

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Correct Food the Cure For a Baby Sick With Marasmus

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

Marasmus, the ailment which makes an infant waste away, ought to be extinct when such a simple matter as sterilized milk properly used, and with a little barley and sugar suffices to save many victims.

One of the commonest causes of marasmus is wrong food. Simple food, the most successful way to avoid this misery.

Whenever a baby ceases to gain weight, no matter what the food, or how excellent and correct you know it to be for other children, you must quickly change its daily fare and accept the realization that this child is peculiar to respect to food, and must have a special diet. It is intolerant to milk. You must discover whether it is the fat, the sugar or the albumen which is at fault.

Although a well baby needs 40 to 50 heat units—calories—of food per pound of its weight each day after it is 6 months old. If it has marasmus it demands three to four ounces for each pound of its weight. Seven feedings a day are enough. These should be given at three-hour intervals, and never less. Milk with no fat and little sugar, such as skimmed milk, seems to be of benefit to many little victims of marasmus.

Children afflicted with marasmus are cold, and require applications of heat. Airing, bathing and change of clothes demands care and vigilance to prevent pneumonia, even in the summer.

Answers to Health Questions

A SUBSCRIBER: Q.—Please give me

something for pimples.

A.—Apply a little of the following to the affected parts:

Sulphur loti 2½ drams
Balsam peru ½ dram
Camphor ¼ dram
Green soap 1 dram
Lanolin ½ ounce
Vaseline ½ ounce

E. M. Q.—Please give me something for oily hair.

A.—Brush your hair night and morning and be sure your brushes are positively clean. If necessary, wash them each time after brushing the hair. To prevent the oiliness of your hair try a little of the following, which should be

shaken well before using, and applied at least once a week:

Distilled water 8 ounces
Lilac water 1 ounce
Tincture chlorophyll ¼ ounce
Bicarbonate of soda ¼ ounce
Borax ¼ ounce
Spirits of chloroform ¼ ounce

J. F. K.: Q.—Please advise me what to do for a ringworm.

A.—A little ammoniated mercury ointment applied to the ringworm helps. Moist skins often dispose of it. When it appears on the scalp massage and vigorous treatments are necessary.

MRS. M. B.: Q.—Please tell me how to get rid of superfluous flesh.

A.—Eat sparingly of cereals and fats. Eat generously of fruits and succulent vegetables. Eat lean meat, eggs and legumes in moderation. Exclude all sweets, candies, confections, creams and desserts. Go hungry from meal to meal.

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 inclosed Address ALL INQUIRIES to Dr. L. K. Hirschberg, in care of this paper.

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

She Learns How Wool Embroidery May Be Effectively Used.

Wool promises to be one of the most popular of trimmings for the fall gowns. There are many advantages to it. It is especially excellent in combination with silk or serge. A dash of serge, the ends of which are embroidered with wool, a finished with a wool, finishing will provide an excellent and adequate trimming for an afternoon or street frock.

This model here illustrated depends on the use of wool in its many forms for trimming. The material used is midnight-blue serge for the skirt, and a blouse and tunic of the same color.

Wool also makes an interesting basis for trimming, because it can be used in so many ways. You may use the same groups of colors for wool embroidery in the blouse or skirt, then have buttons of wool, fringes or braided belts of the same.

Strands of different-colored wool braided with gold thread make a very rich and beautiful braid trimming which can be used either as a belt, an apron or a shawl or collar. Plain strands of wool sewed with thin gold thread can be used to edge the tunic or coat, and a comparatively small

amount of wool used in this way produces a brilliant effect.

Another advantage of wool is that it gives a soft touch to almost any fabric. It is especially excellent in combination with silk or serge. A dash of serge, the ends of which are embroidered with wool, a finished with a wool, finishing will provide an excellent and adequate trimming for an afternoon or street frock.

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Gown of Midnight-Blue Serge Made Distinctive by Wool Embroidery.

Perfectly plain lines in the blouse make it appear almost tight-fitting. Like several other advanced style costumes, this gown is collarless, finishing at the neck with a narrow strip of wool embroidery.

To contrast with the vivid shade of blue, grey wool in many tints is used. The long, falling in long, loose folds considerably below the neckline, has a small, embroidered edge of grey wool. Thus, with the small piece of embroidery at the end of the sash, and the narrow edge of the collar, is all the embroidery used on this costume. At the end of the sash is a deep fringe of grey wool in the many tints to match the embroidery.

Solid color grey wool buttons give a double-breasted effect to the blouse, and a long row of these same buttons is used on both sleeves.

In order to give fullness and sweep to the frock the skirt is pleated in very narrow folds and makes a strikingly graceful contrast to the loose-flowing folds of the deep tunic.

This frock is worn with a small, close-fitting, round tunic of the draped blue match the gown, and as its sole ornament has a small emblem of embroidered grey wool in the front.

To-morrow's HOROSCOPE

By Genevieve Kemble

While this may be a lively, if not exciting, day, the planetary forces are not auspicious for any great gain or satisfaction in any direction. It is a time calling for wisdom and deliberation, for economy and steadfastness, lest an adverse Jupiter and a turbulent Mars lead into avenues of loss, extravagance and reckless conduct. Beware speculation and investment, and move and journey if at all, with care. This calm and careful demeanor should also be observed in the domestic circle, in social and affectional affairs, and the tendency to extravagance in the pursuit of pleasure should likewise be tempered.

Those whose birthday it is may have an active and interesting year, but must curb a tendency to extravagance. A child born on this day should be trained in thrift, economy and in the value of cool and deliberate demeanor. It will succeed best in employment.

The Origin of Famous Sayings

Count Lyof Nikolaevitch Tolstol.

All happy families resemble one another; every unhappy family is unhappy in its own way.—Anna Karenina, Part I, Chapter I.

Error is the force that welds men together; truth is communism to men, only by deeds of truth.—My Religion, Chapter xii.

The happiness of men consists in life, and life is in labor.—What is to be Done? Chapter xxvii.

The vocation of every man and woman is to serve other people.—My Religion.

Henry Thoreau, 1829-1906.

Only the spirit of rebellion craves for the happiness in this life. What right have we human beings to happiness.—Ghosts.

The hardest carbon steel can be cut with a soft steel circular saw without teeth revolving at great speed. The saw actually melts the steel.

Bees are good weather guides, being sluggish and inactive in the morning if the day is going to be wet, and active and busy if it is going to turn out bright and fine.

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

How the Trap Was Sprung—What Happened to Mrs. Allis and Faithful William.

A breathless second's darkness and silence followed the Teutonic leader's words. He had shut off his electric flashlight as he spoke, and the instant's inaction that followed seemed like a century to the huddled crowd behind the curtains.

Then through the dreadful darkness there came to my ears the sound of overturned chairs, of heaving bodies, of slipping feet, of clinking steel. A single bullet whizzed through the heavy curtains at my side. There was a sudden flood of light in the room, and Allen Drake, his hand upon the electric wall switch, stood debonairly smiling as if he had just risen to make an after-dinner speech. His hair was unruined, his clothing showed no signs of disturbance.

"For once in your life, my friend, you have spoken the truth," he drawled, bowing to the owner of the Teutonic voice, who stood handclapped and grinning at one of the sturdy guards Lillian had chosen from the ones outside. "This was a trap, a snare, a snare, we flatter ourselves. And as for the precious formula I see you still tenderly hold your heart's treasure, you may keep it as a most valuable relic which I procured from a most excellent Chinese cook."

"Bah!" fairly spat the other man, opening his clenched fingers and letting fall the piece of paper with the recipe for chop suey Allen Drake had substituted for the formula. He twisted around and looked at Grace Draper with a venom that made me shiver.

"And as for you, you —" He started to hurl a string of epithets at her, but the never-finished sentence, Allen Drake fairly bounded across the room toward him. I saw the man's eyes flash as he expected the blow. "We don't strike bound men here in America," Drake said contemptuously, "but we do muzzle foul mouths."

He deftly twisted open the other's mouth and inserted a muffled gag. When he had fastened it he returned to his first position.

"Now, Miss Draper," he bowed to her in a most courtly manner, "if you wish to reply to the gentleman who has just spoken, you have the opportunity. She vouchsafed him no answer. She didn't even turn her eyes toward him. From the moment the light had been switched on my fascinated eyes had watched her from behind her heavy curtains screening the alcove. She had marvellously beautiful as she stood, also handcuffed, between Lillian and Dr. Pettit. I guessed that those two, knowing her capture was necessary to my safety, had taken this duty upon themselves.

"No, V. Don't!" Her eyes had swept the room searchingly, watchfully, when Allen Drake had switched on the light, then had puzzled upon the equally watchful, but more rage-contorted face of the man with the scared hands, the third member of the group ushered in by Kato. The Asiatic also handcuffed, in order to hush the suspicions of the others, was guarded by my father.

I had the sudden conviction that both Grace Draper and the man at whom she was gazing were waiting, watching, listening for something outside the room, that their own plight, desperate as it was, was dwarfed in their minds by the

Good Night Stories

By Claude Sillars

BETTY VISITS A REAL LIVE PRINCE

"Two always wanted to see a prince and a palace," sighed Betty, as she opened her story book to India. "It must be a wonderful sight."

"So it is," laughed a happy voice, and Goomieback, the tiny elf, stepped from between the pages of Betty's book. "If you'll promise to be real quiet, I'll visit you."

And before Betty could blink her eyes she was standing at the entrance of the wonderful palace she had seen in her dream the day before.

They entered the outer hall alighting the crowd of visitors. Goomieback, dressed in robes stiff with gold and costly embroidery carried in his circles heavy weapons, whose handles were richly set with diamonds and rubies. Pearls, emeralds and sapphires gleamed from his neck and arms, and gay silken turbans glittering with jewels rested on his heads.

Before entering the royal chamber all except Betty and Goomieback removed their slippers and when the great, wide door swung open Betty gave a happy cry.

There the prince in his jewel-bedecked robe and glistening crown sat upon a splendid throne, the great, wide door stood dark-skinned attendants waving fans, which Goomieback told Betty were made of horse hair.

Betty and Goomieback were given chairs to sit on, but the other guests seated themselves on the beautiful carpet on the floor.

"Canadian visitors are always given chairs," said Goomieback when he saw the wonder in Betty's eyes.

The prince smiled and nodded at Betty as he talked to the nobles, who presented him with gifts of shawls, silks, brocades and wonderful jewels.

A crowd of girls draped from head to foot in shining robes formed a circle before the prince and danced in slow, graceful movements to the music of a soft tune they sang.

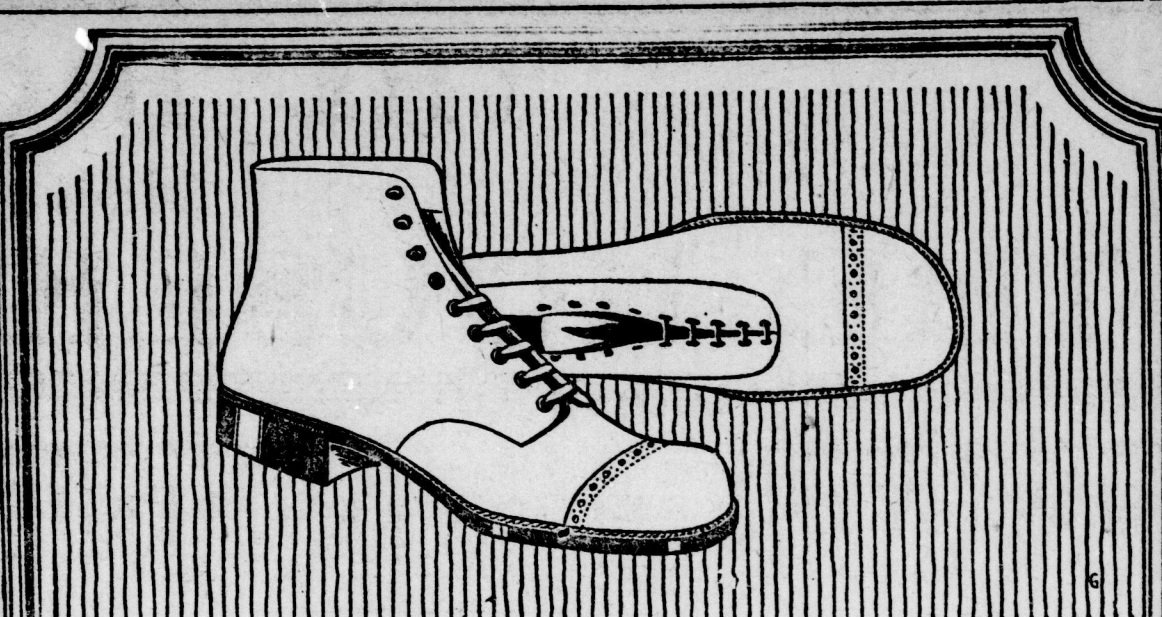
When the dance was over the prince was given a golden plate, from which he took something and put it into his mouth, and everyone began to move toward the doors.

"It's the betel leaf, a kind of pepper, and a nut of the tree palm, which he's chewing," whispered Goomieback. "They call it betel nut. They chew to let the guests know the interview is over."

Bowing before the throne, Betty and Goomieback followed the crowd over the palace.

After dark they went out on the terrace to watch the wonderful display of fireworks. At the prince's great globe of color, fountains of golden fire, leaped into the air, Betty could see the outlines of the palace with its pavilions, forts and balconies reflected in the blaze.

Somewhere a cannon boomed, and Betty opened her eyes. She was sitting in the hammock in her own front yard. Palace, prince, Goomieback and all had vanished like a lovely dream.



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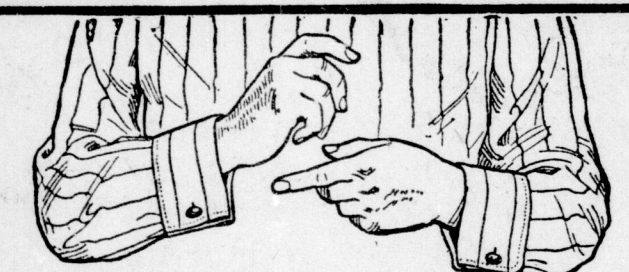
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DOUBLE WEAR CUFFS

Patented 1918

"the cuff that doubles the life of the shirt"

The 'All-Highest' Now Sees The Beginning of the End

The most cheerful word Wilhelm seems to have for his people just now is his "confident hope" that "in these most serious times" they will "resolutely gather around me and give their blood and wealth until the last breath"—much like the late czar's defiant proclamation that he would fight to his "last muzhik"—and some think that when the German people "gather around" as requested, a fate such as befell the one ruler may await the other.

"It is the beginning of the end," declares the prime minister of Great Britain, with whom the press in all Allied lands agrees, though mindful that it is not the end—only the beginning thereof. And we are admonished on all sides that although "we have passed over the crest and are now going down hill," we should in no sense slacken our war efforts. All Pershing has promised, the Atlanta Journal points out, is: "Send us men, guns, and supplies quickly, and we'll win in 1919." The news of victory must make us "speed up, not slacken," continues this journal, for "all hopes of crushing the enemy by the beginning of 1920 are based upon gigantic performances by the United States."

Do not miss reading THE LITERARY DIGEST this week—October 12. The leading article, which is graphically illustrated with maps and half-tone reproductions, covers the war situation for the past seven days from every angle. Other news-stories of timely interest in this number of The Digest are:

Shall the Peace League Include Germany?

European and American Newspaper Comment on President Wilson's Speech Endorsing a League of Nations After the War is Won.

Woman's Cause Halted by Two Men
Save Paper and Save Soldiers' Lives
Greece's First Year of War
The Reconstruction of the Race
The Good Old Table d'Hôte
Forcing Coal Economy
P.T. Barnum Dramatized
The Army To Redeem the Convict
The New Kind of Conscience
Personal Glimpses of Men and Events
How To Fight Spanish Influenza

Germans Scouting Defeat
Ulster's Case Against Home Rule
German Army Engineers Are Inferior
Chemicals After the War
French Girls Here for Education
Additions to the Condemned Books Index
How Germany Gets Church Bells
Columbus Day
(Prepared by the U. S. Bureau of Education)
News of Finance and Commerce

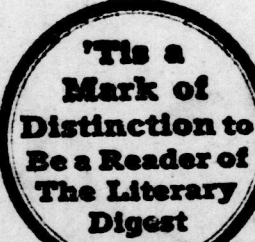
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The Literary Digest

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