DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

LEONARD KEENE HIRSHBERG, M. A., M. D. (Johns Hepkins University.) The sense of rolor is a great, divine gift. Colors that are gay and attractive give sest to the spirit, force to the muscles and the lovellest to the spirit, force to the muscles and the lovellest Vhy Blue Affects You



mother and all women, confuses reds and greens. He, of course, is worse off than you and I. Yet white means the good, the true and the pure to him as it does to you. Black bespeaks evil, unpleasantness, gloom, depression and mischief

Scarlets and reds, however, appeal to plood in happy motion; patriotism the fighting surit are associated perhaps from the childhood ideas of flags, flames, blood, pictures and the brilliancy of red itself.

DR. FOWLER'S EXTRACT OF WILD STRAWBERRY

testines. Massage of the abdomen in a circular motion, 5 to 15 minutes, three times a day, is one of the best aids.

BROWN EYES. Q-Will you please tell me how to reduce my weight? Pleasantly---Other Effects

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

The sense of than the mere onset of twilight and the sense of twilight is a great, veiled purples.

A. J. W. Q.—will you please advise a good remedy for the itch?

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A. Sulphur ointment with balsam peru, 2 drams to the ounce, and hot scrub bath at night is very good. After several days of this treatment the skin itches from the irritation. Then soothe it with the following:

ches from the irritation. T	hen soo
with the following: Pink calamine 24, Zinc oxide 2 Glycerine 2 Phenol 30 Limewater 2 Rosewater 2	drams drams drams drops ounces

A. C.—Q.—I have an intolerable itching inside of the ears. Please advise.

A.—Itching of the middle ear is caused by many things. Have an examination made, and in the meantime irrigate the ear with warm boric acid

A.—This has its foundation in flabby flesh, lack of muscle tone, late sleeping or late hours, internal derangements, worries, emotional exhaustion, anaemia and need of air space. Swimming, sea baths and athletics help to correct this trouble if the kidneys are vigorous.

Mrs. J. A. P. Q—Please give a remedy for constipation.

A—One of the ways to do away with constipation is to so arrange the diet that plenty of fruits and vegetables are in it; particularly salads and tomatoes. To some oatmeal is a laxative, but not to all. Indeed, there are few things that answer for everybody. Bran bread is answer for everybody. Bran bread is better than that made from white flour. A fixed hour each day should be set for a fixed hour each day should be set for a trend of the instance of the instance of the instance of the kidneys are vigorous.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot advoice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is instanced and addressed envelope is instanced and addressed and addressed envelope is instanced and addressed and addressed envelope is instanced and addressed and addres

KITCHEN ECONOMIES BY ISOBEL BRANDS

OF THE APPLECROFT EXPERIMENT STATION.

haps from the childhood ideas of flars, flames, blood, pictures and the brilling states, flames, blood, pictures, flames, flames,

clouds.
When she opened her eyes she was sitting up in bed and mamma was trying to awaken her.
quiet she stood up in the dream boat and shouted.





There's something in love-making so alluring to EVERY eye and so THRILLING to every heart that when one strolls over the hills and across the fields and There's something in love-making so alluring to EVERY eye and so THRILLING to every heart that when one strolls over the hills and across the fields and chances upon two lovers, he strives to steal away ere he's discovered—for deep in each heart is a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to steal away ere he's discovered—for deep in each heart is a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to steal away ere he's discovered—for deep in each heart is a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to steal away ere he's discovered—for deep in each heart is a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to steal away ere he's discovered—for deep in each heart is a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to steal away ere he's discovered—for deep in each heart is a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to steal away ere he's discovered—for deep in each heart is a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to steal away ere he's discovered—for deep in each heart is a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to steal away ere he's discovered—for deep in each heart is a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to steal away ere he's discovered—for deep in each heart is a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to strive a treaty with CUPID. But what's a person to do when close by chances upon two lovers, he strives to strive a treaty with the cupin two lovers, he strives to strive a treaty with the cupin two lovers, he strives to strive a treaty with the cupin two lovers, he strive a treaty w

DIARY OF A FASHION MODEL

She Learns How the Inconspicuous Frill May "Make"

Sweet Pickled Gherkins.

Sweet Pickled Gherkins.

Sweet Pickled Gherkins.

100 gherkins.

110 gherkins.

12 quart of underribe tomatoes.

12 quart of underribe tomatoes.

13 pint of onions.

14 pint of onions.

15 pint of onions.

16 pint of onions.

16 pint of onions.

17 the street dress that we finally decided upon had all the advantages of filling out her spare figure and yet not dominating her by too much triming.

15 tablespoonful each of mustard.

15 guarts of vinegar.

16 quarts of vinegar.

17 the street dress that we finally decided upon had all the advantages of filling out her spare figure and yet not dominating her by too much triming.

16 the spectrum seem to depress, frighten and sorrow are sund were looked upon had all the advantages of filling out her spare figure and yet not dominating her by too much triming.

18 the space pipper.

19 quart of underribe tomatoes.

19 pint of onions.

2 quarts of vinegar.

3 the spectalman and

give a roundless and threat.

Ordinarily, the combination of blue silk with black and grey would be too nun-like and subdued for any young person to wear. But so many young women nowadays feel constrained to wear these subdued colors. In spite of wear these repole are more and more person to wear. But so many young women nowadays feel constrained to wear these subdued colors. In spite of the fact that people are more and more taking to the sensible idea of avoiding wearing mourning colors, neverfaeless when there is concern and anxiety for some one at the front there is little desire to deck oneself in bright colors. This young woman insisted on something quiet and subdued, and the dress of sombre colors is relieved by the girlishness of the soft, but inconspicuous frill at throat and cuffs.

A gown of this kind can be worn with almost any color hat, although it demands a wide-brimmed model. A charming effect is obtained with this large leghorn, veiled in grey organdie

She Learns How the Inconspicuous Frill May 'Make' Some downs,

There are certain types of women who need frills. They don't look equality well—and to table the first that the she would be based in the table that the she would be based in the table that the she would be based in the table that the she would be based in the table that the she would be based in the table that the she would be based in the table that the she would be based in the table that the she would be based in the table that the she would be based in the table that the she would be based in the table that the she was small, narrow, the she

"DOING MY BIT" Practical Suggestions on Individual Ways to Help Win

BY ALBERT BARRETT SAYRES.

Incidents in the Lives of World-Famous Women By ELOISE FARRINGTON

How Queen Elizabeth Once Proved Herself Truly Generous,

Selected Recipes

By Ann Marie Liloyd. By Frank Crerie

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By Frank Crerie

By Ann Marie Liloyd.

CLOUDED JELLY.

When stirring the jelly powder into the water add, before it sets, two tables spoonfuls of thick cream and stir briskly for three or four minutes. Then allow it so set in the usual way, and it will be found to be a variant from the ordinary transparent jelly.

ordinary transparent jelly.
SMOTHERED SAUSAGE. Fresh sausage meat should be molded into small flat cakes and placed in the bottom of a greased baking pan. Add a layer of seasoned mashed potatoes. Then cover all with two well-daaten eggs, dust with fine breadcrumbs, and bake in a moderate oven for half an baker.

bake in a moderate over the hour.

PUDDING FROM STALE BREAD.

Over a sufficient quantity of stale bread, after removing the crust, pour boiling water. When well soaked, thoroughly press out all the superfluous water and beat smooth. Add sugar to taste, and a little lemon peel chopped fine. Grease a pie dish, and spread the bottom with stewed fruit. Put enough bread over to make the pudding fairly thick. Beat with milk one egg, and pour over the bread sufficient to cover it with helf an inch to spare. Grate a little nutmeg and bake in a slow oven till a nice brown. The pudding can be eaten hot or cold.

DRIED APRICOT JAM.

Soak one pound of dried apricots in four pints of water for 48 hours, then boil all together for helf an hour, add three and a half pounds of sugar, and boil for another half-hour. The mixture should be poured while hot into carefully dried jars and closely covered.

HADDOCK FILLETS.

To cook these properly, sprinkle wittle lemon juice over the fillets, and season lightly with sait and pepper. Butter a baking tin, put fin the fillets, cover them with a buttered paper, and bake them for 10 minutes. Have ready some smoothly-mashed potatoes; make a border round a hot dish, arrange the fillets in the centre, and sprinkle fillets.

Take five ounces of flour, a pint of milk, two eggs, a little sait, and a pound milk, two eggs, a little sait, and a pound milk, two eggs, a little sait, and a pound PUDDING FROM STALE BREAD.

SAUSAGE TOAD-IN-THE-HOLE.

Take five ounces of flour, a pint of milk, two eggs, a little salt, and a pound of pork sausages. Mix together the first three, afterward adding the salt. Put sufficient dripping into a baking tin to form a thin layer when melted, beat up the batter again, and add half a fearpoonful of baking powder to it; pour it quickly into the tin and put in the sausages. Bake in a moderate oven for one hour and add boiled potatoes before the dish is served.

The Origin of Famous Sayings

Marcus Aurellus Antoninus. 121-180 A.D.

Be not unwilling in what thou doest,
neither selfish nor unadvised nor obstinate; let not over-refinement deck out
thy thought; be not wordy nor a busybody.—Meditations.

Never esteem anything as of advantage to thee that shall make thee break thy word or lose thy self-respect.—Meditations.

Meditations.

The Tower of Babel was only 140 feet high, but as it was built upon an elevated foundation it was the loftiest object in Babylon, a city of low buildings, spread over a flat plain. This description of the most famous structure of ancient times has been obtained from recent translations of old Assyrian records, some inscribed on tablets of burnt clay. The tower was a temple and the architectural pride of Babylon. The lowest of its seven stories was 272 feet square, and it was constructed of the only available material, sun-dried brick, the walls being faced with burnt brick.

soft, lustrous and beautiful as a young girl's after an application of Danderine. Also try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt or excessive oil, and in just a few moments you have doubled the beauty of your hair. A delightful surprise awaits those whose hair has been neglected or is scraggy, faded, dry, brittle or thin. Besides beautifying the hair, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair, but what will please you most will be after a few week's use, when you see new hair—ane and downy at first—yes—but really new hair growing all over the scalp. and downy at his visit and downy at his result, hair growing all over the scalp.

Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating, stimulating and life-producing properties cause the hair to grow

exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.
You can surely have pretty, charming, lustrous hair, and lots of it, if you will spend a few cents for a bottle of Knowl-ton's Devident, form



HORLICK'S

A nourishing and digestible diet. Contains rich milk and malted grain extract. A powder soluble in water.

THE SAFEST MATCHES IN THE WORLD

also the cheapest, are

SAFEST because they are impregnated with a chemical solution which renders the stick "dead" immediately the match

CHEAPEST because there are more perfect matches to the sized box than in any other box on the market. War-time economy and your own good sense, will urge the necessity of buying but EDDY'S MATCHES.

