SATURDAY. MORNING

THE TORONTO WORLD

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**JANUARY 3 1914** 

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DAILY MAGAZINE PAGE FOR EVERYBODY \* FRUIT THAT ACTS Fancies in Fashions LIKE A MEDICINE Papaya Tree's Product Possesses Remarkable Diges-Dyed Furs tive Properties. No Longer

The fruit of the papaya tree has always been a favored breakfast dish with travelers in the orient, the Pacific Isles, and tropical re-gions generally, as much for its di-gestive qualities as for its luscious-ness. Its most important chemical constituent, papain, has long been known to materia medica as a vegetable digestive superior to pep-sin. In Vogue

vegetable digestive superior to pep-sin. The Carica papaya grows largely in Ceylon, India, the East and West Indies, and the Hawaii Islands, and seems to prefer à slightly sandy soll that is not too rich. The tree attains a height of twenty to thirty feet, and its broad palmate leaves with the fruit clustering beneath form in à tuft at the top of the tree. The fruits resemble small muskmelons in size, shape and ap-pearance (being in fact called in Florida the "tropical melon paw-paw"). They are green when un-ripe, greenish yellow, when ripe, with rich yellow flesh, and contain in their hollow interior hundreds of small, round black seeds, with a flavor somewhat like nasturium seeds. By Madge Marvel. HE dyed pink and lavender and cerise furs that were

displayed in the shop windows while we were sweltering in the heat of midsummer do not seem to have made a

great place for themselves in the world of fashion. The only one marked popularity

which has a is the canary-colored for. Even that is used chiefly for pure adornment on evening

coats, and not by the best dressed women. I saw one exquisite opera cloak of gold and yellow velvet brocade, with

a wide band of the canary fox used for the collar around the big dolman sleeves, and about the bottom. Its companion was a long and only slightly draped coat of rose velours with a banding of French seal. This coat had a long pointed hood, one of the newest features of evening

the fur. Jackets Are Popular.

Women are determined to keep warm this season. The low shoe and the diaphonous stocking are seldom seen by walking shoppers on Fifth

avenue. In their places are the most modish of walking boots, cut with a curved top, which is more often of cloth than of the kid which forms the long, slender vamp. For the short-vamped shoe has never been received in exclusive circles.

As another evidence that women are not going to sacrifice comfort to! appearance, one has only to notice the number of Shetland vestees, jackets,

\* When a Woman Loves \* By WINIFRED BLACK MAN died the other day in the house of a strange woman. A They found a letter in the man's pocket, and the letter said:

"I don't care what you do, my darling, I believe in you-and I'm going on believing in you right to the end.

"The best you is the one I know. The good you, the true you-the you that wants to do the right thing, the honest thing, the brave thing. I don't know anything about the other you at all. I don't want to know anything about it-unless I can help you some way. To do that I would suffer and brave anything, for you Murpel are the man I love, the man I have always loved and the man I always shall love.

"No matter where you go or what you do, I shall be "When you are tired of all that is wrecking your you-to come back to me again.

-the real you-at all.

illies of the valley there was, too. You stood in the that led him to his death?

now, at all. They tell me that your face is hard; they say that your eyes

are cruel, and that any one who sees you can tell that the life you leads is killing not only your soul but your body. I don't know what they mean. I can't see anything in your face but what I saw there the day I took you into my heart, the best you, the real you-the you I lovethe you that all these other people never will know at all. "You can't take that away from

"I don't see you the way you are

me. This woman can't. Nobody can-not even I myself. And so I'm going on believing in you-the best you, and if you do not believe in yourself, I cannot help it. I shall go on just the same.

somewhere loving you and waiting for you-the real life, come home-dear heart-come home to me."

And the man who died had the letter in his pocket "She hasn't got you-this woman who thinks she has. with a lock of hair in it, and the lock was threaded She never will have you, because she doesn't know you with silver. If he had lived-the poor, foolish, headstrong man-would he have come to himself and been "Do you remember the day you came to see me with the real "you" that the only woman who really loved your arms full of flowers? Just garden flowers they were, him believed him to be?. Who shall say? Who knows, lilacs and snowballs and tulips, and the yellow lilies who shall say what a fight the "real you" was making that blossom early in the Spring, and a great bunch of in the very hour that he died against the false "you"

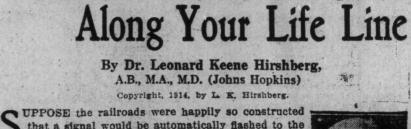
What "Cramps" Are.

Men seem neither to understand their riches ner their strength; of the former, they believe greater things than they should; of the lat-ter, much less. Self-reliance and self-senial will teach a man to drink out of his own cistern, and eat his own sweet bread, and to learn and labor truly to get his living, and carefully to expend the good things committed to his trust.—Bacon. rush to the rescue.

Try to imprison the resilees wind, so, swift is guilt, so hard to be con-ined.-Dryden.

FORTH BRIDGE TO **BE STRENGTHENED** Advance in Weight and Power of Locomotives Renders Step Necessary. When the Forth Bridge was erected, more than 31 years ago,

he loads and the train speeds cal-



Secrets of Health and Happiness

"Cramps" Signal Danger

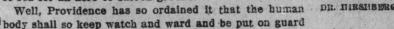
S that a signal would be automatically flashed to the onrushing locomotive engineer and the man in charge of the switches every time an accident threatened.

It would indeed be a grand thing if every railroad could be so equipped, or every steamship upon the mighty ocean be forewarned of icebergs, fors, collisions and fires. Disasters would thus be replaced by momentary discomforts instead of fatalities. Then it would be unnecessary to exclaim: "Now would I give a thousand" of sea for an acre of barren ground."

all parts of your anatomy.

and bell-buoys aroused?

call "cramps."



that no catastrophe shall surprise it. | you are informed that something is In brief, whenever there appears a amiss.

ing mixture or some other morphine-

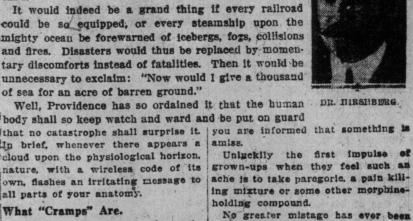
made by doctors or laymen. The instant you relieve the "cramps" by body's defensive mechanism. The that method you cloud and befog the alarm is no sooner sounded than the true state of affairs in such a way Swiss guards of the tissue Vatican that a trivial ache, appendicitis, a bursted blood hose, or obstruction of covery.

loosened a bit and relieved from The answer you have already them. If to serious ones, the "dope" guessed. It is what you popularly

Finally, let it be said for the nonce a "tummy ache." To be sure, the that 'cramps' are not beneficent, but same warning and aching admonition valuable none the less, and must be comes to the muscles and other parts borne with fortliude, heeded promptly of the body. Witness the "cramps" and "paregoriced" or "doped" never. in swimmers, or in the over-worked

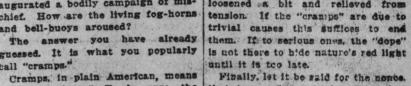
DAILY HEALTH HINT

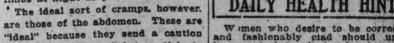
Women who desire to be correctly and fashionably ciad should units



nature, with a wireless code of its grown-ups when they feel such an own, flashes an irritating message to | ache is to take paregorie, a pain kill-No greater mistage has ever been At once there rushes to the portcullis and the port holes all of the

What, then, is this strange monitor the bowel are each hidden from disand stormy petrel of mankind? Suppose the heathenish parasites of A child instinctively relieves ptomaine poisoning, of dysentery, of "cramps" by rolling over on its belly appendicitis, of a wrongly imbibed and pressing down upon the belly beverage or defunct victual has in- walls. Thus the inside lining is augurated a bodily campaign of mis-





flavor somewhat like nasturium seeds. The flavor of the fruit in the best papayas is much like that of a sweet but rather insipid melon thavored with violet perfume. From the fresh milky juice that exudes from both the fruit and the tree it-self papain is obtained. The digestive and disintegrating properties of papain are remark-able. The milk and even the fresh leaves of the papaya tree will ren-der the toughest beef tender in the space of two hours. If a harge quantity of the juice is applied to raw beef it reduces it in little over half an hour to a pulpy mass that appears as if it had undergone par-tial digestion. Papain is said to be capable of digesting ten to twelve times its weight of egg albumen at the temperature of the human body. Thom its power to remove stains in clothes, papain is called "melon bleach" by the Singhalese, and they use it in the water when wash-ing colored clothes, especially black, which it seems to intensify. In the Antilles it is used as a cos-metic and produces clear, satiny complexions. wraps, and this hood was lined with MANY MILLIONS

FOR NEW SUBWAYS

Gotham's Extensive Program Costing More Than Half of Panama Canal.

In New York, a great subway work is going on so quictly and with so little disturbance to ped-estrians and traffic that the gig-antic proportions of the work is not reslized. The total length of the new system will be about eighty milles, of which forty-five miles will form an extension of the present Interborough system and thirty-five miles will represent the New York municipal system. These fi-gures, however, cover merely the length of the road, and since the subway will consist of two, three and four track lines, the single-track mileage will not be far short of 200 miles.



LIVING EXPENSIVE IN SOUTH AMERICA Prices Said to Be Higher in Buenos Ayres Than in

New York City. "We cannot kick about the high prices in America," Dr. A. R.

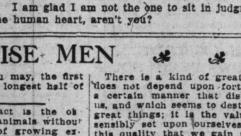
doorway smiling at my delight; and then and there you I am glad I am not the one to sit in judgment over

sweet bread, and to learn and labor iruly to get his living, and carefully to expend the good things committed to his trust.—Bacon. Forgiveness to the injured does he-long, for they ne'er pardon who have done the wrong.—Butler.

SCOW DUMPS LOAD THRU OVERTURNING

Novel Invention in Way of Water Craft-Operation Not Hazardous.

A novel invention in the way of water craft is a scow that dumps its load by turning upside down. This operation is not the hazardous This operation is not the hazardous proceeding that it seems. In fact, while it is going on there is neces-sarily a man aboard, who, as soon-ersault, climbs out thru a manhole to the deck, which a few minutes before was the bottom of the boat. The body of the hull consists of water-tight compartments. Each of these compartments is provided with valves, which are normally closed against the entrance of water, but which open automati-cally to let water flow out of the scow, water is let thru the valves into the lower compartment on the into the lower compartment on the side toward which it is to tip, tak side toward which it is to the tak-ing away most of the buoyancy on that side, and the scow slowly turns upside down. As soon as this is done the water-filled compart-ment takes the position of the up-per compartment on the opposite side, the water flows out thru the cutomatic values and the scow matic valves, and the rides securely on an even keel in its new position. The operator who manipulates the operator who manpuates the valves works in a water-tight compartment at the end of the scow, and simply walks around on a circular floor while the scow is capsizing. STREET CLEANING <text><text><text><text><text> UNDER DAY LABOR cents. An interesting example of sav-ing attained in another way was the use of new sheet leather instead of scrap for making wash. ers for use with small wire nails for nitaching strips to the drums of the squeegee brooms. Labor here was the chief item, so it was cheaper to throw away the scrap leather and buy good leather than to save the scrap. But still fur-ther investigation showed that the the investigation showed that the ther investigation showed that the leather could be dispensed with, and a gaivanized nail, with a large head, be used instead of washer and asil. The lirst change out the coat of altachment from \$3 to \$2 and the second only sixty cents.



pedals; and is pre

make of organ and has

give every satisfaction

3 1914

omen

or Piano that does

slightly used. All

from

aring of

Best Piano

tht Pianos

door, two pedals. 7 ard; this plano is in and has very sweet tht touch, and is in

CO. Upright Plane, rt finished walnut

has overstrun octave keyboard

and and

by our experts and i condition. Very specie

Square Piano, in hand-

a octaves, carved legs serpentine base, full rich light and responsive a is really a magnificent t and a decided bargain

and lyre,

op. so that it is in on and one of our

plane has the tone, and we

of Develo

as 1

re Pianos

rgans



n as potatoes, yet I frefix" them besides boiling of these queries I have where this friendly,

as this form of cooking atoes should be mealy. two waters are required. unsalted water and cook will be dark colored and g water, add salt and finwith a fork drain again ore going to the table is way, every one of the

iled potatoes-escalloped fill with alternate layers tter. Dredge each layer mbs and half fill the dish

ong slices about half an A pound of lard will be used again and again. son with cream, salt and mixed stir in the yolk of and light. Turn into a

r creamed potators. To ed, then cut in die and add one cup of chopped ason with salt and pepes of bacon in it. There Remove the meat and venly browned. Dredge ch milk. Cook until the een and sprinkle with

## ADIES

eaver, Velour or Felt Hats blocked and remodeled at HAT WORKS, Phone N. 5165.

that are conspicuously displayed. These take up so! little room under one's cost that they de not add bulk, and they make it perfectly simple to change from the fur coat to the suit with no fear of. feeling chilled.

the heavy fur-trimmed coat.

Flowers for Evening Wear.

Corduroy is coming to the fore. Some of the weaves of this fabric are really lovely and worthy of 'making most elaborate frocks. In spite of all this, the best authorities tell me. they do not consider it as material for any ceremonious costume. For the morning suit it is to be commended. Also, it makes most useful simple tailored gowns for morning wear under the fur coat. It also is be in progress on three-quarters of the city-owned lines. capital for the separate shirt, for wear with the tailored blouse and

and four track lines, the single-track mileage will not be far short of 200 miles. The building of what is known as the dual system in-volves an expenditure of capital that is over one-half as great as that which has been invested in the Panama Canal. The canal, when completed, will have cost about \$375,000,000; it will cost \$200,-000,000 to construct the new city-owned subways. The latest reports of the engineers of the public ser-vice commission show that there is now under contract \$83,000,000 worth of work on the new sub-way, and that the average daily force employed is 7000 men. About two-fliths, therefore, of this great work is already under way. Be-fore the end of the year contracts ito the value of about \$60,000,000 will have been let, which means that nine months after the signing of the dual system operating con-tract adual construction work will be in progress on three-quarters of the calves lows of 200 miles.

## ANT AND MAN

Speaking of skirts, the shops are The ant can carry a burden ten, showing ready-to-wear skirts and times the weight of its own bady, waistcoats of plaids in the familiar while a man can carry a weight only shepherd checks, or the bolder Taras great as his own. From this fact tans for wear with the plain cost. it has often been asserted that if an The combined suit is still worn by ant were as large as a man it would some of the fastidious dressers, and have a strength that would make it offers a splendid opportunity for man seem puny.

the woman who has to plan closely It has been found that the strength, to utilize coals of last season's suits. of an animal decreases in proportion The use of the single large flower as the square of the bodily dimen-The use of the single large flower still remains in vogue. Hardly an evening sown that does not have a rose tucked in the girdle, and gar-denias and single roses are frequently met on the street, nestling in the rever of the fur coat or adding a bit of color to the long fur stole. They have quite taken the place of the nosegay of thy blossoms. Smart black velvet sallors have white gardenias placed at regular in-trease in length. Doubling the size white gardenias placed at regular in-tervals about the crown, and some-times height is given by a single wide loop of moire ribbon at the side, or directly in front or in the back.

Advice to Girls \*

By Annie Laurie

Miss Laurie will welcome letters | don't have anything to do with that

of inquiry on subjects of feminine chum of yours as long as she has

interest from young women readers this affair, except to tell her that

of this paper and will reply to them she's making a cruel, wloked fool

in these columns. They should be of herself, and that every one who

OWB.

little goose of a chum in such a for a chum, go without one-you'll

her a rose.

uddressed to her. care this office.

V OUR chum is in love with a

from him and meet him, and you

don't know what to do about it. Am

There is just one thing for you to

do, little girl-say "no" just as loud

as you can, and mean it every time

There is nothing for your poor

grace, and there's nothing in it for

you but humiliation and regret.

game as that but misery and dis- be bester off.

Keep out of it-keep away from it-

I right?

you say it.

married man and wants you

to help her to get letters

knows her k .ws 1.

Those affairs never get through

without some terrific scandal of one

sort or another. Don't get into it-

for your chum's sake-or for yout

Pick out a chum with sense

enough to choose a sweetheart whe

doesn't have to lie to someone who

leves him every time he wants to

take her to the theatre or to buy

If you can't find a girl like that

annie Lande

Calvo of Buenos Avres i as saying in The Washington Post,, "because we pay much higher prices in our own country, particularly in the city of Buenos Avres.

"This applies principally to the upper classes, for among the working classes living is relatively as cheap as, if not cheaper than, in the United States. But in Buenos Ayres it costs more to live than it does in Washington, New York or any other of your big cities.

"This is true also of the larger cities in, other South American countries. In Lima, Peru, for instance, fresh eggs cost ten cents apiece, and poultry is so high that only the rich can afford to have it on the table.

"The price of eggs in Buenos Ayres-fresh eggs, of course-is little less than in Lima. Beef commands a price of fifty cents a pound, and other meats are pro-nortionately high A man in the portionately high A man in the professions cannot live comfor-tably for less than \$700 to \$800 a month, if he does any entertaining at all

"One cannot get hotel accom-modations such as can be had in Washington, say, for \$6 a day, for less than \$12 to \$15."

#### **USES FOR FIRE** KILLED SPRUCE

Wood Serviceable in Making of Violins and Other

Instruments,

The manufacture of violins and sound boxes for the newer types of talking machines offers two of the latest uses that have been found for fire-killed spruce timber, large quantities of which are found in the forests of Colorado and other Rocky Mountain states.

One of the first to call this new use of dead and down timber to the attention of government experts is a Baltimore maker of high-grade violins, who has just applied to the Denver office of the forest service for a small quantity of Colorado fire-killed Englemann spruce to be used in making violin tops.

This violin maker claims that the fire-killed spruce is the best material he has ever found for the manufacture of this part of highgrade violins. The value of the wood lies in its very light weight, its fine, straight grain, and its freedom from rosin. Wood for vio-lin tops must be straight-grained and absolutely edgo-grained; that is, cut at right angles to the an-nual rings, which for this use should show from twenty to thirty to the inch. to the inch. There is a large quantity of Engle-

mann spruce timber in the Rocky Mountains, and at the higher alti-judes it forms the main part of the timber stands. While forest offi-cers do not consider the use of this wood for musical inseruments in-port as to outprive consumed horizint as to durative consumed, incy note with interest that a tree that has been generally considered unsuited to the manufacture of the best grades of wood products is proving valuable for this special purpose.

culated for were considerably in excess of those then assumed as probable for a long period, but the advance in these respects, parti-cularly in the weight and power of locomotives and the loads behind

them, has been enormous. Therefore, altho the limits have not yet been reached so far as the strength of the bridge is concerned, the directors of the Forth Bridge Co. have decided further to anticipate the developments of the locomotive engineer and to reconstruct part of the flooring and troughs in which the railway track is laid over the bridge. It has been decided at once to

proceed with a trial section, to be followed by a reconstruction from end to end of the bridge. The directors have arranged for the car-rying out of the work of the ori-ginal builders. Sir William Arrol & Co., Limited, Glasgow.

It is estimated, that 2500 tons of structural steel will be required for the renewal of troughs and floor from end to end of the bridge; floor from end to end of the bridge; of this total the addition to the weight of the present steel work of the bridge is only 750 tons. The work will take some years to exe-cute, as operations can only be carried on during summer months, and it is proposed not to interfere with traffic on weekdays, while even on Sundays one line only will be closed.

#### RISING STANDARDS **IN ENTIRE ORIENT**

#### Influence of United States Claimed to Have Wrought Many Changes.

Major H. H. Anderson, who went to the Philippines as an army officer and remained there as a business man, is quoted in The Washington Post as saying in a recent interview that the United States is setting the standard of trade and the manner of living in the orient.

'We have accomplished more in 15 years in the east," Major An-derson declares, "than Great Britain, Germany or any other Eu-ropean nations i id in a hundred

"Manila is becoming the most important base of distribution in the far east. Our goods are be-coming known in all of the Asia-tic countries and our trade is con-stantly increasing. It may seem stantly increasing. It may seem marvelous that the new world in so short a time could have changed conditions and methods in .\sla and caused the people-not only the Asiatics, but foreigners, including British and Germans-to conform to our manner of doing

things. "Until the United States raised the Stars and Stripes in Manila a typewriter in China and Japan was practically unknown. There is not a house in the orient now that is not equipped with the latest models. It is so with other things American. Our people are making the representatives of oth-er nations follow them along with

"There is a great future for the Philippines and the United States will profit incalculably. We cannot afford to let thing stand still, but have got to keep going all the time and the result is that there is a better civilizations and a better standard of life and trade in the entire orient.

limbs at night as you lie abed.

Should Never Be "Doped."

comes the pain.

which must be heeded to anticipate serious calamities. Cramps of this type are pains. aches and "miseries" due to the pulling of the angry bowel and in-testines upon the lining walls.

Answers to Health Questions.

The intestines themselves-indeed nothing inside the abdomen, except nothing inside the abdomen, except this lining of the walls, called the peritoneum-are not at all susceptible medical, hygiene and sanitation subperitoneum-are not at all susceptible jects that are of general interest. He to pair, sensitiveness or tenderness veill not undertake to prescribe of offer advice for individual cases. Where the subject is not of general But their disturbed, irritable movements pull and heave and vibrate the curtains which surround the inside sonally if a stamped and addressed of the belly walls. From this lining envelope is enclosed. Address ull in This gives rise to the crainps. Thus this office.

The middle phalanx of the thumb If the thumb turns backward at its indicates our greater or less amount of perception, judgment and reason- and love of lunary. ing power. If it is long and well developed one always has a reason for

outer joint it indicates extravagance A person with very hard hands is

usually superstitious, and the tendency will be more accentuated if the If the outer phalanx of the thumb | fingers are smooth and pointed. Small-thumbed subjects are gov-

is short and the second but will have be weak and undecided, but will have erned rather by the heart as opposed excellent reasons for it. You will to those with large thumbs, who are plan well, but lack the will power to barry out your plans governed by the head. The former have more sentiments than ideas, the The most beautiful hand belongs to latter have more ideas than sentithe most useless person, from a ments, -

worldly point of view. It is the . He who is artistle by reason of smooth hand with smooth, pointed smooth, conic fingers, is the more angers, and its owner is absolutely certainly so if he have small thumbs. impracticable, being guided by too while he who' is exact and scientifie by reason of the square or knotted If the outer phalanx of the thumb fingers will be the more so if his is excessively broad, it betrays un- thumbs are large.

governable passions and obstinacy. People with soft hands always have Tyrants, murderers and brutal savages a love for the marvelous, being more have this formation, the end of the impressionable, imaginative and perthumb looking like a club. vous than those with hard hands.

# Hine Sights at the Soo

Points About Palmistry

### By the Globe Trotter.

E veryone is going to Panama and the West indies these days, and it is, of course, inter-esting to see the immense gates and canai tocks before the water is in, but of the section of going through some of the most, wonderful locks in the Most of these boats are American-puilt, too. The Canadian companies

kind of machiners at the bot the internation of machiners at the bot the internation of t lock arst built at this point and the ittle tramway which carried logs ing Rorks.

around the rapids in the St. Mary River before any canai was dug. Statistics are often duil, but, as a mense boutes of water they can navmatter of fact, in the few months sate their boats into hai bor without that these canals are open in the the need of a phot-something ocean Summer more freight passes through ...ptains always require: Usda.iy than through the Suez Canal. It is a these men have worked up from comfine sight to see the immense freight. mon sailors and are familiar with all ers, sometimes four in a lock, slowly the moods and tenses of the great inrise or sink to the desired level, and land seas-bodies of water that an watch the passengers crowd to the tound foreigners, they are so vast and bow of the boat to experience the work so much like the ocean:

everything.

is short and the second long, you will

high ideals

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