

THE TIMES DAILY MAGAZINE PAGE

The Chronic Hostess Has Her Troubles

But In a Secret Interview She Confessed That the Biggest One of the Whole Lot Was the Bridge Fiend. Her Positively Pitiful Tirade Against His Ways.

THE chronic Hostess was not what one would call primed for the interview. She looked as if she had just done a washing for a family of eight.

She was a wreck. And it was positively known that she had entertained but a modest eight at cards the night before. Naturally, when she said "Lemon-sauce" she meant, perhaps to be polite, but she might as well have said "This is Thursday" for all of the interest she put in her query.

"Why don't you ask me what's the matter," she burst forth ungrammatically at last.

"If I don't look it, I feel it." And then just like all women, without waiting for any other introduction, she began.

"I'm never going to invite that Tony again. You know I have had him up here every time I have entertained at bridge, and I never have had a successful evening, but I have never realized until last night that it was all his fault.

"He's an expert bridge player and that is why I asked him, but it's going to be the reason why I never ask him after this.

"He acted terribly. He sat down at the table as he always does, and began to eat all of the candies as fast as he could. The pig. Of course, I didn't mind that, but he added, 'but I am so provoked at him.'

"Then, of course, he had that timid little Mrs. Plamm as a partner at first, and she had never played bridge before in her life.

"That wasn't her fault. But do you know that Tony, almost made her cry. He did. Oh, he's awful. Every time she would play a card he would look at her and say 'What in the name of heaven is this?' and when she came her turn to deal he looked at his cards and said in the MEANEST way, 'Who gave me these rotten papers?' And she didn't even know who to go to, and just said politely, 'I dealt.'

"Then he groaned, but when it came her turn to sit back and fold her cards, and he had things all his own way, he got better immediately. He smiled and precisely played his cards down, and then leaned back when he had finished with a pleased air.

DREAMS



By Will Nies

Loss of Sleep, Fatigue, And Muscular Excesses Open Way to Diseases

By DR. LEONARD KEENE HIRSHBERG.

SOME men seem never to tire, no matter to what exertions they put their bodies. Yet there must be a limit to all human endurance. True enough, most persons upon receiving a new stimulus from pleasure, music, food, drink, mental excitement or some sudden emergency, will cast exhaustion to the winds and leap with untired energy into the new situation.

The fabric of your frail tissues seems really to be independent of the tired film. Fatigue, it seems, can be shaken off at any time.

The effects of fatigue upon the entrance and growth of infectious germs in your system are startlingly real. When such scourges as the plague, cholera, typhus, and other epidemics occur, those who have played or worked to muscular excess and mental fatigue fall victims more easily than others who are more rested.

Some Practical Demonstrations. In typhoid fever, tuberculosis, "colds," pneumonia, bone disease and heart disorders, fatigue seems to share with bacteria an essential place as an important cause of the invasions.

From the world war come the reports of German and English military surgeons that fatigue induced by forced marches and severe marches was largely responsible for dysentery and similar infections that untired men defy.

If white rats, stray cats, or mice are made to run in a squirrel's cage for several hours until thoroughly tired, a small injection of man's saliva or a few

arthrax microbes will soon lay them up in the animal hospital.

Not so, however, their brother rats. Those that did no work devoured dirt and germs with impunity.

Electricity has been used by Dr. De Sandro of the University of Naples as a means of tiring yellow dogs, rabbits and other creatures. Typhoid germs were then inoculated into these animals and an equal number of rested animals. The animals were also divided into four groups.

One of the groups was made to feel worn out by electric shocks given during the week beforehand. Another group was shocked just a day prior to the injection of germs, a third was fatigued by a run of several miles, while the fourth group was left at rest.

Avoid Getting Overtired. The weight of the animals, the state of their blood, their health and duration of life were all studied. Following are the results:

All those subjected to muscular fatigue died.

Those of the tired creatures that were fatigued during or after the injection lived longer than those that had been previously fatigued.

The decrease in weight was excessive in those that were made to tire after the inoculation of the typhoid germs.

The unfatigued animals brought on the most part, and the few that died lived a very long time before they yielded up the ghost.

This loss of sleep, fatigue, excesses of muscle, nerve and flesh, all open up the Applan way of disease, destruction, and death. Anti-typhoid vaccine and vaccination in general, with eight or nine hours' sleep at night, are the only sane ways to avoid such disasters.

Answers To Health Questions

T. P. S.—Kindly advise something for a rash on the back and forehead that itches more at night than any other time.

Apply each night a little of the following to the affected parts: Calamine, 2 1/2 drams; zinc oxide, 3 drams; phenol, 1/2 dram; glycerine, 2 drams; lime water and rose water enough to make 3 ounces.

Mrs. B.—My nose is very red. Kindly give me your advice.

This may be due to eating greasy, rich foods, too, quiet a life with lack of muscular exercise, hot foods and highly seasoned foods. It may be helped by means of carbon acid gas spray—open air exercise.

P. W.—Kindly advise what will make more blood and improve the circulation. It is advisable to eat more green vegetables, soups, fresh fruits, gravies, cereals, and rich foods. Be outdoors in the fresh air and sunlight as much as possible, and keep the bowels active.

Iron may be taken in the form of pills, carbonate of iron, or tincture of iron. It helps to make more red blood. Take open air exercise daily.

A. H. C.—What kind of bread is not fattening? 2. Is water taken at meals fattening?

Gluten bread is not fattening. 2. Water taken at meals is fattening, as it helps to digest more food than would ordinarily be digested at a meal.

A. D. M.—Will you kindly suggest something for me? I am seventy-five years of age, and have a severe pain in my arm, which starts at my neck and goes down to the wrist.

Use electricity on the arm, massage with cottonseed oil, and also try hot applications, manipulations and Swedish movements. Write me again and tell me how you are coming along.

S. G. H.—Please tell me if there is a remedy for an enlarged cocoon in the vicinity of the appendix brought on by constipation. I am on a diet and work in an office.

Yes, relief is commonly obtained by swimming every day and dancing at night. Take outdoor exercise daily.

J. A. S.—Kindly advise a remedy to eliminate enlarged pores.

Make a paste of kaolin and glycerine (half and half), and massage a little into the face each night.

M. S. C.—When I awake in the night my whole side is numb. What can I do to relieve this?

Do not sleep the whole night in one position. Change from one side to the other. Massage the affected parts.

N. G. B.—Eat fatty, hot, oily, and highly seasoned foods, buttermilk, sweet milk, soups, broths, and distilled water. Take deep breathing exercises before an open window and be outdoors in the fresh air and sunshine as much as possible. Massage with olive oil.

M. L. K.—Kindly advise how I can gain weight.

It is advisable to eat more green vegetables, fresh fruits, cereals, clear soups, pork, butter, gravies, sweets, pastries, candies, spices, starches, puddings, fatty, oily, hot and highly seasoned foods. Drink lots of distilled water, olive oil, cream and fresh milk daily. Be out doors in the fresh air and sunlight as much as possible, obtain more rest and ten to twelve hours sleep in the twenty-four in a well-ventilated room. Exercise slightly.

A Reader—Why does one feel more active the day after he has been out very late and then feel drowsy the second day?

This does not hold true generally at all.

R. R. S.—Kindly advise a remedy for perspiration of the hands and feet.

Bathe the feet each night in a solution of one teaspoonful of formalin to a pint of water. Change the hose daily, and wear non-leather shoes. Apply niggall ointment or vinegar to the hands; also bathe them in formalin and water, half teaspoonful to a pint of water.

Seen In The Shops

By THE SHOPPER. SEWER BURY is not sewing shirts for soldiers just at present, nor is she knitting hosiery for the wounded. Just as likely as not she will be seen constructing a sport scarf of silk to wear for that brisk twosome of golf.

Some purses are stocked with supplies like sea-going barges. A mirror, memorandum book and pencil, and powder puff is the least any self-respecting pocketbook will carry.

Roses, almost too good to be true, are a graceful complement to the blue vase. These are half blown buds, in delicate pink or deep yellow, and they cost twenty-five cents each.

Fresh Air Best Spring Tonic

By LUCREZIA BORI.

ABOUT this time each year our client in housecraft. This robbed them of the healthful exercise they should have taken out of doors.

After exercising in the fresh, spring air they will come into the house ravenously hungry. This means that you must provide plenty of nourishing food to help carry on the good work of the outdoor life.

There is no spring tonic to compare with sunshine, fresh air, exercise and wholesome food mixed in equal proportions.

By taking a generous dose daily you will soon notice the improvement in your complexion, eyes, hair and figure.

No one can dispute the wonderful power of this excellent remedy. It is nature's own prescription.

Dollars and Sense

By H. J. BARRETT.

ADVERTISING is merely salesmanship on paper, remarking a department store advertising manager.

"To illustrate—Our hosiery man sent in the following the other day: 'Push our 'Steel-Thread' hosiery for women and children in Friday's ad.

"Steel-Thread" is made of long fiber, combed Maco cotton; an Egyptian cotton of unusually high quality. So well recognized are its virtues that much wool thread is now made from it.

"Steel-Thread" hosiery is re-enforced at heel and toe in both women's and children's sizes. The children's have an extra re-enforcement at the knee.

"Before selecting a hosiery to bear our own name, we searched the markets thoroughly. We believe 'Steel-Thread' to be the best 25 and 35-cent hosiery sold. We know it is the best we could find.

"In advertising this item, I incorporated all these talking points. The clerks' reports which I received the following, Monday showed a very fair response, considering that no special values were offered. This is what I call reason-why copy. A mere statement that an article is durable impresses no one. But that claim backed by convincing reasons carries weight.

There is hardly an article on our shelves but that possesses its own exclusive sales features which will develop upon investigation. And it's the emphasizing of these features that constitutes copy that contains selling force."

Always. "Why didn't you go out for track practice yesterday instead of going to see Ruth?"

"Oh, a miss is as good as a mile any day."—Yale Record.

Times Pattern Service

THE utility garment, having a three-gored skirt, closes at the back. The waist part in front is in bib style, rather full, but in the back fitting the figure. A pocket at each side of the roomy skirt of the apron is similarly banded and a deep hem completes this practical garment.

The pattern 675 is cut in sizes 36, 40, and 44 inches bust measure. Medium size requires 3 3/8 yards of 36-inch material and 4 3/8 yards of braid banding.

To obtain this pattern fill out the coupon and enclose 10 cents in stamps or coin. Address Pattern Department, Washington Times, Munsey Building, D. C.

The Washington Times guarantees the delivery of all patterns sent for through this service. No patterns can be obtained in person.

Owing to the installation of a system for distribution, orders may not be filled without some delay during the next week, especially those for patrons living outside of the District. All patterns will receive as prompt attention as possible.

(SIZE MUST BE PUT ON COUPON) THE TIMES PATTERN SERVICE. April 6.

Name No. 675. Street and Number SIZE DESIRED City and State

Woman In Simple Colors.

An organization of women, largely under the leadership of Speaker Clark's talented daughter, has initiated a movement to introduce only simple colors in the coming fashions as one means of getting around the scarcity of dyes and displaying made-in-America goods.

The natural attraction of women—and particularly American women—makes it unnecessary that they shall revel in clothes of many colors.

There are many who never do it, even when dyes are in such abundance as to afford fabric of every hue. It is a matter of good taste, and when it comes to good taste in dress no one outlasts the American woman.

This is one feature of preparedness which no doubt native talent is equal to. There is possibility in the new movement beyond merely avoiding the inconvenience of a dye-stuff shortage, and with that in genuity, tact and enterprise so notable in women we expect to see every possibility taken advantage of.

The women deserve to be encouraged in their efforts. They will be no less attractive, but in all probability more admired in their new gowns of simple colors, while their display of brave patriotism deserves a few rousing cheers.—Philadelphia Evening Telegraph.

Lowney's for milk-tired little ones. It combines milk nourishment with pure cocoa nourishment.

LOWNEY'S COCOA At grocers, in tins, 10c to 50c sizes

RECIPES

Puree of Chestnuts. Shell and blanch one pound of chestnuts. Add one minced onion, one-half cup of diced celery and water to cover. Cook two hours, press through a sieve, add salt and pepper to season, and thicken with one tablespoon each of flour and cooking oil. Dilute to the desired consistency with hot milk and serve with toast.

Nut and Potato Souffle. To three-fourths cup of mashed cooked sweet potatoes, add one-fourth cup of finely chopped roasted peanuts, one-fourth teaspoon of salt, one teaspoon of butter, two tablespoons of rich milk, the yolks of two eggs and the whites of two eggs beaten to a stiff froth. Bake in a buttered baking dish in a hot oven until firm. Serve at once.

Advertisement for Rumford Baking Powder, featuring an illustration of a woman cooking and a can of Rumford Baking Powder. Text includes 'Waffles for Breakfast' and 'A SINGLE TEST IS SUFFICIENT'.

Advertisement for Tripure Water, featuring an illustration of a water bottle and text: 'TRIPURE WATER DISTILLED Health Insurance The purest water in the world'.

Advertisement for Airline Honey, featuring an illustration of a honey bottle and text: 'Airline Honey Not only is honey a better and more economical sweetener, but cakes and cookies made with honey do not dry out so quickly'.