





to those w odies are a few weeks and early su rved its restric avor as a trai worldly motive

careful sele ew foods are a danger in o being overtag amount of n ty of meat. aten in a mire ik, cream, e anything ca

ith fresh and c e found many the sea, lake

Supper Shrimps en caroni with Ch st. Preserves.

Rolls age or Caulifiower

with Honey Supper oaf with Brown Sauce or Tomato Sauce rn Pudding, Mumn Tea, Jelly

Hot Buttered Toan



mur



Author of the new novel, "Dlane of the Green Van," awarded a prize of \$10,000 by Ida M. Tarbell and S. S. McClure as judges. Copyright, 1914, by Newspaper Feature Service.

The truth about "the girl in the case" distinguishes this new series by Miss Dalrymple. Her characters will not appear unfamiliar to the majority of readers, who will follow the fortunes of "Peter" with growing interest. Questionable Literature. XL.

THAT," said veil away as it must in time? Mary primly, "is not at all "And besides," Mary was saying, naively. "the book has no pretty words in it." Pretty words! It was a new essentia

New Cottons

**Rival Silks** 

sered by those of the cotton goods.

feeling behind it.'

a nice sort of book. I'm surprised, Peter, 'hat you wanted me hat you wanted me to read it." I started in some bardonable aston-shment. The book What pampered esthetics some

was a powerful fic-tion sermon, a vir-ile, interesting nar-rative that I had "Oh Peter!" she exclaimed with shin-

LEONA DALRYMPLE found most fascinating. Not so Mary. She enumerated the portions which dis-pleased her with an air of offended dig-mity. "Dear me, Peter," she said. "Surely you can see for yourself that the author

you can see for yourself that the author touches upon subjects of which we ought never to speak or read. And in the plainest language, too. Such material should not be printed in any book." "There is nothing that can't be written about," said I bluntly, "provided the writer has the right touch and the right feeling behind it."

feeling behind it." "Peter," exclaimed Mary, "I don't see Mawy you can speak so. The book is im-moral." I gasped. "What," I begged, "is an immoral

LATEST WORD

FROM MAKERS

**OF FASHION** 



**\*DAILY MAGAZINE PAGE FOR EVERYBODY**\*

LIGHT DIET IS AID TO BEAUTY

A. B., M. A., M. D. (Johns Hopkins). Copyright, 1917, by L. K. Hirshberg. OW does one man rise to the seats among the mighty and another hates him merely for his success? Is there any such thing as a secret formula of strength and power? Frankly, there is not. Nor is there such a thing as

Secrets of Health and Happiness

Odds Favor "Good Luck"

By Dr. LEONARD KEENE HIRSHBERG

"luck." "Luck," said Prof. Edward Livingston of Johns Hopkins University not long ago, "is merely the proof of our ignorance which shows itself in the law of probability.

When Might Is Right

In analogous words, luck is the unexpected action of the unlooked for forces of nature upon something on other, which might be you or me.

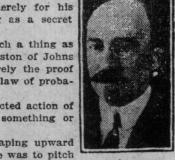
Thus, if ten thousand persons were gaping upward with their mouths wide open, and some one was to pitch two deadly torturing bichloride tablets up in the air, one DR. HIRSHBER of these might be gulped down by Nicholas Nickleowitch and the other might

luck" explain such things to their own Answers to Health Questions superstitious satisfaction, but the rest know, with Prof. Livingston, that if all of the possible conditions were known, if the action of the air, gravity, friction, hand-power the forces above

Anown, if the action of the air, gravity, friction, hand-power, the forces above and below, and centillion million other physical conditions of the mineral and living worlds of thought and matter were available for calculation, that which you call "bad" or "good" luck would turn out to be only a matter of mathematics. Apply glycerine to the blackheads and put into the holes afterward. Too much greasy, rich. "filling" foods may be at the basis of your red nose. Touch the nose with a crystal of alum.

MISS C., Toronto, Can.-What is good for watery eyes? Sooth to say, this fulsome state of

Hot baths of boric acid water in an eyecup five times a day. Your glasses also need correcting, and should be worn constantly.



bounce from the head of Skinny Doyle, who was no good to any one.

Those who believe in magic and "good

mathematics.

Sooth to say, this fulsome state of in knowledge remains to be worked out in the dim and distant future. Might is really to health what luck is to mathematics. If you were per-fectly formed from an inheritance of perfection and lived in surroundings that could not reduce your perfect qualities of health, you would be all powerful. The gods are said to assist the strong-est. because nothing succeeds like

G. J.-I'm annoyed with sweaty hands. What is the cause and the cure for this trouble?

ses of Indigestion of this column is well babies well. the signs by t know if her baby the average. But su ls below the average s thin and weak, has g, diarrhoea and colic, and sleeps poorly, the ows he is no longer a her biggest desire on but why.

ases out of ten it is a et. However, it mi, hild is starving for fre be no ventilation and living rooms, be kept indoors too at has been dealt avious articles but evious articles, but uin to show its imi he baby breathes p a air, is regularly essed, and well-look he food. more than one rea ay not be sui ways the food; very oner of feeding. ssity for cleanliness ood has been treated tood has been treated ect to use it again a an article. It is easy a busy mother to drin ays, not realizing the milk left in bottle, built bie may have serior

feeding is sure to be disastrous consequences The baby's stomach in organ that it quickly g left empty for hour imes, and then having heals piled into it in q

ole may have serio

ould be fed by the ing time-table in a in near the kitchen clo will be no possibil oking the very minute due. Soon the ba regular as a little is you quite as well

erature of the 10 carefully noted. Fo

## PUGILISTS D KNOCKOUT BLOW

March 9 .- Mile. C March 9.-Mile. Car aged 25, was deciar champion woman p st four-round encour with Mrs. Warner, h lighter, in the pres-audience of society m n the fourth, Mile. C and with a stunni brought her rival greupon Mrs. Warner up the sponge.

DR, Ont, March 3. are followers of prosa of Walkerville a place in which Detroit police, but nouse. Having no tr's drowsy condition of Mike Gardello, so nounced into their congress street. Det of Queensberry tac browing him into the

OS AT 50c A W

Firme of Hein ed, 193-195-15 square Pianos on nts a week. In ge from \$65 to eed in good

natic ability. And she has beauty. Not juice and eats it as a salad,

but the beauty of the average young night.

but the beauty of the average young American girl, the beauty of the joy of living. She has also magnetism and charm. Name and the other things to it. "Analyze the word 'liver,'" says Miss Hammerstein. "It means just what it sounds like. You can't live without a the other things to it. "As for the haunting odor which sur-vives the onlon, chew a leaf of parsley and it will be absorbed. By the way, And she owes most of her attractive- liver. You can't be well or happy with- parsley is another grand medicine."

A WOMAN be dry cleansed. I said as much to the salesman. A quickly real-izes, after looking through the dress goods sec-In fact, madame, I do not think tubbing tions of the depart- summer dresses has been very much favored for the past two seasons." However, their loveliness, as I say, is ment stores, that dressing well "on unequalled. Every shade and every weave which have made the silks and

a difficult matter, even if one sticks to cottons. "That best goods, the other threads being silk.

to cottons. That simple little wash frock," about which so much has been said and written for many moons, has passed into oblivion.

**By Madge Marvel** 

Buying it this year means spending more than an elaborate costume of silk would cost. Indeed, when I went shop-

ping the other day I was pleased with the prices of the new silks and stag-lovely new shades. It is wide-almost as wide as it is costly. It is intended, Mich Mich. sered by those of the cotton goods. Also the latter are far more wonderful in weave and coloring. But when you Why, Dr. Richard Root Smith, whatever are you talking about, and

bad business specimen.

ask the price of a piece of dull blue plain material matching the color of the whatever are you talk flower. The woman of 1914 an imperfect and crepe stuff in the cotton goods corner and the salesman says "\$7.50 a yard" Crepes, either flowered or brocaded, or plain or figured, and in every color and defective type, indeed! You're fooled, without a tremor of the eyelid, it makes combination of colors are new, desirable Doctor, the clothes or the lack of you doubt the condition of your ears. The most alluring goods seemed to hover them are fooling you.

Never were the cottons so lovely, about the \$4 a yard mark. And I saw. Don't you remember the man at the Never were they so expensive. I am a dozen or more women having the ma-firmly convinced the dry cleaners and terials measured off with delightful un-to death when you were little and

the weavers have formed a compact of some kind, even if it is only mental. There is no hope of sending the new "wash" gown to the tub. It will have to

the ring.

Hustle, or Move On By Tom Jackson

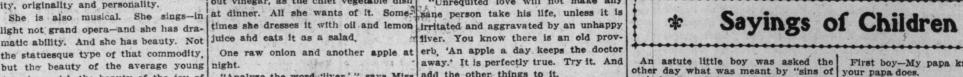
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W HEN chuck steak cost six cents a pound and bacon sold for ten, when one cent to consumers brought an egg fresh from the hen then cent to consumers brought an egg fresh from the hen, then one might loaf upon his job and work a little slow, but now the price of eats keeps kind of breathless gladness, that you were going to be with an ice or picked the wing of a chicken. one a-hustling after dough. Besides, in this Progressive age a person must have speed; live wires are the only kind of men the bosses need. 'Tis get-a-move-on-all the time, if fortune one would win, and "Take It Easy" must slip out, while "Hustler" he steps in



many more. The stage coach days were easy ones, and healthy, too, we own, but then they had no railroad trains, biplanes and telephone. They could not talk deal like that fat man in the old-fashioned circus. by wireless across the ocean wide, or have a little box at home with opera stars inside. They had no moving picture shows, or buildings to the sky; they just She's a great deal stronger and deeper-chested she and the she's a great deal stronger and deeper-chested she and the she's a great deal stronger and deeper-chested she and the she's a great deal stronger and deeper-chested she and the she's a great deal stronger and deeper-chested she and the she's a great deal stronger and deeper-chested she and the she's a great deal stronger and deeper-chested she and the she and





away.' It is perfectly true. Try it. And away.' It is perfectly true. Try it. And add the other things to it. "As for the haunting odor which sur-vives the onion, chew a leaf of parsley a di twill be absorbed. By the way,

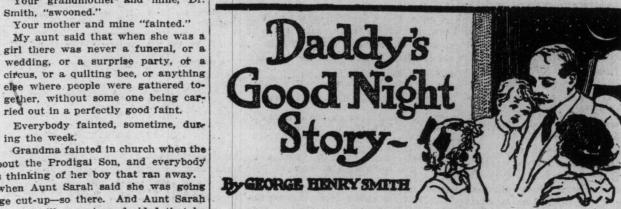
Johnny having arrived at his 8th birth-

Mamma-You and your little visitors are doing nothing but sitting still and looking miserable. Why don't you play something? Little daughter-We is playin'. "Playing what?" "We's playin' that we's growed up!" Mamma-Did mamma's little girl keep Willie came from the shed where

baby still while I was away? Mamma's little girl-Yes'm; but nex' time I wish you'd let Susie play wiv me, 'cause it's hard work for jest one While came from the shed where Uncle Rufus was picking a chicken. "Aunt Sue!" he exclaimed, "what do you think? Uncle Rufus is in the shed husking a hen-honest true!" to set on him all the afernoon.

loesn't make them so in reality, by iny manner of means. No girl can be anaemic and tango No girl can be anaemic and tango No girl can be anaemic and tanks you leave your body sounds, on it? 20 miles a day, besides doing a lot of perfectly good walking for the sake of perfectly good walking for the sake of

Mamma-You and your little visitors



THE Big Red Rooster stood looking at Charlie Chick one day just as the sun came over the hills.

"What funny feet you have," the big fellow said to Charlie.

"They are not as funny as yours," replied Charlie Chick. "What is funny about mine?" asked the Big Red Rooster, poking his head down until he almost upset himself.

"Why," began Charlie, "your feet are all full of scratches." "You don't tell me!" exclaimed the Big Red Rooster, taking another

squint at his feet. "I may have been in the briar patch, but I didn't know With that the big fellow went off behind the barn where Dobbin was.

"No," replied the Big Red Rooster, "I was talking to myself."

"I hope you like it," answered Dobbin.

"I don't enjoy talking to myself," said the Rooster, "but it relieves

"Does it help your mind to look at your feet so often?" asked Dobbin. "No," said the Rooster. "The talking relieves my mind and I am looking

"Ha! ha!" laughed Dobbin. "That little fellow is very bright if he made

"I'm not going to look at them again," said the Big Red Rooster, "they

"Well," answered Dobbin. "You are always scratching for the hens, so your feet are full of scratches!"

"Then there are no scratches on my feet?"

"No," said Dobbin, "the scratches are on the ground where you scratch." "Oh!" replied the Big Red Rooster, very much relieved

cheeks were looked upon as vulgar, and nobody who was You held your breath, expecting him every minute to anybody wore any corcets larger than a number 20.

be dashed to pieces under the horse's hoofs. Of course, you didn't want that to happen to him, but mother and Aunt Sarah had to make their feet fit the as long as it was going to happen you were glad, with a shoes. Women were not supposed to eat; they "trifled" home with the whooping cough, that you had seen him. Now every girl you know can skate and walk and ride I scratched those beautiful feet of mine."

These are the days of rush and dash, dyspepsia, too, no doubt; but one must the seep us with the pace or else step down and out. We hear of many nervous wrecks a-scattered 'long the shore, but biz is biz, and for its sake there will be "Were ybu talking to me?" asked Dobbin. Then, all at once, he began, to your perfect horror and too seldom by any means, a good deal "fitter."

amazement, to shed his clothes.

trouble he mounted the horse.

you tried to look away by this time, but, held by some clothes and doing the fashionable pose.

The stage coach days have passed away, are stricken from the list; the people then lived healthy lives, but think of what they missed:

She isn't spineless and round-shouldered and hollow

hideous fascination, you found you could not-then came There isn't much doubt that that pose was assumed my mind."

trousers, and, finally, the fat man stood revealed as the gette and all her ways and means most slender and graceful being you ever saw, all dressed The modern girl may look like a clinging vine, for the at my feet because Charlie Chick said they were full of scratches." in silk and spangles-and riding like an inspired centaur. season, just to fool you and the rest of the men, Dr.

you ever saw or heard of. Just try to train her along in some way she doesn't get larger every time I see them."

The man I mean was very fat, when he came into to marry the village cut-up-so there. And Aunt Sarah herself fainted when the village cut-up decided that he

ing the week.

He bet somebody that he could ride the trick horse as didn't want to be married after all. It was the thing to well as the regular circus riders, and with a great deal of faint; it was the thing to be "delicate" and "frail." Red

Feet were small, too, or at least the shoes were, and

First came his coat, then his vest, then his trousers- chested at all, Doctor; she is just wearing the fashionable

another coat and another vest and another pair of in the first place as a kind of protest against the suffra-

The modern woman you are so worried about is a good Smith, but she's the sturdiest, most independent little vine you go off by yourself and worry. Your feet are full of scratches."

She's a great deal stronger and deeper-chested and happen to want to go and observe how quickly she will

To your amazement, the man didn't fall off the horse and row and play tennis and swim and play golf and