

Secrets of Health and Happiness

Why You "Feel Blue" On a Foggy Day—What to Do

By DR. LEONARD KEENE HIRSHBERG.
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Perhaps you have never stopped to figure out just why you find breathing more difficult on a foggy day. Perhaps you have never asked yourself why you are prone to feel blue on such a day. Maybe you could not attribute your depression to a particular cause.

Think a minute or two and you will quickly realize heavily because the air is heavy. You take into your lungs not a clear, sunny day, but the thick, dense air, made heavy by the solid particles of soot suspended in it. Your breathing machinery, therefore, has the double duty of transmitting the air and at the same time of filtering out the particles in it. In this latter piece of work they are overburdened, and in spite of all their dutiful diligence, they cannot prevent some particles from reaching your lungs, and in a little while you feel the effects of the presence of many soot particles.

It doesn't take very long, however, when you are indoors, to let your eyelids droop, if you are alone, or to stop and sigh and sigh. It appears as if the dim, dismal outdoor vista is gloom upon your usually cheerful room. Your mechanism often can't resist the alluring laziness of the day and it bends in submission to its lingering, sleepy ways. In a short time you are off in slumber land, and your book or paper drops from your hand. But what care you, in your sweet sleep?

An hour has passed and you are wide-awake again. You must hurry up, you think, to make up for lost time. You do twice the amount of work that you did before, for now you're feeling "just tip-top."

Your eyes sparkle and your spirit is light. You feel bright and happy in spite of the dismal gloom outside. That little nap on that gloomy day was just the best thing you could have given yourself. It rested you, and, moreover, it kept your lungs away from dark influences.

Your "blues" have disappeared, and now you know they weren't due to anything but the weather. Sleep carried them away. Your mind is no longer heavy and depressed, but light, carefree and delirious to dark tendencies.

"Too many things to think about," you say, "to feel blue. Funny that I felt so before."

Think what you have released by that nap—an afternoon's wear and tear in slumber land. If soot makes an average rail placed in a smoky town lose about one and a half pounds in weight at year you can imagine how much harm it does to an individual's weak mechanism. You can't weigh yourself, but you can feel the loss of gain due to the amount of smoke you take into your vitals.

If you are not a smoker, however, to avoid as much smoke as possible, especially if you live in a smoky town, you will be loath to leave your house to feel the result in the form of a devitalized mechanism. Tuberculosis may fall to you, for pneumonia may fall to you.

From Other Sources.

Sometimes you need not wait for a foggy day to fill your chest with a heavy layer of soot, and often you need not live in a smoky town, nor near a railroad line or even a factory. Often you can swallow right in your own house enough soot to make a glass black.

If your fire, for example, does not burn well on a cold spring morning, it fills your house with clouds. You breathe and choke and allow the fumes to curl, cutting fresh air of the outside to mingle with the smoke fumes within. Long after you have smoked and smoked, you have one out, however, you may still be breathing some lingering particles. You cannot ventilate your house thoroughly to rid the house of all the smoke. It is well, therefore, always to allow some fresh air to come in from some constantly open source.

It makes no difference from what source the smoke comes, it is equally dangerous.

Answers to Health Questions

R. S. T. Q.—I am very pale and never have any color. Please tell me what I should do to have good rosy cheeks.

A.—You should eat green vegetables, fresh fruit and exercise outdoors and should take care not to be constipated. Massage the cheeks with some good cold cream or coconut oil and rub ice on the face to stimulate the circulation.

B. F. J. Q.—Will you kindly tell me if white vaseline or — will make the eyelashes grow long and thick? Which of the two is the better?

A.—The white vaseline is much better — is very good indeed for the purpose.

P. E. R. Q.—I become exhausted after reading. What can be done to stop this?

A.—Those who fail to get plenty of sunlight and fresh air are troubled in this way. You should consult your physician about this.

C. W. T. Q.—Please suggest a way to increase my weight. I am 25 years old and weigh only 95 pounds, increased by 13 to 12 hours' sleep in the 24 in a well-lit room.

TAKE THREE A DAY—BE HEALTHY AND GAY.

Tonal-Iron Capsules

The new French gelatin body-builder. At all drug stores or by mail for \$1. TONAL-IRON COMPANY, Box 184, London, Ontario.

CHESTERFIELD SAID

"Whatever is worth doing at all is worth doing well."

This principle has been applied to the manufacture of "Winifred" Cigarettes. Each Case for more than 30 years.

This trade mark is never placed upon any case without a guarantee of quality and workmanship.

THE AMERICAN CIGARETTE CO. OF TORONTO, LTD.

HER PROBLEMS

By Annette Bradshaw

line and the edges of the panels are outlined with a narrow cord of silver.

"The undergarment is of silver tissue, cut in one piece with long, kimono sleeves. The skirt of this foundation is quite narrow about the hem and extremely long. Several layers of silver-grey chiffon are used to line the gown. A centre of silver and blue embroidery, trimmed with fringe of silver enamel and a tassel of silver is clasped about the waistline, slightly concealing the fullness of the robe.

"You see, I have added a turban of the brocade material to the head, and a large silver tassel ornaments one side. From the crown is suspended a full veil of silver tissue, which extends below the knees, giving a most artistic and graceful touch to the costume. Silver slippers complete the harmonious whole. What do you think of the design? Can you suggest any changes?"

Madame Arnaud was delighted with the sketch, and begged Madame to begin the gown immediately. The appointment was made for Tuesday of next week. After Madame Arnaud had left the studio, Madame took the brocade satin and silver tissue and deftly draped them on to get a general idea of the combination.

"We must do ourselves proud this time, Claire. This house gown must be a masterpiece."

"Well, did Madame Arnaud come up to your expectations?" she asked.

"Far beyond them," I replied.

"Then I ran away to find Julie so that I could have about the diva to my heart's content."

Madame Arnaud was much louder than the lightning flashed and great peals of thunder shook the house until it trembled.

"Oh, dear!" exclaimed Betty, "I hate thunder!"

"Oh, no you don't," laughed a merry voice.

Betty turned to see Happy Giggles smiling up at her from the rug.

"Yes, I do!" replied Betty, "It isn't good for anything but to frighten children."

"Oh, yes, it is!" laughed Happy Giggles. "Why, Thunder Cloud wouldn't harm a hair of your head. He's especially fond of little folks and I'm sure if we asked him nicely he'd let us go with him on this trip—that is, if you aren't afraid."

Betty tried to be brave, but every roar of thunder was much louder than the one before. Then Happy Giggles waved his hand over Betty's head and the next peal of thunder Betty could hear.

"It isn't bad when you know that it won't hurt you. But hurry or we may miss Thunder Cloud," and taking Betty by the hand, Happy Giggles flew out of the window just as a great big black thing followed by streaks of lightning dashed in sight.

Thunder Cloud stopped and Happy Giggles and Betty climbed upon his back.

HER PROBLEMS

By Annette Bradshaw



MISS U. S. A.—The white suit certainly won't "run" in an April shower, but you don't have to wash a colored suit every little while. To be most patriotic which shall I choose?

THE SAVE-MATERIALS SAVE-LABOR PERPLEXITY

BY GRACE THORNCIFFE.

She Learns How an Unusual and Very Smart House Gown Is Made.

"I'll give you three chances to guess who's going to pay us a visit today," said Madame, as I was hurrying through the studio on my way to the work-room.

"I dropped into the chair beside Madame and risked one guess, which, of course, was wrong.

"It's someone you've been wishing would cross your path so that you could see her off the stage," Madame continued.

"Even so," echoed Madame. "She's coming at 3 o'clock, so be on hand to see her."

Madame Arnaud proved to be a beautiful, queenly woman, as I had imagined, but her manner was as graceful and unaffected as a child's. She told Madame that she would like to have a really beautiful house gown fashioned of such rich materials as were used for her operatic costumes.

After sending for some pieces of metal brocade, Madame spread the different designs so that Madame Arnaud could select the one that pleased her fancy. She preferred a lovely turquoise blue and silver brocade, therefore a house gown with the long sweeping lines of that period would be charmingly fashioned of the blue and silver brocade," she said, handing the sketch to Madame Arnaud.

Then she continued pointing out the many different features of the gown.

"The over-robe is a straight tunic formed of two panels of the brocade satin, the panel at the back being extended to form a train of medium length. The panels are caught together upon the shoulders. The rounded neck-

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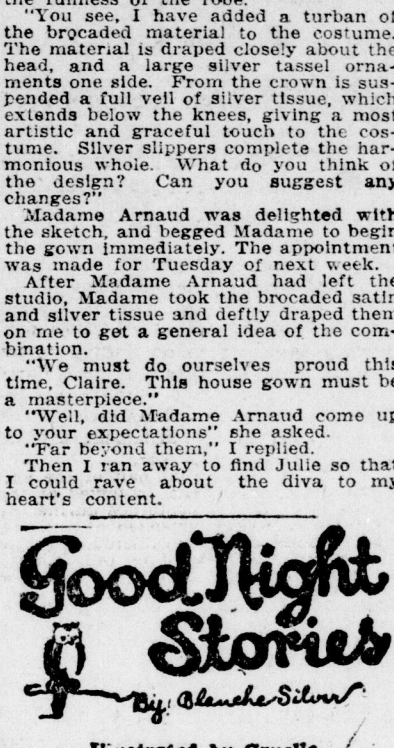
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Today—

In ordering from your grocer—be sure to order a pound tin of **DALLEY COFFEE**.

Those who have never tried it will find it different in flavor—different in aroma—a superior drink.

Follow the directions on the label. Keep the coffee pot scoured clean. Serve the coffee piping hot.

In sealed air-tight tins. 1 lb. and ½ lb. sizes. Never sold in bulk.

The F. F. Dalley Corporation, Ltd.
Sole Distributors, Hamilton, Canada

Identified by this Mark of Quality

Dalley Coffee
Dalley Baking Powder
Dalley Mustard
Dalley Dressing
Dalley Flavoring Extracts

DRINK DALLEY COFFEE

STEEL CUT COFFEE

TAKE A "CASCARET" TONIGHT AND SEE!

Spend a Dime! Live Your Liver and Bowels and Feel Fine.

Enjoy life! Your system is filled with an accumulation of bile and bowel

poison which keeps you bilious, head-achy, dizzy, tongue coated, breath bad and stomach sour—why don't you get a 10-cent box of Cascarets at the drug store and feel better. Take Cascarets tonight and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. You'll wake up with a clear head, clean tongue, lively step, rosy skin and looking and feeling fit. Mothers can give a whole Cascaret to a sick, cross, bilious, feverish child any time—they are harmless—never gripe or sicken.

Write to me often, and write like a man—Johnson to Bowtell.

Small bodies with velocity have a greater momentum than large masses without it—Layton.

Man from "Meno," to remember, to think, a rememberer, a thinker; face, from "facies," "facio," to make, because the face makes the individual appearance of any one man what it really is—Dwight.

WHEN COLDS HANG ON

get the rich medicinal food in Scott's Emulsion, which will suppress the cold and build strength to avoid another cold or serious sickness—refuse substitutes.

Heartburn, Belching, Sour, Acid Stomach, Gas in Stomach, etc., take a tea-spoonful of Scott's Emulsion in a half-glass of hot water after eating. Is safe, pleasant and harmless to use, and the sun is out—gone in the snow. It neutralizes stomach acidity and sweetens the food contents so that digestion is easy and painless. Sold by druggists everywhere.

BRUISES AND SPRAINS

Have Sloan's Liniment handy for bruises and sprains and all pains and aches. Quick relief follows its prompt application. No need to rub. It quickly penetrates to the trouble and drives out the pain. Cleaner than many plasters or ointments. Sloan's Liniment does not stain the skin nor clog the pores. For rheumatic aches, neuralgia, stiff muscles, lame back, lumbago, gout, strains and sprains, it gives quick relief. Generous sized bottles at all druggists.

Sloan's Liniment

Sloan's prices not increased 25c, 50c, 75c

CUTICURA HEALS SKIN TROUBLE

On Face that Itched & Burned. The Soap and Ointment Acted Like Magic.

"My skin had always been clear until last January when a pimple appeared on my chin. It burned and itched and of course I foolishly scratched it. Then a sore formed that looked like a cold sore and my face became nearly covered."

"It was growing worse so fast that I sent for Cuticura Soap and Ointment. I washed my face with Cuticura Soap and applied the Ointment and they acted like magic. I have not been troubled since." (Signed) Otto C. Brock, Glen Sutton, Que.

For Free Sample Each by Mail address post-card: "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.

Words of Wise Men

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NOT A PARTICLE OF DANDRUFF OR A FALLING HAIR

Save your hair! Double its beauty in just a few moments.

"Danderine" makes your hair thick, glossy, wavy and beautiful.

Within ten minutes after an application of Danderine you can not find a single trace of dandruff or falling hair, and your scalp will not itch, but what will please you most will be after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new 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 long, strong and beautiful.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an inconceivable lustre, softness and luxuriance.

Get a small bottle of Knownlton's Danderine from any drug store or toilet counter for a few cents and prove that your hair is as pretty and soft as any that it has been neglected or injured by careless treatment—that's all—you surely can have beautiful hair and lots of it if you will just try a little Danderine.

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Preparation for restoring natural color to gray hair, for removing dandruff and as a hairdresser's aid. It is not a dye, it is a hairdresser's aid, ready to use. Filio Hair Co., Newark, N. J.

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