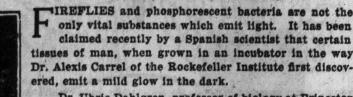
# DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

### Nature's Wasteless Light The Coveted Goal of Man

By DR. LEONARD KEENE HIRSHBERG

A.B., M.A., M.D. (Johns Hopkins University)



Dr. Ubric Dahlgren, professor of biology at Princeton University, has just completed an investigation which proves that an immense variety of different animals produce powerful lights from the living fabric.

Even sponges alive on the bed of the ocean may exhibit luminosity. A tubful of dredgings from the bottom LE BIRSECERC of the Bay of Naples was found to glow for hours. Luminous worms and animalcules were distributed thru the canals of sponges and partly account for the light. Sponges, indeed, probably emit no light of

Certain worms—"coelenterata" as savants call them—give forth light. The skins of these animals contain tissues which are analogous to the lightning bug's abdominal tissues.

Out and partially covers the bell-shaped surface. Sometimes the light appears in lines and streaks or in patches.

A strange fact is that the illumin-Some of the Oddities.

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Conducting

The capacity of function of light production is found only in the epi-dermis of the coelenterates. There is complete or even surface wholly given over to the production of light. The light-producing areas are scat-

The common jelly-fish or "seanettle" is perhaps the best known of the coelenterates. It swims by a series of rhythmic contractions of its "umbrella"—most medusae do like-wise.

When this creature is lazily swim-wise.

When this creature is lazily swimming in its home in the sea or in an aquarium with plenty of fresh sea water it gives no light at all. Almost any irritation or stimulant, however, such as mineral acids, ammonia or a sharp touch, causes it to show a light. Under such circumstances, accordvestigators, a great glow appears. This seems to cover the outer surface of the umbrella, the arms and tentacles. The light is greenish in color, such as appears in an X-ray bulb of lose from 40 to 90 per cent. of their

A strange fact is that the illuminated surface, however gently it is touched, leaves the lighting material attached to the fingers, where it continues to shine for a time.

One Hundred Per Cent. Light. If you strike the surface of these animals with moderate firmness while

The light-producing areas are scattered between others that are non-light-producing.

Freely swimming medusae or jellyfish, as well as those attached to rocks beneath the sea, are luminous. The number of species which produce light is large, and their distribution is very wide

The common jellyfish or "sea-

air, as the luciferine is expelled from the tissues which make and store it. Many different kinds of plants and animals make and store such lightmaking stuff, and in nearly all of them it is the skin or "epithelial" structures which retain this power. There is no accompaniment of heat, so there is no loss in efficiency. It is a "cold light" with nearly 100 per cent, of illumination.

illumination. such as appears in an X-ray bulb of incomplete vacuum. The light lasts for several minutes and then dies down very slowly.

A slight contact of the finger or a glass rod with the outer surface of the jelly-fish, causes a spot of light at the point touched. It then spreads

FEMININE FOIBLES & By Annette Bradshaw



SETTLING UP AFTER THE BRIDGE GAME HOSTESS-Wouldn't it be dreadful if some one called this gambling?

## KITCHEN "HAND SAVERS" ADVICE TO GIRLS

By Annie Laurie

HELPS

HOUSEHOLD

TVEN if your family is vegetarian and you must needs perpetually wied the vegetable or fruit knives, you don't have to bear the evidence of discolored hands or cut fingers. No matter how adept, even the best of good house-likeepers meets her Waterloo occasionally when she attempts to use the kitchen knife on a militant pineapple. Or there must be a hurried peeling of some vegetables in order to have them ready in time for dinner.

But with some knowledge of tools the homemaker can equip herself with a battery of vegetable and fruit preparers that will defend her against cuts and stains all summer, for the market is full of good ones.

There's a pineapple snip that will neatly remove the eyes of the most desperate pineapple, and do it with great despatch and without effort on the part of the worker. It is built like a scissors, except that it has a scoop-like point which is sharp, and so trims the pineapple without loss of juice. It is well made and costs 25 cents.

In the snip family is the little strawberry snip, which can be bought for live cents, and which helps to remove the stems from strawberries more quickly than the hand method—not to menion the saving in stained fingers.

Other good fruit preparers are the little balled and costs 25 cents.

Other good fruit preparers are the slittle five-cent orange peeler with a smooth, dull blade, and its brother, the grapefruit knife. The ordinary kitchen knife works havoc with srapefruit, but this little knife is made with a curved blade so that it cuts the fruit away from its shell, and also makes it possible to remove each seed cavity neatity from the centre of the fruit.

If you're preparing apples for stewing

friends. One has enlisted and is going to the front soon. While he is away should I go out with my other boy friends, or should I be true to him? Of course, he may never come back, in which case I, perhaps, would be an "old maid." My soldier says he loves me, altho he has not asked me to marry him. He asks me to kiss him good night, but I do not know whether it would be proper or not. I am an orphan and have no intimate girl friends, so appeal to you for advice. Pinkie. DEAR ANNIE LAURIE:

As I'm a young girl of eighteen and motherless; I now write to you for advice. I have been going with a young man since last spring, and I had a number of girl friends. The young man being a sailor, I did not meet him very often, only when the boat came in. The boat being laid up, he was in town last week and of course took me around and gave me a friendly good time. Since the girls have known of my steady DEAR ANNIE LAURIE:

me a friendly good time. Since the girls have known of my steady friendliness they have rather shunned me. I know it's jealousy as they never have many boy friends. One girl friend said she was going to take him away, but she hasn't had the pleasure of dogirl friends, so appeal to you for advice.

Pinkie: If you are not engaged to marry this fascinating young man, there certainly is no reason why you should stay at home all alone while he is away! If you loved each other with all your hearts and looked forward only until he came back to be married, it would be an entirely different matter. As it is, it would seem to me very unwise for you to place your hopes upon what may never be. When he comes back, if he wants you to marry him then, there is no reason why he should not ask you—the fact that you have had other friends and lived your ordinary life in the meantime would make no difference. ing it, as he says he doesn't want her, altho I gave him and her also He says he likes me, and says if I didn't want to marry him he thought I could get some other nice young man. He has enlisted to go to war and asked me for my to go to war and asked me for my photo. He being a Catholic, also myself, would it be a nice, but plain gift to send him a scapular with my picture stamped on the back of it. Dear Annie, tell me what you think of it all. He says he loves me.

M. I. E.:

If he has asked you to marry him and you have accepted him there is no reason where you should not let him take your

ference. You are quite right in not permit ting him to kiss you good night. You will be very glad you have never permitted any man to kiss you, when the right man comes into your life and you promise to be his wife. why you should not let him take your pleture with him to the front. The form the gift takes must be decided by your own judgment—you will understand that I never discuss religious matters in these columns.

Annie Laurie.

M.: Why don't you take up church work and if you are very anxious to be of service to others. you will find plenty of opportunity in the settlement houses or in the headquarters for the work for the soldiers. If you 'lli your life with helpfulness to others, you will find the greatest help for yourself. And you will also be sure to meet 'many young men and women as lonely as you are yourself and anxious to make real friends. Try it, my dear, and see how your loneliness will change into a happy life filled with good work made bright by good friends. Annie Laurie,

DEAR ANNIE LAURIE;
We are two young girls 15 years of age and had a very high opinion of a young fellow about one year our senior until a few days age, when he

and a friend of his followed us. We have never had an introduction to this fellow, but have met him three or four times a day for the last five months and he always acted like a gentleman in every way until recently. For the past month he has been smiling when we would meet him and it was certainly a surprise to us for him to follow us. We knew his boy friend and he spoke to us, but do you think if he were the right kind of an acquaintance he would have followed us, even if this other young fellow had wished to do so?

Now, the following night they fol-

followed us, even if this other young fellow had wished to do so?

Now, the following night they followed us again, and the boy to whom we had never been introduced asked us how were chances for walking along, but we never encouraged him in any way, and still they followed and kept whistling. While we were walking along I put my hand in my pocket and on taking it out I dropped my sister's picture. Not wanting to turn back, in case they thought it was intentioned, we let it stay there, and we happen to have heard since that they picked it up.

Now we would like very much to get this picture, but do not care to speak to either of them, as we do not think the follow with whom we are acquainted is a gentleman, or he would not have followed us, at least not until he had our consent.

Now, Miss Laurie, will you tell us how we are to procure the picture and whether you think these boys would make good companions or even friends a little later on? Or should we drop the friendship of the one and meet the other one as a perfect stranger? We do not care to be bold or forward and would thank you for your advice.

Helen and Dorothy.

Tellen AND DOROTHY: It see

TELEN AND DOROTHY: If the PELEN AND DOROTHY: If the young man you know did not have the good sense to introduce his companion, and persisted in following you girls when you obviously did not wish them to do so, it seems to me it would be advisable for you to drop him from the list of your acquaintances. But before doing so, why don't you ask the young man you know to give you back the picture you so unfortunately dropped at such an unhappy moment? There is no reason why he should retain this picture. It certainly is his duty to return it to you.

Annie Laurie.

The first agricultural college was the Royal Agricultural College at Cirencester, England, It was or-ganized in 1842 and chartered in 1845.

#### **BEAUTY PREPARATIONS** OF THE LONG AGO

BY LUCREZIA BORI Prima Donna of the Metropolitan Opera Company, New York.

away in the of one of our largest cities, lives

Altho my friend has passed the three-score-year-and-ten mark, her hands are still plump and white. She assured me that the following preparations were re-sponsible for their youthful appearance: white petrolatum ... 3½ ounces.
Paraffin wax ... ½ ounce.
Lanolin ... 1 ounce.
Rainwater (boiled) ... 1½ ounces.
Oil of rose ... 3 drops.
Tincture of benzolin ... ½ dram.

Tincture of benzoin... ½ dram.

First melt the paraffin wax and add the petrolatum and lanclin. Stir constantly, beating the water in during the process, and add the oil and benzoin when nearly cold.

The following lotton should be rubbed into the hands each time that you bathe them. Cleanse the hands thoroly with soap and water, then rinse them, and after drying rub a few drops of the location well into the skin:

Glycerine 2 ounces.

Rosewater 3 ounces.

Tincture of benzoin. 30 drops.

She said that she was enabled to preserve her luxuriant growth of hair by the faithful use of a tonic, the formula of which is printed below:

Valuable Hair Tonic.

Phenol ½ dram.

Tincture of nux vom-

#### The Amateur Gardener

A LAST WORD ABOUT GARDEN

preparation of all beds is so important that no time or energy should be spared in making them as satisfactory as they can be made. Once they are properly propared, three they are properly propared, three they are properly propared, three will be over, and you should have no worry at all as to whether your various plants will grow or not.

There is one great drawback with which our new gardeners will need to deal here in Toronto. As everyone who has an observant eye knows many of the little homes are built on locations that are noted for thick clay formations. When the cellars were leveled up, perhaps many feet deep, with this clay, When the house was finally completed all the debris from the building was probably dumped in before this leveling up took place. In this debris there was much lime—and it was all hidden below the clay, Now, as I said the other day, a tiny sprinkling of lime is helpful, but a barrel or two of it is not by any manner or means, especially where it has been dumped in one spot and then covered. means, especially where it has been dumped in one spot and then covered EFFICIENT REMEDY over. This is not guesswork but actually the fact in thousands of back-tually the fact in thousands of back-yards, and this matter has to be dealt yards, and this matter has to be dealt sects Find the Most Favor-

been warned about it.

strip of lemon rind.

(By RACHEL R. TODD, M.D.)

A LAST WORD ABOUT GARDEN down as if they were in iron chains, you will have the most amazing bloom you ever saw in all your life.

Once you have made your beds, the thing to do is to constantly cultivate, that is, keep the top earth from becoming smooth and level, because this the direct water in the formulae.

FOR KILLING LICE

able Conditions.

been warned about it.

In your deep digging you will certainly come to some of this lime and much other trash. You will have to cart it right away in your barrow and let the scavenger man settle the business. You will find old cans and tins and pieces of wire and what not, but do not despair. Patiently carry them away. You will come to the last some time, soon, let us hope.

Now, you may be appalled by the iron-bound appearance of that heavy in clay. Well, so have I been. Your ordinary spade may refuse to make any impression upon it at first. Well, so did mine. I have had a man attack some spots with the pick several seasons when fresh spots were to be dealt with for the first time. I have said to myself, very low and deep in my throat, that nowhere on earth it under the sun could any one find such rock-hard, heart-breaking soil. And, even after several years of careful treatment, this same terrible clay will gather itself into lumps that are nothing else but stones if I turn my back on them for a few minutes. You will have the same trouble, I warn you, but keep right on fighting that clay. You will win out, because

RECIPES FOR THE CARD INDEX COOK BOOK

Apple Water

INGREDIENTS 2 acid, juicy apples. 1 tablespoonful sugar. pint boiling water.

METHOD Peel the apples and take out the core; slice the apples thinly and put into a bowl; add the sugar, lemon rind and boiling water; cover tightly and let stand until quite cold; then strain and stand on ice to chill. This is a very refreshing drink when

#### Paper vs. Linen for the Home HOUSEHOLD HELPS :: :: By ISOBEL BRANDS

the best of circumstances?

"Oh, but your paper towels are more "Oh, but your paper towels are more expensive, for, of course, once you've used one you have to throw it way and that ends it," remarked a friend who was discussing the question with me. Now, it may seem extravagant to throw away half a dozen towels in a morning in this fashion, but I have figured out the cost, and find that paper is not only more sanitary, but is, if anything, less expensive, but is, if anything, less expensive,

HERE'S no question about the sanitary superiority of paper over linen. Who wouldn't rather kins, more than anything else, add to use a paper towel once and throw it the dainty service of ices and desaway in preference to using a cloth towel several times over—or, indeed, sharing the same towel with more than one person, as it happens even under the best of circumstances?

tion to try to tear them to make sure that they're really paper!

that ends it." remarked a friend who was discussing the question with measure to throw away half a dozen towels in a morning in this fashion, but I have figured out the cost, and find that paper is not only more sanitary, but is, if anything, less expensive.

There are good paper towels that can be bought for about \$1.50\$ for six rolls. In an average family a roll of towels will last at least a week, and if the towels are not used carelessly a roll will sometimes last two or even there weeks. But even on the one-week basis the cost of the towels is but 25 cents, and that is as much as one often has to pay for the laundering of a week's supply of linen towels. This does not include the original cost of the time that must be spent in occasional mending.

Of course, many families object to the paper table napkin, but for sheer attractiones is the paper "embroidered" as well as its paper sister!

In the first place, paper dollies are intended to responsibility. You do not have to worry whether they will be laundered if the you are sure that this particularly if your parents disapprove—why should you not have to worry whether they will be indeded if the you are sure that this paper dollies are, in the end, cheaper than linens.

In the first place, paper dollies are intended to responsibility. You do not have to worry whether they will be laundered if the you are sure that this particularly if your parents disapprove—why should you not have to worry whether they will be laundered if you or the time that must be spent in occasion of the time that must be spent in occasional mending.

Of course, many families object to the paper table napkin, but for sheer attractiveness the paper "embroidered collies are in the oct of the paper dolly as not the beauty of its design quite as well as its paper sister!

DEAR ANNIE LAURIE:

I am a young girl, 20 years of page to dolly has not the beauty of its design quite as well as its paper sister!

DEAR ANNIE LAURIE:
I am keeping company with a young gentleman. I am very much in love with him and he much in love with him and he says he is in love with me. He certainly treats me well and I do not see any one I like better. We have been keeping company for two years and we never go out unless we are together. The only thing I am worrying about is that my parents do not think he is good emough for me.

enough for me.

I am eighteen years old,
Dear Miss Laurie, could you
please advise me what to do for
Beans.

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