

# The Bee's Home Magazine Page

## Taking a Mental Inventory

What Have You Done to Improve Yourself in the Summer Just Past?

By ELLA WHEELER WILCOX.

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Now that the summer season is ended and you are at home again, suppose you make a mental inventory of the last three months and see what you have accomplished with yourself and life.

What did you do with your summer vacation? Did you add to your store of knowledge in any way? Did you lay a foundation for better health, better work, greater usefulness and greater happiness?

Did you read anything of value and did you think any worth while thoughts? Did you leave the people with whom you associated happier, more hopeful and more ambitious to emulate your example, and did you add, in any way, to their respect for human nature by the examples you set them?

There are people who feel that they are taking a vacation when they eat and drink to excess and pass all their leisure moments in gossip and criticism. Nothing could be more depressing to one who has the interests of humanity at heart than to listen to the conversation of levity of amply dressed men and women on hotel verandas in the summer season. Idle gossip, malicious criticism, trivial chatter prevail, as a rule, in such places.

Many a young woman's character has been torn to pieces and many an ugly, untruthful scandal has been set afloat by men and women at summer resorts who believe themselves to be good Christians, and who return home to be faithful attendants at some established church of Christ. There are so many interesting subjects of conversation to occupy our minds outside of the faults, failings and follies of our fellow creatures.

Before you go away on your summer vacation next year it might be well to plan out a little course of procedure, and to make a few resolutions. First of all, resolve that you will not enter into any conversation which lowers the moral tone of those who participate or who listen, and that you will indulge in no criticism of anyone who is absent.

Then resolve that you will use what fact and skill you possess to changing the tenor of such conversation when you find yourself in a company of people intent upon gossip. It is not a difficult matter to lead idle minds away from individual themes to one of universal interest.

A host in a private home who had grown tired of the rather aimless talk of his family and guests at table, suggested that each member, using an item of scientific or historical interest to embellish the dinner hour. This suggestion was carried out and proved to be a feature of great pleasure and profit to all concerned.

Each member of the household did a little careful reading through the day in the library and was enabled to introduce a topic of general interest during the repast. Their minds were enriched, memories strengthened and knowledge increased.

If one's happiness is gained mainly from a discussion of the weaknesses of human nature this tendency can be indulged by reading history and scoring the derelictions of people who have passed from earth. It is much safer and less liable to provoke unpleasant results than giving this preciosity rein with one's personal acquaintances as the subjects under discussion.

To build up one's health by breathing fresh air and eating pure food is not the only object to be sought in a summer vacation.

To avoid bad company, cheap habits of conduct, unwholesome and unworthy topics of conversation is quite as important as to avoid bad air in city offices.

There are scores of women who have returned home from summer hotels declaring they had a most glorious season, yet who have left behind them a trail of idle gossip and meaningless chatter; women who have done nothing to increase the respect for womanhood, nothing which has cheered, helped, encouraged or strengthened any human being who came within their radius. Are you one of these?



## 'Most Beautiful Girl' Tells What Beauty Is

The first of a striking series of beauty articles by Miss Gertrude M. Fischer

Two Attractive Poses of Miss Fischer.

This is the first of a series of beauty articles by Miss Fischer, who was recently voted the most beautiful girl in America at the recent congress of photographers held at Indianapolis. Other articles from Miss Fischer's pen will appear on this page from time to time.

By GERTRUDE M. FISCHER.

"The Most Beautiful Girl."

According to the Standard Dictionary, beauty in that quality of objects, as in nature, art or mind, that appeals to and gratifies the esthetic nature or faculty.

I wish to emphasize the fact that real beauty must be equally attractive to the mind as to the eye.

How often do we see what to the eye alone appears to be a beautiful woman. Five or ten minutes' conversation with the same person will alter our entire im-

pression. Her charming smile suddenly appears silly, her features doll-like and her expression insipid.

Why this change? For the simple reason she lacked that quality which must also appeal to the mind—if indeed a woman is to be termed beautiful.

Beautiful thoughts and noble deeds are equally as essential as the beauty which nature bestows.

I often think that your palmist surreptitiously glances at the face to get his real impressions.

Canaan's bad woman he really called beautiful? I do not think so, for what the eye proclaims the mind denies, and, as I have said, there must be complete harmony of the two for a true result.

My mental picture of a beautiful woman is one having blue eyes, light brown hair, Roman nose and fair complexion. I do not exactly favor the milkmaid variety of complexion, but on the other hand if a girl lacks coloring I see no reason why a little rouge, if applied so deftly that only herself is aware of the fact, should not be used.

I admire the athletic type more than the beauty of the Victorian age.

However, in closing, I feel as if I cannot lay too great a stress on the inward—the soul beauty, if you will.

Unless a person has that quality, what matters the outward phase? It is short-lived at best. Without it "the curse of beauty" will sooner or later be experienced.

There is, perhaps, no beneficent organization in existence which spends so small a proportion of its income upon itself and so great a proportion upon its work. Ninety-three per cent of all it gets goes directly to the account of the birds—providing shelters, reservations and sanctuaries for them, guarding them against starvation, setting laws passed in their behalf, making friends for them by spreading knowledge of their ways, habits, nature and needs, protecting them against the consequences of human greed, selfishness, ignorance and the instinct for slaughter.

If all the facts were known to the people of this country there would be ten times as many Audubon societies as now exist. When the native birds of a country are driven away, not only is one of its greatest charms destroyed, but a deadly blow is struck at its prosperity. The birds are the farmers' and the gardeners' best friends.

The birds' great enemies are the plume hunters, the marketmen and the indiscriminate shooters. Every year the representatives of the association have to combat, in one state or another, the efforts of those who are continually striving to neutralize the protection afforded to birds and other wild animals by the game laws.

One of the hardest problems with which

the defenders of the birds have to deal is that of protecting them during their seasonal migrations, when, of course, they pass from jurisdiction to jurisdiction, where no community of law relating to them exists. The logical remedy would be a national law, applied without regard to state boundaries. But here difficulties abound.

The slaughterers are able to invoke politics, and thus hamper all the efforts of the birds' friends. Last year the Department of Agriculture, after starting an energetic enforcement of the federal law for the protection of migratory birds, receded from its stand, under pressure, the result being that all federal protection was withdrawn from bobolinks in the states of New Jersey, Delaware and Pennsylvania. I am assured that the association will put all its energy into a battle for the bobolinks during the coming year.

One of the chief branches of the work of the Audubon societies is that relating to the sea birds dwelling along both coasts of America. Wardens are employed whose business it is to see that the birds are not disturbed and that their eggs are not stolen at their principal breeding colonies.

The chief nursery of the sea birds of the Atlantic coast, says Mr. Pearson, is among the islands off the coast of Maine. Thirty-five of these islands are occupied by breeding colonies. Including various species of gulls, terns, herons, etc., no less than 25,000 adult birds inhabit the guarded colonies last year, and this count does not include thousands of wild duck, nor any of the hosts of land birds which visited the refuges, as if they had some occult sense of the protection hovering over the whole feathered race there.

Special efforts were put forth last season for the protection of crows, whose colonies are found in South Carolina, Georgia and Florida. Their rookeries are often situated in deep and tangled swamps, yet but for human protection they would probably soon be exterminated for the sake of their beautiful plumes. The claim frequently advanced by the opponents of strict game laws that there is no real danger of the extinction of any species of bird, is refuted by the history of such birds as the passenger pigeon, whose innumerable flocks were one of the natural wonders of North America in the early part of last century, but of which not a single representative survives today.

Do you know that a wild duck is said to be able to fly at the rate of ninety miles an hour.

Pilgrim cannibals worship a god named Matawalo, who has eight stomachs, and is always eating.

St. Peter's cathedral in Rome took so long to build that forty-three popes reigned during the course of its construction.

The phrase "Pigeon English" is said to be derived from "Business English," "pigeon," or "pidgin," representing the Chinese pronunciation of the word "business." Pigeon-English is the ordinary means of communication between the Chinese and the English traders.

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Special efforts were put forth last season for the protection of crows, whose colonies are found in South Carolina, Georgia and Florida. Their rookeries are often situated in deep and tangled swamps, yet but for human protection they would probably soon be exterminated for the sake of their beautiful plumes. The claim frequently advanced by the opponents of strict game laws that there is no real danger of the extinction of any species of bird, is refuted by the history of such birds as the passenger pigeon, whose innumerable flocks were one of the natural wonders of North America in the early part of last century, but of which not a single representative survives today.

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## Beauty Asphorisms

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## Defenders of the Birds are Now Doing a Great Work

GARRETT P. SERVISS.

One of the most remarkable institutions with which I am acquainted is the National Association of Audubon societies.

An Audubon society is a society of bird-lovers and students of ornithology, i. e., of the science of birds. These societies all bear the common name of Audubon, because of the wonderful enthusiasm which John James Audubon aroused in America for the study of birds.

Audubon was a genius who devoted his life to picturing and describing the birds of this continent in colors and in words, so true to nature, and so beautiful, that because of his books people's attention was drawn to the birds. It sounds strange, but it is true, that some of the finest things in the world go unnoticed until a book, or a picture, or an enthusiastic description, attracts all eyes to them.

There is now an Audubon society in virtually every state in the union and these are all combined for united action in the association of which I have spoken. The object of this association is the protection of wild birds and animals. It has its headquarters in New York and its agents all over the country, as far as it is able to obtain and maintain them.

It was founded upon voluntary subscriptions and endowments, and is mainly dependent upon such for its continuance and especially for its extension. It is a charitable institution, expressing the charity of man toward some of his less gifted fellow creatures on the earth who are at his mercy. Its inspirer and the collector and director of its energies is its secretary, Mr. T. Gilbert Pearson.

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Of the vast host of women who got acquainted with the Wonderlift during last week's "Self-Help" Exposition, it is safe to say that nine out of ten will never be satisfied to wear any other corset.

Nemo SELF-REDUCING Corsets, introduced nearly twenty years ago, have steadily gained in popularity, and now are worn by millions of women throughout the civilized world.

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There are basic differences between the Nemo WONDERLIFT Corsets and the Nemo SELF-REDUCING Corsets. Examples of each are pictured above.

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For women of every figure, from slight to extra-full. The Wonderlift Bandit uplifts, supports and holds in place the vital abdominal organs, thus preventing, relieving and often curing the ills peculiar to women. This corset is a distinct boon and blessing to all womankind.

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No. 555—For tall full figures: high, full bust and back; medium skirt. Fine white coutil; sizes 24 to 36—\$5.00.

No. 554—Same, but for short full figures—\$5.00.

No. 556—For slender and medium figures, in sizes from 20 up. Of fine, light strong coutil—\$5.00.

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Nemo Hygienic-Fashion Institute, N. Y.

## In-Shoots

The tightwad is the film-flammer's casist mark.

Flattery is the strong arm with a velvet touch.

It is easier to jump into a lawsuit than pull out.

When a man knocks his own town it is not always proof that he is a disappointed candidate. He may have had trouble with the tax assessor.

## "Friend Father" as a Companion

By DOROTHY DIX.

The other day I heard a man telling about a gay little jaunt he had taken with his two sons. He related the various things that the boys did, and then he said, "And it was up to Friend Father to make good."

That man has solved the most important problem in the universe—how to raise boys. There is no question about how this man's sons are going to turn out. There never is with boys who have a Friend Father.

The greatest lack in America today is the lack of fathers. We have plenty of men who work themselves to death for their children and feel that they have fulfilled every obligation of parenthood when they have supplied the necessary food and clothing and indulgences for their offspring. But that is all. That is as far as they go. Except for the respectability of the thing, the great majority of children in this country might just as well be fatherless as to have the utter stranger who stands to them in that relationship.

They have been raised by their mothers. It is to mamma that they've gone for their hopes and plans and aspirations. It is mamma who has decided every question about them, from whether they would have real lace or hand embroidery on their baby clothes, to what colleges they should attend, what beauties they should marry. Their only conception of father is as a cash register, or the veto power, or a growth that mamma has to work in their behalf.

Of father as a man, as a human being, as a companion, as a friend, they know

no more than they do of some man at the other side of the world. And he knows no more of them. They have not even a speaking acquaintance, and are mutually embarrassed when forced to spend a few minutes in each other's company.

It is because father is so seldom Friend Father to his children that we have such great hordes of youthful criminals, that the courts are filled with boys in their teens who are gamblers, murderers, dope fiends and thieves, and that the newspapers teem with scandals concerning young girls.

For mother's influence, despite all the flub-dub sentiment on the subject, isn't always a good influence, and as a matter of fact, no woman can alone bring up children properly. Especially is she unfitted to deal with boys. Her very tenderness is only too often the undoing of those upon whom it is lavished. Her sacrifice of herself to her children makes them selfish and determined to take what they want at any cost; her lack of knowledge of the world prevents her from adequately protecting her young against the dangers they must meet.

This is where the necessity for Friend Father comes in. He's been over the road that every boy must travel and he knows where the dangers lie. Evil women and drink and gambling are not vague potentialities of wickedness to him as they are to his boy's mother. They are concrete perils that every youth has to face and conquer, or else be conquered by them.

And he knows the snares that are laid for every girl's feet, and he's seen what happened to those who did not walk warily. He knows how easy it is for a girl through sheer folly and carelessness to bedazzle her skirts so that a lifetime of tears never washes out the stain.

But what can a man do to save the children that he would give his very life's blood to protect unless he is Friend Father? How can he talk to his son about the most intimate thing in life un-

less there is confidence between them that goes back to the boy's very babyhood? How can he expect a boy to open his heart to him and tell him the secrets of his soul, in some moment of temptation, if the two have never had a real conversation together in the whole course of their existence?

Nothing is more common than to hear a man say of a boy who is about to finish school that he doesn't know what sort of business or profession to put him in. Such a speech is a criminal confession of failure as a father. It shows that the man has never been Friend Father to his son, he's never taken trouble to get acquainted with him or to study his tastes and aptitudes.

The chief reason that so many men do not succeed in life is because their fathers fail them in this important particular. If the father has done his duty by the time his son was 20 years old he would know the lad well enough to direct him in his choice of a career, and the poor, ignorant boy would not be left to lose years floundering around trying to find himself.

And Friend Father could so often prevent the wreck of his daughter's life by preventing her from making a disastrous marriage if only he were on intimate enough terms with her to have her confidence in him, so that he could give any youth in whom she was beginning to feel a dawning interest the once over.

Father could explain to Mabel and to Maude what a cocktail breath and a pasty face indicate in a man. Father has means of finding out whether the young men who hang around his house are bustlers or loafers, and whether the girl who marries one of them is likely to ride in limousines or do her own washing.

But father can do none of these things if he's so little acquainted with his own daughter that he's the last person who hears that she's in love and going to be married to some youth of whose existence he learns for the first time, when mother tells him that Mabel or Maude is engaged to John Doe.



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