AGAZINE"

Secrets of Health and Happiness

What Baby's Menu Should Be During Its Second Summer

A. B., M. A., M. D. (Johns Hopkins University.)



ach of a year-old baby a volume equal to a glass-f a pint—and half again as at 18 months. Colle, the like are due to feeding re than a cup and a half

Answers to Health Questions

They will not promote growth or oarsen the hair.

E. A. Q.—Will you please advise what 500,000.

The value of the mineral production of Alaska in 1917 is estimated at over \$41,750,000; in 1916 it was over \$48,-

By DR. LEONARD KEENE HIRSHBERG.

M. P. B. Q.—Please tell me what can be done to stop a two-months-old baby from vomiting, and what is the best thing to give him for constipa-

best thing to give him for constipations which are fed artificially immer often suffer fatal diarcomplaints then, which they encounter in greater danger to the future summers of ingreater milk and foods from d cups, glasses, plates and cups, glasses, plates and cups.

about, the 18th month, the frequently propped up at the the family. "Smart" elders with unboiled water, milk, and pabulum intended for older They have forgotten other these needlessly lost.



By Generieve Kemble THURSDAY, JUNE 13.

ing translator of planetary influences this should be a day of achievement, should be a day of achievement, but and very little at a given for two or three deal with superiors or those in authority with every prospect of advantage. Under a strong favoring Jupiter new and speculation should flourish, and all success as well as bring honor, fame or distinction. The health and affections are also benefited.

Those whose birthday it is will have just had the last delicious by an accessful. happy and prosperous year. A child born on this day will be generous, popular and prosperous.

The value of the mineral productions

Food Controller, I wish I had the basket—and the time; I'd start this very minute. I'd rather go marketing than shopping any day, wouldn't you?

Not too soon after breakfast. I never can get up very much excitement over food when I have just had the last sight of bacon, can you? People always seem to me so greedy—when I have just had all I want myself.

But along about 10 o'clock, say, of a nice, breezy, summer morning, in a nice, ool, crispy linen or gingham with the

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

William Brings Strange News.

"You're lockin' pretty peaked, Mis' Gramme. Are you sure you're all right."

from the topic of his "swell" clothing, for which he had tolded so hard at the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, the "second-hand appearance" in the behest of his friend, with a friend hand to the behest of his friend, the "second-hand appearance" in the behest of his friend, hand had been dealed to his friend, had been dealed to have a been dealed to his friend, had be



Take small doses regularly—a larger dose only if you're sure you need it.

That's been the rule of hearty, sprightly, happy folks for 50 years.



Genuine bears Signature Prentisona

Colorless faces often show the absence of Iron in the

CARTER'S IRON PILLS will help this condition.

when twisted old face.

"No, not tomorrow, William," I answered, "but the very first day I can get away I'll be at home."

"Well, I suppose that'll have to do," he said reluctantly, then he dropped his vice and assumed a very mysterious, it was a charming girl standing be hind a stucce terrace. She was chatting away at the same time lefs that be done the binding of cousin Agatha's too curious eyes?

Lilian's voice, crisp, curt, interrupted us.

"Who told you that, William?"

William looked up at her as would a child caught in a fault.
"I don't remember," he faltered, his eyes wavering.
"Katle Told You?"

William raised his eyes to hers as it he were hynotized.
"Katle Told You?"

There was a long pause. Then, as it he were hynotized.
"Katle told you that, didn't she?"
There was a long pause. Then, as it he word were literally dragged out oh him. William apoles."

"Whot so don't know. Let me think," she or it don't know.

"What's to be done?" I asked of Lililian helplessly.

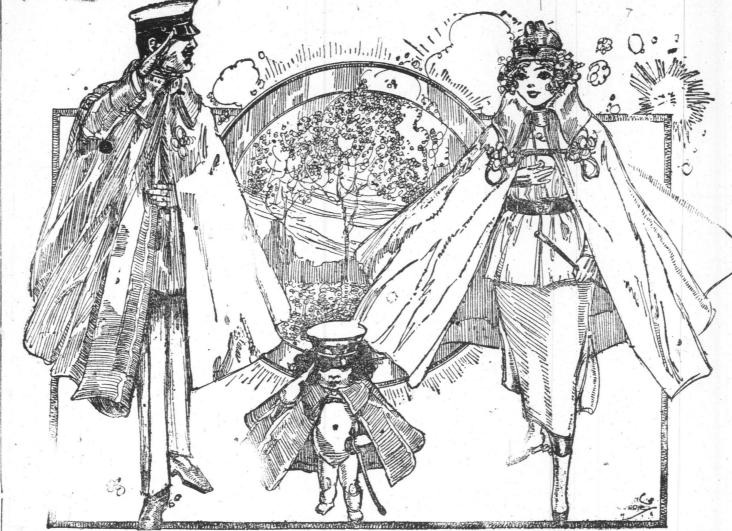
"I don't know. Let me think," she of the fath and the containing on their clow and the subterfuge.

"A the same time lefs that the same time l

of the second of

ENTER THE MILITARY CAPE

By Frank Crerie



lessly lost. subject is not of general interest let-are "bawled" for ters will be answered personally, if a eyes and captured hearts—behold the results wherever Captain Jack Tar strollnd weak-willed par- stamped and addressed envelope is ingive their offspring closed. Address ALL INQUIRIES to

With a swish and an air of devil-may-care the cape swept before feminine | DEMURENESS that's all its own-a daintiness only Cupid and HIS lovely followers could effect. And so when the mystic three chance to meet, SHE may salute him with a dimple when—sensing the militariness of a cape that flashes across his preoccupied vision—he salutes it and, surprised, HER. It's then

article. Self-control, and take and address ALL INQUIRIES to article. Self-control, and nature are made or times even in the times even in the office.

Self-control of times even in the office.

WINIFRED BLACK

Writes About "The Market Basket."



But along about 10 o'clock, say, of a nice, breezy, summer morning, in a nice, ocol, crispy linen or gingham—dear me, how smart those ginghams with the bright belt and ties are, to be sure. And a neat little hat and a good big, broad, deep, high, wide basket—me for Strawberries

idea! Any one of these things would be a feast in any other country but this.

Our Wonderful Varietles.

I found out why Ouida's heroes were always peeling a peach when the story opened when I went to England.

They peeled a peach to show that

Beautiful Elbows the

Result of Thought and Care

The Famous Spanish Prima Donna
A few days ago
I saw a charming
Spanish Prima Donna
four women out of the six who were seated nearby resting one or both elbows on the tables.

just so much damp wax—and I wish I hadn't.

Green peas! What on earth do they do to them in the restaurants? You might as well eat bullets, and yet, Just fresh from the pod, shelled on the back porch, with the children playing "old cat" in the garden, and the house dog pretending to be mad about it, and the cake browning in the oven and smelling. Well, what's the use? It takes home to give us these things, just plain, old-fashioned home, with the sweet woman in the heart of it. I wonder if we wouldn't get back as little of the old-fashioned home spirit if we'd stop going to bridge parties and fox-trot parties and uplift meetings.

I'm going to try it, anyhow. I think it will be fun—and, oh, if I can only get back just, a few of the plain, simple the food controller suggests.

I'm going to try it, anyhow. I think it will be fun—and, oh, if I can only get back just, a few of the plain, simple wind without danger of being scalped. Fut all these disadvantages, notwith-standing, no really "smart" Manchu woman is ever seen without her towering "lian-barh-to."

Woman's Headdress Makes Her "Tack" in a Wind.

Ever since the days of Scheherazade, song and story have voiced the praises of the beauty of Asiatic women, but there is little doubt that the very loveman all are the women, not of what we think of as Asia, but those of Manchuria, the far northeastern tip of China. Stunning is the only adequate adjective to describe their figures, and adjective to describe their figures, and adjective to describe their figures.

Where a Woman's Headdress Makes Her Tack in a wind.

Itak in a wind.

Now it happened that both brothers were in love with the beautiful Princess Zoo.

King Dodo, her father, favored Dan, because of his bigness. But Princess Zoo liked Davey the better because of his bigness. To aid this latter effect they have invented and continually use a striking headdress called the "lian-tot". And with the years it has called him a fool.

One day the two boys traveled to the palace to offer their love to the beautiful Princess Zoo.

Itak he could hide under his brother's hat.

Now it happened that both brothers were in love with the beautiful Princess Zoo.

King Dodo, her father, favored Dan, because of his bigness. But Princess Zoo liked Davey the better because of his happy, witty ways, for Davey was striking headdress called the "lian-tot" And with the years it has so very witty that folks sometimes that he could hide under his brother's hat.

Now it happened that both brothers were in love with the beautiful Princess Zoo.

King Dodo, her father, favored Dan, because of his bigness. But Princess Zoo liked Davey was so very witty ways, for Davey was so very witty that folks sometimes to offer their love to the beautiful Princess and refreshes while it cleanses.

JOHN TAYLOR & CO., Limited, Dept. 4, TORONTO.

Ilitatrated by Gruelle. HOW WIT WON.

Once upon a time, in a distant land, Once upon a time, in a distant kind, there lived two brothers. Dan, the older, was big and strong; Davey, the younger, was bright, but very, very small. In fact, Davey was so small that he could hide under his brother's

ful Princess Zoe, and the old king smiled when he saw them coming, for Davey was riding on the toe of his brother's boot.

"It's big and strong you are, Dan," daughed the king, patting the big fellow on the back. "But Princess Zoe favors your brother more than you, so I've thought out a plan. Tomorrow you two shall run a race. The one who arrives at the palace first shall have my daughter and half my kingdom."

Princess Zoe was very sad when she learned of this test, and she sat a long time weeping.

Would Wake Up Smothering

The terrible smothering and choking up sensations and sinking spells, the feelings of dizziness and faintness that come over those whose heart and nerves are deranged causes the greatest distense of both mind and pody.

Milburn's Heart and Nerve Pills give

time weeping.
"Don't worry," whispered Davey, trying to quiet her fears. "Wit outweighs strength every time. Perhaps I can think of a way," and, kissing Princess Zoe good-bye, Davey went home whistling.
"You make merry, as if you were glad you were going to loose her," sneered Dan, for his brother's whistling made him nervous.

tress of both mind and body.

Milburn's Heart and Nerve Pills give prompt relief and effect a comple cure in cases of such severity.

Mrs. A. M. Powell, Norval Station, Ont., writes: "I cannot speak too highly of Milburn's Heart and Nerve Pills. I suffered five years with my heart and



Watched His Chance.

ment he fould Davey talking with the king.

Princess Zoe was very happy and kissed Davey before the whole court, kissed Davey before the whole court, and King Dodo kept his promise. Princess Zoe and Davey were married amid great splendor, while Dan looked sorrowfully on.

When the king handed Davey half

everyone present.

Princess Zoe and Davey knew why, but they never breathed it to a soul—they never told anyone how Davey won that race—and they all lived happily aver after.

SUFFERED TERRIBLY WITH HER HEART

meered Dan, for his brother's whistling hade him nervous.
"We start at the same time from our ouse?" asked Davey, ignoring his rother's taunt.

"We start at the same time from our nerves, but the last two years I have suffered terribly. If I went to bed I would wake up as if I were smothering. I did not get one night's sleep out of seven. I got so very weak that the doctor was called in, and he said it was my heart, and that I must take great care of myself. I saw your advertisement in your almanac for Milburn's Heart and Nerve Pills, and said I would try them. I have only taken two boxes of them and I feel a new woman. I will recommend them to anyone afflicted with heart

Milburn's Heart and Nerve Pills are 50c a box at all dealers, or mailed direct on receipt of price by The T. Mil-burn Co., Limited. Toronto, Ont.

Alkali in Shampoos Bad For the Hair

If you want to keep your hair look-Davey Watched His Chance.

Dan grunted and ran ahead, leaving Davey far behind, but when Davey arrived home he was still whistling or anything else, that contains too much marrily.

merrily.

The next morning the two brothers left their house for the king's castle, and just before they started, and when Dan wasn't looking, Davey crept into one of Dan's big boots and hid.

Dan looked back, and, not seeing his brother, trotting behind him, he chuckled to himself:

"I could like down, take a nap and still beat Davey!" he laughed, and down Dan sat under a tree to wait for Davey to catch up with him.

Davey watched his chance, crawled out of the boot and stampered away through the bushes as fast as his tiny legs could carry him, and when Dan reached the castle gate, to his amazement he fould Davey talking with the king.

Princess Zoe was very happy and sliky, bright, lustrous, fluffy and easy



Send us three of these ads-all different-for

Gum



Maria de la companya de la companya

A healthy goody-goody for hungry kiddies. Good for little teeth

which some sweets harm. Better for little tummies than too frequent eating.

The best in-between meals "treat" for anyone.

Prominently displayed in most stores

AlsoADAMS(theoriginal) TUTTIFRUTTIGUM



CANADIAN CHEWING GUM CO.