

## NINE BOILS KEPT COMING ON NECK ONE AFTER THE OTHER

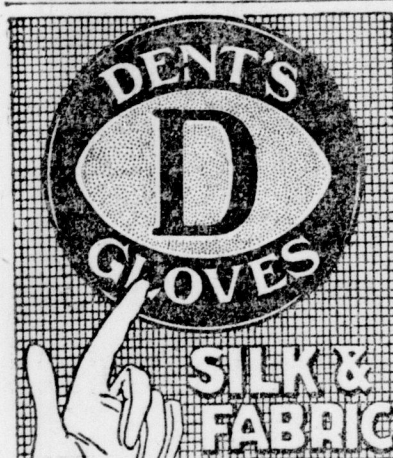
Anyone who has ever suffered from boils knows how sick and miserable they make you feel.

When you think you are about cured of one, another seems ready to take its place and prolong your wretchedness. All the poulticing and lancing you may do will not cure them and stop more coming.

Boils are simply bad blood bursting out, and the bad blood must be made pure before the boils disappear.

Burdock Blood Bitters is the greatest blood purifier known. It cleanses the system and removes every particle of foul material from the blood, then never another boil comes and the cure is permanent.

Mr. Geo. Ayers, 303 Gloucester street, Ottawa, Ont., writes: "I wish to tell you what I know about your wonderful Burdock Blood Bitters. In the spring I suppose my system needed cleaning out, for I had nine boils come on my neck, one after the other. I quickly got a bottle of B. B. B., and before it was half finished I felt a great change, and it certainly put an end to my boils, otherwise I might have had a lot more. I recommend B. B. B. to all I can, for I know it to be a great remedy."



Madam,

Dent's Silk Gloves are manufactured in Canada by skilled operators. They are made with double finger tips, which give you extra wearing quality in your silk gloves, and you also get the Dent's standard of quality, style and fit. Look for the name

DENT'S

on the hem.

## ROBINSON & GRAHAM QUALITY MEAT AND FISH SHOP

We have an extra supply of Choice Celery, Lettuce, Green Onions, Parsley, Radish, Cabbages, for Saturday.

### LOOK OVER OUR SPECIALS.

Stewing Veal .....	15c lb.	Cooked Pig Feet....	2 lbs. for 25c
Shoulder Veal .....	20c lb.		
Veal Chops .....	25c lb.		
Shoulder Pork Chops....	30c lb.		
Breasts Lamb .....	25c lb.		
Shoulder Lamb .....	25c lb.		
Roasted Roasts Beef ..	30c lb.		

### FRESH POULTRY DAILY.

Cheese: Swiss, Limburger, Sultana, Old White and Yellow, Cream, Pimento.

Make This Bright, Sanitary Store, Your Store.

PHONE 6186.

206 DUNDAS STREET.

# DAILY PAGE FOR EVERYBODY

## Secrets of Health and Happiness

### What's the Relation Between Temperature and Long Life?

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



DR. HIRSHBERG

Prof. Jacques Loeb and one of his assistants, J. H. Northrop, have just announced to the National Academy of Sciences that the duration of life depends upon a temperature coefficient.

Prof. Loeb uses the lower animals to prove his contention. He raised this question first in 1908 about the time of his "Fishes of the Sea" discoveries. It was then that he remembered that by means of salt and sea water he was able to cause the development of the female frogs' eggs into the embryos.

If the duration of life depended upon the presence of certain substances which are used up during life, there ought to be a definite temperature to correspond with each length of life.

Prof. Metchnikoff, recently deceased, mentioned the possibility that the duration of the life of the moth of the silkworm might be limited by the retention of certain poisonous substances held in the kidney fluids. This proved to be true.

The rapidity of the consumption of this necessary substance or the velocity of the accumulation or the action of injurious or poisonous things should increase the temperature according to a definite law. It seems that there exists for each kind of animal a pretty definite duration of life in spite of the fact that damage and accidents of various types may shorten the life of the individual.

The animal plants, the Sequoia of the forests, the human creature, the insects, all have their average span of life.

What, then, asks Prof. Jacques Loeb, is the source which gives to each kind of living thing a characteristic, average duration of life? Why does man on an often live less than three score and ten and seldom longer?

Seeking the Answer.

A search for the answer to this question is perhaps best understood upon some species such as the fruit fly, which naturally has a short duration of life.

Therefore, the Rockefeller Institute savants chose the little fly which hovers around fruit baskets. It is called "drosophila."

Newly hatched flies were put into flasks and kept at hot, very warm, warm, moderate, cool and cold temperatures, represented by the French Centigrade thermometer scale in degrees as 24, 31, 28, 24, 14 and 9.

Each flask contained on the average about 100 fruit flies. The number of the dead were counted each day and the surviving flies were put into fresh flasks every two days.

Cold an Aid?

Each determination of the duration of life was based upon at least two and often as many as twelve flasks of 100 each.

The values for the average of "mean" length of life of the little insects at a

given temperature was taken as the average length of life at that degree of heat. Three series of these experiments were made.

The upshot of these experiments was the discovery that there certainly exists a temperature for each corresponding span of life, equivalent to that of favorable chemical reaction. Two days for each difference of 10 degrees holds for fruit flies.

As the temperature goes down, length of life increases. The same thing is found for eggs, worms and bacteria. Whether it is true for warm-blooded animals such as man, remains to be found out.

Answers to Health Questions

E. B. Q.—Please tell me what I can do for coughs.

A.—Coughs lasting longer than two weeks call for a thorough physical examination by a physician.

N. O. R. Q.—Please tell me what I can do for a scar that was left by a razor.

A.—I am only 22 years old and am getting wrinkles. What can I do.

A.—Massage the scar with olive oil. Scars generally wear away by themselves.

2.—Massage your face with cocoa butter and corn oil.

M. G. Q.—Please tell me what I can do for enlarged tonsils.

A.—These may be normally large, associated with big veins, a fallen intestine, or fluid in the sac. Only an examination can tell which.

READER. Q.—What can be done for hand rashes?

A.—There are many origins of hand rashes. You should have a careful examination made by an ear specialist.

W. B. C. Q.—Where could medicine be procured for psoriasis?

A.—Please send a self-addressed, stamped envelope with your question repeated and I shall be glad to help you.

ANY INTERESTED READER. Q.—Please tell me what I can do for superfluous hair.

A.—Remember that there are few if any methods to "kill the roots." About twice a week, or when needed, some of the following may be tried:

Calcium sulphide ..... 3 parts

Zinc oxide ..... 1 part

Starch ..... 1 part

Dr. Hirschberg 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 enclosed, Address all inquiries to Dr. L. K. Hirschberg, care this office.

## ADELE GARRISON'S NEW REVELATIONS OF A WIFE

The Message the Cablegram Bore.

Lillian tore open the cablegram which Katherine had just brought her with quick, nervous fingers. But rapid as were her movements, it seemed an eternity before she read the cablegram and slowly passed it to me. I knew that it must be from my father, and the relief from suspense at this proof that he was actually alive shook me so.

But the words in the cablegram were not reassuring ones. I read them slowly and the load descended upon my heart again.

"Sell country house immediately—Gordon."

These were the cryptic words the cablegram contained. For a moment I couldn't grasp their meaning, and I lifted dull, puzzled eyes to Lillian. Katherine had slipped away noiselessly, and we were alone in the library.

"Don't you remember, dear?" Lillian spoke gently, and her eyes were full of infinite tenderness and pity. He wrote he would send us that identical message again.

I didn't let her finish. The realization of what the message must mean swept over me, and I sprang to my feet almost hysterical with terror.

"He must be dead by this time, Lillian," I said, over and over again against her shoulder, for she had come to me swiftly as she saw my face and enfolding me in her strong arms.

"I fear so, dear," it was never Lillian to avoid the truth when it had to be spoken, "but you must be brave, my darling. He has left us urgent work to do, and we mustn't waste a minute."

And besides, you must remember that he has escaped before from terrible danger. It's possible that he may do so again.

"Now for Allen Drake."

But her words were without conviction. It was well for me that I had the spur of my father's mysterious message to turn my thoughts into another channel than that of my loss of him.

In the last letter we had received from him he had inclosed a note which he had instructed us only to deliver in case of his death, or the cablegram from him which we had just received. He had intimated that the cablegram would only be sent if he were at the last extremity of his wonderful resources, with death at last staring him in the face.

I could still see the blank amazement on Lillian's face when she discovered that the tiny envelope containing the note bore no address, and then the dawn of intelligence as she remembered

the instructions my father had given her—in a seemingly idle moment—as to the use of a certain kind of invisible ink. She had promptly followed the instructions, and the name "Allen Drake" had appeared upon the envelope.

But Lillian gave me no time for reflection. I had hushed my sobbing at her reminder of urgent work to be done, and in another moment she gently unloosed my clasp of her and stood up, throwing back her shoulders in the characteristic gesture with which she accepts some new and difficult task.

"Now for Allen Drake," she said. "We must get to him immediately."

Her next question terrified me. "You know him, don't you Madge?"

What Lillian Planned.

Did she expect me to go in search of Allen Drake, the man with whom I had had so strange an interview upon the occasion when Dicky had brought him to the old Brennan house in Maryland?

"Yes, slightly," I faltered. "I never saw him except on two occasions. You remember, I told you of that."

"I remember," Lillian returned succinctly, "that you weren't particularly keen for him, and I am mighty sorry to have to send you in search for him. But it would never do for Allen Drake and me to be seen talking together. We're both too well known, while no one suspects that you are also in the secret service. He does know Kadhane, or I would send her. So there's nothing for it but yourself."

She spoke with a determination which I knew it was useless to combat, even if I had wished to shirk my duty.

"What am I to do?" I asked dully. "Nothing for the next few hours," she said briskly. "Of course, you have the paper with you."

"Right here," I indicated the trick wrist watch, which I had taken from my trunk just before starting from home, and to which I had transferred the precious paper from the pencil case hidden in my treasured vase.

"Good!" Lillian returned. "And isn't it lucky Dicky is prepared to have you stay with me all the week to help me out with that historical dope? Well, if you look at it in the right way, we are telling no falsehood. You may be helping me make history, my dear."

The expression of her eyes as she stopped to kiss me robbed the words of all levity. I had a sudden glimpse of the consecration, the vision with which Lillian approached her work, and it shamed my tremulous weakness and made me determined to bear myself more worthily.

## How You May Aid Your Child To Overcome Her Awkwardness

BY LUCREZIA BORI  
The Famous Spanish Prima Donna

When childhood merges into girlhood there begins the "awkward age," during which it is often difficult for a girl to manage her rapidly lengthening arms and legs gracefully.

Training for grace and poise should begin in the very early years, but if such training has been neglected up to the awkward age there's all the more reason for taking the child well in hand.

If a little thought is given to the subject, it is not difficult to find a way.

Have you noticed how nervously some women talk over a telephone? And how nearly impossible it is for them to take a "phone message correctly? If the little girl is taught to answer the telephone at every opportunity and both to give and to report messages coming over the wire, she will gain, subcon-

sciously, a poise that many older women lack.

The little one should be taught to dance almost as soon as she can walk. Dancing is a wonderful aid to grace of movement, and the child who begins the pleasant exercise when she is four or five years old will have little of that clumsy awkwardness when her legs and arms begin to grow in. The child who cannot remember when she first learned to dance is usually an example of grace throughout her life.

Then, too, it is necessary for the growing girl to use the course in systematic exercises that will tend toward poise and grace, in addition to the regular gymnasium work taught at school. She should learn to be conscious of the fact that she has hands or feet, and so able to move about with ease and freedom.

Returning again to the subject of self-possession, use the same methods to help your young daughter to acquire this excellent quality. Amateur theatricals, for instance, will greatly aid in overcoming shyness and self-consciousness and awkwardness. Public performances, however, are to be discouraged when a child is inclined to be forward or even precocious. The forward youngster may need her awkwardness eliminated, but her self-possession to a large extent will take care of itself.

Even the precocious child may take part with her shy sister in serving tea. This pleasant little feminine custom should be taught the child from the time she is ten or twelve. Let her have a "day-at-home" occasionally and provide her with a tea table and the accompanying service. Allow her to serve some of her little friends, and if an older person should happen to drop in let her offer the guest tea, also.

A very wise mother of my acquaintance has a small daughter of six. She visited the family for a week-end and a few minutes after my arrival the mother was called away to attend to something of importance. Turning to little Miss Six-Year-Old, she said:

"Margaret, will you show our guest to her room?"

Much amused, I followed the child as she trotted ahead to the guest room. Then she stood in the doorway watching me as I removed my wraps. But she turned away suddenly, as though remembering that she mustn't appear curious, and went to a chair in the hall, saying, hospitably, as she left:

"Please make yourself at home. I'll wait for you here until you are ready to go downstairs."

This child will not lack poise and grace when she reaches the "awkward age."

If your child is awkward or shy, proceed to correct her deficiencies with all the sympathy and wisdom you can muster to her aid.

Teach Little Daughter How to Help You and Train Herself.

Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more snuffling, hawking, mucous discharge, dryness or headache, no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed-up and miserable. Relief is sure.—Advt.

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## Today's Fashion By MME. FRANCES



Smart Jumper Frock of Dark Blue Silk Serge With Bodice of White Satin.

Who would wish for wool when wearing a smart frock of silk serge? The material used for this attractive jumper frock is dark blue in color and diagonal in weave. The underbodice is of white satin which buttons high about the neck. Flaring turnovers finish the collar and cuffs. The narrow skirt has a gathered peplum ornamented with patch pockets.

By Genevieve Kemble  
SATURDAY, MARCH 16.

Under some strong lunar and solar positions business should receive a marked stimulus, coming from several different directions, but in a pronounced manner from some unusual and unexpected source, the latter under the semicircle of Sun with Uranus, promising benefits from strangers and elderly persons, particularly to those in public or governmental employment. Inventors, scientists, aviators, electricians are prospered. Under an artificial Venus affairs in the social, domestic, artistic and affectional realm must be cherished and protected. Women especially must be warned.

Those whose birthday it is will have an active, interesting and successful year. A child born on this day will be clever, industrious and prosperous, but must be taught to be discreet.