By Annette Bradshaw

DAILY PAGE FOR EVERY

HER PROBLEMS

Secrets of Health and Happiness

How Abstinence Makes the Heart Grow Stronger

By DR. LEONARD KEENE HIRSHBERG,



and less amenable to treatment, and finally are associated with obvious signs of arterio-sclerosis.

Be Examined Often.

Furthermore, there are many facts to show that high arterial blood pressure is, at any rate, one of the earliest signs of hardened arteries. Whether it is the poisonous products formed which cause a hypertomic construction of the arteries, or the substances which produce the hardened musculature of the blood channels is not known.

To prevent hardening of the arteries, men, particularly those past 30, should have their blood pressure taken at frequent intervals. Preliminary warnining symptoms and signs may be oppressive fullness or heaviness of the head or headache in the morning.

Unstable Temper Symptoms.

Fatigue and wakefulness at night, despondency, dizziness, head noises or rushing sounds in the ears are suspicious of an elevation of pressure. Shortness of breath, pains or cramps in the hands, fingers and other joints and nose bleed all warn you to take a rest. Victims of hypertension, who are about to have arterio-sclerosis fell less energetic, grow sluggish, irritable and drop things easily. Sleep is uneasy and disturbed by noises ordinarily thnoticed The arterio-scierotic man is apt to swear easily at trivial things and other.

ADELLE CARRISON'S NEW

What medical wise exhibit an unstable temper.

A patient 35 years old complained of pains on the side of the head and also on the top. Rushing noises in the ears and cramps at night in his legs suggested threatening arterio-sclerosis. Although the blood pressure was only 138 or arterio-sclerosis, is traceable frequently to such causes as romantic emotions, excitable feelings and the

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

you at all, but your own rasnness makes it necessary."

"Humph!" my mother-in-law snorted. "Making out they're sort of guardian angels, eh? Much good that'll do Her tone was filled with grave re-



trated here.

It is of rose-colored georgette with a simple-pointed bodice. Around the low-cut neck is a deep collar of cream lace ruffles. A cream lace ruffle also finishes the elbow-length sleeves, and is hound to it by narrow, old-blue ribbon, finished with a bow.

At the waistline also there is a tiny belt and bow of old-blue ribbon with two long streamers.

At the waistline also there is a tiny belt and bow of old-blue ribbon with two long streamers.

The skirt is very full with a deep hem at the bottom. Beginning about kneelength, large cream lace ruffles wind themselves around the skirt, and in each deep curve is a bow knot of the same old-blue velvet ribbon.

Of course, this frock is designed for a very young girl, and must be worn with the proper hat and slippers to match. Colonial pumps of black patent leather with low heels are childish and lovely with this frock, especially when worn with rose-colored silk stockings. The hat is a poke bonnet of rose georgette with a wreath of tiny roses and long blue velvet streamers at the back to match the blue on the gown.

This frock may be worn by short and tall, thin and plump, for it has a character of its own, and looks equally well on varying figures. The skirt is quite short, and should be worn over a white underskirt of silk or taffeta. The fulness of the skirt is the dominant characteristic of this frock, for it is the skirt which is ornate and conspicuous rather than the bodice. This is consistent with the colonial costumes where the question of the waist was modestly ignored, and decorations were centered on the skirt.

We had made up a frock very similar that the bodical with a dainy out her pearly white gown.

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We had made up a frock very similar to this in yellow organdie with a daisy pattern, and it looked equally charming. This frock must be worn with the correct little bonnet and slippers in order to maintain its character and individual beauty.



Striving to stretch year-before-last's very short skirt to the length of next season's gown-to



some form of exercise, varying in strenuousness.

Outdoor games are another excellent method of accomplishing the same result. The games shouldn't be very violent at first. Tennis, for example, is an excellent exercise, for it brings into play so many muscles. But it must be played rapidly and strenuously in order to make both game and exercise worth while. For this reason, tennis isn't the

Blossom Fairies whisper they become very tiny themselves, and Linda expressed no surprise at seeing the golden castle towering above her.

"Indeed, I'm quite sure if Daddy knew that dandelions were the golden castles of Flowerland he'd never cut them down!" exclaimed Linda.

"I know it, dear. No one would will-



mower comes along we'll be all right."
laughed Blossom Fairy.

In the distance Linda could hear the click-click of her Daddy's lawn mower. Around the corner of the house dashed Mr. Breeze, and away went the hundreds of little alriplanes carrying the Blossom Seed Fairles.

Some salled toward the meadows, some fell beside the road. Others careless in steering fell into the streams, but the one holding Linda and Blossom Fairy diffed toward Linda's lawn and there fell to the ground.

There was a terrible clatter, and Linda opened her eyes just as Daddy with his lawn mower came clattering up the brick walk toward the lawn.

Linda jumped up and ran after him Sure enough, in the green grass; there grey a dear little golden daudelion.

"Please don't cut it down!" exclaimed Linda. "It may be the golden castle of some Blossom Fairy, Maybe the little Blossom Fairy of my dreams lives in this very castle."

"All right," laughed Daddy. "They shall stand, castles or no castles—they make a beautiful dot of color on the green lawn.

So Daddy steered around every dandelion he found on the lawn, and to this day Linda truly believes that the yellow blossoms of the dandelions are the low blossoms of the dandelions are the low blossoms of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding Linda and Blossom Fairy of the streams, but the one holding linda and Blossom Fairy of the streams, but the one holding linda and Blossom Fairy of the streams, but the one hold

however, its wrapper is still good for premiums.

stretch year-before-last's very short skirt to the length of next season's gown—to she senses the trend.

So Daddy steered around every danglion he found on the lawn, and to this day Linda truly believes that the yellow blossoms of the dandellons are the golden castles. This is moving day and we're sending a great crowd of little Diossom Fairy smiled. "But I've no time to waste. This is moving day and we're sending a great crowd of little Diossom Fearles," Elossom Fairy smiled. "But I've no time to waste. This is moving day and we're sending a great crowd of little Diossom Seed Fairles out into the world to build homes of their own. Want to come with me?"

Linda followed Blossom Fairy, up the Linda followed Blossom Fairy, up the Linda followed Blossom Fairy, up the lawn and followed Blossom Fairy, up the length of next season's gown—to length the such application is not a fortunate time mediate monetary consideration is not insistent. It is not a fortunate time insistent. It is not a fortunate in the followed heaven of slander. A child be melting in the followed heaven of slander. A child be melting in the followed beat in emp

Bigger bar---bigger seller The bigger Comfort bar means more soap for the money than ever before. Think of that-in war-time! The quality is the same-the kind that gives Comfort the largest sale in Canada. Ask for the Bigger Bar-your grocer can easily supply you. No premiums with the wrappers, in war-time. If you are still getting the smaller bar, Use Comfort Soap and get a brighter, cleaner, easier wash. PUGSLEY, DINGMAN & CO., LIMITED, TORONTO.

fornia, is now being used for the manufacture of brooms. Another species of the yucca is used for the manufacture of surgeons' splints and is being experimented with for use as artificial limbs.

As the nerves are strengthrke, in As the herves are runs 26 ened you forget to worry and find yourself resting and sleep-

