

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 in 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.



DR. HIRSHBERG

fully by scientists and sentenced to the list of plants that must be known and shunned by those with an "idiosyncrasy" to flower pollens and volatile oils.

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 2 ounces
White wax 2 ounces
Tincture of benzoin 2 ounces
Rose water 2 ounces
Fulvurized tannin 1 dram

M. M., Toronto, Ont.: Q.—What will make the ankles tender?
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.
A.—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 curls.
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. Play 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 at times. I can pull hard skin from them.
A.—You should eat bread, fresh fruits, oranges, lemons, peaches, apples, grapes, crackers and jelly. Drink lots of fresh milk, pure olive oil and distilled water. Remove the nails and apply 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. A wineglassful of olive oil may be taken 1/2 hour before meals. Pure cod liver oil may also be taken.

HERE'S THE LATEST COMB

Sometimes Two Combs Are Worn Like a Bow at Back.

By ANNETTE BRADSHAW

GOYESCAS was the first opera sung in Spanish in America. It made a strong appeal to music lovers and exponents of fashion, 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 last word in style.

Among these is the Goyescas 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 Goyescas 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 brilliants, relieved by spots of jet, sapphires, emeralds or rubies.

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



Made in Charming 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

possess. 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.

To Soften Profiles

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 know of three instances when this deformity was corrected without resorting to the surgeon's knife.

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, light massage. 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 reach 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.

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 weigh 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.

SOMETIMES my mother makes me mad—let mad enough to scuss. 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 just like to say: "Jim! Cease!" She makes me brush my teeth each night like some fool duds it. 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 ketch it evry day. But still I miss her turrible when mother goes away.

The Amateur Gardener

BY RACHEL R. TODD, M.D.

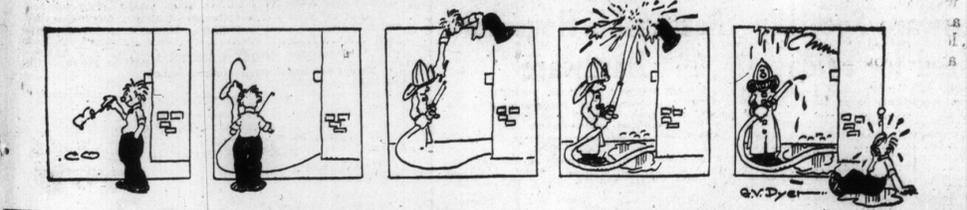
Some Dependable Perennials.
IV. Tradescantia Virginiana Royal Blue.
AS IT ever occurred to gardeners how rare "true blue" perennials are? Red is we have in numbers, together with crimson, carmine, fuchsia, cardinal and all allied hues. Yellows we have in like manner. Whites are many and pinks are legion. But blues—how many do you know?
And, by the way, I mean simply true blue, "true blue," a blue that does not fade, but holds its royal tint to the last.

Some of the irises are true blue—but these are rare. Larkspur should be the rarest of true blues, but too often the hue merges into a purple. Canterbury Bell and all its cousins lean also to the purple, altho in their earliest days the blossoms are true blue. Great Lobelia, marked by white centres, otherwise 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?
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Koko the Cartoonist



MOVING PICTURE FANS

HERE'S the thing you've been waiting for—
A department in The Toronto World every morning devoted exclusively to news of the screen world, the plays, players, release dates, photographs and everything connected with moving pictures.

If there is anything you want to know about moving pictures or moving picture actors; moving picture theatres, writing moving picture plays, how moving pictures are made, and where, the salaries paid to moving picture actors, or anything at all either directly or remotely connected with moving pictures, write a letter and it will be answered in The World. Make them short, and write on one side of the paper only. If you have an idea that you would like to see worked into a play, write it. If you see anything on the screen that you think could be improved, write that. Write anything you like, so long as it is connected with the moving picture business.

The moving picture news will appear in this space—
AND IT WILL BE HERE EVERY MORNING

Don't miss any of it. Send in your order to have The World delivered to you every morning, so that you will be sure to get it each day.
This department is YOURS. There will be a theatre directory, by which you can tell at a glance what films are running each day, and where.
If you want to know anything about moving pictures write—don't telephone—to the
**MOVING PICTURE DEPARTMENT,
THE TORONTO WORLD.**

RECIPES FOR THE CARD INDEX COOK BOOK

Milk Rolls

INGREDIENTS

- 1/2 lb. flour
- Pinch of salt
- 1 teaspoonful baking powder
- 1 oz. butter
- 1 egg
- 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.