Daily Magazine Page for Everybody

SECRETS OF HEALTH AND HAPPINESS

How Science Combats Some Forms of "Too Acid" Stomach

BY DR. LEONARD KEENE HIRSHBERG

A. B., M. A., M. D. (Johns Hopkins University.)

human frailty. Nine persons in ten lowing co flip the word hither and yon from their tongue's tip and do not think about it enough to spend a few hours of a lifetime "getting a true head on it." "Acid-in-the-blood," facid-in-thetomach" and similar phrases are juggled owlishly, with the foggy belief used as salt to season the food. that both re heinous calamities, sent by an un and Providence.

As a n tter of physiology, meats and other pabulum could not be put to rout by the digestive fluids if the the stomach did not construct and who have ulcers of the stomach or pour out hydrochloric acid.

The acid in its origin harks back to acidity of the stomach. the blood, food and drink. The sait Answers to Health Questions of the sea, ordinary table salt, natrium chloride or chloride of soda, undergo PEARL: Q.-Kindly recommend a chemical dissociation when acted upon good dry shampoo that will keep the by the digestive juices. The partner- hair nice and fluffy. ship of sodium and chlorine is broken between the chlorine atom and water. dark hair, is this: H 20 and H CL, or hydrocholric acid, is the new form,

The Mischlet Maker.

helps somewhat to diminish any hyperor excessive manufacture of acid in the stomach.

Hydrochioric acid is made in larger quantities in a dog's stomach than in a man's, yet it is easy to weaken a log's powers of digestion by depriving

Rations deprived of so vitally essential a mineral as table salt cannot something for night sweats? long sustain life, but in the presence of ulcers, hyperacidity of the stomach and similar disorders the soda may be supplied by some mineral. Only the chlorine is to be abated. Hyperacidity

the table stuff, you may aid in the removal by drinking huge amounts of water, avoidance of bicarbonate of Dr. Hirshberg will answer questions

Ways To Banish Blemishes

That Mar Your Complexion

BY LUCREZIA BORI

The Famous Spanish Prima Donna

There are many ills that rob the com- Two parts water to one of lemon juice

exion of its beauty. Of what avail are is the right proportion.

In cases where blackheads are very thick there is nothing better than the

kin forming the setting is leathery and green soap treatment. Make a mixture

The use of the word "acid" is typical necessary mineral fertilizers the folabination is sometimes used Lactate of lime Dipotassium phosphate ...7.7 grammes

Potassium citrate1.7 grammes Sodium citrate7.4 grammes This is mixed and pulverized and Eggs, raw or soft-boiled, boiled rice, prunes, tea, cream, sugar, oatmeal gruel, apple sauce, coffee, fresh boiled meat, potatoes, boiled or mashed, carots, orange juice, oleomargarine of butter made without salt, and grape rout by the digestive fluids if the juice, as well as a specially made salt-normal manufacturing industries of free bread, are a few edibles for those

A .-- A dry shampoo that would be most satisfactory for a blonde, but up, and a new partnership is formed that might leave unbecoming traces in

Oatmeal 2 ounces Orris root (powdered) 1 ounce Shake these ingredients well into the hair and allow to remain for To avoid the use of foods with salt short time and then brush it out.

MARY L.: Q .- Will you please rec ommend a good face wash? A .- You may try the following for

Rosewater 2 ounces Glycerine 2 teaspoonfuls

MRS. C. R. S.: Q .- Can you prescribe 2. Is there any way of reducing

chlorine is to be abated. Hyperacidity some infection present, which good in the end owes its mischievous effects food, fresh air, sunlight and sleeping in to "hyper-chlorhydra."

The normal amount of acid in the gastric juices is saved and reabsorbed by the intestines. Some of it, therefore, acts in a cycle to be used over again. When there is an excess of mineral chlorides, such as sea salt, in the table to the state of the table table to the table tab

water, avoidance of bicarbonate of soda and the use of potash in some form of another.

A Salt Substitute.

There are several plans now it use to lessen any excess of acidity, which fool-hardy gluttons often bring to pass in a susceptible stomach.

Nutriment can largely be freed of salt by boiling. To flavor food with the

LOOKING BACK

By Will Nies



filled to see the real hero He'd ALWAYS been. to get hurt in steel!

nclude bran muffins in your diet.

Remember that, unfortunately, there are no short cuts along the road to

eauty. It is a long, long way, but if

ou are persistent you will, some day,

TOMORROW'S HOROSCOPE

BY GENEVIEVE KEMBLE.

THURSDAY, JAN. 10.

Urnanian impetus will be sudden, un-expected and out of the usual routine,

ONG the shrine of her girlhood imagings of ro- Knights, joustings, brave deeds for a Lady Fayre, mance, she compares Sir Steel Suit with HIM the Crusades even seem trifling compared with the in his khaki. And a little shamed feeling creeps mission on which HE has gone. And then, someabout her heart when she thinks how even her love how, it does seem as if HE mightn't be so likely

foods. Masticate your food thoroughly and drink plenty of water, both hot and cold. Mix bran with your cereal, and

Why Mother Graham Pays Madge Her Greatest Compliment.

"It's a bad break, a compound frac- | course, Agatha can give me just as

only a few moments, then wash off with planetary excitations for this day, with "This is going to require most careful changes, removals and journeys have professional care, because of her disguising the fact that Agatha distoward the eccentric, unconventional, in the war hospitals abroad. I actulittle trick that she could play

to her, and it would be impossible to is the best possible care for you.

As I frantically searched for some answer to make my mother-in-law which would not arouse her suspicion as you say she is in sickness, she'll as you say she is in sickness. the truth, Cousin Agatha unexpectiforget to be disagreeable."
illy came to my aid without meaning "A Very Good Daughter."

sniffling that always so annoys me. my surprise she looked at me in- with me.

said with a smile to Cousin Agatha, with an assumption of gayety I was and they went out of the room to- far from feeling.

Madge Quickly Decides

St. Andrew's College Canada FOR BOYS

Upper and Lower Schools Careful Oversight. Thorough Instruction. Large Playing Fields. Excellent Situation. Calendar sent on application.

ADELE GARRISON'S NEW

"Oh, dear, isn't it funny," exclaimed ure." Dr. Britton, the efficient elderly good care as a professional nurse; in fact, better, for she understands me Betty, as she looked at the queer brown physician from Crest Haven, straight-ened himself from his bending posture derful in sickness, the responsibility leaf curled up in David's hand. "What de you suppose it is?" over my mother-in-law's broken arm out of her. But—"

out of her. But—"

She stopped for breath, closed her "Looks like one of those ugly worms gone to sleep in a leaf," replied David.

and looked searchingly at Cousin She stopped for breath, closed eyes for a moment, then opened them wide again. planetary excitations for this day, with changes, removals and journeys indiattention," he said. "She really should Margaret," she said, "but I am also a raised his foot to crush it, when some

thing caught hold of his shoe. David," cried Betty

down out of sight.

"You-are-a-very-good-daughter "You—are—a—very—good—daughter"
"Aurgaret, I want to speak to you—
to—me—Margaret," she said slowly,
by—yourself," she said, with pauses of and tears rolled slowly down her
checks I knew that emotion was cheeks. I knew that emotion Dr. Britton rose to the occasion bad for her in her condition, enfeebled by the shock she had received, and Suppose we adjourn for a little," he tried to turn the curent of her thoughts

laughingly, rising from the bedside. "The doctor will think I have been illtreating you. Besides, poor Cousin Agatha is anxious to begin taking care of you. I'll go right now and tell her that she is elected to the position of

pered, smiling faintly, And as I went out of the door to ummon Cousin Agatha to her post I and the ugly worm gone. ught of the words my mother-inaw had said but a few days before. "If only somebody would break a colored wings. bone somewhere, Agatha would be ping her hands.

Three-Minute Journeys

WHERE SNOWSHOES SIX FEET LONG ARE NEEDED TO Would Wake Up Smothering TRAVEL.

ting from home to business and to the places—perhaps journeys of many days—that mark the limits of country. veling, because we have only to step upon a street car or climb aboard a train, it seems strange to think of a land whose even strange to think of a land whose even while land whose even whose heart and nerves are deranged causes the greatest distress of both mind and body.

Milburn's Heart and Nerve Dilla give

"All the young hired men have gone

Charles Lamb. 1775-1834.

The red-letter days now become, to

il intents and purposes, dead-letter lays .- Oxford in the Vacation

BY BLANCHE SILVER.

THE UGLY CATERPILLAR.

holding David's foot in both his arms.

"It's nothing but an ugly worm, any-

way," replied Betty.

Happy Giggles pointed to a

Chinese coolies again.

thinking much about the ways of get- would sink were it not for the snow-

land where every mile one goes must be made on foot. Yet there are many countries into which, the conveyances of ability that we have not yet the conveyances again.

f civilization have not yet pene- again, Near home and replete with post front of the dogs and for crossing sibilities of adventure is our own wide crevasses. For these purposes of Milburn's Heart and Nerve Pills. Alaska. In the back country there is they are ideal. But they're too long suffered five years with my heart and in winter another problem added to and cumbersome in a country where that of merely going on foot. The snow and the ice cover the land many feet they must be carried long distances.

WINIFRED BLACK

Writes about "OUR BOYS AND THE FARMS."

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into the army," some of the fruit grow- he'll never get tipsy, and he'll never

canneries and shipyards and that sort He'll do all the housework for a fam-

"The American boy is all for the chef, clean house like a vacuum clean-

city. You can't hire him to stay in er, hose off the front walks, shine up

the country and make a living, not the windows, polish the fender at the

with all the automobiles and picture fireplace, weed the garden, answer the

shows, and picnics and grange meet- bell, and even do the washing and

men are going into the factories and Sometimes you wish he would.

They are used for breaking trails in

The terrible smothering and choking

up sensations and sinking spells, the feelings of dizziness and faintness that come over those whose heart and nerves

WITH HER HEART

prompt relief and effect a comple cure

Mrs. A. M. Powell, Norval Station, Ont., writes: "I cannot speak too highly nerves, but the last two years I have suffered terribly. If I went to bed I did not get one night's sleep out of heart, and that I must take great care in your almanac for Milburn's Heart and Nerve Pills, and said I would try them. have only taken two boxes of them and hem to anyone afflicted with heart Out in California they're asking for it in every way than many another

Milburn's Heart and Nerve Pills are Besides he'll never "sass back" and 50c a box at all dealers, or mailed di-

ers say, "and all the middle-aged hired forget-not one single teentsy thing. burn Co., Limited, Toronto, Ont. He'll do all the housework for a family of six or eight; he'll cook like a FOR INDIGESTION OR BAD STOMACH

shows, and picnics and grange meetings, and church sociables and county fairs, and land of his own and a sure living—in the world."

And there you are!

Standard even do the washing and a living, and never act as if he'd been lifting a finger.
But what interests me in this wild ary for the coolie is what the Callfornians have to say about the American hove. Relieves sourness, gas, Heart-And there you are!

How long ago was it that those same
Californians fairly tore the sky into shreds shouting, "The Chinese must go!"

And now they want them back again,
And now they want them back again,
Self and those same to say about the American boy.

I wonder if it's true. I do hope not!
Every other boy in every other nation in the world has just one ambition, and that is to get hold of a little piece of land of his own and make somewhere, somehow, a home for himself and those he loves. burn, Dyspepsia, in five minutes.

And now they want them back again, the silent secretive efficient, hard-working brown Chinese cooles, with their paper hats and their cloth shoes, and their long queues and their enignated matic smile. Do they, really?

Sing! You're getting your somewhere, somehow, a nome for him self and those he loves. Doesn't the American boy, want a home? Does he prefer a boarding-house or a cafeteria or a hotel? I'm advantable food you eat ferments into gases and preferring them. Thin and weedy, and awkward and scared to death, country shoes, country shoes, country bore feel sick and miserable, that's when you feel sick and miserable, that's when you

matic smile. Do they, really?

Poor Ah Sing! You're getting your revenge at last, aren't you?

I don't blame anyone for wanting a Chinaman around when there's any work to be done.

A Chinaman will do a most amazing amount of work, and do it better and quicker and be more honest about

The Origin of

Famous Sayings

The Origin of

Famous Sayings

Famous Famous Acared to death, country shoes, curry shoes, curry shoes,

inving right straight along, all the time.

I wish more American boys were just a little bit fonder of the country and of country life. Don't you?

But let's not forget that we're each making the farms yield most fruitfully. Otherwise we'd not be able to send



IS CONSTIPATED! LOOK AT TONGUE

sons from little stomach, liver, bowels.

or feverish.



pretty, queer, brown bed, into the No matter what alls your child, house. Keep him in the warm sungentle, thorough laxative should always Before the children knew what was happening to them they stood on the ground again under the tree, and Happy Giggles was gone.

If your little one is out-of-sorts, half-naturally—look, Mother! see if tongue is coated. This is a sure sign that the little stomach, liver and howels are placed it in the sunshine. Every day table, feverish, stomach sour, breath pad hey ran to see what had happened.
Imagine their surprise one day when throat, full of cold, give a teaspoonful they found the little brown house open of "California Syrup of Figs," and in a

"It's a butterfly," cried Betty, clap-ing her hands. She opened the window and the lovely Mothers can rest easy after giving

Beware of counterfeit fig syrups. As

*** Make Your Own Cough Syrup and Save Money

Better than the ready-made kind.

****** The finest cough syrup that money distressing coughs, throat and chest colds will really make you enthusi-

astic about it.

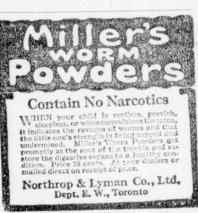
Any druggist can supply you with 2½ ounces of Pinex (50 cents worth). Pour this into a 16-oz. bottle and fitt the bottle with plain granulated sugar supply—of a most effectual, pleasant tasting remedy. It keeps pericetly.

It's truly astonishing how quickly it acts, penetrating through every air passage of the throat and lungs—loosens and raises the phlegm, soothes and heals the inflamed or swollen throat membranes, and gradually but surely the annoying throat tickle and dreaded cough will disappear entirely. Nothing better for bronchitis, spasmodic croup, whooping cough or bronchial asthma.

Pinex is a highly concentrated compound of Norway pine extract and is known the world over for its prompt healing effect on the throat membranes.

Avoid disappointment by asking your druggist for "2½ ounces of

accept anything else. A guarantee of absolute satisfaction or money prompt The Pinex Co., Toronto, Ont.



BEAUTY'S AID BEECHAM'S PILLS

in boxes with full directions, 25c CEETEE UNDERCLOTHING

Guaranteed Not To Shrink.

CROUP HAS NO TERRORS FOR THE MOTHER WHO READY AT HAND A BOTTLE OF

Chamberlain's REMEDY

Rub the warm, creamy lather over he forehead, nose and chin with

Lemon juice diluted with water is

oily skin of those who are "sallow."

This greasy condition is due to over-

constant attention must be given to

les accompany the blackheads. A

ath mitt made of Turkish toweling hould be used. The friction of a

FACE NOTHING BUT RUNNING SORES

ECZEMA

that terrible skin disease, eczema, With its unbearable burning, itching,

Blood Bitters for giving relief to such sufferers; no other remedy has done, or an do so much for those who are al ible torture. Apply it externally and it g, and promotes a healthy healing.

Take it internally, and it gets at the ource of the disease in the blood, and ompletely and permanently drives it ut of the system.

Ridge, N. B., writes: "I used Burdock continue beating, and spread on the You can vary the taste of any apple ood Bitters for eczema. I had it when cake. ago it came back. Is used doctors' medi-

Manufactured only by The T. Milbur.

rinkled of texture, disfigured by red of equal parts of tincture of green soap or brown blotches or dotted with black and distilled witch hazel. Rub the liquid from complexion ills is the rather thick, your skin apply cold cream or bathe the the alkali of the soap. To Banish Pimples. When pimples have resulted they he skin to insure absolute cleanliness. Should be treated when the skin to insure absolute cleanliness. In the skin to insure absolute cleanliness cleanliness

To overcome an oily skin wash with the end of a match stick, dip into the antiseptic and lightly touch the pimple. from Saturn, who tends to remove old enty of hot water and pure soap. The iction should not be too vigorous if In the majority of instances pimples so obstacles and disappointments, clearing or healing pimples: Sweet almond oil 114 drams ulphur precipitate 75 grains

The following cream is also excellent

rying the skin apply the cream. Allow changes. A child born on this day will

e both mitt. Rinse the face with tepid ld a few drops of tincture of benzoli other astringent to the final rinse

KITCHEN he skin and help to contract the pores **ECONOMIES**

make use of apples in cooking? Here are a few unusual recipes: Apple Omelet.

cupful of sugar. teaspoonful of cinnamon. Sprinkling of nutmeg. tablespoonfuls of milk. with them the sugar, cinnamon and old add the beaten eggs and the cornstarch, which has been dissolved in the milk. Mix thoroughly, then pour in a

bettered baking dish and bake slowly for 20 minutes. Serve at once. Apple Icing. 1 cupful of sugar.

tablespoonfuls of grated apple. 1 saltspoonful of cream of tartar. With sliced apples. Mix together one Heat together the sugar, water and cupful of sugar, one-half teaspoonful cream of tartar without stirring until of salt, dash of nutmeg, and sprinkle it forms a syrup that will thread when over the apples. Dot with bits of dropped from a fork. Gradually pour butter and pour three tablespoonfuls of over the stiffly beaten white of egg cold water over all. Cover with pie Miss Mary V. Chambers, Anagance until thick, then add the grated apple, paste and bake for 40 minutes.

Baked Stuffed Apples. it came back. I used doctors' medibut it did good only while I used

Scoop out the centre of large apples.

Scoop out the centre of large apples.

ger—either preserved in syrup or a
little of the ginger root—mixed spices At last my face was nothing but a chopped figs, sugar and lemon juice to like cinpamon, cloves and nutmeg, or

Five Unusual Ways to Make Delicious Apple Dishes. Do you know half the ways one may chopped nuts, prunes or dates. Or as nake use of apples in cooking?

| a breakfast dish by stuffing with cooked oatmeal, rice or some of the crisper ready-cooked cereals. Apple Custard.

BY ISOBEL BRANDS

OF THE APPLECROFT

EXPERIMENT STATION.

1 quart of apples. 1/2 cupful of water. 1/2 cupful of sugar. tablespoonfuls of butter. 2 tablespoonfuls of flour. cupfuls of breadcrumbs. egg whites.

Pare and quarter apples and stew the half-cupful of water until soft. gether. Then remove from the fire, add the When sugar, butter and the grated rind and Graham beckoned me to come closer to sugar, butter and the state fluor and her. I knelt by her bed and put my breadcrumbs and stir into the apple head close to her lips. mixture; finally add the stiffly beaten egg whites. Pour into a buttered bak-ing dish and bake in a moderate oven she said, and there was a nervous

for 45 minutes. Deep Dish Apple Ple. Butter a baking dish and fill partly

dessert by using such flavoring as t. At last my face was nothing but a chopped figs, sugar and femon juice to like chipathon, closes and find the chipathon of bits of fruit jelly.

3. B. B. did for people, I took it, and oday I am free from that terrible disagrament apples with sugar and bake until tender, basting occasionally as necessary. Or apples may be stuffed with these fruits chopped and baked.

Reopens after Xmas, Jan. 14, 1918.

REVELATIONS OF A WIFE

A very lively period is promised by the Agatha and me.

said faintly, for she was much ex- answer at any-

I foresaw trouble ahead of me, re- warmly will make for popularity, dignity, asting success. It is a good time to sentment for Lillian Underwood, if my stability, good organizing ability and lasting success. It is a good time to mother-in-law should find out that mother," I said, thrusting behind me ask favors from elders and superiors, Katherine had given up her war nurs- my aversion to Cousin Agatha and my have a pleasant and profitable year, making new friends and beneficial

aid to Lillian in her secret work. "Margaret, I Want-"

dly came to my aid without meaning all to do so.

I purposely made my tone as reassur"You never used to think so meanly ing as I could, and was rewarded by of my ability, Harriet," she said, and the look in my mother-in-law's eyes covers all around himself and suspend there was real sorrow in her voice, when she opened them again. It was there was real sorrow in her voice, when she opened them again. It was which held no trace of the martyr-like a gaze of genuine affection that I saw, Mother Graham opened her eyes, but little mother's face had she still been on the floor of his house.

xhaustion between the words.

When the door had closed Mother

Rev. D. Bruce Macdonald, M.A., LL.D.,

ircumstances. These coming under an age and the shock, but I needn't tell likes you exceedingly. I believe she you how hard it is to find efficient would do you an ill turn if she couldexpected and out of the usual routine, with the mind and faculties trending trained nurses, with so many of them not anything vital, but any petty, mean And it isn't fair to ask you to have eventive, sharp and creative in the ally don't know where to lay my hand her remain in the house for the long time it will take for this thing to occultism, aeronautics, electricity, etc.
These advantageous moves and activities will receive the benignant rays wasn't in war work," my mother-in-law state of affairs, and I am expecting an go of David's shoe.

treated will disappear without leaving a scar.

obstacles and disappointments, clearing the way for assistance from elderly persons and from Saturnine channels. the physician's setting of the arm.

Her voice trailed away into silence, her eyelids closed again. I turned my lips to her cheek and kissed her "You're worrying yourself needlessly,

> those in authority.
>
> Those whose birthday it is should mother-in-law. Mother Graham would age upon me. "There is but one quesfeel that Lillian might send Katherine tion for us to consider now, and that side to side. changes. A child born on this day will explain that Katherine's nursing was be steady, trustworthy, popular and only a blind for her real position as and take care of you! And I shall do everything in my power to make it pleasant for her. I cannot like her,

> > such as I might have seen in my own mock so that he doesn't have to sleep

was "Don't you dare to cry!" I said

they ran to see what had happened. "All right," my mother-in-law whis-

ODD FACTS

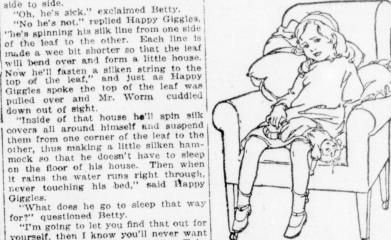
should therefore be kept in chamois tered over the garden wall and out of printed on each bottle.

Good-Night Stories

YOUR SICK CHILD He tossed the leaf to the ground and "I do believe it's Happy Giggies,

Sure enough, Happy Giggles was holding David's foot in both his actual "You're right, Betty. I was afraid David was going to harm that ittle follow" laughed Happy Giggles, letting have the standard of the supply of a most effectual, pleasants

"I know it, but he's spent some time house," said Happy Giggles, and quick as a wink David and Betty found themselves among the branches in the tree. sitting on a leaf wagging his head from



shine and watch and see what he does," be the first treatment given. They took the leaf into the house and clogged with waste. When cross, On one of the window curtains rested undigested food and sour bile gently a beautiful creature with soft, gayly- moves out of the little bowels without

She opened the window and the lovely butterfly soared out into the garden over it never fails to cle_nse the little one's Whoever would have thought such liver and bowels and sweeten the stom Flutes sometimes suffer from any grow out of such an ugly worm,"

brupt changes in the weather, and lengthed Dovid on the house of all ages and for growth of such an ugly worm," abrupt changes in the weather, and laughed David, as the butterfly flut- dren of all ages and for grown-1,8

Acetol, a liquid applied by injection through the spark plug opening, is being used for quickly removing carbon from the cylinders of gasoline engines.

Signt.

Happy Giggles was right. The children another dren never wanted to harm another fornia Syrup of Figs"; then see wooly worm, for they had learned about that it is made by the "California Figston the miracle of the butterfly's birth, Syrup Company."