

DAILY MAGAZINE PAGE FOR EVERYBODY

Answers to Health Questions

BY DR. HIRSHBERG.

T.C. Bramford, Ont.—Q.—1. Kindly tell me what I can do for cold feet. 2. Please give a remedy for indigestion.

A.—1. Cold feet come from loss of health, sleep, wrong food, over-dressing the feet and keeping them too warm. Use high blood pressure. The feet are kept warm better by wearing thin hose and low shoes, cold baths and vigorous massage, active outdoor exercise, especially walking, than by inactive, indoor life.

2. You must eat more apples, figs, prunes, pears, plum juice, carrots, beets, steamed pears, and drink three quarts of distilled water daily—2 glasses half hour before a meal. Take 10 grains of oxide of magnesia before meals and 5 charcoal tablets after meals. Sleep 10 hours in the 24 in a well-ventilated room, and be outdoors in the fresh air and sunlight most of the day.

B. S. Brockville, Ont.—A.—If you have a headache, and repeated attacks, I will be glad to help you.

Mrs. M. E. Toronto, Ont.—Q.—I am 37 years old and have been suffering from rheumatism for years. Kindly advise a remedy to help me.

A.—Rheumatism is the name given to the symptoms of many diseases. It is generally used in expressing pain of various diseases. If you will take me more explicitly of your symptoms I will be very glad to help you. In the meantime you can use a small electric battery three times a day on the painful parts. Dry heat, hot applications, Swedish movements, manipulation and massage will help you. Take 10 drops of a saturated solution of iodide of potassium in water after meals, increase one drop a time until 50 drops are being taken, then go down to 15 and up again. Also take inunctions of mixed vegetable oils such as phlogosone every day for a month.

J. E. Toronto, Ont.—Q.—Altho I have a cold, my eyes are generally more after sneezing than before. Kindly help me.

A.—Have the eyes examined by a doctor, and if you need glasses wear them. Also have the throat examined, and the turbinate bone of the nose compressed so as to allow more air space.

Mrs. A. Toronto, Ont.—A.—If you will send a stamped self-addressed envelope repeating your query I will be glad to advise you.

A. Toronto, Ont.—Q.—Kindly advise a cure for constipation.

A.—Eat plenty of green vegetables, spinach, rice, steamed pears, water cress, young peas, vegetables with salad oil, fresh fruits, dried fruits. Sleep at least 10 hours in the 24 in a well-ventilated room, and be outdoors in the fresh air and sunshine as much as possible. Take 4 charcoal tablets after meals, a tablespoonful of milk of magnesia before meals, and a wineglassful of olive oil about half an hour after meals.

M.C. Toronto, Ont.—Q.—What can I do to relieve a burn on the arm?

A.—Apply powder stearate of zinc to the affected part.

R.M. Toronto, Ont.—Q.—1. My four-year-old child jumps in his sleep. Please advise a remedy for this. 2. Is it possible for the child to get worms from nursing?

A.—The child evidently has wrong food and bad feeding. Have this corrected and it will help the baby.

Much Worried, Toronto, Ont.—Q.—Kindly advise if walnut juice and walnut stain are the same. Is walnut juice good to darken the hair?

A.—There are some remedies under that name, while others are the same. Walnut juice is often not effective. You may try the hair oil, but be sure you get it in the form of cream or cream paint or homemade with vaseline, or try henna waves.

H.M. Toronto, Ont.—Q.—1. What will remove dandruff from the hair? 2. Kindly advise something that will keep the hair soft.

A.—1. The scaly disks of dandruff may be removed by washing the scalp either with coconut oil, or with a solution of soap. Then the surface underneath may be treated with the following lotion: Precipitated sulphur, 1/2 ounce to 4 ounces distilled water. Rub in gently after a shower shaking with a little brush, see that the bristles reach the scalp, instead of the hair only. On account of the odor of the sulphur it is advisable to use at bedtime. 2. Fardale may be used on the hair to keep it light.

Y.M.H.A. Toronto, Ont.—Q.—Kindly advise how to remove puffiness under the eyes. This condition has existed for several years.

A.—You absolutely must take three hours of exercise in the sunlight and fresh air. Have your nose and throat operated on and more air space given. Sleep in the open air if possible. Play tennis, walk in the fields and if necessary change your occupation.

L.B.L. Toronto, Ont.—Q.—Kindly advise how to increase my height.

A.—It is advisable to join a good gymnasium and obtain the best of the exercises possible. Eat plenty of green vegetables, and nourishing foods. Drink three quarts of distilled water daily and be outdoors in the fresh air and sunlight most of the day.

J.A.B. Toronto, Ont.—Q.—Kindly advise how to remove puffiness under the eyes. This wax is on the lashes which I awake in the morning and is very hard to remove.

A.—Have the eyes thoroughly examined.

FEMININE FOIBLES

By Annette Bradshaw



THE GREAT SUBJECT.

Three Unusual Cake Recipes

By ANN MARIE LLOYD

FROM a good friend of mine—a lady living in one of the nations at war—there has come to me three cake recipes that are out of the ordinary. My friend is an expert in the kitchen and recently has been developing much of her time in the simplifying of dishes that still simulate the luxuries.

In sending these recipes she writes they will be found cheaper than similar cakes. Furthermore, they will prove most wholesome, nutritious and sustaining. I repeat them to you as she sent them to me.

Rich Fermented Cake.
One pound of flour, half a pound of sugar, one pound and a half of currants, half a pound of cut peel, a few raisins and nuts, six ounces of lard or margarine, a quarter of an ounce of yeast, a quart of water. Warm the water to 100 degrees, dissolve the yeast and stir in a little flour—about a quarter of a pound—cover half up and let it stand for three-quarters of an hour to rise and fall; at the end of that time add the salt and sugar, stir up well, then add the rest of the flour, and mix up to a nice dough; put it back into the bowl, cover it up, and let it lie for another half an hour. Spread the dough out on a floured pastry board, rub in the lard or margarine—this must be well worked in by stretching and tearing the dough until the whole is a soft, greasy mass—then add the currants, peel and raisins, work them in well; the whole will be a very soft mass; have some greased tins ready; half fill them and let them prove for half an hour, then bake in a sharp oven. When done take out of the tins, and when cold wrap in grease-proof paper. No flour must be added; it must be worked as soft as possible. Nuts can be sprinkled on top.

Galatte.
This is a very nice cake. It is very sustaining, containing as it does a large amount of fat, sugar and eggs. It makes an ideal cake for the colder months. A quarter of an ounce of bicarbonate of soda, two pounds of flour, one pound of margarine, half a pound of powdered sugar, four eggs, beat together a little, or you can beat the eggs in a basin and add them to the sugar. They must not be beaten up too light—simply sugar and eggs—knocked together, then pour the melted margarine in, also a tablespoonful of water, with the bicarbonate of soda dissolved in it, then add the flour and mix up well to a soft paste; divide into one-pound pieces, roll them into balls, then with a rolling pin flatten out to about five inches in diameter, put them upon flat tins and with the back of a knife make deep lines on the top, crosswise to one another; bake in a moderate oven.

The similar to shortbread in appearance, it is entirely different as its manufacture shows.

Fruit Treacle Cake.
This is also a fine cake for cool weather; it is soft, moist and will not crumble up, and will keep moist a long time.

Half a pound of oatmeal or whole-

Secrets of Health and Happiness

Why Itching Is Not A Sure Sign of Healing

By DR. LEONARD KEENE HIRSHBERG
A. B. M. A., M. D. (Johns Hopkins University)

PROF. UNNA, the distinguished student of skin affections, has just compiled an elaborate series of researches upon the source, nature and mechanism of itching. For the first time, evidently, this distinguished savant is convinced that he has found an answer to the world-wide query: What is itching?

There has been some doubt as to the origin of itching. Some, with few facts, hold firmly to the view that you have itching from the poisons of bacteria. Others maintain that itching is not a distinct sensation, but a conglomeration of various sensations or non-specific sensations.

One group of investigators claim that the substances of juices from the adrenal or similar glands have a selective action and cause the phenomena of itching. In support of this contention, they say that jaundice, as well as the kidney poisons, when dammed up in the skin, are able to emerge to the outside world via the kidneys and intestines. Furthermore, they cite the known observations that certain albumens, substances in tomatoes, berries, fruits, beer and fish, are in some persons responsible for itching, hives and analogous maladies of the skin and hair.

Irritation of Nerve Ends.
Prof. Unna concludes from his experiments that itching results from the irritation of the naked ends of tiny white nerves, terminating in the microscopic blood canals. In confirmation he calls to mind the practice of using adrenalin—also called epinephrin and suprarenalin—to abolish a local itch-sensation of pain, without any impairment of the other feelings of touch, tickle, heat or cold. Saponin, on the other hand, abolishes the sense of touch, but falls in any way to affect those of pain, itch and others.

Prof. Unna points out that, before itching, there must be little projections of the deeper skin called "papillae," which contain veins, arteries and capillaries, as well as a layer of horny skin. Otherwise, there is not sufficient pressure upon the papillae and the capillaries to cause an itch. This may seem a bit confusing unless you think of the papillae as a finger of a glove turned half inside out.

It is impossible to induce itching on the surface of an ulcer, altho its congested edges may itch. Even the thick tissues of a sore, after the infection is out of it, and just before healing—called "granulations"—will not itch. As these, however, heal over and the flesh scars, the itching begins to return. The horny papillae press up into the deepening scar, the area begins to itch and continues to do so until a balance is struck between the pressure of the

How Itching is Stopped.
Whenever a blister forms, itching ceases. Continuity between the horny epidermis and the papillae on the floor of the blister or ulcer is necessary before you feel an itch. This also explains why, at first time, when you scratch or rubbing momentarily always any itching. The horny-handed layer of surface skin is rubbed away from contact with the congested papillae beneath.

Whenever there are hives, bile or other fluids in the outer horny layer of the skin simultaneously with any increase of lymph or blood in the papillae, the pressure is not properly balanced in the "three-ply" layers of the skin, and you itch. Dry eczema, scabies, lice, hives, jaundice and other disorders yield just such symptoms.

Remedies in itching soften the horny surface and thus remove pressure from the structures beneath. Electricity, purgatives, a starvation diet, diuretics, solutions and blood letting alleviate itching because they carry off the excess of pressure in the capillaries and other lymph or blood channels near the papillae.

Pressure from the outside upon the skin with rubber stockings, plasters, salves, bandages and the like, removes itching, for the plain reason that the blood and lymph are squeezed out of the congested papillae. Anæmia surfaces never itch, according to Prof. Unna. Cold and ice, therefore, are soothing to itching skins, while heat and congestion have the opposite effect. Chills and frostities itch because the frozen veins have lost their elasticity and contractile power. Tannic acid and benzoin constrict them again, and hence are beneficial to the victim of chills. Cold compresses also afford relief.

The Amateur Gardener

IT is an excellent plan to stir the surface of the soil in pots two or three times a week, as this allows air to get to the roots of the plants, as it cannot if the soil is allowed to crust. If it is given free entrance to the soil and kept light and porous.

If worms attack your plants thru their roots, get a piece of fresh lime as large as an ordinary coffee cup and drop it into a ten-quart pailful of water. If fresh—as it must be to produce the result aimed at—the water will simmer and bubble as if about to boil. Then a white sediment will settle to the bottom of the pail, leaving the water above clear. This should be poured off and applied to the soil in the pots. Use enough of it to reach and saturate all the soil. You need not be afraid of injury to your plants, as water cannot hold enough of the active principles of lime in suspension to be harmful. If one application does not rout the enemy, repeat in a day or two.

If insects attack your plants, go to the seed store and get a can or bottle of the tobacco extract sold under the name of Nicotidene and use it as directed on the vessel containing it. It will be found sure death to every aphid which it comes in contact.

If red spiders attack your plants, as they will be quite likely to do in rooms that are hot and dry, shower with clear water, or what is better, dip them in a tub of water heated to 120 degrees. Leave them submerged for about half a minute. This will kill the spider without harming the plant. If the red spider is about you will know it by the yellowing of the leaves and the dropping off when there seems no reason for it.

Look at the under side of them and you will discover tiny specks of red. These are the spiders, which do so small that the eye can scarcely discern them, do more harm than any of the larger insects.

Spray your plants daily, if possible, with a solution of water constantly evaporating on stove and register and radiator. Do not allow the thermometer, and there should be one in every room in which plants are kept, to go above 70 degrees. Most failures to grow flowers in winter result from too high a temperature and too little humidity in the air.

The bamboo sometimes grows two feet in 24 hours. There are 39 varieties of this tree; the smallest is only six inches in height, and the largest 150 feet.

ODD FACTS

Aluminum is one of the most abundant of metals, and ranks third among the elements which compose the crust of the earth, being exceeded only by oxygen and silicon. It is an important constituent of all common rocks except certain sedimentary rocks, as sandstone and limestone. It is never found native, or in elementary form, but occurs as an oxide, hydrous oxide, fluoride, phosphate, sulphate silicate or other compound.

An enormous deposit of asphalt in Leyte Province in the Philippines, lies so near the shore line at Tacloban that ships can anchor and take on cargoes from lighters loaded at the mines with practically no overland transportation. There is a large and growing demand in the islands for paving asphalt, and all the cities of the far east are now in a position to offer a market.

If a thread is pulled out of a khaki coat, unraveled and examined closely, the khaki shade will be found to be composed of threads of bronze, light olive green, lavender and brown.

In Russia the natives never drink milk in their tea and cups and saucers are never used for tea. It is drunk from glasses.



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THE EIGHT PAGE ART SECTION OF THIS WEEK'S

SUNDAY WORLD

is replete with pictures of great general interest. Strictly Canadian is the frontispiece description of an important native industry, namely maple syrup making, showing both the former and present methods of obtaining this product.

The big feature at present is pictures of the overseas units. This week's issue will show the staff of the 122nd Battalion at Huntville, under Lieut.-Colonel D. M. O'Connell; the 127th Battalion at Aurora, with Capt. Bell and Lieut. Speirs; the Wentworth County enlistments of the 129th, with Lieut.-Col. Knowles; the physical drill team of the 122nd Battalion at Huntville; an interior view of the 76th Battalion's barracks at Barrie; the signal corps of the 76th, the picket of the 76th, several platoons of the 76th and the guard of the 76th; instruction staff and signallers in training at Exhibition camp; the 76th Battalion's famous overseas band; several platoons of the 134th; Toronto University and McMaster students attached to the signal training depot, Ottawa; Officers and non-coms of the 48th Battery; the 82nd Highlanders' scouts; individual portraits in profusion of men overseas, and men preparing to go overseas; a group view of Canadian soldiers who have been invalided home; several group views of Canadian soldiers prisoners of war in Germany—if you have not heard from your soldier boy look for him in these groups; an uncensored picture of the Glessen camp in Germany; break up of the Rivers Don and Humber.

The Sunday World is for sale everywhere at 5 cents per copy. Order your copy now.

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