

THE GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions, Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will he take the risk of making diagnosis of or prescribing for ailments requiring surgical treatment or drugs. Health questions will be answered only if accompanied by a stamped envelope for reply.

Some Causes of Variation in Mother's Milk

BOTH the quality and the quantity of mother's milk is affected greatly by foods and various other circumstances. It is important that this fact should be better understood, as breast-fed infants often suffer seriously because of deterioration of the mother's milk.

A hearty meat meal has a tendency to lessen the secretion of milk, and a heavy meat diet, when long continued, tends to cause shrinking of the breasts.

Too long continued nursing causes deterioration of the milk; the casein or protein diminishes while the fat and sugar remain without changes.

Fever in the mother renders her milk unfit food for an infant, because the fever-producing poisons pass into the milk. The child should not be put to the breast when the mother has a temperature above normal.

Mothers should know that the use of purgatives and other drugs diminishes the flow of milk. Medicines taken by the mother appear in the milk within a short time after they are taken, and may produce serious effects upon the delicate organisms of the baby.

The mother should carefully avoid drugs, never taking medicine except on the advice of an experienced physician. Drugs are very rarely needed. Well-meaning relatives and friends prescribe, and grandmothers suggest their own pet remedies, often with the assurance, "This helped me when I was nursing James." A medicine good for one woman may be highly injurious to another.

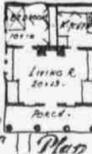
How to Reduce Weight

How can I reduce my weight? I am a cook and it is hard to diet. Are there any medicines or treatment for the overweight?

It will be necessary for you to diet if you wish to lose flesh. There are no medicines which are safe or useful. You should drink at least six glasses of water daily, eat early in the morning and between meals. Eat fresh fruits of all kinds and drink fruit juices. Fresh green vegetables are also wholesome. You may take gluten bread without butter. Avoid all fats, starchy foods and sweets. Cut out tea, coffee, all fried food, cheese, milk, but-

ADVICE TO THE HOME-BUILDER OF MODERATE MEANS

By VICTOR EBERHARD, B. Arch., R. A.



Furnace Heating (Continued)

COLD-AIR SUPPLY.—In a house heated by a furnace the temperature of the rooms is maintained by a constant incoming current of hot air, and it is absolutely necessary for satisfactory heating that proper provision be made for supplying this air to the furnace. On no account should a hot-air furnace be used without being provided with a direct supply of air from outside the building.

In dwellings this may be best accomplished by putting an opening in the exterior wall just beneath the flat floor joist and as far above the ground as the elevation of the building will permit. From this opening, which should be covered with galvanized wire netting of about 1/4-inch mesh, a duct or flue should be carried to the air pit under the furnace. The duct may be either carried horizontally under the basement ceiling until near the furnace and then dropped to the air pit or it may be carried down against the cellar wall and thence under the floor to the furnace. This portion of the duct above the floor should be built of well-seasoned matched boards of galvanized iron. The portion below the floor should be constructed either of stone, brick or glazed tile, and should be tightly cemented. If of brick or stone, the duct should be covered with stone slabs, with the edges roughly dressed and the joints cemented. The air ducts should not be carried under the floor if the soil is at all damp or near any drain.

Besides the external air supply, it is also a good idea to have a smaller air duct leading from the register in the front hall to the base of the furnace. This duct may be of wood, tin or galvanized iron, and may be connected either with the base of the furnace above the floor or fed into the outside duct, but care should be taken to prevent the air from blowing from the outside duct up through the inside one. An inside duct will produce a better circulation of air through the house, and on very cold nights the outside duct may be shut off and the air taken entirely from the front hall, as the air from this source, having nothing to contaminate it, will be reasonably pure.

Cold-Air Opening.—If only one external cold-air supply is used, it should be taken from the direction from which the prevail-

ing winds come. For buildings in exposed situations it is desirable to have a cold-air supply from the opposite side of the building also, and to connect the ducts and furnish each with a damper, so that either duct may be used, according to the direction of the wind. Cases have been known where the wind blowing from the opposite direction of the cold-air supply has sucked the air from the house through the furnace and cold-air duct, thus actually reversing the natural operation of the furnace. Two supplies will obviate this possibility.

Hot-Air Pipes and Registers.—The pipes which convey the heated air from the furnace to the various rooms should be of bright iron for sizes less than fourteen inches in diameter and of No. 26 galvanized iron for larger sizes. All pipes below the basement ceiling should be round and for the best work should be covered with asbestos paper, pasted to the pipe with a specially prepared paste. The vertical hot-air pipes to rooms in the second or third stories are frequently termed stacks. They usually pass up between the studs of the partitions in the lower stories, and are necessarily shallow. For medium cost and low cost houses the stacks are usually made 3/4 of an inch deep of one thickness of tin and wrapped with asbestos paper pasted on the tin. Two thicknesses of asbestos paper are but slightly better than one. The hot-air registers should be set in double register boxes made of tin, and the bottom of each stack should terminate in a boot or footing, arranged in such way as to insure the quick and easy flow of hot air from the feed pipe into the stack.

Questions and Answers

How wide should a staircase be in a small house if the stairs are against the wall on one side and have an open rail on the other? E. B.

About three feet from the wall to the center of the rail.

Plastering shows little cracks all over. Does not this indicate bad work? N. D.

No, not if the plaster is firm; it rather indicates that the plaster is very good, perhaps a little too hard. If it is entirely dried out, you can paper over it with perfect safety.

Plaster—Furnace Heating Continued.

thing except human hair. By the same token any actor that makes up his hands "in character" is fired on the spot. Or are most so-called artists merely lazy?

With all the fine material between book-covers, producers are frequently very slow in availing themselves of fit subjects. On that account, it's pleasant to record that Paramount will "shoot" Sir Arthur Wing Pinero's pretty and amiable comedy, "The Amazons" with Marguerite Clark in the role of the mannish little lady. "The Amazons" abounds in chances for picturesque "shots," some of its action taking place in semi-rural England. The last time it was done on the stage Billie Burke had the chief part. We hope Director Joseph Kaufman will get as good character actors as Fritz Williams and Ferdinand Gottschalk for their former roles.

The news (or rumor) that Jack Pickford and Olive Thomas, the musical comedy beauty starred by Thomas H. Ince, "broke off" and got married was no surprise to those New Yorkers who had seen them together quite a bit before each went to California. Incidentally, Miss Thomas will be at the Arcadia next week in "Madcap Madge." Those Pickfords sure are a wedding lot. Mary has been Mrs. Owen Moore for years now, and Lottie has done the family proud by her possession of a cute baby and a husband who probably was cute when he was a baby.

What is your pet movie resemblance? Gazing at Chaplin in "The Immigrant." The Anonymous Reporter discovered the other day that Charles looks like Henry Walthall out of drawing. To date no equal for Frank Hayes, the Keystone Butler, has been unearthed. And Flora Finch is without a human mirror, too.

MANDO

Removes superfluous hair from forehead, nose, chin, neck, arms, legs, etc. It is not on record that the "Harry Lauder" of movies (you know who that is) will do his bit in this manner. Though most fighting men would probably rather see him on the screen than anybody else.

IN THE MOMENT'S MODES

New Sports Sweater Coat of Glove Silk



One of the latest arrivals in sports apparel is the sweater coat of glove silk. This is slightly different in modeling and appearance from the usual sweater. The close weave of the material gives it more body, and the same reason allows the use of stitching as trimming, thus bringing to it a suggestion of tailoring. The model shown in today's sketch fastens with two buttons, on the lower of which the belt is buttoned. The only trimming is supplied by the stitching in self-color. A touch of novelty is found in the outline of the collar, cuffs and the pocket with its overlapping, stitched tab. The little hat is of white felt. It is slashed, and through the slashes are woven purple silk strands. The brim binding and the crown band are of purple grosgrain ribbon.

LIVING UP TO BILLY

By ELIZABETH COOPER

This powerful human document, written in the form of letters to a young mother seeking a term in prison to give her orphaned children a better life, is one of the most gripping literary products of the twentieth century.

XXXVII

Dear Kate: I have not time to write much, but I am so glad I must tell you one, and I know you will be glad with me. I am going to dance at the Winter Garden at last. We are going to have our try out, and, if we take, we will sign a contract like real professionals. I can't talk it to you; I can't say all I am feeling, but if you was here I would dance it to you.

Yours, NAN.

XXXVIII

Dear Kate: Just as I was getting ready to go up to the Winter Garden for our try out, I got a letter from Mrs. Smith saying that Billy had the diphtheria. She said, "Don't come," that she would let me know all the time how he was. Fred came to take me up and I told him I was not going, that I was going to Billy, and he almost went crazy. He said, "Why, Nan, don't you see you will lose your chance if you don't show up now; they will never give it to you again." I said, "I don't care, I am going to Billy." He nearly cried. He said, "Nan, you have been working two years trying to get on Broadway, and if they had told you six months ago that you had a chance to go on at the garden, you would a said they were crazy or you would a died for joy. And now you throw it all over for a kid. I said I didn't care, I was a going to Billy. He talked and he talked and then he went down and phoned for Will Henderson, who come over and talked to me. They made me feel that I was doing them a rotten trick, cause Will wrote the music and was going to have his name on the program, and he said that if I didn't show up he would lose the biggest chance he ever had to get back decent again. So I gave in if they would promise to get me to the train as soon as our turn was over.

Well, we went and the dance sure did go. I came back eight times and I never saw anybody so tickled in his life as Will. I think that he can have his name on a program again. He says he will go out to that dope joint in White Plains tomorrow, cause he believes he still has got a chance of making good. It does put heart into you when you are down and out to feel that perhaps there is something still ahead of you if you will only buck up. After my turn the manager came into the dressing room and offered us season's work. I think it was the happiest minute of my life. I have worked for it ever since I was a kid and I just seemed to know that some day I would be on top. Why, think of it, Kate, I am going to have my name, Nancy Lane, on a program of the biggest dancing place in America, and I will be dancing along side of girls from Europe and real actresses. I felt all choked up and I was dead scared that fat



For immediate and permanent relief from eczema I prescribe Resinol

"If you want to experiment, try some of those things you talk about. But if you really want that itching stopped and your skin healed, get a jar of Resinol Ointment. We doctors have been prescribing that ever since you were a small boy, so we know what it will do."

Resinol Ointment is an easily fresh-colored that can be used on exposed surfaces without attracting undue attention. Sold by druggists.

Advertisement for FLECK FIXTURES, featuring a 'KING' water meter and 'Economy Demands' text. Includes the FLECK BROS. CO. logo and address: Plumbing, Heating & Sanitary Work, 316 N. 3rd St., Philadelphia, Pa.

when your friends try to borrow money off you, but Hetty Green will be a willful waster compared with me, cause I am going to plant it all in the savings' bank for you and Billy.

In a while his face would come before me and nearly shut out the lights. NAN. (CONTINUED TOMORROW) (Copyright, All rights reserved.) Hahnemann to Reoffer Units The Hahnemann Hospital unit, offered to

the Government for service in France, had been declined on the ground that the full quota of units had been accepted. W. W. Van Ruan, says that after investigation he has found that nothing like the full quota has been accepted. For that reason the Hahnemann will organize three units in New York, here and in Chicago and offer them.

Very Important Dress Sale

OPPENHEIM, CLINS & C

Chestnut and 12th Sts.

Will Close Out Tomorrow

250 Taffeta Silk Dresses

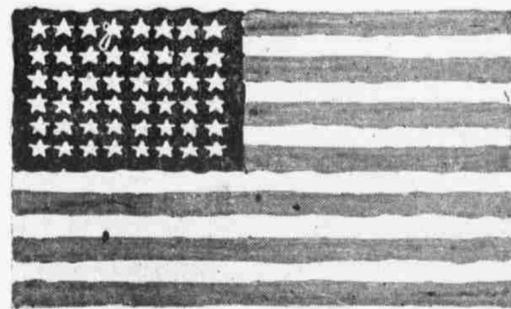
For Women and Misses

Attractive models of taffeta and Georgette crepe combinations in smart colors.

Extraordinary Values

10.75

All Sales Must Be Final



U.S.

Army and Navy Uniforms

The second of a series of 8 beautiful colored supplements showing the uniforms of the United States and her allies will be given FREE with

NEXT SUNDAY'S PUBLIC LEDGER

This supplement shows the uniforms of Uncle Sam's Army and Navy, also the insignia of the various branches of the service. It is printed in colors, on super-finished paper, and is admirably suited for framing. Order next Sunday's Public Ledger Now.