THE DOCTOR'S LAMENT

Last night when others were at rest rode about and did my best To save some patients called by fate From travelling thrus the Golden Gate. This morning, when the news I spied. I thought they might as well have died.

"Two hundred injured in a wreck":
"Man falls, sustains a broken neck":
"Two drown while rocking a canoe":
"Grade crossing muriters—twenty-two
"Gas blast takes lives of twenty-three" "Two die 'neath falling apple tree."

All night I toiled to save one life. And millions die in useless strife: What is the use to make one well, While thousands harken to death's

Where is my labor's recompense? . Why can't the world have common

Menu Hints

Recipes for New and Nevel Dishes; Household Ideas and Suggestions

By Betty Barclay

FOR RECESS TIME

Add a few pieces of candy to the school lunch. It will always be eaten at recess, of course, but it will furnish the boy or girl with enough energy fuel to granny, for all you've done." carry him over until noon. Here are two recipes for those, who prefer to

make their own sweets: DIVINITY FUDGE 21/2 cups sugar

1/2 cup water 14 cup corn syrup White of 2 eggs 1 cup chopped nuts

Mix sugar, syrup and water and boil until, when dropped in cold water, the mixture will form a firm ball between the fingers. Beat the eggs stiff. Pour half the boiling mixture over the eggs. beating constantly. Return the remaining half of the mixture to the stove and boil until, when dropped in cold water, it forms a hard ball. Then remove from the stove and pour slowly into the first half, beating constantly. Add nuts and vanilla, pour into buttered pan, and

cut in squares. MINT FUDGE

- 3 cups sugar 1/3 teaspoon peppermint extract
- '1 cup milk

1 teaspoon vanilla

2 tablespoons butter 2 squares unsweetened chocolate

Boil sugar, milk and butter to soft -ball stage when tested in cold water Take from stave. Keep half the syrup liquid over boiling water. Beat other half to cream, add peppermint extract and turn on to buttered matter. To hot syrup add the chocolate grated: Stir until the chocolate is melted, beat until creamy add vanilla and turn over first mixture. Mark into sqaures. The mint part of the fudge may be tinted with green vegetable coloring.

DRESS UP THE MEAT~

Cold weather calls for more of the heavy foods, particularly meat. Our bodies need this additional fuel to stand the rigors of winter. Dress up these meat dishes a bit, with flavorous gravies sauces, attractive garnishes or cloves. A dash of sugar used as a seasoner helps to improve the flavor the meat. Here are two recipes for attractive meat dishes suitable for this season of the year.

> SAVORY BEEF LOAF 2 pounds ground beef

- 1 onion, grated
- 1 cup dry bread crumbs 1 to 2 cups canned tomato
- 1/3 pound ground pork
- 1 cup thick cream sauce or gravy or 2 eggs
- 1 teaspoon sugar

salt and pepper

Mix the ingredients together thor oughly. Shape the mixture into a loaf Place in a heavy baking pan. Bake for one half to three quarters of an hour. The oven should be hot at first, reducing the temperature at the end. If the sauce or gravy is used as a binder for the loaf make it with 3 tablespoons flour and 2 tablespoons butter to 1 cup liquid.

SPANISH LAMB CHOPS

4 lamb chaps, one and one-half inches thick

4 tablespoons soft bread crumbs _ 11/2 tablespoons melted butter

salt and pepper

3 tablespoons canned mushrooms

Split each chop cross-wise to the bone Hold edges together with tiny skewers. Mix other ingredients. Stuff a spoonful of the mixture into each chop. Arrange on baking dish. Bake twenty Serve with the following

> 2 cups canned tomatoes 3 tablespoons butter .

'2 tablespoons sugar small onion 3 tablespoons flour salt and pepper

Cook onion in butter. Add tomatees. Put through a strainer. Add to butter

Asthma Overcome. The triumph over asthma has assuredly come. Dr. J. D. Kellogg's Asthma Remedy has proved did say so. didn't you, granny?" the most positive blessing the victim of asthmatic attacks has ever known. Tatters received from thousands who tried it form a testimonial which exactly what I meant." room for doubt that here is a

THE THE THE PERSON OF THE PERS Another Short Story PROTECTING PEGGY WINIFRED KIRKLAND

FTER a flurry of packing the three trunks were off. After a flurry of farewells Eleanor was off, too, and the Oliphants and their neighbors and Statesburg were about to sink back into tranquillity. The elder Mrs. Oliphant, alone of the household, had accompanied Eleanor to the train. Peggy had made a polite little feint granny," said Peggy, "and that he and I

socks by the library hearth. "Thank goodness, it's over!" she said 'Six weeks of that!"

"I am sure we are grateful to you

"It was to protect Peggy."

"I know," said Peggy's mother. but I shiver to think what might have used to be 'granny's girl." happened to Peggy if I hadn't been here to save her from Eleanor. Do you-rethe moon, as if Eleanor had come from now-white boots, short skirt, ermine,

tivated Jerry Cummins. And Jerry had woman, get to bed as fast as ever you always seemed merely a child like can."

"that he was roller-skating with Peggy Nora said. all the afternoon, instead of motoring to Carlington with Eleaner or parading Dunkirk Street at five."

"Poor baby!" said Nora. "Who?" "Eleanor!"

"Eleanor is older than I am!" declared could do to keep up with her."

At that moment Peggy appeared in protecting her?" the doorway; she had come softly down the stairs, hesitant about making an unaccustomed entrance. There was a rush of perfume. Against the dusk of Nora?" the hall there gleamed an ermine muff; white boots, high and pointed. The grandmother reflected with terror in her heart that it had always been safe to she said. give Peggy presents of money, for the child always put them in the bank with an almost comical canniness, but now "I am just going out for a little walk with Jerry down Dunkirk Street," Peggy

said in a queer, mincing tone. "I thought," her mother said, trying to appear casual, "that Thursday was your afternoon for basketball?" -

Peggy smiled over her shoulder. getting a little old for basketball, don't you think? I'm sure granny will agree

and grandmother, Peggy continued to exhibit the sophisticated manner that

upstairs, discussed the situation. and Peggy has gone to every one! And, ration should be previded.

legged young simpleton home, or will mixtures.

use to be "granny's girl."

"We have waited six weeks."

stood in the doorway.

little folks not in bed yet? Fie, fie!" indicate clearly that when pigs get no It was so exactly in Eleanor's manner dairy by-products, tankage, fish meal, that her mother and grandmother gasp- or green feed, a mineral supplement ed, although for that matter for six should be furnishing lime and salt. weeks past they had been constantly

in Peggy. little stool at the hearth.

Get it to-day from your hard to understand herself. I didn't at makes the difference between profit and the test to-day. Any good druggist can first. Really I never could have liked loss.

her if I hadn't seen the way you liked her, granny, I hadn't realized until I saw how much you enjoyed being with her that perhaps you'd find me more interesting if I were like that. It's sort of hard for me to grow up so suddenly granny, but I'm trying. Do you miss Eleanor very much?"

"Do I?" cried Peggy's grandmother. "Do I-do I-what?" "Eleanor dold me that you were the only person in Statesburg who wasn't a frump, the only one wife knew at all how things are done in the outside world I think Eleanor admired you, granny, just as much as you did her."

what you are saying. Nora, do you

"I think," Peggy's mother murmured, "I think I begin to understand." "Jerry agreed with me that you must think Eleanor's ways the right thing.

Granny caught Peggy's bowed shoulder and shook it firmly, as she shook forth with x-rays or radium, or by operationmember how Peggy stared at her the her words firmly, too. "Peggy Olifirst day; her blue eyes were as big as phant, listen! I do not admire-Eleanor! I-do-not-want-you-toanother world? She's gone back to it grow-up! I-do-not-like-you-and -Jerry-to-go-to-Carlington!" Then powder, perfume, and all, thank good- down went the gray head on top of the brown one. "And forever, and forever, "And think of it: she completely cap- you are 'granny's girl' And now, young

tried so hard to admire Eleanor, instead

"Why. it's hardly more than last Peggy's lightly as she passed into the treatment by irradiation started at once month," said the elder Mrs. Oliphant, hall, "Night, my old Peg-top," was all

But granny was looking at Nora's face. "Nora, I did interfere! Perhaps I often interfere with the children. I never sidered to be remote parts of the country 'realized."

Nora smiled, tranquil in the firelight. facilities available. "You love them." she said.

"If I had not interfered, if I had left the elder Mrs. Oliphant. "It was all I the two girls alone, Peggy would have seen herself, without any need of my Nora did not answer, her veiled eyes

> "That would have been your way Nora locked up, laid a strong warm hand on Grandmother Oliphant's and smiled into her eyes. "I trust my Peggy."

were twinkling at the fire.

Simple and Sure.-Dr. Thomas' Eclectric Oil is so simple in application that a child can understand the instructions. Used as a liniment the only directions is to rub, and when used as a dressing to apply. The directions are so plain and unmistakable that they are readily understood by young or old

To the consternation of her mother MINERAL MATTER FOR FALL PIGS bone formation or bone

If properly fed a young pig will in- know that when a child limps or comshe had so suddenly acquired. On an crease its weight one hundred times in plains of a pain in a bone or joint, the evening when she was entertaining a six months, or from about two pounds first thing to do is to take an x-ray, caller at an unreasonably late hour her at birth, to about two hundred pounds Adults should know the sanie thing mother and grandmother, sitting in at six months old. To produce this about themselves. If anyone, member dressing gowns and slippers in a room very rapid growth all the necessary el- of the medical profession or not, tells ements, including minerals must be pro- you that the pain or tenderness, or "Will that boy never go home?" fret- vided. If minerals are lacking in the swelling, or limp or a numbness, or difted the older woman. To think of six ration, the pig becomes unthrifty in com ficulty of moving the limb or bending weeks of this! And I thought I had dition and growth is much slower, the joint, is due to "rheumatism" or protected Peggy from Eleanor's in- Spring pigs secure the necessary min- "neuritis" or a "sprain" or a "bruise" fluence! And the little parties I gave erals largely from pastures and from or a "Charlie-horse" or growing-pains," Eleanor to keep her occupied and away eating the freshly rooted soil. Minerals or anything else, without first having from Peggy-why, they seem to have from these sources are not available for taken an x-ray-pay no attention to started up slow old Statesburg, so that fall litters, which are fed mainly in dry them. Get an x-ray by a competent people have never stopped giving parties, lots and pens, and an adequate mineral radiologist. Beware of individuals with-

Nora, you have never said a single word! The minerals found in the ordinary call themselves "bloodless surgeons" and I never interfere, but things are getting home-grown hog feeds (oats and barley) who give treatment without x-ray or to be more than I can bear! Our little are not sufficient to meet the needs of other examination. Peggy turned into an · Eleanor!" . the rapidly growing hog and when these With an exclamation of impatience elements are lacking growth is immed- in preventing non-cancerous diseases of the older woman got up and began to lately retarded. The mineral deficienpace the floor. - "Nora, shall I dress cies in a ration can be remedied, how- infants; tuberculesis by pasteurizing and go downstairs and send that long-ever, by feeding supplementary mineral milk and better water supply, and the

you? This is your own house, and A simple mineral mixture which has itis by the better care of the teeth, ton-Peggy is your own child, even if she did been used successfully for a number of years, at the Dominion Experimentl Sta-"Let us wait, please, just a little tion, Lacombe, Alberta consists of 76 pounds of slack coal, 20 pounds of salt 3 pounds of air-slacked lime or ground "There's the front door closing. She limestone and one pound of sulphur The mixture is fed in boxes, or in sep-Peggy, white-frocked, bare-throated, arate compartments of the self-feeder the x-ray can detect it in the earliest to which the pigs have free access..

'What," she said with a laugh, "you | Feeding tests conducted at Lacombe

An experiment has been conducted

gasping at Eleanor's manner reproduced over a period of two years to compare The rate and economy of gains of fall Then suddenly tall Peggy made a dash pigs receiving a ration of oats and barley into the room and collapsed on her own only, with fall pigs allowed free access to the mineral mixture, above referred 24"I'm so sleepy," she said, "and so is to, in addition to this grain. Both lots Jerry!" She gave a sudden jerk first of were self-fed and the mineral mixture one foot, then of the other, and sent her was available to the one lot from a sepand flour, and seasonings. Cook until slippers thudding to two corners of the arate compartment of the self-feeder. through groins - you should try the room: "They're so tight! And no mat- The use of the mineral mixture increased ter how I keep at it, I wender if I'll the gains, on the average, by 52 per cent, ever really like dancing. . Granny, I'm and reduced the cost of grains by 34 per afraid I'll never dance so well as Elean- cent .. In these experiments the pigs fed or. She told me you said once that you'd grain alone made, on the average, a daily never seen a girl dance as she did. You gain of only 0.63 of a pound, while those fed the mineral mixture in ad-"I believe perhaps I did, but I didn't dition, made a daily, gain of 0.96 of a perhaps mean it as Eleanor understood pound. The cost of putting on 100 it. Eleanor, did not always understand pounds live weight was reduced from of "Uratabs" without risk of cost unless \$4.59 to \$3.01: Feeding minerals to fall pleased with results—so, if you would "Eleanor," pondered Peggy, "was pretty litters is not expensive and frequently

CANCEROUS AND NON-CANCEROUS TUMORS OF BONE AND HOW TO . PREVENT ORIPPLING

This article has been written for the Canadian Social Hygiene Council by, an eminent specialist, and in addition has received the endorsation of the Provincial Department of Health of On-

"The cure of cancer at the present ray, nor a miracle, but simply the education of the people as to the signs of "Peggy, I don't think I understand its beginning in local lesions and the importance of an imprediate examination which will lead to recognition and treatment in the most favorable stage

of going too, but, as usual, had been must try to be-well, a little more grown of bone early and give the individual the waved back by her grandmether and, as up. We were talking about it just now. best chance of a cure and so simple to soon as the door was closed on their To-morrow afternoon. Jerry's father prevent crippling by earlier recognition departing cousin, had gone quietly up- wants us to go along with him out and better treatment of all non-canstairs to her room. An hour later the into the country to practice rifle- cerous conditions of bone, yet so far, we elder Mrs. Oliphant came in upon Nora, shooting. We'd love to but I suppose are unable to get the simple facts to the her daughter-in-law. placidly darning it's a little childish, so we're going to public and even to a large number of motor over to Carlington to have tea at members of the medical profession. The the Casino." Then suddenly a dishevelled majority of us, studying the educational brown head dropped upon Grandmother problems can see help only through a Oliphant's lap, and muffled words were systematic course on preventive medicine spoken. "I've tried so hard to be like in the primary schools and a more Eleanor, and yet you haven't seemed to organized continuous and authoritative want me with you as you did her. I've publicity in the daily press.

We have evidence of this. In 1921 "You know, Nora, I never interfere, of being jealous of her. I-I-I always the cures of concer of bone by irradiation resection or amputation, were less than four per cent. To-day, ten years later, they are more than thirty per cent. There is no improvement in the surgery or in the application of the x-rays or radium. The only improvement we can find in the records is that the period of time between the first known symptom and the first x-ray is greatly shortened. When an individual gets to a member of the medical profession who takes the x-ray films, he comes in contact with Her mother's hand merely caught an individual who can take steps to have if the condition so warrants. The number of well-trained and equipped radio-. logists is greatly on the increase so that soon, it is hoped, even what are conwill have diagnostic and treatment

In Detroit, during the meeting of the American Medical Association, with The advice and help of Mr. William W. Buffum, manager of the Chemical Foundation of New York, of which Mr. Francis P. Garvin is President, and representative members of the Radiological Society of North America, there was formed a non-profit organization which has since been incorporated in the State of Delaware under the name of the Radiological Research Institute, Incorporated. The object of this research association is to improve and make less expensive the x-ray tubes used for diagnosis and treatment, to reduce the expense of the metal radium so that it may be more widely distributed and in larger amounts, and, by a co-operative organized research, to make the diagnostic and therapeutic values of the x-rays and radium more accessible to the public throughout the world.

The x-ray is the searchlight which in or without the medical profession who

Tremendous, advances have been made bone-rickets by proper diet in young isolation of tubercular people; estemyelsils and sinuses in children and in the care of the skin preventing boils and immediate protective treatment of all bites and stings. But as yet we have no prevention of cancer of bone. Its cure depends upon its earliest possible recognition and treatment, and nothing but stages, or differentiate it from diseases

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