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LADIES' PLUSH, VELOUR COATS, suits, dresses, furs, men's, boys' suits, overcoats, house furnishings, at $1 per week. Phone or write. No obligation to buy. Satisfaction guaranteed. J. Holiff, 463 Dundas. Phone 3595.

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Applications for membership in choir and symphony orchestra of the society will be received by Mr. Jordan. Write full particulars as to voice, instrument and previous experience. 51tf

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DERMATOLOGY

MARINELLA SYSTEM FOR FACE, scalp, chiropody. Removal of superfluous hair permanently. Miss Beattie, corner of Talbot and Fullarton. Phone 3027.

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Why a Great Emotion Causes a "Catch in Your Throat"

By DR. LEONARD KEENE HIRSHBERG, A. B., M. A., M. D., (Johns Hopkins University.)

DR. HIRSHBERG

When your heart thrilled at "the turn of the tide" brought to you in detail about the boys' great work in the war, you could scarcely hear the heroic narratives without a "catch in your throat" or "moisture in your eyes."

When you see a pathetic incident in your own experience, read it in books, see it in the movies or in the drama, you have the same choky feelings and fear-dimmed eyes.

These emotional states appear intimately to be bound up with the thyroid gland and similar structures elsewhere in your anatomy. It is plain from such things that the psychology of a subject is intermeshed nicely with the impulses which an object or event stirs within you.

If you have tuberculosis, endocarditis, asthma, loss of vision, Bright's disease, or what not, the point of view you take of your life, your psychic influences, have a lot to do with your happiness or misfortune.

The influence of psychic behavior and mental activities upon the malady or its progress has been investigated by scientists in a non-theoretical way.

Anxiety an Evil.

It has been discovered that if you pay attention unpleasantly to a deformity, disorder, defect, disease or disorganized structure of your anatomy, it acquires an exaggerated, over-rated, swelled-up place in your thoughts and feelings.

On the other hand, if the attention of the blind, crippled, maimed or cancerous individual is transferred from his malady to new things, fads or fancies, the trouble will begin to seem to be much deminished.

A Japanese scientist, Dr. Tohru Ishigami, has just studied these psychic effects upon tuberculosis. Anxiety and depressed feelings were found by him to diminish the sense of wellbeing and the chemicals of resistance to the tubercle bacilli simultaneously. If the cause of the worry, suspicion and anxiety is a prolonged one, the element progresses unfavorably until the source of the mischief ceases.

On the other hand, tuberculosis in some of its victims, as shown by tests with many bacilli and severely damaged lungs, proceeds most favorably toward a full recovery if the sufferers do not become worried easily, yet are intelligent and practical enough to realize the gravity of the disease and undergo any and every sacrifice necessary to its full eradication.

Cheerfulness an Aid.

Prof. Pawlow, a Russian physiologist, was one of the first investigators to show experimentally that worry, anxiety, suspicion, jealousy and other emotional states check the flow of digestive juices in the stomach. Almost any man's experience will confirm this infirmity of the digestive apparatus in the face of many distressing situations.

Finally, what the eye sees, the senses perceive or the glands manufacture or cease to make, is closely interwoven with the physiological doings of your whole fabric. If there is something pleasant at work the physiological effects will perhaps be benefitted. If it is unpleasant, physiological behavior becomes pathological.

Answers to Health Questions

N. C. Q.—Can a nursing mother take cod liver oil without harming her baby?

A.—Pure cod liver oil (without alcohol mixed in it) is excellent for both mother and infant. It is a fine food.

SEVENTEEN. Q.—Kindly advise me what to do for oily hair.

A.—As a rule, the oily scalp is the better one. There are different degrees of oiliness. Glycerine, orris root and washing the hair frequently diminishes the oil. Apply a little of the following to your hair on alternate nights.

Glycerine ..... ½ ounce
Tincture of benzoin ..... 1 dram
Rosewater ..... 1 ounce

A YOUNG GIRL. Q.—Kindly advise me what to do for bunions.

A.—Cover the bunion with absorbent cotton to keep the shoe from pressing on it. Keep the bunion covered with a little vaseline to reduce any inflammatory condition.

A YOUNG READER. Q.—Kindly advise me what to do for an oily skin and blackheads.

A.—Apply a little of the following to your skin:

Rosewater ..... 1 pint
Glycerine ..... ½ ounce

Gentle massage with a sterilized piece of absorbent cotton or chamois, followed by the application of a little paste made up with the following will help cure your blackheads:

Fullers earth ..... 4 drams
Vinegar ..... 2 drams
Glycerine ..... 3 drams

N. B. J. A.—If you will send a self-addressed, stamped envelope, with your query, repeated, I shall be glad to answer your question.

B. H. Q.—Kindly advise me what to do for flabby cheeks.

A.—One type of individual with droopy flesh, flabby cheeks and relaxed muscles becomes so from lack of sunlight and open air exercises. Eating at night and loss of sleep plays a major role in this. Massage your cheeks with ice water. Rubbing the face with ice for two minutes every other day is also a help. Vibrators add tone.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest, letters will be answered personally, if a stamped and addressed envelope is inclosed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, in care of this office.

MY SOLDIER HUSBAND

ADELE GARRISON'S CONTINUATION OF

REVELATIONS OF A WIFE

Why Katie Had No Worries About "Another Job."

Although I secretly quailed at the prospect of life without Katie and with Cousin Agatha, I made no attempt to soften my mother-in-law's judgment.

Mother Graham had always disapproved of the girl's flamboyant ways, a disapproval which I feared had grown into active dislike. Absurdly enough, yet with conviction, I believed that her dislike was based upon a secret jealousy of the girl because of my liking for her.

At any rate, I realized that the presence of both in the house, while I was absent would be an impossible state of affairs. Of course, I meant to keep track of Katie, to find employment for her near me. My promise to her husband when he went to war loomed large in my mind. When Jim came back—rather, if Jim came back, for Katie had not heard from him in many weary weeks—I knew that I shouldn't care to meet his eyes with Katie gone from my home.

And yet, my fondness for the girl did not blind my eyes to the fact that her impertinence, always a fault, but often an utterly unconscious one, was growing upon her. Perhaps, I reflected whimsically, it might be a blessing in disguise for Katie, this sudden rupture from the place she had filled so long. When she came back to me—for upon that point I was firm, sooner or later she must return to us—she might be able better to appreciate the real home which I had made for her.

It was with this conviction strong upon me that I returned to Katie's room after an interval of two hours in which I hoped that she had slept. She greeted me with a slow smile, but her eyes searched mine pathetically. Then I postponed the problem nearest our hearts by a question.

"Did you sleep, Katie?"

"Oh, yes, Missis Graham, I sleep me all time you gone. I joost woke up two, tree minutes ago."

"That's good. Does your head feel better?"

"My head, she all right, but oh, Missis Graham, my heart she ache me something awful. Do you tink I have to go way?"

Katie in Sackcloth.

I involuntarily contrasted the humility of Katie's attitude with the spectacular defiance she had flung at Mother Graham. Truly, the poor child was repenting in the traditional sackcloth and ashes. I dreaded the task of telling her that she had at last overstepped the bounds of the protection I could give her, and that her repentance was of no avail.

But I knew that delay was more cruel than anything else, and I faced her steadily.

"Yes, Katie," I said slowly, "you will have to leave us for awhile, but I shall try to arrange it, so that you can come back again before very long, if you wish to do so."

She glanced up at me speculatively, and I saw that her volatile nature had seized upon my promise as consolation, was now busy considering the new aspect of things.

"Vot vomans maybe beat it after awhile?" she asked hopefully.

I was startled to find that the same thought, only less crudely expressed, had been in my own mind. Perhaps, after a session with Cousin Agatha, I could manage, so that both women would make a long visit to some other relative. I felt that I could live upon turnips and tea and send the money saved to pay Mother Graham's board if I could have once more the sensation of being absolute mistress of my own home.

But I could not tell Katie my thought. Instead I felt constrained to reprove her.

"Katie, I never can take you back if you don't stop referring to Mr. Graham's mother in that way," I said sternly.

"Vot way?" Katie asked with wide open, innocent eyes, and I realized again the utter impossibility of mending Katie's manners.

The Shell Factory in Chesthaven.

"Calling her an old woman, instead of Mrs. Graham," I returned shortly.

"I know," Katie returned despondently. "I try lots. But den I tink, I have vun Missis Graham. Dot's all I want."

She gave me the engaging smile which had many times disarmed reproof, and I hastened to change the subject.

"I think I can find you work near me, Katie," I said hastily.

"Don't worry," she returned with surprising promptness. "I can get me a good job quick. That shell factory in Chesthaven, it pay lots good wages. Girls I know trying long time get me coom over. But I no vant to leave dot babee.

"Say, who going to take care dot babee?" she demanded with fierce suddenness.

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To-morrow's HOROSCOPE

By Genevieve Kemble

SATURDAY, JANUARY 25.

The astrological forecast for this day hints of some strange occurrence or situation whose nature and sphere of influence cease in direct extremes are in opposition—Saturn, the dense, slow, deliberate, crystallized, is opposed by Uranus, the abrupt, erratic, iconoclastic and volatile. Only in the plane of mind do they vibrate harmoniously. The singular experience may be in the realm of the occult or metapnysical, possibly in an unfoldment of clairvoyance to those psychically evolved. It is a suitable time for seeking such manifestations. In worldly matters there should be much activity, especially where letters, papers, writing, especially where letters, papers, writing, publishing and advertising are concerned.

Those whose birthday it is may have a year of strange experience, if psychically inclined they may have pronounced development. The stars say that business will be active and domestic matters need protection. A child born this day may be clever, intelectual, somewhat of a philosopher and be probably eccentric or unconventional.

Jimmy Coon and His Friends

The Adventures of the Little People of the Great Forest.

THE PROFESSOR TRIES ONCE MORE.

The young professor was just about discouraged. He had fallen into the Beaver canal and been nearly drowned; he had slipped in the mud and spoiled his clothes; and he had torn his hands climbing a tree—and he had never seen a single Beaver!

He had been asked to write a book about Beavers, and he had read all about them in books, but he had never seen a single one. Now he thought of a new plan. He knew all the Beaver habits and he knew that they did all their work at night and slept in the day time, so he laid his plans very carefully.

The young professor did so much want to write a book and tell all about wild animals he had known. But how could he know an animal unless he could see it? So he wouldn't give up; and he got a rubber sheet and a waterproof coat and a rubber hat, some sandwiches and a flashlight, and his notebook and a pencil, and with all these things he set off for the Beaver dam.

The Young Professor Thought It Was Very Pleasant to Watch the Birds and the Blue Sky.

He went very softly, and he found a nice log near the dam—it was a tree that the Beavers had cut down; they had cut off all the small branches, and then had cut the tree down. So the next thing they would do was to cut the tree trunk in pieces—they would surely come to do this tonight, the professor knew.

So the professor found a hollow close to the log and he made a little bed of leaves for himself, then spread out the rubber blanket. He wrapped his raincoat around him so he would not take cold, and snuggled into that little hollow.

You see, he was so well wrapped up that he couldn't take a speck of cold.

It was very pleasant for the young professor to lie there in the sunshine of the October afternoon. The sky was very blue and old Mr. Eagle was soaring in the blue sky, and the way he sailed on his powerful wings was a wonder. It was about 4 o'clock and the sun was high, and Mr. Hawk and Mr. Heron flew above him, too, and many sea gulls were screaming and fighting over their food.

The young professor thought it was very pleasant to watch the birds and the blue sky, but, strange to say, he began to be very hungry, and so he ate all the sandwiches, and then lay down again and waited for the sun to set and the moon to rise.

Petty soon he shut one eye and then he shut the other, and you would have laughed if you had been there: You would have seen that the young professor was sound asleep and it was scarcely dark!

The wind sighed through the branches of the pine trees and every minute the young professor slept sounder and sounder.

And what do you think the Beavers were doing?

Tomorrow—The Beavers Work at Last.

Yes, Madam, your favorite sugar, as much as you want.

One of the most satisfactory *material* pleasures of Peace is that we may again have plenty of

Under war conditions we were unable to supply anywhere near the demand for Canada's favorite sugar. Few ships were available for bringing raw sugar from the tropics and a large part of the product of our refinery was needed for our soldiers overseas.

Happily, Peace has changed the whole sugar situation. Unless unforseen circumstances should arise the Lantic Red Ball will again brighten the shelves of stores throughout the country and housewives may have as much as they need of the famous Lantic "FINE" granulated, the perfect sugar for baking and the table; also there will be plenty of the Lantic delicious Old-fashioned Brown Sugars for the many dishes in which flavor is indispensable to success.

Lantic Sugar
"The Seal of Purity"

YOU may again buy Lantic Sugar in the larger original packages, the 10, 20 and 100-lb. sacks, as well as in the 2 and 5-lb. cartons. The accurate weight and perfect protection of the contents of Lantic packages make them the most economical way of buying sugar.

Ask your grocer for Lantic Sugar, the sugar with the Red Ball on every Carton or Bag.

ATLANTIC SUGAR REFINERIES, LIMITED
McGILL BUILDING, - - - - - MONTREAL.