DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

Trench Fever the Reducer of Armies, Yet Seldom Fatal

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

DR. HIRSHBERG

As a result of scientific investigations of "trench fever, the disease which is causing an alarming wastage of man power in the armies, conducted by the American Red Cross through medical officers of the American expeditionary force at a British base hospital, it has been found that this malady assaults the fighting man in two ways.

In one there is a fever which lasts from a few days to a week, and in the other there is a series of relapses alternated between times with absence of fever. In both the attack begins suddenly with headaches, dizziness, pains, constipation and a fever of 103 degrees.

There is a vast difference, however, between this set of symptoms and those which you may think you have out of the trenches. There is seldom any sore throat, running of the nose, or any cough. Nor are there any serious complications or any debility of serious consequence. There is no rash as in Liberty measles, no joint pains as in arthritic fever, nor any spirochaetes in the blood as in relapsing fever.

A drop of blood must be examined under the microscope to make certain that trench fever is not true malaria, influenza, "colds," relapsing fever or one of the intestinal infections.

"Runs Its Course."

The treatment of trench fever is directed toward the relief of the discomfort and pain. Skilled army surgeons do not fool themselves or their patients into the belief that salicylate of soda and antipyrene used to combat the fever, sleeplessness and soreness has any influence on the germs or the disease itself.

"Trench fever is thought to be transmitted by the louse. From a week to three weeks after infected insects bite, trench fever develops. The infectious nature of trench fever is easily proved. By injecting blood from its victims into the healthy person who volunteered for the experiment it was proved that the distemper is infectious.

"Trench fever is like a great many infectious disorders in that it "runs its course," hardly at all affected by any treatment. Nearly all those who fall ill with such sickness recover.

"Trench fever was unknown to the medical profession before the present war, and there is still little information of value in regard to it; the microscope has not yet decided the organism which causes it. But among the British troops at the front it is at the head of all the fevers, and is second in the list of those which cause the greatest wastage. It has caused almost one-third of all the sickness in some of the armies in the field in Northern Branco. One division alone during one year averaged 350 cases a month. Although it disables a soldier for from six to eight weeks, it is not fatal, and it leaves no permanent disabilities. But the extended absence of the sufferer makes the disease alarmingly destructive of man power.

Efforts to Conquer.

Trench fever became recognized as a distinct, specific infection during the latter part of 1915 and in 1916. While the first cases disabled the patients for only a brief period, the time a soldier is kept away from his command has materially increased the development of the disease, owing to the many relapses which occur in the majority of cases. In France the fever has occurred particularly in those who have been in the trenches or have cared for the sick in the hospitals.

The onset of the fever is sudden, as a rule, and marked by headache, dizziness, pains in the back, and particularly in the legs, and a sharp rise in temperature, usually to 102 or 103 degrees. Pain in the shins is a common complaint by patients, and is often very distressing. The pulse is usually in the neighborhood of 100. The heart is normal in the early stages of the disease, but disordered action is very common later in severe cases. The incubation period of the disease has been known to extend to 22 days.

It was with the approval of Gen. Pershing that a call for volunteers for experimentation to conquer this disease was made. In transmitting the names of the 60 chosen the divisional chief surgeon wrote to the chief surgeon of the American expeditionary force: "It is a subject of some pride in this division that practically all of the men of the 101st, 102nd and 104th field hospitals and the 101st, 102nd and 104th ambulance companies volunteered for this service."

Answers to Health Questions

M. D.: Q.—What can be done for a bad chalky taste in the mouth?

A.—Use a good antiseptic tooth paste, and 1 dram compound tincture of benzoin in hot water as a mouth wash. Drink three quarts of distilled water or a pure carbonate water daily; also cream, olive oil, whey and buttermilk. Eat green vegetables, shun starchy foods, those which are highly seasoned, rich, greasy rations, coffee and tea. Obtain daily outdoor exercise; 5 grains of either one of the following may be tried after each meal: Bile salts, or ox-gall, or ox-bile. The bowels must be kept active.

A DAILY READER: Q.—Please give a remedy for dry eczema.

A.—There are several varieties of eczema, some of which are cured by keeping away from water, from flowers, from chemicals and from occupations that irritate it. You may also try a little of the following:

Salicylic acid	15 grains
Balsam peru	1 dram
Phenol	15 drops
Sulphur	1 dram
Petrolatum	½ ounce
Wool fat	½ ounce

M. A. L.: Q.—Kindly advise me what to do for catarrhal conditions.

A.—Never be satisfied with the word "catarrh." It is no diagnosis. It is expressed in a great many cases to cover the lack of diligence in searching for the real cause of the trouble. Often examination of the nose and throat by a nose and throat surgeon will reveal deflected bones, tumorous growths, adenoids, infected tonsils, etc. Consult your family physician.

A READER: Q.—I am very nervous. Would you please advise me?

2. I am also troubled with pimples.

A.—The word "nervousness" is often used without much thought by a great many persons, and in about ninety-nine times out of one hundred the term is used to conceal lack of diligence or search for the real cause of the trouble. It is usually an emotional disturbance of some sort that has nothing at all to do with the nerves. Muscular exercises in a gymnasium, as well as outdoor sports, often helps to counteract all this.

Consult your family physician.

2. Try a little of the following for pimples:

Sulphur loti	2½ drams
Balsam peru	½ dram
Camphor	½ dram
Green soap	1 dram
Lanolin	½ ounce
Vaseline	½ ounce

CONSTANT READER, London, Ont.: A.—If you will send a self-addressed stamped envelope, with your query repeated, I shall be glad to help you.

M. Mc., Stratford: Q.—Is it advisable for a woman of 48 years to have her tonsils removed?

A.—It certainly is advisable if they are infected in any way.

E. S., London, Ont.: Q.—What can be done to remove white spots?

A.—Apply a little ammoniated mercury to the white spots.

Dr. Hirshberg 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 inclosed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, in care of this office.

SHE KNOWS-- DO YOU?

MOTHER KNOWS what to do in nearly every emergency in household affairs. Experience has been her teacher. Years of facing difficult situations and finding the way out have just naturally made mother the source of all wisdom—at any rate so far as "father, daughter and son" are concerned.

Daughter's maid has just left. She came to mother in deep gloom, but see her smile now.

MOTHER HAS TOLD HER JUST HOW TO GET ANOTHER—and a more competent, pleasant maid at that.

Now, as a matter of fact, mother is going to phone 3670 The Advertiser and order a "Maid Wanted Ad." She has full confidence in Advertiser want ads, because Advertiser want ads have never failed to bring the desired results.

PARTY FROCK FOR SISTER

Designed to Help the Plump Miss Appear Slim

BY ANNETTE BRADSHAW.

While the new ruffled models seem to be prevailing, this style is quite trying for the girl whose form isn't entirely sylph-like, hence the couturieres have developed a creation that is within fashion's decree and yet doesn't accent the lines of the large figure.

The frock shown at the right, for example, is a gown of corn-yellow linon de soie, trimmed with military cords. These go over the shoulders, are caught in knots at the waistline, hang loosely and are finished with tassel ornaments.

The sleeves are of the kimono style, and the top of the blouse is trimmed with a long row of small pearl buttons.

The front and back panels of the skirt are trimmed with loops of messaline, and a sash of the same messaline binds the high waistline. This gives a graceful line even to a rather plump figure, which is camouflaged by the high waistline and the panel effect.

Another pretty model for the plump girl is the gummery frock of white embroidered mull shown at the left. The jumper, of pale blue crepe de chine, gives an added charm to the costume, which otherwise has no trimming. The sleeves are of the embroidered mull, finished with a small puff and a bell-shaped cuff.

The sash, of pale blue messaline, ties under each arm and the ends are finished with wide fringe. This also deceives the eye by giving an appearance of straight, though soft lines.

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

Solving the Problem of a Simple, But Smart, Street Dress.

Many of the best dressed women who come to the studio nowadays are expressing especial interest in the tailored street gown. Mrs. Lester came in yesterday, all tired out from an afternoon of outdoor work, selling thrift stamps.

"I am walking about so much that I seem to exercise myself most amazingly," she laughed, "and I find that my light silk frocks won't do at all for this outdoor work. I must have something quite substantial, but, of course, very simple in line."

Naturally, it would hardly be consistent to sell thrift stamps while wearing "thriftless" frocks that can't possibly withstand the wear and tear of real work. The stiffly tailored things are too mannish for most women, but almost any woman can wear a good adaptation of a tailored frock.

Here, for example, is one that Mrs. Lester decided on, and which set off her blonde beauty remarkably well.

The gown is of black satin throughout. It has an oval collar, wide across the neck, which sets off so well the high, well-rounded throat. The bodice is perfectly plain, and yet not so snug as to tighten the figure perceptibly.

Draped from the shoulder in back is a long black panel faced with grey satin. Although this is a separate fold, it doesn't make the frock elaborate, but simply softens what would otherwise be a hard, tailored line in the back.

The one touch of ornament to the frock is a long line of small bone buttons from shoulder to knee, which also serve to fasten the dress at the side. There are a few gathers underneath the belt, giving the skirt some small amount of fullness at the front and the sides.

Long, tight sleeves, minus any cuffs afford a graceful contrast to the flowing panel at the back.

"I like it tremendously, except for the sleeves," Mrs. Lester commented enthusiastically yet dubiously. "You see, the soft panel in the back seems to call for a softer, wider sleeve."

Madame smiled. She had discussed this very point when the gown was being completed, and there had been a marked difference of opinion in the workroom about it. Madame had contended that a wide sleeve would transform this tailored frock into what she called a "pink-tea garment," instead of the semi-severe tailored costume it was intended to be. But she brought home her point of view to Mrs. Lester as she had emphasized it in the workroom.

She simply sent for a loose, flowing sleeve of black satin, and slipped it over the tight one that Mrs. Lester was still wearing. This graphic demonstration settled the point. The flowing sleeve repeated the same line as the loose panel, so that all the smart tailor-madeness of the costume was destroyed.

As soon as Mrs. Lester saw the flowing sleeve in place she recognized that the tight sleeve was absolutely necessary to supply the proper contrast. And she smiled as she said:

"You're right, my dear, as always. When may I have the dress?"

Street Gown of Black Satin.

Four Selected Recipes

BY ANN MARIE LLOYD

Utilizing Cold Meat.

Any kind of cold meat should be cut into thin slices. Break the bones into small pieces, cover them with water, add a slice of onion, simmer for two hours, then strain and season highly. Cut an ox kidney or a pound of calf's liver into thin slices, and coat them lightly with flour. Steam or boil until half-cooked as many potatoes as desired, with the meat, fill the dish to be used; then halve them lengthwise. Cover the bottom of the pie dish with potatoes, add a layer of meat, and on top place slices of kidney or liver, sprinkling each layer with salt and pepper. Half-fill the dish with gravy, and cover with paste made in the proportion of four teacupfuls—one pound—of flour, half a pound of butter or other fat, and half a teaspoonful each of bicarbonate of soda, cream of tartar, and salt. Bake the pie in a fairly hot oven.

Utilizing Cold Fish.

After pouring a pint of milk into a double boiler, add a tablespoonful of cornflour mixed smooth in a very little cold milk, and a tablespoonful of minced onion. Let this boil five minutes, then add a tablespoonful of butter, a little minced parsley, salt, pepper, a good sauce, with any cold fish that has been flaked. Boil a few minutes, then stir in the yolk of an egg. Pour this into a dish, cover with breadcrumbs and bits of butter, and allow 20 minutes for baking.

Liver and Bacon Pie.

Cut an equal number of pieces of liver and of fat bacon, free the latter from the rind and place in a clean pan. Fry till cooked; then dish up on a hot plate and reserve. Add the slices of liver to the fat remaining in the pan. Fry till cooked and of a nice golden-brown hue. Take out and add to the bacon. Thicken the fat with a little flour and water and a tiny bit of butter mixed together, and stir till of a good brown color. Place the liver and bacon in a deep pie dish in layers. Add salt and pepper if necessary. Fill up the chink with forcemeat balls, pour the gravy over the whole, and cover with a plain crust. Brush the top with beaten egg, and bake in a moderately hot oven until the crust is done. The pie is best when served quickly.

Vegetable Pie.

Required—Quarter-pound of haricot beans, quarter pound of dried green peas, one carrot, half a turnip, two or three potatoes, one onion, salt and pepper; short crust to cover. Soak the peas and beans overnight, and then stew them with the other vegetables, cut in small pieces, in a little water. When nearly cooked put in a pie dish with a little dripping and cover with the crust, which should be baked until nicely browned.

The most foolish of all errors is, that clever young heads think that they lose their originality when they recognize the truth which has already been recognized by others.—Goethe.

* * *

A man's happiness and success in life depend not so much upon what he has or upon what position he occupies, as upon what he is, and the heart he carries into his position.—Prof. S. J. Wilson.

* * *

Conscience, true as the needle to the pole, points steadily to the pole-star of God's eternal justice, reminding the soul of the fearful realties of the life to come.—Gillett.

Try TETROL, 25c

To clean spats, white kid shoes, gloves, etc. You will be surprised.

BRUCE WALLACE

419 RICHMOND STREET.

INCIDENTS IN THE LIVES OF FAMOUS WOMEN

BY ELOISE FARRINGTON.

How Robert Browning Stole Elizabeth Barrett To Be His Bride.

Of all the amazing feats of famous literary women, perhaps few excel in their physical effort the incident which made Elizabeth Barrett the wife of Robert Browning, the poet.

Elizabeth Barrett was a remarkably precocious child, writing verses at the age of ten, and having a volume of poetry to her credit by the time she was fifteen years of age. She read the classics, philosophy and science and was an excellent Greek scholar. Her health was delicate, and was further impaired by two unfortunate accidents. One was a mishap which badly affected her lungs, and the other was the sudden and violent death of her brother while on a vacation with her.

Miss Barrett became a chronic invalid and spent her time confined in her own room. Nevertheless this remarkable woman read and wrote constantly. She had a volume of Plato bound like a novel so that her physician should be deceived into thinking that she was occupying her mind with only light reading. Moreover, she sent out a larger quantity of poems from that sick chamber than many a robust contemporary produced.

The crowning feat of this illustrious invalid was to elope from her sick bed.

Robert Browning had read all of Elizabeth Barrett's poems, and admired them tremendously. Her charming sonnets, the beauty and the clearness of her style awakened in him not only appreciation of her as a poet, but an intense desire to know her.

But meeting Elizabeth Barrett was obviously a difficult matter. For a long time they corresponded, and many of their letters, which are now published, are literary classics.

Miss Barrett's family were naturally opposed to the idea of her leaving the household to marry anybody. She had been an invalid from girlhood, she required the most constant care and watching, and they feared for her health if she so much as left her own apartments. This, however, was no bar to the impetuous Browning.

He visited her secretly once or twice, and they made their arrangements. She had to be literally carried from her couch, and surely never was there a more drooping, fading bride.

But Mr. and Mrs. Browning immediately after their wedding left for Italy, where they made their home for the rest of their lives, although they both occasionally made excursions into England. Her health improved considerably later on. Here in Italy she wrote the wonderful poems glorifying the land of her adoption, and in Florence, where the Brownings lived most of their lives, she was dearly beloved.

Her famous writings are the "Sonnets from the Portuguese," a group of charming verses written to her husband before their marriage; the "Casa Guidi Windows," which is a description of some events in Tuscany and a tribute to the Italy she loved so well.

Her best work was done after her marriage to Robert Browning—surely a most stimulating partnership—in spite of its amazing beginnings in the shadow of the little invalid's sick room.

He Literally Carried Her Away.

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

What William Trumbull Brought to Madge.

As William watched Lillian in her characteristic attitude when she, in deep thought, into his queer, twisted face crept a graver, more alert expression than I'd ever before seen there. I expected to see Lillian wither him with a look, but she has the keenest perceptions of anyone I know, and she evidently heard some note in his voice, saw something in his truculent gaze which awakened her interest. She looked at him attentively, searchingly.

"If you're goin' to cook up anythin' against Katie I kin tell you 'taint one bit fair." William's words fairly tumbled over each other in passionate earnestness. "Katie jest worships the ground Mis' Gramie walks on, an' if she did listen—and, mind you, I haint tellin' you whether she done it or not—'twas only because she was crazy 'fraid there was somethin' goin' on that might hurt her. Katie'd have her right hand cut off before she'd tell anythin' that would hurt Mis' Gramie. And as for me—well, I'd just like to see the man could get anything out of me that would make her hurted."

He stopped speaking suddenly, evidently for lack of breath, not words. Lillian's face cleared with sudden decision.

"And both Mrs. Graham and I are very grateful for your devotion to her," she said, laying her hand on the old fellow's shoulder. "I believe you, William," she said, "I will tell you now, and Katie knows the first time I see her, that the very next time either of you does such a thing, that moment means your discharge from Mrs. Graham's service. Not only that—"

"Do You Understand?"

She paused as if to give emphasis to her words. Although I knew that most of her sternness was assumed for the purpose of frightening William, yet so effective was her manner that I think I, as well as William, held my breath for her next words.

"I happen to have the power to put either one of you in jail for such a trick. I should be terribly sorry to do such a thing, but I shan't hesitate to do it if I ever find out you or Katie have been listening again."

I knew that Lillian must be filled with inward laughter at the absurdity of her own threat. I could hardly keep my own lips from twisting into a smile. But there was no mirth in William. Lillian had gauged his mentality accurately. He was so filled with terror that he had to moisten his lips before he could speak.

"Do you understand?" Lillian demanded.

"Yes, ma'am. Yes, ma'am," he remanded. "Yes, ma'am, I understand. I never did listen at no keyholes anyhow, and you can bet Katie won't do nothin' like that ever again. I'll tell her—"

"You will tell her nothing," Lillian interrupted sternly. "You will not mention one word of this conversation to her if you want to keep your place and hers. I'm going down to Mrs. Graham's today, and I will see Katie myself. Until then, not one word, remember!"

"Oh, I'll remember, ma'am. I won't say nothin'," William assured her earnestly.

"That's right, William; I know you will do what is right." Lillian smiled at him reassuringly. I said to myself that it was time she did. William would have been frightened out of the feeble remnant of his senses if she had confined her disciplinary methods much longer.

William Remembers.

Lillian shot me a significant glance. It requested me to turn William's thoughts in some other direction. I suddenly remembered a question which no one at the hospital had been able to answer, one which I dared not ask the wounded officer because of his extreme weakness.

"Oh, William," I exclaimed, "is Pete all right? Did he come home, or did someone bring him?"

William's face brightened.

"Pete's pretty near all right now," he said joyfully, "and what do you think, Mis' Gramie, Pete dragged himself home from wherever you got hurted, bleedin' all the time. The dog doctor said it was a wonder he didn't croak, but that he'd be all right when he got rested and fed up. But how did he lose you? He must have been hurted so bad at first that he didn't know nothin' or he wouldn't have left you."

"It wasn't Pete's fault, William," I said, bewildered by his story. How had the dog escaped from the cellar where he had been confined? But for that knowledge I must wait until the wounded officer gained strength.

William's voice interrupted my reverie.

"Well, what do you think of me, Mis' Gramie, comin' way up here to give you this here mail, and then forgettin' it!"

He held out a small bundle of letters and magazines to me. On the top, with a little thrill, I saw one addressed in Picky's handwriting.

give advantage through mediumship impression or promotion. The poetic, artistic and romantic emotions are finely stimulated. There is likewise great stimulus from Mars on more sordid and materialistic lines, bringing enterprise, initiative, new business and success generally, though an adverse Uranian influence bespeaks caution in traveling; in fact, discourages journeys, moves and sudden changes, and warns against accident or disaster, and also disputes, sarcasm and indiscreet actions.

Those whose birthday it is may expect an eventful year, but should travel or move with caution, acting generally with calmness and discretion. A child born on this day will have some rather peculiar endowments, and may be romantic, erratic and changeable, though generally successful.

The Origin of Famous Sayings

Cicero—106-43 B.C.

He is never less at leisure than when at leisure.—De Officiis.

While the sick man has life there is hope.—Epistolarum ad Atticum.

Lucretius—95-55 B.C.

Continual dropping wears away a stone.—De Rerum Natura.

What is food to one man may be fierce poison to others.—De Rerum Natura.

JIMMY SQUIRREL AND BILLY RABBIT.

One day Billy Rabbit, with his basket on his arm, stopped at Jimmy Squirrel's house to ask Jimmy Squirrel's mamma if Jimmy could go with him to market.

"Yes, Jimmy may go," said Mamma Red Squirrel, "but remember, Jimmy, you may go only to market and then must come straight back home."

Jimmy promised, and away the two scampered, but when they reached the hollow in the old oak tree they found the market doors closed.

"I know!" cried Billy Rabbit. "Down the road there's an old farm with a lovely garden full of good things to eat—carrots, peas, lettuce, radishes and cabbage."

"Where we can buy them?" asked Jimmy Squirrel.

"Buy nothing! Just hop in and help yourself!" laughed Billy Rabbit.

"But the farmer—doesn't he care?" asked Jimmy Squirrel, whose mamma had taught him he must never touch anything that belonged to another.

"Oh, I don't suppose he'd care," replied Billy Rabbit. "I often run in and help myself. No one has ever stopped me."

So the two friends hopped around the bend of the road and there before them spread the loveliest garden Jimmy Squirrel had ever seen.

They crawled under the fence and began filling Billy Rabbit's basket.

"Where Can We Buy Them?"

They were so busy they didn't see Mr. Farmer until he was almost upon them. Before you could blink an eye, Billy Rabbit crawled under the fence and hopped up the road as fast as he could go.

But poor Jimmy Squirrel! Mr. Farmer had closed on Jimmy's little red coat-tail before he had a chance to run.

"I'll teach you to steal from my garden!" cried the angry farmer.

"But, sir!" exclaimed Jimmy Squirrel, "I didn't mean to steal. Billy Rabbit said you wouldn't care."

"Why, Billy Rabbit's the naughtiest fellow around here. He's always nibbling my cabbage plants. Some day I'll catch him and punish him."

"I'm not really bad—indeed, I'm not!" whimpered Jimmy Squirrel. "If you'll only let me go this time, Mr. Farmer, I'll never come into your garden again."

Mr. Farmer laughed and let go of Jimmy's red coat-tail.

"All right," he laughed. "You may be good, but you're in mighty bad company, and nothing spoils a good fellow quicker than running around with a bad fellow."

Jimmy Squirrel thanked Mr. Farmer, crawled under the gate and ran home as fast as his little legs could carry him.

Jimmy never told his mamma what had happened, because he was ashamed that he'd disobeyed her wishes. But Jimmy Squirrel and Billy Rabbit have never been seen together since that day.

Jimmy Squirrel always runs up a tree when he sees Billy Rabbit coming down the road.

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War

By ALBERT BARRETT SAYRES

Making "Local" Scrapbooks.

The war-time scrapbooks that have proved of so much interest to many soldiers and to overworked nurses in base hospitals have seemed wonderful aids in helping wounded soldiers pass the time pleasantly are, of course, familiar to you. You've helped make them, haven't you? Here, then, are a few suggestions to make the "regular" scrapbooks brightly interesting and some that may help to produce novelties for the men from your locality.

In order to make more scrapbooks at less cost you may make the books themselves at home. Cut 50 sheets of plain brown or any other strong paper to the dimensions of the large-sized magazines. Sew them with cord and a darning needle at the intervals those sized magazines are sewed. Cover the outer pages with gay cretonne or muslin, gingham or bits of silk in patchwork—any scrap bag has enough for many books—pasting the cloth firmly. In the centre of the front cover paste a neat card on which is written some odd or humorous title for the book.

Neatness is absolutely essential. Don't cut crooked edges. Practice pasting with valueless scraps to learn how to paste without smearing the edges—don't let paste show. Don't put on too much paste—just enough to hold the items without letting them curl.

Don't put too many items on a page. Like the tray of food for the invalid, the scrapbook for the wounded soldier should be tempting in its daintiness, not overloaded.

Always paste the clippings square with the page. Items pasted at angles may seem to you to make the page attractive, but remember that a wounded soldier sometimes hasn't the strength or the calmness of nerves continually to turn pages around to read some little story. Help to hold his interest by making it very easy for him to read.

Just like everyone else in the world, the soldier is usually most interested in the things that are furthest from his condition. Therefore, war jokes—of which he has a surfeit—are inadvisable mental fare. Charming pictures, pretty little stories and fun—real fun—both of pictures and of text, are what is best adapted to his needs.

Once in a while make a scrapbook of purely local interest. That is, select clippings that tell of your home neighborhood doings in funny ways, with pictures and caricatures. Even if by chance they shouldn't reach the particular unit for which you intend them, if they're funny enough and original enough they'll specially interest the man who may have lived thousands of miles away, who may have visited here or have known someone who once lived here.

And when such a book falls into the hands of one of our "very own" boys, what a bright, refreshing thing to see his old home town in funny ways!

Serving Strawberries and Rice.

Here is a dessert that is most delicious and timely, and it saves wheat. Take a box of fresh strawberries, stem them and wash them thoroughly, then press them through a sieve. Sweeten to taste and add enough cream to form a mixture the consistency of custard. Pour this mixture over boiled rice that has been allowed to cool—each grain, of course, should be separate—and serve at once.

To-morrow's HOROSCOPE

By Genevieve Kemble

FRIDAY, JUNE 14.

An interesting if not an exciting day is promised by certain configurations among the planets. The erratic and energetic Neptune holds sway, but with benefit intent, bringing to light and circumventing secret enmities, existing evils, especially through plots, intrigues and machinations. It tends to favor combinations and new schemes, and to

TRY MAGNESIA FOR STOMACH TROUBLE

It Neutralizes Stomach Acidity, Prevents Food Fermentation, Sour, Gassy, Stomach and Acid Indigestion.

Doubtless if you are a sufferer from indigestion, you have already tried pepsin, bismuth, soda, charcoal, drugs and various digestive aids and you know these things will not cure your trouble—in some cases do not even give relief.

But before giving up hope and deciding you are a chronic dyspeptic just try the effect of a little bisurated magnesia—not the ordinary commercial carbonate, citrate, oxide or milk, but the pure bisurated magnesia which you can obtain from practically any druggist in either powdered or tablet form.

Take a teaspoonful of the powder or two compressed tablets with a little water after your next meal, and see what a difference this makes. It will instantly neutralize the dangerous, harmful acid in the stomach which now causes your food to ferment and sour, making gas, wind, flatulence, heartburn and the bloated or heavy lumpy feeling that seems to follow most everything you eat.

You will find that provided you take a little bisurated magnesia immediately after a meal, you can eat almost anything and enjoy it without any danger of pain or discomfort to follow and moreover, the continued use of the bisurated magnesia cannot injure the stomach in any way so long as there are any symptoms of acid indigestion.—Advt.

LIVER TROUBLE AND HEARTBURN

CURED BY MILBURN'S LAXA-LIVER PILLS

When the liver is torpid and inflamed it cannot furnish bile to the bowels, causing them to become bound and costive.

The symptoms are a feeling of fulness or weight in the right side, and shooting pains in the same region, pains between the shoulders, yellowness of the skin and eyes, floating specks before the eyes, coated tongue, bad taste in the morning, heartburn, water brash, etc.

Milburn's Laxa-Liver Pills gently unlock the secretions, clear away all effete and waste matter from the system, and give tone and vitality to the whole intestinal track, and are by far the safest and quickest remedy for all diseases or disorders of the liver.

Mrs. A. Cummings, Manchester, Ont., writes: "I have used Milburn's Laxa-Liver Pills some time, and can faithfully recommend them to anyone suffering from heartburn and liver trouble. I tried a great many other remedies, but they only relieved me for a time. I believe Laxa-Liver Pills to be a valuable remedy for all sufferers from liver troubles."

Milburn's Laxa-Liver Pills are 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

BOYS AND GIRLS

Clear Away Pimples and Dandruff with Cuticura

The Soap to Cleanse and Purify The Ointment to Soothe and Heal

These fragrant, super-creamy emollients stop itching, clear the skin of pimples, blotches, redness and roughness, the scalp of itching and dandruff, and the hands of chaps and sores. In purity, delicate medication, refreshing fragrance, convenience and economy, Cuticura Soap and Ointment meet with the approval of the most discriminating. Ideal for every-day toilet uses.

For sample each by mail address post-card: "Cuticura, Dept. N, Boston, U.S.A." Sold by dealers throughout the world.

STOP DANDRUFF! HAIR GETS THICK, WAVY, BEAUTIFUL

Girls! Draw a cloth through your hair and double its beauty.

Spend a few cents! Dandruff vanishes and hair stops coming out.

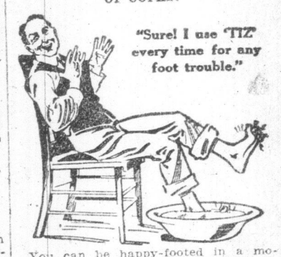
To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff, is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a small bottle of Knowlton's Danderine now—all drug stores recommend it—apply a little as directed, and within ten minutes there will be an appearance of abundance, freshness; fluffiness and an incomparable gloss and lustre, and try as you will, you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp, and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.

CAN'T BEAT "TIZ" WHEN FEET HURT

"Tiz" for sore, tired, puffed-up, aching, calloused feet or corns.



You can be happy-footed in a moment. Use "Tiz" and never suffer with tender, raw, burning, blistered, swollen, tired, aching feet. "Tiz" and only "Tiz" takes the pain and soreness out of corns, callouses and bunions.

As soon as you put your feet in a "Tiz" bath, you just feel the happiness soaking in. How good your poor, old feet feel. They want to dance for joy. "Tiz" is grand. "Tiz" instantly draws out all the poisonous exudations which puff up your feet and cause sore, inflamed, aching, sweaty feet.

Get a 25-cent box of "Tiz" at any drug store or department store. Get instant foot relief. Laugh at foot sufferers who complain. Because your feet are never, never going to bother or make you limp any more.

CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.