## DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

### How War Disease Called "Trench Mouth" Is Treated what to do for boils.

By DR. LEONARD KEENE HIRSHBERG,

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





stroys all germs with which it comes in contact, soothes and heals the inflamed membranes and fortifies you against coughs, colds, sore throat, bronchitis and grippe. Peps contain absolutely no harmful drugs and are therefore the largest remedy for children.

TREE TRIAL Cut out this article, write across it the name and date of this paper, and mail it (with ic. stamp to pay return postage) to Peps

to pay return postage) to Pens Co., Toronto. A free trial packet will then be sent you. All drug-gists and stores sell Peps, 50c. box.



Which do You Use?



LLACE'S DRUG STORE

A.—Very likely there is a slightly torm tendon in the joint which requires a small operation by an orthopedic surpose. The sore of many and British "Trench "trench are names ulcerated Barker of Barker of Barker of ments, seasoning, rich foods, nuts, peas Barker

Second voter control in the first of personal control of personal

HARD WORKER: Q.—Kindly advi

A.—Very likely there is a slightly torn tendon in the joint which requires a small operation by an orthopedic sur-

### How You May Prepare Today . to Prevent Chapped Hands

BY LUCREZIA BORI

Chapped hands are not only uncomfortable, but they're most unsightly. It is much easier to avoid chapped hands than to cure them, and therefore it is wise to prepare now some of the best preventives to protect the hands in cold days.

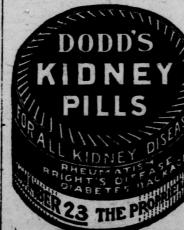
After washing, wipe the hands with a lotion consisting of:
5 grains of borax
10 grains of sodium sulphite
20 drops of glycerine
1 ounce of rosewater
The reason for chapped, red hands is either the too frequent immersion of the hands in water or otherwise on account of the dryness of the skin. For excessively them your hands are excessively soiled don't scrub them with pumice or a rough soap. Keep by you a simple but effective cleanser like lemon soap. This can be made by shredding three ounces of soap into one ounce of lemon juice and heating slowly.

Always be sure to dry the hands thoroughly after they have been put in water.

As often as possible cover with some good softening cream that will whiten the hands.

One of the creams above described can be used, or there is a specially excellent cream for this purpose made as follows:

'/-
'/-
' drams of watery wool fat 21/2 drams of soft paraffin of the starch to make





JOHNNY SKUNK TAKES MATTERS INTO HIS PAWS. was quite a stir among the oodland folks. Billy Grey Squirrel



By Genevieve Kemble FRIDAY. OCTOBER 18.

Braid has a variety of uses, and it the otherwise narrow shoulder line. The fashionable costumes. For braid is used not only in trimming; it can be used in such a way that it saves cloth, or camouftages the lack of it. And when we remember that the chief function of the designers this fall is to create beau.

A charming touch is given this combination is a daring winter innovation, but it is beautiful and will be worn considerably. However, not all of use a marrow with black the right shade of brown. The green show helpful can be certain varieties of the considerably. However, not all of use a rather if the right shade of brown. The green should be overcome by due caution, alliances, etc., secret but not should result not be adapted with an edging of braid something to be used not not substitute for cloth. The fur-and-satin combination is a daring winter innovation, but it is beautiful and will be worn considerably. However, not all of the considerably. However, not all of the considerably the worn considerably. However, not all of the right shade of brown. The green shown browns or the grey browns cannot to us can afford to replace cloth with furthough cloth is rare, for fur is even more expensive. But we can use the braid trimming to give more body and richness to the plain, scant, fall suit. Braid is to be used not only as an analysis to be a day of sudden, abrupt and importants this promises to the presents this promises to the adaptive movements this promises to the presents the calculation and sale planetary movements this promises to the adaptive movements this promises to the adaptive movements this promises to the presents the adaptive movements that come through elderly persons and Saturnine interests, and also throu

## Where Equality of the Sexes Long Has Reigned and Reindeer Are Money.

Those of us who remember the avidity with which we read about the reindeer—good St. Nicholas's steed of the snow and the air—and that land we knew as Lapland, scarcely realized that the Lapps who inhabit that region that has no real boundaries, really have no country of their own. For the Lapps are divided into three sections:

There are the Lapps of the sea and

selves Sameh or Samlots.

Their whole civilization seems to hinge on the reindeer. To the Lapps the reindeer is as indispensable as the dog to the Eskime or the camel to the Bedouin. The Laps devote their lives to the reindeer herds which give them food, clothing, bedding, many household utensils and means of getting about over the snow or frozen wilderness. Indeed, the Lapp counts his wealth by the number of reindeer he owns, so, indeed, the reindeer is money. The average Lapp is a good-natured, good-hearted person, fond of his family and delighting in all sorts of merry-making. Among the Lapps there is perfect equality between the sexes. In moral and in civil rights they are equal, and this equality extends to everyday work, which men and women and boys and girls perform with energy, as nearly equal as can be.

oqual as can be.

Once the Lapps were sun and moon worshipers, but the Christian missionaries have made most of them good Christians. And with this acquirement they have gained a liking for home, so there are more Lapps living in permanent homes today than are living the old, care-free wandering existence their forefathers lived when the ice first melted from the pole and they moved upward to enjoy the storms and the ice Portugal was formerly known as Lusi-ania. The present name is derived from

tania. The present name is derived from Port Callo, the ancient name of the town now known to us as Oporto.



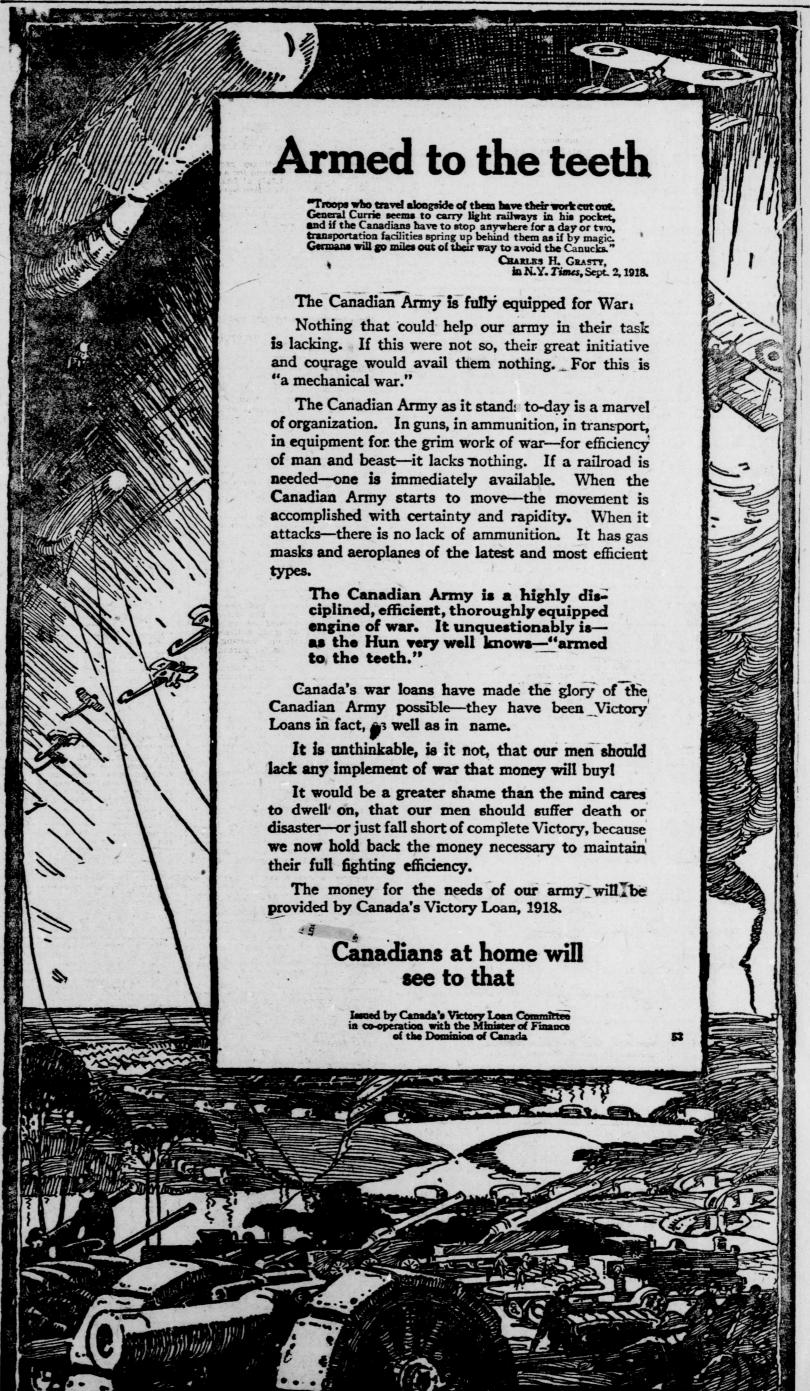
Around four o'clock in the afternoon, when the body is tired and the mind is weary, and you don't quite know what to do next, there is nothing that will stimulate you so quickly and give you renewed ambition, and make the world take on a new aspect, so much as a cup of Lipton's Tea.

But be sure the Tea IS Lipton's, because the quality is guaranteed. We grow it, blend it, pack it, and sell it ourselves. No other firm selling Tea in Canada may give you this guarantee.

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