FEMINISMS

Daily Magazine Page for Everybody

Secrets of Health and Happiness

How Your Body Makes Sugar From Starches in Your Food

By DR. LEONARD KEENE HIRSHBERG.

A. B., M. A., M. D. (Johns Hopkins University.) Roses are red, violets are blue, sugar's sweet, and so are you." That old nursery rhyme of childhood's happy hours gives you



py hours gives you a clue to a method sweetness." It is literally true that the physiological mechanism of man makes him sweet, for much of what is eaten becomes sugar that is stored in the hely.

in the body.
Sugar, after all,
is a blood brother
Both are included in that of starch. Both are included in that branch of nutritious substances called carbohydrates. Since starches are changeable into the equivalent of sugar, "you should worry" about any decrease in the civilian's supply of sugar. Starch in food is without taste until the moisture and enzymes of the saliva begin to convert it into sugar. The moment it tastes sweet you know it has begun to change into sugar.

Sugar as saccharose glucose, levus has begun to change into sugar.

Sugar as saccharose, glucose, levulose, maltose, pentose or any of the multitudes of chemically different sugars is more easily absorbed and digested than is starch. As glucose or dextrose, into which the saliva and stomach juices quickly convert most starches and other sugars, it is quickly made use of by the tissues.

Sugar is Essential.

Sugar thus taken into the stomach

stomach juices quickly convert most starches and other sugars; it is quickly made use of by the tissues.

Sugar is Essential.

Sugar thus taken into the stomach sometimes finds its way into the blood by three or four minutes. This avidity of the fiving fluids for sigar is only one bit of testimony to prove that sugar is essential to the best health. It yields beat and energy, and is a stimulant to the flesh. Your muscles become flabby and almost useless without "the sweets you know not of."

After starch arrives in the stomach it is almost wholly changed into sugar. This work is done largely in the small loops of the bowel, after the starch has departed the gastric bag. The healthy stomach makes acids which are capable of changing starch to sugar, but it is the alkali and the ferments of the intestine or the saliva which does most of the work.

Eating for Taste.

Day Frocks.

When Ethel May Selden walked into the studio this morning she wore a firight of a dress. When she went out she was as smartly frocked as any work is designed for the studio this morning she wore a firight of a dress. When she went out she was as smartly frocked as any work is designed for the spring-summer fashion pageant be taken from the collection, but when she saw how unattractive Miss Selden looked she just couldn't let her continue to wear that unbecoming frock.

"Claire, please run upstairs to Miss Westley and tell her to let you have four one-plece frocks suitable for street wear." Madame said, shaking her head at Miss Seldon. "I cannot allow this frock with distinctive features of trimming that made it an ideal costume for street wear." Miss Westley gave me a tunic frock or the one of Roshanara crepe were the only ones that were suitable for street wear." Madame said, shaking her head at Miss Seldon. "I cannot allow this frock or the one of Roshanara crepe were the only ones that were suitable for street. Which extended well into the skirit, passing through a slash cut in the belt, Each side of the pound. The bodice was cut with a

of the work.

Practically all vegetable foods contain either sugar or starch or both. When you eat fruits and succulent vegetables you have a diet which is rich in carbohydrates. As far as necessities of digestion are concerned, you would not recome the day of the start of the Before the war there were consumed Before the war there were consumed about 80 pounds of sugar per head of population. Only England consumed more sugar per head.

The taste for jams, jellies, candies and confections is largely an acquired one, and as you accustom yourself to do without sugar the craving for it will diminish.

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The United States and its possessions The United States and its possessions, the Philippines, Hawaiian Island and Porto Rico produce close to half the sugar we consume. Cuba furnishes the rest. Louisiana produces 200,000 tons, the Hawaiian Islands 500,000, the Philippine Islands 60,000, and Porto Rico 300,000 tons of cane sugar; in all, 1,060,000 tons. The United States also produces 800,000 tons of best sugar, giving a total 800,000 tons of beet sugar, giving a total production of sugar in the United States and its dependencies of 1,860,000 tons. If all the Cuban sugar were used which would give us nearly 100

Answers to Health Questions

And Easter Sunday gleamed upon the sky,

T. L. P.: A.—Your question is of a personal nature. If you will send a

requires treatment for the blisters, such as boric acid powder or orthoform; treatment of the infective germs with adrenal in solutions, and citrated hexamethylnetetramine, 5 grains in a glassful of water every four hours, and sedatives to allay the enduring neuralgic torment. Salicylic acid, bromides and quinine may be needed for the latter. It is caused by germs and bacteria getting into heads of nerves around the spinal cord.

nes in Your roou	spinal cord.
EENE HIRSHBERG,	ANXIOUS READER: Q.—I am troubled with chilblains. Will you please prescribe a remedy? A.—Apply a little of the following to
self-addressed stamped envelope, with your question repeated, I will be very glad to give you the desired information. N. B.: Q.—Please give me a remedy for pimples.	the feet each night: Ichthyol 1 dram Benzoin 1 dram Tannic acid 1 dram Rosewater 1 ounce Take internally two teaspoonfuls of compound syrup of hypophosphites in water at bedtime.
2. Also for falling hair.	C. D. L.—Q.—Please give me a remedy

C. D. L.—Q.—Please give me a remedy that I can use as a dry shampoo. A.—As a matter of fact, the word shampoo cannot be used with anything dry, because it has to do with soap, water and cleansing. Powdered orris root is often used and called a dry shampoo, but it is the wrong name for it.

2. Also for failing hair.

A.—For pimples, apply a little of the following about three times a week:

Sulphur loti 2½ drams
Balsam peru ½ dram
Camphor ½ dram
Green scap 1 dram
Lanolin ½ ounce
Vaseline ½ ounce
2. Rub into the scalp three times a
week a little of the following:
Quinine 1 dram
Pilocarpine 2½ grains 2. Rub into the scalp three times a week a little of the following:

Quinine 1 dram
Pilocarpine 2½ grains
Salicylic acid 15 grains
Lanolin ½ ounce
Petroletum ½ ounce
Petroletum ½ ounce
G. W. B.: Q.—Will you please tell me what causes the shingles, and is there any cure for them?

A. Shingles, zona or herpes zoster

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, care this office.

DIARY OF A FASHION MODEL

She Learns That Heavy Silk Is Now Favored For Charming Day Frocks.

The bodice was cut with a panel front which extended well into the skirt, passing through a glash cut in the belt. Each side of the panel was outlined with a row of coin-shaped buttons covered with the silk, and buttonholes to correspond. The high neckline was finished with an up-standing, turned-down collar, which was particularly becoming to Miss Selden. A cravat of dark blue grosgrain ribbon was tied in a small bow with long ends.

Turned-back cuffs of the crepe finished the long sleeves, which were stitched into the armholes without a suggestion of fullness.

suggestion of fulness. The normal waistline was defined by

Miss Selden was very much impressed Miss Selden was very much impressed with the skirt, which was odd in cut and decidedly smart. The top-had the effect of a shallow yoke gathered softly about the waist. The lower portion was joined to this in such a manner that it stood away from the yoke, forming pockets at each side of the panel. Below the knees the material fell in pleats which drew in about the ankles, producing a per-top silhouette. ing a peg-top silhouette.

At first glance the frock appeared to e rather plain, but before long one was appressed by its smartness.

Selden, and to be blamed for designing that model would be nothing short of a I agreed with Madame, and said so.



By Annette Bradshaw

annew Bradshow.

impressed by its smartness.

When Miss Selden had passed out of liberty which glowed in the hearts peried to let the lady have one of her

subdue Sweden and to crush the spirit of liberty which glowed in the hearts of the people.

At this time two great men controlled.

At this time two great men controlled. At this time two great men controlled swer my call to arms I will lead them vi "pets."
"In self-defence," she answered, "I had to give her something smart to keep her from wearing that dreadful serge frock.
We have the reputation of dressing Miss state, and the prelate called upon Chrissistate, and the prelate called

state, and the prelate called upon Christian to support his cause and the King of Denmark immediately marched his troops into Sweden. Several battles followed, and Stern Sture fell fighting for the freedom of his country.

A messenger was dispatched to bear the processor of the country. A messenger was disperted to bear the sad news to Christina Gyllenstierna (Goldenstar), the lovely young widow of Stern Sture. The soldier was deeply touched by her hopeless grief, and in striving to comfort her, said:

striving to comfort her, said:

"We know madame, that your loss is irreparable, but so is ours, for while death has robbed you of a husband, he has taken from us our leader."

The thought of the people being without a leader struck Christina to the heart. Forgetting her own sorrows, she called the patriots together and pleaded with her husband's associates to continue the work interrupted by his death. But her pleadings fell upon deaf ears. The fate of Stern Sture had apparently quenched the fires of patriapparently quenched the fires of patri-otism which his living presence had in vain, Christina rose and faced the assemblage, her eyes brilliant with the

light of determination, and astonished

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

What Madge Did to Save a Dangerous Situation.

INCIDENTS IN THE LIVES

OF FAMOUS WOMEN

BY ELOISE FARRINGTON.

How a Woman Led the Swedish Patriots to War For Liberty.

When Christian II. ascended the both the sage oid statesmen and the throne of Denmark he determined to subdue Sweden and to crush the spirit of liberty which glowed in the hearts of the people.

At this time two great men controlled.

At this time two great men controlled.

To battle against the invading hosts of to battle against the invading hosts of the structure to fight are traitors to their mother land."

Those who refuse to fight and he stand? The entire body of councillors and sofdiers rose and wildly cheered Christian. Those who refuse to fight are traitors to their mother land."

The entire body of councillors and sofdiers rose and fortunes to further the cause of liberty. The heroic wife of Stern Sture led be trained to further the cause of liberty. The heroic wife of Stern Sture led be trained to state smen and the stout walls Christian refused to shattered regiments into Stockholm and closed the gates of the city. Safe withing the stout walls Christian refused to consider any negotiations for peace presented by Christian refused to consider any negotiations for peace presented by Christian are fused to fight are traitors to their mother land."

Those who refuse to fight and he standed the saked Doty, for that are traitors to their mother land."

The entire body of councillors and fortunes to fight are traitors to their mether land."

The entire body of councillors and fortunes to fight and the ground again.

The trait or to their mether land."

The entire body of councillors and fortunes to fight are traitors to their mether land."

The trait or to their mether land."

The entire body of councillors and fortunes to fight are traitors to

bombardment of the Danish ships and land forces, and Christian was about to leave Christina and her obstinate followers to themselves.

But disloyalty and treachery began to work among the Swedes. Christian learning of this prolonged the attack. Several months of siege followed, and the brave wife of Stern Sture was compelled to corner terms of presses.

Selected Recipes

One pound and a half of flour, half pound of corn flour or rice flour six ounces of margarine, three ounces of sugar, three ounces of currants, one unce of cream of tartar substitute half an ounce of bicarbonate of soda, half a pint of milk, and half a pint of water. Mix the two flours together and sieve the powders in, rub the margarine and sugar in, add the currants, and mix the whole up to a smooth paste with the milk and water. Roll it out with the relling pin to about half an inch thick, cut out rounds the size of a muffin plate, four or five inches across, wash over whole up to a smooth paste with the with water, and bake in a hot oven. Dates or figs can be used, and they make a very nice tea cake that will keep moist for several days.

What Madge Did to Save a Dangerous Situation.

As soon as the stranger, whom to my terror I thought I had recognized, went through the door of the waiting-room, Allen Drake girls of the stranger of the waiting room, Allen Drake girls of the state of the can. He has followed me from the can the has followed me from the can the has followed me from the can the has followed me from the can true that follow of the track it we can. He has followed me from the can true that follow of the track it is can be shall make the content of the can be shall be considered and the can be shall be shall be considered and the can be shall be shall be considered and the can be shall be made to the can be shall be considered and the can be shall be shall be considered and the can be shall be shall be considered and the shall be considered

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War.

BY ALBERT BARRETT SAYRES.

Growing Vegetables in Orchards.

In these days of ever-increasing food needs the fruit grower may make more money from his land and perform a patriotic duty by planting vegetables between his trees. Indeed, some of the most famous horticulturists agree that the patriotic fruit grower shouldn't think of extending his planting during the war, but should turn, his attention to truck and farm crops. Wherever possible he should plant inter-crops of beans, potatoes, cabbage and like vegetables in his orchards.

This doesn't mean that orchards should be abandoned or even neglected. But it does mean that the need for increased food supplies makes it imperative for every fruit grower not to extend his orchards, and to give less thought to them than to the growths of other crops that mean more in direct food value to the nation.

Several suggestions for increasing the use of potatoes have appeared in this column, but a good thing cannot be recommended too often. Here are further ways to make use of potatoes, of which you may not have thought recently.

How long is it since you have reasted a potato and eaten it, skin and all, with only sait? This is a most delicious way.

Serving Potato Biscuit.

Take a cupful of flour, four teaspoonful of sait, sifting them together. Add these to a cupful of mashed potatoes and with a knife work in a tablespoonful of butter and one of lard.

great fat worm, and with it in his beak he flew away to join Mrs. Robin, who had returned to her nest. After that when Dotty felt like stamp-ing her feet she always thought of Mr. Robin stamping for worms. Then her

Famous Sayings

Adelaide Anne Procter, 1825-1864.

Dreams grow holy put in action; work grows fair through starry dreaming.

But where each flows on unmingling,

Through Peace to Light.

The Origin of

were cross-I do sometimes when oross."
"That's very wrong," chirped Mr.
Robin. "We robins never get cross, and
if we do we try not to show it. If we
couldn't find worms to eat you wouldn't hear us singing very morning, for worms are the best things for birds of any kind."

"Then stamp all you want to," laughed Dotty, "for I love your cheery songs."

Mr. Robin stamped on the ground and suddenly reached down and pulled out a great fat worm and with it in his

Il. strated by Gruelle,

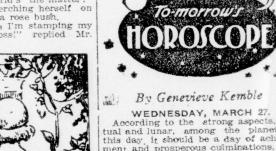
A JOKE ON DOTTY. "Mamma, what makes that robin stamp on the ground like that?" asked Dotty, as she stood at the window watching a robin stamping his feet on

"I guess Mr. Robin could answer that better than I can," laughed her mamma. Dotty ran out the door and right up to Mr. Robin.

"Good morning, Mr. Robin," laughed "Oh, no I've been up a long time," Joy is like restless day; but peace divine replied Dotty.
"Well, I overslept this morning, and Lead me, O Lord—till perfect Day shall

both are fruitless and in vain.

—Philip and Mildred. Matthew Arnold. 1822-1888.





"I Love Your Cheery Songs."

don't understand," chirped and can't "When we get hungry and can't

According to the strong aspects, mulal and lunar, among the planets for that and lunar, among the platets lot-this day, it should be a day of achieve-ment and prosperous culminations, ex-cepting, perhaps, for those in the em-ployment of others. The luminaries being in opposition warms these to safeuard their positions and avoid seeking tavors or promotion from the saverse con-dition, however, both Jupiter, the "money planet," and Saturn, the grea-obstructionist, are in most bendgmant at obstructionist, are in most beinghald actitude, alding, abetting and prospering all large and new enterprises. The transit of Neptune helps this out, encouraging to enter into schemes, combinations and varied allifances with faith as to the benefic result.

Those whose birthday it is may expect a successful year, with increase of

pect a successful year, with increase of

CEETEE UNDERCLOTHING

Sodas

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