Daily Magazine Page for Everybody

SECRETS OF HEALTH AND HAPPINESS

Worry and Unkind Thoughts The Greatest Foes of Beauty BY DR. LEONARD KEENE HIRSHBERG

Answers to Health Questions

R. M. V.: Q .- Will you please tell me

Sulphur ... 1 dram Resorcin ... 10 grains Sulphate quinine ... 10 grains

Salicylic acid 10 grains

M. D.: Q .- I have been suffering for a

umber of years with a bad case of

A .- If you will apply a little of the fol-

lowing to the affected parts about three times a week, I am sure you will find

Sulphur loti 2½ drams Balsam Peru ½ dram

Camphor ½ dram

Green soap 1 dram

A CONSTANT READER: Q .-- What

mouths of the pores. I can recommend

Elder flower water 2 ounces Simple tincture benzoin.... ounce

Address all inquiries to Dr. L. K. Hirsh-

Three-Minute Journeys

BY TEMPLE MANNING

How a Milliner's Apprentice Became Queen of Holland and Spent

Her Life Regretting Her Loveless Marriage.

tor, serving long, hard hours as a milner's apprentice. Then Naucleon at this
time a young and rising general in
the army, met Josephine, the mother,
and soon married her. Hortense was
taken out of the hat shop and sent to
the school of Mme. de Campu, a
former maid of honor to Marie
techniques.

Ing over Europe, while Queen Hortense
frequented Paris and the home of her
mother at Malmaison. The unhappy
of the emperor, and hated both positions with all her heart,
The tragedy of the divorce of her
mother, Josephine, by Napoleon, however, gave the miserable queen her
effort and only hope of escape from her

Lanolin

Will you kindly prescribe a

A. B., M. A., M. D. (Johns Hopkins University.)

Fear that kills and hope that is un- are occasionally natural and necessary willing to be fed are not always real but in the course of human events and health it is highly destructive, not to say unnatural, to maintain it too long a period. Moreover, worry and despair true basis in reality—except to stamp are often spectral mirages not founded their seams and furrows upon the flesh of one who despairs.

The blows and buffets of the world in fact. will. To become downhearted, worried end weighted down does not spite the world. Dejection is a loadstone around means that mother is secretly sayingworld. Dejection is a loadstone around of course, unconsciously—"My beauty of course, unconsciously—"M profitable worry is to anyone can be must be destroyed." seen often enough in this unweeded The answer to this everflow of the wrong gland substances is to maintain trarden of imaginary sorrows.

an even-tempered poise. Think well and garden of imaginary sorrows. It is a wise old saying that "he soon- pleasantly of people and things. Always est loses that despairs to win." In it is look for the best and hope for it. Instead of a search of health manuals, pharmaconeiss, and drive stores for to be found "the fear that kills, and pharmacopeias and drug stores for beauty medicines, be of serene and kindtrary to the poet's assertion, there is no ly mind. Like the three bronze monkeys solemn luxury in grief. It is rather an mouth, see, hear and speak no evil and have no worries beyond a reasonable at times an ineradicable tattoo mark hour. upon the human features,

"Physiology" Steps In.

Beauty doctors, barbers, chemists, members of the unselfish healing art and other purveyors of cosmetics are largely A .- Use a little of the following on powerless to unknit the ravelled sleeve your hair about three times a week: of care once it has perpetuated its havoc upon the once smiling face of human kind. That is to say, all efforts are in vein if anxieties and worries continue to thrive as emotions and in the thoughts of the possessor of the crow's feet, frowns and wrinkles.

Anxiety, grief and despair are as a horde of pirates in the human lair. Each carries a stiletto, a dirk and a dagger with which to mar your beauty. Some of them may touch you as lightly as a an improvement in a short time: municating trenches in your face.

Notwithstanding this plain tale from the physiological hills, as well as the universal truth that beauty contains the attractive power which makes the force of gravitation take to its heels, women seldom shun worry. Indeed, it is a curious commentary on human nature and a perversity born of the daughters of most can I use for enlarged-pores? Eve that women who are the beautiful af the genus home are the very A .- Massage the skin gently with a ones to spoil this divine endowment by strong astringent that will serve to draw unreal sorrows and filmsy excuses to together the flabby skin, which has permitted the too wide opening of the

You will allow that it might do no great harm to make ugly the near hand-some faces of many men. It might not Rosewater . nish their efficiency, curtail their earning power or otherwise lower their With women it is a more of this cosmetic suicide than are men.
The emotions give expression to the face, as that wise biologist, Charles

ANXIOUS: Q.—What causes hard and rapid heart-beats?

A.—This may be due to many things

do with a natural balance between sorand gladness, anxiety and joy, evenly, but the better ones are overthyroid gland, for instance, is overaggressive, the muscles, flesh, skin and other elements of beauty sag down, lose a sufficiency or excess of acid, absence

Keep an Even Temper.

ODD FACTS

The first published description of the streams of water was contained in

FEMINISMS

By Annette Bradshaw



RELATIVELY? SUE—Has Artie written to you from Europe? FAY—Yes. And he says he thinks skating is very dangerous.

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win

BY ALBERT BARRETT SAYRES.

A.—This may be due to many things other than heart trouble, which would prossion of the Emotions."

Those who like to hunt, but live in down one of the Emotions."

A.—This may be due to many things other than heart trouble, which would have to be found out by taking the blood prossion of the Emotions."

Those who like to hunt, but live in down one of the end of the communities where there are few opportunities to find game because civiliation has swept many of the beasts and birds of the wilds away, sometimes when a man worries physiology sins."

Which is to say, the glands that have to do with a natural balance between sor
This may be due to many things other there are few opportunities to find game because civiliation has swept many of the beasts and birds of the wilds away, sometimes where there are few opportunities to find game because civiliation has swept many of the beasts and birds of the wilds away, sometimes where there are few opportunities to find game because civiliation has swept many of the beasts at least protect all the bearings with oil so they will not rust or corrode. To giving a thorough overfauling to discommand the prosume of the wilds away, sometimes of the wilds away, sometimes and hawks and owls. These persons find their excuse in the feet that here is the first chance of these wasn't any earth there'd be nother than heart trouble, which would take care of these other wasn't any earth there'd be nother than heart trouble, which would take care of these other wasn't any earth there'd be nother than heart trouble, which would take care of these of the overflowing tool house of the will also a conce.

If you can't bring them under cover, the first chance of the wasn't any earth there'd be no other than heart trouble, which would and the sating portunities to find game because civiliation has swept many of the beasts at least protect all the bearings with the care of these others are the comming to the wasn't any earth there'd be no other than heart trouble, which would are the comming R. F. P.: Q .- I have had gastritis for ly every bird takes its toll of the growa number of years. Will you kindly ad- ing crops, and that hawks and owls are

destructive to poultry. roast has been eaten? Of course, you from your bank is made of comes from the points they make are in many can strip off all the meat for left-over the earth. Copper from which your strips of meat that still cling to them stones. If there were no trees where the stomach, and calls for an analysis of instances incontestible. But, like many the stomach juices to see if there is other persons, they err on the side of their poise, become dull, lack lustre and or presence of pepsin and other ferments, and presence of mucous or other simplest kind, such as milk, whites of fruit, but they perform a service greatmuscle becomes flat and flabby another eggs and fruit juices is called for if the er than their pay by destroying the wastes more than a third, you will look gastritis is due to heavy eating or worms that would be a serious menace on no pretty picture. Grief and sorrow drinking. The precise kind of gastritis to crops without their aid. For this

must be discovered by analysis, and then the cause removed. be begrudged their little pay. In the case of owls and hawks, the Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that pretty slim, wouldn't it? But it isn 4. oil and water, produced by the aid of are of general interest. He cannot al- For owls and hawks are the natural third body, generally either sacchrine ways undertake to prescribe or offer enemies of rats, who are greater de ndvice for individual cases. Where the stroyers of poultry than the birds, Owls ibject is not of general interest, letters and hawks do take their pay in poulwill be answered personally if a stamptry, but it is a very small wage in comparison with the economical ser-

rice they render. Therefore, when the inclination comes to shoot a bird stop and think before you do it. Today we need every aid And the birds are mighty aids in the bell was swinging back and forth, call- Squeedee was gone. raising and in the conservation of food. ing the little ones to their lessons.

Preserving Mechanical Alds. During the summer I had a word to say about the "great tool house"-the she went right in the muddy road. vast outdoors-in which some farmers keep their fron "help." If the winds ered with mud. Her shoes and stock From a maker of hats as a miliner's Louis Napoleon, king of Holland, whe, apprentice in a Paris shop to wearer of a crown as Queen of Holland is a louis Napoleon, king of Holland, whe, himself, cared nothing for the match; indeed, was averse to it.

The life of Hortense and Louis Napoleon, king of Holland, whe, himself, cared nothing for the match; indeed, was averse to it. and the rains of summer are destruc- ings were a sight. Linda tried to wipe tive to farm and garden machinery that the ugly black mud off, but that made long step, and poor little Hortenss
Beauharnais, daughter of Josephine,
later Empress of France, as wife of
the great Napoleon, found it anything
but a happy step.
The closing days of the
revolution found Josephine Beauharnais, the widewed mother, living in Paris in circumstances but little above poverty, and Hortense the daughter, serving long, hard hours as a miland the enows of winter to machinery for?" squeaked a voice at her elbow. Without the smile from partial beauty

farm machinery in a field or nestled got to do with dirt on my dress I'd queeck."

to forward the war.

Using Beef Ribs.

Why not vary the way you make use of the ribs of the roast beef after the of the ribs of the roast beef after the large has been eaten? Of course, you for left-over the courth Copper from which your

other persons, they err on the side of thinking but part of the way into the problem. True, the birds do eat of grains, berries, apples and other large fruit, but they perform a service great-fruit, but they perform a service great-grain service growth as also, good—and roasting per—cayenne is also, good—and roasting per—cayenne

Good-Night Stories BY BLANCHE SILVER.

THE TREASURE CHEST.

One day in the summer time mamma hated dirt," replied Squeedee. dressed little Linda in her pretty new white dress and started here to Sunday

It had rained during the night, so mamma warned Linda to be careful where she walked.

Linda hurried away, for the church off, and when she looked up again short pastry. But Linda forgot to watch where she was stepping, her foot slipped and down

Her pretty new white dress was cov "Well, now, what's all the crying Linda turned and saw her little friend

"I've ruined my new dress in that

Diary of a Fashion Model

What Katie's Scream Portended for Mother Graham. I ran into the kitchen door of our my struggle to keep from hysterical

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

I could hear her sobbing ejaculations, ing intense pain. I could hear her sobbling that hastened however, in the half, and hastened through, to find my mother-in-law lying through, to find my mother-in-law lying open and gesticulating to Cousin Agatha. "Go to the kitchen quickly, Katie," I would hear her sobbling that here is plenty." in an oddly cramped position at the foot took at Mother Graham's face told me ished just as Cousin Agatha with wrath-that she was unconscious at least. I ful face and flashing eyes entered the began to shake with terror for fear that door. it was death itself at which I was look-

"What happened, Katte?" I gasped and address me as Youse?—Why, even as I knot by my mother-in-law's what's the matter, Harriet? side and found to my great relief that | She crossed swiftly to my mother-inshe was slive but in a faint

"She fall downsairs!" Katie sobbed. "I hear her fall and scream, and "ven the change from Mr. Hyde to Dr. Jekyll, I coom I find her dis vay. I scream for you, for I no dare to touch her."

my neart was not with anger to think words why my mother-in-law had asked mother-in-law without aid for even so for her. mother-in-law without and the was no time With hands that were infinitely tender short a time. But there was no time and skillful she eased my mother-infor even the briefest of reproofs. Katie," I commanded, and ran swiftly

always swift and helpful when there is someone for her to obey, was back with the cold water even before me. "Something Broken."

"Now telephone for Dr. Britton, Katie. Ask him to come at once and explain to him what has happened." As I spoke I was alternately sprinkling cold water in my mother-in-law's face and holding the bottles with their punwas in reality only a moment or two,

she opened her eys to mine. as she stirred ever so singntly, a sharp scream of pain came from her lips.

"Something's broke, somewhere," she gasped. "I'll have to have the doctor."

"Katle is telephoning for him now," I said soothingly. "Don't you think I vantage. More than ordinary activity."

"And unusual results should come from

"Where's Agatha?" she demanded im- be protected and speculation as "Where's Agatha?" she demanded imperiously instead of making any reply to me, and I had a passing unworthy feeling of actual jealousy that she should call for the aid of the woman I disliked and put my proffered services aside.

Those whose birthday it is may expect an active year, with some important changes. Their money should not be risked. A child born on this day may be peculiarly endowed, inspirational, energetic, enterprising, but expected the professional active year. "Oh, no you don't," exclaimed Squee-

horrid mud. I just hate dirt," cried

"Little girl," Squeedee finished

'And all the times I've said I hated

ought about it being any good, except

After that no one ever heard Linds

Famous Sayings

Charles Lamb. 1775-1834.

Oh, what were man?-a world without

The Origin of

very dirt which makes you angry jus

Linda wiped her eyes.

"She out for her walk," Katle volun- travagant. It will succeed best there wasn't a speck of dirt in this "She out for her walk," Katte volun-wide, wide world," sobbed Linda. "She out for her walk," Katte volun-teered, having finished her telephoning. watch. "You like the flowers and the trees "And dot doctor he not dere, His vife asked Squeedec. Linda she say say she get him vere he is now,

like to know?" cried Linda. "Go out and see if you can see Agatha oils and fa coming, Katie," Mother Graham com-

Agatha Is Transformed. "Will you take that ape out of this nother-in-law demanded, and my fear

FIVE RECIPES

BY ANN MARIE LLOYD

Sheep's Head Ple. Remove the brains from a sheep's head, wash the head and place in a pan 'Most little chidren don't consider of warm water. Simmer for a short this, or I'm sure they wouldn't say they time, then add some vegetables, cut in dice, and the brains tied in muslin. Cook 'Why, old Mother Earth is our very pest friend. She's just a great big the whole slowly for two or three hours, treasure chest filled with beautiful season nicely; then remove the meat gifts for every one of us. Without her from the bones and place it with the there'd be no life at all."

Linda looked down at her dress. The sun had dried the black mud spots and turned them grey. Linda brushed them disk oven after covering over with short pastry.

Cocoanut Dlamonds.

Eight ounces of flour, three ounces of anyone else say it she told them this cocoanut, three ounces of sugar, four ounces of butter, two eggs and a heaped easpoonful of baking powder. Cream ogether the butter and sugar and add he eggs, well beaten, and two tableonfuls of milk. Beat for a few mintes, then gently stir in the flour, and fterward add the baking powder and coanut. Pour the mixture into a butered tin and bake quickly. When suffiiently baked allow to cool, then cut nto diamond shapes and put coceanut

Mutton Cutiets.

Take one pound of cold cooked muton cut in thick slices and shaped into utlets. Season the pieces of meat with pepper and salt. Take three-quarters of

one pint and a half of milk, a little small strang at a time; this will cleans flavoring of lemon or vanilla, three eggs, the hair of dust, dirt or any excessi milk. Boil the rest of the milk with the able softness, lustre and luxuriance

Add two pounds of beef cut in small grow long, strong and beautiful,

house in answer to Katie's excited laughter at her words, even though I realized from the beads of perspiration on her forehead and the agonized expression on her face that she was suffer-

of the stairs, with Katie bending over her wringing her hands and sobbing, but making no attempt to touch her. One

"May I ask why I should be insulted in this manner, Margaret?" she de-

law and knelt beside her. And then I saw a transformation which I could only liken to the famous stage portrayal of All the pettiness, the meanness seemed to drop from the woman as an ugly I-remembered Katie's superstitious old Her face was tender, solicitous, as she world aversion to "old vimmens," and bent over her kinswoman, and my heart was hot with anger to think movements told me without the need of

"Bring me some cold water quickly, law's position, even managed to turn her over and expose a queerly twisted upstairs, returning with my first aid bottles of ammonia and camphor. Katie, most poignant pain.

TOMORROW'S HOROSCOPÉ BY GENEVIEVE KEMBLE.

WEDNESDAY, JAN. 9. This bids fair to be a day of peculiar

and holding the bottles with their pun-gent contents beneath her nostrils. It pect of Luna to Mars always indicates, mucous membrane and relief comes in great energy, activity, boldness and genwas in reality only a moment of the which, however, seemed hours, before which, however, seemed hours, before erosity, exciting to new projects and energy, activity, bottom of the control of the contro she opened her eys to mind.

"I—fell—" she said slowly, and then, as she stirred ever so slightly, a sharp ting this position is the trine of Moon with a cold or nasty comes so quickly.—Advt. could move you into a more comfortable and unusual results should come from perhaps help you to the this peculiar array of stellar figures couch. It's very draughty here on the which Mercury lends force. A word of floor, and it must be terribly uncom- warning must be given, however, as to the financial prospects. Money should

> SUNLIGHT SOAP is made from the sweetest and choicest of edible

"CASCARETS" SET YOUR LIVER AND BOWELS RIGHT

that she was mortally injured fied with They're Fine! Don't Remain Billious, Sick, Headachy and Constipated.

> Best for Colds, Bad Breath, Sour Stomach-Children

Love Them. Get a 10-cent box now. Be cheerful! Clean up inside tonight nd feel fine. Take Carscarets to liven our liver and clean the bowels and stop headaches, a bad cold, billousness, of-fensive breath, coated tongue, sallow-

iess, sour stomach and gases. Tonight take Cascarets and enjoy the nicest, gentlest liver and bowel cleaning you ever experienced. Wake up feeling grand—everybody's doing it. Cascarets best laxative for children also.

GIRLS! MOISTEN A CLOTH AND DRAW IT THROUGH HAIR

It becomes beautifully soft, wavy, abundant and glossy at once.

Save your hair! All dandruff goes and hair stops coming out.

f you wish to immediately double the eauty of your hair. Just moisten a loth with Danderine and draw it care-

plication of Danderine dissolves ev icalp, stopping itching and falling hair Danderine is to the hair what free vegetation. It goes right to the roots nvigorates and strengthens them. exhilarating, stimulating and life-pro tablespoonfuls of butter till browned. ducing properties cause the hair to Largest Sale of Any Medicine in the World.

You can surely have pretty,



CREAM FOR CATARRH OPENS UP NOSTRILS

Tells How To Get Quick Relief from Head-Colds. It's Splendid!

will open, the air passages of your head will clear and you can breathe freely. No more hawking, snuffling, blowing breath at night; your cold or catarrh

will be gone. Get a small bottle of Bly's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It pene visitations and excitations, according to trates through every air passage of the

It's just fine. Don't stay stuffed-up



Bruises and Sprains Have Sloan's Liniment handy for bruises and sprains and all pains and

aches. Quick relief follows its rub. It quickly penetrates to the trouble and drives out the pain. stain the skin nor clog the pores For rheumatic aches, neuralgia stiff muscles, lame back, lumbago, gout strains, and sprains, it gives quick relief Generous sized bottles at all druggists

Relief Instantaneous. Healed With 3 Cakes of Soap and 2 Boxes of Ointment.

"I was very much annoyed by an frritation on my back. I found out had a bad case of eczema. My back was in a very bad snape, and my clouding irritated so that the skir became very sore. I sent for Cuticura Soap and Oint-

ment, Relief was instantaneous and with the use of three cakes of Cution Ointment I was healed." (Signed) B F. Grosch, Y. M. C. A., St. Catherine For hair and skin health Cuticura

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Headaches

come mostly from disorders of the stomach, liver and bowels. Regulate these organs and keep free from headaches by using

UNDERCLOTHING

Guaranteed Not To Shrink

She Learns a young and righing general in the array may not prove the properties of the same regime to the daughters of the man regime to the daughters of the man regime to the daughters of the man with a construction of the man and the form the properties of the man with a construction of the man and the form the properties of the man and the form the same way, and the properties of the man and the form the same way, and the same regime to the daughters of the man and the form the same way, and the same regime to the daughters of the man and the form the same way, and the regime to the same title with an overlappoint of the same titl Before she returned to Sheila May- pieces and cook gently for a few min- ustrous hair, and lots of it, if you will hard's studio Miss Bayard came in to utes before stirring in a paste made of spend a few cents for a bottle of Knowlon her tailored suit, which meant a tablespoonful of curry powder and ton's Danderine at any drug store or nat I had to run along and take care water. Stir and mix thoroughly, add tollet counter and try it as directed. of her. I'll see Miss Joyce's frocks half a pint of water, and simmer for when she has her first fitting, and have two hours, or until the meat is perfectly that the beautiful. You will say the thrill of being "surprised" at the tender. Season slightly with salt when this was the best 25 cents you ever