DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness



some medicines are of such a nature, quickly over.
however, that a good state of mind is not sufficient to keep away objection of the sick. Such, for example, are iron preparations. These are sometimes in the form of a solution which contains acid, and when it reaches the teeth it sets them on edge, and thus gives the shild ground for refusing the medicine the next time it is offered.

Dr. Hirshberg will answer questions

thild ground for refusing the medicine the next time it is offered.

"Coating" Castor Oil.

You can avoid "setting the teeth on edge" by the use of some baking soda. Before you give the dose dissolve a little of this in a third of a glass of warm water. Use about a pinch of the soda as soon as you have given the acid dose give your patient a mouthful of this water and let him rinse his mouth with it. The soda is an alkali and neu
We desired the medicine 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 into the went of the wind the weeks and grasses will be answered personally. It want all of you to go forth and build your homes far from here. This has been our home for many years, and now we must change it." She called to the Windimps who sailed by, and piled her little babies into their fleecy airships.

"Because Mr. Bumble Bee tells me the farmer will come today or tomor-flow to cut down the weeds and grasses in this meadow and turn under the soil ready for next year's planting." replied Mrs. Gentian. "So you see why I want all of your homes far from here. This has been our home for many years, and now we must change it." She called to the Windimps who sailed by, and piled her little babies into their fleecy airships.

The model here shown is a beautiful woolback satin suit. Cuffs and "throw" are of boa marten. The coat is cut loose and belted in with a combination

DIARY OF A FASHION MODEL

She Learns How Little Touches May Make One Costume Take the Place of Many.

The love of variety rather than need is what impels many women to buy more clothes than they can possibly wear out. It isn't because Mrs. Janes needs three suits that she orders them, It's usually because she doesn't like to wear or to be seen in the same thing day after day.

That same desire for variety influences some women to buy several cheap suits that make them feel the proud possessors of a generous wardrobe,

's usually because she quest.

'the fore in the designing that have possibilities of transformation. There is the suit with the versatile collar that enables the smart tailor.

Shawl collars offer endless possibilities of transformation. There is the suit with the versatile collar that enables the smart tailor.

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Shawl collars offer endless possibility of afternoon suit.

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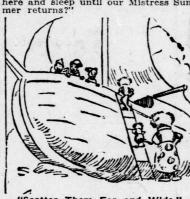


Next Time Your Table Drink don't suit you why not try

Instant Postum

When you stop to think that tens of thousands of families now use it in preference to tea or coffee you'll realize

There's a Reason Needs But Little Sugar



"Scatter Them Far and Wide." "Because Mr. Bumble Bee tells me the farmer will come today or tomor-

airships.

"No one is ever too small to be of some service in this old world if only to look pretty so folks will smile as they pass by," said Mrs. Gentian.
"Scatter them far and wide, Windimps, and carry them away from this old meadow." Mamma Gentian kissed her children good-bye and then the airships of the Windimps sailed away.

As Mr. Bumble Bee had foretold, the next day found Mrs. Gentian nodding gayly at the mowers as they came into



By Genevieve Kemble WEDNESDAY, OCTOBER 16.

wednessed to be a marten. The coat is cut loose and belted in with a combination leather belt of deep purple and black. A lining of black satin is used. Large sleeves, cut kimono fashion, end with wide curved cuffs of boa marten to match the collar. The coat buttons at the side, white satin buttons of large size being used.

The outstanding feature of this charming suit is the versatile "throw" over the shoulders. This can be used to change the shape of the coat in many ways. Opened and tied under the belt it gives the costume an outdoorsport look. Fastened high around the neck it gives the suit a military appearance. It can also be tied in the back, under the belt, crossing the waist or carelessly thrown across the shoulders, instead of being severely tied in straight lines.

On account of the wide effect given by the side buttoning and the long throw of the scarf, this costume is to be worn only with some tight-fitting toque or small hat. A boa marten toque gives a smart finishing touch that harmonizes with the entire costume very well.

WEDNESDAY, OCTOBER 16.

The operations among the planetary forces for this day being rather weak, affairs should progress along the customarch in the operations among the planetary forces for this day being rather weak, affairs should progress along the customarch in the operations among the planetary forces for this day being rather weak, affairs should progress along the customarch in the operations among the planetary forces for this day being rather weak, affairs should progress along the customarch in the sating progress and hot, leading to dispute of a morther n

What to Do to Avoid Those Beauty Destroying Wrinkles

BY LUCREZIA BORI

A mother of a young girl recently wrote me, in considerable anxiety: "Do you think it should be necessary to massage the face of a young girl still in her teens? My daughter of 17 already has a most wrinkled brow, and it is most embarrassing, because the child does not worry, and I do not know what to do. Is the massage habit perfectly safe to start at that early age?"

I believe that this mother is seeking only a superficial remedy. Massage, artificial light as soon as daylight goes.



The Lesson Taught by the Mirror Is Often Good.

properly manipulated, is not harmful, yet I scarcely believe that it would go to the root of the trouble in this case. Wrinkles around the eyes and forehead, when they come normally, come slowly, as a result of the gradual experiences and concerns of adult life. When childer have these lines at an early age it is caused by one of two things: The child may have the common habit of wrinkling its forehead and eyes, for no other reason than nervousness.

The only cure is to teach the child to exert its will to refrain. Do not speak to her about it frequently, for after a while the repetition of the "Don't wrinkle your forehead" becomes so monotonous and irritating that no attention is paid to the warning. Quietly bring a hand mirror and place it before her, where she can see herself, and she will quickly smooth out the wrinkled forehead of her own accord. Teach her the counterscting habit of gently massaging her awn forehead with her finger

ADELE GARRISON'S NEW

pointing.

"There he is now," one of them was saying, while from all over the field men came running, and we noticed the ambulance men spring to the ground.

The speck became larger—dropped lower rapidly. One of the officers who had retraced their steps nearer us I noticed had his fingers clenched in his palm in his excitement.

"He's in trouble all right, he said."But he's clever. He must have dropped 1,500 feet before making that tail spin. By George, he's given the ship the rudder, she's righting herself, and his engine's taking hold! Ah—there it is—poor devil, the wing's collapsed, and he's thrown into a nose dive! But—Mason—my God. Mason, do you see what he's doing?"

almost got it into control now. No, his grip's giving, and he's within a hundred feet of safety—the ship's nosing into the ground!"

His last words came back over his shoulder, for both men had started on the run toward the machine when it made its final dive, throwing the daring aviator into a crumpled, shapeless mass on the ground. With a scream, Edith Fairfax sprang after them.

But I—I stood motionless, repeating aloud and parrot-like to myself the officer's last words:

"His grip's giving, the ship's nosing into the ground."

My brain seemed incapable of action.
For while I was watching the man

made had a torturing—a loved familiarity.

I felt hands shaking my shoulders, saw Mrs. Durkee with the tears running down her face, heard her voice as if it came from far away:

"Madge, Madge, dear," she was saying, "You must be brave. Come with me, just a little till the doctors have finished. Then we can find out—"

But like a wild thing I had wrenched

BLADES TO BE SHARPENED AT WALLACE'S DRUG STORE Durham Duplex Blades, dozen All other double-edge blades, do

pitiless realization breaking over me, and was running toward the broken shape upon the grass—Dicky, my hus-

In Arabia there is a tract of unexplored territory nearly five times the size of Great Britain, while nearly onefourth of Australia has never been visited by civilized man.

The roof ridge of a Chinese house is usually decorated with an elaborate plaster ornament in the form of a de-

A B. M. A. M. D. Gebins Register threeters. A B. M. A. M. D. Gebins Register threeters. The case accrete specifies and the specified and What last year's Victory Loan achieved

AST year the people of Canada lent the nation \$425,000,000, by buying Victory Bonds.

And because Canada now needs more money and will presently ask the people to lend it, the people have a right to know what was accomplished by last year's loan.

Every dollar of it was spent in Canada.

Not only was it spent in Canada-it was circulated-it became the working capital of the nation.

T financed millions of dollars worth of munitions for Great Britain through which great sums of money were passed along to the workers in a hundred cities and towns and to the coal and iron miners of Nova Scotia and New Ontario.

It financed the purchase of thousands of aeroplanes for Great Britain through which again, millions of dollars were passed along to scores of lumber camps in British Columbia and to thousands of workers in the

It financed the export of millions of dollars worth of copper, lead and zinc and that again gave employment to an army of miners and metal workers all over Canada.

It financed the building of 112 steel and wooden ships in the Maritime Provinces, Quebec, Ontario and British Columbia through which many more millions were passed along to the artizans, miners, steel workers and lumbermen of Canada.

It financed the purchase of hundreds of millions of dollars worth of foodstuffs as a result of which the money passed along to the farmers all over Canada.

And the farmers and the workers of Canada deposited their savings in the banks and the banks in turn loaned it to more producers who circulated it again and yet again, until every individual in Canada felt the benefit.

THE money from the Victory Loan, like any other working capital, was "turned over" several times. It kept working, over and over again, until it built up a tremendous commerce—it developed the greatest export trade Canada ever had, greater by several times, than the amount of the loan itself.

And this trade furnished the market for Canada's products of the field, the mine, the forest and the shop.

Thus was Canada's prosperity, upon which her war efficiency depends, kept at a high level.

And by reason of this prosperity, Canada has maintained and equipped an army of over 400,000 men-an army which has brought glory to Canada by its courage and prowess in the field, and by its heroic spirit of sacrifice.

So when Canada asks us to lend our money to carry on we have an opportunity to contribute again to the nation's prosperity and to the fighting efficiency of her noble sons on the battle line.

How Canada's Exports have Grown

What Canada's war activities and financing have actually achieved for the nation's export business may be seen at a glance by comparing certain items for the year epding March 31st, 1918, with the average volume of trade in the same items for three years previous to the war.

From the Farms:	Average for 1912-13-14	For fiscal year 1918
Dairy	\$21,064,893	\$40,175,270
Grain	97,061,983	403,985,858
Flour	18,861,944	95,896,492
Meat	6,146,554	76,729,060
Vegetables	1,205,709	19,034,528
From the Mines:		
Iron and Steel (1914		
only)	11,374,981	45,810,367
Copper, Nickel, Zinc.		20,020,001
and Aluminum	15,323,513	46,271,848
From the Industries:		
Munitions		450,000,000
Leather	2,162,662	10,986,281
Clothing	337,047	9,702,207
Vehicles	2,871,163	22,776,590
From the Forests:		
Pulp and Paper	12,446,523	59,599,339
Canada's fisheries wabove, during the pres	ill yield, in ac sent year abo	dition to the

worth of export. In addition to the forest items 248 million feet of aeroplane spruce timber averaging over \$20 per thousand is contracted for in British Columbia as the result of Canada's financial assistance to Great Britain.

Not ranking as exports, but nevertheless directly financed by the Victory Loan 1917, is 446,000 tonnage of ships valued at \$70,000,000 which will be completed by the end of this year. These ships use millions of dollars worth of lumber and steel which again circulates vast sums among the workers of Canada.

Be ready when the call comes to lend your money

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada