TWO WAR MIRACLES IN FIELD SURGERY

New Cures for Burns and Gangrene Prove Wonderfully Effective.

DOING SPLENDID WORK

Famous Woman Lecturer is Entertained by Women's Clubs.

The attractions of a joint meeting of the Heliconian and Women's Press Clubs and the promise of Ian Hay Beith, author of the "First Hundred Thousand," combined to bring together yesterday afternoon what was probably the largest assembly yet held in the new quarters of the Heliconian organization.

For some reason unexplained at the time of writing, the guest of honor failed to appear. The time of waiting was spent in the enjoyment of the "Little Pictures," which at present are on exhibition, and by the singing of Mrs. Dilworth, who rendered a group of songs with exceptional finish. Miss de Wolfe, who lectures today, arrived towards the close of the meeting, and was warmly received. Mr. N. W. Rowell and Mrs. Rowell also came in towards the close of the meeting. Miss Marjory MacMurchy and Miss Hart, representing the joint local clubs, received.

Miss Elsie de Wolfe, who has been known to the public in several roles, among them that of actress and as America's most famous house decorator, arrived in Toronto yesterday on a train that was five hours late, and made her initial appearance at the rooms of the Secours National, where she was the guest at luncheon, and later gave an interesting interview to the women of the press, who had been invited to meet her.

Miss de Wolfe, who has lately arrived from France, where she has a summer home in Versailles, gave some intensely interesting information regarding the newly applied, tho not altogether newly discovered, cure for burns and frost bites, known as amberine.

"Two miracles had occurred since the war," said Miss de Wolfe. "One was the discovery of the results that come from the application of amberine, discovered some sixteen years ago by Battle de Sandford, and the other was the De Page cure for gangrene, both of which are doing such wonderful work in the war.

The discoverer of amberine had tried to get a hearing for his discovery years previously. He had walked the pavements of New York for three months and had found them the coldest footing he had ever experienced. When the war came he again endeavored to get a hearing. At last a friend gave him a small room and one or two patients with which to try his skill. His success was so great that soon several rooms and hundreds of patients were assigned him. Now his hospital at Issey is the headquarters for the treatment, which is the most humane and effective imaginable.

Faces and heads which had been unrecognizable and like great black sponges from burns were put under the treatment. The amberine is applied like a paint with a soft camel's hair brush. Then a very thin bandage of sterilized cotton is put over the wound and a second coat of the amberine given. Lastly, a starched bandage is put on and the wound left for 24 hours. The soothing effects of the amberine are almost instantaneous, and the curative properties beyond all human expectation.

To enable the soldiers to take the wonderful remedy as first aid instead of waiting until being brought to a hospital is the mission of Miss de Wolfe, who has already sent three ambulances on their work of mercy. Miss de Wolfe speaks this afternoon in the Margaret Eaton School under the auspices of the Secours National.

SETS FINE EXAMPLE TO WEALTHY CITIZENS

Toronto Gentleman Does His Bit to Help Reduce Cost of Living.

The World has had the opportunity of seeing a little bulletin issued to his household by a very well-to-do Toronto gentleman who has a very large circle of friends in the city. It is as follows:

"December 11, 1916.

"MEATLESS DAYS"

"From this date I intend having two meatless days each week, commencing now, for my table and for the servants.

"My reason for doing this is that if the majority of those in easy circumstances take such action it will help poor people, especially those with families, by bringing down the price of meat, bacon, etc.

"I am sure it will prove of benefit to everyone's health by so abstaining, especially those who have been accustomed to eat meat every day.

"If all in easy circumstances would adopt this plan it would set a good example and help poor people generally."

All the servants and other members of the household have expressed themselves as being heartily in accord with the above suggestion, and are cooperating with the head of the house in carrying it out. It should be of wide interest to everyone at the present time.

NURSES HONORED.

Two Toronto nurses have received New Year honors. Miss Edith Rayside has been given the Royal Red Cross of the first-class for matrons, and Miss Florence Hunter the second-class Red Cross Medal.

BRITONS' SEA PROBLEMS.

Admiral Degouy writing in The Paris Petit Journal, says: "There are two questions that present themselves to the British admiralty namely, the destruction of Zeebrugge and the organization of defensive lines of communication between Scotland and the Kola Fjord (northern Russia), the essential importance of which is shown by events in Rumania."

REPRESENTATION TO THE POPE.

A Rome correspondent telegraphs that copies of a collection of documents concerning the deportation of Belgians, with a preface by M. van den Heuvel, Belgian minister to the Holy See, has been presented to the Pope and the cardinals.

OFFICIAL I.O.D.E. COLUMN

The Toronto World has been made the official organ for the I.O.D.E. in Toronto and thruout Canada. Secretaries of chapters are invited to send in reports of meetings and work done, addressed to Miss Kennedy, care Toronto World. Advance notices cannot be published except as advertisements.

PARKDALE CHAPTER, I.O.D.E.

An enjoyable knitting tea was given by Mrs. H. J. Surtees, Triller avenue, on Thursday afternoon of last week, to members of the Parkdale branch of I.O.D.E. who have been working for the Red Cross.

FIGHT TO THE END SAYS IAN HAY

Enemy is Failing and He Must Not Escape Now.

AN ARMY OF TALENTS

Kitchener's Lot Produced a Man for Every Emergency.

"We'll go on until we have won," said Ian Hay, speaking of the German peace offers, while addressing an audience, composed largely of women, in Massey Hall last night. Perhaps the predominance of women was natural, as the speaker's topic was "The Human Side of Trench Warfare."

The German offer, said he, was couched in such boasting and insulting terms that they were almost ludicrous, coming from a people that evidently wanted peace.

The reasons that underlie the offer were, according to Ian Hay, that Germany was getting pretty short of reserves and ammunition, as instanced by the way in which they had crumpled up before the French on the Somme and by the Belgian deportations, which showed the very last dregs of the manhood of the nation had been drafted into the army, so that they were crucially short of civil labor.

Austria May Fail.

Another reason lay in that the newly crowned Emperor of Austria had probably informed his imperial master that he would not be able much longer to hold his polyglot legions to the collar. The Germans were trying to shift the responsibility for further bloodshed. "But they forget," said Ian Hay, "that the responsibility for further bloodshed rests not upon the people who end the war but upon those who began it."

Peace could be based only upon the grounds of reparation and security that "beastliness and barbarism" should be relegated to the place where they belonged and that no nation should again be in a position to run amuck in Europe.

For more than two years women had been giving up their loved ones, and children their fathers, for the sacred cause. Were they to sign an ignoble and craven peace today would not those who had given up ask the world if the noble dead had not died in vain?

Trench Warfare.

Ian Hay's address was mainly on what he called the "retail point of view" of trench warfare. He sketched the life of the men of the first hundred thousand, "the most unmilitary, but not the most unwarlike type of men." The British workingman as a fighter had proven one of the most remarkable phenomena in history.

He told of the difficulties of organization when the men insisted on losing their identification papers and "rolled" up at any time of the day or night, preferably at two in the morning, and said they wanted to join the army and immediately applied for food and pay.

The outstanding feature of Kitchener's army was its ability to produce a man for any emergency. It was an army of all the talents except soldiering.

Queer Military Ideas.

The speaker described their point of view, that they need not turn up to parade unless they wanted to, and that the sergeant was a kind of "foreman," as, in fact, they generally called him. But they were to be guaged by no standard but their own. They had enlisted expecting to be given a rifle, and forthwith shipped off to the front, whatever and wherever that might be, to shoot the kaiser. The delay for training was a sore trial to Kitchener's army.

A Wonderful Change.

"But less than a year later I saw those same men going rank upon rank, many of them to their death, going forward as steadily as the most seasoned veterans, at the great battle of Loos," said Ian Hay.

One particularly interesting part of the speaker's description of 24 hours in the trenches was with regard to our friends the enemy. His conduct had undergone a marked change in the last 12 months. The German infantryman was a "pathetically friendly person." He constantly shouted greetings across "No Man's Land," especially regarding the date of peace, "as if their imperial master had periodic revelations regarding peace."

"The Saxons were very anxious not to be confounded with the Prussians. One day at the Ypres salient they called across, 'Don't shoot us, we are Saxons; the Prussians are coming in on Thursday.'"

The speaker was very enthusiastically received. Dr. J. A. Macdonald took the chair.

FEMININE FOIBLES : : By Annette Bradshaw

THE ETERNAL CYCLE.

MAY—Are you only just putting away your bathing suit?
Fay—No, I'm getting ready for the winter beach.

GERMANY'S LACK OF FOOD REAL

Remarkable Letter From German Lady Living in the Country.

UNNOTICED BY CENSOR

Hardly Enough Allowed to Sustain Life Even Outside Cities.

A letter has been received in Toronto from a lady living in Germany about 70 miles from one of the large German cities. She gives the following interesting particulars about the food scarcity there:

"There were no eggs, no coffee and no jam to be had. There were only allowed a half-pound of meat per week and of butter and fat only one-eighth pound. I think they said about three pounds of bread and one pound of flour; sugar, one-third pound. They were allowed per day about one-half pint of milk, and per month one-ninth pound barley meal and one-half pound per month of maize meal. The only tinned things they could obtain were sardines and herrings. They could get plenty of cheese, but it was not good. Tea, nine marks per pound, or approximately $2.25 per pound.

"These conditions existed in the country. In the cities and towns, of course, they had less food. You will note they can get no coffee. Coffee is more sustaining than anything else almost, and if the soldiers cannot get it they are in a bad way. This letter in some mysterious way was evidently overlooked and got past the censor.

HEALTH QUESTIONS.

Anxious Mother, Toronto: Q.—Please tell me how to remove vermin and their eggs from my little girl's hair.

A.—Wash the child's hair in acetic acid and then brush it thoroly. Repeat this treatment on several successive nights.

* * *

H. A. B., Toronto: Q.—Where can I go for a complete examination and consultation?

W. E., Toronto. Q. 1.—How can I develop my bust?

2.—What will remove freckles?

A.—Eat plenty of good, nourishing food, fatty, rich rations and drink plenty of water, cream and milk. Massage the bust either with olive oil or cotton seed oil and take deep breathing exercises before an open window. Tennis, swimming and rowing will also help.

2.—Freckles are often a sign of good health and inheritance. Some so-called freckle remedies contain irritants such as mercury. These cause serious local as well as other trouble. Commonly, no matter what is used, freckles usually return, and if the skin peels it is better to stop the use of all remedies, because more harm may be done than benefit received.

Why Many Women Lack Grace and Beauty of Form

THE average woman lacks grace and beauty of form. This is almost entirely due to the fact that she knows so little about her body. She may admire the suppleness and grace of a friend, wishing that nature had been equally generous in doling out "gifts" where she is concerned. Only in a few instances does the thought enter the mind of the awkward woman that thru her own efforts she can become as attractive as the admired friend.

True grace of movement is the result of thoro bodily control, which can be gained exercising properly. Beauty of form may be gained by any one who will study how to correct physical defects and apply the knowledge obtained.

The average woman, instead of taking exercise that will give her grace and health, is satisfied to do her simple household duties, sit for hours industriously embroidering or reading. Such a daily existence has a tendency to destroy the freedom of bodily movement. The muscles and joints become stiffened and she grows awkward and old before her time.

It is possible for the corpulent and shapeless woman to regain her graceful lines of youth by devoting a few minutes each day to the care of her body. The slender, angular woman can become beautifully rounded and graceful if she is persistent in following a course of exercise that will pad her bony frame with flesh and muscle.

The short "dumpy" figure is far more unattractive than that of the "willow sapling" type. The woman who finds that she is overweight and clumsy should immediately begin to exercise. Bending and twisting exercises are best, for they wear away the superfluous flesh, harden the muscles and teach bodily control at the same time.

Set aside a regular time each day and begin the series of exercise with the following movement: Stand in an erect position, with hands on the hips, bend the knees until you are in a sitting position with the torso erect. Rise and repeat the entire movement ten times or more.

Exercise 2—Stand erect with the hands at the sides. Bend over as far to the right as possible. Reverse the movement, and bend over to the left as far as you can. Bend to each side at least a dozen times. This exercise will also strengthen the muscles of the sides.

Exercise 3—Stand erect with the hands together, arms outstretched in front. Then swing down to the right side, turning the body in a twisting motion, keeping the hips in the original position. Resume an erect position with the arms outstretched, then swing to the opposite side in the same manner. Repeat the movement, bending to each side alternately twelve times or more.

Exercise 4—Stand erect with the hands on the hips. Bring the knee up as high as possible 10 times. Then repeat the movement with the other leg the same number of times.

To attain muscular control of the arms and develop the shoulders and chest, practice this movement.

Exercise 5—Stand erect with both arms upstretched at full length. Bring the right hand over and down in front of the chest with a circular motion. Then bring the left hand in same manner so that the arms will perform a sort of a windmill movement in front of the chest. Describe at least a dozen circles with each hand.

If you are one of the sensible women who would make the most of themselves, acquire grace and beauty of form by daily practicing these simple exercises.

Queen Elena of Italy, says a Rome telegram, who during the first fortnight of October, visited the various field hospitals on the Julian front, has resumed her visits to the advanced hospitals. She has expressed herself as very satisfied with their organization and the way in which the Italian wounded are nursed.

INCIDENTS IN THE LIVES OF WORLD-FAMOUS WOMEN

The Empress Catherine II. of Russia has no parallel in the annals of history. During the 35 years of her reign Russia made rapid advances in power and civilization. She added 400,000 square miles to the territory of Russia, founded cities, protected commerce, encouraged learning, cultivated the arts and developed in many ways the wealth and resources of her domains.

This powerful woman was a strange mixture of vice and virtue. She forced her weak-minded husband, Peter III., to abdicate six months after his accession, and is accused by many historians of having encouraged assassins to murder him.

Notwithstanding the crime, vice and intrigue that were rampant in her court she made it the most brilliant in Europe. No monarch ever reigned with more dignity or splendor or inspired greater loyalty than did Catherine the Great.

The marriage of Catherine and Peter was entirely a matter of state. She despised the degenerate heir to the throne, but the crown of Russia was to the ambitious princess a prize that she was willing to barter herself, for even tho she had to wed Peter to obtain it.

Peter became madly jealous and conspired to have Catherine imprisoned or led to the scaffold. But Peter lost track of the fact that he was dealing with a woman far more capable than himself. While he was laying his plans she was waiting, ready to act at the first indication of trouble.

The empress lodged herself in a garden cottage. Shortly after 2 o'clock one morning one of her followers entered the room and hastily awoke her.

"Your majesty must rise and follow me," he exclaimed. "We haven't a moment to lose."

The empress with her follows proceeded to the barracks at St. Petersburg and implored the protection of the officers and the troops quartered there.

"I am in great danger and have been compelled to come to you for help. The Czar had intended to put me to death. I had to flee in order to escape with my life. I ask for your protection."

The appeal went straight to the hearts of the soldiers. Indignation blazed from their eyes and enthusiasm spurred them on to action in her behalf. Every man swore allegiance, vowing to die in her defence if necessary.

Catherine soon found herself at the head of a large portion of the army. Accompanied by a brilliant procession, she was escorted to the church, where the archbishop received her dressed in his sacerdotal robes. Leading her to the altar he placed the crown upon her brow and proclaimed her "Catherine the Second, empress of all the Russias."

Then Catherine went to the imperial palace, and for hours it was thronged with the populace, who fell upon their knees vowing allegiance to the new ruler.

Peter, upon hearing the news of the coronation of Catherine, became terror-stricken. He abdicated and was imprisoned at Ropscha. The humiliated wife whom he had planned to repudiate and behead was now firmly seated on the throne, the beloved sovereign of both the nobility and the peasantry.

Diary of a Well-Dressed Girl

How She Helped Design Some Fancy Headdresses for a Ball

Peggy Hampton is always doing something original. She is giving a "headdress ball" on her birthday and has asked each girl to design her own headdress. Peggy never does things "by halves," so this affair is sure to be one of the most-talked-of events of the season.

Scarcely any of the ten girls who came here yesterday to design their headdresses knew a thing about making them. They completely lacked a sense of the "fitness of things." Auntie laughed hysterically at Claire Bradfield and Helen Marvin. One wanted to wear a fan-shaped arrangement of paradise plumage, after the fashion of a noted actress, across the back of her head with a Louis XIV. frock, while the other suggested that a Grecian fillet of gold ribbon would be just the thing to set off her gorgeous frock of cloth of gold trimmed with jeweled embroidery.

I told them that if they insisted upon wearing such headdresses they would "kill" the effect of their costumes. Then I made sketches of a Watteau wreath and an oriental bandeau to give them an idea of what would harmonize with their frocks. They saw their mistake and set to work at copying the designs.

The color scheme of Claire's frock is pink and blue, so she fashioned a wreath of roses of graduated sizes in tones of rose, arranging the larger ones across the back of the head. She joined the wreath with a bowknot of narrow, blue ribbon velvet. This type of headdress is very becoming to Claire's blonde prettiness.

Helen's gown is in the peacock colorings, gold, green and blue. She was unable to match the embroidery in a narrow banding, so had to buy the jewels separately and sew them to a foundation of coarse, gold net. She used a row of large, round and oval-shaped caruchon emeralds thru the centre and made a background of small sapphires. Then she added a chin strap of round emeralds. The headdress is decidedly oriental, and as Helen can "get away" with extreme things in dress, she made long earrings, attaching long pear-shaped emeralds to strands of sapphires to use with the bandeau. The effect was very striking to say the least.

Marion Kimball has midnight tresses, and is wearing a handsome gown of changeable flame red and gold tissue. Mother suggested that she make a bandeau of cloth of gold drawn low over her forehead, and ornament the front with the fan-shaped spray of white cross-aigrettes that trimmed her last year's fur turban. She also has a crescent of diamonds which she is going to pin at the base of the feather ornament.

I have decided to wear my white and silver frock. It doesn't belong to any particular period, so I concluded that a bandeau of silver embroidery would be the most becoming headdress that I could wear. I embroidered a simple design on a background of silver net, making a strip long enough to reach about the head and form a connecting band across the top of the head from front to back.

Judging from the stacks of fun we've had making the fussy ornaments which will adorn our "crowning glories," the dance will be anything but a stiff, dignified celebration of Peggy's natal day.

Incidents in the Lives of World-Famous Women

The most romantic figure in the history of New England is Priscilla Mullins, the "fair maid of Plymouth." She was one of the few young girls who undertook the hazardous voyage in the Mayflower to a wild country, where they could practise their simple religion without fear of persecution.

The landing of the Pilgrims and the establishing of their little colony at Plymouth, is a familiar story to all.

After the meeting-house had been erected and the families were housed in the crude cabins, romance came into the life of Priscilla Mullins.

The whole story of the courtship of her two lovers, Captain Standish and John Alden, has been immortalized by the beloved poet, Longfellow, in his "Courtship of Miles Standish."

Priscilla was not an orphan, as is generally supposed, when the brave, fiery-tempered Captain Standish decided to woo her by proxy.

The descendants of John Alden and Priscilla delight to tell how the young man, torn between love and loyalty, pleaded the cause of the blunt, rough-spoken soldier to William Mullins, the respected parent of the loveliest maiden in all New England.

Sad at heart and pale with suffering, the youth of 28 went to the cabin of Wm. Mullins. Priscilla sat by the fireplace, spinning, while she listened to the rich voice of her pious father reading comforting promises from the gospel. John Alden hesitated upon the threshold; then, obeying the stern command of duty entered the room and ably pleaded the suit of Miles Standish.

William Mullins gave his hearty consent to the proposed marriage, and Priscilla noticed with joy the pained expression that passed over John Alden's "countenance of gospel looks." The affection that she bore this unselfish young man stilled her maidenly delicacy, giving her courage to utter her historic question, "Why don't you speak for yourself, John?"

At these words a song of happiness filled John Alden's heart, but it was instantly hushed by the voice of duty. He could not trust himself to answer Priscilla without betraying his friend, so he left without speaking a word. She, misunderstanding his silence, was overcome by shame and horror at her boldness.

With a heavy heart, John Alden told the captain of Plymouth that William Mullins favored his courtship. Unhappy days followed for the young lovers. John Alden spent hours walking along the beach, battling with himself to overcome his sorrow and remain loyal to his friend. The sweet thought of Priscilla's preference for him had to be killed by his sense of treachery.

Priscilla, too, sought the shore, and gazed sadly toward the mother country. Homesickness and fear of an impending famine froze the blood within her veins, while her lofty being was tortured by the belief that she had dishonored herself in the eyes of John Alden.

Then the grim spectre, fever, came to the little colony and many were laid in nameless graves. Priscilla lovingly nursed the sick, both day and night, until she was too worn-out to continue her work of mercy.

In the early spring her father died. The weary, grief-stricken girl sought the solitude of a wooded hill to pray for patience and courage to bear her cross.

The newly-budded woodside also lured John Alden to seek consolation in its leafy depths. Here his great love made peace with his conscience.

At last John Alden came upon Priscilla as she stood on the edge of the pine forest. About her feet grew luxuriant patches of fairy-like pink blossoms. Stooping low on one knee, he gathered a handful of the fragrant blooms and gave them to the lovely Priscilla. She read the message in his eyes, and a pink flush of unutterable happiness dyed her face the color of the flowers. Gazing lovingly at the delicate blooms, knowing that they bore to her the heart of John Alden, she said softly:

"Mayflowers; the sweetest blossoms of the springtime. I have ever loved them best."

The torturing period of doubt and unrest was ended. Hand in hand, Priscilla and John Alden walked toward Plymouth, happy in unbounded joy.

WINIFRED BLACK Writes About THE RIGHT JOB

The Little Man has gone back to his little job. I was afraid he'd have to do it. He couldn't seem to get the right idea for the big job, and it's a pity, too, because he's a clever man in his way and he means to be kind and he wants, oh, so very much, to be successful.

He has a nice wife, too, and two pleasant sisters-in-law. One of his brothers-in-law he likes and one he doesn't care for. He's very fond of his mother-in-law, altho he doesn't approve of her religion, and he finds his own brother a good deal of a nuisance. His brother doesn't know the right sort of people, he says, and he's afraid he's going to marry some one that won't be much of a help to him.

The Little Man likes the house he lives in, but he doesn't care for the neighborhood. There's a man across the street that's too inquisitive, and there's one at the end of the block who wants to run the neighborhood.

The Little Man likes grey for a business suit and he's partial to grey hats. He has a fox terrier at home and he belongs to three clubs. Two of them he joined for business reasons and the other one he joined for fun. Now he transacts business thru the club which he joined for fun and never goes near the club he joined for business, except when he wants to have a good time.

The Big Man.

He has the blues when it rains and he doesn't care for snowy weather. There's a tendency to neuralgia in his family—that makes a difference, you know.

Oh, yes, I know all these things are true, because the Little Man told me about them at different times. Every time I went to see him about something important he had something to tell me about his personal affairs, and then he began to tell me things about other people's personal affairs. He seemed so interested in them.

The assistant manager of his firm has a pretty wife, and he's jealous of her. The head bookkeeper has an ugly wife and she's jealous of him. No, the head bookkeeper is not particularly brilliant, but he was a friend of the Little Man and the Little Man can never bear to have any one around him except his friends.

The assistant manager is a friend of his, too. The Little Man brought him over from the other concern when he took the big job and he put the elevator man on at the same time.

The Little Man always seemed to be so busy getting somebody out of a job to make room for somebody he knew, or putting somebody that he knew into a job where nobody else knew them, that he didn't have time to attend to his own job and now he's gone back to the old place at the old salary.

There's a new man who has taken the Little Man's big job, and he's a big man, and somehow I believe he'll stay. For one thing he's always busy, too busy to know anything about other people's personal affairs, and too busy even to dream of talking about his own. He's been at the big job for three weeks now and nobody knows whether he's married or single or whether he lives at a club or at home with his mother.

The Right Man.

Nobody cares, for nobody has time to care. The Big Man doesn't give them time, but he does give them orders and ideas and work to do. Then he forgets that they're alive till it's time for the ideas to bring results and the orders to be carried out and the work to be done—then he remembers.

I think I like the Big Man's way of doing things best, but I'm sorry for the Little Man. He'll never stop wondering how he lost the big job—not to the day of his death.

I think he suspects that the assistant manager "worked against him." The other day, when I met him on the street, he spoke quite passionately of the ingratitude of the elevator man.

How they do get together on the right time—the right jobs and the right men—don't they?

With women, now, it is sometimes a little different.

I know a woman, a great, big, splendid, broad-minded, big-hearted, generous, tolerant woman. She's married to a little, narrow, prejudiced, intolerant, stingy man, and it's her job to manager herself and her life—for him. I don't see how she does it.

I know a little, envious, jealous, narrow-minded, suspicious, carping, critical woman who's married to a great, big, splendid, forceful, successful man, and she can't handle the job. I wonder if she'll realize what's the matter when she begins to see that she's out of place in the broad, big life that her broad, successful husband is trying to give her. Or will she suspect him, or her dearest friend, or perhaps his business partner, of "working against her"?

How comfortable we'd all be if we could only get into the right jobs and stay in them for life, wouldn't we? And yet, perhaps, we'd never learn a thing, and then we'd go to our graves as small and as self-centred, as childish and as foolish as we were when we were seven years old, and thought the whole world ought to turn around just because we happened to be, for the time being, dizzy.

A HASTY LOVE AFFAIR.

Grand Duke Michael's Daughter Falls in Love With Man Who Stops Her Runaway Horse.

Perhaps no war wedding has created more widespread interest that that of the Countess Nada Torby, the beautiful daughter of the Grand Duke Michael of Russia, and Prince George of Battenberg. It recalls the story of the grand duke's morganatic marriage with the beautiful Countess Torby many years ago. A runaway horse was the beginning of the grand duke's romance. While out riding one day a lady dashed past him at full speed on a runaway horse. He at once galloped after her, and at great risk, eventually succeeded in stopping the runaway and promptly fell in love with the rider. The countess reciprocated his affection and, deaf to all opposition, they were married in due course.

N. W., Toronto, Ont. Q.—I am a young man 32 years of age and am troubled with hot flushes, and pains in the back of my head and neck. I also have pains around my heart, which extend to my chest. What do you advise?

A.—You should have your blood pressure ascertained. Your age, plus 100, gives you your normal blood pressure. If it is higher than normal obtain lots of sleep and rest. Do not over-exert yourself. Keep the skin and intestines active. Taboo hot dishes, salt, pepper, condiments, seasoning, rich foods, nuts, peas and beans. Be massaged daily. Drink much water, lots of fresh milk and cream and take a Bulgarian tablet with your meals. Take half grain nitrite of soda in water every four hours. A great consolation may be obtained from the fact that real heart disease rarely has pain with it, while stomach and other ailments have socalled "heart pains." These pains may be due to constipation, over-exertion, muscle strain, occupation too long in one position and several other things. Have a thoro physical examination made, even tho it is usually not required. It is a "safety first" procedure.