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Sunshine Butter Thins supply not only the crisp bit needed with salad or cheese, but they add a delicacy of flavor which makes things taste better than usual.

Butter Thins are irresistible little wafers, round and brown. They contain real butter and are baked to an appetizing crispness. Like all Sunshine Biscuits, they are as pure and wholesome as the sunshine in which they are baked in the "Bakery with a Thousand Windows."

SUNSHINE BISCUITS

are made in variety to suit every taste and every occasion. If you want to taste the most enticing biscuit confections that ever tempted appetite

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Send us your name and address and the name of your dealer and 10c (stamps or coin) to pay postage, and we will send you, free, the Sunshine Revelation-Box, containing 14 kinds of Sunshine Specialties. For sale, packed carefully and daintily in tins, also by the pound.

LOOSE WILES BISCUIT COMPANY 502 Causeway Street, Boston, Mass.
Bakers of Sunshine Biscuits

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WIN A PRIZE

6	9	22	5				
20	8	15	21	19	1	14	4
4	15	12	12	1	18		
16	18	9	26	5	19		

Each one of these four lines of figures spells a word. This most interesting puzzle can be solved with a little study as follows: There are twenty-six letters in the alphabet, and we have used figures in spelling the four words instead of letters. Letter A is number 1, B number 2, C number 3, etc. throughout the alphabet. IF YOU CAN SPELL OUT THESE FOUR WORDS WE WILL SEND YOU A CERTIFICATE OF ENTRY in our GRAND \$5,000.00 CONTEST.

TEST also a BEAUTIFUL COLLECTION OF FIVE GOLD EMBOSSED HANDSOMELY COLORED SEASONABLE AND CHRISTMAS POST-CARDS. All you have to do is to enclose with your answer 2 two-cent stamps to cover cost of packing, mailing, etc. USE YOUR BRAINS. Try and make out the four words. ACT QUICKLY. Write the four words on a slip of paper, mail it immediately with your name and address and 4 cents in stamps. And you will promptly receive as your reward a CERTIFICATE OF ENTRY in our GRAND \$5,000 CONTEST, also a SURPRISE PACKET, which contains a handsome assortment of five beautifully colored, embossed seasonal and Christmas post-cards, also a copy of a New York Magazine. Act promptly. This is your opportunity to enter this great contest in which we give away a big SIX CYLINDER "THOMAS FLYER" AUTOMOBILE—A FIVE PASSENGER 1913 FORD TOURING CAR—A TWO PASSENGER 1913 FORD AUTOMOBILE—CONCERT GRAND PIANO—Cash Prizes, etc.—TRY and WIN.

M. E. MURPHY, Mgr., 649 W. 43d St., Dept. 192, New York

all were given. After the ninth treatment, the girl walked into the doctor's office unaided.

"Yesterday," her mother explained, "she told me that she thought her arm felt better, and she found that she could raise it. Then, she said she believed she could walk; and, getting out of bed, she crossed the room without the least assistance, and without her feet clubbing under her. Can it be, doctor, that she is cured?"

"You have said it," was the reply. "She is cured."

As, in fact, she was; although, of course, the magnet itself had had no power to cure her, but was used merely as an agent for an efficient "counter-suggestion" to dislodge and to uproot the symptom-producing suggestions in the girl's own mind.

Frightened Into the Normal

EXCELLENT results have also been obtained in many cases of hysterical paralysis among children by the use of what is known as the "method of surprise," the recent invention of a German specialist named Bruns. As employed by Bruns and his followers, this method has undoubtedly a certain aspect of brutality; but this more than compensated by its effectiveness. Having determined, by a searching medical examination, that the paralysis in any given case is functional and not organic, what Bruns does is to place the paralyzed child in a bath tub, turn on the cold water faucet, and watch the youngster climb out, and scamper off.

"You see," he then says to him, at this psychological moment, "you can walk very well, after all. Now, let us hear no more from you about being unable to walk."

Or if, for any reason, he deems the bath tub device inadvisable, his plan is to put the child to bed, to keep it entirely isolated, and to deprive it of all food for a day or so. An appetizing meal is then brought into the room, and left some distance from the child's bed. Frequently, this is all that is needed to effect a cure. The suggestion of food overcoming the suggestion of paralysis, the child gets out of bed and starts across the room, being encountered midway by Bruns, who—of course, by accident—enters the room at that precise instant, and makes use of verbal suggestion to reinforce and to maintain the "miraculous" recovery.

In contrast with this method of surprise is the "method of disregard," also originated by Bruns and used by him in cases of hysteria other than those involving muscular paralysis—cases, for example, of obsessions, facial "tics," spasms, or convulsive seizures. In employing the method of disregard, the little patient is carefully watched by both doctors and nurses, but in such a manner that he is led to believe they are paying scarcely any attention to him. As a result, the idea that, despite his own belief, his malady must be quite insignificant, gradually takes increasing possession of him, and in proportion as it does so the hysterical symptoms disappear.

But, the reader may ask, does this truly mean that the hysteria itself has been cured? Do not these methods, one and all, achieve merely the removal of symptoms? Is not the child still suggestible enough to develop a new variety of hysterical disturbances, should occasion arise?

Such objections are not without force, though in practice it has been observed that the cure of the symptoms by suggestion does actually seem to weaken the tendency to future hysterical outbreaks of any kind. To be on the safe side, however, it is always well to institute environmental changes of a sort that will make for a constantly closer approach by the child to a normal life.

And with this, we come to the point that is of supreme interest to parents.

Hysteria Bred in the Home

ALMOST without exception it is in the home that the seeds are sown which may afterward bear the bitter fruit of hysteria, whether bearing it in childhood or not until some critical period comes in later years. It is the child who is "spoiled," who is kept by unwise parents in a state of nervous tension and excitement, whose sense of moral responsibility is not properly developed, and whose natural suggestibility is unduly heightened by the su-

perstitutions, fears, and eccentricities of its elders; it is this unfortunate child who, soon or late, may be counted on to manifest some hysterical taint, perhaps not of the extreme type illustrated by the cases mentioned above, but nevertheless of a sort making against its happiness, usefulness, and success in the world of active effort.

"It has been my observation," said a distinguished nerve specialist to me, a short while ago, "that hysterical children usually have hysterical, neurotic parents. At first, I was disposed to see in this another evidence of the dread workings of heredity. But I am now inclined to the belief that it illustrates rather the influence of environment. All children, as you know, are essentially imitative. They tend to copy, with exaggerations, whatever models are placed before them, and instinctively they take their parents as their chief models. If, then, the parents are flighty, excitable, passing rapidly from extreme to extreme of mood, it is only natural that the children should be likewise. Their mind undisciplined, their will power undeveloped, they easily fall a prey to the baneful, hysteria-producing suggestions of their unhealthy surroundings.

"To make matters worse, there is often, even among well educated persons, an amazing disregard of the hygienic and dietetic requirements for neural stability. Children are allowed to sit up to unreasonable hours; they are permitted altogether too frequent attendance at parties, theaters, moving picture shows, and similar places of entertainment, where they receive impressions of a novelty and massiveness too great for them to absorb easily. Then, too, there is a tendency to give them at their meals an undue allowance of meat, and to permit them to drink tea, coffee, and other stimulants tending to nerve disturbance.

"All the while they are living in an atmosphere of parental uneasiness and unrest. Their mothers—and, perhaps, their fathers also—fuss and fume over them. They delight, it may be, in "showing them off" to admiring visitors, thus suggesting to the already over-impressionable little ones improper notions of their importance. In their presence, the parents discuss matters of a character bound to convey disquieting ideas. Presently, signs of trouble appear—restless sleep, "night terrors," facial "tics," possibly even full-blown attacks of hysterical convulsions, paralysis, deafness, or what not—and the neurologist has another patient on his hands."

The Duty of Every Parent

SURELY, the duty of parents is plain. To set before their children from earliest infancy examples of placidity and strength of character, to educate their will no less than their intellect, to guard them as far as possible from all harmful suggestions, to love them without idolizing them, to study carefully their physical as well as their mental and moral needs—in this way, and in this way alone, can safety be had against the dread menace of hysteria and allied nervous troubles.

Every year it becomes a question with the housewife how to put the stove pipe away so that it will not rust. I have tried the following plan for several years, and it works perfectly on any kind of stove pipe: Take sweet oil and rub it on the pipe with a cloth. Then, wrap the pipe in a sheet of newspaper, and rest easy from the fear of rust. Sweet oil is also effective in removing finger prints from a Russian iron pipe. I find that by following your suggestions, I save money, and I believe that others will find my "Wrinkle" to be a good one.

A good many housekeepers find difficulty in getting the cuffs on soft shirts stiff enough. Here is my "New Wrinkle." When making clear starch, take enough out while warm and put in a separate pan; dissolve three teaspoonsful of gum arabic in two tablespoonsful of luke-warm water, and when smooth and thick add to the warm starch. My old mammy told me that years ago, but I never tried it until recently, and it proved such a help to me that I thought I would let others know.