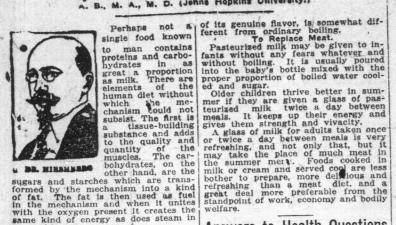
DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

Why Milk Makes an Ideal Food For Summer Months

By DR. LEONARD KEENE HIRSHBERG,



with the oxygen present it creates the same kind of energy as does steam in

with the oxygen present it elected in an engine.

For a man engaged in muscular work there is hardly any food of greater economic value than milk. In one quart of milk there is sufficient energy, if it were used entirely for external muscle energy, to raise two tons of substance to a distance of 521 feet. In the same quart of milk there is perhaps enough beat present, if collected into one spot, to melt 15 pounds of ice and raise the yielded water to the boiling point.

All of this energy and heat, to be sure, does not go to any one particular part of the mechanism. If that were true, the human being would be in a rather sorry state, for one part of him would grow in energy and be supplied with heat at the expense of all the rest. Nature is wise and distributes all the heat, all the energy and other life-time mechanism.

Not only does milk contain the well-known carbohydrates and starches and sugars, but it also contains a kind of substance called "vitamines." This has been only recently discovered to be necessary for growth, and is found in abundance in milk, whereas it is scarce in practically every other food.

giving properties throughout the entire mechanism.

Not only does milk contain the well-known carbohydrates and starches and sugars, but it also contains a kind of substance called "vitamines." This has been only recently discovered to be necessary for growth, and is found in abundance in milk, whereas it is scarce in practically every other food.

Further investigations into the properties of milk show that all proteins are found in fat and some in water, but both kinds are necessary for growth. The kind that is soluble in fat is found in abundance in the cream of the milk, while the kind soluble in water is found in the remaining part of the milk. It must not be thought, however, that because milk by itself would almost be sufficient to sustain the human mechanism on account of its rich protein properties, it is entirely free from harmful ingredients.

properties, it is entirely free from harmful ingredients.

Years ago, when the process of pasteurization was not known and milk came direct from the farmer's bucket, many an epidemic of diphtheria, scarlet fever and other diseases were traced to the milk. The disease germs were either directly transferred by the cow herself or they blew into the milk from the air while milking was in process. Sometimes the dairyman himself was either, sick or careless, and the customer was the sufferer.

Many cities now have ordinances which require milk to be pasteurized.

All milk, it is true, may be made safer than originally by the process of hoiling, The condition in which all the germs find themselves when the process of coagulation goes on is exceedingly unfavorable to their existence. It takes some time, however, for the milk to cool and it has moreover, lost some of

TWO SMART BATHING SUITS



THE MILITARY IDEA SHOWS EVEN HERE

There's something trim and snug as well as dashing about the military cut of clothes and almost every woman can look smart in a military cut of garment—provided it is the right color. For the khaki color is a trial to the sallow complexion, making it appear lustrcless and lifeless. Khaki color is only for the flawiess, pink-tinged skin, unless indeed it be relieved by some more striking color—for instance, green or red.

The bathing costume especially should be chosen with a careful eye for color. Here is one model which is likely to be becoming to everyone. It is of olive drab satin, trimmed with military brass buttons that give color and buoyancy to the outfit. An unusual feature of this costume is this high military collar and pockets. This may seem uncom-a veritable mermaid's outfit.

Mrs. Dragon-Fly Sailed Away

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

Is Mother Graham's Surmise the Correct Explanation?

Many cities now have ordinances which require milk to be pasteurized. All milk, it is true, may be made safer than originally by the process of coagulation goes on is exceedingly infavorable to their existence. It takes some time, however, for the milk to the process of its essential nourishing properties.

Although beiled milk is at all times preferable to unpasteurized, raw milk, it is perhaps not liked as well by many people as pasteurized milk taken unpeople as pasteurized milk taken unspecified. Although beiled milk retains most

"That was my one desire—to own a pair of gauzy wings like the beautiful winged creatures who sailed above the waters in the sunshine," she continued. "I had two big eyes, and when I saw anything I wanted to eat, my face dropped open like a trap door and out came a pair of pincers I carried under my mask. Well, one day I crawled up the stem of a water plant and sai down on a leaf. I remember how tired I felt. I began to stretch, and suddenly off popped my horny grubskin, and out I walked, a perfect dragon-fly, with these beautiful wings. But, dear me, if my face wasn't so ugly folks wouldn't run when they see me coming."

"T'm sorry I was afraid of you," laughed Dotty. "I'll never be afraid again, for I think you're quite, pretty."

"Maybe some day folks will see how useful I am, then they won't think about my face," sighed Mrs. Dragon-Fly, and like a fairy airplane away she and like a fairy airplane away she That she had not destroyed "Mrs. Dragon-ry and the stay all the flies and mosquitoes they find," said Happy Giggles. "Dr Flies never sting or bite. They onl their ugly jaws for catching it that bother people who live nea spoke volumes to my mind of self-control and sense of justice.

wronged is sleeping peacefully now, and because of her dying request I had forgiven my father, when an old and forgiven man he had found me, ending the quest of years. But I had found him only to lose him again. Whether he were living or had been killed through the machinations of Grace Draper, by the group of South American revolutionists with whom he had been associated for some secret purpose of his own, I did not know.

With the bracelet in one hand and the gold coin in the other taken from the letter sent me by the mysterious men next door I went back to my mother-in-law. There was an eeric, frightened clutching at my heart that made me long for companionship when

frightened clutching at my heart that made me long for companionship when I compared the two.

"Why, Madge!" she exclaimed, almost snatching the bracelet from my hand, "these coins are like that other. Here, give it to me!"

"I gladly yielded the single coin to her eager grasp. Taking up the lorgnette, without which I would scarcely recognize my mother-in-law, she carefully scrutinized first one and then the other.

scrutinized first one and then the other.

"They're identical—struck from the same die." she said at last excitedly. "And look—look here!"

With fingers that trembled she showed we where the single coin had been wrenched loose from its fastening, tearing out the orifice through which the slender chain holding the bracelet links together, had passed.

"It has been part of a similar bracelet," she went on. "Now what does this mean?"

I told her of the two bracelets in as

his mean?"
I told her of the two bracelets in as lew words as possible. There was a lryness and tightness in my throat which made it impossible for me to say nuch. What to argue from this mes-age I did not know, dreaded even to

Doubts That Trouble. She didn't speak for several minutes after I had finished, evidently pondering what I had said. At last she shot a question at me abruptly:

"Do you think these men who sent this coin represent your father, Margaret?"

I roused at the question which put into words the doubt that was tortur-

The population of Norway is the finishes at the side with two mallest in Europe compared with the conventional bow and sash.

How You May Help to Lay a Beauty Foundation For Baoy



The Famous Spanish Prima Donna

No age is tog sairly to begin lay ing the foundations, and the dragon-fly. When the dragon-fly settled on the other end of the log on which Dotty was sitting, Dotty June Dunna was when a merry voice called her from the bushes:

"Why, what are you running away for?" ("That's Mrs. Dragon-Fly, who do were head looking, "That's Mrs. Dragon-Fly, who do were head "But young to have a so were supported by the property of the little earlier in life ause the grown woman many hours of the little stranger, it is a few "out" of the little stranger, they would provide the little stranger, it is a few years old, as this will help of were head "But young in the bushes" of generally signed when a many hours of the little stranger, it is a few years old, as this will help of the little stranger, they would provide the world provide the little stranger, they would provide the same of the little stranger, they would provide the little stranger of the little stranger, they would provide the little stranger of stranger

like tiny sails."

"You see, when I was very young," laughed Mrs. Dragon-Fly, "I lived at the bottom of a brook—a little brown grub about an inch long, paddling along on six legs."

"And you had no wings?" asked Dotty, Mrs. Dragon-Fly shook her head and laughed:

"The small girl's wrist may be rounded by the hand over the wrist. Finger nails may delicately be trained to grow into the shapely oval by pressing gently on both sides of the nail. This should be done most carefully so that the nail isn't pressed down too phard or injured in any other way.

Washing Baby's Face.

Similarly, protruding ears may be corrected early with a little care. After its daily bath or oil rub the ears can be pressed back very lightly with-

out injury.

The manner in which the young infant's face is washed may make or mar its facial beauty. Some mothers have the habit of rubbing the delicate little features of a small baby in every direction when washing it, forgetting how pliable is the sl.in, and how indelible the impress made on the face and features in infancs.

Instead of rubbing baby's face, wash it ever so gently with a soft cloth and then pat it dry. Never rub it.

Eyes and Eyebrows. Eyes and Eyebrows.

Similarly, the eyebrows should be red for as early as possible. The eyes, course, should be bathed regularly in solution of boric water to keep the elids healthy and the lashes clean and owing. Red eyelids are inexcusable a small child, and they are due to the Similarly, the eyebrows should be ared for as early as possible. The eyes, of course, should be bathed regularly in a solution of boric water to keep the syelids healthy and the lashes clean and require. Pad eyelids are incourage leading to the syelids are incourage.





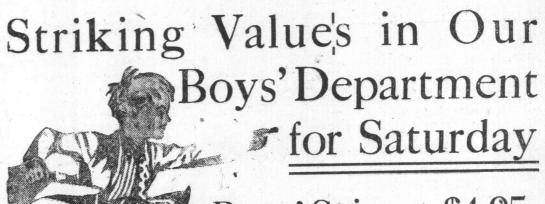
For instance, one quart of ice cream—
of the required standard—quals in energy value nearly nine pounds of strawberries, almost six pounds of baranas,
just about seven pounds of apples, a
pound and one-half of round steak, or
one and one-half dozen eggs.

When well made, ice cream may to
advantage be served to children often.
Each family should have its own freezer,
and make ice cream for use on warm
days, for ice cream costs no more than
pie or cake, and it is rich nounrishment.
Furthermore, there is at present an
abundant supply of milk, which should
be consumed by our home folks not only
for the ideal benefits that it offers
hables, children and grown-ups, but because if more families don't make the
proper use of milk this year, farmers
may be so discouraged that next year
the supply will be inadequate to meet
the need.

Because of the food value of ice cream
it isn't, of course, advisable to serve it the need.

Because of the food value of ice cream it isn't, of course, advisable to serve it to children between meals. But served at the end of a cold dinner or luncheon on hot days, or, better still, as the finale of a somewhat meagre "hot dinner," it is ideal. Thus its food value is made to count the most.

OAK HALL



Boys' Suits at \$4.95

This is a clean-up price of odd suits, nearly all sizes, a few double-breasted tweed suits, in sizes 32 and 33 only, the balance in a general range of sizes with full belts; regular values \$5.95, \$6.50 and \$7.50. Saturday \$4.95

Boys' Suits at \$6.95

This lot comprises splendid wearing and appearing tweed and serge suits, in a good range of sizes; some of the serges are double-breasted style in old guaranteed cloths, at a price away below what we would have to pay the makers today; regular \$8.00, \$8.50 and \$10.00. Saturday special....\$6.95

Wash Suit Clearance at 75c, 85c, \$1.00, \$1.25 and \$1.50

At the above five prices we are prepared to give you the biggest value possible, ages 3 years to 7 years; whites, stripes and colors and mixtures; tastily made and trimmed. Special Saturday 75c, 85c, \$1.00, \$1.25 and \$1.50

Young Men's Suits Reduced to \$11.95

Young Men's and Boys' First Long-Pant Suits, in plain, semi-fitting and pinch-back models. These suits at \$11.95 are 25 per cent less than we can buy them wholesale; broken lots in a variety of patterns to choose from, in sizes 32, 33, 34, 35. Special reduced price \$11.95

Men's Suits at \$15.00

Come here with your \$15.00 suit money and we'll make it behave fully as well as \$20.00. These suits were all bought when the market price was low, and you can depend on getting big value Saturday; sizes 36 to 42. All one price \$15.00







of Canada, Limited

Windsor, Ontario.

By Genevieus Kemble SATURDAY, JULY 20.

Under a brilliant array of planetary



Plutarch 46 (?)-120 (?) A. D. One made the observation of the college of Asia that they were all slave one man, merely because they coul of pronounce that syllable No.—Co