DAILY MAGAZINE PAGE FOR EVERYBODY

THE SHADOW

Secrets of Health and Happiness

What Your Real Food Needs Are For the Very Best Work

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



fats, proteins and forget water. Plants and vegeta-tion generally, at least that which

accidental or to tease the taste. They are the growth of centuries, the conjunction of rations brought about by the onward and upward development of the race.

Wholesome unions or mixtures of

of the race.

Wholesome unions or mixtures of notirishment can be had at breakfast with milk, oatmeal soft-boiled eggs, bananas, rolls and butter.

The noon meal can be economically absorbed into your human corporate limits if mashed potatoes, codish, broiled fish, soups, custard, bread and butterfill the list. Canned peaches, hash or "beef stew," sponge cake milk, bread and butter form another light lunch admixture which may also make up the evening meal.

4—There are various kinds of goitre. Some require no treatment, others operation because caused by cancer, still others require different treatment, others operation because for acused by cancer, still others require different treatment, others operation because follows which ealls for particular examination and diagnosts.

DOILLY DIMPLES. Q.—Will you please tell me what to do for pimples on the face?

A.—Apply a little of the following to the affected parts about three times a week:

up the evening meal. Midnight lunches are taboo at best, but especially in war-time. The Government should consider seriously the advisability of forbidding the sale of the simplest foods after the evening dinner hour. For actors, night laborers and others who needs must eat after the dinner hour at night a limited diet of jelly, poultry, bread, butter, crackers, cheese, fruits, plain cake,

simple sandwiches and boiled eggs are Don't Coax Appetite.

Curtously enough more or less physically inactive persons are the very who, like the sick and the nonmuscular, need less allment than others, are most guilty of the misdemeanor ers, are most guilty of the misdemeanor of eating at night. That, you will agree, is more than an abomination; it is a crime against their blood pressure, kidneys and heart, as well as wrong-doing toward us and our Allies in the successful prosecution of the war.

It is a physical felony to coax the stomach and entice the appetites of individuals not engaged in serious muscular pursuits. Unless heavy physical labor calls for much nutrition, vegetages. I shall be glad to help you.

Dr. Hirshberg will answer questions for readers 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 labor calls for much nutrition, vegetages. abor calls for much nutrition, vege-ables, milk, fruits, eggs, butter, cereals, bread and soups—and these only during the day—should suffice.

Your Children's Needs. Children, like hard workers and labor rs, require much protein food. Thus new flesh is made and repairs are main tained. Though sweets are needed their delicions taste, unless eaten during or

is and vegetable food.

Moungsters with swollen abdomens or ankles, who may be thin and weak, who remain undersized and of slow growth, are often so because they need milk, eggs, poultry, vegetables, fish, fruits, pure water, sunlight and at least three

The human hours of sleep before midnight than anatomy has a divinity all its own, but it must be fed with sweets and lats proteins and

E. H. M. Q.—Please tell me what to do to thicken my eyebrows.

2—How can I gain weight?

3—Please tell me what I may use to make my hair grow.

4—What can I do to remove a gottre from my throat?

tion generally, at least that which mortal man devours, yield you your modicum of eugar and starch. The flesh and fats of animals supply the human demands for albumands for from my throat?

The flesh and starch. The flesh may be increased by the eyebrows each night before retiring.

2—Your weight may be increased by the eyebrows each night before retiring.

2—Your weight may be increased by the eyebrows each night before retiring.

2—Your weight may be increased by the eyebrows each night can I do not have on its form my throat?

3—Apply a little white vaseline to the eyebrows each night before retiring.

4—What can I do to remove a government for my throat?

4—What can I do to remove a government.

5—Your weight may be increased by the eyebrows each night before retiring.

5—Your weight may be increased by the eyebr

Balsam peru 1/2 dram Camphor 1/2 dram Green soap 1 dram Lanolin 1/2 ounce Petrolatum 1/2 ounce

C. L. M. Q.—My eyelids are very scaly and ftchy. Will you please tell A - Your eyes should be examined by an expert oculist. In the meantime you might apply a little of ammoniated mercury, 6 grains to 1/2 ounce of white vaseline to the eyelids.

A. B. C.: A.—Your trouble is of a per-sonal nature. If you will send a self-ddressed, stamped envelope with your query repeated, I shall be glad to help

the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is inclosed. Address ALL INQUIRIES to Dr. L. K. Hirshberg in care of this office.

The Origin of Famous Sayings

immediately after a meal, they may be more or less troublesome. Between meals or in excess they interfere with the proper proportion of fruits, flesh, fish and vegetable food.

Elizabeth Akers Alien. 1832-1911.

Backward, turn backward, O Time, in your flight!

Make me a child again, just for tonight! -Rock Me to Sleep

> Algernon Charles Swinburne. 1837-1909. His life is a watch or a vision
> Between a sleep and a sleep.
> —Atalanta in Calydon. Chorus.

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

What Lillian Told Madge in the Hospital.

nto Lillian's eyes when she heard the first question she had allowed me to answer since my awakening to con-

Dr. Chase's Kidney-Liver Pills are the most satisfactory treatment obtainable for this condition because they awaken the action of kidneys, liver and bowels, and thereby remove the cause

Mrs. R. Walmsley, 403 Main street, Woodstock, Ont., writes: "My husband here."
was troubled with gas around the heart, Sile

Mrs. R. wainstey, was all street. Woodstock, Ont., writes: "My husband was troubled with gas around the heart, and suffered in this way for some little time. A friend advised me to have him try Dr. Chase's Kidney-Liver Pills, and acting upon her advice we got a box and gave them a trial. My husband found they helped him splendidly, completely relieving his old trouble. Since then he keeps them in the house, and if he feels any of his former symptoms returning, he always finds immediate relief in Dr. Chase's Kidney-Liver Pills."

Mrs. Horatio Scratch, Kingsylle, Ont., writes: "I feel it a duty as well as a pleasure to tell of the benefits received from the case of Dr. Chase's Kidney-Liver Pills and Ontment, One year ago I was a great sufferer from cramps in my stomach and bowels and sometimes had to call in the doctor I was so bad. The use of Dr. Chase's Kidney-Liver Pills completely overcame this trouble."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all deal-trouble. Dr. Chase's Kidney-Liver Pills completely overcame this trouble. Dr. Chase's Kidney-Liver Pills and Ontment, One year ago I was a great sufferer from cramps in my stomach and bowels and sometimes had to call in the doctor I was so bad. The use of Dr. Chase's Kidney-Liver Pills completely overcame this trouble. Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all deal-trouble. Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all deal-trouble. The proposal content of the

I fancied I saw a quizzical light flash quietly, "I cannot tell you anything "I will be good, Lillian," I meekly replied, "but if you only knew how splendid that officer was, and from what he answer since my awakening to consciousness. But if it did exist it vanished in another instant, and her answer was serious and to the point.

"If you mean the army officer who brought you here to the hospital—he wasn't killed."

There was something in her manner, elusive, unwilling, which gave me an insight into the truth.

"He was badly hurt!" I exclaimed.

did that officer was, and from what he saved me, you wouldn't wonder—"
"Ican guess," Lillian returned, "from the feat he performed in bringing you to the hospital when he himself was in a most serious condition. But he has a splendid physique, the physicians say, any they believe him to be practically out of danger now. But you won't be able to say 'thank you' to him for seyeral days."

"Is he conscious?"

"Yes, and resting easily since his

wasn't killed."

There was something in her manner, elusive, unwilling, which gave me an insight into the truth.

"He was badly hurt!" I exclaimed.
Lillian looked at me gravely.

"H you're going to allow yourself to become excited, Madge," she said increased his danger.

TODMEN

able to say the series of the conscious and resting easily since his nurse brought him the news of your return to consciousness. He evidently was most remorseful about something he told you to do—thought he had sent you to death or something of that sort, and his worry over it materially increased his danger.

GAS FORMED

ABOUT THE HEART

ABOUT THE HEART

Causing Pain and Much Anxiety — Chronic Indigestion

Was the Source of Trouble—Complete Cure

Obtained.

Weedstock. Ont., May 30.—No

derangements are so dreaded as those of the heart. And yet many who imagine that they are in a servisor who may feel the mind. And yet many who imagine that they are in a servisor who may feel the mind. Feel the most pain, dizzy spells and smothering feelings.

Dr. Chase's Kidney-Liver Pills are

Obc. About the About the contention of the servisor was appain, dizzy spells and smothering feelings.

"Almost 24 Hours."

How Julia Ward Howe Was Inspired to Write the "Battle Hymn of the Republic."

How Julia Ward Howe Was Inspired to Write the "Battle Hymn of the Republic."

In the early days of the civil war, build with a party of the cyry time she appeared in public. It would have known, was only watching for a momentary weakness on his part to friends visited Washington. One day held with him or the front seat a smarting, shifty-eyed captive, who, he must have known, was only watching for a momentary weakness on his part to find the part of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet men was approaching. On the way back to their quarter the part of the carried wars of the period a silve of the American and tool hymn, and the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet went out to see a review of the yet w

"Almost 24 Hours."

"Did you hear—about—any—other—man?" I queried.
Lillian looked at me keenly.
"There was one killed, I believe," she said slowly. "at least that is what I gathered from what the officer said to his fellow-officer when he came in here."

Silently I leaned back against my pil-



By Dan Smith



HERE'S a strange likeness—a peculiarly heartening similarity about ALL shadows. Each is much bigger and more forbidding than the thing of which it is the shadow. And let the LIGHT come directly from above—the shadow is littler and is lost. So it is with the shadow of the soldier that strangely troubles her who writes to HIM. Sometimes she lets her light come from the angle of the

The Famous Spanish Prima Donna

ating room—many wo me en believe that for the sake of cleanliness they must have a warm bath each day and scrub their skins hard with soap.

Now, if the purpose of the bath were simply to cleanse the body, it would be perfectly correct to give it the soap treatment daily, just as you treat your floors or chinaware. But we must remember that the skin, which is the body's cloak, is something delicate, something which nature intended to be beautiful. You mustn't treat it harshly with alkaline soaps or tritating prepa-

Three Important Points.

First, stimulate the circulation by thorough rubbing with a soft brush or Turkish towel after the bath.

Second, after the warm bath to open the pores, dash the body with cold water to close them naturally.

Third, use only the purest soaps.

The salt water bath is a splendid tonic to the skin, and if you cannot have the sea bath frequently, you can take an

BY ELOISE FARRINGTON.

INCIDENTS IN THE LIVES

Aid to the Bath For Beauty

Too many of us artificial sea water bath at home. In are inclined to look upon the bath as merely a cleansing operation. Especially here in this country where we all get the mania for sanitation—

In artificial sea water bath at home. In fact, if you will take a salt bath, using about one cupful of salt for 15 gallons of water, and do this about three times a week, it will tone up your skin wonderfully, and improve your health in a general way.

In the salt of soap, why not use a bath bag, which can be made at home very

all get the mania for sanitation—white marble tables, walls and floors in so many rooms and public places—that half the time one feels as though one were in a hospital operating room—many

Instead of soap, why not use a bath bag, which can be made at home very about four inches square, and fill with some of the following mixture:

4 pounds of oatmeal
4 pounds of bran
1½ pounds of almond meal
7 pounds of white castile soap
9 ounces of violet sachet.

4 pounds of catmeal
4 pounds of bran
1½ pounds of almond meal
1 pounds of white castile soap
3 ounces of violet sachet.

The soap should be dry and powdered. Mix all these ingredients together and keep in a glass jar. Fill the small

towel after the bath will refresh the skin, or you can use a liquid preparation as follows:

mis. Now was a woman of Fare Intellectual attainments. She occupied herself with many public movements of the day—woman suffrage, anti-slavery, international arbitration and there. She was affiliated with so many clubs that she was frequently referred that the "Queen of Clubs," and she was an able lecturer, traveling in many cities in the United States and abroad. Julia Ward Howe was the wife of Dr. S. G. Howe, also a philanthropist, who devoted his life to the education of the deaf and dumb. Their home was the centre where gathered some of the most interesting men and women of Boston—statesmen like Charles Sumner, famous actors like Edwin Booth, writers and other public-spirited personages.

ther public-spirited personages.

To the inspiration of such surround-

To the inspiration of such surroundings, perhaps, as well as her own zeal for stirring achievement, Mrs. Howe owed the immortal hymn. It is the one thing she ever wrote that has survived, for the occasional other bits of drama or verse that she penned have long since been forgotten. But this one work stands out as a big, worth-while achievement in a long life that was singularly useful in many other ways. Mrs. Howe died at the age of 91, but at the age of 90 she was still working actively on committees, speaking before legislatures, and reading "The Battle Hymn of the Republic" at meetings which she addressed.

Freak newspapers have afforded a good deal of entertainment in their day. One of the most remarkable was the Luminara, published some years ago in Madrid. It was printed with ink con-

taining phosphorus, so that the paper could be read in the dark.

UNDERCLOTHING Guaranteed Not To Shrink.

1 pint of pure alcoho

OF FAMOUS WOMEN

2 tablespoonfuls of salt

Soap Not Always the Best

LUCKELIA BORE

with alkaline scaps or fritating preparations if you would have it lovely.

Would you keep your skin white, free from blemishes, soft to the touch and lovely to the eye? Then remember these things:

earth and then-- But when her light comes from ABOVE there is no shadow. Yet from wherever floods the light of the TRUE LOVER of a soldier she NEVER lets a shadow cross the page on which she writes to HIM. Every word to HER SOLDIER breathes love and faith and trust-for self is lost in the certainty of VICTORY and in the supreme joy and privilege of SERVICE.

Trade in human hair in the Far East enough. They can only live in water that become so depressed that hair experts in Hong Kong have predicted its

to every 1,000 parts of water.

The banana produces to the acre 41 Oysters cannot live in the Baltic Sea, times as much food as the the reason being that it is not salt 30 times as much as wheat. times as much food as the potato, and

Good Night

MR. SUN PLAYS A JOKE ON MISTRESS DAY.

Mr. Sun was a very mischievous fellow. He loved to tease his sister, Mistress Day, and not get up promptly when she called him.

"Folks set their clocks an hour ahead on purpose to get the most out of my light," cried Mistress Day one morning, when her brother declared he wasn't going to get up any earlier just because folks saw fit to turn up the clock.

"But that's why they did it!" exclaimed his sister. "However, if you won't get up I guess they won't miss you."

"Is that so " laurched Mr. Sun

won't get up I guess they won't miss you."

"Is that so," laughed Mr. Sun, tumbling out of bed. "I guess they would miss me. You couldn't do without me and you know it."

"I certainly could get along without you," replied his sister. "It's queer how some folks seem to think the world couldn't move without them."

Mr. Sun never replied, but that night when he slid behind the hills there was a merry twinkle in his eye.

After a night of peaceful dreams, Mistress Day arose and shaking out her fleecy clouds opened her window and gazed down at the world below.

She had made up her mind in the night that if lazy Mr. Sun didn't waken of his own accord she would just let him lie abed and prove that she could do without him.

Mr. Sun kissed his sister merrily. "The world isn't happy without your cheery smile and neither am I, brother dear. You may lie in bed that extra hour if you want to, but please don't play such a joke on me again."

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Mr. Sun kissed his sister tand again there was a merry twinkle in his eye.

"You see, dear little sister, that it takes both of us to make the world happy," he laughed. "Just because earth folks think they need an hour more of daylight and turn their clocks ahead is no reason I should be pulled out of my bed before I'm ready to get up."



But as the hours were on and he failed



up."

"You may have your way," laughed Mistress Day. "Only don't play such a joke on me again."

The world folk smiled and nodded with gladness when Mr. Sun appeared as Mistress Day, holding tightly to her brother's hand, slid down behind the



By Genevieve Kemble

But as the hours wore on and he failed to put in an appearance, Mistress Day became worried. Folks on earth were gazing at the sky and shaking their heads sadly. Fearing he might be ill, Mistress Day stole softly into her brother's room and discovered that his bed hadn't been disturbed; he hadn't returned home the night before.

"Where could he have gone?" orled his sister. "He never stays away all night. He may be lost!" and she orled so loudly that North Wind heard her and came hurrying to learn the cause of the weeping.

"I'm quite sure he must be lost!" cried Mistress Day to North Wind. The mount of their cloud coaches and sailed across the sky, flashing their electric lanterns this way and that, calling until they were hoarse, in the hope of finding Mr. Sun. Mistress Day sat in her room and her tears rained down

HOW FOCH WILL WIN THE VICTORY

In the whole history of war, as one journal remarks, one can find no individual responsibility equal to that of Gen. Ferdinand Foch, "called to the head of six millions of soldiers to achieve victory for human liberty and civilization." Four great nations have unreservedly entrusted their armies and their destinies to this French general. More than six millions, in fact, may be under his supreme command, for the Italian premier says that the Allied conference "recognized a united front from the North Sea to the Adriatic as an effective reality"; and some estimates place the Allied troops in France and Belgium alone at not less than six million. What, ask our military critics of the press, is the plan of this leader in whose genius the Allied nations have such faith?

It is to answer this question that the leading article in THE LITERARY DIGEST for June 1st has been prepared. The article includes the opinions of the war experts and presents all available information. This number of "The Digest" might justly be termed a "Foch Number," because the cover shows a strikingly handsome reproduction in colors of an authentic picture of the great French commander-in-

Other articles of unusual interest in this number are:

The United States' Duty In Eastern Europe

Germany Must Not Be Allowed to Carry Out Her Designs in Russia

Another Coal Shortage? Binding the Fetters on Austria Japan's Siberian Slip-Up Germany's Stolen Chemistry Bill's Plan to Speed Up the Ships How Chinese Labor Would Keep

Us From Starving How Our Soldiers Sing America vs. British for Nine Innings Missouri's Pride in Her Poets How the Kaiser Prays Other Quakers News of Finance and Commerce

The Sinn-Fein Round-Up Russia Revives Slavery Another Puzzle for George III. When Shall We Need the Women? New Types of Fruits and Vegetables Fish—Its Value As a Food (Prepared by the U. S. Food Administration)

Winners of the Government's Poster Awards To Rewrite Our Histories A Martyr Memorialized Another View of German Ethics Personal Glimpses of Men and Events

Many Striking Illustrations, Including the Best Cartoons.

"The Digest" Prevents a One-Angled View

These are anxious days in Flanders and Northern France and those of us who look only at the heroic struggle the British are making against heavy odds may be perhaps the least bit fearful of the outcome. But this is only a partial view, after all. What we should do is to survey the Allied lines as a whole-French, American, Italian and English, and then we realize at once that the pressure at the north is only a part of the great struggle, and that south-

ward hope and help are still to be had in generous measure. So, too, the reading of but one morning or evening paper gives one a merely partial view of this great world-crisis. What is needed is a reasoned analysis of the whole situation, drawn from all possible sources, and quoting the views of many periodicals. This you have every week in THE LITERARY DIGEST, the greatest of newsmagazines. Buy a copy and be convinced.

June 1st Number on Sale Today—All News-dealers—10 Cents

