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> At all Grocers

# DAILY MAGAZINE PAGE FOR EVERYBODY

By Michelson

Hints on Beauty

## Freshen the Complexion by Diet Change

By MAGGIE TEYTE

ason of the year are diet and exer-

louble the other, and you have the rule of application. The furnace fires MAGGIE TEXTE in your house are burning low, aren't

fuel of your body when you find the fuel for the house being curtailed.

Open your ears to the call of nature

Make a new routine of life and write in big letters on the schedule the nearest route to the open country—and run away every chance you get.

Walk, breathe, eat fresh fruit, fresh vegetables, drink fresh water and fresh air and the beauties of the awakened earth, and save the money you are always willing to spend for some applied beauty lotten.

beauty lotten.

That is the very best advice I can give you. I have told you in the past what foods are good medicines, but perhaps I may be forgiven if I repeat, for the list Onions are rich in sulphur and will cleanse your system and brighten the bloom on your cheek and the twinkle in

your eye.
All the members of the cabbage family All-the members of the cabbage family are excellent, kale, cauliflower, Brüssels sprouts. And please, when you eat these very delicious vegetables, don't spoil them by mixing them up with a lot of cream sauces and pepper. Salt, a little, and some butter, or if they are eaten coid as salads, plenty of pure olive oil is seasoning sufficient.

Greens, all kinds and all you can eat of them. Dandelions in particular, and water cress and asparagus.

Carrots will purify and make blood.

Spinach will gather up a lot of poisons in an overfed system and carry them

on will celery.
Onlons and lettuce are better sleer stores, and if you form the habit, so

much the better.

They never leave any ill effects, unless you count the lingering odor of onion, and either a glass of milk or a prig of parsley or a few fennel seeds will remove that.

Tomatoes have an acid element which

is at once a cleaner and a tonic, and tomatoes rubbed on sallow faces and necks have wonderful bleaching quali-

#### Spring Mending in the Home By Ann Marie Lloyd.

TOT spring cleaning, but spring mending. The two are distinct, and while the one gets done the other is often left undone.

A door is banged back, with the key left in the lock. The result is a disfig. uring hole in the wall. To mend that, get two cents worth of plaster of paris, make it into a paste, fill the hole, smooth carefully, and when dry paper or tint it over. For the latter the paints n a child's box would do quite well.

in a child's box would do quite well.
In many houses there are often left
odd lengths of wall paper, and these
should be carefully preserved. Damage
may be done when moving in or, later,
a chair may get pushed roughly against
a wall, and there is a bad tear.
Get a plece of the paper, scallop the
edges quite roughly, and paste it over
the place. The mend will be unnoticeable. But if the house is not new, and able. But if the house is not new, and the paper has faded, the centrast is startling. In that case, put a piece of the spare wall paper out of doors in the sun for two or three days. Dampen it occasionally

Dents in furniture can be mended quite easily. Dampen the dent with warm water, then make a pad of brown paper six inches square, wet that thoroughly, lay it on the dent, and hold over all a hot iron. The warmth makes the wood swell up and fill the dent. In some woods the process is slow, but it is sure. Stained borders which look worse

ple expedient of placing in it a box of lime. The lime absorbs all the moisture, and the cupboard will be perfectly dry.

36 Chips

Some men are lucky in having a will-

ingness to work. An objection to paying taxes seems to

be more certain than the taxes. The oasis is valued only because of the surrounding desert.

When it comes to advice, people do not elleve in the principle of give and take

should be." "I move to amend by inserting the Many theories have been disproven by word 'sister' in place of the word "I underst the efforts to demonstrate their ac- brother'!" yelled a man in the rear of fied career."

Different. Amen Amended "Are we our brother's keeper?" demanded the exhorter. "We are and we

With a Court Record. "I understand she has had a dive

the temperance apostle, "always the first drink that causes the trouble. Re-

Unsatisfied. "What is the matter with that new-"He is a forlorn and morese individSecrets of Health and Happiness

### You Begin to "Remember" as Soon as You Are Born

By Dr. LEONARD KEENE HIRSHBERG

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

is. Yet no one really knows. It has been called the daughter of attention, the teeming mother of wisdom, the reservoir of knowledge and the storehouse

Animal Behaviorists, as a large group of experimental psychologists now call themselves, say that memory is nerely habits plus thoughts plus what you are aware that you see, hear and feel.

Thus Dr. C. H. Turner, who has just studied how the digger wasp overcomes obstacles, noticed this entertaining little insect trying to drag a splder to her nest. In her path she encountered a tall fence.

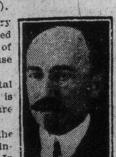
On account of a horizontal scantling the wasp found impossible to drag her prey, the spider, across. She DR. HIRSHBERG thereupon wisely turned about and dragged her precious burden along the fence until the corner of the yard was reached.

tain their ends.

Whether cockroaches and such tiny animals have memories of sweet summer eves, of moonlit waves and shady paths, of stars and flowers and dewey leaves, of chirps and sounds, Dr. Turner and a Viennese savant, Dr. J. S. Szymanski, denet say.

Stop all soups, teas, coffee and water

for but one fact NOT mentioned by the megaphone man.



fence until the corner of the yard was reached.

Then she passed through the pickets of the front fence to the outside. Now the spider was deposited on the ground a short time, and the wasp made an experimental flight to her nest.

Soon she returned. It was evident that she had plotted out a way, for she dragged the spider, after overcoming many hindrances, into her distant nest.

Dr. Turner says that this disproves Dr. Jacques Loeb's materialistic theory that the movements of insects are mechanical. It shows a memory over and above that of making a number of mistakes first before going right.

The whole behavior of this wasp shows that such lowly creatures can successfully struggle against obstacles to attain their ends.

Whether cockroaches and such tiny

Viennese savant, Dr. J. S. Szymanski, do not say.

They did, however, discover very recently that cockroaches have memories. They imitated the method of Prof. Yerkes and his dancing mouse.

A bottomless glass dish which had two compartments, one light and one dark, was placed so that an electric floor could be put under it.

In the well-lighted chamber roaches were placed one at a time. The instinct of roaches is to seek the dark. But these investigators prevented this by giving the roaches an electric shock. Every time they crossed the threshold of the dark chamber the electric shock drove them back.

The men roaches soon learned to remember about their pains and aches. They never returned to the dark room. Thus they were trained to go counter to their own instincts.

The lady roaches took much longer to

#### By Annie Laurie. Dear Miss Laurie: The other night one of the girls had a few couples in for the evening. I

Advice to Girls \*

They asked me to play and I played them a piece of classical music. At first they listened and then one girl who knows and cares nothing about music whispered to her neighbor and soon all but one in that crowd were gabbling like geese. I stopped in the middle of the piece. They asked me to play again, but I told them I wasn't playing for the walls, and

they couldn't coan me to play.

Later in the evening a dear little old-fashioned girl, the one who didn't talk and laugh, asked me to play for her and I played "Traumerel"—for Please tell me do you think I was

rude when I told them I wasn't playing for walls?

LA MUSIQUE.

HE girl who whispered to her neighbor when you were doing your best to give some good music not good music but she knows and cares nothing about good music, but she knows and cares nothing about good manners.

inquiry on subjects of females of this est from young women readers of this paper and will reply to them in these columns. They should be addressed to her, care this office. "Here we came and bought our place, thinking to be happy the rest of nothing about good manners.

The rest of the people were rude, illbred persons, and I don't blame you for
being so vexed that you stopped right in
the middle of the music and would not
play again for them.

I wouldn't be cross with them for preferring rags to classical music. That's
as foolish as it would be to be cross
with your pretty white tabby kitten because she can't read and write.

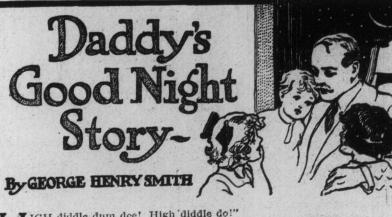
People shouldn't be blamed for their
limitations; they should be pitied.

Don't be angry with your poor friends
who do not know enough to enjoy good
music. Be sorry for them.

But—never play for them again, not
the sort of music that you like and
have worked so hard to learn.

Clume Lamie

Miss Laurie will welcome letters of inquiry on subjects of feminine inter-



TIGH diddle dum dee! High diddle de!" Brer Rabbit was singing to himself, when Mrs. Rabbit said: You seem to be very happy about something." "I'm always happy," replied Brer Rabbit, smiling at his good wife. "I am

very happy today because I am going coasting." "Do be careful and not bump your head against something or other," answered Mrs. Rabbit, as she kissed her husband. In a little while Brer Rabbit was skipping over the snow in the direction

live at all; you've got plenty of good high land and fine water." That's all of Mister Squirrel's home. Just as he arrived Sammie Squirrel was coming out of the house with the bob sled.

"We are glad to see you, Brer Rabbit. Come in." "I guess I won't come in," replied Brer Rabbit. "You are going coasting and I will go along with you." Mister Squirrel and his wife came out of the house at this time, and they

all started off together. When they reached the hill Mister Squirrel suggested that Brer Rabbit

steer the sled, and he was only too happy to do so. Down the hill they went like lightning, and soon they reached the foot

of the hill and started up again. When they reached the top, who should they see but Mister Possum, waiting for them.

"Do you think so?" asked Brer Rabbit, puffed up with pride. "Did you ever think," began Mister Possum, speaking to Brer Rabbit,

thing?" "Tut! Tut!" said Brer Rabbit. "While you are enjoying yourself, don't worry about what may never happen."

"Good advice," said Mister Possum. "I'll let you go down first this time," said Brer Rabbit to Mister Possum.

## What Flowers Mean to the "Woman from Nome"

so much as you are-no one but that other chap. Lucky

Born in an ice hut with the Eskimos, brought up in the snow and the

Result of Early Experience.

"The palm trees are the worst-they look so silly somehow, and what are

"And those eucalyptus with their white blooms and their long, snaky,

"What I like is a nice, clean, snowy landscape, without so much stuff and

No, she isn't crazy; she's just one of those people who want what the

Last winter I went down stairs in my New York hotel to get my boots

A man sat in one of the other chairs having his shoes polished. He was

"Yes," he was saying, "I shouldn't think this would be a bad place to

want when they want it-and she was born in Nome, Alaska.

SIGHT SEEING

By WINIFRED BLACK (Copyright, 1914, by Newspaper Feature Service, Inc.)

Oh, yes! You see if you are LOOKING! If you twist You see the height of Her color, the sky of Her eyes, the

your neck hard enough you will see all the high buildings, wonder of Her wondering lips. You wish the lumbering

and a lot of wonderful sky, and the person with the lungs will buzz-cart would go meandering on for forty miles. You

tell you all about everything so clearly that you can't miss a know for a certainty that no one in the car is SEEING



word-if you are LISTENING!

HE woman next door is going It is so quiet, somehow, and so light. You can see so far and there is to sue the woman who owns the never any excitement; no talk of sudden "strikes" and no shootings and no place where I live. She says men falling off the sledges from sheer fatigue and letting the wild huskies she's stood it long enough and she's run madly over the snow. For she is from Alaska, my neighbor next door. going to make the woman who owns this pay for it, if she has to spend ice, at first in the great loneliness of the wondrous solitude, and later, when the last dollar she has on earth in the gold craze came, in the midst of struggling crowds, she hates the green and all the growing things, and the blue water so open and so full of ships.

But under some circumstances you have eyes and ears men, both of you!

It's all about the trees and the But most of all she hates the trees. bushes and the vines and things. It is a lovely little garden, where our days," says my neighbor from Nome, "and this woman next door won't I am lucky enough to live this win- cut down a single tree. I've told her and told her how nervous it makes me ter, green and green, a smooth lawn, to have the wind always shaking the leaves-why, there's never any quiet at tall palm trees, two giant eucalyptus all. I can never look out of my window without seeing some old branch of at the lower gate, a jumbly bush- some tree waving and acting so. that's what we call it for want of a better name-it's about the size of an apple tree and it's prickly and it has great yellow things that look like

tomatoes on it and it spreads out they good for I'd like to know? If a ceiling is badly blackened by a over the gate. And there's a walk in the garden, and along the walk there gas jet in just one place, apply a layer of starch and water with a piece of clean flamel.

And those eucalyptus with their white blood at them.

So the place of the batter all in a mist of fragrant thistle, and there is a prickly leaves, they give me the horrors to look at them.

What I like is a nice, clean, snowy landscape, clean flamel. or starch and water with a piece of the hill there is a rock garden with pink and white and yellow rubbish in the way. When you're in town you ought to be in town, and have the slope of the hill there is a rock garden with pink and white and yellow rubbish in the way. When you're in town you ought to be in town, and have the slope of the hill there is a rock garden with pink and white and yellow rubbish in the way. There are dance halls and things happening and people walking up and down and talkstain will have gone. Apply the paste to a wider piece of the ceiling than that the paste to a wider piece of the ceiling than that the paste to a wider piece of the ceiling than that the paste to a wider piece of the ceiling than that the paste to a wider piece of the ceiling than that the paste and piece and piec Dents in furniture can be mended quite the corner, there is the blue, blue bay of San Francisco spread out under

#### Cannot See Nature's Beauties.

polished. It was a quiet, little family hotel, and they all told me to go right It is delightful to sit in the balcony and hear the wind in the palm trees in and climb up into one of the chairs, so I did. and look at the little three-cornered sails that the fishermen lave brought Stained borders, which look worse than ever when the rest of the room has been cleaned and freshened, can be darkened by being rubbed with paraffin. Then a polish with beeswax and turpen.

A man sat in one of t talking about New York.

"Yes," he was saying, live at all; you've got ple

Ourkened by being ruobed with paramit.

Then a polish with beeswax and turpentine will make them as new.

If you have a damp cupboard against if you have a damp cupboard against an outside wall, "mend" it by the simple expedient of placing in it a box of parameters.

If you have a damp cupboard against place is a polished will, "mend" it by the simple expedient of placent in it a box of placent in it is placent in i And the great ships sail in and out of the Golden Gate, the fussy little the man who was having his shoes polished saw in the greatest city in and, sometimes, the gray fog drifts in like a veil of silvery tulle, and from the most gorgeous street in the world, the great pageant of pomp and power below in the Italian quarter there comes a gay sound of music. What a and money and beauty and celebrity that surges up and down that street sprightly instrument the accordion is when it is played by an accustomed every day like some marvellous tide; the libraries, the churches, the everlasthand! And if you stand on tiptoe, you can see bright colors waving from the ing marvel of the subways, the arching span of one of the most beautiful clothes lines in little Italy down below—scarlet and solferino and deep blue bridges on earth, the great ships at their docks, the seething, swarming mass ciotnes lines in little Italy down below a state and bright yellow; and beyond them are the masts of the good ship Eliza- of human ants on the East side—the amazing life of that most amazing city, beth, which sank on the Potato Patch, where so many good ships have sunk New York-all these things concerned my friend of the bootblack's chair not

before now, and lies there as calmly as if she had never left her dock. It is very interesting in the California garden on the side of the steep He didn't even see them. High land and good water, that's what he was San Francisco hill, but my neighbor does not like it. She is bored all the time. looking for, and what he saw.

"Is she a young woman?"
"Well, er—immature."

The One That Tells "It is the first drink, by son," said

"always the comer " asked his satanic majesty. "I wish it were," said Rounder, "but it isn't. As a mater of fact, I have to take about a dozen before I feel any effects."

"I wish it were," said Rounder, "but ual from Boston," answered an 'mp. "He has been pining for sympathy ever since he arrived. He says this is a cold, cold world."

"Yes, and divorceified."

"How well you steer," he said to Brer Rabbit. "did you ever think what would happen to you if you should strike some-

"No you don't, no you don't," said Mister Possum. "You steer so well I guess you had better get in front."