AMERICA'S LITTLE GIRLS WEAVE LIVES INTO WAR: KNIT COMFORTERS FOR WOUNDED POILUS

LET YOUR LITTLLE GIRL KNIT
"HOSPITAL SQUARES" FOR FRANCE These Are Made of Bright Bits of Left-Over Yarn and Put Together to Make Comforters for Wounded Soldiers-A Child's Gift

THE WOMAN'S EXCHANGE 1
2

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| GOOD HEALTH QUESTION BOX <br> By JOHN HARVEY KELLOGG, M. D, LL. D. <br>  <br>  |  |
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| nal mowenent of the bowelis tr pree |  |
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| move dally, but without complete evacua- tion of tho lower colon. Not Infrequently |  |
|  | $\begin{aligned} & \text { Sour milk is more digen } \\ & \text { nary frenh milk. } \end{aligned}$ |
|  |  |
| of the constimation. It im only by the nid ifsuch examination that it liconies pospible to make as Mucterngul applicastion of curative |  |
|  |  |
| $t 0$ math rivane, |  |
| Fasting, a scanty diet dens than 1500 calorion, a llouid diet (milks, kruelis, por- |  |
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| vegetable forsts) In the only elemint whtch can Increase the bulk of the feces. The |  |
| average perwon requires about an ounce of celtuloso daily, |  |
|  |  |
| Garden vegetables (excepting the potuto) <br> beet |  |
|  |  |

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