

DAILY MAGAZINE PAGE FOR EVERYBODY

Vegetables as Good as Medicine

THE modern tendency seems to be very much against medicines and drugs of all kinds—especially with people who have naturally good constitutions; they go rather too far in their wholesale condemnation of them for those less healthy built.

The time of day when fruit is taken—when needed as a laxative especially—is important. Everyone remembers the old adage about fruit being "golden in the morning, silver in the afternoon and lead at night"; the wise afternoon and lead at night; the wise shall not all necessarily agree with the implied admonition to eschew fruit at the end of the day.

Apples, however, are useful before breakfast, and some people are so efficacious then, that to eat a banana before breakfast, or to eat regularly, they take it merely for nourishment, feeling the need of something to strengthen until breakfast time.

Four Selected Recipes

Tomato Soup. Take two pounds of tomatoes, a quart of weak stock, an ounce of crushed tapioca, two ounces of fat bacon or ham, half an onion, and seasoning. Place the stock in a saucepan, and when it has boiled sprinkle in the crushed tapioca. Boil until the mixture is quite clear. Fry the bacon or ham in a frying pan or saucepan, then chop up the onion and fry it in the fat. Add the sliced tomatoes, and simmer gently until everything is tender. The mixture should then be put through a strainer, and the sliced mixture to the stock, then reheat, adding as much seasoning as is necessary.

How to Do Your Housework More Easily

Cleaning of Hair Brushes. To wash brushes and combs put a teaspoonful of ammonia in a basin of hot water and dip the brush up and down in it, letting the comb remain in the water for a few minutes. Afterwards rinse in cold water.

Embroidering Made Easy. Many ladies own or have worn shirt blouses or linen centrepieces and doilies for their friends. Many, too, who naturally neat, will find their work soiled before it is finished. If one desires 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.

Do You Wave Your Hair Correctly

HAIRDRESSING is very important at all times, but particularly at present, when most of the modish hats expose the hair. If the Watteau hat, tip-titled 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 fluffy makes a most becoming frame for the average face. With older people this waving of the hair lifts years from their faces. The arrangement of the hair means so much; if by taking the trouble to wave it you can improve your appearance, surely this is compensation enough.

Secrets of Health and Happiness

"Belching" Sometimes Only The Sign of a Bad Habit

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

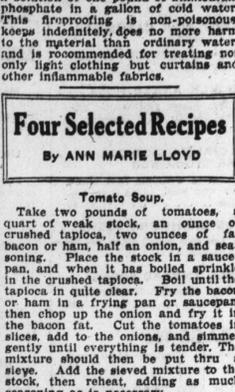
ALL is not grim that comes to the mill of the stomach. Your "bread-basket" will fill only too easily with gases and vapors if wrong rations, too much provender or food at inappropriate times enters it.

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 "flat air" of quacks and others, who do not understand that "gastrum" is a Greek word which means stomach or bag.

Nor does "belching" always concern true risings from the stomach. Frequently the person who belches is an emotional, sentimental, romantic individual, who 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 belching. The popular notion that if the victim "could only belch or vomit" he would be relieved is occasionally proved that he has eaten too much and exercised too little. He need not yearn "to belch" for relief if he uses caution at his table. Flatulency is to be regarded rather as gas accumulated in the stomach and intestines, or liberated by copious drinks of hot water or laxatives.

Do You Wave Your Hair Correctly And in the Most Becoming Way?

By LUCREZI BORIA
Prima Donna of the Metropolitan Opera Company, New York.



Hide Curlers Under Cap. Choose a Becoming Coiffure. Use a Soft Curler.

Such a fluid can be made of: Quince seed... 1 tablespoonful. Rain water... 1 pint.

Bruso the seeds and add them to the water. Boil gently until the quantity is reduced to three gills. Then strain and when cold add three tablespoonfuls of oil. If the hair is naturally oily, one-half teaspoonful of powdered alum may be added to the mixture. Dissolve the alum first in the 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 sections, the thickness of which depends entirely upon the size of the wave desired. Twist the strand of hair and, holding the curler close to the head, proceed to wrap the strand about the curler. Securely fasten the ends of

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M. R., Toronto, Ont.: Q.—Kindly advise a remedy for an occasional dizziness in my mouth. A.—Have the throat examined, and if necessary, the tonsils and adenoids removed, and the turbinate bone of the nose compressed, so as to allow more air space. In the meantime irrigate the nose and throat twice daily with alkaline aseptic fluid, diluted three times in water.

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E. B. C., Toronto, Ont.: Q.—Kindly advise a remedy for the blues. A.—Forget yourself for a while. Go around with the young and care-free, and enter in the most in play and gaiety. Drink plenty of water and keep the bowels active by the use of the "Laxative" and sunlight as much as possible.

The Supreme Thing

I AM what everybody wants, but few take.
I AM the secret of health and happiness.
I AM the inspiration of youth and the solace of old age.
I AM always available.
I AM invincible and eternal.
I AM the antidote for crime, poverty, cruelty and fear.
I AM the healer of hatred and injustice.
I AM the co-partner of truth and righteousness.
I AM the remedy for the world's wants, wars and woes.
I AM the builder of churches, chapels and cathedrals.
I AM the guide of preachers, prophets and poets.
I AM the creator of lofty myths, pictures and architecture.
I AM the hand-servant of faith, mercy and charity.
I AM the fulfilling of the law.
I AM the greatest thing in the world.
I AM LOVE.

The Amateur Gardener

It is a mistake to think that shrubs can be planted in a soil of ordinary fertility and do themselves justice. They require liberal treatment. The ground in which they are to be planted should be well spaded to the depth of at least a foot and a half, and generous quantities of farmyard manure added to it and thoroughly worked into it. Sheep manure is also good.

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 years they begin to crowd each other, and a little later on the collection becomes a thicket of bushes, none of which has a chance to display its charms effectively. Shrubs that have a spread of four, five or six feet when fully developed should be given ample space if you wish to obtain the most satisfactory results.

If the small plants make the place unsightly at first, bring a little imagination to bear and observe with the mind's eye what the bush will be given good treatment and plenty of elbow room. If this is done you will be content to wait in patience for the result of years. In the meantime annuals and perennials can be used to fill in the gaps.

Shrubs should be planted in spring as soon as the frost is out of the ground. This gives them a chance to make some root growth before hot weather comes. While it is possible to plant up to the first of May with reasonable prospects of success, earlier planting is urged.

Today's Fashion



Smart New Development of the Tower Turban.

THE "tower" turban is a favorite for early spring wear. It is a boon to the woman who wishes to appear tall and stately. It is to be had in simple models, suitable to wear with the tailored 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 meline. A single rose, of a rich rose-pink, is the only touch of color introduced to relieve the sombre hue.

OUR TREES GROW

Fresh from the soil, all kinds of Ornamental and Fruit Trees, Flowering Shrubs, Hardy Perennials, Climbing Vines, Small Fruits, Grape Vines.

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TORONTO NURSERIES
1167 QUEEN EAST
Phone Gerrard 2538.

Making Money From the Soil

GET THIS BOOK

It Will Show You the Way How to GROW THESE IN YOUR GARDEN

Asparagus, Beans, Beets, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Celery, Corn, Cucumbers, Lettuce, Musk Melon, Onions, Parsley, Peppers, Parsnips, Garden Peas, Pumpkin, Radish, Rhubarb, Squashes, Tomatoes, Turnip.

GET THIS BOOK—IT WILL SHOW YOU

- How to prepare and fertilize the soil.
- Kinds of soil adapted to each kind of vegetable.
- How to plant and cultivate each kind.
- Quantities of seed required.
- Best varieties of each kind to grow.
- How to care for them after they begin to grow.
- Insects to combat and how to overcome them.
- What to spray with and how to spray.
- How to grow several crops in one season.
- And almost anything else you are likely to want to know about gardening.

Clip the Coupon Which Appears Elsewhere and Get It Today.

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For Making Money From the Soil

IF YOU CAN'T FIGHT HELP TO FEED GROW SOMETHING

SHOW YOUR PATRIOTISM

together with \$1.50, presented at The World, 40 West Richmond street, 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, 15 cents Ontario, 20 cents in Canada.

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