Daily Magazine Page for Everybody

Secrets of Health and Happiness

What You Should Know About "Spots Before the Eyes"

BY DR. LEONARD KEENE HIRSHBERG

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



r floating spots gaze is fixed. page frequently apdack and white

-like masses of inflammatory this world who even go so far as to ubstances which are cast into the eyeiquid by some low grade inflammation. When you stare into the distance or read a printed or written page, the spots disappear for a few minutes and

If inflammation is present in the eyes, and with an increased measure of annoyance. Their numerous reappearances should awaken curiosity and suspicion pair of glasses perhaps will correct at least a great part, if not the whole, of

by far the greatest measure of annov nce, the white, transparent spots which float before the eyes are also much to remedy for scables. regently illuminated area is under gaze. itches from the irritation; then soothe They are so everlastingly persistent that even a shake of the head gets them out of the way only temporarily. These myriads of bright, transparent dots are probably due to the remains of ertain kinds of cells in the fluid part of he eye which should have been fully absorbed in complete ocular develop-Since these are not due to any kind of inflammation they need not me the cause and ours for favus of the cause anxiety, for they never by them-scalip? selves lead to the impairment of vision.

Some Vell Fallacies. It is a somewhat common suspicion way?

among the general public that dotted .A—This is due to parasitic mold, and veils have something to do with the is very difficult to cure. It must be creation of spots within the field of scraped and washed off with soda in strain that is frequently noticed to result from the use of this kind of vell. Although it is true that much museu- him in some way. lar strain is due to the effort of the eyes to secure unobstructed vision in spite of the dots in the vell, it has not lists? dots or any other objects seen can be York City, publishes diet lists and also permanently reproduced on the nerve the Department of Agriculture, Washtissues of the eye, so as to affect the ington, D. C. eyesight from an internal source, where-

Perhaps you have make a change in the retina of their open annoyed at eyes, by a slight inflammation. For with blurred, fixed always a blurred spot wherever their

It is perhaps because of the possible inflammation of the retina of the eyes that the visual mechanisms should be kept away from the sun. Not only a temporary discomfort or pain is caused by the bright light, but a momentary urface. Such spots have been shielded for a time results obstruction of vision even after the eyes before the eye which obscure the vision are due to to the which obscure the vision are due to to the carelessly given long look at the sun.

"wonder" how long they can look at the sun at a stretch of times. Just foolishness-can result in the permanent obstruction of vision either by means of inflammation or undue strain these obnoxious interferences are liable themselves quickly from extreme light to occur and recur rather frequently to dark, or vice versa. The eyes should always be accustomed to a change of light gradually, whether outdoors by as to their real source. An oculist and a of artificial light. Thus many "sore" day or indoors at night in the presence

Answers to Health Questions

D. Q-Please give me a quick, sure

wished out of the way. These are A-Sulphur ointment with balsam very tiny, transparent chains of dots or peru, 2 drams to the ounce, and a hot strings, which frequently interfere with scrub at night will kill them. After vision when a white field or plane or a several days of this treatment the skin

L	with the following folion:	
	Pink calamine21/2	drams
	Zinc oxide2	drams
	Glycerine2	drams
	Phenol80	drops
	Limewater2	ounces
	Rosewater 2	ounces

A READER. Q-Will you please tell

2-Will X-ray treatments given a child a number of times affect him in any

sight. Perhaps this idea is due to the water and ammoniated mercury ointment rubbed in 2-Yes, X-rays used often may affect

J. J. M. Q-Where can I obtain diet been found, however, that either these A—The Life Extension Institute, New

by the appearance of dots will result.

Beware the Sun.

A too long observance of the sun is periode and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice take place. Some persons who have looked at the sun for a long period—

The Hirshberg will answer questions average school reparation of this paper on medical, hydrocal subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. When have looked at the sun for a long period—

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The Hirshberg will answer questions average school reparation of the sun is an average school reparation of the sun is average school reparation of the s

KITCHEN **ECONOMIES**

BY ISOBEL BRANDS OF THE APPLECROFT EXPERIMENT STATION.

Solving the Problem of Varied Breakfast Toasts in Five Delicious Ways.

There are families in which the until tender. Add the salt, pepper and

breakfast toast is as inevitable as the the flour mixed with milk to a smooth Saturday night beans in Boston. But paste. Stir until thick, then simmer for this is no reason why there shouldn't garnish with celery tips. be some variety in the nature of the toast served. In fact, with a little dressing up a dish of toast can be made a satisfying and complete morn-

Tomato Cream Toast.

- (A Good Luncheon Dish.) cupful of strained tomato juice
- 1-8 cupful of cold water 2-3 cupful of hot milk
- -3 teaspoonful of salt -3 teaspoonful of soda tablespoonful of butter
- teaspoonful of sugar tablespoonfuls of flour
- 6 slices of toast

then add salt, soda and sugar and heat to the boiling point. Add a little cold water to the flour, rub it to a smooth paste and pour it into the tomato mixture, cook five minutes, then add hot milk and butter. Dip the toast into this

Celery Toast.

- cupfuls of hot water
- 1-3 cupful of flour s teaspoonful of pepper

fifteen minutes. Pour over toast and

Coffee Toast. 1 tablespoonful of sugar 1/4 teaspoonful of salt

% cupful of coffee (with milk) Mix together the lightly beaten egg. coffee, salt and sugar. Dip the toast into the mixture, and cook on a hot

greased griddle, brown on both sides. Raisin Toast. 4 slices of whole wheat bread. 1-3 cupful of brown sugar

1 teaspoonful of cinnamon 2 tablespoonfuls of chopped raisins 1 tablespoonful of milk

Remove the crusts from the bread, butter them and cut into strips. Simmer the tomato for 15 minutes, a paste by mixing together sugar, cinnamon, raisins and milk, and spread or the bread strips. Bake in a hot even until brown, and serve hot.

Bacon Toast. Toast brown bread or let it get crisp inside the oven. Then dip quickly into sauce and arrange on a platter, pour the hot salted water and arrange on the remaining sauce over it and garnish serving dish. Make a white sauce, add to it one-half cupful of grated cheese. to it one-half cupful of grated cheese, and pour this over the toast. Garnish each piece of toast with a strip of bacon

Isobel Brands will gladly send you additional recipes for using up stale bread if you will write her at the Applecroft Experiment Station, Green-Cut the celery in inch pieces and cook stamped envelope for a personal reply.



Where Neighbor-Villages Are Attacked When a Pig Dies. In days not so long passed cannibalism Now, when one remembers that in the

was rife in Papua, now called New interior of Papua many of the native Guinea. In many another section of houses are built in trees, it occurs to the world men ate men as a ceremonial rite—in Papua cannibalism seems to have been practiced merely to tickle the owners to risk an attack against such palate. Of course the authorities quick-ly stamped out the habit, but even to-

THE FIGHTING WOMAN

By Will Nies



7 HAT do you suppose is in their minds when they think of the zest to the work that is left for THEM to do? Does it add a new fighting woman—the woman who actually goes, like those tenderness to their compassion, a new courage to their patience, a new strange creatures of the Battalion of Death, straight into the jaws of FIGHT? How do they feel when they turn from their softly power to their less spectacular patriotism? Surely they will read something in the eyes of the fighting woman, something that will not desheltered security to look squarely at raw, brutal physical danger? Are tract from HER sacrifice, something that will give to THEIR different always grateful to life for their own escape? Does it give new duty a growing beauty of devotion.

WINIFRED BLACK Writes About Big Little Tragedies



Junior"-for poor Rebekah is lighted. feet 6 inches tall and weighs 180 Those extra inches and extra pounds

make all the difference to the poor child between happy contenument and Don't laugh-it isn't in the least

I have lived through many sorrows. have tried my best to hold up my head and smile when my heart ached, and I had all I could do to keep from wishing I were dead.

Bright hopes have faded; clear ambitions have been dimmed; fond illusions have disappeared. Fashions Change With Places.

fered more intensely than I did when we moved to a new town and I had to go to school wearing a dress two inches

Miss Rebekal fashion in the third grade in the new at night when I started to walk home fourth day I sat up late at night and Mauretowski ran away from school.

She's 12 years old and she's in the eventh grade — a little ahead of where she ought to back braided buttons everywhere a to be to go by the little and to be to go by the little and to be a to go by the little and to be a to go by the little and to be a to go by the little and to be a to go by the little and to be a to go by the little and to be a to go by the little and to be a to go by the little and to be a to go by the little and to be a to go by the little and to be a to go by the little and to be a to go by the little and to be a to go by the little and to walk home I started to walk home I walked alone, and Bessie Cromwell and her friends went on the other side and her friends went on the other side of the street and minced along, imitating me, and Bessie scrooched down so that her skirts would look longer, and they all giggled, and if I'd had a dose made me take off the day I sat up late at night and took a tuck in that dress—not a straight tuck, not a neat tuck at all, but a wobbly thing that was broad one that her skirts would look longer, and they all giggled, and if I'd had a dose made of poison handy right then I would never have waited till I got home to take it.

But in the new school-it was de classe-oh, horribly so! Entirely out of fashion, and not a

at all the thing. Bessie Cromwell wore her skirts very short, and Mrs. Cromwell was the wife of the judge, and they lived on the hill and had a cupola on their house, and with his tail curled up just as natural. and a boy and girl were under an iron umbrella on the other side, and, of ourse, what Bessie Cromwell wore was exactly right,

It was easy to see that my mother did not even know Mrs. Cromwell by sight, and anybody could guess that perhaps But never in all my life have I suf- she had never even heard of the iron So I was sent to Coventry.

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

Who Is This Peddler Who Begs So Poorly?

secreting even anything so thin as the rice paper upon which my father had written his message, lay upon my dressing table. It must be upon my wrist when Dicky reached home, only one hour away. I did not dare risk the casual inspection which his propensity for examining watches or delicate many constants. The casual inspection which his propensity for examining watches or delicate many constants. The committee the casual inspection which his propensity for examining watches or delicate many constants. There were deep lines on his face, too, which to a casual glance told of suffering. But I had learned many curious things during the never-to-be-forgotten expedition with Lillian and Katherine to the cafe where we had seen Harry Underwood and Grace Draper. I remembered so distinctly the cosmetic tricks Lillian had seen introduced in transforming us into middle. chinery of any kind might lead him to bestow upon the one I wore.

It would be an easy matter to dispose of the trick watch. Any box in my locked trunk would serve for its keeping until I should need it again. My anxiety concerned the paper it contained, which my father's urgent message and Lillian's anxiety had shown me to be a most important document. I went over all my small possessions hurriedly, trying to find anything of the roper size to hold the precious paper, and yet be easily secreted either about my person or in some absolutely undis-

coverable place in my room.

Katie's knock sounded upon my door as I was about to give up the search in despair. "Dere sooch a poor mans downstairs at the door. He selling tings, says he have sick wite and four, five lettle children. He look joost awful. You vant me give heem someting, buy hee's tings?" Signs That Surprise.

Katie's voice was low and hurried, unlike her usual loud prefere of "Oh

plainte Of course the authorities quicky stamped out the habit, but eyn to
That the natives still east their victims,
In the practiced in liniand certifory far from,
Done of the reasons for this belief is
that every once in a while there come
Tree Homes and Forts.

The Woold'th the who were with tops which over the good of the golden casale had treated that the desired and I fell with the solid freen to think the official and the treatment of the golden casale had treated that the desired and I fell with the solid freen to think.

The Woold at the But with Tree Homes and the stream the proposition of the golden casale had treated that the desired and I fell with the country of the golden casale had treated that the desired that the proposition of the golden casale had treated that the desired that the proposition of the gol

I looked around my room searchingly, thoughtfully, trying to discover the best hiding place for the important paper I carried in the back of the trick wrist watch Lillian nad provided.

The wrist watch Dicky had given me which had no room in its back for which had no room in its back for several days, his clothing was of the most nondescript character and his hair was a tangled mass of grey wisps, over which an old hat was

used in transforming us into middle-aged Latin-American women that I recognized at once the marks of their recognized at once the marks of their use upon the face of the man before me. The man was an impostor, I said to myself with a little shiver of disgust, one of the professional mendicants who made it so hard for really deserving peddiers to get a hearing. As I looked more closely at him I saw that his hair, too, was false, a wig covering his entire head. He might be any age under his disguises. Probably he was a strong disguises. disguises. Probably he was a strong, young man who ought to be doing a man's work in the world.

"Pleez kind lady, looka da tings."

"Pleez kind lady, looka da tings."
His voice was a whine, his accents plainly intended to be Italian, But I had heard too many Italian voices in my school days ever to mistake this man's tones for the musical Latin accents. I had no clue to his nationality.

But that he was not Italian I was cercents. I had no clue to his nationality But that he was not Italian I was cer

What Madge Saw. I was turning away in disgust when I happened to catch sight of the stuff in the small basket he uncovered and held out before me. It was the usual collection of notions, pencils, thimbles, pins, and things which percent

Dear mother! She had been a girl once And my mother wouldn't shorten my some friends that admire her for being dress. She said it was just right, and I 5 feet 6 inches tall and weighing 180

Solve Some Beauty Problems

BY LUCREZIA BORI The Famous Spanish Prima Donna The woman who, There's nothing better for developing is constantly a plump throat and neck than cocoa searching for some-thing that will aid it bathe with warm water, so that the in improving her pores will be in a proper condition to beauty frequently receive the oil. Rub it into the skin ignores that which with a gentle, rotary motion. remedy the It is the desire of every woman to very defects that possess well-rounded, white arms. Almar her good looks. mond oil will help a long way toward

To the experi- obtaining this beauty asset. A liberal enced the value of amount should be rubbed into the arms oils as a beautifier daily, special attention being given to is proctically un- the elbows.

known. Large sums | Crude oil and castor oil are fine for a LITCHEZIA BORI of money are spent dry scalp. Either will help to restore expensive imported toilet prepara- the hair and scalp to a healthy condionger than the dresses that were the one ate luncheon with me at noon. And tions recommended by one person or tion. To make the odor of the oil more when the application of a simple oil it to you add oil of lavender to the would have accomplished the same liquid. Outside and "In."

A Few Uses.

A machine oil can or a medicine
The girl who is in deadly fear of a dropper will prove most convenient for scar after she has had the misiortune the application of the oil. Apply the of burning or cutting herself, thus the tonic every day until the hair becomes beauty of her face, arm or hand marred sufficiently oily, and then let the apply a disfiguring red mark, and bemoans plications be made less frequently. Afthe fact that there is nothing that will ter the oil has been used, employ a ever remove it. Had she applied almond comb to remove the tangles and give "California Syrup of Figs" oil or a sweet soil, keeping the skin well the hair a thorough brushing.

The constant use of oil on the scalp with scarcely any evidence of the skin will tend to prevent dandruff from formhaving been broken. When applying ing and the hair from turning grey pre the oil always be careful to use a fresh maturely. The thin person should eat foods piece of absorbent cotton or antiseptic browned in olive oil and plenty of salads precaution will minimize the danger of with oil dressing.

over the surface until it becomes soft Good Night

O Stories

Il. strated by Gruelle.

HOW MAZIE WAS CURED OF

Mazie was a dear little girl. but.

SELFISHNESS.

fault-Mazie was very, very selfish.

Oils as a beautifier have no rivals.

hair upon the skin.

anything to eat.

After everything was eaten, Mazie went into the nursery to play with the little Prince and Princess, But every time she picked up a toy to look at it one of the children would snatch it away, and when she began to cry they called her "Cry Baby," and pushed her outside the castle and closed the gate

fining-room, the largest she'd ever seen in her life, and was seated at the table right next to the Queen herself.

Everything a little girl's heart could wish for that was good to eat was piled on the table. But the royal folks were so busy eating that they forgot their guest—never once did they pass Mazle anything to eat.

goodness me, she had a most dreadful in her face. Mazie sat down again on the stone waste, liver gets sluggish; stomach

Startling Reductions On Ladies' Ready-to-Wear Everything Must Be Sold. No Reserve

When you consider that our prices at any what a wonderful price-saving event this is. prices. Next year you will be asked twice the amount on this same kind of merchandise. Be wise and buy now. COME EARLY.

SALE STARTS AT 9 O'CLOCK TOMORROW.

All new goods, featuring the last-minute styles. Nothing sent on approval.

All Coats Reduced Regular \$13.50 Coats\$7.95 Regular \$12.00 Coats\$5.95

Regular \$25.00 Coats\$16.45 \$27.50 Colored Plushes\$14.95 Salt's Esquimait Plushes, at special prices. Children's Coats, less than cost of material.

BALANCE OF SUITS LESS THAN HALF PRICE.

\$7.95, \$8.95, \$15.00 MILLINERY

EXIRA SPECIAL---SILK DRESSES

CHILDREN'S SHAPES, ON SALE29c up Raincoats, Dresses, Children's Dresses, Furs, Waists, Skirts, all on sale

Metropo'itan Suit Mfg. Co.

Famous Sayings

John C. Calhoun, 1782-1850 The very essence of a free government consists in considering offices a public trusts, bestowed for the good he country and not for the be-

TOMORROW'S HOROSCOPE

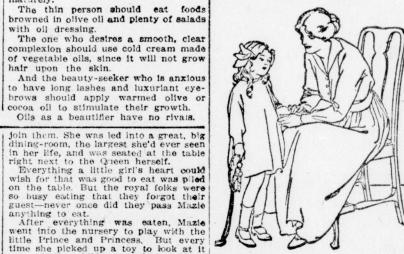
(By Genevieve Kemble)

THURSDAY, JANUARY 31. cepting for a powerful benefic ray the great Jupiter this is a day of nust be done with great deliberation and conservatism, especially since Moon conjunction Mars gives a tendency to conjunction Mars gives a tendency to recklessness, impulsiveness. Irritability, extravagance and plunging headlong into fortunate predicaments. Sun apposition Saturn may offset this somewhat, but is not encouraging for the physical condition or for things in general. Losses disappointments and be-

A CHILD DOESN'T LAUGH AND PLAY IF CONSTIPATED

Look, Mother! Is Tongue Coated, Breath Feverish and Stomach Sour?

can't harm tender stomach. liver, bowels.



tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with

Many times her little playmates,
Mabel and Dee, went home in tears
because Mazle wouldn't left them play
with her toys

Many times her little playmates,
"Tut! What's the trouble?"
asked a squeaky voice, and Happy
Giggles hopped out from behind the
bushes.

sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat
bushes.

hem treat you you'll never make any one unhappy."

And before Mazie could blink her eyes Happy Giggles had disappeared.

Mazie ran home, and from that day on she was never selfish again, but always divided everything she had with her two friends. For she never forgot how dreadfully slighted she had felt on how dreadfully slighted she had felt on chief to the golden castle.

Those whose birthday it is should avoid quarreling and litigation, and guard their health and positions. A child born on this day will have powerful friends, but should be taught not to be reckless, quarrelsome or headstrong.

is the first law of nature." The first law of self-preservation is health. Protect your health by using

BEECHAM'S PILLS Sold Everywhere. In boxes, 25c.

You Get Better Cough Syrup by Making it at Home

What's more, you save about \$3 by it. Easily made and costs little.

You'll never really know what a remedy. You save \$2 as compared with the ready-made kind, and you will also have a more effective remedy in every way. It overcomes the usual coughs, way. It overcomes the usual coughs, throat or chest colds in 24 hours—relieves even whooping cough quickly.

Get 2½ ounces of Pinex (50 cents worth) from any good drug store, pour it into a 16-oz, bottle and fill the bottle with plain granulated sugar syrup. Here you have 16 ounces—a family supply—of the most effective cough syrup that money can buy—at that money can buy-at

a cost of only 55 cents or less. It never spoils.

The prompt and positive results given by this pleasant tasting coug's syrup have caused it to be used in more homes than any other remedy. It quickly losens a dry, hourse or tight cough, heals the inflamed members of the triple of the cough, heals the inflamed members of the triple of the cough. branes that line the throat and bron-chial tubes, and relief comes almost immediately. Splendid for throat immediately. Splendid for throat tickle, hoarseness, bronchitis, croup and bronchial asthma.

Pinex is a highly concentrated compound of genuine Norway pine extra and has been used for generations for throat and chest ailments.

Avoid disappointment by asking your drawist for "2½ ounces of Pinex" with full directions, and don't accept anything elec. A guarantee of

acceps anything elec. A guarantee of absolute satisfaction or money promptly refunded goes with this preparation, the Pinex Co., Toronto, Ont. BACKACHE SOON DISAPPEARED

Could Not Do Housework Till Lydia E. Pinkham's Vegetable Compound Removed Cause.

Fort Fairfield, Maine. - For many months I suffered from backache caused by female roubles so I was unable to I took treatments no help whatever

Then some of my friends asked why I did not try Lydis. E. Pinkham's Vegetable Compound