Daily Magazine Page for Everybody

SECRETS OF HEALTH AND HAPPINESS

Cod Liver Oil an Effective Help in Preventing Rickets

ony deformities pro-lasting blemish all liver oils, but be certain there is no alcohol in it. of rigid and structurally strong as in well-knit, symmetrical figures. Lime is or rigid and structurary strong as in well-knit, symmetrical figures. Lime is lost by the sufferer and is wanting in the poor pabulum fed the youngster. The foreign-born, poor tenement chiltern suffer huge inroads from rickets. This malady is also common among teners whildren.

tegro children.

Cod liver oil has been known for a leng time to be a great aid against this desorder 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 relable foods rick in vitamines time and.

Pink of

liter oil is administered as one of the reliable foods rich in vitamines, 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 Topsy, just to "grow up."
With this in mind, Drs. A. F. Hess and L. J. Unger of New York decided to investigate the possibilities of cod liver investigate the possibilities of cod liver oil scientifically as a preventive of 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 obstitute paragraph.

where were tanget how to instruct the ignorant and obstinate parents to give the oil, and the foolish mothers who refused to co-operate now see most of the other children with firm bones and fine figures, while many of their own infants are bent, deformed, pigeontoed, bow-legged and otherwise gawky. In the experiments made by Dre Hees. In the experiments made by Drs. Hess and Unger, rickets was prevented in more than 80 per cent of the infants fed with cod liver oil more than six menths. On the other hand, all the infants of the same neighborhoods who did not receive cod liver oils showed signs of rickets but

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 Bending of the ribs, enlargement of the ends of the long 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 early signs which point to this bony disability.

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 valundness needed by the children's bony tissues. Six months of this liquid food of the cod's liver will addressed envelope is inclosed. Address

A. B., M. A., M. D. (Johns Hopkins University.) Rickets is a malady of infancy and a good food, anyway, for most infants, childhood too often ignored until bow-irrespective of any likelihood of rickets. legs, thick joints, knock knees, pigeon You cannot err except on the safe and

Answers to Health Questions

A. Q. R. Q-What affect does lime-water have on the skin, and how shall I A—Limewater makes the skin softer, smoother and more attractive. Use it two or three times a week or when needed. You may dilute it or use it just

W. T. H. M. Q-Will you please tell Pink calamine2½ drams

Zinc oxide 2 drams
Glycerire 2 drams
Phenol 30 drops
Limewater 2 ounces
Rosewater 2 ounces S. L. M. Q—Kindly tell me how I can make my hair curly.

A—If you will use the following preparation, which is very suitable for dry hair, you will find your hair for a time

quite curly. After applying with a soft sponge the hair should be rolled up on paper-covered rubber curlers or on hair-pins covered with paper:

G. R. Q—Although I am very careful of my dlet, eating scarcely any meat, but plenty of vegetables and whole what it was to want again, for all David had to do was to wish and Buckeye fairy saw that his wish was granted. David with his buckeye in his pocket went from house to house curing all the some condition in the mouth or the teeth. Decomposition in the follicles of chronically diseased tonsils may cause such a taste and also a bad breath. Have your dentist examine your teeth and gums.

G. R. Q—Although I am very careful David and his mamma never knew what is mamma never knew what is mamma never knew what it was to want again, for all David had to do was to wish and Buckeye Fairy saw that his wish was granted. David with his buckeye in his pocket went from house to house curing all the slick and bringing help to the needy. He grew to be an old man whom everyone loved and admired for his great goodness and his beautiful unselfishness.

It was eyes also, and hated mysen to the full that rose to my cheeks.

"You have done very well." Cousin Agatha said slowly at last. "That helm the fifts as well as it evidently will be went fits, as well as it evidently will be strictly to his questioning. "Why, I shall go to Plattsburg first," The words were innocuous, but the tone pointing them was unmistakable. I loved and admired for his great goodness and his beautiful unselfishness.

The words were innocuous, but the tone pointing them was unmistakable. I loved and admired for his great goodness and his beautiful unselfishness.

Bave seys also, and hated mysen to the full that rose to my cheeks.

"Hope You Don't Object."

"You have done very well." Cousin Agatha said slowly at last. "That helm the fits as well as it evidently will be were fits as well as it evidently will be grew to be an old man whom everyone loved and admired for his great goodness and his beautiful unselfishness.

Bave ges also, and nated mysen.

"Yes, I know," the little woman term to found. The turned. "But I never could stay in that turned. "But I

of this liquid food of the cod's liver will addressed envelope is inclosed. Address to Dr. L. K. Hirsh-lickety human frames. Cod liver oil is berg, care this office.

Precipitate of sulphur ... 4 grams

Patience and Care Chief Aids in the Beautifying of Your Nose

BY LUCREZIA BORI

Many beauty specialists claim that the shape of the nose can be changed. In many instances this means a painful operation or the injection of paraffin to fill in the depression between prove to the end of the nose will be perfectly straight.

Unfortunately, these operations are successful in comparatively few cases, and any woman is foolish to endure the suffering entailed simply to please her

vanity. Be reconciled to 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 unattractive shape of your nose is not due to the bone structure you can remold 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

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 and gently pinch the flesh, thus carefully remolding the end of the nose and reducing the size of the nostrils. An excellent massage cream to use for als purpose is made of these ingredi-

White wax 2½ drams
Spermaceti 2½ drams
Lanoline ½ ounce
Oil of bitter almonds ½ dram
Elderflower water 1½ ounces
Witch hazel ½ ounce.
A red nose is a most unpleasant affliction, usually caused by defective di-gestion or an impoverished condition of

the system, as well as by sluggish cir-culation. Remedies to be taken inter-nally should be prescribed by a physi-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

Lotion for Redness. Exercise out of doors may be regarded as part of the cure. Walking rapidly

is one of the best ways of getting exer- ness."-Serr

Precipitate of sulphur 4 grams
Giverine 4 grams
Precipitate de fally and its a soil so fertile and a Giverine 4 grams
Precipitated chalk 4 grams
Cherry laurel water 4 grams
Eau de cologne 4 grams
An olly nose is never attractive. To offset any tendency of the skin to appear greasy use this astringent lotion:
An illy nose is never attractive. To offset any tendency of the skin to appear greasy use ful metal and mineral—save blood to settle in the region of the nose. An olly nose is never attractive. To offset any tendency of the skin to appear greasy use this astringent lotion:
Alim 70 grains
Almond milk (thick) .1½ ounces
Dissolve the alum in the rosewater and pour the mixture slowly into the almond milk with constant agitation. Apply with a soft linen cloth several times is educed almost to the position of a vastion upon the skin must be carefully observed. Should hey cause the slightest to ome of few days, but a slight gently to ome of few days but a slight gently of gently at once—will usually offset such an effect.

The provided with a soil so fertile and a cologne day way be deemed a very active one according to stellar independence, so, wing to the solar con-distings, and rather routine and color-discuss, owing to the solar con-discuss the slightest of the plane the avocations, occupations and purch as the process owing to the solar con-discuss the slightest of the plane that the country is cultivated and severy will respond to the must be asserted and solar ray. This includes milk according to severy nature, will respond to the must be among its enemies has been Gerval and solar ray. This includes mercation of every nature, will be avocations, occupations and purch and avocations, occupations and purch as the process owning to the solar con-discussion, occupations and purch and the avocations, occupations and purch and the avocations, occupations and purch and avocations, occupations and purch and avocations, occu

THE ORIGIN OF FAMOUS SAYINGS

Samuel Johnson. 1709-1784. Life of Johnson (Boswell). The use of traveling is to regulate magination by reality, and instead of thinking how things may be, to see them

as they are.-Johnsoniana. Dictionaries are like watches; cannot be expected to go quite true .-

Books that you may carry to the fire and hold readily in your hand, are the most useful after all.—Hawkins. John Wesley. 1703—1791. Certainly this is a duty, not a sin. "Cleanliness is indeed next to godliness."—Sermon on Dress.

GOOD-NIGHT **STORIES**

BY BLANCHE SILVER

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

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 trembiling 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 done," 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!"

But the old woman shook her head and said:

"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 and said:

"No Pavid takethem to your mamme."

But the old woman shook her head and said:

"You'll take helment face in my hands.

He lowered his face obediently and I alted the helmet face in my hands.

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But the old woman saying to the helmet face in my hands.

He lowered his face obediently and I alted When the your don't object, Dicky beat at the words, kissed me full upon the lips and ast me down again.

"That just expresses a tiny part of my gratitu BUCKEYE FAIRY

in my hands.

He lowered his face obediently and I and sald:

"No. David, takethem to your mamma. If the pure is a buckeye. Some say it brings luck to carry one. I wish you like for the kindness you've shown me."

"I'll keep the buckeye for luck, it is thould, and was evidently the correct scale David.

The old woman smiled, took the pennies and gave David the buckeye, which he put in his pocket and quickly ran home, where his mamma waited for him. She looked so patient and sad thin special tenderness."

"Mamma, I do wish you were well and strong again!" sighed David.

"The words were no sooner out of his mouth than his mamma threw off the covers and Jumped out of bed, just as well and strong as she used to be.

"What has done this wonderful thing." she cred. "Before you came home. "I don't think I look like that dear was very ill, and now—why, I'm well."

"I'why had has done this wonderful thing." she cred. "Before you came home towers." I was very ill, and now—why, I'm well."

"I'why had has done this wonderful thing." she cred. "Before you came home. "I don't think I shall have to unravel. It opened, and a tiny fairy sprang out. "The old woman whom yon belyed as more other than the Good Fairy in disguise. She has given you my buckeys, shouse, and with it me to grant all your wishes. The now at your a well-and work was an well and strong as she used to be.

"What has done this wonderful thing." as well and strong as she used to be.

"What has done this wonderful thing." as well and strong as she used to be.

"Wonder the first of the firs

house, and with it me to grant all your wishes. I'm now at your command!" cried Buckeye Fairy.

"Then give us a nice supper," laughed David. He could scarcely believe his eyes when the table before them spread itself with a lovely hot supper.

David and his mamma never knew what it was to want again, for all David had to do was to wish and Buckeye Fairy saw that his wish was granted.

David with his buckeye in his pocket

way of war for centuries. Although the land is inclosed by mountains, there flow through Bohemia the Danube and the Elbe rivers, up and down whose val-

eys armies have marched and counter-narched. Yet Bohemia still retains its

enough to make their progress south-westward, not by force of arms, but by peaceful colonization. Besides Bohemia

the Czechs occupy parts of Moravia and the nearby territory of Silesia. Today they are the westernmost branch of the

These are a people, then, who love lib-rty so dearly they have never been

ADELE GARRISON'S NEW REVELATIONS OF January Clearance of

He lowered his face obediently and 1

A. W. Q—How can I get rid of blackheads?

A.—Gentle massage with a sterilized plece of absorbent cotton or chamols, followed by the application of paste made up with the following will help:

Fullers earth, 4 drams; vinegar, 2 drams, giycerine, 2 drams.

G. R. Q—Although I am very careful G. R. Q—Although I am very careful David and his mamma never knew David Alta David hough the capid and his mamma

BY GENEVIEVE KEMBLE.

Three-Minute Journeys

Where Live a People Whose History Is a Miracle of Liberty.

Among the liberty-loving peoples in the maelstrom of the war whose aspirations and enduring alms are brought into the limelight of history-in-the making across the sea, and to which Time will bring us closer, are the Czecho-Slovaks of Bohemia.

The geographical centre of the continent of Europe, located equally distant from the Baltic, the Adriatic and the North seas. Bohemia has been a pathway of war for centuries. Although the

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 pair25c Children's and Misses' Red Ringwood Gloves, with long cuffs; regular 50c a pair. For35c

Special Prices On Underwear

Ladies' Fleece-Lined Vests; drawers to match; open or closed. Special, Extra Outsize White Vests, high

neck and long sleeves. Price...50c Ladies' Heavy Union Vests, in grey only, high neck and long sleeves. To clear at 29c Children's All-Wool Black Tights, Turnbull's make, broken sizes, values \$1.00 and

\$1.25. To clear at89c

Ladies' Fine Wool Combinations, ankle length, high neck and long sleeves, V neck and elbow sleeves. Sizes 36 and 38\$2.50

Sizes 40, 42, 44\$2.75 White Flannelette

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

Gowns at 98c

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

our Millinery Department will be on sale tomorrow at exactly Half Marked Prices.

morrow\$2.00 to \$8.00 row25c to \$2.50

Trimmed Hats Flowers, Feathers Were \$4.00 to \$16.00. To- Were 50c to \$5.00. Tomor-

Gray's

Agents for the Ladies' Home Journal Patterns. 140 DUNDAS STREET. Phones 115, 116.

Gray's

ADVERTISER PATTERNS

A Seasonable Model.

Age (if child's or misses' pattern)

Cynthia Grey's Mail-Box

A Prophecy Fulfilled.

Dear Miss Grey,—Christmas twilight is falling as I write this, and with it comes the thought of what a year hence may bring us. Heaven grant that another Christmas may see "peace on earth, goodwil to men."

One very important message has reached us since last Christmas, and one that is full of meaning to Christians in general. That is the capture of Jerusalem by the British. Who will cry out now and say that God is not on our side? This is a Bible prophecy fulfilled, and one that must not be lost sight of. I am sure none of us in our peaceful land this Christmas will forget to thank God that it is so, and that we may retire at night and A Prophecy Fulfilled. and that we may ret feel secure, while mul seas would be very could say the same. I sary of the birth of (an inspiration for thoughts, and less of ments. I inclose my a for you to send me t for you to send me the few lonelies. I wrote some time ago. Wishing

s Grey and readers a bright new MARTIN. Ans.-Your message seems a most an. "lonelies" will be sent as

ern, write only the figure representing the age. It is not necessary to write inches" or "years." Patterns cannot reach you in less than one week from date of application.

A great many folks appear to be finding them useful.

Am not able to send you the address you ask for, as it has not yet been received. Can assure you, however, the "lonely" whose name you send will re-

How Much Education?

Dear Miss Grey,—As I am a constant reader of your page, I have ventured to write for the first time.

How much education should one have to get a position in a bank?

BROWNIE. BROWNIE.

Ans.—A junior matriculation certificate is as a rule, required of applicants desirous of becoming bank clerks. Rapid and accurate calculation, near penmanship and a good knowledge of mathematics, are among the essentials.

nessage has ristmas, and to Christians capture of h. Who will to God is not belone of us in Christmas that it is so, t night and es across the

ASTHMA COUGHS WHOOPING COUGH SPASMODIC CROUP BRONCHITIS CATARRH COLDS

All Kinds **FLOWERS** For New Years WEST FLORAL CO. Phone 2187, 249 Dundas Street,

JIMMY COON STORIES

had sheltered her.

o do but follow him around. Perhaps shall even go to France. I spent one year in London, you know, and have always wanted to go back."
"You wouldn't cross the ocean with hose submarines in action, would you?"

usin Agatha's voice expressed horri-

IN THE LAUNDRY.

Saturate grass stains thoroughly

Wash iodine stains with alcohol,

These are a people, then, who love inerty so dearly they have never been completely conquered in more than 1.200 years of fighting with the Germans. They are a peace-loving people, who have spread through colonization. This is why the Allies in their reply to President Wilson's inquiry before the United States entered the war as to what would be the Allied terms of peace with Germany, declared that one of the provisions would be the liberation of the Czecho-Slovaks from the yoke of Austria-Hungary.

Their capital city, Prague, is called "The Rose of Europe." It is said to be one of the seven most beautiful cities of the world.

The countrysides of Bohemia are wonders of food, and poor, tottering Jimmy Coon said. "Thank you Quilly, I think you're wife. Their costumes seem particularly wife. Their costumes seem particularly and the was a warming enterprise. Our illustration shows a Slovak peasant and his wife. Their costumes seem particularly and the was a warming enterprise. Our illustration wife. Their costumes seem particularly and poor, tottering Jimmy Coon said. "Thank you Quilly, I think you're would have seen all the little friends with some of the property of the world.

BY ISOBEL BRANDS OF THE APPLECROFT EXPERIMENT STATION.

BY ISOBEL BRANDS OF THE APPLECROFT EXPERIMENT STATION.

And at was awarming cone had nothing littled from the war and pulling have been and plant for food, and could scarcely walk. So come of the seven most beautiful cities of the world. "Thank you Quilly, I think you're the wook folk came to feed poor jir. The wook of the world. The wook of the world with the ferman plant for food, and call the Wook Folk came to feed po

fully!"
And Quilly rushed to bring him some mushrooms; and Teddy Possum had to help pull Jimmy Coon off the back of Quilly, befish, can stuck right through the pants of Folk right could have seen the Little stuck right through the pants of Jimmy Coon and wouldn't let go! At

DAILY BIBLE QUESTION

SUGGESTIVE QUESTIONS ON THE SUNDAY SCHOOL LESSON. By Rev. T. S. Linscott, D.D. "John Prepares the Way for Jesus." Golden Text-"Behold the Lamb of

God, That Taketh Away the Sin of the World." John, i., 29. drawing power of John that such vast crowds flocked to hear him?

10. Is it the fault of the average preacher, that he does not draw big crowds, or is it due to circumstances over which he has no control? Give your reasons.

11. What method of baptism did John be. If a skirt, give waist and length of the crowds flocked to hear him?

Measurement: Bust..... Waist..... I sent for an English-French dictionary, and it is just fine. I am going to send for some more. With best wishes for everybody, I remain,

48TH BATTALION RUNNER.

Ans.—No wonder you have been a whatever it may be. If a skirt, give waist and length coming in a hear, as it were so glad. 9. Verse 5-What was the charm o 11. What method of baptism did John be. If a skirt, give waist and length coming in a heap, as it were. Sprobably adopt?

| The street of the

2257—This style is ideal for the growing girl. It will develop nicely for school or general wear. Serge, jersey cloth, plaid and check suiting, velvet or corduroy are nice for it.

The pattern is cut in four sizes, 8, 10, 12 and 14 years. Size 10 requires 5½ yards of 44-inch material.

A rettern of this illustration method. A pattern of this illustration mailed to any address on receipt of 10 cents

ADVERTISER PATTERN DEPT.
Please send above-mentioned pattern.
as per directions given below:

for "Scottie Frae also the other "lor the case, however, there has been a we you will understand

Has Been Busy Dear Miss Grey,-You w

VAPO - CRESOLENE CO

KITCHEN ECONOMIES

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

nany other valuable everyday uses. the first place, gelatine should be made into jelly is:
more because it has a definite food
One tablespoonful of granulated
2 bay leaves. easily digested, and is an ideal food children, especially as it helps in sing bone and tissue. slatine can be used in soups to give ness to thin stock, and for thicken-

sauces, syrups, meat or vegetable lies as well as puddings and other sserts. With a basis of an aspic jelly leap cuts of meat or vegetables, or een leftovers may be added to form an tractive and most wholesome dish, ere is a simple recipe for aspic that

A good seasoning for soup stock to be

2 bay leaves.
4 cloves.
1 lemon rind and juice. teaspoon of salt.

1 stalk of celery.
12 whole peppers.
These proportions are for about one scant quart of stock. Jellied Fish. 1 tablespoon of granulated gel-

tine.

tablespoons of cold water
cup of boiling water.
tablespoons of lemon juice. hasn't the income to provide these con-stantly—will find a great ally in the more frequent use of gelatine dishes. For

sere is a simple recipe for aspic that ay be used for any dish:

Aspic Jelly.

Soak half a box of gelatine in pugh warm water to cover it for ff an hour. Heat soup stock to ng, add the gelatine and stir until half an hour, then add the boiling water and stir until the gelatine is dissolved. blved. Then strain and set aside Add the lemon juice and sait to taste.

(Copyright, 1918, by News paper Feature Service, Inc.)

the of the valuable results of our tempts at food conservation is that we constantly discovering new methods using old food sources. For example, we have generally looked upon geline as a dessert basis, occasionally ling it in making aspies, but we are ding out now that this food accessory a many other valuable everyday uses.

Cold meats and vegetables may be treated in the same way. It isn't necessary to regard gelatine or jellied meats as a summer food. It is true that it is always served cold, but there is so much nutriment in a jelly that makes it an ex-cellent winter dish that it is wise to get into the habit of using it oftener, even if it is necessary to have other hot dishes on the menu to suit the season. The housewife with the problem of feeding a group with finicky tastes—the kind of a family that wants its palate appealed to by attractive foods and yet

goods or leftovers into something that is at once wholesome and yet dainty to If you wish other gelatine recipes, Isobel Brands with be glad to send them to you if yo swrite her direct at the Applecroft periment Station, Greenlawn, N. Y., inclosing a self-addressed, stamped envelope for a personal reput.

t enables her to transform the cheapest

Folk rishing to find food, you would have thought that Jimmy Coon was a whole boarding house Tomorrow—Jimmy Coon Follows His Nose.