

Daily Magazine Page for Everybody

SECRETS OF HEALTH AND HAPPINESS

Worry and Unkind Thoughts The Greatest Foes of Beauty

BY DR. LEONARD KEENE HIRSHBERG
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That which kills and hope that is unwilling to be fed are not always real suffering. They are often fictions of anxiety, ghostly worries without any true basis in reality—except to stamp their seams and furrows upon the flesh of one who despairs.

The blows and buffets of the world should be taken with a right good-will. To become downhearted, worried and weighed down does not spite the world. Dejection is a loadstone around which all misfortune collects.

How weary, stale, flat and unprofitable worry is to anyone can be seen often enough in this unweeded garden of imaginary sorrows. It is a wise old saying that "the soonest losses that despair to win." In it is to be found "the fear that kills, and hope that is unwilling to be fed." Contrary to the poet's assertion, there is no solemn luxury in grief. It is rather an expensive extravagance which inflicts at times an irreparable tattoo mark upon the human features.

"Physiology" steps in. Beauty doctors, barbers, chemists, members of the unscientific healing art and other purveyors of cosmetics are largely powerless to unkink the ravaged sleeve of care once it has perpetuated its havoc upon the once smiling face of human kind. That is to say, all efforts are in vain if anxieties and worries continue to thrive as emotional and in the thoughts of the possessor of the crown's feet, frowns and wrinkles.

Anxiety, grief and despair are as a horde of plagues in the human hair. Each carries a little, a dirk and a dagger with which to mar your beauty. Some of them may touch you as lightly as a scratch; again they may dig deep communicating 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 pervasively born of the daughters of Eve that women who are the most beautiful of the genus homo are the very ones to spoil this divine endowment by unrelenting and flimsy excuses to worry.

You will allow that it might do no great harm to make ugly the near handsome faces of many men. It might not diminish their efficiency, curtail their earning power or otherwise lower their incomes. With women it is a more serious matter. Yet they are more guilty of this cosmetic suicide than the very ones to spoil this divine endowment by unrelenting and flimsy excuses to worry.

The emotional face expression to the face, as that wise biologist, Charles Darwin, first emphasized in his "Expression of the Emotions." It is a curious commentary on human nature and a pervasively born of the daughters of Eve that women who are the most beautiful of the genus homo are the very ones to spoil this divine endowment by unrelenting and flimsy excuses to worry.

The consequences are plain. If one muscle becomes flat and flabby another wastes more than a third, you will see on no pretty picture. Grief and sorrow

ODD FACTS

An emulsion is a perfect mixture of oil and water, produced by the acid of a third body, generally either acetic or mucilaginous.

The first published description of the "diving bell" for tracing underground streams of water was contained in Agricola's "De Re Metallica," dated 1556.

Three-Minute Journeys

BY TEMPLE MANNING

How a Milliner's Apprentice Became Queen of Holland and Spent Her Life Regretting Her Loveless Marriage.

From a maker of hats as a milliner's apprentice in Paris, she became the Queen of Holland as a young girl, and poor little Hortense Beaubarnais, daughter of Josephine, Empress of France, found it anything but a happy life.

The clockwork of the French revolution found Josephine Beaubarnais, the widowed mother, living in Paris in circumstances that little above poverty, and Hortense the daughter, serving long hard hours as a milliner's apprentice. Then Napoleon 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 Camille, a former maid of honor to Marie Antoinette, who had begun teaching the accomplishments of the ancient regime to the daughters of the men who overthrew.

When Napoleon had raised himself to the high place of first consul, Hortense was a beautiful, accomplished, charming figure at whose feet had many suitors, for here was a hand worth seeing, but she gave her heart to Duroc, one of Napoleon's most brilliant generals, then but 29 years of age. He was a handsome, energetic man, and his high honors yet in store.

Napoleon, however, although he was fond of Duroc, had by this time attained such places that he looked upon the marriage of his family as matters of state and being convinced that Josephine would never give him an heir, he conceived the idea of marrying Hortense to his brother, Louis, in the hope that her might bring forth a son to succeed him.

Poor little Hortense was broken. To her the future became indifferent, and she finally accepted without complaint the marriage to

FEMINISMS

By Annette Bradshaw



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

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War.

BY ALBERT BARRETT SAYRES.

Conserving the Birds.

Those who like to hunt, but live in communities where there are few opportunities to find game because civilization has swept many of the beasts and birds of the wild away, sometimes "take out" their liking on some birds and hawks and owls. These persons find their excuse in the fact that nearly every bird takes its toll of the crops, and that hawks and owls are destructive to poultry.

The points they make are in many instances incontestable. But, like many other persons, they err on the side of killing 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 greater than their pay by destroying the worms that would be a serious menace to crops without their aid. For this service the birds certainly should not be begrudged their little pay.

In the case of owls and hawks, the argument for the defence would seem pretty plain, wouldn't it? But it isn't. The birds are the hawks are the natural enemies of rats, who are greater destroyers of poultry than the birds. Owls and hawks do take their pay in poultry, but it is a very small wage in comparison with the economical services they render.

Therefore, when the inclination comes to shoot a bird stop and think before you do it. Today we need every aid we can muster to our side in this war. And the birds are mighty aids in the raising and in the conservation of food.

Preserving Mechanical Aids. During the summer I had a word to say about the "great tool houses"—the vast outdoors—in which some farmers and all too many amateur gardeners, and their "help." If the winds and the rains of summer are destructive to farms and garden machinery that is constantly used, how much greater is the destruction wrought by the rains and the snows of winter to machinery that isn't in use.

Have you, by any chance, a garden implement lying outdoors or a place of the house?

"I would like a not-too-heavy net for the bird's nest. Add another fill of the best twist with such a delicate flare. I want it of medium width, gathered at the top, but the lines must be straight.

"A narrow girdle would look smarter than a sash of wide ribbon on this particular dress.

I wish I could record every one of the "happenings" that punctuate our interesting existence at the studio. But there would be little time left to do anything else.

Early this morning madame told us that a famous screen actress was coming to consult her about the costume for a new production.

"It will please you to know that the role is that of a young girl, and that she will need at least a dozen pretty frocks. Run upstairs and ask Sheila Maynard to make several rough sketches to show to Miss Joyce, since she comes. Tell her they must be extremely simple and schoolgirly, since the play begins in a finishing school. When she has drawn the outlines I shall tell her what trimming features to add.

I stayed with Sheila, watching the sketches grow under her quick fingers. When they were ready to be filed in Madame appeared, and standing back of Sheila, began designing the smart touches of trimming that make her gowns so attractive.

"Let us take this sketch first. It must be a narrow girdle with such a delicate flare. I want it of medium width, gathered at the top, but the lines must be straight.

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ADELE GARRISON'S NEW REVELATIONS OF A WIFE

What Katie's Scream Portended for Mother Graham.

I ran into the kitchen door of our house in answer to Katie's excited screaming of my name, but she wasn't there.

I could hear her sobbing ejaculations, however, in the hall, and hastened through to find my mother-in-law lying in an odd cramped position at the foot of the stairs, with Katie bending over her, wringing her hands and sobbing, but making no attempt to touch her. One look at Mother Graham's face told me that she was unconscious at least. I began to shake with terror for fear that it was death itself at which I was looking.

"What happened, Katie?" I gasped even as I knelt by my mother-in-law's side and found to my great relief that she was alive but in a faint.

"She fell downstairs!" Katie sobbed. "I hear her fall and scream, and then I come to find her like this. I scream for you, for I no dare to touch her!"

I remembered Katie's superstitious old world aversion to "old women," and my heart was hot with anger and grief that such nonsense should have left my mother-in-law without aid for even so short a time. But there was no time for even the briefest of reproaches.

"Bring me some cold water quickly," I commanded, and ran swiftly upstairs, returning with my first aid bottles of ammonia and camphor. Katie, always swift and helpful when there is someone for her to obey, was back with the cold water even before me.

"Something Broken?" "New telephone for Dr. Weston, 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 my puny contents beneath her nostrils. It was in reality only a moment or two, which, however, seemed hours, before she opened her eyes to mine.

"Tell me," she said slowly, and then, as she stirred ever so slightly, a sharp scream of pain came from her lips.

"Something's broken in somewhere," she gasped. "I'll have to have the doctor." "Katie is telephoning for him now," I said soothingly. "Don't you think I could move you into a more comfortable position, or perhaps help you to the couch. It's very draughty here on the floor, and it must be terribly uncomfortable for you."

"Where's Agatha?" she demanded imperiously instead of making any reply to me, and I had a passing unworthy thought about the woman's capacity for being so easily irritated.

"She's out for her walk," Katie volunteered, having finished her first aid duties. "And doctor he not here. His wife say she get him here he is now, and send him over right away."

"Go out and see if you can see Agatha coming," Katie's mother Graham commanded, and then she added caustically: "That's Agatha all over—she's got to be of use and she's nowhere to be found."

"She come in walk now," Katie exclaimed excitedly as she opened the door and then she raised her voice to a shriek.

"Hurry oop dere, rouse! De mudder she hurt awful bad!" Agatha's cry was transformed. "Will you take that ape out of this room and the her in the kitchen?" my mother-in-law demanded, and my fear that she was mortally injured fled with the words.

FIVE RECIPES

BY ANN MARIE LLOYD

Remove the brains from a sheep's head, wash the head and place in a pan of warm water. Simmer for a short time, then add some vegetable oil, and the whole slowly for two or three hours. Season nicely; then remove the meat from the bones and place it with the brains and vegetables in a pie dish. Bake in a liquid fat for about ten minutes, then pour into the dish. Bake in a quick oven after covering over with short pastry.

Cocoanut Diamonds. Eight ounces of flour, three ounces of cocoanut, three ounces of sugar, four ounces of butter, two eggs and a heaped teaspoonful of baking powder. Cream together the butter and sugar and add the eggs, well beaten, and two tablespoonfuls of milk. Beat for a few minutes, then gently stir in the flour, and afterward add the baking powder and cocoanut. Pour the mixture into a buttered tin and bake quickly. When sufficiently baked allow to cool, then cut into diamond shapes and put cocoanut icing on each.

Mutton Cutlets. Take one pound of cold cooked mutton cut in thick slices and shaped into cutlets. Season the pieces of meat with pepper and salt. Take three-quarters of a pound of mashed potatoes, the yolk of an egg, a little salt, and grated nutmeg. Mix all together, cover each slice of mutton with the potatoes, brush over with the white of an egg, dip in bread crumbs and fry in hot fat until brown.

Cornflour Pudding. Take two tablespoonfuls of cornflour, one pint and a half of milk, a little favoring of lemon or vanilla, three eggs, and one tablespoonful of sugar. Mix the cornflour with a small quantity of cold milk. Boil the rest of the milk with the favoring and pour it on the cornflour. Stir well, and when cool add the beaten eggs and the sugar. Fill a greased mold, cover it over and steam for an hour and a half. Jam or stewed fruit should be served with the pudding.

Curried Beef. Slice a large onion and fry it in two tablespoonfuls of butter until browned. Add two pounds of beef cut in small pieces and cook gently for a few minutes before adding in a paste made of two tablespoonfuls of curry powder and water. Stir and mix thoroughly, and add half a pint of water, and simmer for two hours, or until the meat is perfectly tender. Season slightly with salt when the meat is half done.

The Origin of Famous Sayings. Charles Lamb, 1775-1834. Without the smile from partial beauty won, Oh, what were man?—a world without a sun. —Pleasures of Hope

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

Surely try a "Dandergine Hair Cleaner" if you wish to retain your hair. Just moisten a cloth with Dandergine and draw it carefully through your hair, taking small snags at a time. This will cleanse the hair of dust, dirt or any excessive oil—in a few minutes you will be amazed. Your hair will be wavy, fluffy, and abundant and possess an incomparable softness, lustre and luxuriance.

Besides beautifying the hair, one application of Dandergine will dissolve every particle of dandruff; invigorates the scalp, stopping itching and falling hair. Dandergine is to the hair what fresh air is to the lungs, and sunshine is to vegetation. It goes right to the roots, invigorates and strengthens them, its exhilarating, stimulating and life-giving quality of Dandergine causes the hair to grow long, strong and beautiful.

You can surely have pretty, soft, wavy hair for a few cents for a bottle of Dandergine at any drug store or toilet counter and try it as directed. Save your hair! Keep it looking charming and beautiful. You will say this was the best 25 cents you ever spent.

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For the outdoor girl—

MENNEN'S COLD CREAM

CREAM FOR CATARRH OPENS UP NOSTRILS

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

In one minute your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more hacking, sniffling, blowing, headache, dizziness. No struggling for breath at night, your cold or catarrh will be gone.

Get a small bottle of Men's Cream from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh—Relief comes so quickly—admit.

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