

## Secrets of Health and Happiness

## Why Dampness Really Ought Not To Affect Your Body

By DR. LEONARD KEENE HIRSBERG,  
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What is an element? The ordinary man, when asked this question, will promptly answer in the words of wisdom of six thousand years ago, "Why?" He will say, "water is one of the elements. Air, earth and fire are also elements."

To speak of "the elements" and to mean wind, water and fire is to state an absurdity which was thought true in the distant days of old Greece, the ancient wise man of

There are actually known today something like ninety elementary substances, almost all of which can be obtained by hammering, crushing, smelting, tearing and breaking up the earth, air, fire and water. By no stretch of the modern imagination dare any sane persons say that these four courses, gross things in nature be called "elements."

Thus it is with "madness," "tallness," "biliousness," "indigestion," "touching of malaria," "teething," "growing pains," and all other antiquated, false and long since dynamited truths. You find it impossible to rid language of these ancient mistakes, and you stick to the language usually remaining glued to most people's thoughts and beliefs.

Thus the curious notion about damp weather and "rheumatism" sticks together with a brother. Dampness and rheumatism, Orpheus and Eurydice, humidity and rheumatism, are three inseparable pairs. Yet there is no such thing as "rheumatism," unless you wish to consider the word synonymous with "illness," "pain" and "discomfort." In this way it will like the church doctors, cover a multitude of sins.

That the changes of weather irritate and get on the nerves of some individuals need not be denied. Human creatures are not adaptable to changing conditions of animals are. You become "soft" in your ways. Your body becomes habituated to sunshine or to storm, to rain or snow, no matter how sound of limb and healthful of wind you may be.

Therefore do not blame the weather for your kinks and cricks, but blame your own inability to adjust yourself to conditions as they change.

Dr. Frank E. Lutz of the American Museum of Natural History has investigated the relation of humidity and its effects upon certain animals. If the temperature is kept constant and the moisture in the atmosphere is varied, there occur changes in the markings of butterflies—the adults which emerge from the larvae differ according to the wetness of the surrounding air. Many kinds of creatures of general interest. He cannot always undertake to prescribe or offer ways for individual cases. Where the subject is not of general interest, letters will be answered personally, if a closed address and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirsberg, in care of this office.

## DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

She Describes a Fascinating Debutante Dance Dress.

"I always love to dress a debutante," Madame smiled into the sweet, young face of Miss Elizabeth Glendinning, who will certainly be the prettiest "bud" this year. She is the daintiest blonde type, blue eyes, gold hair and peaches and cream complexion. Her manners are so sweet, too. She is vivacious and yet a bit dignified.

"I am prepared for many requests for debutante dresses for we anticipate a gay season, and I'm sure you will agree with me, Mrs. Glendinning."

"Oh, yes, the terrible strain of the last few years will all be thrown off this winter, and youth will come into its own again. With so many of the boys back, I'm sure all of the girls will have a wonderful season. I am so happy over it, too, for the girls and the boys, and above all, for their mothers. Now, Madame, let us see your loveliest models," said Mrs. Glendinning.

"I have one little favorite I am going to show you first," Madame answered. Then turning to me she said, "Pick up the lavender dress with the blue bows and the pink lavender dress with the blue bows."

"That sounds very promising," said Miss Glendinning, with all the eager-



This Dainty Dress is in Two Tones of Lavender with Blue Bows and Yellow Flowers.

ness in her eyes that every girl shows when she chooses her clothes. I wasn't long in putting on this gown, and when Miss Glendinning saw it she said, "Perfectly sweet! I want it—please, mother."

"Well, dear, let's really see it first," her mother replied. "The color is certainly lovely."

I held the skirt out on either side and turned for them to see the back before I stepped down the four steps of the stage to the floor. When I came toward them Mrs. Glendinning was squinting through her lorgnette, and Miss Elizabeth was wide-eyed at the dress. I saw the lovely colors of the dress.

"Pink lavender and blue lavender blend beautifully," Madame said. Glendinning said, "I love the little bouquets of yellow and green flowers with the floating blue bows!" her daughter exclaimed. "These blue ribbons are lovely when you dance. They whirl and swirl with every movement," Madame said.

"The color is very full," remarked Mrs. Glendinning. "Yes, a dance frock made of this thin material should be full. It is much more graceful on a slender girl," Madame explained. "The bodice of pink lavender is very good next to the face. Then there is the contrast of the blue lavender with that darker shade of pink in the girlish which is very effective."

"Yes, the sequence of color is lovely," Mrs. Glendinning answered. "You see, the pink lavender of the upper part of the skirt comes next to the pink of the sash, and the blue

lavender furnishes the lower part. The two shades are attached with hem-stitched scallops," Madame explained. "The effect of these colors is very delightful. I'd like Elizabeth to try on this model," Mrs. Glendinning said.

I left immediately to have Marie put the dress on Miss Elizabeth. She was a picture in this gown with its dainty coloring and blue bows. Her mother was beautifully human in enjoying her daughter's loveliness, and Miss Glendinning wanted the gown duplicated right away.

## Good Night Stories

By Charles S. Seward

BOBBY AND HIS PETS.

Bobby was a dear little fellow, but, oh, my, he had one dreadful fault! Bobby was forever teasing his pets.

If it wasn't a can tied to Towser's tail it was paper sacks fastened to his feet so he could hardly walk. He didn't really mean to be rough with his pets, but he did love to watch their funny antics trying to get away. It was fun for Bobby, but for Bobby's pets such pranks were a terrible hardship, and even the bones and bread and milk that always followed couldn't seem to smooth their ruffled feelings.

"It's only a matter of time and then some day they'll turn on you," said Bobby's mamma, who wanted to see her little boy so unkind to his pets. But Bobby always laughed and paid no attention to her warning.

One day, having been told there was a circus coming to town, Bobby decided to have a circus of his own. He gathered up poor Pussy Cat and put her in a berry box, over the front of which he had stuck a sign that said "Pussy Cat Circus." Bobby was his fiercest, and like a caged beast, he pranced up and down her prison, mewling and clawing at the bars.

Bobby laughed and laughed—he'd never seen anything quite so funny. He sat down in front of the box to see just what Pussy Cat would do, and a strange thing happened.

He heard the patter of soft feet behind him, and turning around, Bobby saw cats of every description coming from every direction, and in the lead trotted Pussy Cat.

"Well, of all things!" exclaimed Bobby, when he spied his own cat. "How did you get out of that box?"

"If I had listened to you I'd never be out!" replied Pussy Cat.

And before Bobby could get over his surprise at hearing Pussy Cat talk he was grabbed, and quick as a wink, he was in the very box that he had held his pet a few seconds before, and the bars were let down and fastened tight.

"What do you mean?" he cried, looking over the sea of cats that swarmed around his cage. "How dare you treat me this way?"

"Just be still and we'll not harm you," laughed Pussy Cat. "We're having a circus. And she nailed up a sign at the side of the box.

Cats came from every direction. Some wheeled their bodies in doll carriages, some pulling them in darning baskets, but each and every one carrying a live mouse in his pocket, for one mouse was their admission fee.

When the crowd was quite thick around the cage, and Bobby was crying bitterly, Pussy Cat turned all the mice into the box with Bobby, and Bobby, being dreadfully afraid of mice and cats, tried to squeeze between the bars of the box, much to the amusement of the cats. Poor Bobby, he was so frightened he crunched in one corner of the box just like he'd seen Pussy Cat. He began to cry, and there's no telling what might have happened if Towser hadn't rushed in just then and licked Bobby's face, and Bobby opened his eyes.

Dear me, Bobby was glad to see Towser, and, sure enough, right there before him in the box sat Pussy Cat looking very sad.

Bobby jumped up and lifted the lid of the box and gulped poor Pussy Cat out and hugged her tight.

"You poor, poor Pussy Cat!" he cried, smoothing her fur. "I'll never play tricks with you again, indeed, I won't. Of course, I only did it for fun, but I guess, after all, it's not very funny for you."

And from that day to this Bobby has treated his pets with kindness, and never again tried to have fun at their expense.

NEW YORK, Oct. 9.—Money on call, firm, 8 to 9 per cent; ruling rate, 8 per cent. Time loans, strong, 60 days, 6 per cent; 90 days, 6 per cent; 6 months, 6 per cent; 1 year, 6 per cent. Prime mercantile paper, 5 to 5½ per cent. Sterling exchange, weak, at \$4.15.75 for 60-day bills, and at \$4.18.25 for demand. Commercial Bills—\$4.14.50.

Bar Silver—\$1.17½.

Mexican Dollars—50½c.

LONDON, Oct. 9.—Closing Money, 2½ per cent.

Discount rates—Short bills, 4½ per cent; three months, 4½ per cent.

Paris, Oct. 9.—Trading today on the bourse was animated.

Three per cent notes were quoted at 61 francs, 25 centimes for cash. Exchange on London, 35 francs, 49 centimes.

The quotation on the dollar was 8 francs, 48 centimes.

## NO NEED OF ROSE-COLORED GLASSES

Concerning an article in the current issue of the "American Magazine" under the title, "Why I Always Wear Rose-Colored Glasses," Gene Stratton-Porter, says:

One thing I have decided surely never again shall I hesitate to make one of my characters as self-sacrific-

ing and as heroic as my rose-colored spectacles can see him. For, wearing my most highly colored pair, I could not match in imagination the facts of the present. I'd like Elizabeth to try on this model," Mrs. Glendinning said.

I left immediately to have Marie put the dress on Miss Elizabeth. She was a picture in this gown with its dainty coloring and blue bows. Her mother was beautifully human in enjoying her daughter's loveliness, and Miss Glendinning wanted the gown duplicated right away.

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remote islands as the Falkland Islands now teem with sheep, and export enormous quantities of wool, where a generation ago there was none.

## Children Cry FOR FLETCHER'S CASTORIA

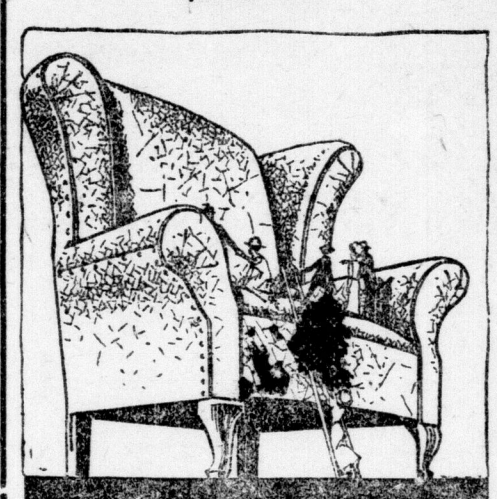


## Better Homes Mean a Better Nation

At the present time there is a tremendous nationwide campaign under way to make the homes of this land more attractive, and this store is the representative store in this city for this better homes campaign. For months we have been looking forward to this event and arranging our stock accordingly, that we may render the fullest possible service to this community.

This better homes campaign calls for not only the proper arrangement of stock, but also to have each representative store in a city arrange for taking care of its customers on a deferred payment plan whereby purchases can be paid for over an extended period without causing any great hardship upon the purchaser of furniture during this campaign. You can come in and select whatever furniture you wish and we will gladly arrange for the payment on same to meet your conditions.

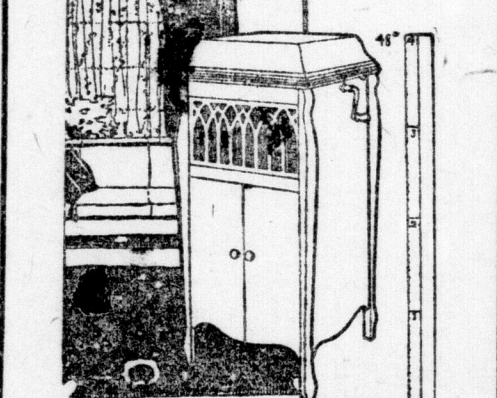
## A Great Chair Special \$35.00



"You don't mean to tell me SUCH CHAIRS CAN BE HAD FOR \$35.00?" you'll exclaim when you see them. It doesn't seem almost too good to be true, but true it is!

They would ordinarily cost you a great deal more, as you will know if you are any judge at all of values.

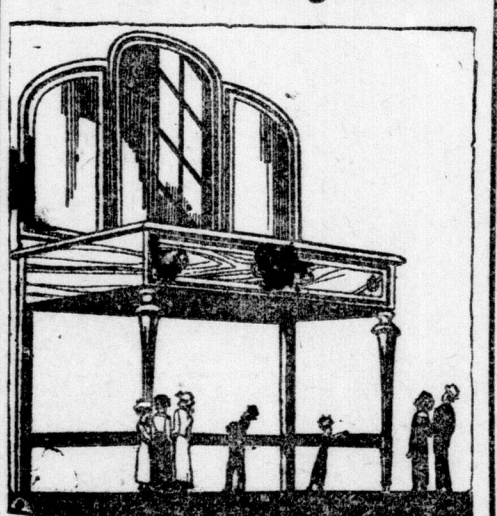
## Join the Christmas Phonograph Club



Pay a small deposit and a little each week or month and have the instrument delivered to your home on Christmas Eve.

Columbia and Pathe Phonographs.

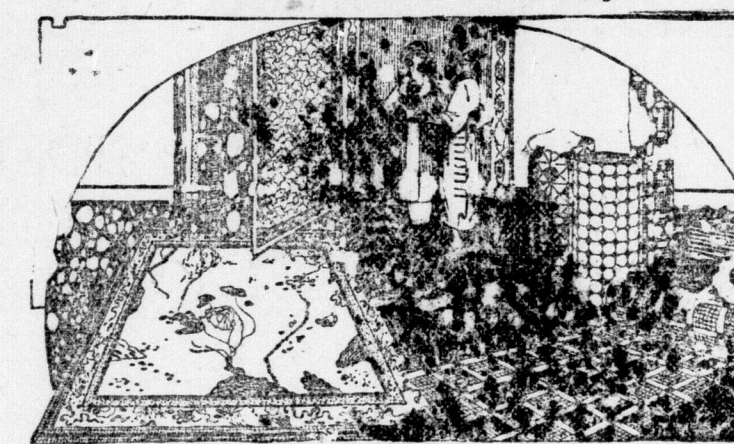
## Save on Dressing Tables



Another big opportunity to save some money—an opportunity which you will not see again for many months. We couldn't duplicate these at the market to-day to sell at anywhere near the prices we're asking for them in this sale.

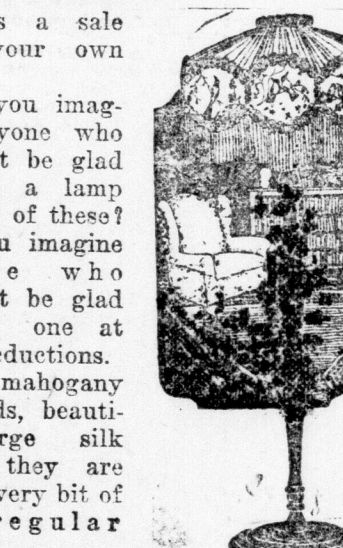
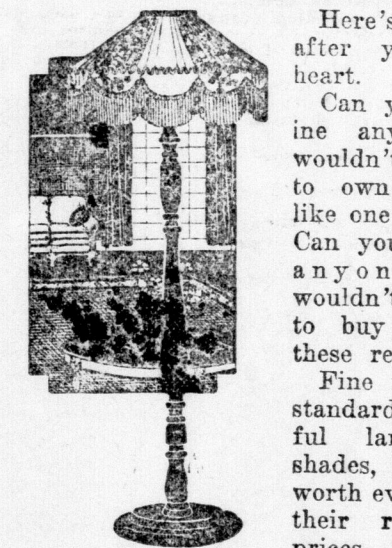
Thrifty-minded folks will be here for early choosing.

## The Greatest Floor Covering Display To Be Seen in This City



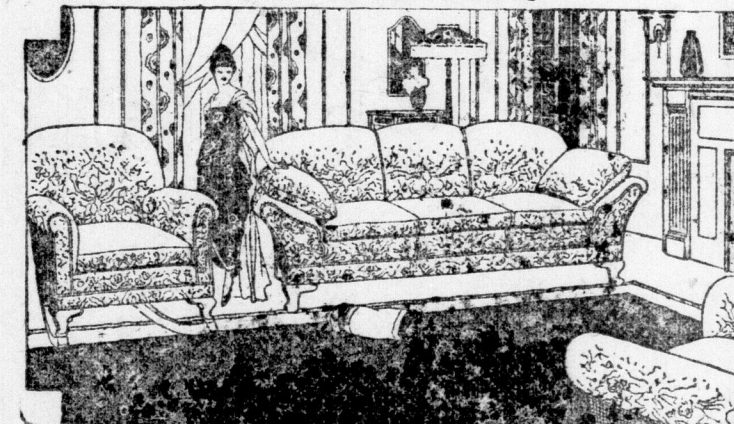
We are not in a habit of making any printed statements which we cannot back up, and when we state that this is the greatest floor covering display in the city, we make this statement with an exact understanding of conditions.

## FLOOR LAMPS



At their sale prices we'd suggest that you get here soon as you can if you want one.

## Living-Room Suites That Are a Joy To Your Purse



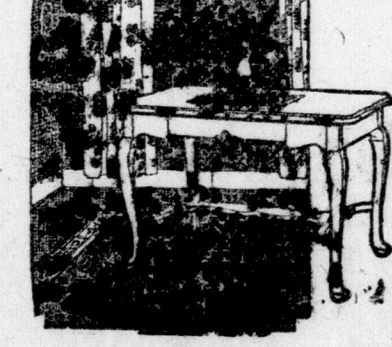
They mean a good substantial saving. They are just the kind of suites you will want.

For beauty of design and for reliable workmanship none are better.

These are produced by leaders in the art of furniture making—but you would know that even without our telling you.

If you don't mind saving some money, come in.

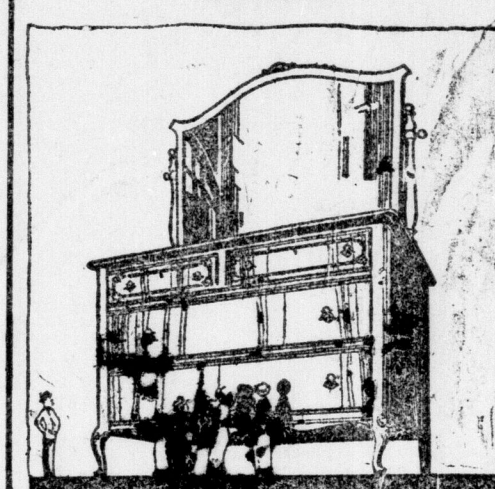
## Library Tables Underpriced



The variety is without end—but the dependability is EVERLASTINGLY THE SAME!

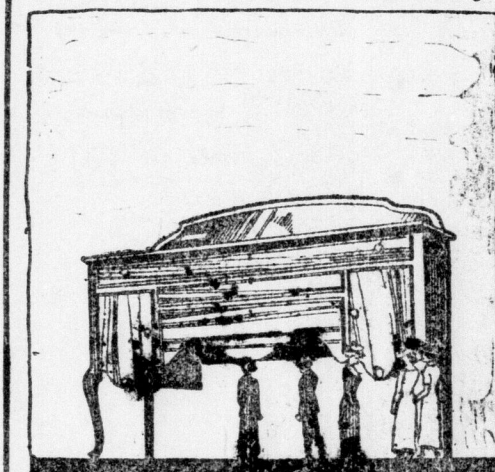
The big thing about these Tables is that they were exceptional values in the first place—that they were fine Tables in every respect—the finest your money could buy. At these prices they are "WONDERS."

## Dressers 'Way Down In Price



But what an opportunity it is for you. Just come and see these for yourself. See how beautifully finished and how splendidly constructed they are. Compare them with any others you see. At these prices—well, you just can't miss it!

## Look 'Em Over Carefully!

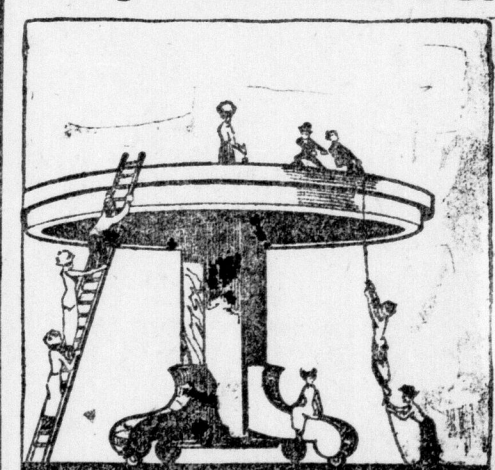


The closer you look at these Buffets the better you'll like them. The more carefully you examine the workmanship and the finish, the more anxious you'll be to own one of them.

At their original low prices they are the best to be had. At these prices they spell opportunity with a big "O."

All we ask you to do is to see them and compare them with any others at their prices.

## Dining Tables Priced to Go



They are priced to go QUICKLY! We can just imagine the "ah's" and "oh's" of admiration when folks see them and realize how much they have been reduced in price. There are walnut and oak Tables in almost every conceivable design. We are sure you will find what you want at the price you will gladly pay.

## BROWNLEE'S 2 STORES

121 DUNDAS STREET.

7 MARKET SQUARE.

385-387 TALBOT STREET

## ENAMELWARE.

Double Boilers, three-coat

goods ..... 65c

Double Roasters, three-coat

goods ..... \$1.00

Potato Pots, three-coat

goods ..... 75c

Tea Kettles, Scotch grey 75c

Straight Saucepans, with

cover ..... 45c, 50c, 90c

Straight Saucepans, white

..... 60c

Stovepipes, unpolished ... 20c

Stovepipes, polished ... 30c

Elbows, Tees, Angles, Col-

lars, Tapers.

## MAZDA LAMPS.

25-watt 40-watt 60-watt

30c. 35c 40c

That \$2.50 Copper Nickle

Kettle, to clear.....\$1.98

Oil Heaters, nickel-trimmed

..... \$7.50

Oil Heaters, japanned \$6.50

Electric Irons and Toasters

just in.

Coal Hods, all sizes, 65c up.

PYREX—We have it. New

stock just arrived.

LONDON HARDWARE

121 DUNDAS STREET.

J. A. BROWNLEE

385-387 TALBOT STREET.

228-230 Dundas St.

The Ontario Furniture Co., Ltd.

Home Furnishers

The Ontario Furniture Co., Ltd.

London's

Largest

Home Furnishers