# DAILY MAGAZINE PAGE FOR EVERYBOD

Secrets of Health and Happiness

### Persistent Ringing in Your Ears a Call For Expert Aid

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



such abominations in the ears are enough to disturb the patience of the seven sleepers, not to mention Job. There are more good people affilicted with these auditory disturb-

seven sleepers, not to mention Job. There are more good people afflicted with these auditory disturbances, perhaps, than might fill a large city.

"Innitus" is the medical pundit's technical name for this nuisance. There may or may not be a little deafness, disziness or even high blood pressure if head noises are "in your midst." In any event, it is an unappy distemper. If there is chronic inflammation or a discharge present, this must be treated. When closing the outer ear diminishes the noises, successful treatment is possible and the ear sounds are often cured. If a constricting band lessens the tinnet labyrinth of the ear or its walls. There irritations or weakened blood or fluid may be found responsible.

If closing your ear with your hand or a bandage does not stop the sounds, treatment will not have much of a victory to its credit. Hardened drum and ear bones are then suspected to be the evildoers.

Microbes and bacterial infections of one sort or another from the nose, tomeils or throat, which wreak their may be sound and the control of the doints of some sort. It may be due to my cure for arthritis? A.—Arthritis is an infection of the joints of some sort. It may be due to my cure for arthritis?

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M. J. R., London. Ont.: Q.—Is there any cure for arthritis?

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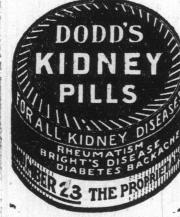
M. J. R., London. Ont.: Q.—I any cure for arthritis?

A.—Arthritis is an infectious of some sort. It may be due to usually an infectious germ gets into the joints of some sort if the joints of some sort. It may be due to discover the focus of germ supply and be rid of it. Hexamethylenetetramine and lakaline fluids help.

FRECKLES, London, Ont.: A. What will take pimples from the face?

2. What will remove freckles?

A.—For pimples apply a little of the following to the face each ni

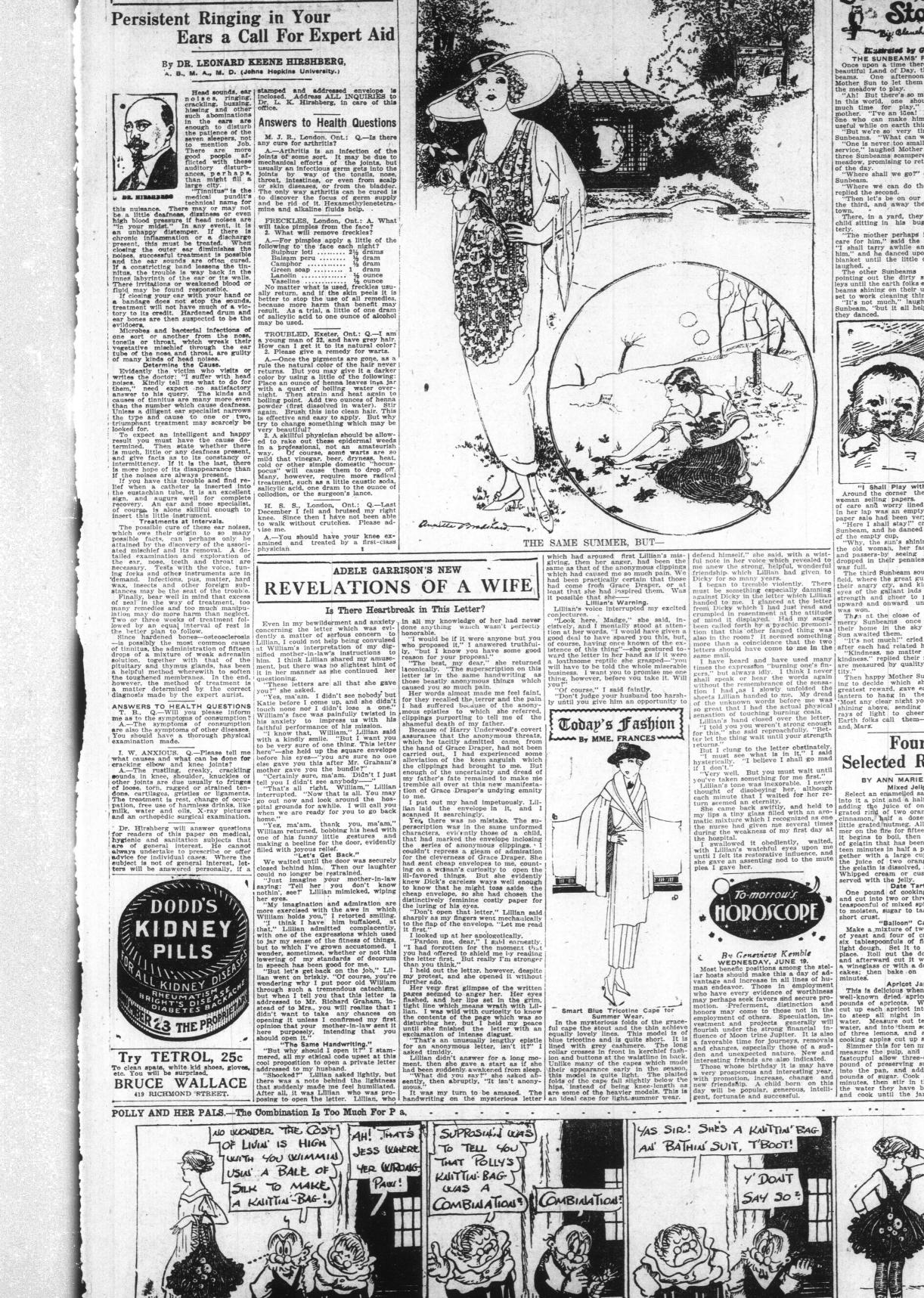


sounds, ear stamped and addressed envelope is inclosed. Address ALL INQUIRIES to t, buzzing. Dr. L. K. Hirshberg, in care of this and other office.

Answers to Health Questions

M. J. R., London. Ont.: Q.—Is there any cure for arthritis?

By Annette Bradshaw **FEMINISMS** 





which had aroused first Lillian's misgiving, then her anger, had been the same as that of the anonymous clippings which had caused me so much pain. We had been practically certain that those had come from Grace Draper, or at least that she had inspired them. Was it possible that she—
Lillian's Warning.
Lillian's Warning.
Lillian's woice interrupted my excited conjectures.

"Look here, Madge," she said, incisvely, and I mentally stood at attention at her words, "I would have given a good deal to have spared you this, but, of course, having once known of the existence of this thing"—she gestured to ward the letter in her hand as if it were a loathsome reptile she grasped—"you will have to be told the whole miserable business. I want you to promise me one thing, however, before vou take it. Wil you?"

"Of course," I said faintly.

"Dor't judge your husband too harshly until you give him an opportunity to by MME. FRANCES

Lillian's hand closed over the letter. Told you you weren't strong enough their had the actual by seasof the unknown words before me was so great that I had the actual physical sensation of touching burning coals.

Lillian's hand closed over the letter.

Lillian's hand closed over the letter. She said, incisvely, and I mentally stood at attention at her words, "I would have given a good deal to have spared you this, but, of course," I would have given a country will have to be told the whole miserable business. I want you to promise me one thing, however, before vou take it. Will you?"

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"Dor't judge your husband too harshly until you give him an opportunity to sensition of touching burning coals.

Lillian's hand closed over the letter.

Lillian's hand closed over the letter. Which Lillian's hand closed over the letter. Which Lillian's hand the words again was full.

Lillian's hand closed over the letter.

Lillian's hand closed over the letter.

Lillian's hand closed over the letter obstinately.

But I clung to the letter obstinately.

But I closed whole is not remaine



Good Night

THE SUNBEAMS' REWARD.
Once upon a time there dwelt in the beautiful Land of Day, three tiny Sunbeams. One afternoon they begged Mother Sun to let them go down into the meadow to play.
"Ah! But there's so much to be done in this world, one shouldn't take too much time for play," replied their mother. "I've an idea! I'll reward the one who can make himself the most useful while on earth this day."
"But we're so very tiny!" cried the Sunbeams. "What can we do?"
"One is never too small to be of some

unbeams. What can we do?"
"One is never too small to be of some ervice," laughed Mother Sun, and the iree Sunbeams scampered away to the leadow, promising to return at the end meadow, promising to return at the one of the day.
"Where shall we go?" asked the first

terly.

"The mother perhaps is too busy to care for him," said the first Sunbeam.
"I shall tarry awhile and play with him." and he danced upon the baby's blanket until the little one cooed and

laughed.

The other Sunbeams wandered on, pointing out the dirty streets and alleys until the earth folks seeing the Sunbeams shining on their unclean streets, set to work cleaning things up.

"It's not much," laughed the second Sunbeam, "but it all helps," and away they danged



"I Shall Play with Him."

Around the corner they saw an old woman selling papers. Deep wrinkles of care and worry lined her forehead. In her lap was an empty tin cup. Her paper sale had been very small.
"Here I shall stay!" cried the second Sunbeam, and he danced upon the brim of the empty cup.

### Four Selected Recipes

BY ANN MARIE LLOYD.

Apricot Jam.

For Wednesday Morning

ere we can do the most good," the second.

BY ANN MARIE LLOYD.

Mixed Jelly.

Select an enamelled saucepan and put into it a pint and a half of cold water, adding the juice of one lemon, the grated rind of two oranges, a stick of cinnamon, half a dozen dates and a little grated nutmeg. Allow this to simmer on the fire for fifteen minutes after it begins to boil, then add one ounce of gelatin that has been soaked for fifteen minutes in half a pint of cider, together with a large cup of sugar and the juice of two oranges. Stir until the gelatin is dissolved, and then strain. Whipped cream or custard should be served with the jelly.

Date Tart.

One pound of cooking dates, stoned and cut into two or three pieces, half a teaspoonful of mixed spice, a little milk to moisten, sugar to taste, and a good short crust.

"Halloon" Cakes.

short crust.
"Balloon" Cakes. "Balloon" Cakes.

Make a mixture of two tablespoonfuls of yeast and four of cream, add to it six tablespoonfuls of flour to make a light dough. Set it to rise in a warm place. Roll out the dough very thin, and afterward cut it with the edge of a wineglass or with a dough cutter into cakes; then bake on tins for four minutes.

Apricot Jam.

Apricot Jam.

This is delicious when made from the well-known dried apricots. Buy three do pounds of apricots. Wash them well, cut up each apricot into four, and put to steep all night in three pints of water. Measure out ten teacupfuls of water. Measure out ten teacupfuls of water. Measure out ten teacupfuls of cooking apples cut up small.

Simmer this for ten minutes, and then measure the pulp, and for each breakfastcupful allow three-quarters of a pound of preserving sugar. Put this into the pan, and add an extra four pounds of sugar. Cook again for a few minutes, then stir in the apricots and the water they have been soaking in, and cook until the jam gets thick.



pers, enameled soles and

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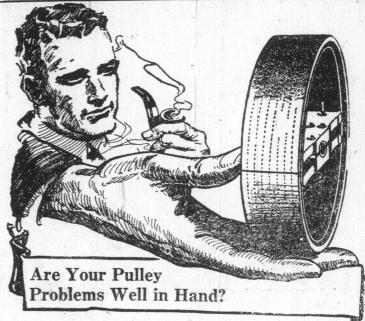
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# UNDERCLOTHING

By Cliff Sterrett.

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