

Daily Magazine Page for Everybody

Secrets of Health and Happiness

A Child's Memory Better for Some Things Than Your Own

By DR. LEONARD KEENE HIRSHBERG,
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DR. LEONARD KEENE HIRSHBERG

Today's Fashion

BY MME. FRANCES.



Oyster-White Pongee.

The oyster-white pongee is numbered among the new season's revivals. The severe simplicity of this model will insure its popularity. It is developed in oyster-white pongee. The front of the shirtwaist is arranged in pleats. The low collar is narrower than the usual collar of this type. A cravat of emerald-green silk contributes a pleasing note of contrasting color. The sleeves are long and tight with turned-back cuffs. A pleated skirt completes the costume.

your cheeks of five done nothing to remedy these. It is in giving yourself time each day, however, necessary to the personal looks couldn't be used to a better task to get rid of a double chin. It isn't an layers of flesh were a double chin, and it will take long time to effort to restore the hours of former beauty of contour. chin to it try getting the superfluous First of a steaming process. Fill a basin with hot water and add two table-spoons of spirits of camphor. Dip in spoonful, folded over and over, press this a water and hold it about the chin until begins to cool off. Repeat the process at least 20 times.

Persistence Will Help.
If thoroughly steaming the chin, massage the flesh, using the following movements:
1. Dip the fingers of both hands in cold cream, starting from the point of the chin, press the flesh firmly downward, moving the head backward at the same time. Continue the massage treatment until your hands feel tired.
2. A cold cream of the simplest type is required for this purpose. The following formula is an excellent one:

Rosewater 4 ounces
Almond oil 4 ounces
Spermaceti 1 ounce
White wax 1 ounce

After many days or perhaps a few weeks you will notice that the roll of flesh beneath the chin is becoming less heavy and you will then realize that the spare time spent in trying to reduce your double chin has been well invested. Persistence Will Win.
Hair will respond even more quickly to treatment than a double chin. If 15 minutes or half an hour each day is devoted to massaging the scalp, brushing the hair and the application of a tonic, the good results of this extra care will soon be evident. The hair will lose its dull, lifeless appearance, a growth of tiny, new hair will begin to show, and it will no longer fall out "by the handfuls." Surely the restoration of the health and beauty of your hair is ample reward for the time spent in giving it the attention which is absolutely necessary to preserve its strength and luxuriance of growth.

But neither your chin nor your hair may require attention. The result of your negligence to devote enough time to the cultivation of your personal charms may be unattractive hands, a nervous neck, or a wrinkled, parchment-like complexion.

Whatever your defect may be, devote some time a day to correct it—you will be thoroughly satisfied with the results.

Answers to Health Questions

Q. T. P. London, Ont. Q.—I am troubled with an inflamed nose, which is sometimes broken out with pimples. A.—Apply a little of the following to the affected parts about three times a week:

Sulphur loti 3 1/2 drams
Balsam peru 1/2 dram
Camphor 1/2 dram
Green soap 1 dram
Lanolin 1/2 ounce
Vaseline 1/2 ounce

PERPLEXED, Ayton.—Q.—My face is always flushed. What can I do to take some of the color out of it?
A.—Emotions, gland substance which flow into the blood, excess of cold or heat, or self-consciousness, all cause the capillaries under the skin to expand and usher blood to the surface of the face.

2. Obesity is not always due to over-eating, but eating too much food of the wrong kind. Obtain but eight hours' sleep in a twenty-four, and reduce the amount of sugars, starches and oils taken into the body. The bowels must be kept active. Bally.
Food laxatives, such as uncooked bran, help in the reducing process, as do green vegetables and exercise. Drink plenty of water to flush the kidneys. Drink liquids only between meals. You must observe simple rules. Don't sleep too much. Don't overeat even of lean dishes. Don't eat unless you are hungry. Don't drink alcoholic beverages. Don't eat bread, except gluten bread toasted, and this in moderation.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest, letters will be answered personally. If a stamped and addressed envelope is inclosed Address all inquiries to Dr. L. K. Hirshberg, care this office.

To-morrow's HOROSCOPE

By Genevieve Kemble

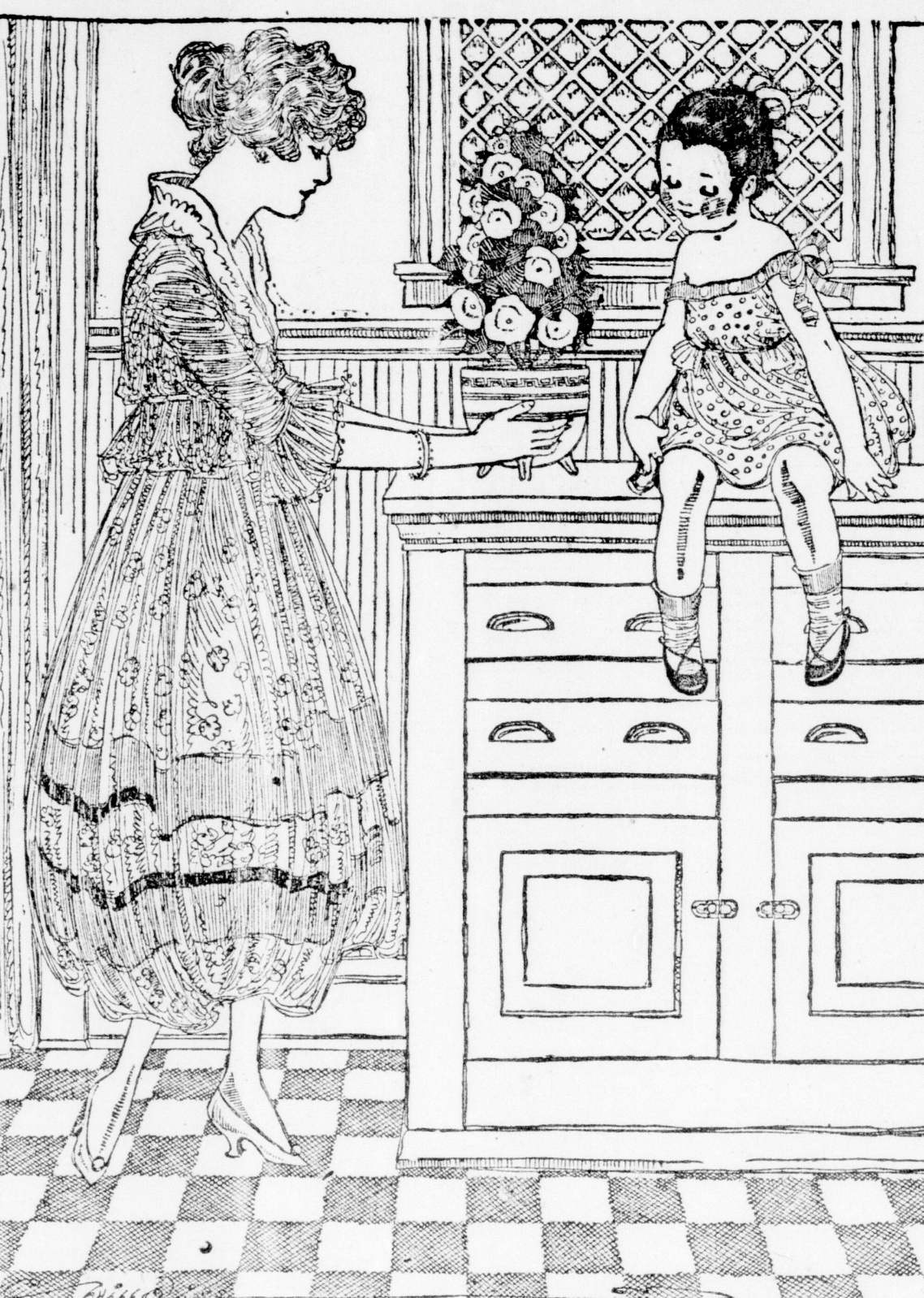
TUESDAY, FEBRUARY 19.

Of splendid outlook is this day with three of the heavenly bodies in trine aspect with the Moon. Under the transit of Uranus pleasant journeys and advantageous removals are in order, and some unusual occurrence, wholly beneficial, is among the probabilities. The mind will be fanciful, romantic and lean to the occult. The trine to Venus likewise quickens the romantic and adventurous, and also promises much pleasure in the domestic, affectional and artistic relations. These excellent prospects are heightened by the trine of Luna to Mercury, bringing results in writings, letters, publishing, law and in business, making the mental faculties alert, keen and creative. It is a favorable time for signing papers and for pushing contracts to a close. Just a word of warning as to being too trusting or credulous, as there is a small danger of duplicity or fraud.

Those whose birthday it is may travel or change. They will prosper through attention to business. A child born on this day should be clever, accomplished, artistic and greatly loved.

BRIGHT SPOTS

By Will Nies



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SOME folks seem forever to be talking about "bright spots" in life, of decoration—anything at all—OVERLOOKING the very bright spots near by. Just as she who has the brightest spot in all the world to HER life and home sometimes, in looking at some

"spot"—this time a flowering plant—with which she tries to brighten things, forgets. But then, those who have a "brightest spot" never forget for long—Just a silvery laugh, a roughish glance and life, home, the world, light up in the twinkling of an eye.

How to Correct Some Common Beauty Defects

BY LUCREZIA BORI

The Famous Spanish Prima Donna

Vanity, vanity, all is vanity! Man believes and says he is the lord of all creation. While white rats, if they wrote books, might very well say the same of their tribe. Memory, imagination, recognition, behavior, decision, choice and various other elements of intellectual comings, are present in white blood corpuscles, microbes, simple plants, bacteria, ants, insects, rats and swine as well as humans.

White rats learn after a few trials how to find their way through a crystal maze, just as children and grown-ups do.

Ten children and fourteen grown persons were put through the same sort of training during animal trainers and experienced psychologists carry on in menageries and laboratories. It was learned that, as far as the time required to go through the maze was concerned, children take 20 per cent longer to learn it than the adults.

The children seem to make 87 per cent more mistakes in a maze than their elders, and exert themselves unnecessarily in terms of excess distance traveled 64 per cent.

Child's Memory Superiorities.

Dr. Gould and Dr. Perrin explain this apparent superiority of the adult muscle memory to a "more effective intelligence" and a "greater muscular steadiness." However, this may be, the memory for finding your way is better, it seems, in adults than in youngsters.

Not so, however, other types of memory, such as observations of accidents, associations with pleasant or unpleasant events, or occurrences in which children are especially interested or with which they are concerned. In most of these children seem to have memories 81 per cent clearer than adults.

Grown people confuse their wishes, hopes, likes, dislikes, prejudices, hatreds, preferences, beliefs, sympathies, antipathies and antipathies with their sup-

posed recollection and reproduction of past experiences. This means that all human adult's memory is reliable only 19 times out of 100, while the average child's memory is reliable in error, while repetition helps the retention of perception and real ideas. The tenacity of an impression in your mind has a more or less definite dependence upon the number of repetitions made. Lists of syllables without meaning—therefore without associations already formed in thought—were read aloud by Miss Gamble as experimenter on memory at five different speeds. These varied in rate between 15 syllables per minute to 75 per minute. The tenaciousness left was measured by the number of repetitions needed for repeating them after two weeks had elapsed.

Learning Time Counts.

Conspicuous differences in individuals were manifest. Of four persons more alert than others, two remembered the slow series better and two remembered the fast ones better. There seems reason to be certain that in those whose rapidly-spoken syllables proved to be more advantageous the advantage was due to the fact that the learners found it more difficult to maintain a keen concentration when the speech was too slow.

Other things equal, it was noted that of 50 girls, those who had devoted 10 minutes to learning a list of words and figures remembered them better and recalled them more quickly than the group which took only seven to eight minutes to learn the same ones.

Professor Gunther is one of the few investigators who has attempted to test memories of events long past. He had removed from his birthplace at the age of 5 1/2 years and had not revisited the scene until 25 years later. Previous to this visit he sketched a plan of the house and grounds as he remembered them. The fidelity of remembrance was about one-fifth of what it should have been for recent occurrences. It has been long acknowledged and is now confirmed that a memory defective through advancing years, memory of these incidents and disorders of sensation is less keen than for childhood happenings.

That is to say, you may have one of the worst memories in the world, yet be like Dr. Gunther, 81 per cent correct for happenings in your childhood.

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

How Luck Aided William for Once.

And a story in our own way.

"Tanks," th' man said, clobbering his heels together, an' bowin' low down, zle was smilin' kinder mockin' when he done it, but she want smilin', and her fingers kept a chortlin' to giv' evin' with her little friend. D-n her, she always gets away from me," she says.

"Then th' man began to talk quiet like.

"I found the woman who ye told me of," he says, "Miss Gramie." "Don't waste time repeatin' her name," she says, "jest in herself."

"She's a pretty, mild lookin' creature," he says, "An' I'm sure, I see now that's what made her play that trick on me."

"Wot trick?" th' Draper gal asks.

"Then he tells her all about my stumblin' again his hand with th' load of kindlin'." "Thar want no chance, I tell ye," he says. "But while she was gone upstairs for some money I slipped inside an' I know the best way of gittin' inside th' house when we want ter pull off that other job."

"So she's bin too smart fer ye," she says, "kinda sneerin' like." "An' I thought ye'd spill her looks for her anyway."

"Thar want no chance, I tell ye," he says. "But while she was gone upstairs for some money I slipped inside an' I know the best way of gittin' inside th' house when we want ter pull off that other job."

"Thar's no chance of that now fer a long time," she says. "The whole push'll be on guard," she says. "We'll have it go back to the city now, but evin' with yer little friend. I'll walk down a block an' take this next on, an' y' wait another half hour. By th' way, where'll I find y' when I want y' again? I s'pose ye don't want I miss a chance to giv' evin' with yer little friend. D-n her, she always gets away from me," she says.

"Leave th' gittin' even 't me," he says, with a ugly look. "An' y' can giv' me fer awhile at 67 Prince Street. Ask for Adams."

"Wait a minute, William," I interrupted, and whisking a small pencil and the book from the pocket of my trousers I always keep them handy, I made him repeat the address as I wrote it down.

"Oh, Miss Gramie, ye ain't goin' to try to keep that man from seein' William?" he exclaimed. "He's a devil. He'll kill ye sure. He imagines he's got some grudge agin ye."

"Don't worry, William," I said. "I won't have to do anything to protect my girl. But you have done me a great service in overhearing that address. Now tell me how you got hurt."

"Thar hain't much to tell about that," William returned modestly. "After th' Draper gal went away th' man waited till her car went along, an' then he clummed down ter th' track an' begun to walk along. Me an' Pete we follered along th' bushy bank above th' track. I meant ter giv' on th' back of th' same car. But he must hev heard somethin', cause all of a sudden he giv' a bound up th' bank an' grabbed me."

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What Other Food Helps To Conserve Grape-Nuts

As does

- Saves Wheat ---- made partly of barley.
- Saves Sugar ---- contains its own sugar from its own grains.
- Saves Fuel ---- fully baked.
- Saves Time ---- ready to serve direct from the package.
- Saves Milk ---- requires less than the ordinary cereal.
- Saves Waste ---- eatable to the last bit.

You are conserving when you eat Grape-Nuts

Good Night Stories

By Gladys Silver

Illustrated by Gruelle.

PEGGY AND PRINCE HANDSOME.

Once upon a time there lived a little girl named Peggy. She was good and kind, but very poor, and had to gather sticks in the woods for the village folks to pay for her food and clothing.

One day when Peggy was out in the woods she heard a queer noise under the tall grasses at her feet. Startled, she looked down, and there was a great, big, ugly toad puffing out his cheeks and crying as if his heart would break.

"Poor little fellow!" exclaimed Peggy. "What's the trouble?"

"I'm very miserable," sobbed Mr. Toad. "I'm so dreadfully ugly every one is afraid of me."

"Just because you're ugly is no sign folks should be afraid of you," replied Peggy kindly.

"But no one wants me to live in their garden," sobbed Mr. Toad.

Peggy felt very sorry for Mr. Toad, and begged him to come home with her and to live in her garden.

This made Mr. Toad very happy, and he homed upon Peggy's bundle of sticks and Peggy took him home, gave him a good supper and put him to bed out near the old well in the yard.

It was long after midnight when Peggy was awakened by the sweetest music she had ever heard. Peggy jumped out of bed and ran to the window. Near the old well hundreds of tiny fairies were dancing around the ugly toad singing merrily.

A carriage made from a cocoanut shell, drawn by eight snow-white mice pulled in through the gate and a beautiful fairy dressed in sparkling silver jumped out and touched Mr. Toad with her magic wand, and he turned into a handsome prince. Then it was that Peggy gave a cry of delight, and like a puff of smoke everything vanished.

The next morning Peggy was quite disappointed, for instead of finding the handsome prince there sat the ugly toad blinking in the sunlight. Peggy decided she must have dreamed the whole affair, so she kept it to herself.

The next night the same thing happened, but still Peggy never told any one.

On the third night the cocoanut carriage came and carried Mr. Toad away, and when she looked for him the next morning, sure enough he was gone.

This made Peggy very sad, and for days and nights Peggy cried and cried. She has grown very fond of her little playmate, and she missed him very much.

One day as Peggy returned from the woods with her bundle of sticks she beheld a beautiful carriage drawn by eight snow-white horses standing in front of her house. The handsome prince jumped out and ran to meet Peggy.

"I've come to claim you, Peggy dear, for my princess," whispered Prince Handsome, "because you were good and kind, and because I've long been searching for a girl who can keep a secret. Had you told what you thought were only dreams the spell that held me in a toad's skin would never have been broken."

Prince Handsome was so happy he had found Peggy, who never judged folks by their looks, that he married Peggy that very day, and they lived long and happy as lords in his beautiful castle.

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