DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Why "Albino Spots" Needn't Worry Those Who Have Them

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

assuage the pain.



An onion by any other name would smell just the disease, if there is any?

therefore, to call whitened same: therefore, to call whitened areas on the skin by such names as leukaplakia, leucodermis, vitilgo, albino spots and non pigmental areas will not cure them. Happily these pale places, characterized by the

acterized by the formation in different parts of the flesh of white patches, are not serious. They are not leprosy, nor anything related thereto. Nevertheless, those affected with these pale patches somehow are frightened into the mistaken notion that the skin malady is serious. As a matter of fact, it is harmless, and injures only the victim's vanity.

The appearance of these whitened areas is as if the sunburn or flesh tints of the skin had been devoured by some unseen microbe from the part of the skin affected. During the winter, or in those who live indoors, these vitilgo spots are scarcely visible. Those affected who live an outdoor life, especially in the summer, accumulate so much extra pigment in the other parts of the skin that the leucodermia plaques stand out almost white amid the tan.

Sensation Unaltered.

At first areas may be more or less well outlined and afterward spread and become irregular. The tanned, pigmented parts around them merge almost imperceptibly with the normal skin around it.

These white patches may be few or

most imperceptibly with the normal skin around it.

These white patches may be few or many in number, scattered irregularly or distributed with some approach to symmetry. The neck and the back of the hands and arms are commonly involved. The skin does not scale, and is not changed in its powers of sweating and other normal functions. The sensation is unaltered, although the hair, if there is any, also turns white.

Cure Possible Soon.

The origin of this curious skin disorder—for it isn't a disease—is not certain. From some chemical and physiological researches there seems to be an oxydizing enzyme at work locally. Since it has originated much in the manner that Addison's disease begins—in a deficiency or excessive action of the substances in the internal glands such as the adrenal glands, and also after violent emotional explosions, depressions and anxiety—there is every likelihood that at some time in the near future successful treatment will be undertaken by the administration of some gland extract.

Leprosy is not at all like leucodermia.

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Skin leprosy has no sensation. It is also unlike sclerodermia or hardened skin. The latter shows parchment-like stiffness and thickening of the skin.

Luckily, no one need worry much about the treatment of vitilgo. It usually comes to a standstill of its own accord.

Address ALL INQUIRIES to Dr. L. K. Hirshberg, in care of this office.

2. Is tobacco in any form bad for

Clogged Nostrils Open, Breathing Made Easy, Catarrh Cured!

New Method Very Successful

of medicated air, and cannot fail to be beneficial. It goes wherever air can go. thus reaching all the affected parts. It purifies as by fire, simply burning up the disease germs. Catarrhozone is a non-poisonous and

healing agent; it therefore acts upon the mucous tissues of the throat, nasal pasall microbe life, and at the same time heals up all the inflamed parts. cure for Catarrh, Bronchitis. for the throat, Catarrhozone cannot be

It is a guaranteed cure, and is highly indorsed by prominent physicians who use Catarrhozone in their practice. Sufficient Catarrhozone for month's use, price \$1.00; smaller size 50c; at all dealers.

EVEN CROSS, SICK CHILDREN LOVE SYRUP OF FIGS

SYRUP OF FIGS

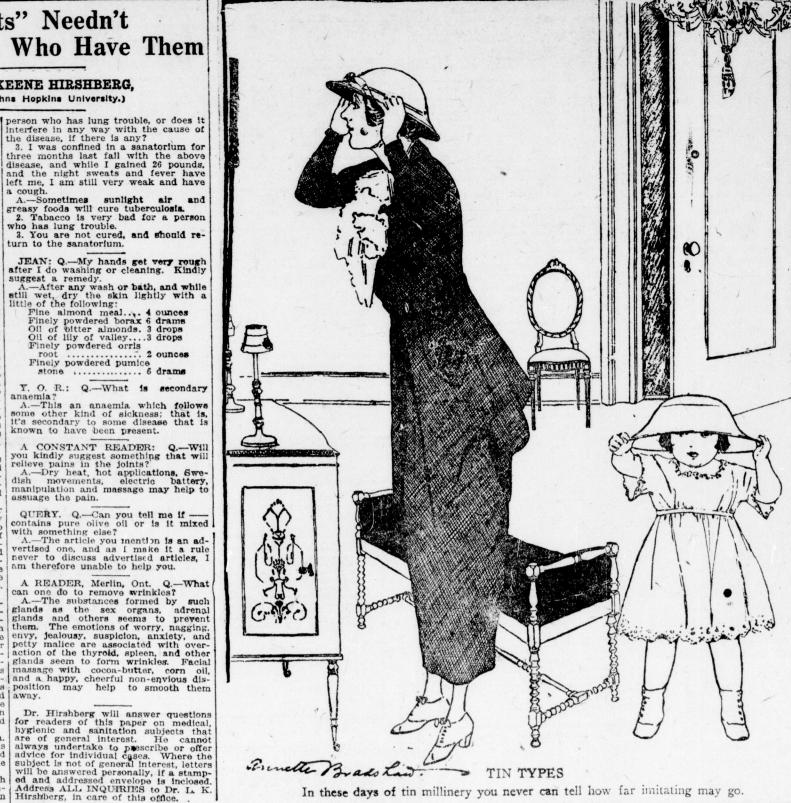
Look at tongue! If feverish, bilious, con. ipated, take no Ci. 10ces.

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

Don't scold your fretful, peevish child See if tongre is coated; this is a cure of the stome still be seen to cold, breath bad, throat sore, doesn't cold, breath bad, throat

FEMENISMS

By Annette Bradshaw



Perfume

A good cold cream mixture is the fol

Sweet oil of almonds .75 grains Virgin wax 20 grains

Spermaceti 8 grammes

Melt all of these together and stir fo

I've noticed that many women have

lars or stiff neckbands of any sort.

The tight collar not only causes some unsightly lines around the neck, but also destroys the texture and the color

of the skin. If you must wear a collar, such fabric through which the air can And remember never to wear a collar

of any other color but white. You may be astonished to know that the skin, as

Care and Exercise Will Often

omen scrub the neck with

perspires, absorbs of the dyes of loored fabrics, which are both unwhole-ome and destructive to the beauty of lars, which should be kept tightly closed.

soap and het water, dry it carefully, the habit of carrying their heads and then think they've done all that is either sideways or too far forward. Such correct. But it isn't so. If you want postures destroy the beauty of one's

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

What Happened at the Windmill.

Answers to Health Questions

F. B. W.: Q.—Will you please give me a remedy for superfluous hair?

A.—Remember, that there are few it eny methods to "kill the roots." About twice a week or when needed a little of Calcium sulphide. 2 parts
Zinc oxide. 1 part
When you are ready to use fulls make a paste with water and apply to the parts. Let it remain on the skin for about five minutes and then wipe of gently with a soft cibth.

A. A. Dutton, Ont. Q.—Is there no cure for tuberculosis?

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How To Improve the Appearance of Your Neck

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In the course of time. The neck shouldn't be held in any one fixed position. That isn't the beauty way. In repose it should be held in the course of time.

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The neck shouldn't be held in

following is an exercise that is very Swing your head around from the mes as you can do it without discom-

as you can. Perhaps at first you will be able to do it more than two or three times, and as soon as you feel fatigued you should stop. But if you can raise and lower the head about ten deal toward developing the beauty of

Good Night

Hiustrated by Gruelle,

BOBBY'S SEARCH FOR CAT-TAILS. "Mamma!" said Bobby one day, where do cats' tails come from?" "Why, cat-tails grow out in the woods, dear. Run along and play, and don't bother me," replied his mamma, as she went about her work.

Bobby looked down at the kitten sleeping in his lap and sighed. Bobby loved his "Kitty Cat," as he called her,

very dearly, all but her short, ugly tall.
"If they grow out in the woods, Kitty Cat," he whispered, "we'll get one for you."

Then Bobby, with Kitty Cat hugged tightly in his chubby little arms, ran out of the gate and down the road as fast as his tiny legs could carry him, until he reached the great big woods.

Into the woods he ran, but the sun was hot and the way was rough and Bobby's little feet soon grew tired.

"I guess we'll soon find them," he sighed drowsify. But as far as he could see there was nothing but trees—trees—trees. Nowhere could Bobby discover anything that looked like cats'

ver anything that looked like cats cover anything tails.

It was time for Bobby's morning nap and Bobby was growing very hungry.

"Let's rest, Kitty Cat, then we'll be going home. It's nearly lunch time and Mamma will scold if we're not there."

Mamma will scold if we're not there."
Then, finding a nice shady spot Bobby sat down and soon fell asleep.
There after hours of calling and searching, Mamma and Daddy found Bobby, fast asleep, with Kitty Cat curled up in his lap.



"Let's Rest, Kitty Cat."

backward and upward a number of times, to the right and to the left a number of times.

If you are not inclined to dizziness the following is an exercise that is very the pending for the rest.

If you are not inclined to dizziness the following is an exercise that is very the pending for the rest. Bend it you were talking about the rushes that grow near the brook," and she kissed the dirty little face. "They just call them cat-talls because they look like a kitty's tail."

"Then they're not really cats' tails?" "No, dear!" exclaimed Daddy, coming through the bushes with a handful of brown cat-talls. "Here are the ones

Mamma meant."

Bobby looked at the cat-tails, then down at Kitty Cat.
"Guess you'll just have to keep right on wearing your short tail, Kitty Cat,

med with a pencil on her engagement on the telephone receiver, put it down again, looked off into space, looked down, cleared her throat and played with the tassel on her dress—all almost exactly in the same minute. "I don't know," she said harshly, and her voice trembled when she said it. "There's a facial for 10, and a curl for 10:15, and a shampoo for 10:30, and I don't know how the girls—Mary, no, I mean Miss Johnson—no, never mind. Miss Patterson, can you—er, er—that's a—I wonder—" a never down or series of the bluebirds in the trees up over our heads, and we'll notice that nothing that is growing outdoors about whether anyone is coming with an axe or scythe or a pair of pruning shears. The things just grow and wave in the such an axe or scythe or a pair of pruning shears. The things just grow and wave in the such is growing outdoors. The thought of pruning shears. The things just grow and wave in the such is growing outdoors. The don't have a pair of pruning an axe or scythe or a pair of pruning shears. The things just grow and an axe or scythe or a pair of pruning an axe or scyther save or scythe ray grow and an axe or scyther save seems to be particu But Kitty Cat wasn't worrying about the length of her tail, she was purring contentedly in Daddy's arms.

They all went home and Bobby never again complained about Kitty Cat's stubby tail. There was no use. Kitty Cat's kind of cat-tails didn't grow in the woods.

The Origin of Famous Sayings

Sir Lewis Morris. 1833-1907. Toil is the law of life and its best of a chance to rest.

When Miss Johnson and Miss Patterson and Miss Boclair, and the rest of the misses, had come and gathered and had had a worried consultation around the little cage, it turned out that there really was plenty of time and plenty of room for us both, and when we went each into our own separate little coop and let down our hair we heard things about the woman in the cage. -The Ode of Perfect Years.

The world still needs still.
—The Epic of Hades, Herakles.

Rest springs from strife and dissonant chords beget Divine Harmonies.

—Loves' Suicide. The passionate love of Right, the burning hate of Wrong.

-The Diamond Jubilea. Germany's stocks of potash are exhausted, and manufacturers are unable to meet the demands of agriculturists.

NERVES ALL GONE

have a clear, cool head, a strong heart

Too much rush and bustle, work and worry, fall to the lot of women attending to their household duties and social ligations. The constant strain under which they continue day in and day out will soon shatter the strongest system. Before long the heart gets weak, flutters and palpitates, the nerves become unstrung, you start at the least sound, the pulse becomes weak and irregular, then finally comes physical breakdown or

Milburn's Heart and Nerve Pills are

By Genevieve Kemble TUESDAY, MAY 28.

A lively day is indicated, particularly in the realm of business and the profesin the realm of business and the professions, especially in publishing, advertising, printing, etc. It is a good time to make contracts, signing letters and documents. There should be general prosperity under the splendid trine of Moon to Mercury, with the mind keen, creative and studious. Jupiter and Mars, however, in adverse aspect, are conducive to a rashness, a profligacy and extravagance that may defeat all the good of the aforesaid testimonies. This Martial position also portends losses through speculation, gambling and through fire and thieves. Sudden journeys and removals should likewise be avoided as they promise little return.

Those whose birthday it is should Anose whose birthday it is should have on active and successful year, but should avoid various pitfalls from rashness, extravagance and losses. A child born on this day will be clever and quick, but may meet with heavy losses if not trained in thrift and wise expeditures.

Carrier pigeons in China are protected from birds of prey by an apparatus con-sisting of bamboo tubes fastened to the birds' bodies. As the pigeon flies the air passing through the tubes produces a shrill whistling sound, which keeps the birds of prey at a distance.

A brown dye for leathers may be made as follows: Boil half an ounce of Spanish saffron and a quarter of an ounce of annatto in water until the dye is extracted, to which must be added some alcohol to set the color.



SUNLIGHT SOAP freely in the house. First, because it is all pure soap-there are no cheap "fillers" so it goes farther and you get more real soap for the money. Second, because clothes last longer when washed with SUNLIGHT. Isn't this important? There are no injurious chemicals to harm the finest cloths-\$5,000 guarantee of this.

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Made in Canada by LEVER BROTHERS LIMITED

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win

BY ALBERT BARRETT SAYRES.

The best way to begin to save money in the home is frankly to face the fact that the prices of many foods have gone up, and to realize that the housekeeping money of last year won't firnish "the same table" this year. But the careful housewife can save money even on last year's allowance if the family is willing and eager to aid.

The first thing the family must face together and agree upon is that the finicky appetite has no place in wartime. There is not only plenty of good food for every person in the land, not only enough to feed our soldiers and sallors, but enough to feed our allies as well. But at the same time the demands upon the food supply have increased, the men available for the production of food have decreased in numbers because the war that requires more food of us has taken some of the men who used to produce it. The reason for rising food prices is clear, isn't it?

But while some of the foods have increased in price over the figures of last year, others have decreased. Potatoes and onions, for instance, are lower today than a year ago.

Granting the family is willing to discarded finicky appetities for patriotic and sound house economic reasons, there now comes to the housewife the oppornow can be added to the produce it. The reason for core, the proper way to gather vegetables that are lower today than a year ago.

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WINIFRED BLACK

Writes About "The Unimportance of Haste." Copyright, 1918, by Newspaper Feature Service, Inc.

the little cage at the hairdresser's shop looked almost worried to death. She tied a knot in her forehead, made a little tight-shut purse of her mouth, shook her

Months Udack of her face, drummed with a pencil

f it done, lett all at once and round in a quirrels going round and round in a littering cage, without any place to it down and nothing to eat and no idea

Everyone Was Agitated.

What About the Flowers?

a chance to rest.

the cage.

tains about 93,000 ants, according to the observations and counting extending over two years, carried out by a well-known naturalist. LIFT OFF CORNS FREEZONE IS MAGIC

reflect the sun's rays so strongly that colored glasses are largely worn by both the native population and foreign-

ers. Many sizes and forms of frames and many different colors of glasses are

ing or stiffening for the bandages of soldiers' wounds.

Costs few cents! Sore, touchy corns lift right off with



Drop a little Freezone on an aching The woman in turning, and walking up and down, and corn, instantly that corn stops hurting, he little cage at nodding our heads and coughing and then you like the corn stops hurting. nodding our heads and coughing and clearing our throats, and playing with the tassels of our frocks, and tying and untying our belts?

I have seen so many nervous people lately that I'll be very glad when I get home and can sit down in my garden and tell a quiet, clear-eyed, deep-bosomed woman I know to come and sit beside me and sew.

She'll bring a bowl of apples and a plate of old-fashioned cookies, and we'll watch the lilacs putting forth into bloom, and listen to the family confidences of the bluebirds in the trees up over our heads, and we'll notice that nothing that is growing outdoors ever seems to be particularly nervous about whether anyone is coming with an axe or scythe or a pair of pruning



Why wait? Your druggist sells tiny bottle of Freezone for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without soreness of irritation. Freezone is the muchtalked-of ether discovery of a Cin-

The houses, streets, and roads in SEVEN YEARS

Was Eventually Cured by Lydia E. Pinkham's Vegetable Compound.



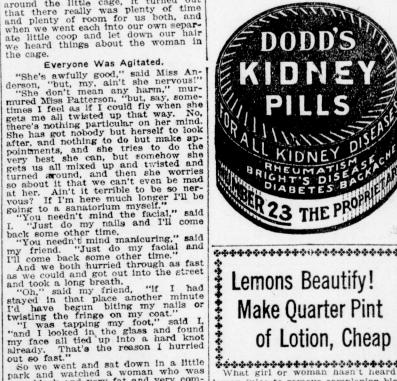
and without weak nessorpain. Many also taken Lydia E. Pinkham's Vege table Compound and been helped by it."-Mrs. MARGARET NESS, 1846 EL

Hazzard St., Philadelphia, Pa. Women who suffer from displacements, irregularities, inflammation, elecration, backache, sideache, head aches or "the blues" should not rest intil they have given this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, a trial. If applications exist. write Lydia E. mplications exist, write Lydia E. Pinkham Medicine Co., Lynn, Mass., for special suggestions. The result of its ong experience is at your service.

Rely On Cuticura For Skin Troubles

Lemons Beautify! Make Quarter Pint

out so fast."
So we went and sat down in a little park and watched a woman who was very black and very fat and very comfortable and easy-going, sit still in one place for ten whole minutes and smile just to see the magnolias in blossom and smell the fragrance of spring. emon juice to remove complexion blemout the roses, the freshness and the hidden beauty? But lemon juice alone is acid, therefore irritating, and should



felt about them and about ourselves, and laughed together about it after we had gone to bed or had taken ourselves into the house to telephone and telegraph and write letters and make appointments, and hurry and worry and

scurry—when so few things are important after all.

Malta are built of nearly white stone, and during the summer months these

of Lotion, Cheap ‡

Milburn's Heart and Nerve Pills are the remedy you require to strengthen your heart and steady your nerves.

Mrs. Jackson, 457 Bolwar street, Peterboro, Ont., writes: "Fifteen years ago I was so bad with my heart I could not walk across the house, my nerves were literally all gone, and I was frightened at my shadow. I commenced to take Milburn's Heart and Nerve Pills, and was soon able to do my own work. I have told dozens of people about them, some as bad as I was, and today they are also doing their own work. If more people would take them there would not be so many weak hearts."

Milburn's Heart and Nerve Pills are 50c per box at all dealers, or mailed direct on receipt of price by The T.

Milburn Co., Limited, Toronto, Ont.

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