

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

Co-ordination of Muscles and Mind the Way to Success

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

Most of you appreciate the importance of co-ordination. It is the unity of spirit, of body and of mind. The way to success is to have the body and mind working together for the benefit of the whole. Co-ordination is the key to success in all lines of life.

Co-ordination between the structures of your anatomy, between the various groups of your muscles and senses, flesh and blood is in the same fashion, co-ordination among the various parts of the body. It is the key to success in all lines of life.

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SALUTING THE COLORS

By Early



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Every color of the rainbow they are the newest dresses—from palest pink through purest white to deepest purple, and he who sees them salutes the wearers in his heart. It matters not that he loves ONE the best on earth, to ALL he swears allegiance—for they represent CANADIAN

INCIDENTS IN THE LIVES OF FAMOUS WOMEN

BY ELOISE FARRINGTON.

One of the prettiest of the ancient throwing open her window she leaned out and beheld the handsome face of Ippolito turned to her.

Night after night he came, and Diana smiled at him from her window. But to hope that they should ever meet was a vain dream. Diana was a noble girl, and Ippolito was a poor boy. They were separated by the great gulf between the noble and the lowly.

On the day of the feast of San Giovanni the nobility of Florence crowded the church dedicated to that saint. Many fair maidens bowed their heads in prayer, and the loveliest of these was Diana Bardi, the heiress of that great house. She had gleaming yellow hair, a tall, slender form, and eyes that matched the blue robe of the Madonna.

The wondrous beauty of the maiden attracted the attention of Ippolito Buondalmonte, who gazed spell-bound at her kneeling figure until the service was over. Then he stood up and looked at the door of the church that had been closed. He saw Diana Bardi's eyes looking out from the window.

Diana Bardi kept her eyes modestly lowered, and so did not see the burning gaze of the handsome young Florentine.

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War.

BY ALBERT BARRETT SAYRES.



Using More Potatoes.

The value of the potato as a nourishing food is well known. It is used to serve in place of part of the wheat employed in bread-making, and even during the war it is used to make the bread better by its presence.

Why not, then, use more potatoes when they're cheap and plentiful, and save them in ways other than is common to your family. For instance, try potato dumplings, which are fine, and are made as follows:

To two-thirds of a cupful of mashed potatoes add one cupful of flour, four teaspoonfuls of baking powder, one teaspoonful of salt, and one teaspoonful of butter or a better substitute, two tablespoonfuls of milk and egg. Mix and knead into a dough. Cut and roll into dumplings and place them close together in a buttered steamer, placing the closely covered steamer over boiling water and steaming the dumplings for 12 minutes.

Serving Potato War Cakes.

If you wish to test the possibilities of potatoes in cooking, try the following, which is really most delicious.

To a cupful of mashed potatoes add one and one-quarter cupfuls of corn syrup, one-quarter of a cupful of butter or a better substitute, two tablespoonfuls of milk and egg. Mix and knead into a dough. Cut and roll into dumplings and place them close together in a buttered steamer, placing the closely covered steamer over boiling water and steaming the dumplings for 12 minutes.

This cake needs no icing. Indeed, icing is considered by many patriotic housewives as unnecessary in homes where the table is upon a war basis. For this is one way to conserve white sugar without any hardship whatsoever. Many a cake recipe calls for thick icing when half the amount would serve. To save white sugar it is well to give preference to cake making to those

cakes that are sweetened with molasses or syrup.

Here's a fine way to serve the kiddies with sweets at mealtime, thus reducing their desire for sweets between meals:

Take a saucepan pour a cupful of molasses and heat it slightly, then add a cupful of shortening and cook until it has melted. Add a cupful of water and stir until it has thickened. Pour into a mold and let it set. This is a delicious treat for the kiddies.

What Madge Discovered About the Windmill.

As soon as I was certain the water was gone, I opened my eyes and gazed intently at the old windmill, which, fortunately for my purpose, was in full view of the hammock.

That the mystery of the inn centred in the windmill I was certain. I gazed intently at it, and in all probability something reasonable to my country was going on, and I lay in that hammock impatient to prevent it.

For I didn't dare to raise my head ever so slightly, or to change the position of my body or limbs in the slightest degree. My assumption of drowsiness after pretending to drink the water, Madge had sent me had evidently completely fooled the waiter. He had hurried back to the inn, of course, to report to Mrs. Hofer.

Within the next few minutes I should

Good Night Stories

Illustrated by Gruett.

IF POLLY'S WISH WERE GRANTED.

"Oh, dear!" cried Polly, with a pout on her rosy lips. "I wish that old, hot sun would go down and never shine again."

"Oh, no you don't!" laughed a merry voice, and Polly saw the head of her little friend, Squeedee, pop up from behind the rose bush.

"Yes, I do!" cried Polly. "It shines so hot I can't play out in the yard."

"Why don't you play under the trees?" suggested Squeedee. "It's shady there."

"I don't like it under the trees, for the grass isn't exactly as nice and green," pouted Polly. "I hate the old, hot sun, and wish it would forget to shine for a whole year."

"Oh, dear!" laughed Squeedee. "You don't know what you're saying or you wouldn't even think such a thing. Let's along say it out loud. Why, if the sun were to stay out of sight for 48 hours the world would be covered with a deluge of rain and buried in piles of snow."

"Not in the summer time—there wouldn't be any snow," exclaimed Polly.

"That's all you know about it," replied Squeedee. "If the sun didn't shine to warm the atmosphere the rain coming from the clouds would turn into snow as it passed through the cold air. When the sun wouldn't be any stars in the sky either."

"But stars only shine at night when the sun's gone down," laughed Polly. "Yes, but if there wasn't a sun to shed its rays on the tiny stars we wouldn't see them either," Squeedee replied. "For some stars get their light by reflection from the sun."

"No, without the sun to cast its light on the moon we'd see no moon, either," replied Squeedee. "See what a dreadful thing it would be if your wish were granted!"

"Yes, the sun is quite a busy fellow," laughed Polly. "And I guess I'm glad that my wish didn't come true like either of us thought. It would be a dreadful place without sun and stars and moon and all the things that depend on the wonderful sun."

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HOW THE TROUBLE STARTS

If more people knew how Rheumatism and kindred ills started there would be infinitely less suffering.

It should be a matter of popular knowledge that the blood stream completes the circulation of the body in approximately three minutes, gathering up waste matter. It is the function of the Kidneys to remove these impurities or poisons from the blood and eliminate them from the body. Should there be any derangement of the Kidney action the poisons are not eliminated but are carried around again in the blood stream, to accumulate slowly and occasion sickness and distress. Then follow pains in the back, in the region of the Kidneys, Rheumatism, constant headaches, and the many complaints arising from derangements of the Kidneys or Bladder. First, the Kidneys must be put in order and until these organs are healed and regulated no real health is possible. GIN PILLS contain the medicinal and tonic properties that the Kidneys require.

You can get GIN PILLS at all dealers—50c a box or 6 boxes for \$2.50, or a sample will be sent free upon request to the National Drug & Chemical Co. of Canada, Limited, Toronto, or to the U. S. address, 302 Main St., Buffalo, N. Y.

A CHILD DOESN'T LAUGH AND PLAY IF CONSTIPATED

Look, Mother! Is tongue coated, breath feverish and stomach sour?

"California Syrup of Figs" can't harm tender stomach, liver, bowels.



Mother! Your child's cross and peevish, coated, this is a sign of constipation. When, without cause, a child is cross, breath bad, throat sore, doesn't sleep or eat naturally, has stomach ache, diarrhoea, remember a gentle laxative and bowel cleansing should always be the first treatment given.

Nothing so natural as the California Syrup of Figs for children's ills; give a teaspoonful, and in a few hours all the waste, sour bile and fermenting food which is clogged in the bowels will be out of the system, and you have a well and playful child again. All children love this harmless, delicious "fruit laxative," and it never fails to effect a cure. "Inside" cleansing. Directions for babies, children of all ages, and grown-ups are plainly on the bottle.

Keep it handy in your home. A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a bottle of "California Syrup of Figs," never fail to effect a cure. It is made by the "California Fig Syrup Company."

Miller's Worm Powders

Contain No Narcotics

WHEN your child is restless, peevish, or sick, it indicates the presence of worms and that the only safe and effective remedy is Miller's Worm Powders. These are the digestive organs to a healthy child, and at your doctor's advice, mail direct to receipt of price.

Northrop & Lyman Co., Ltd., Dept. E. W., Toronto

Cuticura Soap IS IDEAL For the Hands

SAGE TEA DANDY TO DARKEN HAIR

Look Years Younger! Use the Old Time Sage Tea and Sulphur and Nobody Will Know.

You can turn grey, faded hair beautifully dark and lustrous almost overnight if you'll get a bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old famous Sage Tea Recipe, improved by the addition of other ingredients, are sold annually. It is a well-known fact that the hair, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning grey or becoming faded have a surprise awaiting them, because after one or two applications the grey hair vanishes, and your locks become luxuriantly dark and beautiful.

This is the age of youth. Grey-haired, unattractive folks are wanted around so, get some of this Wyeth's Sage and Sulphur Compound tonight, and you'll be delighted with your dark, handsome hair and your youthful appearance within a few days.

This preparation is a toilet requisite and is not intended for the cure, mitigation or prevention of disease.

TO LOOK YOUNG and feel young—keep the blood pure, the stomach right, and the bowels regular, with BEECHAM'S PILLS in boxes with full directions, etc.

POLLY AND HER PAIS—There Are Times When It's Safer in the Air.

BILLY, YOU'RE TO DRIVE PURE DEVIL DICK, THE DEMON OF THE AIR, HERE, OVER TO THE AVIATION FIELD!

VERY GOOD!

I SHOULD THINK YOU AVIATORS WOULD ALL HAVE GRAY HAIR FROM LOOPING THE LOOP!

HEER—AW? LOOKOUT FOR THAT TREE!!

WATCH HER DITCH WOMAN! WATCH HER DITCH!

I SUPPOSE THIS GROUND STUFF IS TAME FOR YOU BUT IT BEATS WALKING DOWN IT!

NOT SO YOU COULD NOTICE IT!

HOW HIGH WOULD YOU SAY THAT CHAP IS? IT MAKES ME SHIVER TO SEE HIM!

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