

Mail Magazine for Everybody

SECRETS OF HEALTH AND HAPPINESS

Cod Liver Oil an Effective Help in Preventing Rickets

BY DR. LEONARD KEENE HIRSHBERG

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

Rickets is a malady of infancy and childhood too often ignored until bow-legs, thick joints, knock knees, pigeon chest and other bony deformities produced remain a lasting blemish all through adult life.

In this condition the skeleton of the victim remains soft and plastic, instead of rigid and structurally strong as in well-knit, symmetrical figures. Little is lost by the sufferer and it is waiting in the poor parent's mind the young child. The foreign-born, poor tenement children suffer huge amounts from rickets. This malady is also common among negro children.

Cod liver oil has been known for a long time to be a potent aid against the disorder of the bones. Physicians appreciate its value and whenever patients ill with rickets are brought to them cod liver oil is administered as one of the reliable foods rich in vitamins, lime and phosphorus to replace the lost elements of the putty-like bones.

A Notable Test.

Unhappily so many parents of the victims of the rickets are so poor and overworked that thousands of youngsters with rickets are never seen by doctors, dispensaries or hospitals, but are left like Tompkins, just to "grow up." With this in mind, the London Advertiser and L. J. Unger of New York decided to investigate the possibilities of cod liver oil scientifically and preventively in rickets. They selected about 50 babies and planned to feed them, from their fourth month to one year, pure American or Norwegian cod liver oil.

Nurses were taught how to instruct the ignorant and custodial parents to give the oil, and the foolish mothers who refused to co-operate were sent out of the children with their bones and flesh figures, while many of their own infants are bent, deformed, pigeon-chested, bow-legged and otherwise crippled. In the experiments made by Drs. Hess and Unger, rickets was prevented in more than 80 per cent of the children.

On the other hand, all the infants of the same neighborhoods who did not receive cod liver oil showed signs of rickets but one.

Some of the Signs.

Indeed, among the negroes and south Europeans, cod liver oil proved to be a more potent factor than mother's milk in the prevention of rickets.

Bending of the ribs, enlargement of the ends of the bones, a too early closing of the aperture in the top of the cranium, sweating and loss of hair over the back of the skull are signs which point to this bony disfigurement.

The point of Dr. Hess' and Dr. Unger's research is the ability to head off and prevent this deforming malady of childhood. Cod liver oil supplies a food which contains the vitamins needed by the children's bony tissues. Six months of this liquid food of the cod's liver will go away practically with the chance of a rickety infant frame. Cod liver oil is

Patience and Care Chief Aids in the Beautifying of Your Nose

By LUCRECIA BORI

The Famous Spanish Prima Donna

Many beauty specialists claim that the shape of the nose can be changed. In many instances this means a painful operation of the kind which is performed in the operation of the nose. The nose is the most delicate of the face and the eyes, so that the line from the brow to the end of the nose will be perfectly straight.

Unfortunately, these operations are successful in correcting the shape of the nose, but they do not remove the suffering entailed simply to please the vanity. In recent years, the shape of your nose, but don't be satisfied until you have corrected the minor defects that will help to improve your looks.

If the unsatisfactory shape of your nose is not due to the bone structure you cannot do the flesh, provided you have the patience to massage it day after day. A nose that is too thick to meet the requirements of beauty, or the one with nostrils of exaggerated size can be changed with patience.

To Mold the Tip.

The process is a simple one. Soften the flesh of the nose by applying hot compresses, and then, after dipping the thumb and the first two fingers into massage cream, proceed to knead gently pinch the flesh, thus carefully remodeling the end of the nose and reducing the size of the nostrils.

An excellent massage cream to use for this purpose is made of these ingredients:

Sweet almond oil 1½ ounces
White wax 2½ drams
Spermaceti 2 drams
Lanolin 1½ ounce
Oil of bitter almonds ½ dram
Elderflower water 1½ ounce
With hazel 1½ ounce.

A red nose is a most unpleasant affliction, usually caused by defective circulation, or an impoverished condition of the system, as well as by sluggish circulation. Remedies for this condition should be prescribed by a physician.

Stimulation beverages of any type should not be taken when the nose is inclined to be red. It is also better to use tepid water when bathing the face instead of either very hot or very cold water.

Exercise out of doors may be regarded as part of the cure. Walking rapidly is one of the best ways of getting exercise.

KITCHEN ECONOMIES

How to Use Gelatine as a Delicious and Nourishing Aid to Cookery Savings.

One of the valuable results of our attempts at food conservation is that we are constantly discovering new methods of using old food sources. For example, we have generally looked upon gelatine as a desirable food, but we are finding out now that this food accessory is the first place, gelatine should be used more because it has a definite food value. One tablespoonful of gelatine is easily digested, and is an ideal food for children, especially as it helps in forming bone and tissue.

Gelatine can be used in soups to give richness to thin stock, and for thickening sauces, syrups, meat, vegetable jellies as well as puddings and other desserts. With a basis of an aspic jelly, cheap cuts of meat or vegetables, or even leftovers may be added to form an attractive and most wholesome dish. Here is a simple recipe for aspic that can be used for any dish:

Aspic Jelly.
Soak half a pound of gelatine in lukewarm water to cover it for an hour. Heat soup stock to boiling, add the gelatine and stir until dissolved. Then strain and set aside.

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GOOD-NIGHT STORIES

BY BLANCHE SILVER

BUCKEYE FAIRY

David's mamma was very sick, and David ran errands for the neighbors to earn the few pennies to buy their bread.

One cold day as David was on his way home he saw an old woman chopping wood. David felt very sorry for her, so he took the axe, chopped the wood, and built her a lovely fire.

"It's a good boy you are, David," said the old woman in a trembling voice. "But I've no pennies to pay you for your trouble, as I'm only a poor woman myself."

"One never expects pay for a good deed," replied David, and drawing out a handful of pennies he offered them to the old woman saying, "Take what you need. I've enough to share, for my day has been good to me."

But the old woman shook her head and said: "No, David, take them to your mamma. But here is a buckeye. Some say it brings luck to carry one. I wish you luck for the kindness you have shown me."

"I'll keep the buckeye for luck," he said, and he took the penny for his trouble. "You'll take the pennies for bread," he said to her.

"Mamma, I do wish you were well and strong again," said David, and he took the penny for his trouble. "You'll take the pennies for bread," he said to her.

"The words were no sooner out of his mouth than his mamma threw off the covers and ran to the door. She was as well and strong as she used to be."

"What has done this wonderful thing?" she cried. "Before you came home I was very ill, and now—why, I'm well!" "I wish I knew, then, I could help other people," said David.

Out of his pocket rolled the buckeye. It opened, and a tiny fairy sprang out. She looked at him and said, "You are a good boy, and I will help you. I am the Good Fairy in disguise. She has given you my buckeye house, and with it I grant you all your wishes. I'm now at your command!"

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ADELE GARRISON'S NEW REVELATIONS OF A WIFE

What Alfred Durkee Did Unexpectedly—Why Dicky Reddened at Mrs. Durkee's Laughing Comment.

"There, the last stitch is bound off," I said, snipping my yarn at a respectful distance from the top of the helmet face I had just knitted.

"And now for the trying on," Alfred Durkee sprang from his chair and came to my side. "I promise you I'll stand as still as any old maid getting fitted for her wedding dress."

"You'll have to bend your head a bit," I returned, rising with the helmet face in my hands.

He lowered his face obediently and I fitted the helmet front over his face. To my delight the opening for the mouth, nose and eyes came just where it should, and was evidently the correct size.

"Yes, Madge!" his mother exclaimed, "you've done wonders. Alf looks exactly like the picture in the front of the Red Cross instruction books."

Her son made a wry face and looked down quizzically at me as I still held the helmet front on his face.

"You don't think I look like that dear little picture, do you?" he asked in a low voice.

"No, indeed," I murmured back, laughing, and then I couldn't help turning a triumphant little glance toward Cousin Agatha, who sat next my mother-in-law.

"I don't think I shall have to unravel this, do you, Cousin Agatha?" I queried mockingly. "Of course, whenever I make a mistake I take everything out so that I don't waste any yarn."

Cousin Agatha didn't answer at first. She slowly looked at me, a long, suspicious, significant gaze which made me miserably conscious all at once that the helmet I had slipped off from Alfred Durkee's face was not one which accorded with the strict ideals of behavior held either by Cousin Agatha or my mother-in-law. I fancied that I saw disapproval in my mother-in-law's eyes.

"I don't think I shall have to unravel this, do you, Cousin Agatha?" I queried mockingly. "Of course, whenever I make a mistake I take everything out so that I don't waste any yarn."

"You have done very well," Cousin Agatha said slowly at last. "That helmet fits as well as it evidently will be appreciated."

The words were innocuous, but the tone pointing them was unmistakable. I saw that my mother-in-law was not one which accorded with the strict ideals of behavior held either by Cousin Agatha or my mother-in-law. I fancied that I saw disapproval in my mother-in-law's eyes.

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January Clearance of Seasonable Merchandise

BROKEN AND ODD LINES OF WEARING APPAREL GREATLY REDUCED IN PRICE FOR QUICK CLEARANCE.

Children's Warm Gloves and Mitts Reduced

Children's Red Mitts and Gloves, all-wool quality, 35c and 50c values. To clear at, per pair 25c
Children's and Misses' Red Ringwood Gloves, with long cuffs; regular 50c a pair. For 35c

Special Prices On Underwear

Ladies' Fleece-Lined Vests; drawers to match; open or closed. Special, per garment 69c
Extra Outsize White Vests, high neck and long sleeves. Price... 50c

White Flannellette Gowns at 98c

To be had in slip-over style only, narrow lace trimming on neck and sleeves, good quality flannellette; regular \$1.25. Sale price 98c

Children's Warm Plush Coats Reduced

One Coat of Lister's Plush, belted style, large collar, size 42; regular \$27.50. For \$19.75
Coat of finer quality plush, smart belted style with large convertible collar, size 40; regular \$32.50. Reduced to \$24.75
Salts' Plush Coat, size 38, with belt across back; regular \$35.00. For... \$27.75
All Ladies' Cloth Coats now marked at special clearance prices.

Women's Serge Suits Clearing, \$9, \$11.25

7 Smart Serge Suits in belted styles, satin linings, to be had in navy and black and sizes 34, 36, 38 and 40, this season's regular \$18.00 value. To clear at half price, \$9.00
14 Serge Suits in brown, navy and black, three different styles in the group, sizes from 34 to 40, this season's regular \$22.50 suits. Now selling at half price... \$11.25

Wrapperette Kimonos on Sale at \$1.39

Medium weight Kimonos, in blue and grey, with fancy floral patterns, neatly trimmed; regularly \$1.75. Sale price..... \$1.39

Final Clearance Sale of Winter Millinery

Every Trimmed Hat and every Flower and Feather in our Millinery Department will be on sale tomorrow at exactly Half Marked Prices.

Trimmed Hats Flowers, Feathers

Were \$4.00 to \$16.00. Tomorrow \$2.00 to \$8.00
Were 50c to \$5.00. Tomorrow 25c to \$2.50

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