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DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

Why Vaccines Prevent But Do Not Cure Diseases

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

The blood is the Applan Way of life and one of the mainstays of transportation. To injure the blood is to cut the lines of communication. It transports the commissary, the munitions, the red-blooded men-corporuses and oxygen to the life. At the same time it carries away from the front the dead and wounded, the waste and discarded materials that are in the way and no longer needed.

Blood is a mixture of several things, as the fibrin which is formed by the blood, the serum or brothlike fluid, and the white and the red blood corpuscles.

Some chemical ferments called enzymes, will clot milk. Ferments or enzymes, however small, have the power to cause great changes in other things without themselves changing at all in quantity or make-up. Rennet is one, pepsin is another. Yeast fluid is still another, and so are some of the agencies emitted by bacteria and micro-organisms.

If you take a minute bit of some ferment or enzyme, and hypodermically inject it into the blood stream, instead of merely floating about harmlessly, the blood learns to become accustomed to the presence of the ferment and seems to form some material to go counter to it. If small amounts of it are injected into the blood stream at definite intervals over a period of time the serum of the blood will show that the man or animal concerned has learned new tricks and has picked up new properties.

All Tissues Work Together.

If rennet is used the serum will be of an anti-rennet nature and will prevent the curdling of milk. An antibody is now present in the serum, formed by repeated injections of the stuff—rennet—in this instance, antibody poisons when typhoid germs have been thus injected—and used to develop immunity.

Anti-bodies and the serum which holds them are called anti-ferments, vaccination—immunity, anti-toxins, anti-compounds, artificially acquired immunity and many terms of the same sort to indicate what has happened.

Snake venom, lockjaw toxin, diphtheria toxin, typhoid bacilli killed, smallpox vaccine, whooping cough germs, boll bacilli and many disease products of man, animals and plants are thus inoculated slowly and safely into the blood to bring about the formation of immunity chemicals which are thereupon present in large enough quantities to ward off those ever-threatening dangers.

Foods as well as venoms and microbes inject the blood to generate an antidotal ferment. The reason a few cats, toll, have the habit of eating fish, oysters or fruits is because their blood serum has never been wholly successful in the manufacture of anti-toxic materials with which harmlessly to consume these foods.

When the fabric of man is alive each fragment of tissue co-operates with the whole anatomy. Tissues ob-

FEMININE FOIBLES

By Annette Bradshaw



Annette Bradshaw.

THE QUESTION OF THE HOUR: Nine, Ten, or Eleven Inches from the Floor?

Some manner plants that are of large size, that have produced more pods than other plants, and that are disease resistant or nearly so.

If all of these points can be obtained in one plant, the seed is a real one. It has been taken, because the greater the number of pods insured the greater the number of beans; if these pods are longer it means more beans per pod; if the plants are free from disease, or nearly so, it means that the plants are probably resistant to diseases.

The particular plants should be harvested by hand at the proper time.

The Amateur Gardener

BY RACHEL R. TODD, M.D.

Many gardeners are already transplanting their asters and stocks and all the rest of the tribe of summer annuals. Those that have been raised from your own seeds are perhaps not so large and healthy looking as those shown in the various florists' stands, but this fact need worry no one. The varieties cover such a range of kind and coloring that it is not possible for me to specify any particular kind as being better than any other. Any of them will grow, and grow well, once they get fairly started.

However, I would advise the true beauty lovers to be sure of a supply of the pure white asters, since these make splendid vase flowers, and harmonize well with most of the other garden beauties. There are several shades of deep blue, and some delicate mauves that are too beautiful for description. The old purple and magentas do well to lighten up dark corners or make a line of rich coloring.

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Housing Geese.

Because geese are very hardy birds, that is not sufficient excuse to neglect them so far as their housing arrangements are concerned. To achieve good results a comfortable shed should be provided for their accommodation. The house should be about four feet high and made of fairly thick boarding. If the timber is very thin the interior becomes too cold during the winter and too hot during the summer. The earth makes the best floor, as wood, cement, and bricks are all unsuitable and liable to lead to leg weakness.

I blame the disease I have always found it a good plan to use a shed entirely, or almost, open in the front. If the house can be placed in a sheltered position no shutter is necessary, but if out in the open, exposed to the wind and rain, it is advisable to have one which can be opened or closed at will.

Little Stories Told in Homely Rhyme

OUR OWN POPULAR SONGS

JOE BINGLE was a married man, but I don't care a whoop. He had a lot of children who had never had the croup. The neighbors youngsters used to try to get Joe Bingle's goat by bragging of the measles and their ailments of the throat. Joe Bingle called his wife and asked her to know why Mary, Jane, Elizabeth, Luella, Tom and Joe have never had the whooping cough, the measles or the croup. Then Mrs. Bingle made reply in tones as soft as soup:

CHORUS
"Well, who are you, I'd like to know, to ask me such a thing? You strut around this house just like a kaiser or a king. I'll choose those kids' diseases, so, Joe Bingle, run along! You're crazy—you're so nutty that I'll bet you wrote this song."

MOVIE PROGRAMS FOR TODAY—SCREEN GOSSIP

CHARLIE CHAPLIN'S STORY

By ROSE WILDER LANE.

(Continued from yesterday.)

I met Holmes and the manager just outside the dressing-room and joined my place in their company with great happiness.

"Of course—you understand that I cannot do justice to my art as long as I am supported by such a great actor," I said, looking at Holmes as he came from the stage. "I am sure that I am not doing justice to my art as long as I am supported by such a great actor."

"You're to play Billy, I understand," he said, looking keenly at me thru narrow, almost closed eyes. "How are you?"

"Fourteen, sir," I answered, as if hypnotized, for I was now telling every one that I was sixteen.

"I hear you're a very promising young actor," he said. "I hope you'll make a good Billy—what do you want to see me about?"

"I just wanted to see you," I replied. "Well, I'm very glad we've met," he said, looking amused. "I thought, 'If I can be any help to you, come again, won't you?'"

I think that I replied suitably as I backed out. I reached the street before I quite recovered from the effect of his strange appearance in that white room. I had met one of the greatest actors of the English stage, and I felt as though I had seen a figure in a wax-work, and I had spoken to me.

Then, when I stood on the curb in all the noise of the London traffic, I realized that the scene of that momentous day were all real. I was engaged to play with William Gillette, in the finest of West End theatres. I held the manuscript of my part in my hand. Excited and jubilant, I rushed off to tell my mother the great news, and then to en- gage the services of my own, where I met all that evening walking up and down, rehearsing the part of Billy, only pausing now and then, with a whoop, to do a few dance steps or stand on my head.

The next morning was one of the first to reach the theatre for rehearsal. I had risen early, to take a few turns up and down the Strand, hoping to meet someone I knew, to whom I could mention casually that I was with Frohman now, but everyone I passed was a stranger, and I had to content myself with looking haughtily at them and saying to myself, "YOU wouldn't half like to be on your way to rehearsal with William Gillette, would you now? What, ho!"

Mr. Frohman proved to be different from the stage manager I had known before. He was nervous and excitable; but, no more than I, he was a man of his word. Mr. Frohman never swore at him, but he said, "This way: 'I'll do it, sir.' Try it again. No: that's a little too emphatic. Listen, I'll do it, sir. Not quite so self-confident. Again, 'I'll do it, sir.' Once more, please."

William Gillette was sitting before his dressing-table, busy with make-up. He rose to meet me very tall, stately man, his face entirely covered with dead white paint. He was wearing a white floor, as remember it, and the white- ness was intensified by a glare of strong white light. In that bright glare, and under the glare of other make-up, I did not seem like a real man, but seemed like some fantastic curio in a museum.

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HELENE ROSSON IS PLANNING LONG TOUR

Leading Lady of "Flying A" Maps Out Vacation Trip to the Orient.

Helene Rossion, one of the most popular stars in the motion picture realm, is laying plans to visit Japan this summer. Miss Rossion is one of the few photo players gifted with literary ability. She has written many short stories for magazines and has prepared an invulnerable scenario. Thru the help of her work there is a delightful thread of romance and love-conceivable only in the mind of one who understands and believes in a correct mode of life.

It is Helene's enviable ability to sense the feelings and emotions of others that has made her a film star. Her portrayals are always truly humanistic of the type she impersonates. How does she accomplish these marvelous things? By drawing on the fund of knowledge she had stored up under those pretty blonde curls thru diligent study and observation. She is delightfully democratic, congenial and lovable, because she has that power of placing herself on an equal plane with anyone she happens to be with—never above the lowest, never beneath the highest.

And now she strives to put into form a story based on a romance of Japan, amid cherry blossoms, picturesque shrines and the blue-tipped mountains peopled with the pink-cheeked olive-skinned, black-eyed, black-haired, quiet Orientals. And to know Helene is to feel confident of her masterful success.

Josephine Bushman, a sister of Francis X. Bushman, is nursing a few slight bruises which she received Saturday by being thrown from her horse while she was riding near her home.

The Russian actress, Heddah Kusnezsk, who recently returned to America from her home, will make her debut in the moving picture world with the Lubin Company in "The Light of Dusk."

Viola Dana, the newest of the Metro stars, makes her debut in "The Flower of No Man's Land" next week.

ALEXANDER GADEN WAS IN PLAYS WITH PICKFORD

Will Be Featured With Gertrude Robinson in New Company.

Having definitely arranged a series of three-reel releases, the Gaumont Company now announces that one of the special organizations making these photo-dramas for Mutual will be headed by Alexander Gaden.

The intention of Gaumont to have its three-reel release the same as its five-reel features in everything but length is seen in the decision to put this popular star at the head of one of these companies. Miss Gertrude Robinson will co-star with him when ever the scenario provides a part suitable for her.

Before appearing upon the screen Alexander Gaden had a varied stage experience. As a motion picture actor he has played with Universal and Vitaphone West Coast companies. He also supported Mary Pickford in "Fanchon the Cricket." He has been noted for his many narrow escapes from death, once having been hurled from the roof of a train while it was in motion. His life was saved by good fortune in falling into a snow bank.

MOVIE PICTURE DIRECTORY

Aster, 187 Dundas, "The Capital Prize," and "The Leap."

Academy, Bloor and St. Clarens, Clara Kimball Young in "Camille."

Doric, Bloor and Gladstone, "The Price of Malice."

Empire, Booth and Queen, Cunard and Ford, in "Knocks and Opportunities."

Garden, College and Spadina, Theda Bara in "Destruction."

Globe, Queen and Teravay, "The Battle Cry of Peace."

Griffith's, Yonge and Shuter, "The Mary Tardom of Nurus Cavell."

His Majesty's, Yonge street, Dustin Farnum in "David Garrick."

Iola, Danforth avenue, Edmund Bross in "The Lure of a Heart's Desire."

Madison, Bloor and Bathurst, John Barrymore in "The Red Widow."

Model, Danforth avenue, "The Wedding Guest."

Peter Pan, 1089 Queen East, "The Gaiety of the Iron Claw."

country and will work westward to Vancouver thru the Canadian Rockies and then take a boat for the north country, making a long snow trip inland and later on heading north by dog sled to the habitat of the polar bears, the walrus and seal.

As poetic as the foregoing is thrilling is the other trip of Essanay cameramen. The land of Evangeline, Nova Scotia, will be filmed to illustrate excerpts from Longfellow's immortal verse. This group will work out of Montreal, filming in the true location only such scenes as shall be found to fit the poem.

All such scenes will be released in split reels with the animated Nooz cartoons by Wallace Carlson and other 500-foot productions.

Several squads of the Essanay cameramen, during the summer months, will make films of the scenic beauties of Canada from Nova Scotia to British Columbia and from the Georgian Bay country to the Yukon. This group of photographers has now started for the Georgian Bay.

RECIPES FOR THE CARD INDEX COOK BOOK

Asparagus Soup

INGREDIENTS
Hard asparagus stalks.
1 teaspoonful flour.
1 tablespoonful cream.
1 pint milk.
1 pint stock.
2 oz. butter.
Seasoning.

METHOD
Cut the asparagus into short lengths (the hard ends which were trimmed off are all right). Boil them in the stock for 45 minutes; rub thru a sieve, add the milk, butter and the flour mixed to a cream with a little of the milk. Season and bring to the boil again, then simmer for 8 minutes, stirring so as to keep from burning. Stir in the cream at the last moment and serve very hot.