

It Really Does Pay To Be Good-Natured

By WINIFRED BLACK

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Did you see the man's will in the paper yesterday?

He was an old man and he had been ill for some time and alone a good deal, and when he died he left \$50,000 to a homely little woman with four children and a mortgage on her house.

"I leave this money to this woman," said the will, "to pay her in some slight measure for being so good-natured, but I hereby warn her to be wary of fortune hunters and frauds."

"When I was ill and depressed," the will went on to say, "this woman's good nature was a great help to me, and I want to show her that I appreciate it."

And upon investigation it turned out that the woman was very poor and rather ill, and not particularly clever, and not in the least good-looking, but she had a gift of homely cheer about her that was like a streak of sunshine.

"Her house was old and tumbledown," said one who knew her well, "I don't believe she'd had a really new dress for years. I've seen her make over that one she's wearing now at least four times, and the trimming on that hat has been at the back and in the front and on the side for I don't know how many seasons."

The Geranium Woman.

"She had geraniums in the window all winter, and in the summer a wild morning glory vine climbed over the shabby little porch. In the yard there was a battered old croquet set and all the children in the neighborhood used to come to play croquet, and if I've seen that woman come out once with a pan full of cookies for those children."

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Winifred Black

I've seen her a dozen times. "How did she afford them? She didn't. She just made them anyhow, and then went without a new hat and a new dress."

I never shall see a window full of red geraniums again without thinking of her.

They look just like her, so humble and unassuming, so generous and so cheerful. Why, for even the postman she'd have a cookie or a hot day and a drink of water, and I never saw him look so delighted. He's a gum man and stinky with his smiles, as he was when he heard about that \$50,000.

I wonder what she'll do with it. I do hope she won't put a new house and move out of the neighborhood.

People up in the smart part of town wouldn't half appreciate her. They don't need her. We do.

All the old men and old women and all the little children and the babies and the widows and the bachelors—why even the dogs and cats down here know the little Geranium Woman—we couldn't do without her.

The man who left her the money? Oh, he lived next door.

Roomed there with a young couple who quarreled a good deal when they first came to this part of town.

They got over that before they'd been a neighbor to the Geranium Woman long.

I can't imagine the neighborhood without her. I do hope she won't move away with her \$50,000, the little Geranium Woman.

I wonder what she'll do with the money.

What Will She Do?

I hope she'll put it in the bank and just draw the interest on it. So she'll have plenty to make all the cookies she wants and maybe she'll leave lemonade with them now instead of plain water.

I hope she'll go on making over her hats and turning her dresses. She can never stay good-natured if she tries to follow the fashions of this year.

Dear Little Geranium Woman: I wish she'd let me know when the house next door to her is vacant on either side, if either of them ever is.

I'd like to move down and live there next to her, and have her bring me a plate of cookies and sit on my back porch and tell me how to make the blue morning glories bloom at the right time.

Ways to Care for Your Ankles and Feet

BY LUCREZIA BORI

Prima Donna of the Metropolitan Opera Company, New York.



Lucretia Bori

THE return of the short skirt and the popularity of the high-heeled shoe have called the attention of the medical authorities to the health of the feet and the outlook brighter in the future.

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you become tired, move the foot up and down until fatigued, and then change to the other foot. Another effective exercise is to stand on both feet and turn the feet from side to side at the ankle.

After exercising with a foot bath with hot water, as hot as you can stand, the feet from side to side at the ankle.

The ankle should be covered and if a tablespoonful of bicarbonate of soda is added to the water it assists in the flesh-melting process. Allow the ankles to remain in this bath 15 or 20 minutes, then rub them dry and apply a strong solution of alum or camphorated oil. Firm vigorous strokes to rub the oil well into the flesh, and as a final end of the treatment, bind the ankles with strips of linen saturated with the oil. Do not draw these tight enough to hinder the circulation.

Caring for the Feet.

To improve the contour of the foot it is necessary to pay attention to the corns, calluses and enlarged joints. Be quite sure that you wear well-fitted shoes, for there must be no pressure against any one part of the foot.

When the outline of the foot is affected by calluses the process of removal is simple, but requires time. First soak the feet in warm water, then, after they are dried, rub the calluses until the skin peels.

If any of this dead skin can be removed by cutting with the scissors, do so, but be extremely careful that you do not injure the tender flesh beneath.

If the calluses are painful I would apply simple tincture of iodine daily. This will cause the surface to peel and will prevent a further accumulation of dead skin.

It is impossible to restore an enlarged joint to its normal size, but you can improve the shape of the foot by placing a wedge of absorbent cotton or soft paper between the first and second toes. This will bring the toes into line with the balance of the foot.

When buying shoes, be sure to select a last that will not accommodate the enlarged joint. The long, narrow vamp with pointed toes should be avoided.

The care of corns is a subject in itself, and will have to be discussed at another time. I think it far better, however, to consult a chiropodist and have the corns properly removed.

In case you suffer from tender feet I advise the use of this remedy, which will relieve the soreness:

Belladonna 1/2 ounce.
Alcohol 1/2 ounce.
Baths the feet with cold water, night and morning, rub dry, and apply the lotion. You will find it very soothing.

ad. It is never funny when a man says he loves you.

If he is serious it is cruel to laugh. If he is making fun of you, you should be amused.

What did you quarrel about in the first place? Did he do something wrong and then refuse to admit that he was wrong?

When you're telling the story, why don't you tell the most important thing in it? I think you ought to have a plain talk with the young man. I don't see why you are sorry you cried.

If you do care, why should you be ashamed to show it? You're pretty young—too young to have serious affairs—but I don't see why you shouldn't be friendly with the young man and try to help him every way you can so long as he behaves himself.

Miss Laurie will welcome letters of inquiry on subjects of feminine interest from young women readers of this paper and will reply to them in these columns. They should be addressed to her, care of this office.

Yes, you did wrong when you laughed for me. I laughed at him. A few weeks ago I heard that he had been drinking one afternoon. I asked him if it was true. He said it was, and that if it had not been for me he would not have done so. I asked him why, and he said because he thought I did not care, because I laughed at him. I knew that I must quit going with him and told him. He said that I was doing right, that he was not gentleman enough to go with me. I cried right there before him.

If he should ever ask to go with me again do you think it best that I refuse, or should I trust him again?

More than once he told me that he cared for me. I laughed at him. A few weeks ago I heard that he had been drinking one afternoon. I asked him if it was true. He said it was, and that if it had not been for me he would not have done so. I asked him why, and he said because he thought I did not care, because I laughed at him. I knew that I must quit going with him and told him. He said that I was doing right, that he was not gentleman enough to go with me. I cried right there before him.

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Secrets of Health

Of All Senses Common Sense Is the Leader

BY DR. L. K. HIRSHBERG.

A.B., M.A., M.D. (Johns Hopkins).

cent of Koimo, and on the front be HE all too frequent error held by those who accept the touch-an-go of everyday speech as actually correct, that there are only five senses in man, needs to be brought up sharply with the fact that there are, perhaps a score of them—and the end is not yet.

In a philosophical magazine for October, 1914, I observe an elaborate, transcendental thesis upon perception by a professor of a great university. Ostensibly from his degrees he might be rashly judged to have all the education and knowledge available to man. Yet he seriously announced that "the evolution of the human race will undoubtedly in the future develop a sixth sense."

Nature has not true enough, been either lavish or prodigal with the flesh in the endowment of the senses, yet to speak of a prospective sixth sense, or, for that matter of a 10th or 12th sense, is to put butter upon bacon, to employ a locomotive to crack a nut—Experience and "fact."

When the eye, ear, skin, nose, muscles, joints, stomach or tongue is stirred up in certain ways you—your ego, yourself, the personality, John,

which differs from Jim or Jane—becomes aware of something else in the universe besides whoever "you" happens to be.

If you were utterly devoid of each of your score or so of senses you could not have such sensations as touch, feeling, squeezing, searing, pushing, heat, cold, pain, addition, sight, taste, smell, ticklishness, hunger, thirst. Therefore, you would meet with disaster. You would not know that there was a real world other than you yourself. You could not escape a fire, an automobile, hunger, or any real danger. You would die aborning!

Sensations are merely unorganized perceptions. The latter are compound sensations full of memories which back beat to infancy—the only time you ever did have pure sensation. What you call experience, what you know, is really the response of your sensations or perceptions to the world around you, the environment, your surroundings.

That your likes and dislikes are after all made up of your sensations after all made up of your perceptions and restricted experience and habits of life is evident from the homely expressions about the sense of taste. "Every one to his taste" embodies this notion.

Using Your Judgment.

"Come, give us a taste of your quality." "She has execrable taste," such and various are the tastes of men that you must often wish many of them all sorts of prosperity and a little more taste.

Emerson put it sentimentally thus: "By doing his work he makes the need felt which he can supply. He creates the taste by which he is enjoyed. He provokes the wants to which he can minister."

All the world and his wife submit that to have common sense is to have common sense. Nothing could be further from my thoughts.

With the exception of those great masses of humanity who are content with mind-borne lifelong habits, common sense is about the least thing a well man may have and remain sane. Over and above your common senses, if these are sound and vigorous, there must be added reason, judgment, reflection, mental synthesis of many judgments, will, decision and action.

The will of man is truly by his reason swayed. When judgment and logic files to brutish beasts, men may be honestly said to have lost their reason. Reason only comes after a man has had the experience of many sensations and perceptions. You compare one dog with another or a table with a chair, you are performing a kind of elementary reasoning. The conclusion you reach with regard to these simple propositions is your judgment.

Reflection comes by a comparison of more than one judgment with another. A decision between several judgments leads your will to direct your thoughts and action in a given direction.

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirshberg, care of this office.



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