

"Quotations"

The friendship of the poet ought to be a "pearl of great price," for its cost is very serious.—John Foster. Crime has its heroes, error has its martyrs; of the true zeal and the false what vain judges we are.—Voltaire. It is more difficult, and calls for higher energies of soul, to live a martyr than to die one.—Horace Mann. In every country there is a general soundness and the people, when you know and understand them, are admirable.—John Erskine. The thing that murders our happiness more than anything else is worry.—John Couper Poynts.

Moral Contagion

"Every individual who breathes a word of scandal is an active stockholder in a society for the spread of moral contagion."—William George Jordan.

ARE YOU ONLY A 3/4 WIFE?

Men can never understand a three-quarter wife—a wife who is lovable for three weeks of the month—but a half—the fourth. No matter how your back aches—no matter how loudly your nerves scream—don't take it out on your husband. For three generations one woman has told another how to go "vanishing through" with Lydia E. Pinkham's Vegetable Compound. It helps Nature tone up the system, thus keeping the disordered elements out of the blood and orders which women must endure. No more of Pinkham's today WITHOUT FAIL from your druggist—more than a million women have written in letters reporting benefit. Write for free booklet, PINKHAM'S VEGETABLE COMPOUND.

Early Robot

In 1738 Vaucanson made an artificial duck which could imitate many of the functions such as eating, drinking and quacking.



Cleanse Internally and feel the difference! Why let constipation hold you back? Feel your bowels working—cleanse internally the easy tea-cup way. GARFIELD TEA is a most reliable work-horse, but a week of this "internal beauty treatment" will astonish you. Write for FREE SAMPLE GARFIELD TEA Co., 230 East Broadway, N. Y. (At your drug store)

Reckon Often Even reckoning makes lasting friends; and the way to make reckonings even is to make them often.—South.

DOG'S "BLACK LEAF 40" Keeps Dogs Away from Evergreens, Shrubs etc. Get your Dog's Black Leaf 40 today! Use 1/2 Teaspoonful per Gallon of Spray.

Rarer Yet "As rare as is true love, true friendship is rarer."—LaFontaine.

Watch Your Kidneys! Help Them Cleanse the Blood of Harmful Body Waste Your kidneys are constantly filtering waste matter from the blood stream. If kidneys sometimes lag in their work—do not set as Nature intended—fail to remove impurities that, if retained, may clog the system and weaken the whole body machinery. Symptoms may be ringing headache, persistent headache, attacks of dizziness, setting up nights, swelling, puffiness under the eyes—a feeling of nervous anxiety and loss of pep and strength. Other signs of kidney or bladder disorder may be burning, scanty or too frequent urination. There should be no doubt that prompt treatment is wise in these matters. Doan's Pills, Doan's have been winning new friends for more than forty years. They have a nationwide reputation. Are recommended by a grateful people the country over. Ask your neighbor!

GET RID OF PIMPLES New Remedy Uses Magnesia to Clear Skin, Firms and Smooths Complexion—Makes Skin Look Years Younger. Get rid of ugly, pimply skin with this extraordinary new remedy, Denton's Facial Magnesia works miracles in clearing up a spotty, roughened complexion. Even the first few treatments make a noticeable difference. The ugly spots gradually wipe away, big pores grow smaller, the texture of the skin itself becomes firmer. Before you know it friends are complimenting you on your complexion.

SPECIAL OFFER—For a few weeks only Here is your chance to try out Denton's Facial Magnesia at a liberal saving. We will send you a full 6 oz. bottle of Denton's plus a regular size box of famous Milnesia Wafers (the original Milk of Magnesia tablets)... both for only 50c! Cash in on this remarkable offer. Send 60c in cash or stamps today.

DENTON'S Facial Magnesia SELECTED PRODUCTS, Inc. 442-2nd Street, Long Island City, N. Y. Enclosed find 60c (cash or stamps) for which send me your special introductory combination. Name _____ Street Address _____ City _____ State _____ MAIL THIS COUPON NOW

Sea Gulls "Adopt" Ships Sea gulls sometimes "adopt" a ship and follow it from port to port, even on trips across the Atlantic ocean. At dusk they settle down on the waves and sleep. At daybreak, they resume their journey, catching up with the vessel in time for breakfast. Other Names for Chewing Gum Chewing gum has other names in England—"chewing wax" and "chewing sweet."

TODAY'S BOOK

Beauty Finds Rest in Death After 'Crisis'

By ELIZABETH C. JAMES

THE role of Hedda Gabler, from Henrik Ibsen's book by the same name, is the glittering star at which many artists of the theater aim their talents. The tragic play unfolds the Nemesis of a cultured group. The scene is laid in Christiania in the villa of Dr. George Tesman. He has just returned from a six months' wedding tour of the continent. As the play opens, his lovely old aunt is there to welcome him and to see that everything is comfortable for his wife. All the city has talked of his marriage to the beauty, the famous Hedda Gabler.

With an air Hedda enters the stage and meets the aunt. She takes no notice of the attention shown her or the arrangements made for her happiness. Looking around wearily, she picks up the new, special occasion hat of the aunt, and remarks that she must speak to the maid about being careless with her things. The aunt goes away hurt. Hedda confirms what her husband has suspected, that she is utterly bored.

A friend, Mrs. Elvsted, is announced. With agitation she relates the story of the famous Elert Lovberg, once a friend of Dr. Tesman, and a genius lately dragged back from the brink of destruction. He has returned to old friends in the city and Mrs. Elvsted fears it may mean old habits. She pleads with Dr. Tesman to help him.

Judge Brack, attorney of her husband, calls on Hedda. Their conversation takes a personal turn, and the judge states that he does not see why Hedda married George. She admits that she does not love him.

IBSEN WAS CENSURED When Henrik Ibsen was eight years old, his father failed in business. The ensuing poverty later appeared in his play, "Peer Gynt."

Ibsen's plays during his lifetime caused a stream of protest. He was so far ahead of his generation that most people could not understand him, so they expressed their opinion in severe censure. Especially was this true of "Ghosts," the play based on inherited social diseases.

The playwright was born in 1828 and died in 1906. He is recognized as one of the giants of the world's literature. and did not marry him for love, but from weariness with life. The judge states that he has made up his mind to have her himself.

Then Lovberg comes. Alone with her, he takes Hedda's hands in his and murmurs repeatedly, "Hedda Gabler!" He muses on, wondering if she ever loved him, really. She tries to stop his passionate talk, for her husband is in the next room.

Off to the Party. The gentlemen of the story plan to attend a dinner at the home of Judge Brack. Lovberg fears to test his self control on a party, so he decides to stay with the ladies. Mrs. Elvsted is relieved. A ladies' procession comes to Hedda, and she greets him until Lovberg says that he will go to the party. He takes his manuscript with him to read to Dr. Tesman, not she.

Dawn finds Hedda and Mrs. Elvsted still waiting for the men to return. About seven o'clock Dr. Tesman appears, and he talks to Lovberg's book. He muses on, wondering if she ever loved him, really. She tries to stop his passionate talk, for her husband is in the next room.

Later in the day Lovberg comes to see her and tells her that he has lost his book. He mentions Mrs. Elvsted's aid, and speaks of his book as a picture of her pure, white soul. Hedda listens and does not tell him that she now has his work. He calls himself a failure. Feeling her power over him, she hands him a pistol, and suggests that he die beautifully. He leaves.

His words rankle in her mind. The other woman has the real power over him, not she. Crisis and Death. The judge calls with news of Lovberg's death by his own hands. Hedda shows no reaction. After the first grief, Dr. Tesman and Mrs. Elvsted swear that they will put his notes together and make the book again. They work for hours in concentrated fervor. Finally Dr. Tesman says, "We can work faster in my office, until we finish the work there every evening."

Alone with Hedda, Judge Brack tells her that he knows more about the death of Lovberg than he has told. He tells her of the lost manuscript, of the gun, and of her relationship with Lovberg. Hedda begins to play. With one hand she reaches into her desk and picks up her pistol. A single shot is fired and Hedda slips to the floor.

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Elizabeth C. James

Pretty Silk for Her Easter Frock

By CHERIE NICHOLAS



DECK little daughter out in a pretty-pretty dress-up silken gown at the joyous Easter time and note what a radiant outlook it will give her. It will be as refreshing a sight as the flowers that burst into an ecstasy of color at the magic touch of spring to see little girls lilt their way along in the Easter style parade. It seems that silk for dress-up "Sunday-go-to-meeting" frocks has come into its own this spring in childhood's realm, more so than for many seasons past.

Mothers are becoming increasingly alert to the fact that bright colorful well-cut clothes are vastly important in the development of a child's personality. Often it is only a becoming dress that spells the difference between a confident happy child and a timid backward one.

Mothers will find inspiration aplenty as to "how to make" little daughter's Easter frock, in the trio of fashions illustrated, for they came fresh from the designers' hands and are alive with new "ideas." If you prefer to buy your child's frock ready made you will find more daintily fashioned silk models than have been shown for quite some time, but if you are a sew-at-home enthusiast all you have to do to make a dress after the manner of the model shown to the right is to take enough silk (navy printed silk taffeta fashions the gown pictured) to the pleater and the pleater pleats the skirt. Just ask little daughter, she knows!—knows that pleated skirts are very stylish indeed this season. To give

the attractive styling to the top part insert puffed details in the sleeves and the bodice as pictured. As to the little girl centered in the group it is not a case of "all dressed up and no place to go" for her outfit, even to her new wrist watch and the dainty white gloves she carries, unmistakably identifies her as one who will join in the style parade proudly arrayed in her Easter finery. The dress is made of dainty flower-print silk crepe in delicate lovely colors. There is considerable smocking at the waistline, giving the corset effect so popular in adult fashions, with simulated yoke effect repeating the smocking. The brim hat is of the same silk print.

Little daughter will look just as if she stepped out of a fashion plate if on Easter she wears a dress of plaic weighted silk taffeta (very smart is taffeta this season). Make the skirt with fan box pleats and grace the neckline with a pleated frill, as you see to the left in the picture. Velvet ribbon is used for the bow at the neck and for about the waist, which gives it still another claim as a fashion-first. When in doubt use velvet touches to finish off the dress or skirt. The trim is making, for as a trimming feature velvet is very important this season.

For children's dresses plain silk crepe in the new charming pastel shades is in high favor. These pretty monotone crepes reveal in "oodles" of shirring, smocking, fagoting and other handwork detail. The colors available are entrancing. © Western Newspaper Union.

NEW IN THE MODE

By CHERIE NICHOLAS



Silk sweaters in bright colors with the tailored spring suit are important news. A cardigan fine alpaca silk sweater as pictured at the top can be buttoned in back or front. It has a boat neck and short sleeves. The silk knit has a small spaced arrow motif. The rough straw sailor has a bandana trim. The gypsy blouse shown here is in black and white polka dot silk crepe. It has a turnover collar and long full sleeves with turned back cuffs and a red silk chiffon handkerchief in the breast pocket. It is worn with a black silk taffeta upturned sombrero with a chin strap.

TAILORED OUTFITS

HERALD OF SPRING

By CHERIE NICHOLAS The annual blossoming of tailored suits is a sure sign of the herald of the appearance of the first crocus. Of course, there are always modifications, and this year they take the form of lower waistlines, higher hems, and boxy shoulder details.

In keeping with this vogue, simple shoes are once again highlighted. Gone are the foot-revealing sandals that predominated in last year's spring line. Shoe trimming details, including simple cut-outs, punchwork, and perforations, are especially significant because of their restraint. This is also true of colors. The blue, red, and copper-hued shoes now slated for style importance are considerably toned down to conform with the note of early spring reserve.

Nursery Rhyme Buttons

Little Jack Horner was no more surprised than the fashion snapper is at the new forms of catalin buttons that are now being sewed on prints here, cotton goods there or just fastened to fancy little cards for the home dressmaker. Little Jack Horner happens to be one of the figures into which the catalin has been shaped and he is accompanied by such renowned persons as Old Mother Hubbard and her shoe, Little Red Riding Hood, the Piper's Son, Jack the Giant Killer and Mother Goose, herself, whose rhymes were the inspiration for these new shapes. Colors? Blue, green, orange and red. And, as strange as it seems, (or does it?) more of these buttons are being used on adults' apparel than on infant wear.

Fillbox Holds Stage Down to earth, or rather down to sensible levels, come hat crowns as the pillbox registers a success.

News From the Studios of Style Designers

Skirts for day wear are definitely short. Copper and various yellows also white are liked for accessory touches on navy. Lines of spring shoes have radically changed for both daytime and evening wear. Turbans also are in the picture. The smartest versions are made of draped silk jersey, printed or plain.

Printed fabrics are popular for hats and hat trimmings. The full-skirted silhouette for spring calls for silk. Evening sandals of draped jersey follow a dual color scheme. Buttons are almost as important as the lines of clothes these days. A little sweater to pull on over a formal evening frock is among the novelties that young girls like.

WHAT to EAT and WHY

C. Houston Goudiss Noted Food Authority

Relates the Miracle of VITAMINS and Explains Why YOU MUST EAT THEM or DIE

By C. HOUSTON GOUDISS 6 East 39th St., New York.

WE LIVE in the most inspiring age the world has ever known. Chemists grow plants without soil. Doctors snatch men from death with insulin. Surgeons perform incredibly delicate brain operations. And thanks to the amazing discoveries of nutritional scientists, children enter the world with far better chances for long and happy lives, while men and women of seventy are more active and useful than their grandparents were at fifty.

Much of the hard-won knowledge of how to eat so as to increase efficiency, curb disease, and improve the chances for longevity is due to the discovery of vitamins.

VITAMINS DISCOVERED

Twenty-six years ago, a now-famous scientist walked nervously around his laboratory, back a and forth—back a and forth. He was conducting a nutrition experiment of vast importance. He discovered a vital force. "This force," said Funk, "I have called vitamin, because it is necessary to life."

The scientist was my friend, Casimir Funk, a brilliant Polish bio-chemist. He had been working on the problem for many years. At last, in the year 1912, his experiments were positive and conclusive. Then he announced to the scientific world that he had discovered a vital force. "This force," said Funk, "I have called vitamin, because it is necessary to life."

SPARK PLUGS OF NUTRITION

Other bio-chemists throughout the world—including Sir Frederick Gowland Hopkins in England, and Hart, Humphrey, Babcock, Steenbock and McCollum in the United States—had been working on the same problem that Funk had partially solved. They knew that the first step was to find out how vitamins affected the human body, and that the second step was to discover what foods contained these vital substances.

And so there began a long series of experiments in the laboratories of great universities all over the world, which demonstrated what happens when a diet is deficient in any of the vitamins, and proved that if laboratory animals are wholly deprived of vitamins for a short time they will die.

These experiments are of the utmost significance to every homemaker, because they show that happens to human beings as to experimental animals. Today our knowledge of vitamins has progressed to such a degree that it is possible to designate the vitamins and to designate the foods from which adequate quantities can be obtained.

RESISTANCE AND VITAMIN A

To date, six vitamins have been identified. Vitamin A promotes growth and builds resistance to disease. It is necessary for the health of the mucous membranes of the body and helps to guard against infections of the respiratory and alimentary tracts. It influences the health of the hair and skin, is necessary to prevent a serious eye disorder known as night blindness, and is essential for the formation of healthy teeth.

Vitamin A is found in milk, butter, margarine that has been reinforced with vitamin A concentrate, egg yolk, cod-liver oil, thin green leaves and yellow fruits and vegetables such as carrots, sweet potatoes, apricots and bananas.

APPETITE AND VITAMIN B

Vitamin B promotes appetite, aids digestion, prevents a serious nerve disorder. It is essential to the maintenance of a good digestion, which is vitally important if the body is to obtain full benefit from the food consumed. This vitamin is closely related to the energy metabolism, and the requirement increases with the rate of growth and with increased age.

Have You a Question?

Ask C. Houston Goudiss C. HOUSTON GOUDISS has placed at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen-Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for postcard inquiries will receive the same careful attention. Address C. Houston Goudiss, 6 East 39th Street, New York City.

Building, Maintaining Family Health

IN THE C. Houston Goudiss articles that have appeared weekly in this newspaper previous to this one, the nationally known food authority has described FOOD, as it provides the key to mental and physical power; PROTEINS, the foods you cannot live without; CARBOHYDRATES and FATS, foods that provide motive power for the body machinery; and MINERAL SALTS, that you must have in order to build strong bones, healthy nerves and rich, red blood. These subjects have been treated in an interesting and understandable manner, free of scientific terms, principally offering advice to the housewife that will aid her in the problem of feeding the members of her family such foods as will build and maintain their health.

Every one of these articles has a definite place in your scrapbook for future reference. If you have missed any of these discussions, the publisher of this newspaper will supply, upon your request, if you have not already done so, start a department of these informative articles in your scrapbook at once!

VITAMIN G PROLONGS YOUTH

Vitamin G is necessary for growth and for the maintenance of health and vigor at all ages. It helps to ward off old age by prolonging the vigorous middle years. It is essential to the health of the skin, and recent experiments demonstrate that cataracts in the eyes may be due to a deficiency of this vitamin, which is found in yeast, and in liver, kidneys, egg yolk, milk, cheese, and green leafy vegetables.

One authority claims that chronic disorders of the throat, stomach, lungs, colon, heart and kidneys may be traced to vitamin and mineral deficiencies.

Certainly enough has been learned of vitamin chemistry to make clear that the homemaker fails in her duty who does not provide vitamins in abundance for every member of her family. Both children and adults depend upon you for their food supply. It lies within your power to help them to health and happiness or condemn them to weakness, illness and sorrow. Do not fail them. See to it that every member of your household—your children, your wife, the middle aged and the elderly—get enough vitamins to afford them the health that science has placed within their grasp.

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What Is the Cause of "Spider-Web Check"?

If not properly "fed" with a good oil polish, furniture in time develops what is known as "spider-web check!" This appears on the finish, like wrinkles on a human face—fine lines, here and there in a spider-web pattern. This crazing, this light cracking, is known in furniture language as "checking" and "spider-web checking" better describes the condition. This is the indication of "starving" wood! A warning to the housewife, that if the finish is not cared for immediately and properly, the furniture will develop cracks, ridges and splits. "Spider-web check" is generally the result of either one of these two causes: Polish-neglect—or the use of a poor, cheap polish—without the essential fine, light-oil base. When the furniture is periodically "massaged" with a reputable oil polish (the best is non-greasy), the pores of the wood are "fed" and the piece is preserved. Then "spider-web check" will not appear! The use of a quality oil polish is the best preventive formula for this ugly, detrimental check!

MORE WOMEN USE O-CEDAR POLISH

THAN ANY OTHER KIND! ...because O-Cedar not only cleans as it polishes, but preserves your furniture—"feeds" the finish, prevents drying-out, cracking, insect damage—upon O-Cedar Polish, for furniture, woodwork, floors (with the famous O-Cedar Mop).



Mann's Superior Seeds

Selected by Trial from the World's Best Strains Beet—Early Wonder (Special): Detroit Dark Red, 1 1/4 lb. 25c; 5 lb. 75c; 10 lb. \$1.50. CARROT—Long Chantrelle, California Bunching, 1 1/4 lb. 25c; 5 lb. 75c; 10 lb. \$1.50. TOMATO—New Rutgers Certified; Groshen's Globe, 40c; 1 1/4 lb. \$1.25; 5 lb. \$4.00. Packets of above—10c each; 3 for 25c. All Postpaid. Catalogue FREE. Let us quote you and J. MANN'S & CO. ENSOR & FORREST STREETS, Est. 1857 Baltimore, Md.