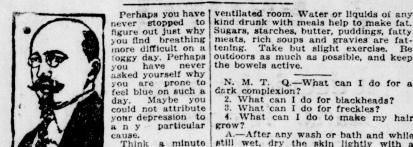
DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

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

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

ou find breathing meats, rich soups and gravies are fat-ore difficult on a tening. Take but slight exercise. Be



more difficult on a tening.

more difficult on a tening.

outdoors as much as possible, and the bowels active.

asked yourself why you are prone to feel blue on such a day. Maybe you could not attribute could not attribute and the could not attribute the could not attribute and the could not attribute the could not attribute and the could not attribute the could not attribute and the could not attribute the could not attribute and the could not attribute the could not attribute and the could not attribute the could not attribute and the could not attribute the could not attribute and A.—After any wash or bath and while still wet, dry the skin lightly with a little of the following: Think a minute or two and you will quickly realize that you breathe the air is heavy. You take into your lungs not the pure air of 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, but in spite of all their dutiful diligence, they cannot the same time of paste made up of the following:

Finely-powdered borax ... 6 drams Oil of bitter almonds ... 3 drops Oil of bitter almonds ... 3 drops Finely-powdered orris root. ... 2 ounces Finely-powdered pumice stone 2. For blackheads, massage them gently with a sterilized piece of absorbent continuous proposed in the particles in the same time of filtering out the particles in it. In this latter piece of work they are overburdened, but in spite of all their dutiful diligence, they cannot the same time of filtering out the particles in it. In this latter piece of work they are overburdened, but in spite of the following:

Finely-powdered borax ... 6 drams Oil of bitter almonds ... 3 drops Finely-powdered orris root. ... 2 ounces Finely-powdered pumice stone oil of bitter almonds ... 3 drops Oil of bitter almonds ... 4 ounces Finely-powdered borax ... 6 drams Oil of bitter almonds ... 3 drops Oil of bitter almonds ... 4 ounces Finely-powdered borax ... 6 drams Oil of bitter almonds ... 3 drops Oil of bitter almonds ... 4 ounces Fin

of all their dutiful diligence, they cannot ing:

Fullers earth4 drams 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 either to let your 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 either to let your eyelids droop, if you are alone, or to stop eyelids droop, if you are alone, or to stop better to stop the use of all remedies because more harm than benefit may when you are alone, or to stop and sigh and sigh. It appears as if the dim, dismal outside casts its 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?

A Point in Proof.

An hour has passed and you are wideawake 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

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 best your sure away from deals it. it kept your lungs away from dark in-

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 deflant to dark tendencies. "Too many things to think should be done for piles with a fissure? A.—Piles are at times combined with a fissure. It is to be touched up with nitrate of silver, only by a good surgeon.

free and deflant to dark tendencies.
"Too many things to think about," you say, "to feel blue. Funny that I felt so before."

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

If you are not very careful, however, to avoid as much smoke as possible, especially if you live in a smoky town, you will be bound, sooner or later, to feel the result in the form of a devitalized mechanism. Tuberculosis may be

From Other Sources.

Sometimes you need not wait for a loggy day to fill your chest with a neavy layer of soot, and often you need not live in a smoky town, nor near a railroad line or even a factory. Often

hastened or pneumonia may fall to

house enough soot to paint a glass black.

If your fire, for exemaple, does not burn well on a cold spring morning it fills your house with clouds. You breathe and choke and allow the rushing, curling, fresh air of the outside to mingle with the smoky fumes within. Long after you imagine the smoke to have gone out, however, you may still be breathing some lingering particles. You cannot ventilate long enough 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 gource the smoke comes, it is equally dangerous.

Answers to Health Questions

Long after you imagine the smoke to have gone out, however, you may still be breathing some lingering particles. You cannot ventilate long enough 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.

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Answers to Health Questions

Answers to Health Questions R. S. T. Q.—I am very pale and hever have any color. Please tell me what I should do to have good rosy

cheeks.

A.—You should eat green vegetables,

A.—You should eat green vegetables, 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 cocoa butter 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 and bake slowly for 20 minutes. Serve as soon as baked.

P. E. R. Q.—I become exhausted af-er reading. What can be done to stop -Those who fail to get plenty of sunlight and fresh air are troubled in this way. You should consult your phy-sician about this.

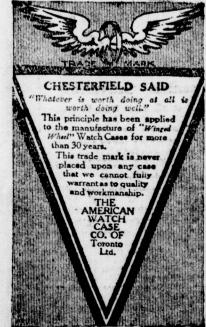
C. W. T. Q.—Please suggest a way to increase my weight. I am 25 years old and weigh only 98 pounds.

A.—Your weight may be increased by
1) to 12 hours' sleep in the 24 in a well-TAKE THREE A DAY-

BE HEALTHY AND GAY.



new French gelatin body-builder. all drug stores or by mail for \$1. TONAL-IRON COMPANY.



HER PROBLEMS



THE SAVE-MATERIALS SAVE-LABOR PERPLEXITY 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?

KITCHEN ECONOMIES BY ISOBEL BRANDS

OF THE APPLECROFT EXPERIMENT STATION.

How to Make the Best Use of Spring Greens.

One way to ward off that tired feelou can swallow right in your own ouse enough soot to paint a glass agents—the spring greens.

Dandelion is an edible weed that is not used nearly so much as it should be.

water. Then brush the hair thoroughly. Repeat this several times on successive

seasoned well. Spinach and dandel may also be cooked in any of the Ways:

Ways:

Spinach Souffle.

1 cupful of cooked spinach
2-3 cupful of hot milk
4 cupful of flour
2 tablespoonfuls of butter
5 teaspoonful of salt
3 eggs

Cream of Spinach Soup.

the crusts from the bread. Cut the bread into triangles and toast it until nicely browned. Place a spoonful of the creamed spinach on each piece of toast. A garnish of hard-boiled eggs will also make it more attractive.

Spinach Loaf With Sardines.

1 cupful of boiled spinach

1 large sardines

2 tablespoonfuls of melted butter

1 teaspoonful of lemon juice
Chop the spinach and sardines together. Add the crumbs, seasoning, butter and lemon juice. Shape the whole into a loaf and set it in the oven for ten minutes. Garnish with sliced,

For additional recipes for cooking spinach write Isobel Brands direct, addressing her at the Applecroft Experiment Station, Greenlawn, N. Y., and inclosing a stamped, self-addressed envelope for a personal reply.

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

What Is the Meaning of That Whistle? My mother-in-law's explanation of but there was no force in the tone of

My mother-in-law's explanation of the mysterious flashing in the window of the Durkee house struck me at once as a most plausible one. But it disturbed me more than I cared to admit to her.

If our new neighbors were using the only window from which they could see our home to spy upon us with field glasses there was more reason than ever for me to believe that the tenants of Mrs. Durkee's house were men who knew me, and were living there disguised for some sinister, unknown purpose.

It was imperative, however, that my mother-in-law shouldn't suspect my fear. Such knowledge would pull down her nervous strength tremendously. I tried, therefore, to answer her observation carelessly.

"Impudence, indeed," I said. "But then, we can do nothing about it. And they can't possibly do any harm with their idle curiosity."

"Idle curiosity."

"Good-by," she returned, evidently a bit startled by my abruptness. But I didn't intend to give her any chance to change her mind, and I wasked swiftly to pen.

Good-by, "she returned, evidently a bit startled by my abruptness. But I didn't intend to give her any chance to change her mind, and I wasked swiftly to pen.

Cousin Agatha was rapidly retreating down the back in the back in the protest.

"There's that small room at the head of the back stairs," I said reflectively.

"the one we have never used. It's so isolated from the rest that if William did live in it for a while he wouldn't disturb the rest of us."

"Mnat Mage Heard.

"And we could have it scrubbed and disinfected after he left," my mother-in-law interposed with a shade of encouragement in her voice. "Well, goodness knows, I don't like the idea, but I suppose while Richard's gone we ought to have some protection, especially as I imagine your doing this work isn't the rest of us."

"The so glad you approve," I returned, trying to inject into my voice just the rest of us."

"The so glad you approve," I returned, the right shade of graceful deference to her opinions. "I'll attend to the matter at once, and get Katie starte

"Idle curiosity." snorted my mother-in-law. "I'm glad that's what you call it. I tell you it's far more dangerous than that. Those men belong to a gang of thieves, I'm sure of it, and they're just spying on us to see how iney can best break in. And just think of it. Margaret! We haven't a man in the house at all. Richard will be away for weeks and Jim is gone to the war."

"You forget William Trumbull," I said, smilling to hide the very real alarm I felt. I, too, had realized with a little cold fear at my heart, that we were a household of defenceless women. But it wasn't ordinary burglary that I feared.

"But He is Very Strong,"
"He's about as much protection as a rabbit," she replied caustically, but her eyes belied her words. They held the dawn of an idea which was just entering my own brain. I hastened to give her anny chance to thank and they re just spying on us to see how iney can best break in. And, besides, he has a wonderful bull terrler. I'm wondering—"

"You're stating his case very considerately," she returned grimly.

"But he's very strong," I went on unheeding the interruption, "absolutely dependable and devoted to our interests. And, besides, he has a wonderful bull terrler. I'm wondering—"

"Don't tell me you're thinking of bringing that ourang-outang and that cur into the house," she interrupted,

DIARY OF A FASHION MODEL - BY GRACE THORNCLIFFE. -

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



Medieval House Gown, In Blue and Silver.

"I'll give you three chances to guess who's going to pay us a visit today," said Madame, as I was hurrying through Madame and risked one guess, which, of course, was wrong. would cross your path so that you could see her off the stage," Madame con-tinued.

"Not Madame Arnaud?" I exclaimed. "Not Madame Arnaud?" I exclaimed.
"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 gracious and as
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

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 to all others. In this she displayed excellent taste, for the material was exceptionally elegant—the turquoise-blue background almost hidden by the elaborate design brocaded in silver.

Arnaud.

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

"The over-dress is a straight tunic formed of two panels of the brocaded 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-

Everyone who likes a snappy "table drink finds interest in a cup of

In Turquoise.

INSTANT POSTUM

This modern beverage is so convenient, so economical. so labor saving and practical, and withal so satisfying . that it is largely accepted as the drink for the family table.

The flavor is excellent and "even" and general satisfaction follows the use of POSTUM



tume. Silver slippers complete the har-monious whole. What do you think of the design? Can you suggest any changes?"

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 brocaded satin and silver tissue and deftly draped them on me to get a general idea of the combination.

"We must do ourselves proud this

bination.

"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 rave about the diva to my heart's content.



Ilizatrated by Gruella.

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

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

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 we asked him real nicely he'd let us

one before. Then Happy Giggles waved his wand over Betty's head and the next peal of thunder Betty could hardly hear.

"See!" laughed Happy Giggles. "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 e hand, Happy Giggles flew out of the



"I'm late now, so we'll have to hurry!" cried Thunder Cloud, and away they dashed to the meadow where Thunder Cloud rode right along the ground roar-ing and howling terribly in a gruff voice:

Get up, get up, you sleepy thing, Awaken now to greet the Spring! The sun is out—gone is the snow, Awaken or you'll lazy grow!

rily. Grasshoppers and spiders swung out into the sunshine glad to hear his cry. Down by the brook old Green Frog and his wife hurried from their bed and began their spring cleaning. The meadous several alignments have been supported by the support of the state of the support of the support

laughed Betty.

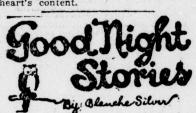
When Happy Giggles set her down in front of her own house. Betty ran into the yard. And there the walk was covered with worms and off in the meadow she could hear the merry chirp of the laughed Betty.



This will probably be a day of doubts make for no definite results. It is a time for moving along the lines of least resistance, avoiding as much as possible important dealings and changes. Those in employment should be especially cautious as to their actions, avoiding superiors and deferring the seeking of favors, promotion or increase. Investment and speculation are likewise under the ban of planetary interference and disturbance, with the possibility of disappointment and obstruction along all lines. make for no definite results. H

lines.

Those whose birthday it is should proceed quietly, venturing little and protecting all they have. A child born on this day will be proud and obstinate,



A TRIP WITH THUNDER CLOUD. Betty sat huddled in the big armchair. Outside the wind roared, the lightning flashed and great peals of thunder shook the house until it trem-

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

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

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

in sight.
Thunder Cloud stopped and Happy
Giggles and Betty climbed upon his



in silver.

The material having been chosen, Madame took her pencil and made a rough sketch of the house gown she had in mind for the opera singer.

"The medieval costume is especially becoming to you, Madame; therefore a house gown with the long sweeping lines of that period would be charming 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-doress is a straight tunic formed of two panels of the brocaded read of the propagation of the procaded out into the rain ready to be prepared to greet the sun-

Cheery Cricket, glad to be awakened, silted on a blade of grass and sang mer-

began their spring cleaning. The meadow seemed alive with merry little people glad to be awakened. Even Mr. and Mrs. Snake squirmed from their beds and joined the happy band.

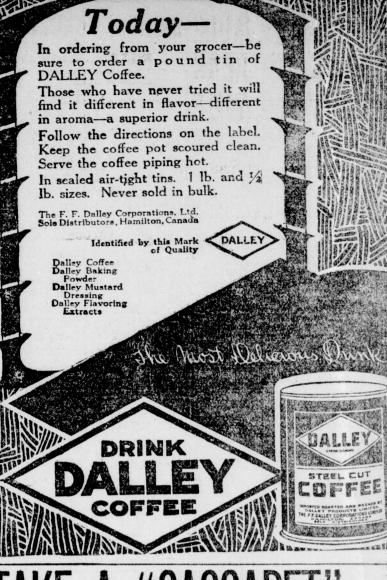
Then with a terrible crash much louder than the rest Thunder Cloud whirled away toward the sea. But Happy Giggles bade him good-by and flew back into Betty's room again with her.

"Well, I'll never be afraid of thunder again as long as I live, for if Thunder Cloud loves the meadow folks enough to awaken them from their winter's nap. he'll never harm little children," laughed Betty.



FRIDAY, APRIL 26.

may well remain in employment of others, and should conduct its life with



Spend a Dime! Livenachy, dizzy, tongue coated, breath bad stomach sour-why don't you get Your Liver and Bowels store and feel bully. Take Cascarets to night and enjoy the nicest, gentlest live and Feel Fine.

Write to me often, and write like

nan.-Johnson to Boswell. Small bodies with velocity have a greater momentum than large masses without it .- Lavon.

Man from "meno," to remember, to hink, a rememberer, a thinker; face, rrom "facies," "facie," to make, because the face makes the individual

WHEN COLDS HANG ON

Emulsion, which will suppress the col and build strength to avoid another col-

BISURATED

For Dyspepsia, Indigestion. Heartburn, Belching, Sour, Acid Stom ach, Gas in Stomach, etc., take a tea spoonful of Bisurated Magnesia in half-glass of hot water after eating. I half-glass of hot water after eating. It tafe, pleasant and harmless to use, and gives almost instant relief. It neutralizes stomach acidity and sweetens the food contents so that digestion is eas and painless. Sold by druggists every.

NOT A PARTICLE OF DANDRUFF OR A FALLING HAIR

beauty in just a few moments.

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

Within ten minutes after an appli-

cation of Danderine you can not find a single trace of dandruff or falling hair and your scalp will not itch, but 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 vegetation. It goes right to the roots, rigorates 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 now 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 ight, fluffy and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxuriance

and disall definition for restoring natural color to make the state of the state of

Get a small bottle of Knowlton's

Danderine from any drug store or toilst

your hair is as pretty and soft as any-

and bowel cleansing you ever experienced. You'll wake up with a clean and looking and feeling can give a whole Cascaret to a Enjoy life! Your system is filled cross, bilious, feverish child any the are harmless—never gri with an accumulation of bile and bowel sicken Words of Wise Men Try TETROL, 25c

BRUCE WALLACE



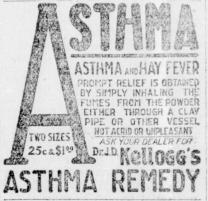
Bruises and Sprains Have Sloan's Liniment handy for bruises and sprains and all pains and aches. Quick relief follows its prompt application. No need to rub. It quickly penetrates to the trouble and drives out the pain. Cleaner than mussy plasters or oint ments. Sloan's Liniment does not stain the skin 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,

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 foo ishly scratched it. Then a scab formed that looked like a cold sore and my face became nearly covered. "It was growing worse so fast that I sent for Cu cura Soap and Ointmen I washed my face with C ticura Soap and applied the Ointme and they acted like magic. I have no been troubled since." (Signed) Otto C Brock, Glen Sutton, Que Cuticura Soap is ideal for the skin

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



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