenced keeping house and on the third she did all the cooking and housework for a family of eight."

This sounds really incredible, but it comes unattested from a highly creditable source and is copied verbatim from the letter. Tanlac is sold in Omaha by the Sherman & McConnell Drug Co. and by leading druggists everywhere.

Using Cheap Vegetables

In a certain public school in New York cases of mal-nutrition were so many that they attracted serious attention, and investigators found almost a complete absence from the diet of milk, butter, fruit, eggs and vegetables other than potatoes.

Between the school lunch counter and free milk, the diet was partly improved. But the things the parents complained they found too expensive for their purses were the fruits and vegetables.

But outside leaves of lettuce were available for a few cents. There is one way to use them.

Pick them over and wash thoroughly in several waters. For every three quarters of leaves, add one cup of water. A slice of bacon or a little salt pork may be added for flavor. Cook until tender, and if the water has not evaporated, cook uncovered for a while to evaporate excess water. The lettuce when cooked, turns a lovely dark green and when chopped and served with a little butter and salt, if pork was omitted, makes a delicious, inexpensive greens.

Similarly, tops of beets, carrots, young rhubarb and turnips make excellent greens and may be purchased for a trifle.

While choice white turnips may be beyond the purse, radishes usually

are not. Radishes often cause digestive disturbances when eaten raw, but when cooked in boiling water with salt added toward the end of the cooking, they are similar in taste to turnips. They may be served whole or forced through a strainer and served with salt, pepper and a little butter or other fat, ward the end of the cooking. The served with white sauce and garnished with finely chopped parsley, they are most attractive.

The cucumber that is cheap in the summer, or grows so freely in home gardens, may be cooked to advantage. Remove the skin and seeds and cut into cubes. Cook in a very little boiling water and add the salt toward the end of the cooking. The cucumber becomes translucent and is always a cheaper than fancy table celery and quite as satisfactory when cooked.

cayed may be stewed to kill bacteria and make it easier to digest. Dried fruits should always be used when fresh fruit cannot be afforded. A serving of five prunes may cost but one cent while an orange may cost 10 cents.

From a health standpoint it is worth thought and energy to keep fruits and vegetables in the diet.

Our Special for Sunday—Hawaiian Dream. An attractive new combination of fancy pineapple frozen into perfect ice cream. Delicia ICE CREAM THE PERFECT CREAM. Your Dealer Can Supply You. The Fairmont Creamery Co.

We Deliver \$5.00 Orders to Any Part of the City. The TABLE SUPPLY OMAHA'S PURE FOOD HEADQUARTERS SEVENTEENTH AT DOUGLAS STREET. Blue Bell Flour, 48-lb. sack \$1.85. Creamery Butter, per lb. 40¢. Boneless Rib Roast of Beef, lb. 20¢.

BAKERY PRODUCTS. Tutti-Frutti Cake, each .80¢. BREAD ROLLS, per dozen .12¢. AL JONES BOX LUNCHEONS, ea. .25¢. POTATO SALAD, per pint .40¢. All Sandwiches .10¢. CANDY SPECIALS. Molasses Kisses, lb. .20¢. Jumbo Salted Peanuts, per lb. .20¢. 2 lbs. for .35¢. Fancy Mixed Candy, lb. .20¢.

A DECLINE IN PRICES. Best Creamery Butter, lb. .39¢. Lean Pork Chops, per lb. .19¢. Home Dressed Spring Chickens, per lb. .28¢. Choice Veal Round Steak, per lb. .22¢. Choice Veal Pot Roast, per lb. .12¢. Fresh Beef Tongues, lb. .22¢. Extra Fancy Baby Veal Roast, per lb. .15¢.

SATURDAY SPECIALS. Choice Fresh Tomatoes, per lb. .25¢. Fancy Cream Cheese, 28¢. Fancy Brick Cheese, 28¢. Large Dill Pickles, doz. 30¢. KITCHEN KLENSER. Seward Creamery Butter. Friday Orders Mean Early Deliveries Saturday. Sommer Bros. 28th and Farnam.

"NO DETOURS" ALL ROADS LEAD TO A BASKET STORE. BASKO COFFEE IT'S REAL COFFEE 30c Per Pound. BAKING POWDER WE HAVE A FULL POUND QUALITY AND RESULTS ASSURED 21c. CHEESE, 28c Lb. FULL CREAM. "PICNIC TIME" Magic City Pickles, 2 for .44c ASSORTED BOTTLES. "HERE'S A DOG ON GOOD BUY" JIFFY CAKE FLOUR For these hot, lazy days just add water, pkg. .28c. LILY WHITE SHOE POLISH Special One Week 2 bottles for 11c Now for the White Shoes. FRESH FRUIT AND VEGETABLES FOR LESS. BASKET STORES.

Buehler Bros. Omaha's Leading Cash Markets. Our markets are the last word in Sanitation and Cleanliness. Choice! Choice! Choice! meats are received daily and kept chilled and fresh in our perfect refrigerators. The more you know about meats the more you will appreciate what you get from us. Fresh Killed Spring Chickens 28c. Fresh Killed Young Hens 26c. Sugar Cured Picnic Hams Special at 14c. Choice Leaf Lard Special at 12c. Choice Cut Beef Pot Roast 10c. Choice Cut Round Steak 15c. Sugar Cured Breakfast Bacon 1/2 or whole side 25c. Choice Rib Boiling Beef 7c. Choice Beef Pot Roast 10c. Choice Sirloin Steak 15c. Prime Rib Roast 15c. Fresh Cut Hamburger 15c. Choice Corned Beef 14c. Fresh Beef Liver 10c. Fresh Beef Hearts 8c.

Chocolate Ice Cream and assorted French Fruits are delightfully combined in this week's Harding Special. It is Combination Special Ice Cream and it is made especially to please the taste of folks who are particular. You will want some—place an order with the dealer who sells. Harding's THE CREAM OF ALL ICE CREAM.

Boston Market. 113 N. 16th Street OPPOSITE POSTOFFICE Douglas 1089. COMBINATION NO. 1. 100 lbs. Fine Granulated Sugar \$4.50. 6 lbs. Choice J. R. Santos Coffee 2.40. 2 lbs. Uncol. Japan Tea 1.00. 1 lb. Best Black Pepper .60. 12 Large Cans of Choice Pork and Beans .180. 1 lb. Fine Shredded Coconut .40. 2 lbs. Best Cocoa .120. Total \$11.90. COMBINATION NO. 2. 18 lbs. Fine Gran. Sugar .70. 3 lbs. Choice J. R. Santos Coffee 1.30. Total \$2.00. PRUNES—PRUNES—PRUNES. Per lb. 12¢. 25-lb. box \$2.25. Just received 2,700 pounds of Extra Fancy Prunes—Special while they last—