Secrets of Health and Happiness

Are You Shy? Then You're Not As Yet Fully Developed

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



tion and impres- scalp? sionability of cerparts of the anatomy, excessive protection and checked responses to external effects, make for the emotional backwardness called shyness. To be shy means that the individual's evolution and physiological developments are banked and held in abeyance either by strong astringent that will serve to on much protection from the universe draw together the flabby skin, which is responsible for the too wide opening of impressions, restricted contact with

immaturity, under-

of full anatomical growth. Shyness, therefore, is not, as many would have you think, a type of vanity, self-thinking or egotism. It is not the fault of the victim. Shyness is not a perversity of human nature, a sentiental habit or demeanor to be shaken off at will. It is rather an infantile average person's belief cannot help. By superficial observers, shyness has been considered as temperamental. the feet each night:

Temperament, however, is an inherited state of the human cosmos, which makes or unmakes a person's behavior and fits into his character. This is not the case with the emotional timidity, which can be removed, modified and altered by practice, knowledge and ex-

frequently confused with shy the moisture. Fre the strange chance which makes some young men and women shy and others not is happily looked upon with smiles and amusement by a great many so afflicted. Although they may be depressed at times, usually a distinct sense of the absurdity of it all remains with them.

How It's Overcome. thesis of the egoist. The embarrassment of shyness is like that of Alexander standing in the light of Diogenes's lantern. It stands in its own light and interferes with its victim's best efforts. Occasionally shyness becomes so designed by set that it is incurable. Professor, one of the foremost biologists, is incurably shy. His shyness exhibits.

Wool fat½ ounce Sulphur 1 tram

psychological analysis of shyness may put this emotional phenomenon upon an anatomical basis. Physiologically mical basis.
Physiologically shyness appears to be associated with lack of expansion,

G. B. H.: Q.-Will you kindly tell me what is good for dandruff and an itchy

development or want of stimula-2. What is good for enlarged pores? A .- Massage a little of the following on or suppression of some into the scalp about three times a week Sulphur 1 dram Resorcin 10 grains
Salicylle acid 10 grains
Sulphate of quinine 10 grains

Petrolatum 1 ounce 2. Massage the skin gently with e world's variety of impulses, or want the mouths of the pores. The following

Rosewater 6 ounces Simple tincture bezoin ½ ounce Elder flower water ... 2 ounces Tannic acid10 grains

S. L.: Q .- I have been suffering with chilblains for a number of years. Have tried numerous remedies, but nothing state maintained up to adult life, a gives me relief. Will you kindly advise A .- Apply a little of the following to

Ichthyol 1 dram Benzoin 1 dram Rosewater Tannie acid 1 dram

READER, London, Ont. Q.—Please tell me what to do for my hands, as they perspire very badly. A .- The thyroid gland may be the guilty contrary to the general ideas about it, a shy person often has a rather good sense of humor. This cannot be said of self-conscious, blushing individuals—self-conscious, blushing individuals—self-c

MRS. M. E. M., London, Ont. Q.-Is Ashamed of this emotional state, the shy person's shyness is the very antithesis of the egoist. The embarrass-

incurably shy. His shyness exhibits itself at every time, in his writings and in his lectures. The vast depths of his original intellect and accurate facts are only fathomed when he, as many shy persons do, momentarily unembarrassed talks rapidly upon some topic which arouses him out of his shyness.

A READER, London, Ont. Q.—Will you please print a formula for a harmless rouge, something that will not harm the skin or health for one that has to use it almost constantly? I have been using something but my cheeks are breaking out.

A.—To have rosy cheeks, one should eat green vegetables, fresh fruit, ever-

ters will be answered personally, if a S. D. P.: Q.—How can I break the bad stamped and addressed envelope is inclosed. Address ALL INQUIRIES to

"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War. BY ALBERT BARRETT SAYRES.

Serving More Potatoes, scraps of cloth you wish to save? If The value of potatoes in the diet has you have—and if you haven't taken ong been known, but it is only recently stock of the contents recently-you may that the importance of this most valu- well examine it and see just what you able of all root vegetables has been have and just what you can make fine recognized in full measure. Today an use of for the Red Cross or the local effort is being made to extend the in-formation about the potato and its The proper way to start about this

are more efficient mentally and physi- about sorting that rag bag with these cally than those who don't eat the requirements, as well as your own eco-tuber. Prof. N. Hindede, head of the nomical needs clearly in mind. You nutrition laboratories in Copenhagen, will be amazed at the amount of good Denmark, is authority for the statement materials you possess that are lying idle that experiments conducted over a period of years prove that children fed on a potato diet are far superior in your neighborhood and the nation. every way than other children fed on your network other diets, and we all know the sturdiness of the Irish, attributed in no small measure to their fondness for

nothing that can so well take its place as the potato. Have you ever tasted potato bread? If you haven't, here's a recipe that will make a bread that'll prove a revelation:

Cook two pounds-a quart and a half -of potatoes in four cupfuls of water.
Mash them free from lumps, and add spoonfuls of corn syrup. When the mixture is lukewarm add two cakes of compressed yeast softened in half a cupful of water and eight cupfuls of flour, then proceed as you'd make bread in the or- with the possibility of overdoing in the

Taking Stock of Rag Bage. Have you a rag bag, or perhaps a sale and advisable to push affairs in closet or a bureau drawer into which every direction under the benefic influit has been your custom to put the ence of both the fortunes and infor-tunes, all of which promise a helping

TETROL, 25c RUCE WALLACE born on this day will be intelligent, reliable and successful, though perhaps of a hasty disposition, which must be curbed. BRUCE WALLACE

eat-saving, wheat-saving and other work is first to find out just what materials the Red Cross or the local It is said that regular potato eaters charity most requires, and then to set



By Genevieve Kemble

The outlook in every department of endeavor is a most encouraging one for this day, under a long train of favorable transits and mutual aspects. It should be a time of signal successes dinary way. This recipe makes three latter because of the tumult and pre-Mars. With this under check it will be CLEAN YOUR GLOVES CLEAN hand and gratifying issues. Those whose birthday it is may expect a prosperous year, but should avoid quarrels and litigation. A child

FEMINISMS & By Annette Bradshaw



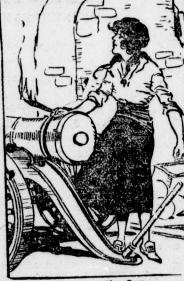
THE SISTERHOOD OF HELPFULNESS

MRS. NOTHING-TO-DO-I don't see why it takes longer to bring me a raw egg than it does to serve you a cooked egg—and I was here first!

THE WAITRESS (to herself)—The nerve of that woman! I guess the workers come before

INCIDENTS IN THE LIVES OF FAMOUS WOMEN

- BY ELOISE FARRINGTON.



She Fired the Gun.

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TONAL IRON CAPSULES have TONAL IRON CAPSULES have cured others, and they will cure you, if suffering from any of the following: Anaemia (thin or watery blood), Impure Blood, Nervousness, Nerve and Muscle Twitching, Weakness or Palpitation of the Heart, Shortness of Breath, Excitability, Indigestion, Dyspepsia, Liver Trouble, Pain in the Back, Kidney Troubles, Rheumatism, Vital Weakness in Men. Diseases peculiar to Women, Menmatism, Vital Weakness in Men, Diseases peculiar to Women, Mental Worry, Cold Extremities, Numbness, Poor Circulation, Lassitude, or any form of Physical Decline.

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Remember these are capsules and are easily dissolved in the semach, a few moments after taking.

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TONAL IRON COMPANY, Box 184, London, Ont.

Most persons eventually can overcome their shyness by new experiences, with the shift of some students and shift of the shift of the shift of some their shyness by new experiences, with complex the shift of some the shift of som



this typewriter this mornit, there certainly

rumbled and shivered and shook,

couldn't see a thing wrong with it. I turned it over on its side and on its begged, entreated, commanded-just as I was on the point of grabbing up a stick of wood from the wood basket and beating that typewriter into a pulp, some calm person intervened and sent

for the typewriter doctor. He came, whistled a tune, tossed his hat into one chair, his overcoat into another, gave the machine a look slipped a little tool out of his pocket, gave the tool a twist, sat down in the chair by the machine and began writ-

ing like a house aftre.
"Now is the time for all good men to come to the aid of the party," said the machine, over and over, as quick as lightning, and just as smooth as glass. What was the matter?" said I to

the man. What Caused the Trouble. He had his hat on, and was buttoning his overcoat.

All that fuss about a little bit of a screw that happened to be loose.
I've been thinking about it ever since. who first said that the man thought the world would never wag as it should until all the men let their hair grow long and all the women wore beards was not "crazy"—he just had a received and get him to tighten up the right him then

their bonds; they can write a receipt own case.

There was some- and send a bill; but ask them to do

the woman herself—but she went to a meeting and heard a lady in black jet and blue satin talk about the "down and blue satin talk about the "down resented deeply for her Harry Under-resented deeply for her Harry Under-

A "Disposition Doctor" Needed. family and a good home, but she can't get along with her relatives, so she's out in the world for herself. She gets one good position after anther, and loses every one of them beore she's been in the new place a

Temper-that's what's the matter with her. She flies into a passion over he least little thing, and then wonders why people don't want to pay her a salary. I know a man who can do anything in the world but the thing he's paid to

do, and that he never, by any chance, can bear even to remember. When he was in a newspaper office he spent his time inventing a new kind of desk. And when his family put him into a desk factory he spent his time writing head lines and criticising the

I know a woman who wants to into the balmy spring sunshine. front page of the first edition. dominate everybody and everything in her sphere of influence. You must of a hat, like the same sort of shoes, eat the same sort of food-or there's something wrong with you.

I know so many people who have a "screw loose," and some of them you'd never suspect until you began to look for some real work from them.

They're trim and trig and healthy street I thought she seemed in a server wall inst walk over toward around abruptly and started to walk away from Fifth avenue.

Screw at just the right minute.

I haven't heard from as many of my "Don't mind my nervousness," he said, "but I've got a premonition that this morning when I met Mary on the this morning when I met Mary on the the Draper is somewhere along Fifth avenue. We'll just walk over toward avenue.

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DIARY OF A FASHION MODEL

She Learns the Value of Sashes On New Frocks.

on many of the simple frocks for both morning and afternoon wear. Draw all the models of vone, linen, organdie, crepe Georgette, crepe de chine, satin batiste and Japanese silk with the girdles and sashes striped unless I designate them to be of a plain color."

"Then she gave Shelja the idea for a frock of a grey Japanese silk in a soft crepe weave. When it came time to add the girdle madame said:

the girdle madame said:
"Marianne, you have rather original
ideas as to color. What tones shall we use on this frock?" "I studied the grey Shelia had used to color the sketch and suggested a heavy silk striped in Oriental rose and

"Madame sent me to Miss Westley with the finished sketch and told her to make the frock to fit me. When it came down from the workroom this morning I tried it on for madame to

"'It is perfect on you, Marianne, and ought to belong to you. Keep it. We'll not include it in the spring models." "Now, is it any wonder I feel all proud

and happy?"
I agreed that Marianne had a perfect right to be "puffed up" dressed in such a becoming frock that was her very own. This fact made me look at the dress with different eyes. It was exactly like Marianne—demure, yet exactly like Marianne-demure, yet with a certain "snap" that was undeniably fascinating

The bodice was fitted rather tight, yet with a comfortable easiness that is a characteristic of this season's frocks. It fastened down the back with bullet but-tons placed very close together. The long sleeves followed the contour of the arms and flared over the hands. The neckline was cut very low and square in front, but at the back came almost Frock of Grey Japanese Silk With Rose

"'Oh, why,'" inquired Marianne, quoting dramatically, "'should the spirit of mortal be proud?"

"Mine isn't," I answered, looking up from the album of sketches showing the collection of spring frocks designed by madame. "But I'm all interest to know the reason of your pride."

"This frock is the answer. It belongs to me, and is one of madame's own creations. The other day when she was having Shella Maynard make sketches of the 'show' frocks she said:

"Sashes On New Frocks.

tucker of French organdie figured with a softening addition to the frock. A broad sash of striped rose and black silk was drawn about the waist and tied in stock fashion in front with long ends hanging to within several inches of the hem. A short, gathered peplum extended below the sash.

The skirt was arranged in box pleats, which hung close to the figure, producting a narrow, straight-up-and-down effect.

of the 'show' frocks she said:

"I intend to make a special feature
of long sashes of striped silk or ribbon
on many of the simple frocks for both
on many of the simple frocks for both



ADELE GARRISON'S NEW REVELATIONS OF A WIFE

Why a Strange Solution of Harry Underwood's Acts Flashed

Into Madge's Mind. If guess the workers come before

All day long she directed the fire of the battery, often setting off the fuse with her own hand.

Soldier after soldier fell at her side, but Augustina remained untouched by shell or bullet. Her lovely face was stained with powder, and though her hands were torn and bleeding, she still fired the gun or carried shells with which to feed the battery.

When the surrender of Saragossa was demanded, Gen. Palafox sent back his famous reply:

"War to the knife!"

"Well, Mrs. Graham, what are you going to do, stay here and chaperon the power and chaperon these people, or will you give me the privilege of escorting you to your subtoney subtoney subtoney subtoney subtoney subtoney subtoney subtoney spoke, the man who never lost an opportunity for mischlevous teasing. His suggestion that I chaperon Dicky and Single subtoney "Well, Mrs. Graham, what are you know about your father to date. But.

grasped the fact that he had asked one For there had come to me the convic tion that either Harry Underwood was a most brazen liar, pretending knowi-edge of my father in order to gain influence with me, or else the secret his connection with Grace Draper's diabolical schemes against our country

different from the boisterous friendliand send a bill; but ask them to do something that takes courage, resolution and calm judgment—rattle, rattle, slam-bang—there's something wrong with the machine—there's a screw loose somewhere. question about there certainly there certainly rattled and beled and shiv
Tattled and beled and shiv
The part of the woman herself—but she went to a part of all wrong doing and the war innocent of all w wood's caddish desertion of her because warned them to turn back.

dash it stuck, and when you wanted to shift the key, it balked, and I looked and fumbled and peered and couldn't see a thing wrong with the couldness of th ness toward the man who had been his I know a girl, clever, orginal, ener- best friend for years? I shivered as the cleaned it. I expostulated with it. I getic, industrious. She has a good suspicion came to me, and not for the first time, that predatory masculine jealousy of Harry Underwood because Grace Draper had chosen to link her fortunes with his while they were both in South America was at the root of his changed attitude.

"What's the matter? Cold?" asked Mr. Underwood, solicitously, as we walked toward the door. Can This Be True?

I was glad that we were out of ear-shot of Dicky. I don't like the man's tender, almost caressing tone, and I was sure that my husband would have flercely resented it. There were too complications bizarre situation which had been thrust me without adding any more. "No, I'm not cold," I returned rather "But you shivered," he persisted, as

he opened the door and we passed out "I was not aware of it," I replied, and then harked back to our interrupted her sphere of influence. You must conversation in the restaurant. dress as she does, wear the same kind "When Dicky came in." I said, "you had just told me that my father escaped from the peril which was out

These people are not exactly irre- lined to me in the anonymous clippings. He cast a quick, furtive look about

They're trim and trig and healthy looking; they're cheerful and good-humored and kindly; they can find their way home when they go down town alone; they can cut the coupons off of their bonds; they can write a receipt this morning when I met Mary on the avenue. We'll just walk over toward avenue. We'll just walk over toward street I thought she seemed in a sevenue. We'll just walk over toward seventh avenue, if you don't mind, while I get this thing off my chest. Then I'll just walk over toward seventh avenue, if you don't mind, while I get this thing off my chest. Then I'll just walk over toward seventh avenue, if you don't mind, while I get this thing off my chest. Then I'll just walk over toward seventh avenue, if you don't mind, while I get this thing off my chest. Then I'll just walk over toward seventh avenue, if you don't mind, while I get this thing off my chest. Then I'll just walk over toward seventh avenue, if you don't mind, while I get this thing off my chest. Then I'll just walk over toward seventh avenue, if you don't mind, while I get this thing off my chest. Then I'll just walk over toward seventh avenue, if you don't mind, while I get this thing off my chest. Then I'll just walk over toward seventh avenue, if you don't mind in avenue. We'll just walk over toward seventh avenue, if you don't mind in avenue. We'll just walk over toward seventh avenue, if you don't mind in avenue. We'll just walk over toward seventh avenue, if you don't mind in avenue is avenue. We'll just walk over toward seventh avenue, if you don't mind in avenue is avenue. We'll just walk over toward seventh avenue, if you don't mind in avenue is avenue. We'll just walk over toward seventh avenue, if you don't mind in avenue is avenue. We'll just walk over toward seventh avenue, if you don't mind in avenue is avenue. We'll just walk over toward seventh avenue, if you don't mind in avenue is avenue. We'll just walk over toward seventh avenue, if you don't mind in avenue is avenue. We'll just walk over toward seventh avenue is spoke rapidly, earnestly.
"I give you my word that is all I

Gloom will be very angry when she earns your mission here."

daticada.

else!" exclaimed the naughty little gir "I want that pretty necklace and I'm going to get it." "You'd better turn back before ft's too late," cried another tiny elfin. "It always means trouble when one envies another. Queen night will never give up that necklace, my dear."
"But my daddy has promised it to

"I'm not afraid of her or of anything

me," replied Nettie, "and I'll never again be happy without it." By this time Nettie and her daddy were almost at the end of the beautiful diamond chain. Nettle raised her hand to grasp it, when they were both whisked through the clouds from behind and carried further and further away from the diamond necklace, never stop-ping until they bumped right into the enchanted castle of Witchy Gloom. "It is very selfish and naughty cry for things that belong to others," exclaimed Witchy Gloom in a gruff voice. "I hope this will be a lesson to

As she spoke she waved her magic wand over Nettie's daddy's head and right before their eyes Nettie's daddy turned into a great big bear. Throwing back his head with an angry growl he scampered away into the fleecy clouds

leaving Nettie crying after him. "You must return to earth and live said Witchy Gloom sadly. When you can tell me how many stars it takes to make up the diamond necklace Queen Night wears then your daddy shall be restored to you. Selfishness and envy will always bring you to

sorrow." Then Nettie was tumbled back to earth again, where she had to remain the rest of her life alone. At least, I less she did, for 'most any night if you the great big bear clinging to the clouds where Witchy Gloom cast him, and Queen Night still wears her diamond necklace of tiny stars—which the chl dren of today call the Milky Way.

The Origin of Famous Sayings

Richard Henry Stoddard, 1825-1903. Within us and without us Alternate heaven and hell-Without, the sombre real,

Within, our hearts of hearts, the beau--The Castle in the Air

(Thomas) Gerald Massey, 1828-1907. The time shall came When man to man shall be friend and

Hope on, hope ever, One sharp, stern struggle, and the slaves of centuries are free.

Il. strated by Gruelle. Once upon a time, long, long ago, who wanted everything she saw. One night she cried for the span of stars that hung in the sky like a neck-"But you can't have that, dear," said er daddy. "That is the diamond neck-

were sailing through the air.

They hadn't gone far when a tiny



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HORLICK'S Malted Milk for Infants

A safe milk diet, better than cow's milk alone. Contains rich milk and malted grain extract, SUNLIGHT SOAP is made

were sailing through the air.

They hadn't gone far when a tiny lifin opened her little star window and rarned them to turn back.

"Cloudland is no place for little girls"

"Conomical of soaps." BOYS! \$10.00 cash to you if you



solve the contents of the Soldier's Kit Bag and mail your answer. Kit Bag and mail your answer.
What has this seldier in his Kit Bag? There are seven things he takes away to war. If you can figure them out and prove that you are the intelligent boy we want to do a little easy work after school and on Saturdays, you may win a 10.00 Special Cash Prize. We will also give you the opportunity of winning a clever little Shetland Pony or \$100.00 in cash.
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