

DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

What the Pupil of the Eye Sometimes Tells the Doctor

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

The tiny knothole in your back yard fence gives you a sneaking view of your neighbor's garden.

The crack or peep-hole in the fence at the base of the garden grounds presents a view to your retina. The hole in the fence gives you a large scene of the world's stage in front of the footlights.

Each of these things is a peep-hole in the fence of life. They are therefore inelastic and not very adaptable.

Not so the little peep-hole of each of your eyes. These widen or contract, expand and narrow in accordance with the needs of your retina to see near or distant objects, outlines, colors and perspectives.

The color of these little peep-holes or pupils of your eyes, their size, form, symmetry, regularity of outline, equality and elasticity tells the alert physician just what may be wrong with your health.

The pupil is, after all, only a window opening in the colored curtain or iris at the front of the eyeball. If it is in the center, is round in shape and equal in size to the other pupil, nothing is usually amiss. When, however, the pupil is not circular in outline there is either some general or local disease present.

Some Pupil Oddities.

Sometimes an indentation in the pupil is present at birth. This means that the iris is in part missing. It is called a "coloboma." An operation, called an iridectomy, to cut away a part of the iris, may show a similar condition.

As a rule, an irregular pupil commonly indicates some inflammatory process or injury, which has attacked the iris.

When the form of anyone's pupil is like a clover leaf it may be due to an inflammation of the iris, which makes it stick to the lens behind it. This appearance is the chief and most reliable symptom with which to distinguish iritis from that eyelid disease called acute glaucoma.

A pupil shaped like a pear generally means an accident to the eye or a perforation of the eyeball by an ulcer.

When All is Well.

Black is the normal color of the pupil, whether your eyes be blue or brown. Any change in this black spot is trouble.

If the pupil appears orange, yellowish or pale red there may be a tumor in the eyeball. A whitish grey pupil, according to Professor Aaron Bray of Philadelphia, is nearly always the result of a cataract.

A greenish pupil points to glaucoma. This disease is called "green star." There is a greyish pupil with some light red streaks passing over it. A red pupil points to hemorrhage inside the eye.

The size of the pupil is a source of information to well-trained doctors. Near-sighted persons have larger pupils than far-sighted ones. Widely-dilated pupils in bright light point to brain tumor or pressure.

The use of heroin, morphine and other opium derivatives cause the pupils to become pin-point in size.

If the pupil acts, expands and con-

Answers to Health Questions

C. S. Q.—Please tell me what to do for leucorrhoea.

A.—Leucorrhoea may be benefited by the use of boric acid and water as a douche. Powdered boric acid or any good antiseptic powder may also be used.

S. H. Q.—Please give me something for freckles.

A.—Freckles are often a sign of good health and inheritance. You should be proud of them. Some so-called remedies contain mercury. Irritants such as these cause serious local as well as other trouble. As a trial a little of one dram salicylic acid to one ounce of alcohol may be used.

J. C. C. Q.—Please give me something for neuritis in my face.

A.—True neuritis or pain in the face is sometimes found to arise from a defective tooth, reddened gums, an inflamed gland or some other focus of infection. At other times the agency of the cheek joint or forehead may have a

KITCHEN ECONOMIES

BY ISOBEL BRANDS

OF THE APPLECROFT EXPERIMENT STATION.

Five Specially Fine Macaroni Dishes to Conserve Meat.

Macaroni can be prepared in almost as many varieties as meat. Actually it does replace the meat dish, and, therefore, more and more Canadian housewives who desire to conserve meat and fats for our boys at the front are adopting ingenious foreign ways of using macaroni.

Mexican Macaroni.

- 1 cupful of macaroni.
- 1 teaspoonful of salt.
- 1 pint of cooked kidney beans.
- 1 quart of water.
- 2 cups of cream tomato sauce.

Break the macaroni into inch pieces and cook in boiling, salted water until macaroni is very soft. Drain and pour cold water through it. Make a cream

sauce of 2 tablespoonfuls of flour, 2

tablespoonfuls of butter, ¼ cupful of

milk, ½ teaspoonful of salt and ½ cupful

of strained tomato. Heat the milk

until it is scalded, add the butter and

flour together and pour the mixture

into the hot milk. Cook for five min-

utes, then add the strained tomato.

Pour over the macaroni and kidney

beans, which have been drained. Heat

altogether, stirring carefully in order

not to mash the beans.

Macaroni Pudding.

- ½ pound of macaroni.
- 2 teaspoonfuls of butter.
- 1 pint of milk.

1 dash of grated nutmeg.

Break the macaroni into small pieces

and cook in boiling water for one-half

hour. Drain, add milk, butter and nut-

meg. Let simmer for 15 minutes. Pour

into a buttered baking dish and bake

about one-half hour, or until firm.

Macaroni Custard.

- 2 cupfuls of cooked macaroni.
- 2 cupfuls of milk.

2 eggs.

1½ teaspoonfuls of salt.

1 teaspoonful of pepper.

1 teaspoonful of melted butter.

Put the macaroni in a bowl and add

the other ingredients. Mix thoroughly

and pour into a buttered baking dish.

Bake for one hour, or until firm.

Macaroni and Mushrooms.

- 2½ cupfuls of cooked macaroni.
- 1 can of mushroom soup.
- 1½ cupfuls of chicken stock.

Few drops of onion juice.

1 tablespoonful of flour.

1 tablespoonful of butter.

A few grains of nutmeg.

Buttered crumbs, salt, pepper.

Drain and rinse the mushrooms. Cut

into quarters and fry until soft in the

butter, and season with a dash of nut-

meg. Add the flour and onion juice and

gradually the chicken stock. Let boil,

add the macaroni, and put into butter-

ed ramekins. Sprinkle crumbs over the

top and bake until brown in a brisk

oven.

Macaroni and Vegetable Stew.

- ½ pound of macaroni.
- 1 tablespoonful of butter.
- 1½ cupfuls of olive oil.

1 large sliced onion.

1 sliced carrot.

1 sliced turnip.

1 sliced stalk of celery.

1 cupful of cooked peas.

1 cupful of string beans.

1 cupful of strained tomato juice.

4 tablespoonfuls of grated cheese.

Salt, pepper.

1 tablespoonful of minced parsley.

Fry the onion until yellow in the olive

oil. Add the butter, and when melted,

add the other vegetables (unless they

are canned). If fresh, add and cook

until they are done, season and pour

over the macaroni, which has been pre-

viously boiled and drained. Sprinkle

with the cheese when ready to serve.

TWO PURITAN FASHIONS



The Simple Ideas of Puritan Conservation Are Evidenced in These Very Lovely Revivals.

CHARMING OLD MODES ARE REVIVED

By ANNETTE BRADSHAW.

A western woman recently remarked that patriotism in her section had reached the point where women willingly relinquished all aspirations to

fashion and were beginning to go about clad in gingham Mother Hubbards and sunbonnets. This may not be so great a sacrifice to many as ap-

pears, for over in the Shaker country I have seen many demure faces that were rendered only the more quaintly by the contrast of the simple bonnet with

flashing eyes and seductive curls. However, in the attempt to approxi-

mate the more simple ideas of earlier

strugglers for democracy, fashion

is taking a hint from Puritan costume.

The deep collar of pure white lawn,

folded, kerchief fashion over blouse

or one-piece dress, is a simple and most

becoming mode. As shown in the il-

lustration, the severe touch of surplice

collar is somewhat relieved by intro-

ducing the soft, wide cuff of white

to match at the sleeves. Collar and cuffs

of this type, perhaps frilled, oh, ever so

little, may be worn with the plainest

gown minus all other trimming or de-

coration and look quite beautiful.

Another interesting costume moulded

after the manner of the Puritans is the

wide-brimmed hat with conical crown,

trimmed only with a band of velvet rib-

bon to match, and long streamers, tied

in a loose bow below the chin. This is

worn with a grey cape, extending to

the hem of the dress, so that it is a

single complete covering, rather than

an ornamental wrapping as were the

last season's capes.

Worn with colonial slippers, square

toed and silver buckled, the maid

approaches the next simplicity of the

sober young woman of the Mas-

sachusetts Bay colony—a stirring

patriotic figure these days.

ters will also flourish under the benign

influence of Venus tried by Luns—an

undeniable promise of happiness, pleas-

ure and benefit through these channels.

Those whose birthday it is have every

prospects of an eventful and happy year,

with change and success. A child born

on this day will be clever, original, cre-

ative, social and altogether lovable.

Chinese breed stage for their horns.

which are cut off when soft and used in

the manufacture of native medicines.

The smallest known race is that of

the Bushmen of Southern Africa, the

mean height being four feet three and a

half inches.

The best mysticists are brought from

Cambay, in India, and from Siberia,

Ceylon and Persia. The chief supply of

the blue turquoise is drawn from the

peninsula of Sinai, the great mining

district of the ancient Egyptians.

Small glass and earthenware pots in

which potted meats are sold make ex-

cellent molds for blancmanges or pud-

ings.

ADELE GARRISON'S NEW REVELATIONS OF A WIFE

What Lillian Planned and How Madge's Troubled Thoughts Met an Announcement.

"You see," Lillian explained in answer to my glance of startled inquiry, "this particular business in which you're involved is coming to a crisis, and we must narrow the field of action to one place. For many reasons I prefer that place to be your home in Marvin."

"One reason is that Harry believes you to be here, and in order to protect you he will try to make Draper and her gang believe that you have left. That will send the whole pack to Marvin, and I believe if we make no mistake in setting the snare we can bag the whole lot there."

"I couldn't repress a shiver. There was a reasonableness in Lillian's tone that bodied ill for any manner of the 'back' of which she spoke. I realized—knew she must also—that Harry Underwood would doubtless share the fate of the rest of the gang, and the realization made me feel ill on Lillian's account as well as on my own."

"Harry's demand for that paper," I went on, "proves conclusively that the specific object of Draper and her gang is the recovery of that document which your father sent to Allen Drake, and which Drake returned to you after deciphering it. I have long suspected it. Now I have the knowledge and the knowledge of their object makes it possible for me to figure out their probable course of action and to anticipate their movements."

"I hope they will break in," she paused, and there was that in her manner which emboldened me to ask a question, something I rarely do when Lillian is outlining a plan.

"What will you do with Betty if you close this house?"

"I give her a vacation with pay," Lillian returned promptly. "She deserves one, and with good luck it won't be closed long."

"Aren't you afraid the enemy agents will get in and ransack the place while it's closed?" I ventured.

"Not that they will ransack the place," she said significantly. "I hope they will break in, for they will find a warm and unexpected welcome."

"Oh?" I exclaimed, enlightened. "You expect to have service agents guarding the place while it's ostensibly closed?"

"Exactly," returned Lillian, rising. "And now I must get busy, pronto. I must send guards to the Marvin house who will watch the place unknown to your mother-in-law until I can get there, it will never do."

"I'm worried enough now about those mysterious men next door. Incidentally, I want to have a look at them when I go out there."

A Surprising Phone Call.

Something in her tone struck me queerly, gave me the impression that Lillian had a theory of her own about our bizarre, melodramatic neighbors which didn't exactly coincide with that of my mother-in-law.

She walked to the door, then turned quickly toward me.

"This won't interfere with your little visit with Edith Fairfax," she said. "I cannot possibly make arrangements to go to Marvin for two days, so our luncheon to the two girls can go on just the same. I will tell Betty about it now, and then I will be off my mind."

"I couldn't help the mental wish that I was equally as fortunate as the door closed behind her. Lillian could dismiss the coming of the guests once the question of their culinary entertainment was settled. But I—The very thought of meeting again the girl about whose friendship with Dicky I had such gloomy, sinister forebodings unnerved me."

Why had I arranged this interview? I asked with bitter distaste for the task I had imposed on myself. Far better much more compatible with my dignity

not to have yielded to my wild surmises concerning the girl, not to have planned to meet her with the mad hope of ascertaining the truth concerning my husband's interest in her.

Retrospection or introspection was vain now, however. I was committed to the interview which Lillian's quick tact had converted into a luncheon for four. But my brain whirled with the conflicting emotions which the prospect of seeing the pretty little art student awakened. Rage, jealousy, shame at my own littleness in harboring the unworthy emotions, all had their will with me.

One thing stood out clear and distinct above the storm of swirling thoughts. The old, passionate, wild adoration I had experienced for Dicky was still mine—unaltered, augmented, if anything by this wild notion I had taken concerning Dicky's unexplained absence with Edith Fairfax.

The realization of this in curious fashion did much to restore to me a measure of the self-respect which I had lost at much misadventure in the days following Dicky's departure—the days made memorable by my encounter with the Drake and which Drake returned to you after deciphering it. I have long suspected it. Now I have the knowledge and the knowledge of their object makes it possible for me to figure out their probable course of action and to anticipate their movements."

My cheeks flushed with shame at the reminder that there had been hours when I had questioned the strength of my own conjugal feeling.

And as if the thought had been a psychic summons from my soul to another, I heard the tinkle of the telephone bell, followed by Lillian's appearance in the doorway.

"Capt. Hugh Grantland is on the 'phone, Madge," she said gravely.

"Who are you?"

"Yes, everything and everyone is happy in Fix-It Land," laughed Granny Cheer, "and so you will be after you've bathed your toes in Cheery Creek."

Then she led Peggy to the edge of the sparkling stream. "First you must lay all frowns and cross thoughts on the bank," Peggy laughed and promised her she did she'd never pick them up again, and Granny Cheer pushed her into the water.

As the cool waters touched Peggy's feet she awakened and began to laugh. "It's only a dream, this Fix-It Land, with its Cheery Creek and Granny Cheer, but I feel better, just the same," laughed Peggy, and she ran downstairs and kissed her mamma.

"I'm dreadfully sorry I'm so cross and ugly, but I'll promise never to be so again if you'll forgive me."

Of course her mamma did, and from that day Peggy never found the frowns and cross thoughts she had laid on the feet of Granny Cheer on the banks of Cheery Creek.

The enormous force of Niagara River in its descent from Lake Erie to Lake Ontario represents a descent of 834 feet in 36 miles, while the average height of the falls is between 154 and 162 feet, representing, according to different estimates, from 1,750,000 to 7,000,000-horsepower.

The seemingly meaningless figures on the lining of your shoes are entirely intelligible to the shoe clerk. They are in code, and the code is a tribute to human vanity. There are several codes, the most common of which is termed the western, says "Mistakes." For instance, 375 means 7½ C. The first number, 3, indicates the width, 1 meaning A; 2, B; 3, C, etc. The second figure is the length. If a 5 appears after it, that adds a half-size. A 0 indicates a whole size. 6D, for instance, would be 6½.

Granny Cheer, for Fix-It Land, replied the little old woman in a squeaky voice, "and I've come to try to help you."

"How can such a funny little person like you help me? You'll only make me laugh," cried Peggy, beginning to laugh.

"There you are!" laughed Granny Cheer. "See, your tears are gone and you're laughing already."

"But I'm not happy," exclaimed Peggy, looking up.

"Then I'm glad," replied Granny Cheer, "for I'm not to make those around us happy."

Waving her apron over Peggy's head, Peggy could herself growing very tiny, so tiny that Granny Cheer looked almost like a giant.

"Take hold of my apron strings and I'll take you to Fix-It Land," The minute Peggy touched Granny Cheer's apron strings they were both whisked through the attic window and set down in a wonderful woods.

Beautiful colored birds flitted here and there, all singing merrily. The little brook, whose waters were blue as the

For Summer Cottage Sanitation



It's splendid!

lovely sky above it, sparkled and tinkled as it flowed over the pebbles.

"What a lovely place!" exclaimed Peggy. "And how happy everyone and everything seems to be." As far as Peggy could see, tiny fairies raced through the grasses after the birds, laughing and singing.



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