

DAILY MAGAZINE PAGE FOR EVERYBODY

A CLOSE GAME * * * * * By Michelson



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It happens, you see, that more than one game may go on at the same time and in the same place. The chaps who are howling themselves hoarse over the close game in the field are altogether too busy to notice the much closer game in the grand stand. SHE doesn't understand the game in the field at all. HE doesn't see it.

A Bride's Own Story Of Her Household Adventures By ISOBEL BRANDS

How She Learned to Choose Wicker Furniture.

WILL you join me in a shopping trip?" I asked Bob, invitingly. He looked embarrassed and uncomfortable for a minute, as I knew he would, for no man likes to trail along on a feminine shopping expedition.

"M-m-m, I say, don't you think you can buy your frills and furbelows without me?" he demurred, and then softened the blow by a compliment. "You know I like all the things you buy for yourself."

"Thank you, but this time it's something that you'll use just as much as I will, so we must have a double judgment," I explained. "We need a few more comfy chairs for the living room, and I want to get some wicker pieces. I decided that today is the day because two or three of the shops advertise special attractions."

It seemed quite like our engagement days to meet Bob at noon and rush off to the shops. This is the first time since that we've made any heavy purchases for the house, and we were both quite excited over it.

I had the idea that wicker furniture of any kind was always strong, durable and good-looking, but when you begin making selections there are always so many things to learn!

"Here's a comfortable looking chair," Bob pointed out a big, round armchair, high-backed, with book and magazine rack on each side. It looked attractive from afar, and I was quite impressed until I examined it carefully. Then I found that it was a poor quality of willow—not red at all. There's quite a difference, which is easily distinguishable.

Willow is not as strong as red, and is—or should be—much cheaper. It has a

very smooth surface dotted with black specks. Red is plain. Even red comes in different qualities—the solid and the split. Of course the solid is better quality, more durable and more substantial, but it is, of course, more expensive as well.

Certain kinds of willow are quite durable, and can be used with great satisfaction, but I had to have the differences in quality pointed out to me very carefully when we visited one of the high-class shops where they specialize in summer furniture. Willow furniture that has been made from stalks five to eight years old is good, because the layers of wood are greater than if made from the young stalks.

If the willow pieces show a lot of pith and little wood around it, it's poor quality and will not last. But if there are many layers of wood it is good. They use the young willow stalks for making baskets for which they are most satisfactory, but they are not strong enough for the rough wear of furniture.

I found, too, that there was a little saving in buying the wicker unstained and having it stained later. The stained chairs, for example, cost from \$4 to \$15, while unstained they range from \$2 up. Tables cost from \$3 to \$15. We were tempted exceedingly by some Chinese and Ceylon cane chairs which would have looked perfectly lovely on the porch, but they cost from \$30 up to \$75, and so we had to content ourselves with buying the wicker pieces which had good lines, and which we had stained exactly the same gold-brown of our other living room furniture.

"Well, that wasn't the wild extravagant shopping that you frightened me about when you announced that you wanted to buy furniture," declared Bob in relief as we departed from the shop where we made our selection.

"If you'd prefer to be more extravagant, young man, wait until fall!" I warned mysteriously. But we're both happy with our new purchases, which is very artistic and lovely, even if it isn't costly.

COME all of you who are interested in the subject of self-improvement, draw up your chairs on the piazza or swing comfortably in your hammocks under the trees while I tell you about one of the newest discoveries in beauty culture.

It is the process of "feature building" obtained through muscle manipulation. You know that the muscles of the face are inclined to sag, and in order to preserve the youthful contour of the face they must be lifted.

If you are young, take every precaution to keep the muscles from slipping, and if you are advanced in years follow these suggestions to lift them back into place.

The large, flat muscles of the cheeks are the chief offenders when it comes to the slipping habit, and when they begin to sag the lower part of the face grows heavier and heavier. The fine, clear line of the chin is lost in an unwelcome accumulation of fat.

Massage Lines Away.

One of the unflattering signs of muscle sagging are the deepening of the lines about the mouth, and the cheek muscles must be strengthened to hold themselves in their normal position.

To remedy this condition dip the tips of the fingers into your jar of skin food and manipulate the cheek muscles with strong, heavy, upward strokes from the chin to the ears. You will feel the blood tingle through the muscles and your cheeks will glow with color.

You have often noticed women whose eyes are sunken back surrounded by rims of dark, unhealthy-looking flesh.

He only sees HER. As to the game between THEM, don't you think it would be pretty rash to say that they understood it? They are too busy trying to understand each other. Ah! there are fine points in THIS game! And you NEVER can tell how it is going to come out.

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Secrets of Health and Happiness

"Bubbles in Your Hair" Means Your Hair's White

By DR. LEONARD KEENE HIRSHBERG
A. B. M. A., M. D. (Johns Hopkins University)

THE silvered locks upon the heads of aged people are wrongly attributed to age. Notwithstanding the fact that gray beards grow upon the faces of young Hercules and the perennially youthful and buoyant Mars, it is usually yet mistakenly concluded that gray hairs are inevitable associates of passing years. Like many authoritative views, nothing could be farther from the truth.

The shafts of hair, whether they be on the head, in the beard or upon the fleshy parts, can be compared with the twigs and branches of trees. There is an outer peel, bark or cuticle, which is a flat layer of bricked tissue units. Like the scales of a fish, this covers the heart or "cortex." A fluid, which often dries up, fills the interstices of these units.

A typical hair shaft is made up of the outer cuticle, the soft "medulla" inside and the cortex between the two.

The soft medulla is often absent, but is actually a series of column of "cells," oval in shape, filled with air. The color of the hair is white if the granules of pigment have been wholly or in great part disappeared from these columns of "cells" in the hair shaft. When the particles of pigment are present the hair is either black, brown, red, chestnut or blonde.

Some Real Color Facts.

Where does this pigment come from? It arises back through the generations, from the same ancestry that evolves a new race of men. Its origin is the same as that of a new rose, a new carnation, a black tulip.

The colors of guinea pigs, the shade of a horse's coat, the tint of a rabbit's hide all depend upon the inheritance. Just as a red carnation crossed with a yellow one gives all red, and these crossed with each other give three reds and one yellow in ever four, so a black-coated animal mated with a white one gives offspring with all black coats, and the second generation three with black coats to each white one. Prof. Yerkes of Harvard and other experimental animal behaviorists have thus discovered that inheritance and selection play a great role in the color of hair, and internal chemistry very little.

When the pigment grains are gobbled up by hungry giants, such as white blood corpuscles, or suddenly dissolved by a flow of capillary gland juices, air or bubbles replace them, and the hair becomes white, gray or light in hue.

A man or woman's hair also depends for its shade upon the empty spots, where pigment granules are lacking. These are the so-called "vacuoles" or vacant areas.

White in a Night.

In light hair, sandy hair and tow-headers there are no granules of pigment, but there is a diffusion of the pigment, which is caused by reflected light. Moreover, the pigment itself is reddish-yellow. The pigment, when dark brown or black, crowns the head with raven tresses.

In Caucasian beauties, Albinos and tow-headers, also in golden and Auburn-haired people, the pigment in the hair shafts is melted and run together. There are no grains or pigment particles. Gray hair is of two kinds. In one the internal anatomy of the hair has been exhausted and only vacant bubbles of air remain. In the other the structure of the hair is still there, but air spaces have crowded the pigment out of its existence. True enough, the giant corpuscles of the blood have scoured away with their cleansing action, also started the mischief. And it was not age!

It has already been experimentally determined that the hair of many animals—and there is no reason to doubt it in the case of man—that an enzyme or ferment, which is secreted by the hair, causes great changes in other things without themselves undergoing any change. This is the case with the hair, destroy the pigment which gives color to the hair. Moreover, the juices formed in various glands such as the thyroid,

sex glands and suprarenal, pour out an excess of their substance, which in turn augments the amount of those enzymes. Since sudden fright, anxiety and worry are associated with an overactivity of these glands, and may open such a torrent of their juices as to devour within a few hours or even less all of the pigment grains in the hair, out-of-date doctors are proved to be in error when they dogmatically maintain that a person's hair cannot turn gray over night.

There have been many unbiased reports of individuals whose hair has turned gray over night. There is no doubt about its possibility in the minds of biological chemists and zoologists. The unanimous discredit cast upon such reports by medical men generally is another bit of proof that superstition, obsessions and traditions still exist in most schools of medicine.

Answers to Health Questions.

W. M.—Q.—I am troubled with a white, thick mucus which causes constipation. What do you think is the cause and remedy?

2.—My face burns in summer but does not tan. What can I do for this?

3.—My gums are growing away from my teeth and I am afraid the teeth will fall out. Is there any remedy?

4.—What will remove hair that grows very thick on my ears?

A.—This may be due to too little of green vegetables and fresh fruits in your diet.

2.—Use as a face wash chlorate of potash, 25 grains; carbonate of potash, 3 grains; orange flower water, 2 ounces; rosewater, 8 ounces.

3.—Your trouble is pyorrhea. Pyorrhea is treated hygienically with 15 grains of emetine, with staphylococcus and streptococcus vaccines, with increasing doses of iodine of potash in water orally, beginning with 15 drops and increasing one drop at a time until 50 drops are being taken and water after each of the teeth by a dentist. All of the above must be done.

4.—Any druggist will mix the following for you. It is applied once a week, and allowed to remain on the ears for 10 minutes.

Calcium sulphide..... 2 parts
Zinc oxide..... 1 part
Starch..... 1 part

In using this make a paste with water.

A CONSTANT READER.—Q.—What is a remedy for high blood pressure?

A.—Avoid all excitement and over-exercising, keep the bowels active, get more fresh air and sunlight. Rest and sleep eight to ten hours in every 24. Drink plenty of distilled water, and take a Bulgarian tablet with meals. Take 15 drops of saturated solution of iodine of potash in water after meals. Increase one drop at a time until 50 drops are being taken, then go down to 15 and up again. Eat fresh fruits, stewed fruits, cereals and green vegetables.

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 prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care of this office.

Three Minute Journeys
By Temple Manning

WHERE GRAVES ARE DUG INSIDE THE HOUSE.

In Papua—New Guinea is now called—there are hundreds of little islets that make a map of this interesting group appear as if it had been stricken with smallpox. And among these islets, the island of Ambai presents to the visitor many sights that to his western eyes are amazing novelties.

For many years there were few white traders and no white women to be seen in Ambai. It is only seven or eight years since the first white woman ascended this strange land with her startling face and the marvels of her costume. Even today the women of the island will timidly approach a chance white woman traveler and beg her to let down her hair that they may see the glory of its length and the marvel of its straight beauty.

Today, though travel is still dangerous in the interior, the hazard of skirting the ordinary channels of trade has been reduced nearly to nothing. But in the old days one had to take care what gifts of food he accepted from hospitable villages, for if they chanced to take a dislike to the guest his doom was sealed in his food.

One of the strangest sights that strike the traveler, however, is that of grave dug inside—not outside—the dwelling place.

When a chief dies, all his near relatives—and this is most of the tribe—daub their faces with yellow clay in token of deep mourning. And they come to peer through the dead man's doorway at his widow seated upon his grave. Two old crones usually sit with her to see that she does not fall asleep, but keeps on making her mourning jacket.

This is made of closely woven string trimmed with "Job's tears." These are pouter-shaped berries, and together with the grave inside the house, signify her adherence to tribal customs. There upon the grave she sits and works away until her jacket is finished, and she may go out once more into the bright sunlight of life.

Notice of a peal—A flash of lightning.

The most dangerous case in a hospital—A case of surgical instruments.

Something one can always borrow—Trouble.

You can't take a trick with the trump of fame.

Hop merchants—Dancing masters.

Legal nudity—Losing one's suit.

A centre ornament—Your nose.

An Aristocratic complaint—The gout.

The best get-up for ladies—A. M.

Defined at Random

Making the Mourning Jacket.

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