Useful Hints | **Woman and Home** | Ethical Talks

The Strange Case of Mary Page

BY FREDERICK LEWIS
Author of
"What Happened to Mary"

Pictures by Essanay. Copyright, 1915, by McClure Publications. Shown at the Victor Theater.

SYNOPSIS:

Mary Page, an actress, has finished rehearsing her first star part. Her sweetheart, Philip Langdon, has left her, and her backer, David Pollock, entering her dressing-room, seizes her in his arms by force.

(Continued from Monday.)

Scream after scream rang out from her—screams less of protest than of frenzied terror; cries that even Pollock's heavy hand could not smother and which brought Daniels on the run from his hiding-place in the wings. Quick as he was, however, another was swifter, for Langdon, too, loitering at the stage entrance, after calling his taxi, had heard those despairing screams and to him they were fraught with terrible memories, as well as present fears. He hurried to her room. Mary's door gave way with a crash as he leaped against it.

At sight of him Pollock let Mary slip from his arms, and something closely akin to exultation leaped into his eyes to meet the fury of Langdon's—a primitive exultation at the chance to express an implacable hatred with blows instead of futile words. There was savagery in Langdon's face too, and to Mary, crouching in a corner, her lacy negligee torn and disheveled, it seemed inevitable that they would kill each other in the brutal struggle that now began.

The thud of their blows, the sobbing of deep-drawn breaths, the sharp exclamation that told of a blow driven home—all these were like the hideous echo in some blurred nightmare to Mary. If only she could cry out—if she could only wake and find it was not real! But her stiff cold lips could not frame the cry for help that she felt ought to go ringing out through the silent theater. She only crouched lower, moaning in fear.

But the paralysis that bound her snapped like an over-taut wire when she saw Pollock's hand slipping back to his hip pocket. Now she matched savagery with savagery. When, in answer to her cry of warning, Langdon struck up the treacherous hand and sent the revolver spinning to the floor, it was she who sprang forward and snatched it out of reach of the groping fingers of the fighters.

She was realizing now that the older man was no match for the clean-limbed lawyer, and Pollock himself, in spite of the fictitious strength born of the brandy, was beginning to feel a foretaste of defeat.

He knew he could not win with his hands, and, robbed by chance of his revolver, his bloodshot eyes searched the room for a weapon and fell at last upon the slender little sword which was a part of Mary's costume. A "prop," but a dangerous one, and inch by inch he fought, not to beat back Langdon, but to reach the corner where the sword stood.

Feeling him giving way, Langdon pushed hotly forward, raining blows like a flail until with a cry of triumph Pollock twisted away from him and caught up the glittering, sharp-pointed weapon. But it was not Langdon whom he faced as he swung back. It was Mary—Mary with a pitiful white face and in her hand the revolver she had picked up. Swiftly, so swiftly that the eye could not follow the movement, she leveled the single weapon that was between her and her lover and fired. He stopped in his rush as a beaten hound.

(To Be Continued Tomorrow.)

Dentist and Pyorrhoea

By William Brady, M. D.

Pyorrhoea alveolaris of dentists (abscess of the sockets of toothsockets and discharge of pus from the gums) is so very frequent and so very injurious in its effects upon the general health that it merits free discussion.

Severe anaemia (weak or watery blood), stomach and intestinal troubles and "rheumatism" are so commonly noted among the injurious effects of neglected pyorrhoea that good physicians nowadays insist upon an expert dentist's examination, fortified, perhaps, by an X-ray photograph of the jaws, in order to reveal any hidden pus-pockets or "septic foci" which may be entirely accountable for the general ailment.

In previous discussions of the subject, competent critics inform us, we have not sufficiently emphasized the importance of dentistry. We have dwelt upon the endameba and the streptococcus as causes of pyorrhoea—the former treated by hypodermic injections of emetine given by physician or dentist, the latter by scraping out the pus-pockets and preparing a vaccine from the material, to be administered at intervals over a prolonged period of weeks. But we have had nothing to say about the need of dentistry to remove calcareous deposits from the roots of the teeth—scaling, it is called. This is an essential part of the treatment, and no patient should neglect it.

Of course, it is a dentist's affair, pyorrhoea. He must determine whether the disease has progressed to the extent of calcareous deposit, and, so far as he is able, whether and where there are pus-pockets to be drained and curetted. But he should work in conjunction with the patient's doctor. The best dentists always do so when treating pyorrhoea. For instance, without the physician's sanction, in a case of pyorrhoea with secondary joint lesions, it might prove disastrous for the dentist to curette or surgically attack a number of pus-pockets at one sitting—it is always better to do a little at a time, and at intervals of several days, because each curettage or opening of pus-pocket effectively vaccinates the patient with his living vaccine, a very helpful thing for the secondary lesion if homeopathic, a very risky and sometimes disastrous thing if in large dose.

Success, then, in the attack upon pyorrhoea is to be anticipated by teamwork. Most people look upon their dentist much in the spirit in which they look upon their dressmaker or barber. That is wrong. A dentist is a force of health if you give him an opportunity. He should be approached as a specialist, by and with the cooperation of the family doctor.

Questions and Answers.

Diet of baby from eighteen months to two years—Will you kindly suggest a normal diet for a baby of sixteen months?

Answer: Breakfast (7 A. M.)—Cup of milk, a slice of bread and butter, or a soda. Graham, oatmeal or similar biscuit. Or a soft-boiled egg or poached egg with bread and butter and cup of milk, or porridge.

Lunch (10 A. M.)—Bread and milk, or bread and butter with brown sugar on it.

Dinner (2 P. M.)—Boiled rice or baked potato with gravy; glass of milk, or cup of chicken, mutton or beef broth, with barley or rice in it. Some fresh fruit juice. Bread and butter with sugar on it. Custard, tapioca, cornstarch or rice pudding.

Supper (6 P. M.)—Bread and milk or porridge.

Leather Skating Rig

Beautiful Costume Here

Since skating has usurped the popularity of dancing, fashion has espoused the cause of the winter sport by providing most beautiful costumes. Velvet or cloth lavishly trimmed with fur in colors as mellow or vivid as you like. Many of the models are of Russian persuasion, while others are undeniably Directoire. The skating rig pictured is of tan leather trimmed with raccoon. Boots are perhaps the most important detail of the skating costume. They must be snug, strong, well-made, of a sensible shape, and, to be modish, they are cut and laced up the fronts.

Odd Spring Style

Extremely Chic Chapeau

Not only do Southern travelers and tropical visitors want the new hats, for they sell most as many to home-staying women who like to get the new things early and are tired of wearing winter millinery. This extremely chic chapeau is of layers of silk with a fur bow and cluster of roses.

Cult of a Good Voice

By Antoinette Donnelly

A good speaking voice is an enviable asset, but one that comparatively few American women possess. Isn't it true that in your own acquaintance there are few women or girls of whom you hear such a compliment as "Her voice is wonderfully attractive"?

A good voice is a power. It charms with the charm that holds. It is something worth cultivating if it is not already one of your possessions—because it can be cultivated.

At any rate, if you are the mother of small girls begin to train them from the early days of childhood and when they grow up they will have that enviable additional power of attraction. Training begun in childhood along this line simply insures an attractive voice in the adult. It doesn't take much of the mother's time—just a little correction and a little assistance now and then.

Children are imitative, of course, so it will be necessary for the mother training the child to train her own voice at the same time if it is not already of a pleasing speaking quality. So the instruction works to advantage all around. And again, because children are imitative they should be more or less in the company of those who do know how to speak properly.

When children are at play is the time when they are specially apt to let their voices "go," and in their excitement they will utter words in a tone that could only be likened to the snap of a whip. Unless such a child is checked in youth she will grow up with a harsh-toned speaking voice—a most unlovely thing in woman.

Some think that they can use any kind of a voice around "home" and put on a "best" voice for company. The result is artificial and insincere. No sensible person tries to put this theory into working effect. Have one voice—the best one. Use it at home and guard it carefully, never allowing excitement or anger to run away with its pleasantness. Before you begin to speak have your voice "placed" in an agreeable key and pronounce your words clearly and distinctly. You might practice little rimes in the privacy of your boudoir every day until you get the habit of a correct way of speaking and a pleasing tone is acquired.

Antoinette Donnelly's Answers.

P. R. W.—Because of the leather of the closely fitting shoe allowing little ventilation more attention should be given to the airing of the feet as well as to their bathing. The feet should be bathed twice daily and the stockings changed twice. Don't tuck away your shoes in a shoe bag, but leave them out to air. An alcohol rub is refreshing to weary feet.

Irma—Cold water is excellent for constipation and biliousness. Two glasses of cold water should be taken before breakfast, with an interval of twenty minutes between, the last glass being taken one hour before breakfast.

Bettie—The cold winds of winter cause a dryness of the face and lips, which often leads to painful chapping, and in the case of the lips small fissures may be produced. Rub your lips night and morning with a good cold cream and massage your face at night with a good skin food. It is always best to put some cold cream on your face before going out in the air.

Dorothy E.—Constipation may be overcome by a careful diet. Corn and Graham bread can be substituted for white bread. Plenty of fresh fruit and vegetables should be eaten. For those who can digest them, raw apples eaten just before retiring are a great aid. The drinking of a sufficient quantity of water daily is also essential, and this quantity must be three pints. A glass of cold water, taken the first thing in the morning on rising, is often effective.

Edith P.—The abundant eating of fruit and green vegetables, if persisted in, is the most efficient means of overcoming constipation. Ripe raw fruits and cooked fruits are particularly efficient; baked apples, stewed figs and prunes are especially helpful. Free water drinking is one of the efficient measures against constipation. I have instructions for massaging and exercising the neck, which I shall be glad to send to you if you will send me a stamped, addressed envelope.

An Ancient Food

Sauerkraut Standard Product

In a recent interview with Dr. John Dill Robertson, health commissioner of Chicago, this official said:

"It is not generally known that sauerkraut is among the most ancient foods of Europe. Centuries ago it was made in Germany, where the peasants put it up in old wine casks and similar containers. In the Russias, likewise, the use of sauerkraut runs back far beyond the memory of man.

"The mode of curing cabbage was much the same in both countries, but in Russia the kraut was preserved in pits in the ground for winter consumption.

"Perhaps in no other single instance can the stamp of modern progress be more clearly felt and seen than in the development of the sauerkraut industry.

"It may be said, furthermore, that as a food it is one of the cheapest products on the market."

Long—Francis.

[Special to The Times-Dispatch.]

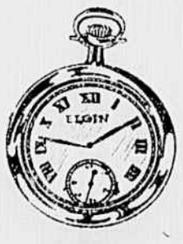
PETERSBURG, VA., January 31.—Mrs. N. J. Francis, of this city, announces the marriage of her daughter, Lucille, to Clarence W. Long. The ceremony was performed at noon today at St. Ann's Church, Washington.

LADIES---

I wish to announce the arrival of the latest materials and styles that will be fashionable for the coming spring and summer seasons. Special reduction given for a short while on orders placed in advance. Call and inspect. High-class workmanship and fit guaranteed.

Budman, Ladies' Tailor
416 West Grace. Randolph 3863-W.

A Five Cent Breakfast in five minutes! What a boon to the busy housekeeper! Two Shredded Wheat Biscuits, heated in the oven to restore crispness and served with hot milk, make a complete, perfect meal, supplying all the strength needed for a half day's work at a cost of four or five cents. The richest man in America can buy nothing better. Contains more real nutriment than meat or eggs and is more easily digested. Made at Niagara Falls, N. Y.



Special Sale of Watches

This sale embraces my entire stock Elgins, Waltham, etc.

H. COHEN
JEWELER,
707 East Main Street.

FEDERALIZED MILITIA FOUNDATION FOR ARMY

Preferred by Majority of Committeemen Over Proposed Continental Scheme.

STATUS OF NATIONAL GUARD

Discussed in Detail by Witnesses Before Senate and House Committees—Legal Aspect Involves Questions Never Passed On by Courts.

WASHINGTON, January 31.—The status of the National Guard in any preparedness plan that may be worked out by the present Congress was discussed in detail by witnesses before the Senate and House Military Committees to-day. Brigadier-General Mills, chief of the militia divisions of the War Department, declared a federalized militia would be the best foundation on which to build the proposed continental army, and Brigadier-General Crowder, judge advocate-general of the army, examined on legal aspects of federalization, said it involved questions on which the courts had never passed. National guardsmen themselves will be given a hearing to-morrow by both committees, the executive committee of the National Guard Association and numerous other State officers having been invited to present their views.

Other witnesses to-day included Lieutenant-General Nelson A. Miles, who told the Senate committee the country should have a standing army of 150,000 in peace times, so organized as to form the skeleton of an army that could be recruited to total 394,000 in war. Senator Knute Nelson, of Minnesota, a Civil War veteran, appeared before the Senate committee in advocacy of a standing army of 200,000.

MILLS IS QUESTIONED BY EVERY MEMBER

General Mills was questioned by every member of the House committee, and the trend of his examination indicated a majority of the committeemen preferred federalization of the militia to the continental army scheme.

General Mills declared enactment of the continental army scheme would not necessarily destroy the National Guard. He said several States were opposed to any Federal control over the National Guard, citing Colorado, Arizona, Texas and Montana as conspicuous examples. His statement brought a vigorous protest from Adjutant-General Chase, of the Colorado National Guard, who was promised a hearing to-morrow.

General Miles presented an army increase plan of his own. His skeleton army proposal contemplated sufficient recruiting in war time to bring up the force to 394,000 without adding any officers or new regiments. There would be ninety-seven regiments of infantry at a peace strength of 1,000 men each, twenty regiments of field artillery on a peace footing of four guns to a battery, twenty regiments of coast artillery, also on peace footing, and eighteen regiments of cavalry. The recruiting would bring each infantry regiment to 3,000 and each light battery to eight instead of four guns.

"There is nothing to indicate," said the general, "that a larger military force will be needed in the near future, if ever."

UNIVERSAL SERVICE OPPOSED BY MILES

General Miles added that he was not alarmed at the reported ability of any strong European belligerent to land a force of 500,000 men and sweep the coast line. He disapproved of any proposal for universal military service, declaring "You can't Germanize the American people."

The witness said that should greater need arise, an army of 1,200,000 could be quickly produced. He had no fear that sufficient men would not volunteer in any serious emergency.

Senator Nelson, in proposing a standing army of 200,000, said enlistment should be for five years, one with the colors and the other four in reserve. That would mean an army of 1,000,000 trained men in five years, he added.

Investigation of a special joint committee on Congress into any alleged connection of army or navy officers, active or retired, with private munition manufacturers was proposed in a resolution introduced in the Senate today by Senator Lane. It also proposes investigation of the Navy League and Labor's National Peace Council.

PETITION IN BANKRUPTCY AGAINST OLD DRUG COMPANY

[Special to The Times-Dispatch.]

ALEXANDRIA, VA., January 31.—A petition of involuntary bankruptcy was filed to-day in the United States Court for the Eastern District of Virginia against E. S. Leadbeater and Sons, Incorporated, one of the oldest wholesale and retail drug firms in the United States, which was established here in 1792. The petition was filed on behalf of the First National Bank, Citizens National Bank and W. A. Smoot and Company, Incorporated. Claims set forth in the petition, both secured and unsecured, total $39,542.98. Of this amount $19,940.43 is secured and $19,602.55 is unsecured. They are given in the petition as follows: First National Bank, $6,996.93 indorsed and $3,415.01 unindorsed; Citizens National Bank, $12,168.50 secured notes and $16,087.55 indorsed; W. A. Smoot Company, Incorporated, $475 promissory notes and $99.99 open account.

The firm has fifteen days in which to file answer to the petition filed against it.

Officers of this concern are Clarence C. Leadbeater, president; Edward S. Leadbeater, Jr., vice-president; John Leadbeater, secretary.

Gifts of Tobacco for Men at Front

Valuable Donations Are Made Through War Relief Society of Virginia

A very enthusiastic meeting of the directors of the War Relief Association of Virginia was held yesterday afternoon in the headquarters rooms, in the Allison Building, on East Main Street, practically the entire membership being in attendance. Henry W. Anderson, chairman, presided.

Mrs. William H. White, chairman of the tobacco and smoking supplies section, made a most interesting report concerning generous gifts through that section to be forwarded by the association to the soldiers on the firing line in Europe. Larus Brothers & Company, of this city, have given $2,000 worth of smoking and chewing tobacco for the Australian and New Zealand forces, and, in addition, have offered to make up without charge, into cigarettes and pipe tobacco, five hogsheads of tobacco purchased by the association. Allen & Ginter, also of Richmond, have contributed several hundred boxes of cigarettes, and these will be forwarded with the others. The call from the men actually at the front has been very insistent for tobacco and smoking supplies, and no other one thing could bring as much comfort and solace as these and other gifts of like nature.

The finance committee, E. J. Willis, chairman, under whose auspices the recent successful campaign to raise $50,000 for the relief work, was conducted, was discharged from that task, with the very earnest thanks of the association.

The clothing and wearing apparel branch, through Mrs. St. George Bryan, chairman, reported there was no further urgent need for old clothing now from Richmond people, and all having such garments are urged to send them to the Associated Charities, to be used in allaying the sufferings of Richmond unfortunates.

WHEREABOUTS OF SUSPECT KEPT SECRET BY POLICE

[Special to The Times-Dispatch.]

DANVILLE, VA., January 31.—The police have in custody, at a place unnamed by them, a negro who is suspected of being the man who attacked Miss Helen Morrissett over a week ago. It developed to-day that he has been held for the past three days and will be confronted by the young girl who believes she can identify him by his queer voice. The negro has a bad police record, and he was seen where the girl was attacked less than five minutes before the assault was committed. The chief of police has instructed the officers to be uncommunicative with regard to the arrest. No talk of violence has been heard, but it is realized that the local volunteer company is away from the city doing duty at Hopewell.

FIRE DAMAGE OF $10,000 IS DONE IN ALEXANDRIA

[Special to The Times-Dispatch.]

ALEXANDRIA, VA., January 31.—Damage of the extent of $10,000 was done by fire of unknown origin which late last night destroyed the wholesale warehouse of E. S. Harger, Incorporated, and threatened the main stores and many buildings in the heart of Alexandria's wholesale district. The firemen kept the fire confined to the building in which it originated. It was 1 o'clock this morning before the fire was subdued, and it started at 9:30 o'clock.

An Easy Way To Get Fat And Be Strong

The trouble with most thin folks who wish to gain weight is that they insist on drugging their stomach or stuffing it with greasy foods; rubbing on useless "flesh creams," or following some foolish physical culture stunt, while the real cause of thinness goes untouched. You cannot get fat until your digestive tract assimilates the food you eat.

There is a preparation known to reliable druggists almost everywhere which seemingly embodies the missing elements needed by the digestive organs to help them convert food into rich, fat-laden blood. This modern treatment is called Sargol, and has been termed the greatest of flesh-builders. Sargol aims through regenerative, reconstructive powers to coax the stomach and intestines to literally soak up the fattening elements of your food and pass them into the blood, where they are carried to the starved, broken-down cells and tissues of your body. You can readily picture what this amazing transformation should produce as with increased weight the cheeks fill out, hollows about neck, shoulders and bust disappear and from 10 to 20 pounds of solid, healthy flesh is added to the body. Sargol is absolutely harmless, inexpensive, efficient. Tragle Drug Co. and other leading druggists of this vicinity have it and will refund your money if you are not satisfied, as per the guarantee found in every package.

NOTE—Sargol is recommended only as a flesh builder, and while excellent results in cases of nervous indigestion, etc., have been reported, care should be taken about using it unless a gain of weight is desired.

Drink WHITE HOUSE COFFEE BEST GROCERS

AMERICAN BREAD AND BAKING COMPANY'S JITNEY BUNS

Chiropractic
Removes the cause of disease and Nature cures
Drs. Bybee & Creasy,
Chiropractic Physicians,
206-207-209 Lyric Bldg
Phone 389, 2d floor

Hot Water for Sick Headaches

Tells why everyone should drink hot water with phosphate in it before breakfast.

Headache of any kind is caused by auto intoxication—which means self-poisoning. Liver and bowel poisons called toxins, sucked into the blood, through the lymph ducts, excite the heart which pumps the blood so fast that it congests in the smaller arteries and veins of the head producing violent, throbbing pain and distress, called headache. You become nervous, despondent, sick, feverish and miresable, your meals sour and almost nauseate you. Then you resort to acetanilide, aspirin or the bromides which temporarily relieve but do not rid the blood of these irritating toxins.

A glass of hot water with a teaspoonful of limestone phosphate in it, drank before breakfast for awhile, will not only wash these poisons from your system and cure you of headache, but will cleanse, purify and freshen the entire alimentary canal.

Ask your pharmacist for a quarter pound limestone phosphate. It is inexpensive, harmless as sugar, and almost tasteless, except for a sourish twinge which is not unpleasant.

If you aren't feeling your best, if tongue is coated or you wake up with bad taste, foul breath or have colds, indigestion, biliousness, constipation or sour, acid stomach, begin the phosphated hot water cure to rid your system of toxins and poisons.

Results are quick and it is claimed that those who continue to flush out the stomach, liver and bowels every morning never have headache or know a miserable moment.

Rheumatism!

Acute Muscular
Chronic Sciatica

Rheumatic pains of any nature disappear under the soothing and warming influence of Sloan's Liniment. Apply it lightly—no need to rub it in—it penetrates and brings relief at once.

Sloan's Liniment

KILLS PAIN

"Keep a bottle in your home."

Price 25c, 50c, $1.00

Stoves, Ranges, Heaters
PRICES REDUCED.
"GET IT FOR LESS" AT M. Rosenbloom & Son 14-16-18 EAST MAIN STREET HOME & OFFICE OUTFITTERS

WOMEN'S FELT SLIPPERS
Moccasin Soles,
59c—All Colors—59c
ALBERT STEIN
Fifth and Broad Streets.

CERESOTA BREAD AND ROLLS CONTEST

At E. A. Saunders' Sons Co., Feb. 4th
FIRST PRIZE $10.00 IN GOLD
Other Prizes Amounting to $50 in Ceresota Flour.
Every Contestant Gets 1-16 Bbl. of Flour. So Send In Your Bread and Rolls.
USE MONOGRAM GOODS and keep the labels. They are valuable.
For other information, 'phone Randolph 1380.

E & A S

E. A. SAUNDERS' SONS CO.

Nujol Will Help You *Now*

Later it may be useless

WHEN constipation has become so serious that an operation is needed—*NUJOL will do no good.*

But if people recognized the seriousness of constipation in its early stages, there wouldn't be so many of these surgical cases!

Nujol, which is nothing but a very carefully refined white mineral oil, is effective in nine out of ten cases of occasional or periodic constipation. It is also remarkably effective in cases of chronic constipation. However, such cases are not cured in a day or a week, especially when the intestinal tract has been weakened by the constant use of laxatives and cathartics.

Nujol is not a drug, but a lubricant. It softens the intestinal contents and facilitates the processes of normal evacuation.

In this way, the relaxed bowel muscles are restored to proper tone, and permanent relief is obtained from a condition which is a constant and ever-increasing menace to your health.

Write for booklet, "The Rational Treatment of Constipation." If Nujol is not sold by your druggist, we will send a pint bottle prepaid to any point in the United States on receipt of 75c—money order or stamps.

Nujol
REG. U.S. PAT. OFF.

THE PURE WHITE MINERAL OIL

STANDARD OIL COMPANY
(New Jersey)
Bayonne New Jersey