TUESDAY MORNING

THE TORONTO WORLD

By LUCREZI BORIA

Do You Wave Your Hair Correctly

MAY 2 1916

DAILY MAGAZINE PAGE FOR EVERYBODY inens at Vegetables Canada! as Good as e under your an EDDY Medicine

THE modern tendency seems to be very much against medicines and drugs of all kinds—especi-ally with people who have naturally good constitutions themselves; they perhaps go rather too far in their wholesale condemnation of them for

perhaps go rather too not them for wholesale condemnation of them for those less healthily built. The more we concur in this view and try to replace the use of medicine by a wise choice of diet and due amount of exercise the greater be-comes our interest in the medicinal properties of fruit and other foods. We have so long been told that if only we incorporate plenty of fruit and vegetables in our daily diet medi-cine will be superfluous. Consequent-ly we may become inclined to expect too much from fruit. The time of day when fruit is taken

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well as more tempting.

more palatable

the feet.

piece of hardsplinter nor ounded even and fingers,

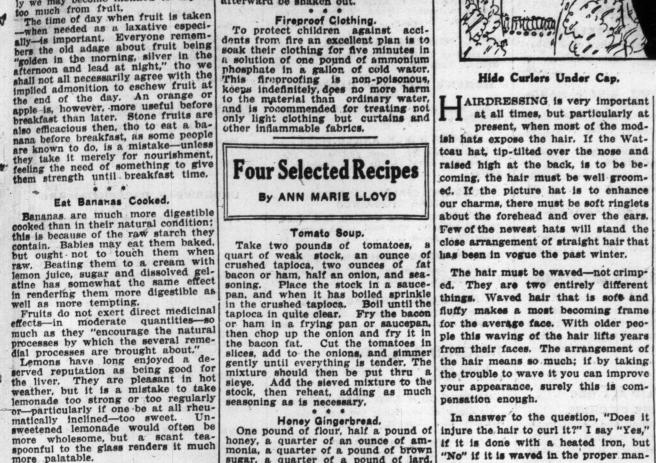
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NCREASES



How to Do

Your Housework

More Easily

Cleaning of Hair Brushes. To wash brushes and combs put a teaspoonful of ammonia into a basia of hot water and dip the brush up and

down in it, letting the comb remain in the water for a few minutes. After

wards rinse in cold water.

wards rinse in cold water. Embroidering Made Easy. Many ladies embroider linen or lawn shirt blouses or linen centropieces and dollies for their friends. Many, too, tho naturally neat, will find their work solied before it is finished. If one de-sires to make up such material or give it to a friend without washing, it may be made perfectly clean by sprinkling thickly with French chalk and rolling up for a day or two. The chalk may afterward be shaken out.

Heney Gingerbread. One pound of flour, half a pound of honey, a quarter of an ounce of am-monia, a quarter of a pound of brown sugar, a quarter of a pound of brown sugar, a quarter of a pound of lard, half an ounce of ground ginger, a quar-ter of an ounce of mixed spice, three ounces of fine cut peel. Dissolve the ammonia in one gill of milk, mix the spices and cut peel into flour, cream

Lemons Bad for Teeth. The prevalent practice on the big teeth, the acid being liable to destroy the enamel, though this tendency may be avoided by rinsing the mouth efforward destroy and till interment in well, then mix the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of beautiful hair the flour, etc., into it; mix up well, life and sheen and it finally heads of the sheet head the heads of the flour, etc., into it; mix up well, life and sheet head the head thead the head thead the head the head the head the head thead t the flour, etc., into it; mix up well, and fill into greased tins, either round or square; bake in a cool oven for about 45 minutes. When cooked and cold, wrap in paper or store in boxes. There are any number of patent afterward. Lemon juice is, however, useful in removing tartar from the teeth, and so are strawberries. Lemon juice is excellent for whiten-There are any number of patent ing and smoothing the skin of the face and hands, but one should not curlers in the shops from which you Pork Pudding. ing and smoothing the skin of the face and hands, but one should not go directly into strong sunshine after using it on the face, as many do, to remove freckles. The face should be washed just before applying it, and left wet. Besides whitening the skin, it removes roughening and chapping the face and chapping the skin of the subject of a poly of a poly of a poly of a poly of a thick between the subject of a poly from the hands, and also, if persist-



And in the Most Becoming Way?

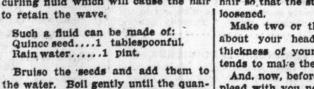
Metropoli tan Opera Company, New York.

Hide Curlers Under Cap.

AIRDRESSING is very important | curling fluid which will cause the hair hair so that the strand will not becom at all times, but particularly at to retain the wave.

present, when most of the modhats expose the hair. If the Wattoau hat, tip-tilted over the nose and raised high at the back, is to be becoming, the hair must be well groomed. If the picture hat is to enhance our charms, there must be soft ringlets about the forehead and over the ears. Few of the newest hats will stand the close arrangement of straight hair that has been in vogue the past winter.

The hair must be waved-not crimped. They are two entirely different things. Waved hair that is soft and pensation enough.



tity is reduced to three gills. Then strain and when cold add three tablespoonfuls of cologne. If the hair is naturally oily ,one-half teaspoonful of powered alum may be added to the mixture. Dissolve the alum first in the

Choose a Becoming Coiffure.

cologne. The hair is slightly moistened with the fluid just before it is rolled upon the curlers.

To wrap the hair about the curlers properly separate it into small seccoming to you. tions, the thickness of which depends

sired. Twist the strand of hair and, holding the curler close to the head, spicuous adornment. Consciously or unconsciously, we first look at her proceed to wrap the strand about the

curler. Securely fasten the ends of hair.

GET

THIS

BOOK

It Will Show You the Way

How to

IN YOUR

GARDEN

THESE

Musk Melon

Onions

uts Peppers

Pareley

Parenips

Pumpkin

Rhubarb

Tomatoe

-Quantities of seed required.

-How to prepare and fertilize the soil.

-Best varieties of each kind to grow.

about gardening.

-How to plant and cultivate each kind.

-Kinds of soil adapted to each kind of vegetables.

-How to care for them after they begin to grow.

-And almost anything else you are likely to want to know

Clip the Coupon Which Appears Elsewhere and Get It Today.

-Insects to combat and how to overcome them. -What to spray with and how to spray.

-How to grow several crops in one season.

Radish

Squash

Turnip

Garden Peas

GROW

Asparagus

Beans

Beets

Cabbage

Cauliflower

Cucumbers

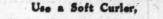
Lettuce

Carrots

Citron

Celery

Corn



Make two or three rows of curlers about your head, according to the

thickness of your tresses, as a wave tends to make the hair appear thicker. And, now, before I go further, let me

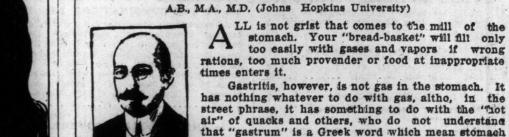
plead with you never to appear-even before the members of your familywith your head bristling with curlers. Hide the unsightly knobs by donning a becoming boudoir cap until you are ready to comb your hair.

It will take your hair from half an hour to an hour to curl; much depends upon its texture. Then comb it so that the waves will fall naturally, and arrange it in the coiffure that is most be-

From the beginning of history, and entirely upon the size of the wave de- no doubt for ages before that time, a woman's hair has been her chief at-traction. Certainly, it is her most con-

Making Money From the Soil

71 -



rations, too much provender or food at inappropriate Gastritis, however, is not gas in the stomach. It has nothing whatever to do with gas, altho, in the street phrase, it has something to do with the "not air" of quacks and others, who do not understand that "gastrum" is a Greek word which mean stomach

The Sign of a Bad Habit

or bag. Nor does "belching" always concern true risings from the stomach. Frequently the person who belches is an emotional, sentimental, romantic individual, who

DE. HIRSHBERG swallows or gulps down into his oesophagus the air he breathes, and then of his own free will belches it up again. Wind or flatulency is not necessarily accompanied by belch-ing. The popular notion that if the victim "could only belch or vomit" he would be relieved is occasionally proof proofs that if the attention is taken

Secrets of Health and Happiness

BY DR, LEONARD KEENE HIRSHBERG

"Belching" Sometimes Only

casion most unhappy thoughts. This, however, is only one of many proofs that if the attention is taken from the distended stomach the latter will soon dispose of the gas. Indeed, those who are affected with gas in any of its myriad forms, if really busy, ignore its presence entirely. would be relieved is occasionally proof that he has eaten too much and exer-cises too little. He need not yearn "to beich" for relief if he uses caution at his table. Flatulency is to be re-garded rather as gas accumulated in the stomach and intestines, easily lib-erated by copious drinks of hot water or locations.

If the gas is traceable to trouble in the intestines it may be due either to excessive meats or starches. A diet that will limit one and then the other easily determines to which the

Physical culture, swimming and baseball are a few of the muscular remedies for uncomplicated accumulation of gas. Charcoal taken after meals and several big drinks of clear water before meals usually absorb this evil of a humdrum life.

## Answers to Health Questions

H. E. N., Toronto, Ont.: Q.-Kindly advise what I can do for swelling of my hands and feet? A.-Massage the hands and feet with an upward motion. Obtain more daily exercise in the sunlight and fresh air.

M. R., Toronto, Ont. : Q.-Kindly ad-vise a remedy for an occasional dryness in my mouth. A.-Have the throat examined, and, if necessary, the topsils and adenoids re-moved, and the turbinate bone of the nose compressed, so as to allow more tir space. In the meantime irrigate the nue and throat twice daily with alkaline anti-septic fluid, diluted three times in water.

B. T., Toronto, Ont.: Q.-Kindly vise a remedy to remove pimples. A.-Avoid all oily, hot, greasy, ri starchy and highly-seasoned foo sweets, pastries, soups, gravies and ci dies. Do not use soap or hot water the skin, but wash with glycerine,

In the malignant and immense am-ount of fermentation present in that terrible malady, cancer of the stomach, there is no ejection of gas. The suf-ferer is not aware that gas is con-tained there. Nature thus safeguards the comfort of the patient. If he were aware of the decay and decom-

The Supreme Thing

or laxatives Do You "Eat" Air?

When the gas in the digestive tube resists measures for relief, as happens in fevers such as typhoid or pneumonia, grave difficulties appear, and then extreme treatment may be de-manded. Appendicitis, obstruction of the bowels, peritonitis and disorders of like nature are now and again com-

pleted by such unmovable pockets of gas. Those who are very hasty in telling you "exactly what is the matter with you" are prone to ascribe gaseous eructations from the stomach as trace able to fermentation. With the recogniable to fermentation. With the recogni-tion in years gone by that yeast and bacteria are usually alive in the stomach there arose a ready ex-cuse for belching flatulency. True enough, in rare cases fermentation may and does occur, but in the vast majority the air is swallowed and then released as a "belch." "Air eaters" and "air swallowers," or "aerophogics" as they could be called, are very common. You only need to be told about it, and you will usually cure yourself. This gas habit is an amazing accompani-ment of those emotional people who are said to be "nervous." Pain and yomiting of the burning

Being Busy Often Cures.

Pain and vomiting of the burning acids of the digestive juices distin-guish real fermentation from belches. ounces. Apply to the pimples white pre-cipitate continent each night. nitted they are foul and garlic-like.

rund of the sed in Toronto owing subscrip.

mp. \$1,000; Miss Herbert Hamilie, \$250; Heintz-

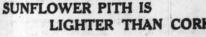
a large number vere received. open for some large or small ived.

## ill icate n Days

ee times per day Then test your for yourself how have seen dozens who were ailing even triple their dentirely set rid pepsia, liver and to fourteen days in in the proper y had in some onths without ob-can talk as you ders wrought by ou come down to a like good old our bones. It is ach strengthener r in the world, the old forms of tre of ford, from eople's teeth, up-re not assimilate they frequently hey frequently But with the of organic from Nuxated iron, take, does not ost immediatel;

confidence in its \$100.00 to any y cannot take ixty who lacks rength 200 per time, provided to trouble. Also the trouble. Also y in any case in t at least double time. It is dia-T. Eaton Drug all other drug-

and the taste of the senna is effective. ly disguised by this means. Prunes are useful for the same purpose, and are used combined with figs and senna in a prescription. If one tablespoonful of vinegar is added to have without it.



slowly enough to allow the alkaline

juices of the mouth thoroly to per-

meate it before swallowing, in which

condition it is already half digested.

Raisins, like figs, split open make good poultices for boils. A split raisin

It is the Lightest Known Vegetable Substance the Scientists Declare.

stalk is by far the lightest known vegetable substance. The structure The "All-Rail" Homeseekers' Exvegetable substance. The structure and formation of all piths are essentially very similar, being composed of thin-walled cellular tissue. The cells filling the interior of the sunflower stalk when young contain sap and a large number of starch grains.

n grains. e starch gradually disappears as the

foliage, which is in communication with the pith, becomes fully organized. After the leaves are developed, the pith soon dries up, leaving only the very thin walls of the cells. of the cells. The pith in this state has a specific gravity of 0.028, while that of cork is 0.24. One of its chief uses is the making

life-saving appliances.

CUNARD PARTY FOR EUROPE.

Messrs, A. F. Webster and Son General Agents in Toronto for the Cunard Steamship Company, report that one of the largest steamship par-fee that have left this city during the last twelve months left yesterday, and Il sail today from New York by the S.S. Orduna for Liverpool. Three special cars were necessary convey the passengers to New

both sliced, then the pork, filling up the dish with the rest of the apples and onions, add a little water. Cover ently applied, will remove corns from with the crust, and, after tying down in the cloth, boil for two hours. Black currants have a great household reputation as a remedy for colds and cougs. When used for this pur-

Potato Croquettes.

pose a couple of teaspoonfuls of black currant jam are put into a tumbler-ful of hot water, with a ninctumbler-These take more trouble than or-dinary boiled potatoes, but the result of hot water, with a pinch of salt, is worth it, especially as they may be and drunk hot at bedtime. kept hot a long time without spoiling, which is not the case with ordinary Raisins Stave Off Hunger.

Raising Stave Off Hunger. Raising, while they are in a sense indigestible, may be used even by dys-peptics under certain conditions, as a few of them will stave off hunger in traveling and give the stomach some thing to work on. They have great staying power, and, like anything else that is difficult of digestion, they the utder in a saucepan; add the po-tates and paraley, and stir them over the curlers.

should be eaten very slowly. One can tatoes and parsley, and stir them over digest almost anything if it is eaten a moderately hot fire until the mixture If your hair does not readily take a a moderately hot fire until the mixture is hot thru. Beat up the extra yolk; add it to the potato, and stir it over the fire again for a few minutes to cook the egg. Unless this is done the croquettes will probably burst when they are fried. Add pepper and sait to taste. Turn the potato out and let it cool, then shape it into neat, round hells brush them over with the beaten

over the gum sometimes is a relief in toothache. Figs are also valuable as a laxative, either fresh of dried. When balls, brush them over with the beater egg, and cover them with the breadegg, and cover them with the bread-crumbs. Have some frying fat in a frying pan, and when a blue smoke rises from it put in some of the balls, not all of them at once, else you will cool the fat too much, and fry them a golden brown. Drain and serve. If the potatoes are very floury, a little milk may be used. the latter are bolled, chopped and mixed with senna the process adds very much to their efficaciousness,

prunes while stewing, it removes the "Homeseekers' Excursions," Via rather sickly sweetish flavor they "Great Lakes Route," Each Wed-

nesday. Homeseeker Excursionists via Can-LIGHTER THAN CORK

Canadian Pacific steamship on which Homeseekers' tickets will be honored, on payment of \$9 additional to cover meals and berth, sails from Owen Sound each Wednesday during season navigation, calling at Sault Ste. Mare, Port Arthur and Fort "HE pith or medullin of the sunflower William, connecting at the latter point

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desire. Some hair appears best with a broad wave, while another coiffure will be more becoming if the wave is closer. If your hair is inclined to wave saturally, I consider it no less than a small crime to curl the hair

artificially and spoil the natural wave. When you have provided yourself with the right kind of curlers, brush the hair thoroly, for it should not be brushed more than is necessary to arrange it after being unrolled from

wave wet it slightly by moistening Brussels Spreu

Today's Fashion

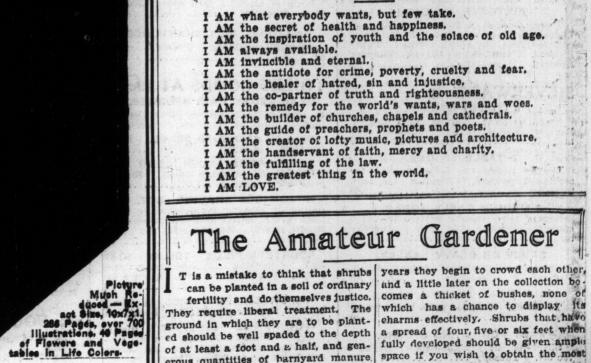


ored suit, or more elaborately trimmed to correspond with afternoon attire. The turban pictured here is of the latter type, and is of finest, black Milan straw. Towering high from the top of

the crown is a frill of black maline. A single rose, of a rich rose-pink, is the only touch of color introduced to relieve its sombre hue.



Toronto, or 40 South McNab street, Hamilton, entitles bearer to a copy of the new book, "MAKING MONEY FROM THE SOIL." By mail add parcel postage -7 cents first zone, 18 cents Ontario, 20 cents in Canada. ed7



erous quantities of harnyard manure, space if you wish to obtain the most added to it and thoroly worked into it, satisfactory results, GET THIS BOOK-IT WILL SHOW YOU

Sheep manure is also good. In case of inability to obtain either,

unsightly at first, bring a little imagi-nation to bear and observe with the

If the small plants make the place

In case of inability to obtain either, make use of bone meal. Unless some kind of plant food is added to most soils the shrubs you plant will not make the strong, vigorous growth upon which success depends so largely. When you plant shrubs look ahead. The bush you set out may be small at planting time, but it will not always remain so. We make serious mistakes by setting out shrubs so close together, because of their diminutive size at the time of planting, that in two or three

time of planting, that in two or three planting is urged.

## RECIPES FOR THE CARD INDEX COOK BOOK

Swiss Cakes

## METHOD

Shred the fish, taking care to remove all the skin and bones; mash an equal quan-tity of cold potatoes very finely and smooth; mix both well together and season with the pepper and salt. Melt the butter and add; beat the egg and mix in well so as to bind the mixture. Flour your hands and roll up the mixture into small balls, flattening them out into little round cakes; sprinkle with flour, or brush with egg and sprinkle with flour, or brush with egg and toss in breadcrumbs; then fry in hot fat until a golden brown. Serve very hot and garnish with parsley.

together with \$1.50, presented at The World, 40 West Richmond street,

INGREDIENTS Cold fish. Cold potatoes.

1 egg. 1 ounce butter. Pepper and salt.