

WALLPAPER PAGE FOR EVERYBODY

Secrets of Health and Happiness

Simple Paraffin Combinations Used to Heal Burns

By DR. LEONARD KEENE HIRSHBERG,
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According to researches made by Prof. G. I. Walcott, D. O. of the Philosophy of Detroit, one of the best ways to dress burns is to apply one of the paraffin combinations available since the discovery of ambrine by French army surgeon.

Oils, chemicals and emollients, plastic applications, thermic air baths, underwater treatments and was have all been experimentally tried, adopted for a moment, so to speak, and as quickly laid aside because of the unsatisfactory and inconsistent results obtained. While many good results have been obtained in cases which have been treated by almost any of these methods, none have shown the consistently satisfactory results which the application of paraffin has produced, though even in this treatment the final effect varies with certain factors.

A Mechanical Aid.
It appears that the action of most of these substances is based upon the purely mechanical properties of the paraffin base. It would seem, therefore, that if such is the case, and the results heretofore obtained are really as good as reports credit them with being, a substance having certain active therapeutic properties would be even more brilliantly successful.

The action of the better known paraffin preparations is mechanical, consisting of splint-like control of local nervous reactions. It protects the wound from air and external influences, is apparently therapeutic and encourages new granulations. Clearing is greatly eliminated, and grafting of skin often unnecessary.

Points to Remember.
The value of paraffin as a dressing has only recently received merited attention, and a study of cases in which it has been used reveals several well established cures, which assume to a remarkable degree the appearance of paraffin-like excretions. It is due to this that some highly colored and very impossible reports have been given by persons ignorant of the real conditions involved in surgical therapeutics. It should be remembered that a natural course of normal tissue must be roughly begun by the paraffin, and that the paraffin is not a permanent influence. This is the action of the various paraffin preparations, and these preparations have been tested severely for their mechanical and therapeutic values.

Answers to Health Questions

C. R. B. Q.—Please give me a diet to reduce.
A.—Food laxatives, such as uncooked bran, help in the reducing process, as do green vegetables and exercise. Drink plenty of water, only between meals, to flush the kidneys. You must observe simple rules. Don't sleep too much. Don't overeat even of lean dishes. Don't

WOMAN'S IRON

Increases strength of delicate, nervous, rundown people in two weeks' time in many instances. Used and highly endorsed by former United States Senators and Members of Congress, well-known physicians and former Public Health officials. Ask your doctor or druggist about it.

HULL WOMAN HAS GAINED 28 POUNDS BY TAKING TANLAC

Improvement of Mrs. McCann Is Talk of the Entire Neighborhood.

"My wife has actually gained twenty-eight pounds by taking Tanlac, and her wonderful improvement is the talk of all the neighborhood," was the remarkable statement made by John McCann of 197 Laval street, Hull, recently. Mr. McCann has lived in Hull all his life, and is well known.

"Yes, sir, I can say for a fact," he continued, "my wife hasn't been in such good health before in seven years. She had been in a badly rundown condition for about the long and gradually got worse in spite of all she could do. She had no appetite, seldom ate any breakfast, and very little at any time. She was so nervous, couldn't sleep well, and was weak she could hardly get about the house, much less do any of her work. It seemed like she would almost die at times with sick headaches. She often had dizzy spells, and would get so sick and weak she would just have to give up and go to bed. She looked pale and hollow and had fallen off in weight from one hundred and twenty-eight pounds to one hundred and ten."

"I had seen Tanlac so highly recommended that I finally got a bottle for her, and I have never seen such a wonderful improvement in anyone. Soon after she commenced taking it she began to pick up and look better. She has taken five bottles now, and she has not only gotten back to her old weight of one hundred and twenty-eight pounds, but she has actually gained twenty-eight pounds above that, as she now weighs one hundred and thirty-eight. Her appetite is splendid and she's never bothered with nervous headaches or dizziness any more. She does all her household and takes care of five children, and never complains of feeling tired. We are both simply delighted over the way Tanlac has been her up, and we give it a chance to boost it. Our neighbors have been astonished over the results, and they all tell her she looks like a different person."

Tanlac is sold in London by Standard Drug, Limited, and by an established agency in every town.

Try TETROL, 25c
To clean scalp, white kid shoes, gloves, BRUCE WALLACE
418 RICHMOND STREET.

J. A. P. Q.—Please give a good tonic for the hair.
A.—Apply a little of the following to your scalp about three times a week:

Quinine 1 dram
Pilocarpine 15 grains
Salicylic acid 15 grains
Lanolin 1/2 ounce
Petrolatum 1/2 ounce

C. M. H. Q.—I am troubled with eczema. Please suggest a remedy. Also, please advise something for water blisters.

A.—Apply a little of the following to the affected parts:
Salicylic acid 15 grains
Balsam peru 1 dram
Phenol 15 grains
Sulphur 1 dram
Petrolatum 1/2 ounce
Wool fat 1/2 ounce

For the water blisters use a little of the following:
Pink calamine 2 1/2 drams
Zinc oxide 2 drams
Glycerine 2 drams
Phenol 30 drops
Lime water 2 ounces
Rosewater 2 ounces

T. R. Q.—Kindly give me a remedy for blisters on the arms.
A.—Try a little of the following lotion:

Pink calamine 2 drams
Zinc oxide 2 drams
Glycerine 2 drams
Phenol 30 drops
Lime water 2 ounces
Rosewater 2 ounces

A WORRIED MOTHER. Q.—Please tell me what to do for dry, flaky dandruff and falling hair.
A.—Sulphur is an avowed remedy for dandruff. A little of 1 dram of it with 10 grains each of resorcin, salicylic acid and sulphate of zinc, to an ounce of petrolatum, used three times a week, does much good.

J. M. D. Q.—My throat seems to be inflamed, and discharges pus or mucus. Please advise me.
A.—You should have an examination made of your throat and nose. In the meantime spray the nose and throat with alkaline antiseptic solution.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to answer them, but will advise for individual cases. Where the subject is not of general interest let- ters will be answered under the name stamped and addressed envelope is enclosed. Address: ALL INQUIRIES TO DR. L. K. HIRSHBERG, in care of this office.

To-morrow's HOROSCOPE

By Genesius Kemble

WEDNESDAY, JULY 3.

The astral testimonies for this day point to much in the way of pleasure, popularity, activity, social, and romantic affairs largely in the ascendancy. Celebrations and festivities of all kinds will be numerous, and the day is marked by a benign and beneficent reign of Venus trine Mars, though even under this beneficent ray there will be parties, largely circumstantial, and all should avoid excessive hilarity. Other aspects warn of deceit, trickery and self-undoing, and some small disappointments may manifest under an adverse but weak Saturn. Financial success is not favored, and money risks should be avoided, either in speculation or in investments. Those in employment who expect increase may be promoted, but they are warranted in urging their cause under the luminaries in the sextile.

Those whose birthday it is will find the year one notable for pleasure rather than for profit, though those in employment may, if notably deserving, expect promotion. A child born on this day will be popular, affectionate, fond of pleasure and society, but not well favored in business unless it remains in the employment of others.

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

Where Has Madge Heard This Name Before?

As the wounded officer finished his story, enthusiastic admiration welled up from my heart that I had hard work to keep an expression of it from my lips.

Here was a man! One worthy of all the homage that could be paid him. And yet so simple, so modest, that I knew expression of admiration of his conduct would make him supremely uncomfortable.

The feeling had been strong upon me that he carried his dislike of approbation so far as to be annoyed if anyone looked at him while he was reciting one of his own exploits. I had, therefore, kept my eyes carefully averted while he was talking.

When he had finished, however, he stole a shy glance at him. He was lying back upon his pillows, his eyes closed, and there was such a tragic look of weariness and suffering upon his face that a poignant feeling of sympathy filled my heart.

Who was he anyway? I asked myself, and where were his people? Was there no woman, mother, sister, or sweetheart whose right it was to watch by his bedside, smooth away his loving tenderness the tragic lines suffering had graven upon his face?

Surely any woman ought to be proud and happy to have the love of such a man, among whom, as this wounded man looked at me, I was sure he was a young officer had proved himself to be.

"Please Don't Misunderstand." I pulled myself up short—from some hidden depth in my heart there came an unaccountable reluctance to dwell further upon this phase.

"The traditional wenny wouldn't be enough, would it?" came a voice from the bed.

SUMMER IDYLS

By Winner



When he stops paddling to clasp her hand and ask THE question she longs to hear—perhaps she most especially wants the opportunity to ask just WHEN he's going to don his khaki after she says "Yes"—it's a strange that he should be so slow, but AGAINST the current! Somehow she can't understand, and then—singing up in her heart, flooding her mind with comprehension and her cheeks with roses red—she realizes that they are in the power of Cupid, who gently drives all things HIS love way, even canoes and lilies, and love and understanding.

HE it is who makes summer idyls—and IDOLS of those who TRULY love.

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

She Learns How Dress Illness May Camouflage Large Hips.

One of the peculiarities I notice most frequently is that many women seem to have hips larger than appear in proportion to their figures. We usually take it for granted that every one whose waist is 36 will quite naturally have a 42 hip measurement, but this isn't the case. Some women whose figures we regard as perfectly stunning, nevertheless have a larger hip measurement than a perfect figure demands.

This fact came home to me very definitely yesterday when we were trying on a frock for Mrs. Ball. She is tall and stately, though quite young. Yet when we studied her figure from various angles it was apparent that unusually large hips were the one flaw in her otherwise perfect figure.

The afternoon dress that she finally decided on was a clever concealment of the hips, and was a very attractive and its one note of color is in the sash ends, which are embroidered in dull blue violet and green.

The skirt consists of two parts, a plainly hanging lower skirt, and a double skirt which was a work of art in its perfect hanging folds. Squarish folds draped the front and back with a long point. The grey satin sash is fastened in front with a flat bow and long streamers ending in points that repeat the lines of the double skirt.

Naturally there is a flattening effect around the hips, emphasized by the pointed front. The matter of draping a gown so that the points hang at exactly the right place is an art by itself. Madam, this is what we call the explained the advantage of the gown to Mrs. Ball, she said, "the eye is

not tempted to run away. Instead, he turned and blinked at Doty.

"Easy enough," croaked Mr. Toad. "You could, too, if your tongue was fastened at the front end like mine is."

"Why didn't he fly away?" asked Doty. "Why didn't he fly away?" asked Doty. "Why didn't he fly away?" asked Doty.

"Don't have to," replied Mr. Toad, between sobs. "I drew the air through my nostrils and force it through two little slits in the floor of my mouth, and the forward end of my tongue—that's the way I sing. The little balloons are for increasing the sound."

"Funny nothing!" exclaimed Mr. Toad indignantly. "It's better than trying to swallow all the world when you sing. I can sing under water as well as out of it by pushing the air back and forth between my lungs and my throat pouch."

Then, right before Doty's eyes, Mr. Toad began to wiggle and turn in the most amazing manner.

"Be careful or you're going to split your throat!" cried Doty, as she heard a tiny rip.

"That's what I'm trying to do," replied Mr. Toad, wiggling harder. "It's too tight for me!"

There was another rip and Mr. Toad kicked his hind feet from his green, warty suit, and with his hands pulled it over his head. As fast as he worked the old suit loose he swallowed it.

"What! Eating your clothes?" exclaimed Doty in amazement.

Mr. Toad sings for Doty.

"Certainly!" replied Mr. Toad. "Best way to get rid of them, and with a disgusted croak he hopped away, saying something about the 'wise children' who knew nothing," leaving Doty staring after him. And then Doty awoke, for the faintest sleep in the meadow. But the strangest part is that when she told her teacher about her dream, teacher declared that everything she had said about Mr. Toad was true.

Words of Wise Men

Regretting the mistakes of yesterday is a poor substitute for preventing the mistakes of the morrow. Even though the heart be sore for what is over and done, it is folly to sit down and bewail it. The future is before us, and needs clear vision, not eyes dimmed.

Reform is the work of reason slowly and gradually, and to stand up for one's convictions. The man who does not know where he is going is not at all likely to win many followers.

The "Do's" and "Dont's" of the Shiny-Face Problem

BY LUCREZIA BORI

The Famous Spanish Prima Donna



LUCREZIA BORI

It may be caused by some organic

condition of the body, in which case a physician should be consulted. But if it is not an extreme case then a little special attention may help to remedy and eventually remove the cause.

Don't rely on the excessive use of powder to obviate it. Some women have the habit of dabbing their faces dozens of times a day with powder in an effort to tone down a shiny skin. You see them whisking powder puffs every-where.

If you think about it a moment you can readily see that putting powder on top of the skin when it is dusty or perspiring may temporarily remove its shininess, but it is by no means a wholesome or a sanitary habit. The hastily applied layer of powder simply helps to shove the dust or oiliness fur-

ther into the pores, and eventually causes them to enlarge.

Powder should be applied to the face only after it has been thoroughly cleansed and the pores closed by lightly spraying or dabbing the face with cold water. Then the powder acts as a film of protection between the delicate skin and the grime and dust of outdoors. If the skin is carefully rubbed with cold cream afterward the powder and the dust that adhere to it will be removed simultaneously, and the skin thus cleansed perfectly.

If your face seems to get moist or shiny too frequently during the day try the plan of applying a special lotion to it for a few days. Here is one that is easily made:

Benzoin Lotion for Shiny Skin.
5 drops of tincture of benzoin.
15 drops of zinc oxide.
1 1/2 drams of glycerine.
1 ounce of lime water.

Mix together well, dab on the face and allow to remain for half an hour to an hour.

Here is another recipe for the same purpose, but the mixture is a little thicker and leaves a flesh-tinted powder on the face:

Zinc Lotion for Shiny Skin.
2 drams of zinc oxide.
2 drams of glycerine.
2 drams of rosewater.
1 dram of orange flower water.
1 dram of elderflower water.

Sometimes a shiny skin is induced by too much rubbing. It isn't a good plan under any circumstances to rub the skin hard either with soap or water, face towel or even with a cream. Excessive friction of the skin will not only produce a shine, but eventually will roughen and so ruin even the most hardy skin.

Directions of Special Value to Women are with Every Box.

Prepared only by Thomas Beecham, St. Helena, Lancashire, England. Sold everywhere in Canada and America. In boxes, 25 cents.

THE SAFEST MATCHES IN THE WORLD

also the cheapest, are

EDDY'S SILENT 500's

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished.

CHEAPEST because there are more perfect matches to the sized box than in any other box on the market.

War-time economy and your own good sense, will urge the necessity of buying BUT EDDY'S MATCHES.



After A Hot Evening's Work

enjoy the happy, healthful coolness of

To make a "Suncicle", take one to two table-spoonfuls of "Monterrat" and add a bottle of iced Soda water, and sweeten to taste. It is delicious.

MONTERRAT LIME FRUIT JUICE

It's cheaper than lemons—no trouble to prepare—and gives you a drink that really cools and refreshes. MONTERRAT has the delicious flavor and "tang" of the fresh, ripe West Indian limes from which it is pressed. Keep a bottle always in the house this summer—and enjoy the delightful, cooling drinks it makes.

At all Druggists and Grocers—be sure to order MONTERRAT—the best.

National Drug and Chemical Co. of Canada, Limited.

Experience has shown that the royal road to popular success is to show courage and independence and to stand up for one's convictions. The man who does not know where he is going is not at all likely to win many followers.

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