

## HOW TO KEEP WELL

DR. FREDERICK R. GREEN  
Editor of "HEALTH"

### POISONING FROM HAIR DYES

ALL of man's (and especially woman's) efforts to be more beautiful are accompanied by danger.

I have told you about the danger of lead poisoning from face powders; of possible suffocation of infants from talcum powders; and of the irritating effect on the skin of some forms of rouge. Hair dyes, like all other artificial beauty improvers, are not free from danger. In a recent issue of the British Medical Journal, a number of cases of poisoning from the use of hair dyes are reported. One man, the proprietor of a hair-dressing establishment, came to his doctor for examination. He felt ill and weak; his face was gray and blotchy; his eyes were watery and bloodshot; his tongue and gums were swollen; he was nauseated and had no appetite; and he had severe pain in his stomach and between his shoulders. He said that he applied hair dye for his customers, putting it on without wearing gloves, and was exposed all day to the fumes from the dyes. Analysis of the hair dyes which he used showed that they contained lead and arsenic.

These substances are also frequently found in the dyes used for staining furs. They have an irritating effect on the skin, often causing an eruption on the necks of women, especially during the fall and winter months when furs are most worn.

The possibility of poisoning from hair dyes has led to the passage of laws in several states forbidding the use of lead, arsenic or any other injurious substance in any hair dye which is offered for sale.

Be as beautiful as you can but don't risk your life or your health. If you regard gray hair as a crown of honor and don't mind the increasing whiteness of your locks, then you don't need to worry about any possibility of poisoning. But if you can't endure the natural results of age and feel that you must cover up the marks of time, do it with some preparation that will restore the color of your youth without doing any harm to your body.

Anyway, if you eat simple and easily digested foods, drink plenty of pure water, exercise every day, and sleep in the open air, you will have so much natural color in your cheeks that you won't care whether you have any on top of your head or not. The coloring which nature uses is not only harmless, but it is also much more beautiful and attractive than anything you can buy in a bottle.

### HALF A CENTURY OF PUBLIC HEALTH

OUR present ideas about health and the prevention of disease are about fifty years old. While the first state health department in this country was organized in Massachusetts in 1809, most of the state health departments and many of the larger city departments were organized in the early '70's. Before that time the prevention of disease and the preservation of health was largely left to the individual, just as a hundred years ago, even in our large cities, the prevention and suppression of fires was in the hands of volunteer fire departments.

Public health is about fifty years old in the United States. What has it accomplished and are the results of sufficient value to justify the expense?

In the first ten years, from 1880 to 1890, the germs of pneumonia, typhoid fever, malaria, tuberculosis, Asiatic cholera, erysipelas, diphtheria, tetanus or lockjaw, and meningitis were discovered. Since that time there have been added the germs of bubonic plague, dysentery, syphilis, whooping cough, yellow fever, and scarlet fever. These discoveries led to the purification of water and milk supplies with a tremendous reduction in typhoid fever, dysentery, and other diseases carried by water; to the control of diseases carried by insects, such as yellow fever, bubonic plague and malaria; to the discovery of diphtheria antitoxin, by which the number of deaths from this disease have been greatly reduced.

The result has been an enormous reduction in the death rate all over the country. In 1880, 42 years ago, the average death rate for the United States was nearly 20 per 1,000 each year. In 1922, it was only 11, about one-half the previous rate, a saving of eight deaths per 1,000 every year, or of over 800,000 a year for the entire country. In 1902, there were 34 deaths per 100,000 in the United States from typhoid fever alone. Today, they are only seven, a reduction of nearly four-fifths. In 1903, the death rate from tuberculosis in this country was 184 out of every 100,000. In 1922, the death rate was 97—about one-half what it had been 20 years before.

And the fight against disease is only beginning. Enough has been accomplished in the last 50 years, in actual results, to justify every cent of money that has been expended.

### Pain's Positive Value

Pain in itself is not without its alleviations. It is seldom both violent and long-continued; and its pauses and intermissions become positive pleasures. It has the power of shedding a satisfaction over intervals of ease, which few enjoyments exceed.—Paley.

## The KITCHEN CABINET

(© 1925, Western Newspaper Union.)  
Give what you have to some one, it may be better than you dare to think.—Henry Wadsworth Longfellow.

### WORTH WHILE DISHES

Fresh fruits of all kinds are essential for health. Our dietitians tell us that orange juice or oranges are just as good for a growing child as the best milk, whole wheat bread and fresh vegetables, as well as pure butter, and should be given daily.

**Dainty Bran Muffins.**—Sift together one cupful of pastry flour, one cupful of graham flour, four teaspoonfuls of baking powder, one teaspoonful of salt and two tablespoonfuls of sugar, add the bran from the sifter—there should be at least one-half cupful—and mix with the dry ingredients. Beat one egg, add one cupful of milk and when well blended add to the first mixture; stir in one tablespoonful of melted butter and drop by spoonfuls into a hissing-hot, well-greased iron pan. Bake twenty minutes in a hot oven.

**Swedish Timbale Cases.**—Beat the yolks of two eggs, add one-half cupful of milk, stir little by little into three-fourths of a cupful of flour sifted with one-half teaspoonful of salt. Set aside for an hour before using. Dip a timbale iron into hot fat, let stand two or three minutes, drain and dip into the batter which has been put into a small bowl or cup; let the iron drop into the batter up to a half-inch from the top, then drop into the fat and cook until crisp and brown. Shake off the cooked case and repeat. Serve creamed mushrooms, sweetbreads or any creamed vegetable in the cases.

**Real Clam Chowder.**—Where fresh clams are obtainable, for six persons use three pintals of clams measured solid, drained from the juice. After picking over carefully they may be scalded in the juice. Next remove the soft part and put the tough portions through a meat chopper. Take six slices of bacon, cut into strips, put into a chowder kettle and fry until crisp; add one onion sliced thin and cook until soft, add the liquor from the clams, the tough part and six potatoes sliced. Cover with just enough water to cook; when done add the soft part of the clams, one-fourth of a cupful of butter, salt, pepper and a pint of rich milk or cream. Just before serving add a dozen milk crackers.

**Fruit Salad Supreme.**—Peel half a dozen oranges with a sharp knife, cut the pulp into pieces, and one cupful of marshmallows into quarters, using the scissors. Cut into halves one cupful of large white grapes; cut into dice three slices of pineapple; mix all together and arrange on lettuce. Mask with cream dressing and garnish each serving with a cherry and half of a walnut.

### Seasonable Good Things.

For those who do not care for the luscious mince pie of our New England grandmothers this may be liked:

**Nut Mince Pie.**—Mix together in order given one-half cupful each of chopped walnut meats and

raisins, one cupful of chopped apple, one-half cupful of dark corn syrup, one-fourth cupful of elder vinegar, molasses and any kind of canned fruit juice, one-half teaspoonful each of allspice and cloves and one teaspoonful each of cinnamon and salt. Add enough crushed crackers to make the mixture of the right consistency and fill a large pastry-lined plate. Cover with pastry and bake slowly in a moderate oven.

**Luncheon Croquettes.**—Take three-fourths of a pound of cottage cheese, one cupful of chopped carrots, one onion chopped fine, one tablespoonful of flour, two eggs, salt and pepper to taste. Boil the carrots and onion until tender. Season the cheese, add one egg well beaten, then the cooked vegetables. Mold into croquette shapes, roll in cornmeal, dip into a beaten egg and fry in deep fat until crisp and brown. Serve with or without a sauce.

**Fig Marmalade.**—After washing one pound of pulled figs, soak them overnight, then cut fine and put over the fire with the water in which they were cooked. Cook until tender, add the rind of a lemon, grated, two ounces of chopped candied or preserved ginger, then the juice from one lemon and two cupfuls of sugar. Simmer until thick. Pour into small glasses.

**Steamed English Currant Pudding.**—Prepare a rich biscuit dough, roll out one-half-inch thick in a long strip. Spread over the dough a layer of preserved currants, roll up, lap the ends, lay in a cheesecloth and boil or steam for an hour. Serve with cream and sugar.

**Cabbage With Cheese.**—Cook a firm, shapely head of cabbage, removing as much of the heart as possible without spoiling the shape. When well-cooked in salt water drain and place on a hot chop plate. Pour over a rich white sauce, to which a cupful of finely grated or minced cheese has been added. Stir until the cheese is dissolved before adding to the cabbage. Serve not cut into pie-shape pieces. This is not only an appetizing dish but one which is most attractive in appearance.

Nellie Maxwell

## CORSETS AND CORSELETS; PRETTY HAT TRIMMINGS

ALTHOUGH the old-fashioned, high-bust and boned corset is as obsolete as the raiment of King Tut's first wife, its latest descendants bear a family resemblance to it. For combination garments now do the work of the modern corset and brassiere and are well launched on what promises to be a successful career. The vogue of the straight-line dress demands a corseted figure and, above all, lines must be right, or the dress is a failure, so corset-makers find themselves busier than ever.

They have not an easy task. They must make garments that are comfortable, very supple and shapely, allowing perfect freedom of movement, audacious and beautiful trimmings that have ever been to our fate allotted. But, can we wear these hats? We can and we will, for we perceive that, more than anything else, the new styles are youthful. When you put on these unfamiliar shapes and your nearest male relative tells you he does not like it, but will concede that you look ten years younger with it on than with it off—the next question is, "What is the price of this hat?"

Even when their shapes are not eccentric or unusual, the new spring hats are arresting, because of their coloring. There are two distinct classes in colors from two different sources. From Spain we have asser-



Two Late Arrivals in Combination Garments.

tive but rich and sumptuous shades of yellow, purple, red, brown, blue and green. From France we have all these colors interpreted in pastel shades; they are delicate and harmonize so well that many of them can be used together.

Shapes are greatly varied. Those with the tall peaked crowns are the outstanding novelty of the season. They are not stiff and rigid but have soft outlines and the high crowns are set on brims as varied as the crowns are.

Whatever you choose, it will be trimmed—it may be with a bow, or two or three saucy fancy feathers or embroidery or applique or flowers; for a hat to go untrimmed this spring, is



Group of Spring Millinery.

popular through the rivalry of combinations. Few corsets extend more than two or three inches above the waistline and many brassieres do not reach it. This leaves one's breathing apparatus without any interference. The banishment of the waistline in frocks is a long step ahead in the cause of beauty.

"Can such things be, and overcome us like a summer cloud, without our special wonder?" Yes, Mr. Shakespeare, they certainly can, for here they are on display in millinery shops everywhere. Now are the days when we linger before compelling millinery windows, full of new spring headwear, considering radically new shapes, wondrous colors and the most whimsical,

JULIA BOTTOMLEY.  
(© 1925, Western Newspaper Union.)

## CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers.

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

### Timber Lasted Well

Believed to be the last old timber bridge to be used for heavy traffic in England, the bridge at North Seaton, Northumberland, over the River Wansbeck, has been in use for well over half a century. It is to be replaced by a new steel viaduct 1,041 feet long.

### Freshen a Heavy Skin

With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Advertisement.

### Hawaii Gets "Cool" Wave

When the thermometer in Hawaii dropped to 60 degrees above zero recently it was the coldest there in 14 years, normal winter temperature being 70 degrees above.

### Hanford's Balsam of Myrrh

should be in every home. Unexcelled for Cuts, Burns, Wounds and Sores. Heals quickly. Three sizes; all stores.—Adv.

### Innuendo

Muriel—They say that Maud never in the slightest degree forgets herself. Marie—Isn't that wonderful! There's so much of her that might easily be come misplaced.

### "Do You Know"

One-half teaspoon Calumet Baking Powder added to mashed potatoes or carrots, together with the milk, and beaten thoroughly, makes a delightfully light and appetizing dish.

The Methodist people of Elkton, Mich., have converted an old barn and tavern into a church seating about 300 persons.

## A COVINGTON, KY., WOMAN Makes Remarkable Recovery

Mrs. Harry Ashcroft Tells How Lydia E. Pinkham's Vegetable Compound Relieved Her of Severe Illness and Pain



MRS. HARRY ASHCROFT  
632 BEECH AVENUE, COVINGTON, KY.

Covington, Ky.—"I was so weak and nervous I could hardly do my housework as I could not stand because of the bearing-down pains in my back and abdomen. I sat down most of the time and did what I could do in that way—as washing dishes, etc. One day a book describing Lydia E. Pinkham's medicines was put in my mail box. I saw how the Vegetable Compound had helped others so I gave it a trial. I had to take about a dozen bottles before I gained my strength, but I certainly praise this medicine. Then I took Lydia E.

Pinkham's Blood Medicine for poor blood. I was cold all the time. I would be so cold I could hardly sit still and in the palms of my hands there would be drops of sweat. I also used the Sanative Wash and I recommend it also. You may publish this letter and I will gladly answer letters from women and advise my neighbors about these medicines."  
—Mrs. HARRY ASHCROFT, 632 Beech Avenue, Covington, Kentucky.

### Mrs. Boyer Also Found Help

Gilman City, Missouri—"I was in such a condition that I could not eat nor sleep to do me any good and I felt draggy all the time. My head ached, my right side and back would almost kill me at times, and I could be on my feet only a short while at a time. I was irregular and so nervous, irritable and dependent that I thought I could not stand the strain much longer. I had been this way more or less for ten years, but the last two years was just terrible. I took medicine, but got little relief until I began to take the Vegetable Compound. I took three bottles before I could see any change at all. I have taken seven in all and am improving right along. I have used Lydia E. Pinkham's Sanative Wash and take the Liver Pills. I can do most of my work now, and I live on a farm and there is lots of it to do. I wash, iron, hoe the garden, raise chickens and tend to the milk."  
—Mrs. T. M. BOYER, Gilman City, Missouri.

JOSEY

### OPEN-FORMULA FERTILIZERS

GUARANTEED ANALYSIS  
8-3-5 FOR TOBACCO

ACID	.....	8.00%
AMMONIA	.....	3.00%
PHOSPHORUS	.....	5.00%
SULPHUR	.....	5.00%

MANUFACTURED BY  
N. B. JOSEY GUANO & WILMINGTON, N. C.

### 8-3-5 FOR TOBACCO

Sand Drown has ruined many tobacco crops. It has ruined high yields into despondency. This formula has sufficient magnesium to assure you against sand down trouble. Ask your County Agent.

Also made in 8-3-3 or 8-3-4. There is a Salesman in every bag of Josey's Fertilizers.

On sale by the leading merchants almost everywhere. If there is no dealer near you write us.

JOSEY

### OPEN-FORMULA FERTILIZERS

GUARANTEED ANALYSIS  
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ACID	.....	8.00%
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PHOSPHORUS	.....	5.00%
SULPHUR	.....	5.00%

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Genuine

# BAYER ASPIRIN

SAY "BAYER ASPIRIN" and INSIST!

Unless you see the "Bayer Cross" on tablets you are not getting the genuine Bayer Aspirin proved safe by millions and prescribed by physicians 24 years for

Colds	Headache
Pain	Neuralgia
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Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monocetate of Salicylic Acid.

**Famous Tree Gone**  
The dwarf tree made famous by Robert Burns, who, under its sheltering branches kept tryst with the Mary that afterward slept by "sweet Afton's murmuring stream," was recently blown down, snapped at the butt.

**Observant Tommy**  
Suitor—Tommy, does a young man call here in the evening to see your sister?  
Tommy—Not exactly to see her, because there's no light in the room when he's there.

## CHILDREN CRY FOR

### CASTORIA

MOTHER—Fletcher's Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep.

To avoid imitations, always look for the signature of *Charles H. Fletcher*. Absolutely Harmless—No Opium. Physicians everywhere recommend it.

### SELF-FILLING WELL BUCKETS

THEY SINK AND FILL AND CAN'T RUDDY THE WATER.

BRIGGS' SHAFFNER CO.  
WINSTON-SALEM, N. C.

SOLD BY HARDWARE STORES

**WANTED** Young Men to Learn the BARBER TRADE  
Best college in the South. Jobs awaiting our graduates.  
Charlotte Barber College, Charlotte, N. C.

### ACHIMENESE

A most attractive window and porch plant, blooms freely all summer; purple flowers, beautiful rich green foliage; delivered postpaid, bulbs 35c dozen; four dozen for \$1.50.  
Mrs. Oscar Tuck, Westminster, S. C.

Magic Goods, Card Tricks, Mysteries Exposed, Money-making, secrets, puzzles, novelties, of all kinds. Full catalog 10c. Richmond Nov. Co., P. O. Box 417, Richmond, Va.

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#### GLORIOUS GLADIOLI

20 fine Gladiolus bulbs, \$1.00 postpaid. All colors; no two alike. Order now. Many other fine varieties. Send for catalogue. GLADLAND GARDENS, Framingham, Mass.

HAY—TIMOTHY, CLOVER OR MIXED. Also alfalfa. Satisfaction guaranteed. Delivered prices. Harry D. Gates Co., Jackson, Miss.

Rockford Cantaloupe, Watermelon and Corn seed. Edwards Orange Perfecto cantaloupe excels others. Catalog on application. Newdale Seed Breeders' Ass'n, Rt. 1, Rockford, Ohio.

LEGHORN BABY CHICKS—S. C. White leghorn chicks direct from our pens of heavy layers. Write for free descriptive circular. HARDEN FARM, DYAS, GA.

### PISO'S

#### FOR COUGHS

Quick Relief! A pleasant effective syrup. 35c and 60c sizes.  
And, always, use PISO'S Throat and Chest Salve, 35c.