# DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

### Reducing Disease Mortality Four-Fifths an Army Triumph

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



Solving the Problem of Sugar-Conserving Cakes.

Some housekeepers there are who san discipline their families into a complete renunciation of sweets during these days when we all must conserve sugar. But in those families where there are growing children there is a normal appetite for sweets which should be satisfied in normal ways. Buddenly denied the cakes and custards and jelides which he has known, the ingenious youngster will surely lind a leas wholesome way to circumvent the family food dictator. Sugar thought to be hidden so securely from small, prying fingers will disappear man with questionable wares will find increased oustom.

Perhaps the best compromise is teanth amount of cake-serving, and depend on kitchen chemistry to conserve sugar. There is still available much of the corn syrup and molasses which is a delightful sugar substitute. Or we can use some of the dried fruits like raisins, prunes, figs to substitute with their natural sweetness the diminished sugar ingredients. Here are a few recipes which conserve sugar, and some which eliminate white flour as well:

Sugarless Oatmeal Cookles.

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Sugarless Oatmeal Cookles, cupful of honey cupful of rolled oats

I cupful of rolled oats

1 egg
1 scant tablespoonful shortening
2 teaspoonful of vanilla
2 teaspoonful of vanilla
Beat the egg until light, add the
warm honey, melted shortening, oats,
salt and vanilla, Test for consistency
by trying to drop it from a spoon, and

1 egg 2 cakes of sweet chocolate Salt

Keep the skin and intestines active. Taboo hot dishes, salt, pepper, condiments, seasoning, rich foods, nuts, peas and beans. Drink much more water daily and take lots of fresh milk and cream.

Dr. Hirshberg will answer questions for readers 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 not of a general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, in care of this office.



DIARY OF A FASHION MODEL

She Tells How the Velvet Frock Is Made Charming For

Young Women.

BY GRACE THORNCLIFFE.





For example, many women who were engaged in sedentary occupations are now working in occupations that keep them outdoors a good deal. Naturally the skin being more exposed will need more of the cleansing creams, the oils that keep it soft and supple when they are exposed more to the dry outdoor air.

Or on the other hand, there may be some change in the general health so that the skin is more oily than ever before. The skin that is too olly shouldn't be fed with much cold cream or other.

It home.

Facial Soap.

18 ounces of sweet almonds, blanche in the drams of oil of bergamot dearms of oil of bergamot downces of orris root ounces of white castile soap in ounce of dried carbonate of soda. Grind all dry ingredients to a fine in the oils until they are absorbed eventure.

### MY SOLDIER HUSBAND REVELATIONS OF A WIFE What Lillian Disclosed To Madge. "Dicky working at his studio?" I repeated dazedly. "What do you mean?" "Exactly what I say." Lillian retorted, eyeing me keenly. I realized that she had intended tak.



A. M. A. M. D. C. D. C. Dellas Hapiette Exceptor(1)

The forward of the control o

The three thieves, frightened out of the window as fast as they could go and took to the woods, Mrs. Bear close on their When she returned, out of breath, she found Miser Dee laughing heartly.

"They'll never bother you again," For the fire to continue her nap.

"Us, you mean!" exclaimed the old man, "for from now on you must live with me."

And if you ever happen to pass through that little village you can still Miser Dee and his wonderful bear, for they lived happily together for a great of they lived happily together for a great on any years.

said of it, "Aye!" In our blindness and the been led astray. Is it true that the best are all taken out is left?

Trust the Word.

Dear are the precious dead, in youth, if the or in the peace of age. But surely there are left to us great souls and fearless men and the old man, "for from now on you must live with me."

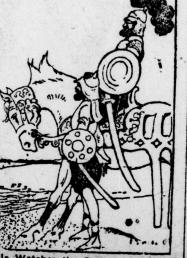
And if you ever happen to pass through that little village you can still Miser Dee and his wonderful bear, for they lived happily together for a great of their death in youth, whose natures were really of storm and stress. Into the unknown they are called by a Power great, so where and little will be another angle to the endless of true that the best are all taken out is left?

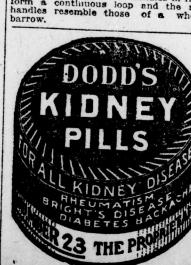
Trust the Word.

Dear are the precious dead, in youth, if fee or in the peace of age. But surely there are left to us great souls and fearless men and the world's loving tribute is paid to the beautiful and women who do devoted, unselfish to us great souls and fearless men and the beautiful and the beautiful and the world work, boys who die for a great idea.

I sometimes think that the world's loving tribute is paid to the beautiful and the beaut

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