

# DAILY MAGAZINE PAGE FOR EVERYBODY

### Secrets of Health and Happiness

## The Maternal Instinct Actually "True Unto Death"

By DR. LEONARD KEENE HIRSHBERG

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WHENEVER there is a contention in nature, in ethics, in physiology, in economics or in life, between a mother and the offspring, the latter usually wins. This is a tribute of vital power to posterity. The event toward which all creation moves is the preservation of the young, both before, during and after birth, at all hazards.

The full grown adult anatomies of animals and plants are mere reservoirs and shields of the immortal and eternally perpetuated sex tissues. The germinal structures of glands of sex, small and often invisible to the unaided eye they may be, are the core of the material body of man and animals. As the late Prof. Weismann had it, "We are mere appendages to the everlasting chain of sex cells."

Is it, then, any marvel to find that the mother is always a sacrifice to the child? The unborn babe must wax to the point of safe health and structure to be born. If blood, brain and brain are not thoroughly nurtured in the natural course of events the fabric of the mother will be robbed to nourish it, though her vitality pays the price.

If the mother bird is laying eggs deficient in the lime for shells the very bones of the hen will be robbed to preserve the precious heritage of race. So determined and persistent is the living impetus for the preservation of the race that mothers-about-to-be who have a healed or hidden focus of some deadly malady, such as the "Waxy" witch tuberculosis, are often deprived of so much nourishment and lime for the unborn child that after the little one is born they are incapable of combating the scourge newly awakened, so they die away of inanition.

While it is true that the face instinct, the inherited boon of breed, is, as John Burroughs aptly calls it, the "master instinct," there can be little doubt that the self-sacrificing, maternal instinct to die if need be for the unborn as well as the born offspring is a close second to the sex instinct.

## Diary of a Well Dressed Girl

By SYLVIA GERARD

How "Dad" Selected a Suit That Turned Out to Be Very Charming

HAVE a new suit, and this is how it happened. The other afternoon I made Dad "shut up" and go with me to see Hazel Crawford's wedding gifts. To be sure he protested strenuously, but when I told him that Hazel was particularly anxious for him to see how kind everybody had been to her he consented to trot along, providing that I would not "linger and gab" and would walk home afterward.

On our way home Dad said: "Robin, mother and I have always looked forward to giving you a big wedding some day, but I've changed my mind. Only the family and very near friends will get a bid to see you wreathed with orange blossoms. It's a down-

## CONVALESCENT CONSOLATIONS By Will Nies



ONE of Life's very best philosophies is that which bids us seek "a silver lining to every cloud." Poor chap, HIS cloud was black, indeed, for a while. But its blackness is turning. It isn't merely hope that buoy him now—he KNOWS he's getting better. Why,

he's almost well—for nurse isn't merely a comforting shadow any more; she's turned into a PRETTY GIRL! And he has a VISITOR—a wonderful visitor! What a lucky chap he is, after all! Who wouldn't be, well just a wee bit indisposed, to have consolations such as these?

agreed that the suit was going to be good-looking after all. The coat extends just below the hips. Above the waist line it is fitted snugly to the figure, while the skirt hangs in full ripples—not so full as most of the coats like.

The sleeves are rather tight and are set in at the normal armholes, giving a narrow shoulder effect. The conventional collar and revers extend to the waist line, meeting the two buttons which fasten the coat.

Mother insisted that I should have a gay lining to relieve the Quaker-like somberness of the gray, so I chose a Chinese silk with a flame-colored background and a design in blue and black. The skirt is of medium width and semi-circular in cut. It fits snugly about the hips, forming deep folds at the hem. A rather wide, straight belt finishes the waist line.

I thought, perhaps, the suit would be old-fashioned, but it is youthful and most becoming. Dad knows a thing or two about tailored suits. Janet's wedding day is May 7. The Editor-Man is to be the Architect's best man.

the pure white and palest gray gauntlet styles in either kid or fabric. Washable leather is very popular for street wear, as it is both smart and practical. Besides, in summer time it is known that the devotee is happier in wearing a glove always spotlessly clean thru the old-time use of soft warm water and delicate soap.

For dressy wear with light summer frocks are shown exquisite silk gloves, long and short, and in most cases plentifully embroidered in pastel tints, white or black. Lace silk gloves, too, are very dainty, and it is whispered that for wear with the wattlees hat and quaintly picturesque frock to be donned this summer little silk mittens will be quite the rage.

As showing how widely the permanent blue-eyes of cats differ from other eyes, it is noted that immediately the eyes of white cats are to have permanent blue eyes open they shine brightly in the dark, and neither the ephemeral kitten-blue nor any other colored eye does this.

It is said that the amethyst used to be worn to promote temperance and sobriety, the nephrite to ward off fever, the emerald to cure the headache, and the opals to cure inflammation and keep the wearer from sleep-walking.

Doing Two Things at Once  
DID you say no one can do two things at once? But listen to how this little woman did two in one. Sounds like a mystery? Oh! no. You have doubtless read of the portrait painter who married a successful kindergarten? Well, this young woman, a mother of three, has done both. She has a successful kindergarten and she has a husband who is a successful painter.

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## Production and Thrift

"GAIN or no gain the cause before the farmers of Canada is as clear as it was last year—they must produce abundantly in order to meet the demands that must be made, and I believe this to be especially true in regard to live stock, the world's supply of which must be particularly affected in this vast struggle."—HON. MARTIN BURRELL, Minister of Agriculture.

THE FOLLOWING STATEMENTS ARE BASED ON REPORTS CONTAINED IN "THE AGRICULTURAL WAR BOOK, 1916," PUBLISHED BY THE DEPARTMENT OF AGRICULTURE, OTTAWA, ONT.

**LIVE STOCK**—The herds and flocks of Europe have been greatly reduced. When the war is over there will be a great demand for breeding stock. Canadian farmers should keep this in mind.

**MEATS**—In 1915 Great Britain imported 604,608 tons of beef, mutton and lamb, of which 364,245 tons came from without the Empire. Out of 430,420 tons of beef only 104,967 tons came from within the Empire.

The demands of the Allies for frozen beef, canned beef, bacon and hams will increase rather than diminish. Orders are coming to Canada. The decreasing tonnage space available will give Canada an advantage if we have the supplies.

**DAIRYING**—Home consumption of milk, butter and cheese has increased of late years. The war demands for cheese have been unlimited. The Canadian cheese exports from Montreal in 1915 were nearly \$6,500,000 over 1914. Prices at Montreal—Cheese: January 1915, 18 1/2 to 17 cents; January 1916, 18 1/2 to 18 1/2 cents. Butter: January 1915, 24 to 28 1/2 cents; January 1916, 32 to 38 cents.

**EGGS**—Canada produced \$80,000,000 worth of eggs in 1915 and helped out Great Britain in the shortage. Shippers as well as producers have a duty and an opportunity in holding a place in that market.

WRITE TO THE DOMINION DEPARTMENT OF AGRICULTURE AND TO YOUR PROVINCIAL DEPARTMENT FOR BULLETINS ON THESE SUBJECTS

Tens of thousands of Canada's food producers have enlisted and gone to the front. It is only fair to them that their home work shall be kept up as far as possible. The Empire needs all the food that we can produce in 1916.

PRODUCE MORE AND SAVE MORE  
MAKE LABOUR EFFICIENT  
SAVE MATERIALS FROM WASTE  
SPEND MONEY WISELY

THE GOVERNMENT OF CANADA  
THE DEPARTMENT OF AGRICULTURE THE DEPARTMENT OF FINANCE

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## The Amateur Gardener

BY RACHEL R. TODD, M.D.

Some Favorite Perennials—1. The Iris. There are, probably, no perennials so satisfactory to deal with as those we have grown to know and depend upon with comfort. There are from 15 to 20 that should be numbered in this list, all easy of culture, demanding a small amount of room and not too much attention, and all promising a fairly lengthy period of bloom. Among the first in the list come the irises, and I think none of us would wish to give them up and plant in their place any other perennial.

All the iris plants are very hardy. They will even survive a rather severe winter with little or no winter protection. The roots may be placed in the chosen spot at almost any time during the year without frost. Increase the roots takes place with definite and remarkable rapidity. Bloom is as certain as the coming of spring. And last, but not least, of all these good points, the iris is not a prey to any kind of vermin.

Now, there are irises and irises. The only difficult thing for the amateur to decide is, "What special variety of iris shall I buy?" And since there are over a hundred and fifty—perhaps more—varieties to choose from, the decision is more or less of a real difficulty.

However, the purples and blues are so gorgeous, and the creams are so rich, and these comprise the commoner kinds, that one may be sure to obtain something splendid to suit the taste. If there is really any difference in hardness, perhaps the "Germanica" class comes first. All the Germanicae are hybrids, bred from various species. They are endless in variety, differ somewhat in stature, size and coloring, as well as blooming time—but all are unspeakably beautiful. Some of the newer sorts possess a delicate fragrance quite distinctive after they have grown three or four years old. I cannot attempt, in this short space, to name these most desirable. But I can tell you that the deep blues and

## RECIPES FOR THE CARD INDEX COOK BOOK

Marmalade Pudding  
INGREDIENTS  
4 ounces flour,  
4 ounces suet,  
4 ounces breadcrumbs,  
4 ounces sugar,  
2 tablespoonfuls marmalade,  
1 teaspoonful baking powder,  
1 egg,  
A little milk,  
A pinch of salt.  
METHOD  
Chop the suet finely and mix all the dry ingredients together; beat the egg and then mix in, adding the marmalade and enough milk to make a very thick batter. Put in greased bowl, cover with a greased paper and steam for two hours.