

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

YOUR EYES Why Faults of Vision May Cause Other Maladies

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



WERE man so godlike as to be possessed of an all-seeing, all-perfect eye, the light reflected from real things would not be bent—refracted—in a blurred, irregular or defective fashion.

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

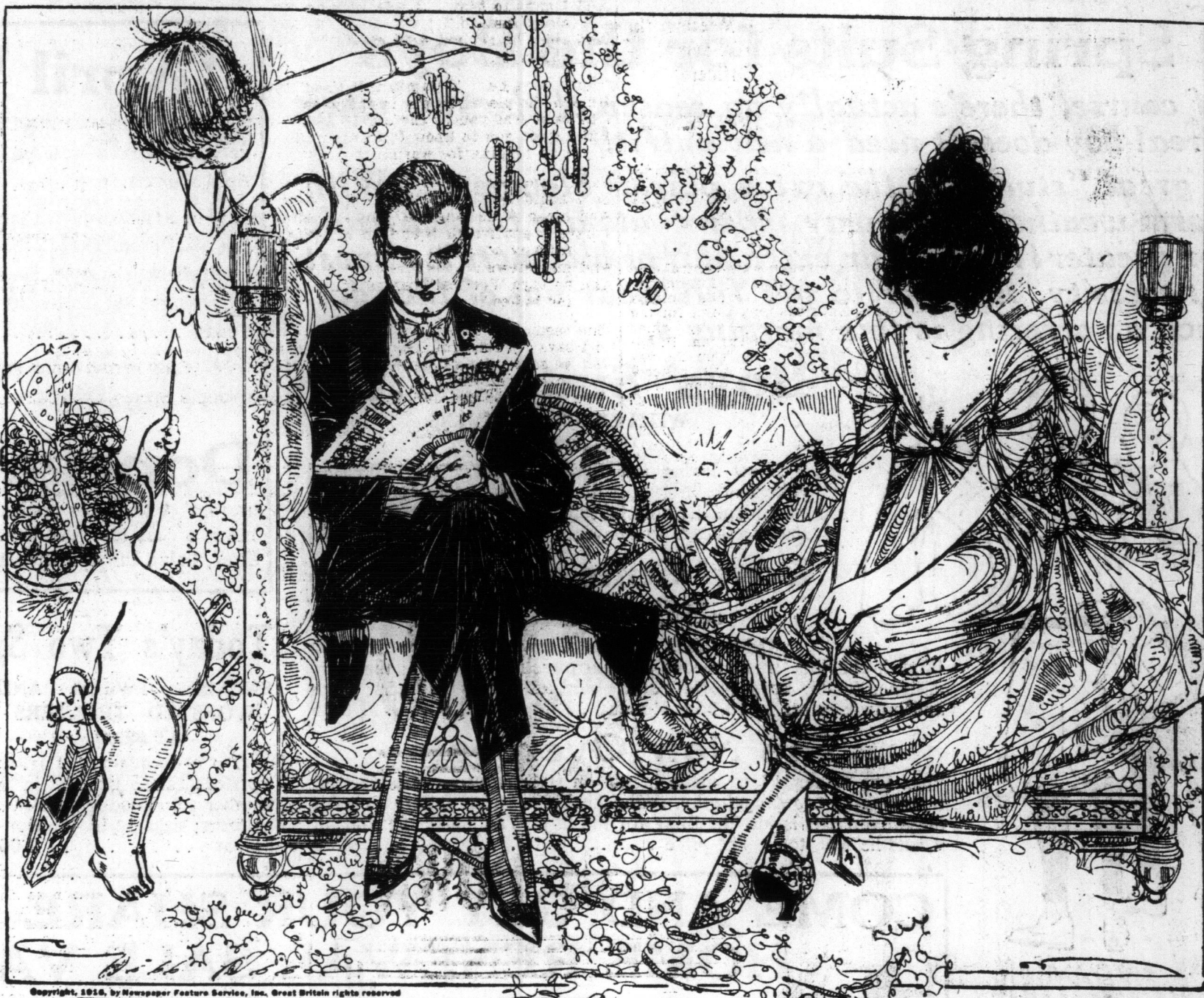
Signs of such "errors of refraction" are in evidence if you have a tendency to fall asleep often and without cause. Twitching eyelids, forehead pains, spasms of the lids, styes, "blood-shot" optics, heavy lids, "sand-man" sensations, wrinkles under the lids or over the brows, dull aches around the eyes and in their neighborhood, headaches and all sorts of head and digestive disorders have been remedied by proper attention to the eyes.

ANSWERS TO HEALTH QUESTIONS.

Long Hours, Toronto, Ont.—Q.—Upon rising in the morning I often have a sick stomach. Kindly advise a remedy for same. A.—Take 7 grains of oxide of magnesia before meals and 6 charcoal tablets after meals.

IS MRS. CUPID HELPING OUT THIS YEAR?

By Will Nies



EVERY affair of the heart there arrives a moment when things come to a halt—when words fail and even glances shyly falter. It's the crucial instant—the turning point. From this moment things can never be again precisely what they were.

defeat or victory. Will Love lose or TRIUMPH? In ordinary years, Cupid fights his battle all alone. But every once in a while there comes a MAGICAL year when not alone to man but to woman also is granted the privilege of asking life's momentous question.

WINIFRED BLACK WRITES ABOUT JUST BEING TIRED

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YESTERDAY 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?"

"I'm going to stay in bed," said I, "all day." I had my breakfast sent up and everybody was worried about me, and the doorbell rang and all the invalid. All the kind ones for me because I do work, and all the conservative people who wish I wouldn't work, telephoned and were very solicitous and more than nice.

The children came in and played quietly, as I love to have them, and I was no part of the game, either as player or arbitrator. I lay and listened—and smiled. And I saw them quite clearly as other people do, without the veil of solicitude or maternal affection.

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 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 to responsibility, and the place upon my wrist that was lame with the blame is rested, and the neck that was tired of the yoke is strong again.

There'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 I 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 exciting things just at the end of the chapter. What's the use of getting so rightfully worried about it? We've just a part of the great scheme of things, a little, little part—those I love and want to help, and I. How could I have 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 tired again. It doesn't pay. I really don't.

Spring Wall Papers to Suit All Rooms

HOUSE-CLEANING days seem to come when one can clean from the walls out, adorning the room with fresh wall paper. The taking off of the old paper is no longer difficult. Nowadays a tank on wheels, with hose attached, is rolled into the room and the paper sprayed with a special solution.

Another paper, with a plain black glossy ground, is covered with an all-over pattern of dillies. The flowers are in shaded pink, purple, white and yellow, surrounded with the green leaves, and are reminders of the old-fashioned country gardens.

China is also contributing many attractive designs of which the Chipendale pattern is, perhaps, the most noted; it is very attractive in breakfast rooms where blue and white china and willow furniture may be combined with it.

The black and white fat, while still flourishing, has undergone modifications, at least where wall paper is concerned; people found the broad stripes and large checks rather trying to live with.

For dining-room use, there is a two-one 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 striped background, covered with brown shaded, heavy, stalk-like vines.

Those who are contemplating having their walls done over. One striking design is a chintz pattern, having a black and white striped ground with pink roses, small blue flowers, cherry blossoms and brilliant pheasants sprinkled in large motifs over it.

Chinese reds and golds in grass cloth are very popular for covering the walls of dens and libraries, where black draperies and rugs are used in 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, where pastel shades of silk form the wall draperies. While one cannot consider new the heavy papers in plain solid colors, still they do not lose their popularity and are, after all, the best papers for small rooms.

The modern woman sees that she has an extra roll of paper to match that placed upon her bedroom walls, so that she may also have her bonnet, shirtwaist and other boxes covered with it.

laden with oddly shaped, conventionalized fruits and leaves in brown, green, dark blue and dark shaded reds. This period seems to be attracting a great deal of attention, and many decorators are busy designing curtains, dining-room linens and upholstery cloths in the same pattern as the wall paper, all taken from the furniture carvings of the period.

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Useful Things to Know. QUANTITIES. Tea—Six teaspoonsful to one ounce. One pound for 50 to 70 people, if tea-pots are used. Considerably less if bags of tea are placed in urns.

Coffee (ground)—One full tablespoonful for each person. One pound for 25 to 30 persons; less when made in large quantities. Sugar—One pound for about 50. The lumps 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 head.

Cream—One pint for about 25 people per head. Cup of Lemonade—About half a pint per head. Bread and Butter—One and one-quarter pounds to one and one-half pounds of butter to three-quarters sandwich loaves. This makes enough thin bread and butter for 100 persons.

Sandwiches—Ditto. Large Cakes—One slice to two persons. Small Cakes—Three to two persons (this is for afternoon parties). Ices—About 10 helpings to one quart. Soup—One-third of a pint per head. Fish—Allow about one-fourth pound uncooked per head.

Creams and Jellies—Eight to ten helpings to a quart mould. Cutslets—There are seven cutslets on a neck of lamb or mutton. The quantities are a correct average; but one person will use more butter than another when cutting. Bread should be one day old and the butter softened by placing the plate over a basin of boiling water. For children's parties far more milk is needed than for grown-up people.

HOUSEHOLD HELPS

The Home Information Bureau By ISOBEL BRANDS

HOW often we see a "household hint" or a newspaper or magazine article that we read with interest. And a few weeks later, when we suddenly need just that kind of information, we search our memories vainly 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 cumbersome for the average home. But the average homemaker will find that a dozen of the large manila envelopes—about 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 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 files, gradually and which was a perfect mine of an information bureau for her. Household accounts. Market ideas—weights and measures. Pure food articles. Menu-ideas for holidays, entertaining. Child care and education. Decoration of the home. Cleaning devices and methods. Laundry ideas for making "wash-day" easy. Servant-training and management. Sewing, mending, embroidering, etc.

The Amateur Gardener

FERNS are popular plants, and will be found extremely satisfactory when well grown. But when poorly grown they are very disappointing. As a general thing failure with them is attributed to unadaptability to the conditions which prevail in the ordinary living room. This, however, is seldom the case, as all of the varieties of which mention is made in this article can be grown successfully in the house, provided they are given proper care.

One of the most popular varieties is Nephrolepis Bostoniensis, better known as the Boston fern. This has fronds often six feet in length, and as there will be scores of them in large specimens, the plant becomes a veritable cascade of foliage. This variety is not adapted to window culture, because of its size, but should be given a place on a bracket or pedestal where its fronds can droop without being interfered with by other plants.

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 in width, which will average seven or eight inches on well grown plants. These fronds, instead of having narrow leaflets, as in the parent variety, have leaflets divided in such a manner that each becomes a miniature frond, and these give the plant a feathery lightness, which has gained for it the name of ostrich feather fern. I consider this the finest of all varieties for house culture.

Nephrolepis Scott is a variety—also a sport from the old Boston type—of dwarf habit. Its fronds are about a foot in length and quite narrow. But so many of them are sent up by each plant that the effect is pleasing. This is excellent for window use, and it does not occupy more room than a geranium.

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

water is sure to injure them. Give them a soil of leafmold, if you can get it, with some sharp, coarse sand mixed into it.

If leafmold 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 admirable substitute for genuine leafmold. Mix it with light sandy loam, and use the mixture of the latter to one part turfy matter.

See that the pot is provided with best of drainage. If this is done there will be little danger of rotting. It is an excellent plan to cover the drainage material with a layer of sphagnum moss, before putting in the soil, as this will prevent the latter from washing down and clogging the drains, which surplus water is supposed to find its escape. Aim to keep the soil simply moist all thru.

It is an excellent plan to shower ferns several times a week. This serves two purposes: One is to keep the foliage free from dust. The other is to discourage the red spider from taking possession of the plants, as often does when the room in which they are kept is warm and without much moisture. Most varieties can be well inclined to stand still if they may be well to apply some good fertilizer, and thus encourage growth.

If the pots containing the ferns are kept standing in jardiniere 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 roots of the plants.

Those who have only north windows in which to grow plants will find ferns admirably adapted to culture in them, as no sunshine is needed by them. Most varieties can be propagated easily, either by division of the roots, or by rooting the runners which are thrown away, strawberry fashion.

If the crown of the old plant divides and forms several crowns, each one of these, if broken away from the others with some roots attached, can soon be grown into a fine specimen plant. Small plants will be found useful for the decoration of the table, when used by themselves or in combination with a few bright colored flowers.

CARD INDEX RECIPE

Beefsteak Pudding

INGREDIENTS

- 1/2 pound steak. 1 teaspoonful flour. 1/2 teaspoonful salt. Water. 1/4 teaspoonful pepper. 1/4 pound flour. 1/4 teaspoonful baking powder. Pinch of salt. 1 tablespoonful bread-crumbs. 2 ounces suet.

METHOD

Cut the meat into thin slices; mix the flour, salt and pepper; beat the meat 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 together; trim neatly. Cover with greased paper and steam 1 1/2 hours.

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