DAILY MAGAZINE PAGE FOR EVERYBODY

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YOUR EYES Why Faults of Vision May Cause Other Maladies

Secrets of Health and Happiness

MONDAY MORNING

#### By DR. LEONARD KEENE HIRSHBERG

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

ERE man so godlike as to be possessed of an allseeing, all perfect eye, the light reflected from real things would not be bent-refracted-in a olurred, irregular or defective fashion. The objects en by such an eye would be visible clearly and without confusion, and the realities which escape the average erson's eyes would be correctly seen. Unhappily, you are human, all too human. Your eyes see as "thru a glass darkly."

Errors of refraction, which may be associated with even the sharpest orbs, are the reflections of things badly deflected by imperfect focusing on the retina or "wallpaper" of the eye-chamber. They are brought DR. HIRSHBERG

about by any misplaced optical structure, mis-shapen eyeballs, ill-health, eyestrain, age, occupation, and they may be inherited. How are you to re-establish the j muscles are loosened when the eye i

better focus for the "weak eye," re- focused for distant vision. quired of the healthful, fairly efficient | Signs of such "errors of refraction"

eye? So minute are the peep-holes are in evidence if you have a tenand iris muscles of the eye that they dency to fall asleep often and withcannot be seen unless magnified out cause. Twitching eyelids, foremany hundreds of times. Yet they head pains, spasms of the lids, styes, are capable of many ingenious and "blood-shot" optics, heavy lids, powerful activities. Indeed, these tiny "sand-man" sensations, wrinkles unbands of elastic are the most de- der the lids or over the brows, dull pendable parts of the normal eye. Actually, when all other portions of neighborhood, headaches and all sorts the ocular anatomy pale, at visual effort the muscles of the iris fight on. Notwithstanding their sustained the eyes. One of the widely heralded penefits, for example, of "life in the open" is often the relaxation to the power a time comes sooner or later when the strain and burden of optieyees due to the change which goes al endeavor becomes too great for along with removal of four close the curtain-raisers to bear. Think a baseball pitcher's arm muscles walls.

at work all day and into the "wee ANSWERS TO HEALTH QUESTIONS. ma' hours of the night," week in and week out, and you may reveal to yourself the soreness, fatigue and

Long Hours, Toronto, Ont.-Q.-Upon rising in the morning I often have a sick stomach. Kindly advise a remedy for same. exhaustion which fall to the lot of the 'ciliary" muscle of the iris. Bleeplessness, headaches, back-

aches, over-active kidneys, worry, A.-Take 7 grains of oxide of magnesia before meals and 6 charcoal tablets after irritability, nagging, disordered alimentation and other such complaints meals. . . . often should be leveled at too many

often should be leveled at too many hours of indoor eye work. The eyes should never remain continuously at work with the same focus for too long an interval. Frequent changes long an interval. Frequent changes

of focus relax the iris muscles, and eight hours' daily work with the eyes A.-This is an occu to the kind of work done. It will grow le will help unless



THE TORONTO WORLD

N EVERY affair of the heart there arrives a moment when things defeat or victory. Will Love lose or TRIUMPH? In ordinary years, come to a halt-when words fail and even glances shyly falter. It's Cupid fights his battle all alone. But every once in a while there comes the crucial instant—the turning point. From this moment things a AGICAL year when not alone to man but to woman also is granted ver, you always have the exact infor-can never be again precisely what they were. A change MUST occur. When is balance of asking life's momentous question. Then, indeed, he's few bits of haphazard information which

The Home Imformation Bureau By ISOBEL BRANDS TOW often we' see a "household hint" or a newspaper or magazine article that we read with interest.

HOUSEHOLD HELPS

APRIL 3 1916

And a few weeks later, when we suddenly need just that kind of information, we search our memories in vain for details of that very article which so interested us at the time.

Business men find that a record of valuable information is one of the best assets and helps in business. The housewife can take a leaf out of the book of the business man, and improve her business by carefully keeping bits of information that might be of value-keeping it in "a file" instead of burdening her memory with it, and then too often forgetting.

Of course, a large three or six drawer filing cabinet such as business men have in their offices is unnecessary and too cumtersome for the average home. But the average homemaker will find that a dozen of the large manila envelopesabout 12 inches by 12 inches-which can be obtained at most stationery stores for a small sum, will be ample for most of her clippings, and will save her endless her clippings, and will save her endless waste of time. Each of the envelopes should be marked and labeled with the subject of articles it is to contain. For example, a set of envelopes which one homemaker filled gradually and which was a perfect mine of an informa-tion bureau contained clippings on Household accounts. Market ideas—weights and measures. Pure food articles. Menus—ideas for holidays, entertain-ing, etc. Child care and education. Decoration of the home. Cleaning devices and methods, Laundry ideas for making "wash-day" easier.

Laundry ideas for making "wash-day" easier. Servant-training and management. Sewing, mending, embroidering, etc. Any time she read an article she con-sidered of value, it was straightway clipped and placed in the envelope lay-beled for that subject. The recipes or little helps which friends gave her wére not written and then dropped into ". purse to be forgotten and later destroyed. If they were good enough to place in the little household file, and always a day came when that little plece of informa-tion was exactly what was wanted. This filing plan is not a bit compli-cated. It is in no way different from the card index plan of keeping recipes with whatever subjects you are most in-terested in getting information about, and in a very short time you will collect a valuable mine of information. If you are wondering what sort of novelty you can possibly introduce at a birthday or holiday function, all you need to do is to consult your little en-velope on ideas for entertaining, and the whill undoubtedly suggest a plan which you can adapt for the occasion. More-over, you always have the exact infor-

Sailors, farmers, guides, hunters, the occupation is changed. ell over and passautomobilists, tourists, aviators and k to form a novel Youth, Toronto, Ont.-Q.-Kindly ad-vise what will promote the growth of others engaged in outdoor work usual-ly escape these ailments, because the hair on the upper lip. satin portion, nty vestee of the oles are softly filltte draping into a e, which is gath-

re more than ample.

## WINIFRED BLACK WRITES ABOUT JUST BEING TIRED

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FESTERDAY I took a day off-in bed. I wasn't ill and I wasn't particularly worn out. I was just tired. Tired of saying "Yes, indeed," "No, thank you," and "Oh, do you think so?" Tired of listening to little stories about nothing, and answering little questions about less. Tired of looking pleasant, tired of smiling, tired of trying to fool myself. Tired of viistors and people who just run in for a minute. Tired of little worries and small frets.

"I'm going to stay in bed," said I, "all day." I had my breakfast sent the new covering. up and everybody was worried about me, and the doorbell rang and all the bores went down stairs again, stepping very softly so as not to disturb the invalid. All the kind people who are sorry for me because I "have to work," and all the spiteful people who are mad at me because I do work, and all seems as tho the samples surpass those the conservative people who wish I wouldn't work, telephoned and were very solicitous and more than nice. The real friends who really loved me hung up the receiver and said "Oh!" and that was the end of it. They knew

just how it was. They've been tired themselves. I read the morning papers without trying to get "an idea" out of them, and the wind sang in the trees and the breakers roared on the beach below and I lay serene and undisturbed in my room, high and high, and rested.

A door slammed in the back of the house. That was somebody else's business. Up in the garret a window rattled. Who was going to look after it? Not I! Somebody was at the door with a bill. Let who might dispute it, it was nothing to me. I was resting.

#### A Brand New World.

The children came in and played quietly, as I love to have them, and I grass cloths and Tekka silk papers are was no part of the game, either as player or arbitrator. I lay and listenedand smiled. And I saw them quite clearly as other people do, without the veil of solicitude o r material affection. They weren't mine and I wasn't theirs, not for that day. We were just in the same world together, that's all. dale pattern is, perhaps, the most A wild, stormy, tempestuous world it was outside and a quiet, cosy, delicious world inside. A world of fire blazing on the hearth, a world with a faithful dog on the rug, a graceful, secretive cat on the window-sill, flowers on the table, music, singing, light chat, pleasant chatter-and no responsibility.

In the evening there was tea-upstairs in my room-by the fire, and the little girl made the toast, and the little boy brought the cream, and one who loves me well brewed the tea, and then somebody read aloud a tale of wild adventure in strange lands and over stormy seas, and we sat snug within and marveled at it

This morning I'm new, brand new. And so is the world-to me. I was out of it yesterday for a whole day. For twenty-four hours I slipped the leash that ties me to care and unlocked the chain that binds me o responsibility, and the place upon my wrist that was lame with the strain is rested, and the neck that was tired of the yoke is strong again. Bring on your responsibilities, I'll carry them like a feather today, for yesterday I rested.

And yet, as far as the body goes, I was not in the least tired. But I have established a custom. From this day forth, every little while, whenever I feel the weight of things too much, I'm going to throw everything to the winds and rest. It pays, oh, how amazingly it does pay!

#### Life a Continued Story.

Where's the problem that puzzled me so forty-eight hours ago? Gone forever. Why, it never was a problem at all! It was just a pretty little puzzle, like the things you buy in boxes at Christmas time. Let's see if we can't put it together. The blue, that goes here, the yellow there, here's the place for the red-why, it's done! Rather fun it was to do it, too, when you got down to it and stopped looking at it seriously.

The responsibility that weighed so heavily upon me two days ago-how foolish I was to feel so about it! I did my best. 'What more can anyone do? And, after all, no human being is really responsible for the real life and career of another.

How could I have taken so much upon myself? Why, I was like the too self-confident fool who rushes in where angels fear to tread! I'll let other people worry about their own affairs, and I'll look at mine

As just part of a great, big, interesting puzzle. It's all a story, this thing we call life, a continued story, with the ex-

citing things just at the end of the chapter. What's the use of getting so frightfully worried about it? We're just a part of the great scheme of things, a little, little part---those I love and want to help, and I. How could Save the assurance to play Providence like that?

Hurrah! The sun is shining, the sea is blue, the great tree stands straight and strong, for all the storm that tried to wreck it last night! The world is good, the people are good. I was just tired, that's all.

I'll never allow myself to get so ttired again. It doesn't pay. It really doesn't

OUSE-CLEANING days seem those who are contemplating having laden with oddly shaped, conventionmore effective when one can their walls done over. clean from the walls out, adornthe last panel is sprayed, the worker may start at the first, easily strip it off in lengths and roll it up. Within painted.

a few minutes the walls are ready for

The shop keepers, keen to supply the spring wall paper demand, have their sample books ready, and once again it of previous seasons in beauty of design.

Manufacturers are receiving the usu-I supply of paper from England, but only small lots come occasionally from the continent. Japan, however, has arisen to meet the situation and never before have as beautiful wall coverings come from that country. specialize in the silver and They gold papers and prepared cloths which are most effectively used with black velvet

borders and draperies. The Japanese

unusually beautiful. China is also contributing many attractive designs of which the Chippennoted; it is very attractive in breakfast rooms where blue and white china and willow furniture may be combined with also in other colors than the blue and

white. The black and white fad, while still flourishing, has undergone modifica-tions, at least where wall paper is concerned; people found the broad stripes and large checks rather trying to live This season the American dewith. signers have brought forward both a paper having a white ground with a delicate black tracery over it and one having a black ground with a design in white tracery. These patterns are used with borders of the checks or stripes, in any size or width desired.

The description of a few designs now striped background, covered being shown may furnish ideas to brown shaded, heavy, stalk-like vines

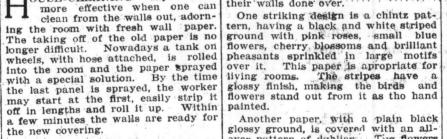
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over pattern of dahlias. Tire flowers are in shaded pink, purple, white and yellow, surrounded with the green leaves, and are reminders of the

-:- Spring Wall Papers to Suit All Rooms -:-

occasionally used in bedrooms. Bedroom papers are most popular in small designs or chintz patterns, in delicate colors. One attractive paper has an Empire pattern in blue and gold bow-knots and medallions, on a white ground. Another quaint bedroom design is one which recalls cross-stich

embroidery; it has floral stripes in solid colors, still they do not lose their a place on a bracket or pedestal where color, with medallions to match on popularity and are, after all, the best its fronds can draw of the solid colors. embroidery; it has floral stripes in

alled the bluebird and cherrytree patalized cherry trees, with smaller trees and bunches of lilies-of-the-valley

growing on a gray ground. Under the trees are standard bird-houses, with lots of bluebirds walking and flying The Chippendale pattern comes about them. The paper is odd and very attractive.

For a morning room, there is a Jap mese chintz pattern that is rather unusual. It has a pale tan ground with a repeated motif of a woman and hild at play under a cherry tree and arbor, with climbing vines, caught here and there with a blue bow. For dining-room use, there is a two-tone gray paper in Adam design.

It is exquisitely simple, and, while it looks better with the Adam furniture, it lends itself very acceptably as a background for non-period furniture. Another period paper is in Jacobean design. It has a tan, invisible dotted with

One striking design is a chintz pat-tern having a black and white striped reds. This period seems to be attracting a great deal of attention, and many decorators are busy designing curtains, dining-room linens and up holstery cloths in the same pattern as the wall paper, all taken from the furniture carvings of the period. It was a ponderous, somber period and today the fittings are out of place in modern small house or apartment:

they need the old-fashioned house with its high ceilings, wide doorways and dark woodwork. Chinese reds and golds in grass

cloth are very popular for covering proper care. oldthe walls of dens and libraries, where fashioned country gardens. This is black draperies and rugs are used in also a favorite living-room pattern, combination with black and gold painted furniture; the needed color note is often added by the gay

cushions piled on the couch. The gold peacock-shaded grass cloth is often chosen for music rooms, table cascade of foliage. This variety where pastel shades of silk form the consider new the heavy papers in plain cause of its size, but should be given

A new paper for the child's room is terfered with by other plants. so that she may also have her bontern; it has oddly shaped, convention- net, shirtwaist and other boxes covered with it.

### Useful Things to Know.

#### QUANTITIES.

Tea-Six teaspoonfuls to one ounce. One pound for 60 to 70 people, if tea-pots are used. Considerably less if bags of tea are placed in urns. for house culture. Coffee (ground)-One full table-

spoonful for each person. One pound for 25 to 30 persons; less when made in large quantities.

Sugar-One pound for about 50. The umps should be cut small. Milk-Half a gill per head. One

pint for about 12 people is enough for tea. For coffee the full half a gill per geranium. head

Cream-One pint for about 25 peo-

Cup of Lemonade-About half a pint

Bread and Butter-One and one quarter pounds to one and one-half pounds of butter to three-quartern sandwich loaves. This makes enough thin bread and butter for 100 per-

Sandwiches-Ditto. Large Cakes-One slice to two per-

Soup-One-third of a pint per head.

than another when cutting. Bread should be one day old and the butter softened by placing the plate over basin of boiling water. For children's parties far more milk is needed than for grown-up people.

the crucial instant—the turnes revealed MUST occur. can never be again precisely what they were. A change MUST occur. Hearts must come together or they must part. This is Cupid's instant. Hearts must come together or they must part. This is Cupid's instant. but Mrs. Cupid?

# The Amateur Gardener

ERNS are popular plants, and will water is sure to injure them. Give be found extremely satisfactory them a soil of leafmold, if you can get be found extremely satisfactory it. with some sharp, coarse sand mix-ed into it. If leafmold is not obtainable, go when well grown. But when poorly grown they are very disap-

If learnoid is not obtainable, go into the roadside and turn over a sod, and scrape away from the bottom of it that portion which is full of fine grass roots. This will give you an pointing. As a general thing failure with them is attributed to unadaptability to the conditions which prevail admirable substitute for genuine leaf-mold. Mix it with light sandy loam, in the ordianary living room. This, however, is seldom the case. as all of the using two parts of the latter to one varieties of which mention is made in part turfy matter. this article can be grown successfully

See that the pot is provided with in the house, provided they are given best of drainage. If this is done there will be little danger of overwatering.

It is an excellent plan to cover the drainage material with a layer of One of the most popular varieties is Nephrolepsis Bostoniensis, better spaghnum moss, before putting in the soil, as this will prevent the latter known as the Boston fern. This has from washing down and clogging the crevices thru which surplus water is fronds often six feet in length, and as there will be scores of them in large supposed to find its escape. Aim to specimens, the plant becomes a verikeep the soil simply moist all thru.

It is an excellent plan to shower is not adapted to window culture, beferns several times a week. This serves two purposes: One is to keep the foliage free from dust. The other : to discourage the red spider from its fronds can droop without being intaking possession of the plants, as he often does when the room in which

they are kept is warm and without nuch moisture in the air. If the plants seem inclined to stand still it The Whitman variety, unlike its parent, the Boston fern, does not have long fronds. The average length is perhaps a foot and a half. But what they lack in length they make up for may be well to apply some good fertilizer, and thus encourage growth.

If the pots containing ferns are in width, which will average seven or eight inches on well grown plants. These fronds, instead of having nar-row leaflets, as in the parent variety, have leaflets divided in such a mankept standing in jardiniers be sure to see that the water that accumulates in the bottom of these receptacles is emptied frequently. Stagnant water is likely to do much harm to the ner that each becomes a miniature frond, and these give the plant a fearoots of the plants.

thery lightness, which has gained for it the name of ostrich feather fern. I Those who have only north windows in which to grow plants will consider this the finest of all varieties find ferns admirably adapted to culture in them, as no sunshine is need-

ed by them. Most varieties can be Nephrolepis Scott is a variety-also a scort from the old Boston type-of propagated easily, either by division of the roots, or by rooting the rundwarf habit. Its fronds are about ners which are thrown away, strawfoot in length and quite narrow. But berry fashion. so many of them are sent up by each

If the crown of the old plant diplant that the effect is pleasing. This is excellent for window use, and it vides and forms several crowns, each one of these, if broken away from the does not occupy more room than a others with some roots attached, can soon be grown into a fine specimen Ferns are generally supposed to be

fond of water at their roots, and so much is given them that they are of-ten watered to death. While they are fond of a moist soil, they do not take kindly to mud, and an oversupply of

#### CARD INDEX RECIPE

#### **Beefsteak Pudding**

#### INGREDIENTS

Cut the meat into thin slices; mix the flour, salt and pepper; dip the meat in the mixture and roll up with a small piece of fat in each roll. Shred the suet and chop finely, add the flour, salt, baking powder and crumbs and mix well. Make into a stiff paste with cold water and roll out once. Grease a 1/2-pint bowl and line it with the paste put in the meat and add enough water to half fill. Cover with the paste, wetting the edges and pressing firmly to-gether; trim neatly. Cover with greased paper and steam 11/2 hours.

METHOD

Frem sons. (this is for afternoon parties). Ices—About 10 helpings to one quart the Fish 201

ter elpings to a quart mould. Cutlets-There are seven cutlets on neck of lamb or mutton The quantities are a correct average; but one person will use more butter

-Allow about one-fourth pound uncooked per head. Creams and Jellies—Eight to

together with \$1.50, presented at The World, 40 West Richmond street. Toronto, or 40 South McNab street, Hamilton, entitles bearer to a copy of the new book, "MAKING MONEY FROM THE SOIL." By mail add parcel postage -7 cents first zone, 18 cents Ontario, 20 cents in Canada.

per head. **This Certificate** 

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Small Cakes-Three to two persons

teaspoonful flour. 1/2 teaspoonful salt. Water.

> 1/4 teaspoonful pepper. 1/4 pound flour.

1/4 teaspoonful baking powder.

1/2 pound steak.

Pinch of salt. 1 tablespoonful breadcrumbs.

2 ounces suet.