Secrets of Health and Happiness

Why You Should Never Try to 'Guess' Your Own Ills

By DR. LEONARD KEENE HIRSHBERG
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DR. HIRSHBERG

A darky "divine healer" was recently convicted in a western city of practising medicine without the requisite knowledge. Other quacks were also sent up at the same time, despite the fact that many persons testified that they had been cured by these "doctors."

"How do you tell what is wrong with a person?" asked the judge.

"Why, judge, with my eyes," answered one of the "dinities," with pity for the judge's ignorance.

"Well, how do you tell the difference between a wart and one of the several varieties of skin cancers?"

"By seeing them, your honor," he answered proudly.

"Well, I understand," continued the court, "that skilful health officers and medical specialists paid by the government, and therefore with no selfish ends to serve, find it very difficult to tell locomotor ataxia from some simple, curable nerve disorders, cancers from tumors, typhoid from harmless paratyphoid and hundreds of other confusing diseases."

"If that's so, judge, it's news to me, and I feel sorry for the doctors."

"But you must tell me how you know."

"I don't have to know, your honor, I cures 'em."

"Well, if you cannot tell the differences between diseases that cure themselves and incurable diseases you are no better than the wiseacres of a sewing society, so I'll give you some not very commodious quarters in which to study scientific diagnosis."

Knowledge Brings Caution.

Here you have in a nutshell from an eminent jurist just what is wrong with those who are gullible. They are not taught in their schooldays the value of a life-accumulated knowledge as compared with an opinion founded upon incomplete knowledge.

A headache, a fever, a tired feeling, a skin rash, a cough, a trifling irritability, a wart, a mole, a colic, falling hair, each means only one simple condition to those who have not spent from five to ten years in hospitals and among the sick. These students know that there are often a dozen different maladies masking under each of the above unpopular symptoms.

The one who knows this is silent or careful in what he recommends. The average friend and neighbor does not know, and therefore always offers a "new cure" for your trouble. He tells you what to do, and goes away sure that it fulfilled his promise. You forget to tell him that it did not, so he goes around and continues to advise it "because it cured you, Jimmy Jones, of the very same trouble." Thus the evil that men do lives after them, and is perpetuated as a folly unto the third and fourth generations of the know-it-alls.

There is the matter of "pleurisy." A young man came into my office the other day and said:

"Doctor, give me a little something for pleurisy."

"Who said you had pleurisy?" I asked.

"Nobody said so. Do you think I'm such a fool as not to know pleurisy when I have it?" said he, indignantly.

Consult Your Physician.

Do you think that you can distinguish pleurisy from a stitch in the side, when even Dr. William H. Welch himself does not always recognize it with the best instruments?"

To try to teach some persons not to distinguish their own disease is about as hard as to teach a hen to swim. If there is a pain in the side, they will not learn that serious pleurisy is unaccompanied by pain. If there is a soreness in the small of the back, they refuse to remember that the kidneys are up between the shoulder blades, and when diseased rarely exhibit any aches.

To eradicate the snares and delusions, fallacies and bad reasoning about "gin for the kidneys"—a real poison, "onions and bacon for cuts"—a filthy, dangerous practice, "raw meat to a black eye"—a manifest absurdity—is about as hopeless a task as to lift yourself up Popacatapetl with your bootstraps.

The way not to err is not to guess at your maladies, but to consult your physician, who will diagnose your trouble and will cure you.

ANSWERS TO HEALTH QUESTIONS.

F. L.: Q.—For the past week or so I have had great trouble in closing my bowels. What could be the possible cause?

A.—This is sometimes due to swollen glands, which cause stiffening of the neck muscles, or to bad teeth, bad tonsils and other infections about that neighborhood. A careful search must be made to locate the offending disorder, and, once located, it should be corrected.

S. M. E.: Q.—What can be done for swollen, perspiring feet?

A.—Bathe the feet each night in a solution of ½ teaspoonful of formalin to 1 pint of water. Also bathe them in boric acid water. Sprinkle dry boric acid in the hose and change them daily. The heart, kidneys and other internal structures should be examined.

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 enclosed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, care this office.

F. R., Toronto, Ont.: Q.—My food will not digest unless some digestive tablet is taken. What do you advise?

A.—This means the individual eats too much, takes too little exercise, or that there is some weakness or deficiency in the physique somewhere. An analysis of the stomach juices should be made.

G. M. K., St. Catharines, Ont.: A.—If you will send a stamped, self-addressed envelope, repeating your query, I will gladly advise you. The question is of a personal nature and requires a direct reply.

J. P., Barrie, Ont.: Q.—What remedy do you advise for gall stones other than an operation?

A.—Drink copiously of water and take daily regular exercise. Avoid as much as possible the starchy and saccharine foods. Either sulphate or phosphate soda salts may be used in doses of from 1 to 2 drachms daily. If colic is present, hot baths give great relief. A wineglassful of olive oil after meals has proved helpful.

R., Markham, Ont.: Q.—What can I do for gas in bowels and stomach?

A.—Try a dose of any of the following: 10 grains of salol, or 10 grains of bicarbonate of soda, or 5 grains of bismuth subnitrate, with a little water, every four hours.

A. E. S., Hamilton, Ont.: Q.—1. What can be done for pyorrhoea of the teeth?

2. I am a young man, 22 years of age, very thin, and at times have a dull pain at the base of my brain. I work in a department store and it has become irksome. After a night's sleep I do not feel refreshed in the morning. What do you advise for me?

A.—Be sure pyorrhoea is present before treatment is begun. It is treated hypodermically with ¼ grain of emetine, but a vaccine injection of staphylococcus and streptococcus bacteria is more rational. Iodide of potash saturated in water taken after meals helps. Start with 15 drops and increase a drop at a time until 35 drops or so are taken. Have a dentist scrape the teeth. Take 5 grains each of hexamethylenetetramine and citrate of lithia in water every 4 hours.

2. You should change your occupation for some outdoor work. Obtain 10 hours' sleep in a well-ventilated room. Eat plenty of rich soups, gravies and liquids, puddings, corn products, butter, potatoes, pork, and drink lots of milk and cream. Be outdoors in the fresh air and sunlight as much of the day as possible, and keep the bowels active. Drink three quarts of distilled water daily. The eyes should also be looked after by an oculist.

Teata, Toronto, Ont.: A.—If you will send a stamped, self-addressed envelope, repeating your query, I will gladly advise you.

Constant Reader, Toronto, Ont.: Q.—Please tell me what will rid my face and neck of pimples.

A.—Constipation, anaemia, living in dark, dingy, hot, dirty rooms, and digestion difficulties, are the internal foundation-stones for pimples. The skin itself must be bathed frequently and thoroly washed with a soft, neutral soap. Absorbent cotton and ice-cold water tend to train the skin to resist such disorders. Apply some of the following to the blemishes each night:

Sulphur precipitate .. 2½ drams.
Potassium carbonate.. 2½ drams.
Glycerine ..... 2½ drams.
Aquae lauracerasi .... 2½ drams.
Brandy ..... 2½ drams.

Or—

Sulphur lotti ..... 6¼ drams.
Calcium sulphurate .. 6¼ drams.
Calcium phosphate ... 6¼ drams.

T. M., Hamilton, Ont.: Q.—Please tell me what to do for pimples and blackheads.

A.—Weakened blood, constipation, anaemia, indoor life and digestion difficulties are the internal foundation-stones for blackheads and pimples. The skin must be kept active and thoroly washed with a soft, neutral soap. Ice-cold water and absorbent cotton help to train the skin to resist such disorders. Apply some of the following to the parts:

Camphor ..... 7 grains.
Salicylic acid ..... 7 grains.
Sulphur precipitate .... 2½ drams.
Oxide of zinc..... ½ dram.
Green soap .....15 grains.
Oil physeteris ..... 3 drams.

C. J. B., Montreal, Que.: Q.—I am a man, 43 years of age, and am in a run-down condition. I am a ledger clerk. I am so blue I even hate to meet people. What do you advise?

A.—An outdoor life, full of vigorous exercise, is what you need. If possible, change your occupation. Eat heartily of rich, fatty, nourishing foods, drink lots of water and be outdoors as much as possible. Athletics will help you. Take a teaspoonful of a compound syrup of hypophosphites before meals.

A Housewife, Toronto, Ont.: Q.—Having read your very helpful article about "postage stamp germs," and that when even the most carefully manicured fingers touch a stamp microbes are sure to be left behind, I would like to ask you, How about bread?

Now, some of the unsanitary sights I have noticed are dirty hands of drivers; their gloves even dirtier; bread allowed to remain in basket while going to next customer; resting on the footboard while the horses' tails gaily brush its contents; drivers using their handkerchiefs, or, in their absence, fingers; rubbing their horses and adjusting harness—these are only a few of the indignities the bread goes thru before being handed to us as the "staff of life."

Again, why should bread be allowed to remain in ventilated hampers on docks, stations or pavements for dogs to sniff at, flies and loiterers to rest on, children to play over? Do you not think those who are unable to make their own bread should have more protection, such as enclosing all bread in oiled paper? Meat, fruit, milk are all well attended to by the health inspectors, so why should bread be overlooked?

A.—I most heartily agree with the view taken by this letter, and wish the "authorities" would feel so about it.

Three Minute Journeys

Where Goatskins are Used as "River Horses."

In this country, where every means of water travel are at hand, from submarines, hydroplanes and palatial steamships down to canoes, skiffs and ferries, the illustration here would strike one more as a puzzle picture than an actual scent that I had described to him.

As far as that goes, one who has not traveled would wonder at the variance in canoes in different sections. The simple "open-faced" canoe with which we are most familiar is quite different from that used by the Eskimo—the kyak—which is closed except in the centre, where there is an aperture large enough to allow the traveler space for the upper part of his body to stick thru. The Eskimo in this kind of canoe not only is protected in large measure from the weather, but if a wave should turn his little skiff topsy-turvy he could manage to remain inside until it righted again.

Difference in conditions make for difference in customs. The Eskimo must encounter peculiar difficulties in the Arctic, and he builds accordingly.

The Kashmiri man crosses a stream with his goat-skin swimming skin—or shall I call it a canoe? When the Kashmiri swims on it, it is a swimming skin. When he uses a paddle it is probably proper to call it a canoe.

It is made in this way. First, a large goat is killed. It is then skinned. The skin must be taken off carefully, and usually it requires an experienced hand to do so, for there must be just as little cutting as possible, in order for it to answer the purpose desired.

In order to make it comfortable for riding purposes the hair is removed from the skin, and hours of patient scraping are necessary to get the hide softly and properly tanned. The openings at the feet and the neck are coated with pitch, altho there is some difference of opinion as to which is best. In the Himalayas tree balsam is used, while in Mesopotamia it is declared that asphaltum is more effective.

The openings having been coated, it is necessary to sew them up tightly. They must be absolutely impervious to water or they are as useless and as dangerous as a canoe that has sprung a leak. A small hole is left for inflation. The hide is blown up much in the manner of a football, and the hole used for this purpose is folded over and closed by tying with a thong. The hole left for inflation is usually the nose aperture.

The inflated skins are most popular with the younger set, as they offer an excellent support for the body while the youngster is first learning to swim. While lying on the skin, the legs, when kicked vigorously, will propel one across almost any stream. If a small enough skin is used the swimmer can sprawl over it and use both arms and both legs as propellers, steering gear and as buffer against the rocks. In streams that flow fairly smooth one can sit on the skin and paddle himself across stream with ease and in comfort.

HER HOUSE OF CARDS

By Will Nies

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NOTES, calling cards, dance-favors, billets-doux—THESE make HER house of cards. Breaths of courtesy, zephyrs of infatuation, dreams of what MIGHT have been—had their writers and SHE been different—form her Home of Hope. Never into her ken has there floated the realization that life must be founded on REALITIES, that real faith, real hope and REAL love can only be reared on qualities that are real—for to HAVE you must BE. While others strove to deserve, she strove only to possess.

And like the house that was built upon the sands, her house of cards will fall, unless—UNLESS some man who sees the REAL good in HER sweeps her into his arms and the safe foundation of his REAL love.

WINIFRED BLACK WRITES ABOUT NEW FASHIONS IN FOODS

They're eating grasshoppers in Ohio—not because they have to, but because they want to. They say that they like them better than mushrooms, frogs' legs, snails, truffles or any of the queer things we think are good just because they cost a lot of money.

The curator of one of the Ohio public museums is said to have started the fad. He's a man of imagination, that curator, and of daring, too. One day when he was in the fields admiring how the world was made he caught some grasshoppers and toasted them over a little fire of twigs. He took off the grasshoppers' heads and wings.

"They might tickle as they go down," the curator thought. He put salt and pepper on the grasshoppers, placed them between two thin slices of bread and ate them with a relish.

"Good!" said the curator. "Excellent! Really what you might call de-licious!"

Then he caught some more grasshoppers and cut off some more heads and some more wings and toasted the hoppers and ate them and said they were nice.

"They turn red like lobsters," he said when he went home and told about it, "and they tasted like something between a Long Island lobster and an Ohio hickory nut, I'm going to add them to my diet list."

The news got out, and out in Ohio, they say, the small boys last summer made spending money catching grasshoppers and the girls stopped making fudge and gave grasshopper parties instead. Well, why not?

I believe I'd like the taste of a grasshopper. They might be a little muscular—they do exercise a lot, don't they? They're clean things, however, and sort of like oats and wheat. I don't see why they shouldn't make a fine breakfast food.

Yes, We Learn.

How queer we are about food, anyway. Whatever we're used to we like and whatever some other sorts of people are used to makes us shudder.

There's horse meat, for instance. Why shouldn't the meat of a horse be just exactly as good as the meat of a cow? Horses are said to be much healthier than cows. You don't often hear of a tubercular horse, and as for pigs—there's no comparison between them. And chickens, too. If you ever want really to relish chicken never spend much of your time watching them. They do eat such extraordinary things and have such extraordinary habits.

Why shouldn't a frog—a nice, clean frog, who lives in a nice, oozy bank—be a whole lot more wholesome and more cleanly than a disreputable old hen who will fight till she loses her very feathers over anything she happens to spy, and what can't she spy with those little beady eyes of hers?

I know a nice, chubby, rosy Frenchman, who's always telling me about nice, chubby, rosy little things to eat. He told me about snails the other day.

"When I first opened my restaurant," said the Frenchman, "I ordered six thousand snails for a year, and I had to eat them all myself. That was some years ago. Now I order sixty thousand snails a year, and what do I get myself? Not one little bite. I have taught people how to eat. At first it was cheese sandwiches, ham and eggs, and, for a rear occasion, fried chicken, but now it is snails, mushrooms and shrimps. People learn slowly, but they do learn."

Yes, we do learn, we Americans. I remember running past a certain little house on my tiptoes, when I had to pass it after twilight. The people who lived in that house were queer. They ate frogs' legs, and you never could tell what people who ate frogs' legs might do to you, if they caught you after dark.

I have heard my mother say that when she was a little girl her mother had a strange plant in her garden. There was an odd smell about it which she did not like. The flowers were not particularly pretty, but they bore in season a beautiful little fruit, sometimes bright red and sometimes bright yellow. Love apples, my mother's mother called them, and they were considered poison, deadly poison. When the neighbors came in to admire them in the garden they bade each other be careful and not go too near, for there were strange stories about people who had touched the strange plant and had faded away as if they were dying of gradual poison.

The love apples were tomatoes. How long it took us to find out that we could eat them!

Hurrah for Grasshoppers!

I had some delicious food the other day, and the friend who had made it bade me guess from what fruit it was made. I guessed from apples, from the tree of knowledge in the Garden of Eden. She laughed and said: "No, it was made from the little sand grapes that grow on the little, clutching vines that make a carpet on the dunes close to where we live." I have seen the little sand grapes for many years and never dreamed of even tasting them.

Once, when I was in France, I walked out one evening with a dear little French boy from the French peasants' cottage where I was staying. We found in a sunny corner of a field some blackberries, ripe and sweet and delicious. The little French boy cried out in terror when I asked him to eat some of them, and tasted them myself. When we went home they told me one should never eat blackberries until they were cooked, for when they were raw they were poisonous.

In our own country there are thousands of people who will tell you that raw apples, raw peaches or raw pears make them desperately ill. Yet these same people will eat that same fruit after it is cooked and fairly sickening with sugar, and never turn a hair.

Hurrah for the grasshopper man! I'm glad he's found out about the grasshoppers. Come on! Let's go out in the field next summer and have a grasshopper picnic. I'll dare you to start the fashion in your home town.

Seven Delicious Cakes and Puddings

By ANN MARIE LLOYD

If you like ginger cake here is a recipe that will please you:

Half a pound of breadcrumbs, white or brown, five ounces of flour, a quarter of an ounce of bicarbonate of soda, two ounces of margarine, two ounces of moist sugar, a quarter of an ounce of ground ginger, a quarter of an ounce of spice, six ounces of syrup. Mix the flour, crumbs, spice and ginger together, cream up the sugar, margarine and syrup, dissolve the bicarbonate of soda in a little water and add it to the sugar, etc., stir in well, then add the dry ingredients and mix up stiff, roll out to one-eighth of an inch thick, cut out with a small round cutter, put on greased tins two inches apart, and bake in a cool oven. Or the mixture can be put into a greased meat tin, flattened out, baked in a cool oven, and when cold cut up into pieces.

London Rocks.

These popular little cakes are made from fermented dough as follows:

Half a pint of milk or water, half an ounce of yeast, two ounces of margarine, two ounces of sugar, one pound of flour, one egg, a quarter of a pound of currants or sultanas, a quarter of an ounce of salt. Warm the milk to about 90 degrees, dissolve the yeast and sugar in it, add the fat, which must be melted, also the salt; then add the flour and mix to a nice dough, put it in a bowl, cover it up for an hour, then turn it on the board and knead it, cover it up again for another hour, then turn it on to the board, clean out the bowl, put the dough back, add a beaten-up egg and a quarter of a pound of currants or sultanas, mix well till it is a soft mass, then pull pieces off, place them apart on a greased flat tin, let them stand for 13 or 20 minutes to prove, and bake in a hot oven; dredge with sugar.

Queen Cakes.

These little cakes are always welcome at the tea table. To make them, cream together three ounces of butter and three ounces of sugar. Add two eggs and six ounces of flour. Beat well, then add three ounces of currants and one teaspoonful of baking powder. Pour the mixture into small greased tins and brown nicely in the oven.

Brown Bread Pudding.

The ingredients required for this unusual dish are: A quarter of a pound of scraps of bread, two ounces of sugar, half an ounce of candied peel, one egg, one ounce of suet, two ounces of currants, half a pint of milk, a little cinnamon. Soak the bread in cold water till soft; squeeze the water well out of it. Chop the suet and peel finely, wash and dry the currants and mix the peel with them. Beat up the egg well and mix the milk with it. Put layers of the different ingredients in a greased pudding dish, sprinkling a little nutmeg over each. Finish off with bread and suet. About half an hour's baking in a moderate oven is then requisite.

A Savory Pudding.

Take half a pound of dry crusts and soak them in water until soft. Drain and squeeze dry, then beat up with a fork. Chop up a large parboiled onion and three ounces of suet finely and add to the bread, together with two ounces of coarse oatmeal, a little salt and pepper, half a teaspoonful of baking powder and half a teaspoonful each of sage and sweet herbs. Beat an egg well, add a cup of milk, and mix into the other ingredients. Put a piece of lard in a tin and heat in the oven. Pour in the mixture and allow three-quarters of an hour for baking in a fairly quick oven.

Choice Spice Cake.

One pound of butter should be rubbed into two pounds and a half of good dry flour, one pound of brown sugar, one ounce of allspice, a pound of picked, washed and dried currants. Mix these all together with four well-beaten eggs and one spoonful of yeast; when a smooth dough, roll it out and cut it into any shape liked. Bake them upon floured tins, and when done screen with powdered sugar.

Prune Pudding.

After chopping finely three ounces of beef suet mix in lightly six ounces of fine breadcrumbs. Remove the stones from half a pound of prunes. Cut each one in four pieces, mix them with the suet and breadcrumbs, adding half a teaspoonful of cinnamon, two tablespoonfuls of sugar and two eggs. Beat all together with a fork until it is moist, but not wet. Put the mixture into a well greased bowl, tie a cloth over, and boil for one hour and a half. Serve with sauce made of a piece of butter the size of an egg, one heaped tablespoonful of sugar, a tablespoonful of water, and the strained juice of a lemon. Boil quickly, pour over the pudding when turned on to a dish, and serve.

WASTAGE OF HORSES HAS BEEN TREMENDOUS

Russia Always Had Plenty, But Now Finds Renewal of Supply Difficult.

The wastage of horses in war is enormous, and the problem of renewing that wastage is not easy to solve. The Russian Government prior to the war owned 20,000,000 horses, or about one-half of the world's supply. In parts of Western Siberia there is a horse to every human being, while in some of the Russian provinces the people rear herds of horses in place of cattle, and mare's milk takes the place of cow's milk. In other provinces there are large stud farms owned by the crown, as well as others privately owned.

Countries which can muster a horse to every inhabitant are exceedingly rare. Some years ago the Germans collected statistics which showed that for the whole of Europe the average was about ten horses to every hundred inhabitants. Russia owned twenty-three horses to every hundred inhabitants; Austria came next with ten to the hundred, while France and Great Britain had each eight to the hundred. The United States had about twenty-eight horses to the hundred inhabitants, and Australia fifty-six. In the Argentine there were 204 horses to be set against every hundred of its people, and in Uruguay the proportion reached the extraordinary number of 370 to a hundred.

INSURANCE COMPANIES HELP.

Have Paid Out Millions in Claims and Hundreds of Millions in Treasury Bonds.

Since the beginning of the war British institutions transacting life insurance or annuity business have paid or remitted for payment war claims amounting to over $37,500,000. They have sold or lent to the treasury securities of the face value of over $250,000,000.

In giving these figures at a meeting of the Institute of Actuaries, Mr. S. G. Warner said the strain of the heavy war mortality on insurance companies has been very great, but had been borne without the least disturbance.

RELIEF NOT NEEDED.

According to an official return the number of persons in receipt of relief in England and Wales at the end of last March was 561,048. This is the lowest figure recorded since 1876, the year from which the returns start. It represents decreases since March, 1915 of 68,855, and 1914 of 82,595.

How to Obtain and Keep a 'Just Right' Figure

No woman can afford to neglect her figure and allow herself to become fat and clumsy or angular and loose-jointed. A supple, graceful figure is an essential asset to good looks. In fact, gracefulness is the foundation of charm.

The stout woman makes consistent errors of diet and fails to exercise enough to wear away the superfluous flesh, while her thin sister will not take the trouble to encourage the building of flesh that will round out her angles and improve her appearance.

The figure that is considered "just right" is neither too plump nor too thin. It is possible for every woman to make her figure conform to this mould.

One grave mistake that almost every stout woman makes is the wearing of the wrong corset. She imagines that every person's figure should be cut to a pattern like a dressmaker's model. So to attain the slimness she admires the inclined-to-be-stout woman squeezes herself into corsets a size or two too small. In this way she persuades herself that she decreases the size of her waistline, but she forgets that the flesh squeezed away from the waist must distribute itself elsewhere. It increases the size above the waist or below, and instead of appearing slimmer she is stouter than before.

If you are stout you should be fitted to corsets by a corsetiere who is thoroly reliable. Then exercise and diet to decrease your weight.

Nowadays it is almost every woman's ideal to be slim and to attain quite an attenuated slimness at that. It is a mistake to think that the well-rounded figure is ungraceful and lacks real beauty. There is nothing prettier than the plumpness of youth.

Do not ruin your health and good looks by starvation diets and obesity remedies. Do be sensible and realize that a figure that is not overplump can be attractive and graceful. Be careful of your diet. Eat plenty of plain, wholesome foods, but eliminate the starchy, sugary foods that only built fat.

Exercise judiciously. Too strenuous exercise is harmful until after you have hardened your muscles and tissue.

The following exercises will do much toward remoiding your figure, and should be practiced both morning and night:

Exercise (1)—Stand erect and stretch the arms high above your head, keeping the elbows stiff. Place the left foot one pace forward and sideways, so as to swing the body about at the waist. Slowly bend over the extended knee and touch the ground well in front of the toes. Repeat this movement five times, then change to the other foot.

Exercise (2)—Stand erect with hands on the hips. Raise the right knee as high as possible, then change to the left. Repeat this exercise until the muscles of your legs feel tired. Take this exercise slowly at first, but when you have gained muscular control change from one leg to the other rapidly, so that you get the same movement as you would in running.

Exercise (3)—Lie flat upon the floor with the face turned upward. Press the hands firmly to the hips and lift the feet slowly over the head by heaving up the body until the toes touch the floor above the head. Repeat vigorously 12 times night and morning. Increase the number of times as you find yourself growing less fatigued.

I advise both the too-thin and the too-stout to walk whenever it is possible. When the weather is too disagreeable to go out of doors walk up and down in your room.

There is such a thing as being too thin, as many women know to their sorrow. An ungainly thinness, in which hollows show in the neck and cheeks, while the chest is unbecomingly flat, is everything but beautiful.

The thin woman must first pad out her bony frame by eating fat-building foods. Then she must be lazy, sleeping a great deal of her time and trying not to "go at things" in such an energetic manner. I have learned by observation that most thin women are over-energetic. They make even the simple duties of life use up twice as much energy as the average person.

Rub the entire body with warmed olive or sweet almond oil. Massage the hollows of your face and neck with a good skin food. Take a tablespoonful or two of olive oil before each meal, and drink plenty of milk and cream.

Exercise enough to keep your figure supple and graceful. Exercise Nos. 1 and 2 may be used in conjunction with the simple calisthenics with which everyone is familiar.

You can obtain the "just right" figure if you persistently follow these suggestions with a will.

Butter and Butter Substitutes

HOUSEHOLD HELPS

By ISOBEL BRANDS

IF butter is too high, why not cut expense by using some of the many excellent butter substitutes? Of course, we desire the best butter for table use, but there is no reason why some good substitutes should not be used in cooking.

As a matter of fact, very often we pay butter prices for so-called butter which is by no means the fresh butter it is represented to be. "Renovated butter"—which is reworked stale butter—is on the market in large quantities, and the finicky housewife very often believes that she is getting more by despising oleomargarine and insisting on the use of butter in all her cookery. As a matter of fact, very often she is likely to pay a high price for stale, reworked butter, simply because she wants "butter," whereas she could buy an infinitely purer product if she purchased oleomargarine, frankly labeled as such.

Various Oil Uses.

Every housewife should read carefully the government bulletin on this subject—"Detection of Oleomargarine and Renovated Butter," by G. E. Patrick of the division of chemistry. This is farmers' bulletin, No. 131, and can be obtained gratis by writing the department of agriculture, Washington, D.C.

Of course, altho many people like the taste of oleomagaraine even for the best of table use, it is not necessary to use it thruout if there is objection. But certainly for cooking purposes it is highly desirable, its flavor is not inferior to good butter and it helps effect economy. Buy good butter for table use only if you are seeking ways to economize.

Another good butter substitute in cookery which we in America still make little use of is olive oil—also other good cooking fils, like peanut oil, etc. Of course, it is not economy to cook with good olive oil instead of butter, except occasionally, because one uses less quantity of oil in proportion than of butter. But peanut oil is inexpensive and is flavorless in cookery. Then there are many varieties of odorless, flavorless cottonseed oils which can be used for deep fat frying, especially now that we cook more of the fatty dishes, like crullers, croquettes, etc., than at other times of the year. Most of these fat substitutes are less expensive than pure lard, and they are really effective.

Real Sunflower Oil.

Perhaps one of our first steps toward preparedness will be to try to accustom our families to the flavor of more oils and butter substitutes to help reduce the high cost of foods. After all, preferences of this kind are purely a matter of custom, and surely it's worth while trying to cultivate a few economical habits these days.

Over in Russia, where real butter and good fats are almost luxuries, and not within the reach of the vast population of poorer folk, they have an excellent substitute in the shape of "sunflower oil." This oil is pressed from the seeds of the sunflower and is used for cooking purposes and salads.

Its color is light yellow—very much like butter—and it is quite odorless and has a mild and very pleasant flavor. We know these seeds in this country as bird seed—especially for parrots—and there are few youngsters who haven't at some time brought a handful of these black and white seeds, shelled them and feasted on the meaty white kernel.

Sunflower oil for cooking purposes was originally used in Mexico—so that it isn't altogether improbable that some day we may add it to our list of butter and fat substitutes.

GERMANS IN AUSTRALIA FRIENDLY TO ENEMY

Hun Newspapers Expect Their Votes Will Have Had Influence in Conscription.

Speaking of Germans in Australia, the Lokal Anzeiger is proud to know that they are by no means an inconsiderable element in the population. Since 1828 about 65,000 Germans have emigrated to Australia, and it would not be far from the mark to say that the German population at the present time is 180,000, of whom 50,000 were born in Germany.

After some further particulars of the importance of these people in their new home, and of the high position which they enjoy, The Lokal Anzeiger says:

"At the outbreak of war the Germans and their institutions had to endure much vexatious opposition. All information with regard to their condition has latterly been withheld from us, and nothing has come to our knowledge to indicate that they have taken any active part in the Australian volunteer movement, indeed one may safely assume that they have contributed to hinder the acceptance of the law for compulsory service introduced by the imperialist minister, Hughes. The law, as is well known, was rejected by a narrow majority of the entire population, and it has therefore, not succeeded to compel our countrymen in assuming an attitude towards the war which they would never voluntarily assume."

SYRIANS ARE DYING THRU LACK OF FOOD

Turkish Authorities Permit Supplies to Rot Rather Than Feed Sufferers.

The "Matin" publishes a letter from the Syrian poet, Chekri Ganem, addressed to the King of Spain, urging the king to intervene on behalf of the Syrian population.

He says: "In spite of the considerable quantity of provisions available, the Syrian population is condemned to die of hunger. Already 150,000 have succumbed. Djemal Pasha is allowing the food supplies to rot rather than let the starving population eat. This is an attempt at deliberate extermination of the whole innocent population."

Chekri Ganem adds that he is aware that there are numerous international and diplomatic obstacles of every kind in the way of any action by his majesty, but he believes that they are not insurmountable if the King of Spain should decide to intervene.

TIGHT BINDING