HER PROBLEMS

Daily Magazine Page for Everybody

SECRETS OF HEALTH AND HAPPINESS

Why the Natural Use of a Singing Voice Is Very Rare

A. B., M. A., M. D. (Johns Hopkins University.)

in this assertion, of which parents are lightly draws his breath in spontaneous song some mothers and fathers, wise n their own conceit, force the little voice

The pitch of a string may be raised in ening and its weight and thickness may be lessened. All three factors are avail-

Company,"

Saps of tapelike curtains, which are attached to the gristly walls of the wind- remedy for perspiring feet. the cords and helps to control them. Strains Sometime Develop.

mouth rises as tones are produced, the toms of hookworm? If I have it, will bension thus obtained interferes with you please tell me what to use? the action of the vocal muscle, and the severe anaemit, exhaustion, bloody dispitch to be raised must be increased by charges and finding of eggs and worms.

A tremendous strain is put upon the observation, various muscles of the throat with the result that new sets of muscles are brought into play as the voice ascends.

It is these overtones that give variety, fullnoss, character and richness to the note. The voice is not a wind instrument or "reed" as you are sometimes what to do for constipation?

A—One of the best ways to do away with constipation is to arrange the diet so that plenty of fruits and vegetables tones two and one-half octaves above the fundamental and higher than the freed in the fundamental and higher than the few things that answer for everyone.

that there is no means of re-childrens the singing voice, except by the vibrathe singing voice, except by the vibration of the overtones and the air in the lungs, throat, mouth and nose cavities it is of the utmost importance that these of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject of the subject is subject to the subject of the overtones and the air in the lungs, throat, mouth and nose cavities 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 subject is subject to the subject in the overtones and the air in the lungs, throat, mouth and nose cavities 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 subject is subject to the overtones and the air in the lungs, throat, mouth and nose cavities 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 subject is subject to the overtones and the air in the lungs, throat, mouth and nose cavities 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 subject is subject to the cannot always and the propose of the purpose. The turned aside from her purpose. The only college open to women at that time was Oberlin, and Oberlin was a time of cases 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 subject to the cannot always and the purpose. The turned aside from her purpose

A-Your weight may be obtained by 0 to 12 hours' sleep in the 24 in a wellventilated room. Water or liquids of any kind drunk with meals help to make

M. N. Q-My hair has been coming logical outcome of the wise food con-

MILBURN'S LAXA-LIVER

PILLS

diseases or disorders of the liver.

Laxa-Liver Pills some time, and can foods, and with fats are most valuable to "do the work" because it isn't set or baited properly.

The effective of the work because it isn't set or baited properly.

To save food that otherwise might

ased naturally." There is a great truth

A—Apply a little of the following to your hair about three times a week:

Lanolin ½ ounce to teach the child "to show off before

S. G. L. Q-How can I tell whether I

have appendicitis?

A—In a large number of cases appenthree ways. Its tension may be in-dicitis is accompanied with the following greased by tightening or raised by short-symptoms: Sudden pain in the abdomen, usually toward the right side, fever, nausea and vomiting, frequently able to raise the pitch of the human pressure in the appendix region. There voice. The "voice-box" or windpipe are no medical treatments of appendicitis. There are remedies which delay contains all the possibilities thus appare the pain, but are not capable of controiling the disease. An operation is ad-

A READER. Q-Please give me a good pips. A vocal muscle runs parallel to A-Bathe your feet every night in hot water to which a little formalin has

If the soft palate in the roof of the WORRIED, Q-What are the symp-

A-The symptoms of hookworm are thymole administered under a doctor's

A. J. W. Q-I drink two quarts o water on rising in the morning to flush the system. Will you kindly advise me This brings about breaks between reg- if it is harmful to drink that much at

2-What can I use for perspiring feet? A-It may be harmful for some persons to drink that much water at one practiced voice has the throat passive time if the kidneys and other parts of Instead of drinking so much all at one divide it up and drink that much during

bles may cause this, also constipation men suffrage. Before the civil war it Oberlin, doing housework and teaching, Alene. the and transient causes. A stomach and demanded great courage to voice these was graduated with honors, and re-

INCIDENTS IN THE LIVES OF WORLD-FAMOUS WOMEN

BY GRACE THORNCLIFFE .

How Lucy Stone's Wit Turned an Enemy Into a Friend.

Y. M. Q-What causes a bitter taste this country was Lucy Stone. She, was 25 years old she had s also, was one of the earliest and and she started for Oberlin.

annette Procedo hair

her a power in her day,
Lucy Stone's childhood was spent in Immediately she entered public life, strange noises in my head. Will you a household in which the father's rule please tell me what causes this and how was absolute. Francis Stone was a from her brother's pulpit, and then begood business man, and, as husbands coming a regular lecturer for the anti- It is such an unfortunate time to be Madame questioned. 2—I also have recumatism in my right and fathers went in those days, was a slavery society. New England was deshoulder. Kindly advise a remedy.

ourth and so on. These are the ones which are also heard by the for an examination.

sils, adenoids and turbinate bones call he had a scriptural right to exercise a hoot, and finally became threatening, indeed, that one by human ear. Only well-trained musicians distinguish these partial tones as unfused with the main tone.

It is these overtones that give variety, fullness, character and substances of the real cause.

List the second of the real cause.

List the second of the same text, and the platform withdrew until Lucy Stone was left alone with believe that if the Bible gave man this right of master it was because "You had better go, Stephen," she

denoids, tumors or congestions of any sort.

Applicate 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 Answers to Health Questions at inquiries to Dr. L. K. Hirshberg, care this office.

Answers to Health Questions at inquiries to Dr. L. K. Hirshberg, care the trip, and as her rather was at against giving any aid while she finished her speech.

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win

Among the women who did much, started by picking and seiling black-

alysis should be made before any treatment is begun.

demanded great courage to voice these was great and pinned them on Madame, turned to Massachusetts the first woman of that state to have won a friend in need I don't know where to "Now, let us get down to facts. Is

A-An examination must be made tirmly by the Bible classification of a rights at that time, and the experiimpos- A—An examination must be made firmly by the Bible classification of a rights at that time, and the experi- to determine whether it is middle car man's wife with "his man-servant, or ences of women preaching anti-slavery to make the best of it," sighed Mrs. had time to think of color schemes. We man to disease, high blood pressure, wax, hard- his maid-servant, or his ox, or his on the platform were not always Warden resignedly. "Will it be possible, wanted, most of all, to enlist your help, eming of the ear bones or other things.

At times head noises may be benefited that then denied to woman an ident-Things To Guard.

When a string or a tight vocal cord was mall electric vibrator used in the rates as a whole it produces the pitch fundamental tone. But it also vites in segments one-half, one-third, its interesting the segments of the segm

"This gentleman will take care of down on the great big cushion, and

ODD FACTS

Several of the Tibetan lakes to the Himalayan Mountains are 20,000 feet

fish. The scales on its back are an iri-descent blue-green, the exact tint which

That makes the sunshing everywhere. deeds, neither trav-to law or quarrel.

DIARY OF A FASHION MODEL

She Learns How to Make a Bridesmaid's Bonnet. Weddings are as common as daisies in ! ple frocks and hats, the six outfits will

Madame, for you to costume the bridal knowing that the rest would be easy," party—there will be five attendants—in Miss Warden replied with a beguiling

why not use the national colors in your decorations? We will make the bridesnaids' frocks of white tulle over satin silence of the room had drawn me

"Oh, dearl I wish it would stop rain-swift strokes of her pencil on the lid of which I did not. She gave me no time ing!" Polly walled. "I hate gloomy a cardboard box Madame sketched a for speculation, however." cardboard box Madame sketched a "Where is Lillian?"

odice with a rounded neckline, topped "Drink this quickly," she said, hand-Nothing suited Polly, and every min- with a shirred tucker and short, puffed

> "The skirts ought to be quite full and the hem. With the sashes tied at the back with long ends the frocks whi be

The queerest little old woman Polly table decorations, favors, souvenirs and lighting effects to be carried out in red-

Her hair was snow white, hanging around a very ugly brown face that was so wrinkled it reminded Polly of on the bridesmaids' heads?" asked

was so wrinked it fermined rony of an old dried-up apple.

"How very uriv," thought Polly.

"Yes, I know you think I'm ugly, but it's all your fault," cried the little old woman.

"Why! I've never seen you before! How can it be my fault?" asked Polly.

"In Cloudland I'm just as pretty a deliver and swart. The crowns shall be a solid property and swart. The crowns shall be

Practical Suggestions on Individual Ways to Help Win the War.

By Albert Barret Sayres.

In considering ways to solve the problem of better nourishment at less cost, which is in its essentials the logical outcome of the wise food conservation campaign in which we're all est of common sense all and the fairly active man and woman about the stoff common sense to each solution that is offered. As has been said before in this column, it requires no little intelligence and much study to plan and to prepare better meals that will nourish the family well at little oct.

There is one point, however, that there is one point, however, that the stories and the the work and the brought to the attention of should be brought to the attention of the carbon by the brown and the teach meal should should be brought to the attention of the carbon by the brown and the problem is the problem.

Several of the flowed and and sour sease 20,000 feet above sea level.

Himmiayan Mountains are 20,000 feet above sea level.

Himmiayan Mountains are 20,000 feet above sea level.

Several of the flowers and wount about the base 20,000 feet above sea level.

The Stamese have a superstition regarding of numbers, and strive to how and strive to how seed with the down and support the time and strive of limbeau are cork and linked only the family active man and woman about two inches in which we're all the family well at little of the same amount is also needed by the family active man and woman about two inches in which we're all the family well at little of the family well at little of the same amount is also needed by the family active man and woman about two inches in which we're all the family active man and woman about two inches in which we have a superstition regarding of numbers, and strive to how seed with the work in their houses an even number of windows, doors, rooms and cupbecards.

The two main ingredients in the manufact

TOMORROW'S HOROSCOPE By Genevieve Kemble.

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

What New Menace Is Contained by the New Anonymous

have you been doing to yourself?" This was Lillian's greeting as I came into her living room four days after

ious time," I admitted. "You see___" "Not a word until you've had a cup about the anonymous envelopes of tea." Lillian's kindly imperious tone taining newspaper clippings wh was one with which I was familiar. been sent to me at Marvin, and which I There was no combatting it. I watched was pretty sure were still coming to me at Katherine's former lodging house, to her as she crossed the room to ring the which I had ordered my bell for Betty with the feeling of rest- forwarded, fearing Cousin Agatha's probell for Betty with the feeling of rest-fulness, of transferring my problems to her, which the very sight of her always knew without her telling me that she

Mother Graham's accident,

"Now you're going to lean back and shut your eyes and rest until the tea comes," she said, returning and taking off my hat and coat as defity as a "May I see them?" off my hat and coat as deftly as a trained maid would have done, and put-

Lillian has a series of signal rings for her huge colored cook that make it unnecessary for Betty to come to the living room except for very special instructions.

The silence of Lillian's wonderful white and scarlet living room seem to enfold me like a garment. The troublous, worried days behind slipped away, and my jangled nerves

For the days since my mother-in-law bad broken her arm had been full of worry for me. The shock of her acci- larations of pretended patriots, to which she was subject, and for their price." twelve hours the physician, Coust Agatha, Dicky and I had fought vali Cousin antly for her very Mfe. And I ha realized that Mother Graham had tol no falsehood when she had praised kinswoman's gift for nursing. Cou Agatha was like a woman transform there was no room in her for petty, malicious watchfulness that had made her presence in my home so dis-

agreeable to me. Dicky, filled with anxiety for mother, hadn't left her since I summoned him home with news of h the house had kept me in a perpe

vith sashes of bright blue faille ribbon, started up and looked at Lillian a trifle pitying in the smile with which sh "The bodices of the frocks will be very answered my look, something intansimple, something like this," with a few gible, too, as if she knew something

sleeves trimmed with narrow, pleated ing me a cup of the steaming tea. "You

Lillian's tone was warmly indignant extremely girlish and sweet. Does this as it always is when she imagines any one has been inconsiderate of me. I a ways feel when with her as if I ha

older sister.
"Mother Graham has been terribly ill, And then, besides --- Where is Kather nuery, for I didn't feel quite equal a

DO YOU WORK INDOORS

Thea you need a winter tonic to keep up your blood-strength and nerve-force. For fifty years physicians have prescribed

because it is a true food and an active tonic, easily digested and There is one point, however, that should be brought to the attention of the old student ag well as to the newcomer to the science of correct feeding. This is, that the calorie, while a calories and that each meal should contain some fat, some protein and doesn't seem as intricate as it may have appeared at first.

But, neverthless, it must be clear that thought is necessary to judge the line.

Calories and that each meal should contain some fat, some protein and doesn't seem as intricate as it may have appeared at first.

But, neverthless, it must be clear that thought is necessary to judge the line now 1 can need to extinguish forest fires, especially in connection with brush fires, where the fire fighters cannot get near enough to the burning area to beat out the burning area to beat out the fire fighters cannot get near enough to the burning area to beat out the fire fighters cannot get near enough to the door.

But I don't like the rainy days!"

TOMORROW'S HOROSCOPE

This is, that the calorie, while a calories and that each meal should contain some fat, some protein and denting this forms?" asked Miss Varden as she extinguish forest fires, especially in connection with brush fires, where the fire fighters cannot get near enough to the door.

But I don't like the rainy days!"

TOMORROW'S HOROSCOPE

Towns a ment out of the door.

"By looking your prettiest in your forms one a rose of rainy days everything would extinguish forest fires, especially in connection with brush fires, where the fire fighters cannot get near enough to the door.

But I don't like the rainy days!"

TOMORROW'S HOROSCOPE free from opiates. If you are rundown, if night finds you tired Scott & Bowne, Toronto, Out. 17-51

ACTRESS TELLS SECRET

Darkened Her Grey Hair With &

trouble. I tried a great many other remedies, but they only relieved me for a time. I believe Laxa-Liver Pills at is a valuable "do" in doing your family. The formal liver troubles."

This statement of the uses of the good resuits, I have been told that is a valuable "do" in doing your family. The rest of its beautiful the scales there shows up the most wonderful peacock-blue. There are bars of the uses of the good resuits, I have been told that is a valuable "do" in doing your family. Don't despise the measure-value of the uses of the scales there shows up the most wonderful peacock-blue. There are bars of the uses of the scales there shows up the most wonderful peacock-blue. There are bars of the uses of the scales there shows up the most wonderful peacock-blue. There are bars of the uses of the scales there shows up the most wonderful peacock-blue. There are bars of the uses of the scales there shows up the most wonderful peacock-blue. There are bars of the uses of the scales there shows up the most wonderful peacock-blue. There are bars of the uses of the scales there shows up the most wonderful peacock-blue. There are bars of the scales there shows up the most wonderful peacock-blue. There are bars of the the scales there shows up the most wonderful peacock-blue. There are bars of the scales there shows up the most wonderful peacock-blue. There are bars of the the scales there shows up the most wonderful peacock-blue. There are bars of the scales there shows up the most wonderful peacock-blue. There are bars of the scales there shows up the most wonderful peacock-blue. There are bars of the scales there shows up the most wonderful peacock-blue. There are bars of the scales there shows up the most wonderful peacock-blue. There are bars of the scales there shows up the most wonderful peacock-blue. There are bars of the scales there shows up the most wonderful peacock-blue. There are bars of the scales there shows up the most wonderful peacock-blue. There are bars of the scales there shows up the most wonderf

"You look a wreck, Madge. What I fancied a pitying look came into her

"Katherine has gone to her former lodgings for the mail," she explained

"I have been having rather a stren- queer chippings sent to me?" I asked anxiously, for I hadn't dared to ask Lillian or Katherine over the telephone

"Now you're going to lean back and didn't wish to say anything more about

"When Katherine comes." Again the ting me into a big chair.

I was giad enough to do as she requested. I knew there would be no interruption until the tea arrived, for lilling here a soules of arrived, for

The Origin of Famous Sayings

Sir Robert Walpole, 1676-1745.

themselves or their relatives the dec dent had brought on the heart attacks whom he said; "All those men have





These men know from experience stiffness out of joints and the soreconvenient! No rubbing required It quickly penetrates and brings relief. Easy to apply and cleaner than

mussy plasters or ointments. Always have a bottle in the house for rheumatic aches, lame back,

Generous sized bottles at all drug-

Maked Milk for Invalids A nourishing and digestible diet Contains rich milk and malted



Asthma and hay fever, even of long standing robbed of their terror by this reliable remedy,

When the liver is torpid and in-flamed it cannot furnish bil, to the bowels, causing them to become bound This is, that the calorie, while a convenient standard by which to meas-the value of foods is not the heat The symptoms are a feeling of ful- standard by which to measure diets. correct variety for the best nourishness or weight in the right side, and shooting pains in the same region, pains between the shoulders, yellowness of the skin and eyes, floating may, however, not be one that is well take that thought today, and should

specks before the eyes, coated tongue, balanced. A single food, a cereal for begin right now to study a subject taste in the morning, heartburn, instance, will give the correct number Milburn's Laxa-Liver Pills gently of calories, but one would not have unlock the secretions, clear away all the variety that is the best "spice" of tem, and give tone and vitality to the eating and of life on a single food. whole intestinal track, and are by far Fruits and fresh vegetables may seem the safest and quickest remedy for all expensive when measured by the fuel iseases or disorders of the liver.

Mrs. A. Cummings, Manchester, etc., writes: "I have used Milburn's needed to add to highly concentrated times, however, a trap may not seem pervious to drought and frost.

ure the value of foods, is not the best and to serve the right dishes in the ment, The housewife who takes her own work in the light of national duty in the work of the nation at war, Balting Traps for Rate

kitchen can exterminate these wasters tried a great many other This statement of the uses of the be used to bait a trap, and to get

of food through the mice and rats that

- BY GRACE THORNCLIFFE. -

a field these days. Madame is kept busy be ready Tuesday afternoon." designing bridal robes and bridesmaids' "There! Mother, I told you that frocks and hats. She had scarcely fin- Madame Frances would rise beautifully o keep alive the agitation that cuininated in the abolition of slavery in
his country was Lucy Stone. She,
was 25 years old she had saved \$70

Dellafield and her attendants this afterored guest at my wedding feast as a

Dellafield and her attendants this afterored guest at my wedding feast as a Dellafield and her attendants this after- ored guest at my wedding feast as a noon, when Mrs. Stuart Warden bustled reward for being so kind to me," prom-A -Gall stones and gall bladder trou- among the foremost champions of wo- Lucy Stone worked her way through into the studio with her eidest daughter, ised Alene Warden, as she took the

all of her high-heeled ideas?

Good-Night Stories

BY BLANCHE SILVER.

"Oh, dear! I wish it would stop rain-

ite she grew crosser. the fundamental and higher than the flifth overtone actually found in the few things that answer for everyone. Massage of the abdomen in a circular motion, five to fifteen minutes, three that there is no means of re-enforcing that there is no means of re-enforcing the singing voice, except by the vibra-Just then a big rufflan sprang from curtain up, and she did it so hard

The new Russia will retain the old flag, which has three horizontal stripes —white, blue and red. A few years ago the imperial emblem, a black eagle on a yellow field was risead in the upper. the imperial emblem, a black eagle on a yellow field, was placed in the upper left-hand corner of the flag, but the provisional government ordered that it be removed.

"Then if I'd try to be happy on "The benefic astral influences for this part of anything so funny!" asked Polly, "Why, I never heard of anything so funny!" and she began to laugh.

"The benefic astral influences for this day will be centred in the realm of the heart and of the home, of art, pleasured with the provisional government ordered that it is never heard of anything so funny!"

HER BEST FOOT FORWARD

Shall Paris's newest fad for sandals really change

By Annette Bradshaw

"Well, since Scott Weyburn is a major, to Lillian.

heir bouquets of American Beauty wildly.

Miss Warden was wildly enthusiastic and launched into all sorts of plans for reached the side of a flercely protecting

day will be centred in the realm of the A Well-Known Actress Tells How She The great secret of Surrey's lavender and mint lies in the soil—a light, friable, chalky soil, not often found in a climate congenial to both plants yet essential to a perfect result. Each, in fact, may be grown with a certain measure of success on hill, in marshland, or meadow, for both are hard.

The great secret of Surrey's lavender and she began to laugh.

Then, what do you think happeneed? The little old woman turned into a beautiful young fairy.

"See what your cheery smile has done for me? Now, I can return to Cloudland," laughed the fairy, and she listle of anything so funny!"

The little old woman turned into a beautiful young fairy.

"See what your cheery smile has done for me? Now, I can return to Cloudland," laughed the fairy, and she listle of anything so funny!"

Then, what do you think happeneed? The channels of professional and commercial activity. In fact, with Mercury under Lunar affliction, and Mars squared by the Moon, the outlook is mixed at home, in a recent interview other than optimistic in this direction. of food with almost any one of the land, or meadow, for both are hardy, and, when well rooted, are nearly imperious to drought and frost.

measure of success on hill, in marsh-land, or meadow, for both are hardy, and, when well rooted, are nearly imperious to drought and frost.

measure of success on hill, in marsh-land, or meadow, for both are hardy, and, when well rooted, are nearly imperious to drought and frost.

mixed at home, in a recent intervie following the continuous intervience inte temper and action lest the day result can darken their grey hair and make in self-undoing from indiscretion in it soft and glossy with this simple The fresh sardine is a beautiful little It's the songs you sing and the smiles this respect. Avoid rush and reckless recipe, which they can mix at home deeds, neither travel, change, move, go To a half-pint of water add 1 oz. of ba