

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

How Some Types of Goitre May Easily Be Relieved

By DR. LEONARD KEENE HIRSHBERG.
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Dr. Hirschberg

Have you a "bulge" on your neck? To have the "bulge" on your neck, is to have the better of him. The "bulge" on your neck is a sign of goitre. It is a swelling of the thyroid gland, which is situated in the front of the neck, just below the larynx. It is a common disease, and is usually due to an enlargement of the thyroid gland, and is often accompanied by a protrusion of the eyeballs, as sometimes happens. It is called an exophthalmic goitre.

The Common Symptoms. Goitre commonly produces mild or important symptoms, such as slenderness, loss of weight, rapid pulse, occasional tremors of the hands, and muscular weakness, a sensitive, emotional nature. Young women often find it annoying, and it may lead to a nervous breakdown. It is a disease of the thyroid gland, which is situated in the front of the neck, just below the larynx. It is a common disease, and is usually due to an enlargement of the thyroid gland, and is often accompanied by a protrusion of the eyeballs, as sometimes happens. It is called an exophthalmic goitre.

Incipient goitres are common in girls of 16 to 20 who are energetic, ambitious, emotional and inclined to act, think and feel more than the average girl. Relief from work, responsibility and other irksome and exciting influences is almost necessary to reduce the enlargement and calm the spirit.

Some Simple Aids. Effervescent bromide tablets and other harmless sedatives, which your doctor must prescribe, seem to be of benefit in mild types of goitre. Distilled water should be drunk, and the patient should lead an outdoor life in a dry, sunny climate that is not too warm.

Answers to Health Questions

MRS. J. E. O. Q.—Kindly advise what to do for a cough.

A.—Coughs lasting longer than two weeks call for a thorough physical examination.

MY SOLDIER HUSBAND
ADELE GARRISON'S CONTINUATION OF
REVELATIONS OF A WIFE

How Will Madge Meet and Solve Her Problem?

"Oh! Missis Graham, Missis Underwood, she come, she see you!" Katie came into the room in her usual excited fashion. The carol in her voice, the laughter in her eyes is missing, but she will never be other than tender in her manner.

I rose excitedly, casting a furtive, apprehensive glance toward the door. The carol in her voice is missing, but she will never be other than tender in her manner.

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"I assure you, Madge, I've been properly disinfected, my hair shampooed, every requirement of quarantine complied with, and then some more," she began, but I smothered her words with a protesting hug and a frank kiss.

Mother Graham's Excited.

"You ought to know that I have nothing to do with this ridiculous business. I remonstrated, drawing her toward the door. 'I knew, of course, that Marion had the measles,' Dicky related, your telephone message to me faithfully, but you can be sure I also know that every thing is perfectly safe or you wouldn't be here. So come straight upstairs and see the baby. I've been so anxious for you to see him."

"You couldn't be half as anxious as I've been," she retorted, "I've been just as careful to think you've been through all this without me. I never intended you should, you know. I'm lowering her voice—'are you sure this is all right, Madge?' Far be it from me to bring discussion into this midst of any loving family."

"If you dare to do anything but come upstairs," I threatened—but with discreetly lowered voice, for I saw my mother-in-law advancing toward us with situation so suddenly thrust upon me.

Your feelings are a better guide than anybody's "say-so"

IF TEA OR COFFEE DISAGREE USE

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Today's Fashion

By MME. FRANCES



Combination Afternoon and Evening Wrap of Woolback Satin.

One of the interesting war economies is the ingenious designing of wraps so that they are equally suitable both for afternoon wear in the street or for the evening at theatre or opera. This is made possible by the discreet use of dark colors and unobtrusive trimming.

There are lovely lines to this black woolback satin coat. It is trimmed with a deep blue fur collar of squirrel and hoods. The lovely drape in the front is given by the deep inverted pleat from the shoulder line, and this little bit of drapery makes the swinging beauty of the wrap. The coat is lined with black satin and fastens invisibly in front.

Incidentally, it is interesting to note that the Frenchwoman never fastens her evening cloak which is buttoned and hooded. With careless grace it is thrown over the shoulder, and perhaps she daintily holds it there, forming a picture that says tribute to beauty.

M. P. L. Q.—Kindly advise what to do for blackheads.

A.—Gentle massage with a sterilized piece of absorbent cotton or chamois, followed by the application of a little paste made up with the following does much good.

MRS. C. D. Q.—Please give me something for hoarseness.

A.—Apply around the throat a cold cloth, keeping the latter cold with alcohol and vinegar. Eat crushed ice.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and general subjects that are of general interest. He cannot accept of individual cases. Where the subject is not of general interest letters will be answered personally, if a stamp and addressed envelope is enclosed. Address ALL INQUIRIES to Dr. L. K. Hirschberg, in care of this office.

Good Night Stories

By Claude Sillitoe

Illustrated by Grouse / BLUE JAY AND BIRDVILLE'S SOCIETY.

When Willie Blue Jay moved into the great big old house on the plain, he stuck his bill in the air and refused to accept him into their society.

"How do we know who or what he is?" they argued among themselves.

"I don't pay to be too friendly with those gay young fellows," said Mr. Sparrow. "It's always been of my opinion that birds who were such good comrades as we are generally too forward."

"Forward? Well, I should say he is!" exclaimed Mr. Robin. "Why, he never says anything but what he yells 'Jay! Jay!' at the top of his voice."

"Not a bright or flashy shade as his is," chirped Mrs. Sparrow, looking at her husband's sombre grey suit.

"Well, I think the best thing to do is to shun him, and maybe he'll go away," said Mr. Sparrow. "For one will certainly not have anything to do with him."

A few days later Mrs. Sparrow and her three babies flew down into the yard of a farmhouse. Mamma Sparrow had taken the little ones there to teach them how to hunt for crumbs at the back door, when around the side of the house came a great big black cat and sprang at one of the baby sparrows.

Mamma Sparrow gave the cry of alarm, and before she could count one a little bird was perched on every fence, picket, scolding and screaming its loudest.

The black cat turned to run, and Mamma Sparrow and her three little ones flew into the trees.

"Jay! Jay! Jay!" screamed a shrill voice, and Willie Blue Jay flew into their midst. "Say, what's the trouble?" he asked.

"You stand there scolding when one of your number is in danger. Shame on you! Let's chase him away." And, giving action to his words, Willie Blue Jay swooped down upon Black Cat and chased him from the yard.

Once he even got so near as to peck out a bit of black fur. All the birds, ashamed of themselves, joined in the chase and gave poor Black Cat a run for his life until he at last disappeared under the barn.

"I may be loud and I may wear gay clothes," said Willie Blue Jay after the affair was over, "but I'm not a coward."

"Indeed, you're not!" exclaimed Mamma Sparrow. "I for one am sorry for the terrible thing I've said about you."

"Sure!" laughed Willie Blue Jay, good naturedly forgiving every one of them.

We often make mistakes by judging folks too quickly. I know we must, little quarrels among ourselves, but let's always remember one thing—when one of our members is in danger let's make it a common cause and chase the danger away."

And so it is to this day with the feathered flock, no matter how they fuss among themselves, when something grows around in the woods or in the one of their number, they all join in to chase it away.

To be a good listener is perhaps quite as desirable an art as that of being a good talker. Interest and sympathetic attention are always a delicate courtesy. It draws out the best that others have to give, cheers and comforts those in trouble, sets the timid at ease, and wins and holds friendship.

By Genevieve Kemble

SATURDAY, OCTOBER 19.

Of a most perplexing nature and difficult to forecast are the positions of the heavenly bodies today. The "males" being of kindly disposition and the regular "benefits" of a doubtful influence.

This last is particularly exemplified in the opposition between Sol and Luna, discouraging in its effects on those in employment or others seeking favors in high places. Offsetting this may be the favorable positions of Uranus and Saturn, bringing assistance from unexpected sources or from elderly persons. It promises to be a day of much activity and of great effort, but it would be unwise to risk money either in speculation or investment.

Those whose birthday it is may have a year of perplexities, but may turn to good account by sound and careful judgment, and not jeopardizing money. A child born on this day will be active, enterprising, and will have to be taught to avoid extravagance and recklessness.

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Incidents in the Lives of World-Famous Women

By ELOISE FARRINGTON

How Betsy Hager Became the First Girl Munitions Maker in America.

Back in the revolutionary days of the United States there was a girl munitions worker who became popularly known as "Handy Betsy" or "Betsy, the Blacksmith." For she did not merely assemble parts of standardized equipment as do munitions workers today, she actually stood at the forge, and so skilled was she that her expert knowledge on several occasions saved the colonists many munitions that would otherwise have been discarded. Her real name was Betsy Hager, and she was an orphan, "bound out" to a farm family living near Boston. In those days there were no public institutions for dependent children, so when Betsy's parents died at the time she was 3 years of age, the city fathers gave her into the care of this farm family. She was required to remain with them until she was of age, in the meantime doing such work as was



Betsy Hager at the Forge.

formed gratuitously, as his contribution to the patriotic cause. Betsy was his "right-hand man." She helped him in grinding, filing and polishing and assembling, and she put

together the pieces as fast as he could turn them out. Together they repaired hundreds of firing pieces, and it was not long before Betsy became as adept as the blacksmith, and knew every part of any gun and musket.

But in addition to her extraordinary manual skill, Betsy was also helpful in all the womanly arts. At the battle of Concord she was on the field as a nurse. With a score of other women she was busily engaged tending the wounded on the battlefield. Suddenly she came upon some cannon abandoned by the retreating enemy. They were badly battered and seemed useless to all but Betsy's professional eye. She gave them a careful examination, then hurried back to Leavitt. She told him excitedly that on the battlefield there were some guns which she was sure they could make good as new. Leavitt rushed out to investigate. Before morning six pieces of artillery were in the back of the smithy. Day and night Leavitt and Betsy worked at the broken cannon, and six weeks later the repaired pieces, in perfect order, were on the battlefield doing service for the Americans.

The manufacture of paper was an important industry in Japan as far back as the time of the Emperor Suiko, A. D. 592-628, the art having been introduced from China. It is said that paper was introduced into Europe from Egypt, but in China the industry may have been as old as in Egypt, and the art may have traveled from China to Europe through



Nothing better is made

Nothing better can be made

India and Persia, passing from Spain to Italy and France, special improvements being introduced in its manufacture by the Dutch and the French.

In Australia kangaroo farming is an important industry. The hides are valuable and the tendons extremely fine. Indeed, they are the best known to surgeons for sewing up wounds, and especially for holding broken bones together, being much finer and tougher than catgut, which is used extensively.

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