YMAGAZINE PAGE FOR EVERYB

HIS LETTER

crets of Health and Happiness

W to Eat in Place of Meats You Should Conserve

By DR. LEONARD KEENE HIRSHBERG,



well known as scarcely to need further discussion. However, it is important to emphasize the value of cheese in the diet. Cheddar cheese is a far richer food than any cut of meat, and the waste in it is almost negligible. Many starch but of the fancy cheeses, too, are rich foods, but as a reule their price is no index of their nutritive value. Skim milk is a fine food. This is too important a food to be neglected, and or culinary purposes.

would recognize the nutritive va the cheaper cuts of beef and warn how to make these appetied digestible by suitable cookinsses, your beef problem would belerably simplified. Sweetbreads ague, both highly prized articles of are of relatively low food value cod with other portions of the

the cooked beef products boil-roast beef are among the more because of their greater fat Veal products are as a rule ritious than corresponding cuts because of their fat deficiency.

copyright, 1915, by sewspanding the cooked beef products boilegross tessed are among the more appearance of their greater fat the constance of their fat.declency.

Saving the Fats.

Saving the Fa

Some Valuable Substitutes.

Some Valuable Substitutes.

Suring the present war the British hay is effecting a saving of \$5,000,000 mully simply by utilizing its wastes, which we with our usual lavishies and extravagance are largely owing away.

The various kinds of fish afford excled the substitute for meat. It is true at as a rule they are very deficient in the set of the substitute for meat. It is true at as a rule they are very deficient in the set of the ided luxuries, and their purchase can be justified only by a favorable price. Among the miscellaneous animal foods are found some of our most valuable foods—for instance, eggs, butter, cheese and milk. The values of these are so is the won't lose the check for her bag-

J. C.: Q .- Please tell me what can be

from the neck downward. Pylamas are to be worn night and day while the treatment goes on. In this way they become thoroughly saturated with the

physical training often improve dilated

J. H. W.; Q.—What is the best medicine for the kidneys to keep them in a good condition?

A.—If you were in perfect health your kidneys would not bother you. You did not state what the trouble was. Excessive kidney fluid—or what is the cause of your belief that your kidneys aren't in good condition?

Answers to Health Questions

Respectively used, especially for culinary purposes.

Answers to Health Questions

Respectively and solve the story of the properties 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 stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest letters will be answered personally if stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest letters will be answered personally if stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot allow ways undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally if stamped and addressed envelope is inclosed. Address all inquiries to Dr. L. K. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot allow ways undertake to prescribe or offer advice for individual cases.

Writes About "The First Trip Alone." Copyright, 1918, by Newspaper Feature Service, Inc.



Middling, gage, and—dear me—what if she should on a forget to change at the right place. trip—all and remember to change at the wrong

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

Why Capt. Grantland Explained "His Business" to Madge.

Far away is he who writes, yet when his letter comes he's NEAR. For in the old familiar place alive with memories, his written words take sound and echo in the heart as does the recollection of his beloved voice. Pride and thankfulness that he's of the measure of a MAN sweep away unworthy longings and all is one with LOVE. For Cupid—bless him—unites their hearts and by his magic writes between the lines that HE has written, dreams and REALITIES they alone can understand. son very deeply, nor could the presence of five lovely daughters comfort him.

"Oh, Eliabeth, I wish you were only a boy!" he repeated again and again.
And Elizabeth, to whom nothing seemed impossible, declared:

"Then I will be a boy!"
Her idea of the chief qualities of masculinity were a knowledge of Greek and of horsemanship, so she immediately placeded to perfect herself in both. The pastor who lived nearby taught her Greek, and for months she studied with him constantly. She learned to leap a ditch on horseback as well as any boy. When the good pastor called at the house she urged him to tell her father how fast she was progressing with her Greek, hoping against hope that some day her father would glance at her approvingly and say:

"Well well a girl is as good as a boy,

INCIDENTS IN THE LIVES OF FAMOUS WOMEN

How a Judge's Daughter Turned Her Wish To Be a Boy Into Fighting For Women's Rights.

From her earliest girlhood Elizabeth more fervently on her mind when there more rervenuy on her mind when there occurred the traget death of her young brother, fust graduated from college. Her father mourned the loss of his only

trip she has ever taken—alone.
I wonder what she will have to us when she comes home again.

I wonder what she will have to tell us when she comes home again.

I wonder what she will have to tell us when she comes home again.

I wonder would then be entirely dependent upon the son's bounty. It mattered not whether she had helped to create whether she had helped to create some of that property, or whether her som was dissipated, unkind or a spend-thrift likely to waste his inheritance in a few short months, to the son went the property and the widow was left help-

property and the widow was left help-less.

Now Elizabeth had the childish notion that laws emanated from books, so she began to cut the unjust laws out of the law books in her father's library. Not until he explained carefully that her vengeance on books was fruitless and futile did she cease. But her rancor against the conditions which permitted such injustices to continue didn't abate. Why were laws made so unjust to women? Why didn't women have a voice in the making of laws? Why were women regarded as inferior?



Elizabeth Cady Became an Orator.

Three Minute Journous MANNING

Where Castle Makes the Country a Tramp's Paradise. It is difficult for those of us who know India only from the fascinating tories of fiction and the entertaining but nevertheless inadequate accounts if this land of many peoples, really to have even the barest of ideas of this remarkable country and its caste system. In India caste rules everything, even yery dealing of ordinary everyday life.



throw the thing away. If he himself should touch it he would also be polluted.

This gives an idea of how easte affects business. But this isn't all the story. Accidents sometimes do as much damage to business. For instance, if in passing a man of a certain caste, a man of a lower or even a white sahib should touch his robe, or should expectorate or unintentionally touch the robe with, let us say, a cigar he is throwing away, that man would be compelled to desert his business for days, if not for weeks. He would have to wear rags and sit in the street and pour ashes on his head and go often to the temple to purify himself.

These circumstances—the strangest of the world's superstitions—make it in one way difficult for tramps to pass through India. On the other hand, they have contrived to make India the tramp's paradise. For the rulers of India have found it best to establish a method of handling the tramp problem there.

The peninsula of India is divided into The peninsula of India is divided into

The peninsula of India is divided into districts, each governed by a commissioner and his deputy. These officials are usually Englishmen, and the law provides that penniless Europeans shall upon application to them be provided free with a third-class railroad ticket to the next district, and with one rupee a day with which to buy food on the way.

Of course, the commissioners see to it that the tramps within the borders of India don't spend the rest of their days living on the country. They quickly be carefully trained in habits of thrift, and in coolness and discretion.

ment.

Monday's sidereal forces are strong for adventure, surprise and radical change, through the breaking up of old conditions, the removal of long-standing obstructions, delays and disappointments. It is a time for enterprise and initiative, for new projects, long contemplated changes, journeys and removals, all of which may be advantage-ously undertaken with the provise that all are coolly and deliberately planned and launched as a Mars badly aspected by a conjunction with the Moon inclines to rashness, tumuit, haste, bad temper and possibly quarrels and litigation.

ovingly and say:
"Well, well, a girl is as good as a boy,

Ah, Elizabeth, you should have

whole history of the battle wights in America.

At the age of \$4 Elizabeth Cady married Henry B. Stanton, a brilliant antislavery orator, and subsequently, Mrs. Stanton herself gained considerable distinction as an orator. She called the first women's rights convention in July, first women's rights convention in Market be first woman to make

fore women's conventions, but also be-fore government bodies, and delivered addresses before state legislatures more

To-morrow's

HOROSCOPE

By Genevieve Kemble

SUNDAY AND MONDAY, JULY 28-29.

Sunday is a day favored by the plane-

send them out of India, but for the tramp who has managed to penetrate into the interior it's a simple thing to be sent down to the seaboard and home. Also the money he receives for food is sufficient in this land to buy him not only sustenance, but a shave, each day. For all he need do to be shaved is to signal the strolling barber and squat down, as is shown in our illustration, in the middle of the road and be scraped.

be carefully trained in habits of thrift, and in cooliness and discretion.

Somewhat out of the ordinary in making away with stolen cars was the method of Springfield (Mass.) thieves who buried a car in a lonely wooded spot not far from the state line. Boys passing discovered what appeared to be a newly-made grave and notified the police, who, when they dug a short time, uncovered a windshield. The car bore a many the carefully trained in habits of thrift, and in cooliness and discretion.

DIARY OF A FASHION MODEL

She Learns How a New Note May Be Developed in the Cape.

She Learns How a New Note May Be Developed in the Cape.

Yes, capes are becoming to everyone, agreed Miss Nell, when Madame showed ther some interesting sketches of capes that she had expressed a desire to see "But I do think that so many blue capes as there are abroad these days give every one a sort of sameness."

Miss Nell is, an interesting brunette type, and her face and figure would distinguish her anywhere. But she has a tinguish her anywhere. But she has a tinguish her anywhere. But she has a calls "levelled" so that she could by any possibility look like anyone else. She guards her individuality with an amazing jealousy, and always insists on everything she obtains having some different touch to it. As she likes to look as near to the latest fashion this is something of a latest fashion this is something of a latest fashions so that they appear different, and, indeed, this is perhaps the ent, and, indeed, this is perhaps the finings that are smart and fashionable and yet have a distinctly different touch to mark individuality.

Madame had me bring out for Miss Neil's inspection a cape that was really different, although all its lines conformed to the latest decree of fashion regarding summer wraps.

The first note of difference in this cape is its unusual color, a color that would perhaps be trying to anyone with would perhaps be trying to anyone with would perhaps be trying to anyone with an anyone with would perhaps be trying to anyone with a fashibed near the brim with a finished near the brim with a consumer of siff military lines. The first note of difference in this cape is its unusual color, a color that would emphasize its softness or much that the whole ensemble of the costume would be weakened.

The hat the desicate fawn color that that goes with this cost une from the sleeve slits. The neck is fasting the same pape

By Winner

costume would be weakened.

The hat that goes with this costume is a black straw toque of stiff military lines. The trimming is dark wheat, and is finished near the brim with a narrow strip of brown velvet ribbon and a tiny bow.

"Let's Ask Mother"

"This dustless floor mop is perfectly useless, and won't work, just when I wanted to go over all the floors," said wanted to go over all the floors," said the maid.
"The floors have got to be done, too," said Bess. "I'll go up and ask mother if we can send for another right away." 'Oh, it's not really necessary to buy a niw one," said mother. "You see, I noticed yesterday that it was going fast, so I soaked some old stockings in kerosene and then allowed them to dry, and here they are, ready for the day's work. You will find that they answer well enough."

The only way in which to fit a people for self-government is in intrust them with self-government.—Macaulay.

Eczema Wash

A touch of D. D. D. to any eczema sore or itching eruption and you'll be able to rest and sleep once more. Think—just a touch! Is it worth trying? Get a trial bottle today. Your money back if the first bottle does not relieve you. W. T. Strong, druggist; Taylor Drug Company, 6 stores; Standard Drug Com-pany, 4 stores, London.

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