

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

Nasturtiums and Buttercups Actually Poison Some Persons

By DR. LEONARD KEENE HIRSHBERG
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There are a legion of poisonous flowers. They grow abundantly and luxuriantly almost everywhere. But, happily, most of the poison is not of the volatile, air-borne kind. Nearly all, like the poppy, have their poison hidden in capsules, fruit, root, rhizomes or leaves, and not exposed, like the sumac, poison ivy, poison oak and other plants, contact with which may "start something."

Not poppy, nor mandragora nor all the drowsy syrups of the world will irritate the skin and spread an ever extending eruption if touched, as will such vegetation as poison ivy. Nevertheless, there are a number of hot-house and cultivated garden plants, contact with which by susceptible persons gives origin to mis-called "eczema," "poison ivy" and other plant eruptions. The primrose is one of the flowers which most persons are able to recognize as one to be avoided by those susceptible to its poison.

Poisonous in Certain Seasons. Although hay fever is really a sort of "poison ivy" of the mucous membrane, instead of the skin, I shall not now dilate upon the roses, the grasses and the other vegetation which irritate the eyes, nose, throat, windpipe and bronchial tubes. In this article I am dealing with only those flowers that cause eruptions on the skin.

Among the sundry plants that persons with sensitive skins should be able to recognize so they may avoid them are the Norway spruce, the common liverwort and blood root, the common garden variety of nasturtium, the ox-eyed daisy or black-eyed Susan, the jock-in-the-pulpit, the common type of mustard plant, pepper grass, the arnica plant, hemlocks, angelica plants, and even the lowly, modest and externally popular sweet little buttercup.

It must not be thought that all of these plants are always capable of inducing poison ivy-like affections on everybody's skin. Not at all. The unpleasant malady of the epidemic when brought on at all occur only in certain seasons of the year when the pollen or fertilizing agents of the flower are active. This is usually when they are in bloom.

Indeed, even when this is so, very few persons suffer from the annoyance. It is much the same with typhoid fever, hydrophobia or poison ivy. Or many individuals exposed to a contagion or a flower's poison, only a small number by chance fall ill. Those who develop their appetites and positions too often, or who by nature are not immune, will suffer from the poison touch of the flowers, or, if their susceptibility lies in their membranes, to say the least.

Buttercups Poisonous to Some. The dear little buttercup seems guileless of this charge, because in most people's experience no ill effects are seen to follow plucking and gathering it. Nevertheless, a few authentic instances of "poison ivy" and "eczema" have been correctly traced to it. And so the buttercup, despite its good reputation and with much evidence in its favor, has been found



DR. HIRSHBERG

Answers to Health Questions

L. T., Toronto, Ont.: Q.—Kindly advise a skin food to fill out the hollows in my cheeks.
A.—Massage a little of the following into the cheeks:
Oil of sweet almonds 6 ounces
White wax 2 ounces
Tincture of benzoin 2 ounces
Rose water 2 ounces
Purified tannin 1 dram

M. M., Toronto, Ont.: Q.—What will make the ankles slender?
A.—Use a small electric battery on the ankles two or three times a day. Dancing will also help. Never shuffle along, but at all times walk with a light, springy motion.

S. G., Toronto, Ont.: Q.—I. Kindly advise how to make the eyelashes and eyebrows dark and long.
2. What will make the hair straight?
3. Kindly advise a remedy for me. I am nervous and have a habit of blushing when in the presence of others.
A.—Apply white vasoline to the eyelashes and eyebrows each night and it will help promote the growth.
2. Brushing the hair will help make it straight. Wax may be applied to the hair to help take out the curl.
3. Try to forget yourself entirely in the presence of others. Look on the sunny side of life and laugh and keep young. Join in the laughter and fun of the young and care-free and this will surely aid in your self-consciousness. Go around and take a deep interest in plays, theatres, books and music.

S. R., Toronto, Ont.: Q.—My fingers have red marks on them and are very dry and itchy. At times I can pull hard skin from them.

A.—You should eat bread, fresh fruits, crackers and jelly. Drink lots of fresh milk, pure olive oil and distilled water. Remove the scales with a 20 per cent. ointment of chrysarobin.

S. H., Toronto, Ont.: Q.—Kindly advise how to remove red marks left from pimples.

A.—Take a lactic acid bacilli tablet after meals; never use soap or hot water on your face; but peroxide and glycerine, 1 teaspoonful of each to a pint of water, as a wash. A sulphur and peroxide lotion may be kept on the face at night.

L., Toronto, Ont.: Q.—Kindly advise a treatment for anemia.
A.—You should avoid all excitement and obtain lots of rest and sleep. Be outdoors in the fresh air and sunlight as much as possible. Eat good, nourishing

HERE'S THE LATEST COMB

Sometimes Two Combs Are Worn Like a Bow at Back.

By ANNETTE BRADSHAW

"GYEASCAR" was the first opera sung in Spanish in America. It made a strong appeal to music lovers and exponents of fashions, ever on the alert to grasp an idea for "something new," were inspired by the picturesque attire of the heroine, "Rosario," to create an assortment of dress vanities that have become the latest word in style.

Among these is the Gyeascar comb, which sprang into favor in an hour, and already adorns the elaborate coiffures of society butterflies, famous dancers, actresses and singers, and, at the same time, lends its charm to the tresses of those who travel the more frequented roads of life. In fact, the Gyeascar comb is one of the most popular novelties of the moment.

It follows the traditions of all Spanish combs, being graceful in form, generous in proportions, and is worn high on the head. In shape it is suggestive of the wings of a butterfly, and is fashioned of tortoise-shell or amber.

The entire surface is studded with brilliant, relieved by spots of jet, sapphires, emeralds or rubies. There are handsome Gyeascar combs in the peacock hues, showing spots of blue against a background of green. Others are truly Spanish in coloring, for they are thickly studded with topaz dotted with ruby spots.

A well known dancer has adopted the Gyeascar comb as her favorite coiffure ornament. Not satisfied with the use of one comb, she arranges two in bow-like form across the back of her head.

The Gyeascar comb will be much in evidence this summer when heads are hatless and only parasols ward off the dazzling sunshine.



Made in Charmant Contrasts of Color This Comb Often Takes the Place of a Jewel.

How To Make Outstanding Ears More Nearly Beautiful

By LUCREZIA BORI

Prima Donna of the Metropolitan Opera Company, New York.



LUCREZIA BORI

POSSESSES. Outstanding ears, on the other hand, are a deformity, and if this physical defect robs you of beauty, begin immediately a treatment which will correct it.

It is a simple matter to train the ears of a growing child to lie close to the head, for the cartilage is soft and pliable. After one has advanced beyond the period of early youth the cartilage becomes hard and unyielding, and it was considered that nothing short of a surgical operation would have any effect upon the protruding ears. But I am glad to say that I have known of three different instances when this deformity was corrected without resorting to the surgeon's knife.

Months of patient treatment are required to reduce the distance of the ears from the head, so you must eliminate the word "discouraged" from your knowledge.

Binding Ears Back.

The first step in the correction of protruding ears is to soften the cartilage and covering of flesh by rubbing them with almond oil, slightly heated. Then the ears must be bandaged close to the head every night and during the day, when you are in the privacy of your boudoir or do not expect callers.

You can buy a practical cap formed of bands of tape arranged in such a manner that they strap the ears close

to the head. You can purchase such a cap at the pharmacy or make one yourself by sewing strips of inch-wide tape together in the form of a skeleton cap. A bandage of antiseptic gauze will also answer the purpose by strapping the ears close to the head. Take quite a large wide strip, long enough to pass about the head, over the ears and under the chin, several times. Pin the end securely on top of the head with safety pins. Bathe the ears first with quite warm—not hot—water, then rub them with heated almond oil. Then press the ears close to the head and hold them in this position with the bandage. If you follow these suggestions faithfully in time you will notice that your ears lie closer to your head.

To Soften Profiles. The woman whose ears protrude should be most particular about the arrangement of her hair. The new hairdressing is all more or less high, but one with ugly ears cannot afford to expose them simply to comply with the fashion of the day.

It will be necessary for some women to modify the hairdressing and partly cover the ears with the hair. Personally, I think that every woman should conceal at least the tips of her ears unless they are really beautiful, for it gives a softer line to the profile.

The lobes of the ears are frequently unattractive, for few are perfectly shaped. This defect may be concealed by earrings. Be sensible in the selection of these ornaments. They must not be heavy enough to tug down the lobes so that they will become even more unsightly. Never wear earrings that pierce the ears, only those that clamp on are worth considering.

The majority of women pay absolutely no attention to their ears—whether they are beautiful or not. Be numbered among the few who will take the trouble to correct any defect you may notice in this feature.

Little Stories Told in Homely Rhyme

JIMMY'S MOTHER.

Copyright, 1916, by the Author, Miss Bodley.

SOMETIMES my mother makes me mad—just mad enough to fuss. I'm always acting bad, she says, when I kick up a fuss. She makes me cut the grass and rake just when I'd rather play. But still, I miss her turrible when mother goes away. Sometimes, when we have cake for lunch, I want a second piece. But if I try to take it she's list as to say: "I'm a Cack!" But still, I miss her turrible when mother goes away. If I play baseball in the house she tells me I must quit. If I pick roses from her bush she almost has a fit. She treats me pretty mean, I think, I catch it every day. But still I miss her turrible when mother goes away.

The Amateur Gardener

BY RACHEL R. TODD, M.D.

Some Dependable Perennials. IV. Tradescantia Virginiana. Royal Blue. AS IT ever occurred to gardeners how rare "true blue" perennials are? Here we have in numbers, cardinal and all allied hues. Yellows we have in like manner. Whites are many and pinks are legion. But blues—how many do you know?

And, by "true blue," we mean simply true blue, with no tinge of purple—a blue that does not fade, but holds its royal tint to the last.

Some of the lilies are true blue—but these are rare. Larkspur should be the royalist of true blues, but too often the hue merges into a purple. Canterbury Bell and all its cousins lean also to the purples, altho in their earliest days the blossoms are true blue. Great Lobelia, marked by white centres, otherwise in this specimen would be able to step into the true blue class. And I have never yet seen a perfectly royal blue columbine, altho some of the varieties approach closely.

And do you know why true blues are so rare? Botanists claim that when a plant has reached this stage, the highest level in flower development has taken place.

The old-fashioned Spiderwort, often known as "Job's Tears," and botanically as Tradescantia Virginiana, is one of the few perennials that have arrived at this happy stage. I always take this blue lily, because it is a lily, conforming pretty closely to the "rule of three," as the type supreme of blue blossoms.

And, by the way, it is a strange thing, but I have looked thru no less than five catalogues this week and failed to find mention of this much-to-be-desired plant. It surely cannot be so difficult to

obtain as this signifies, nor cannot have lost its popularity, because it is of the earliest culture and unusually hardy.

Tradescantia, as we shall call it for short, comes up in the early spring, in a manner quite distinctive to itself. Now, as I glance out of the window, I can spy the compact little clumps of closely-packed shoots of a deep maroon, that gives not the least idea of the dark article green into which the leaves will presently turn. Thin, spiky leaves, that are reddish white close to the earth and snowy white beneath the soil, shoot up from the strangest branch root, quite small and quite easily injured.

In a couple of weeks these maroon leaves turn deep green, then very dark, shining myrtle, grow an inch wide, deeply creased by one central vein, and reach to a length of two or more feet, bending over towards the ground like the sword-leaves of lemon lily. In another week shoots up a few flower stalks, crowned by an ever-developing cluster of buds.

One morning, early, before the sun is up, the most beautiful blue blossom is all the wide world opens wide its three rounded petals, fragile, glistening like satiny chiffon, and quite as fragile. In the centre of the lily form circles a crown of short stunted plumes, with here and there a tiny flick of gold.

The blossom lasts but half a day, closing within a jealous three-petaled green cup, and dissolves away in tears. If curiosity bids you open these green petals late in the afternoon, no trace of the vanished blossom can be found. Only remains the memory of its lovely glowing blue.

But Spiderwort, happy to say, is not stingy with its flowers. Day after day, and week after week, they open with the dawn, gaze wide at the blue above until the sun is at its height, then vanish within their green. And until the first frosts have come, the blossoms continue to open.

The flower clump may have from six to eight "wide open" at the same time. There is no fragrance other than that elusive one so characteristic of the purest flowers. Spiderwort needs no other charm to hold its lovers than that of its wondrous blue.

The clumps may be divided now, if division is needed. But since the roots are tender, be careful.

RECIPES FOR THE CARD INDEX COOK BOOK

Milk Rolls

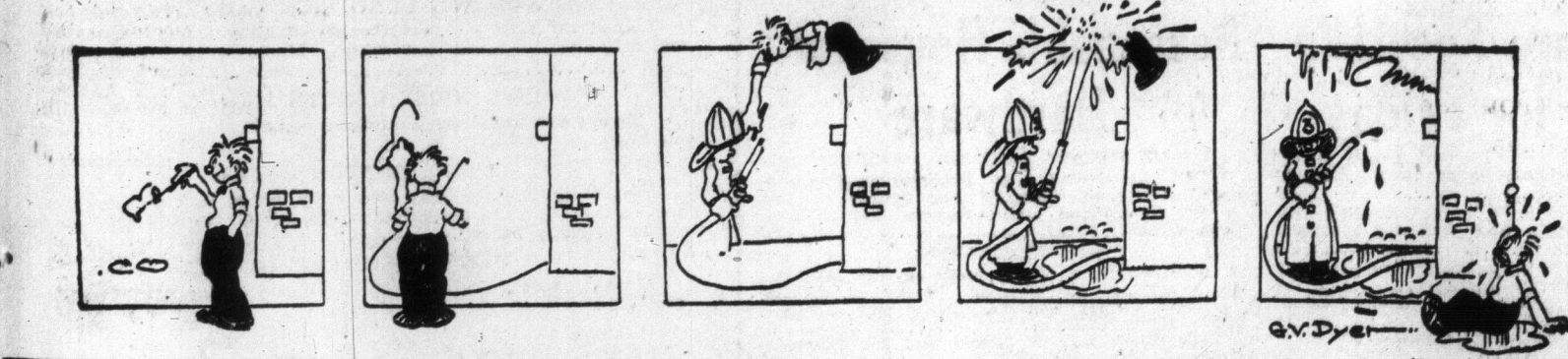
INGREDIENTS

1/2 lb. flour.
Pinch of salt.
1 teaspoonful baking powder.
1 egg, butter.
Milk.

METHOD

Mix the flour, salt and baking powder together in a bowl and then rub in the shortening. Beat the egg, keep a little for brushing over the rolls, mix the rest with enough milk to make a stiff dough when added to the dry ingredients. Turn onto a floured board, divide into 8 pieces, form into rolls, lay on a greased tin and brush over with egg. Bake at once in a quick oven for about 10 minutes.

Koko the Cartoonist



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