You wonder

is so delicious.

If you could see the choice oriental fruits and spices being blended with Pure Malt Vinegar to make H.P.

you would know.

Just a few drops of H.P.-it makes the meal so enjoyable.

## STOP DANDRUFF!

coming out.

Coming out.

To be possessed of a head of heavy, beautiful hatr; soft, lustrous, fluffy, wavy and free from dandruff, is merisy a matter of using a little Danderine. It is easy and inexpensive to have file, soft hair and lots of it. Just get a small bottle of Knowlton's Danderine how—all drug stores recommend it—apply a little as directed, and within ten minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss and lustrey and try as you will, you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' has, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your ecalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchey scalp, and it never falls to stop falling hair at brice.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delighfful surprise bare howeners.

A paralyzed structure is under-toned, and wasted. This is called the atrophy of daws at the moments—a delighful surprise bare howeners.

A paralyzed structure is under-toned, and maintain the relaxed ones in a tonic, healthy condition.

A Case In Point.

A paralyzed structure is under-toned, defectively nourished, worn, wan and wasted. This is called the atrophy of darker and the contraction and maintain the relaxed ones in a tonic, healthy condition.

A case the private of the private of the private of the part and the relaxed ones in a tonic, healthy condition.

A case in Point.

A paralyzed structure is under-toned, defectively nourished, worn, wan and wasted. This is called the atrophy of daws at the soft, glossy and beautiful in just a few moments—a delightful surprise bare heart and the transfer of the paralysis, such as possible by the vertice of the paralysis. A check the surface o

small strand at a time. Your hair will be soft, glossy and beautiful in just a disuse. The central depot and its nerves lew moments—a delightful surprise awaits everyone who tries this.

### NUXATED IRON TEN Corn E F 19

Physician Says Nuxated Tron Quickly Puts Astonishing Strength and Energy into the Veins of Men and Brings Roses to the Cheeks of Nervous, Run-Down Women.

Ask the first hundred strong, healthy people you ment to what they owe, their strength and see how many reply "Noxated Iron." Dr. James Francis Sullivan, formerly Physician' of Bellewae Hospital, Quadoor Dept.) New York, and the Westchester County Hospital, says: "Thousands of people suffer from Iron deficiency, but do not know what to take. There is nothing like organic from—Nuxated Iron to quickly earlich the blood, make besatitul, healthy women, and strong, vigorous iron men. To make absolutely sure that my patients 'get real organic iron and not some form 'of the

The Soap to Cleanse and Purify The Ointment to Soothe and Heal These fragrant, super-creamy emollients stop itching, clear the skin of pimples, blotches, redness and rough-ness, the scalp of itching and dandruff, and the hands of chaps and sores. In purity, delicate medication, refreshing fragrance, convenience and econ-omy, Cuticura Soap and Ointment meet with the approval of the most discriminating. Ideal for every-day

For sample each by mail address post-card: "Cuticara, Dept. N. Roston, U.O.A." Sold by dealers throughout the world.

toilet uses.

CEETEE UNDERCLOTHING Guaranteed Not To Shrink

# FRESH AS A DAISY

Get a 10 Cent Box of Cascarets liven your liver and clean your thirty feet of bowels without grip-"Cascarets" for Your Liver and Bowels.

Tonight sure! Take Cascarets and injoy the nicest, gentlest liver and bowel

tongue clean, stomach sweet, eyes dining-room.

bright, step elastic and complexion rosy dining-room.

To make conviction sure, my eyes bright. step elastic and complexion rosy make conviction sure, my eyes, sharpened by the stress of the moment, distinctly saw the edge of a small silk German flag peeping out from the blouse of one woman's gown, where she had evidently thrust it hastily when stinated—Cascarets are harmless.

## DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

#### What Paralysis Is---How Science Cures Some Cases

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



the blood." It is a blood clot or a hemorrhage in the rain, which transfers movement, sensation and memory and perception.

After an "Joseph St. 10 Health Question.

T. W.—If you will send a self-addressed, stamped envelope, with your question repeated, I shall be glad to help you in a private letter.

H. K. L.: Q.—What can be sore eyelids?

ory and perception.

After an "apoplectic stroke" there may occur unconsciousness or the clot or hemorrhage or the area involved.

Sore eyelids?

A.—Bathe your eyes in boric acid water every night and morning.

J. W. G. Q.—Can you advise me if there is a harmless means of discouraging the excessive growth of hair on the body?

own efforts-active-or by some out-

have been cut; diminished nutrition and action are the consequences.

A paralyzed arm or leg may be flaccid, relaxed, toneless, or it may be contracted. Friction adds to the nutrition tracted. Friction adds to the nutrition and one of the muscles. It should, like massage, electricity, osteopathy and exercises, be used upon the muscles of the back of the arms and the fronts of the legs. This helps to overcome the tendency of the front arm and rear leg mauscles to curve, flex and contract.

Each instance of paralysis, whether of one or both sides of the anatomy, or only one limb, ought to be given special treatments. Successful restoration of a large fraction of the first of foods that.

A.—Soda biscuits and graham bread are practically equal to white bread in food value.

2. Lean meats, peas, beans, vegetable juices, fruits, orange and other juices, green vegetables, and broths strengthen, but do not increase weight.

Results of treatments carried out by Results of treatments carried out by Dr. Robert Ogden of Washington confirm the years of practical, physical treatments. One subject, for example, had the left side of the brain injured, resulting in much the same effects as apoplexy. The right side was paralyzed—hemplegia, it is cvalled.

The left arm was strapped across the victim's chest so it could not be used, and he was compelled to try to use the palsted arm. To help him, friction, osteopathic exercises or massage were appearance.

teopathic exercises or massage were applied to the back of the arm. In a few days he was able to draw away the hand and to grasp weakly. At the end of two weeks he was able to use the

A.-1. You need nothing to take in-

A. C., London, Ont. Q.—Would you kindly tell me if soda biscuits and graham bread are equal to white bread in food value?

2. Kindly give a list of foods that strengthen and do not increase weight.

Q.-Please useful leg and arm are the rewards ob-give me a remedy for swollen glands. A.—Enlarged glands may be due to teeth, gums, tonsils, dandruff, pimples, scalp eruptions, etc. Have the cause scalp eruptions, etc. Have the cause found by a physical examination and re-

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot al-ways undertake to prescribe or offer advice for individual cases. Where the

"That will do splendidly!" I said.
"And now I'll freshen up a bit while I'm
waiting, if you don't mind."
I started toward the house as if it

were the most natural thing for me to lead the way, Mme. Hofer muttered an exclamation beneath her breath, which only suspicion-sharpened ears like mine could have heard. The next moment

#### ADELE GARRISON'S NEW

#### REVELATIONS OF A WIFE

What Madge Interrupted in the Dining-Room of the Old Inn.

Whatever embarrassment my presence at her quaint old inn caused Mme. Hofer she managed to conceal it beautifully. Only a constant, watchful, strained look in her eyes told me that she wished me anywhere in the world but on her lawn asking for special luncheon dishes. And in her anxiety to appear cordial she became effusive.

"Oh, how lucky!" she exclaimed. "I have some chickens, beauties, ready to go on the fire this instant. They were ordered for a lot of people who came in unexpectedly a little while ago—not my regular customers, understand—and I'll just steal one of those for you. They are pigs, anyway, it won't hurt them to wait a little! And now what else do you want? If you are so hungry, you won't want to wait long. What you bet now, I remember just what you like? Shall I tell you?"

"Please do!" I said enthusiastically, but inwardly I was coolly dissecting and ward in the property of the p I said enthusiastically,

but inwardly I was coolly dissecting and appraising the little speech she had just There was a false ring to it. Mme. There was a false ring to it. Mme. Hofer was a shrewd woman, with an eye to the main chance. It wasn't like her to inconvenience a large party for the benefit of one patron. Either she was telling a falsehood in order to flatter me—something which for some reason or other I didn't believe—or she was giving me the fowl on account of some concealed motive of her own.

A Feat of Memory.

Hofer was a shrewd woman, with an eye to the main chance. It wasn't like her to inconvenience a large party for the benefit of one patron. Bither she was telling a falsehood in order to flatter me—something which for some reason or other I didn't believe—or she was giving me the fowl on account of some concealed motive of her own.

A Feat of Memory.

I had it! She couldn't refuse to serve me altogether for fear of arousing suspicion, but she could hurry my luncheon so as to get me away from the place as soon as possible. Even as I listened to her I was resolving to linger as long as I could over the luncheon.

"You will wish," Mme. Hofer was saying reflectively—two fingers as her.

"I could have heard. The next moment she had caught step with me, and was smilling broadly, a smile that I was sure hid anger, perhaps fear.

"I will take you to my own bathroom," she said confidentially. "These people here today are running all over the place, and it will be pleasanter for you in my own apartment. Just come round this way."

She started around the side of the house. But I affected not to hear her. "How pretty the place is this year!" I exclaimed. "Are the big hall and dining-room as quaint as ever? I must have a look at them. I really have been fairly homesick for the place."

I ran lightly up the steps and into the have a look at them. I reached the place."

I ran lightly up the steps and into the wide hall with as good an imitation of feminine impetuosity as I could muster. And as I reached the arched entrance into the dining-room I saw why Mme. Hofer had tried to get me to come the fine crumbs, then in egg, and again in crumbs. Grease the baking pan and bake the croquette in it for 30 minutes. I could over the luncheon.
"You will wish," Mme. Hofer was
saying reflectively, two fingers at her Hofer had tried to get me to come around to the side door.

For if ever a delegation from the fatherland sat in council it was the party of perhaps eight men and two women who surrounded a large table made up for the occasion in the rear of the room. They were talking gutturally in their native tongue, but as I entered one of the men said something in a quick undertone, and two or three broke into careless conventional re-

a quick undertone, and two or three broke into careless conventional remarks couched in perfect English.

Bottles and the remains of a first course showed that they were celebrating some event. The papers of the day before had chronicled a German victory. I had no doubt that no matter what the reason for their being together, they'd been drinking to the success of the Teutonic arms, and I was also sure that they had counted upon Mme. Hofer's being able to prevent any tongue clean, stomach sweet, eyes bright, step elastic and complexion rosy.

HER PROBLEMS

By Annette Bradshaw



ETHEL-I shouldn't dare send George this best one of me. I'm sure he'd come home on the next boat.

#### DIARY OF A FASHION MODEL

She Learns That the Newest Bathing Costumes Have Long Sleeves and High Necklines.

said in a decided manner, as she looked over the four sketches of bathing frocks submitted by Shella Maynard.

"I don't think it would be wise to make her anything of this sort—these three are too fussy. This one, however, is on the order of what I want for her, and with a few changes will do nicely. The lines are simple and modest. Beth Maynard, when the lines are simple and modest. Beth Maynard, when the lines are simple and modest. Beth Maynard, when the lines are simple and modest. Beth Maynard, when the lines are simple and modest. Beth Maynard, when the lines are simple and modest. Beth Maynard, when the lines are simple and modest is the lines are simple and modest. Beth Maynard, when the lines are simple and modest is the lines are simple and modest. Beth out the lines are simple and modest is the lines are simple and modest. Beth out the lines are simple and modest. Beth out the shoulders and rounded neckline, and buttoned in Russian fashion far over at one side, with covered buttons and bound buttonholes. A piping of the satin outlined the neckline, and buttoned in Russian fashion far over at one side, with covered buttons and bound buttonholes. A piping of the satin outlined the neckline, and buttoned in Russian fashion far over at one side, with covered buttons and bound buttonholes. A piping of the satin outlined the head of the lines are simple and modest. Beth

Marshall can wear smart frocks, but nothing startling. "I like the side fastening and the long sleeves, but suppose you make the skirt rather full, with a decided flare. Bring the neck line higher-almost to the base of the throat, and instead of having

so Shelia Maynard made the corrections suggested by Madame, who was thoroughly satisfied with the design for Miss Marshall's batthing costume. She sent it to Miss Westley, telling her to make it upon or bleed. make it upon ox-blood red waterproof I served as model at the first fitting, and after that it was tried on Miss Mar-

toned on the outside A broad, draped girdle of the material defined the normal waistline.

The skirt had a graceful flare and buttoned at one side to correspond with

the bodice. It was gathered about the top, the greater portion of the fullness being arranged across the back and sides. full knickers, gathered to tight knee cuffs, let them be cut in one piece, shaping them so they will fit snugly below the knees and yet have a comfort-

Satin bathing shoes and stockings to match the tone of the frocks were added to the costume, completing the note of "Have you any idea what sort of cap you want?" Madame asked Miss Marshall, after both agreed that the bathing frock costume was very good you?

bathing trock costume was very good you?

And afl of us answered in choru
Miss Marshall answered that she was

"No." and after that it was tried on Miss Marshall.

Madame knew what she was talking about when she said that the little trunette had a "peculiar style that had to be played up to." She is of the Spanish type of beauty, and has the most expressive of faces. Anything the least bit extreme would be conspicuous on her.

The ox-blood satin was a wise choice.

Miss Marshall answered that she was partial to "bandannas."

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Miss Marshall answered that she was partial to "bandannas."





#### KITCHEN ECONOMIES BY ISOBEL BRANDS OF THE APPLECROFT EXPERIMENT STATION.

per.

Mix the potatoes or rice with the tomatoes, onion, salt, pepper and coarse breadcrumbs. Beat the egg with 2 tablespoonfuls of cold water. Shape the

Cheese Croquettes. 1 cupful of diced cheese. 2-3 cupful of milk.

½ cupful of grated cheese.
3 tablespoonfuls of butter or margarine.
4 tablespoonfuls of flour.

Salt, pepper.

Make a white sauce of the butter, flour and milk. Add the grated cheese. As soon as the cheese is melted remove it from the fire, add the diced cheese and seasoning. Spread the mixture in a shallow pan and allow it to cool. Then out it into squares, cover it with egg and cracker crumbs and fry it in hot fat in a skillet. Farina Croquettes.

1 quart of farina

Try TETROL, 25c To clean spats, white kid shoes, glove etc. You will be surprised. BRUCE WALLACE

Wash the carrots, scrape them and cut them into thin slices. Put the milk, bay leaves, mace and pepper into a saucepan, add the carrots and let them boil until tender. Then drain the mixture and cut it into small pieces. Make a white sauce of a teaspoonful of butter, flour and one-half cupful of milk, When boiling, add the carrots and cook for 15 minutes, adding a little pepper and the cream. Spread the whole in a shallow pan and allow it to cool. Then shape it into croquettes, roll them in breadcrumbs, and fry them until golden brown. Drain on soft paper and serve hot.

Bean Croquettes.

3 cupfuls of stewed or baked beans.
3 cupfuls of corn flakes.
2 tablespoonfuls of butter or fat.
3 tablespoonfuls of strained tomato.
1 teaspoonful of salt, dash of pepper.
Add the butter or fat to the cooked mashed, drained beans. Then add the tomato and salt, unless the beans are sabty. Last add the corn flakes, sufficient to make the croquettes hold shape. Bean Croquettes salty. Last add the corn flakes, sum-cient to make the croquettes hold shape. This depends on the dryness of the bean pulp. Shape the mixture into croquettes, place them on a greased baking pan and bake them in a hot oven until

For any additional recipes you may wish, address Isobel Brands, the Applecroft Experiment Station, Greenlawn, N. Y., inclosing a self-addressed, stamped envelope for a personal raphy



llow-necked skirtless bathing suit confl-



Iliustrated by Gruelle, RED FOX REFORMS.

FIVE RECIPES FOR VEGETABLE CROQUETTES

If croquettes are a favorite in the family you need not eliminate them from the menu, because you do not make the mixture by baking instead of deep fat frying. Grease the bottom of the baking pan, 'the croquettes on it is the croquettes on it and bake in a hot oven for 3 in minutes. They will then brown and cook just as nicely as if fried in deep for fired in deep for the discussion of the baking pan, 'the croquettes on it is minutes. They will then brown and cook just as nicely as if fried in deep for fired Fpotsteps sounded on the outside, and Red Fox—his heart beating wildly against his red coat—ran for the opening. But someone had closed it with a box. He was caught in a chicken coop, just as his mamma had warned him.

a box. He was caught in a chicken coop, just as his mamma had warned him.

The chickens were making such a din Red Fox couldn't think—there was no use, he was caught! Red Fox with a weary sigh stretched his long body flat on the floor of the chicken house and tried to keep his heart from jumping out of his mouth.

The door of the chicken house opened and a lantern flashed in, followed by the farmer himself. He stumbled, kicking Red Fox with his foot.

"Ho!" he cried. "so you've fallen and broken your neck? Well, it's the last time you'll try to steal my chickens; Gathering Red Fox by the tail he dragged him out into the yard and laid him down beside the lantern while he locked the chicken house door.

No sooner was the farmer's back turned than up jumped Red Fox and darted away to the woods as fast as he could go.

He never stopped running until he arrived safe home—tired, dirty and a very much frightened little fox.

He never told any of his friends about his trip that might. But after that, whenever he was hungry, it was never too much trouble to go to the pond and catch his meal. Red Fox had



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Frances Anne Kemble. Maids must be wives and mothers to The entire and holiest end of woman's being.

-Woman's Heart.

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