WHEN A SOLDIER IS

great many men are disabled through foot trouble. Fren the bravest man cannot "carry on" if he is suffering from scre feet. Hence the necessity for Zam-Buk to keep the soldiers' feet in good



m his pig coat looking up at Grunty Pig.

"Here, Grunty Pig!" exclaimed Grey Horse, "you may take back your pig coat. I wouldn't be a pig for the world! It's too lazy a life for me." Grunty Pig was so afraid Grey Horse might change his mind before he could change places that he spatched his own clothes off his friend's head, and putting them on he ran out of the barn and buried himself in the mud with a weary sigh.

"You can have your stall, your clothes and all," he snorted. "I wouldn't be horse for anything!"

"Most sersible thing you could do," mooed old Bossy Cow, who had watch-mooed old Bossy Cow, who had watch-

DAILY PAGE FOR EVERYBODY

Why Science Says Your

Secrets of Health and Happiness

EONARD KEENE HIRSHBERG,

M. A., M. D. (Jebns Hopkins University.)

In ancient a gest, more and the section of the world will be brosser and otherwise to the first used the original fashion.

A. C. D. Many, however, require wont to oppose the first use of acceptance of the world will be be a section of the world will be be a section of the world will be be a section of the world will be be be a horse? Exclaimed and otherwise to the first used the overex of the world will be be be a horse? Exclaimed and the will be be a section of the world will be be a section of the world will be be a section of the world will be be a borse? Exclaimed and the section of the world will be be a borse? Exclaimed and the will be be a borse? Exclaimed and unit of the human structures parks in the personality, the off the world will be be a borse? Exclaimed and unit of the human structures parks in the personality, the world will be be a borse? Exclaimed and unit of the human structures parks in the personality, the world will be a borse? Exclaimed and unit of the human structures parks in the personality, the world will be a borse? Exclaimed and unit of the human structures parks in the personality, the world will be a borse? Exclaimed and unit of the human structures parks in the personality, the world will be a popular print and substitute the world will be a popular print and substitute the world will be a popular print and substitute the world will be a popular print and substitute the world will be a popular print and substitute the world will be a popular print and substitute the world will be a popular print and substitute the world will be a popular print and substitute the world will be a popular print and substitute the world will be a popular print and substitute the world will be a popular print and substitute the world will be a popular print and substitute the world wil

member is a better to stand in your shoe than to try to wear those of your in the work of the first in the tree of doing nothing." neighed Grey Horse than to try to wear those of doing nothing." neighed Grey Horse than to try to wear those of doing nothing." neighed Grey Horse than to try to wear those of the day to the tree of doing nothing. The Sun weight is a special to the same of the first in the fir

severe pain on my right side, close to the hip bone. It does not interfere with any exercise when sitting or standing. Please tell me what is the cause and cure.

2. Has an operation anything to do with it?

3. What causes mucous discharge?

4. I have bad dreams every night. What causes them?

5. What causes spinal meningitis?

A.—Adhesions are likely. Massage and electricity are better than medicines.

2. No, it has not.
3. Inflammatory conditions or irritations cause this.
4. Some irritation or physical disorder 5. An infectious germ.

A. C. D. Q.—Would you kindly give me a formula for developing the bust? A.—It is better to leave these delicate tissues alone, as you might stir up can-cers, tumors or other unpleasant mala-dies.

MRS. D. L. L. Q.—Please give me a remedy to destroy head lice, one that will not injure the hair. A.—Wash the hair in acetic acid and water. Then brush the hair thoroughly. Repeat this several times on successive nights.

glassful of hot milk before bedtime.

ANNA. Q.—I have a tickling, sticking sensation when swallowing. Can you tell me what to do?

A.—You should have your teeth thoroughly examined, as such disturbances often come from the teeth.

ADA. Q.—Is emphysema helped by certain climates and is it fatal?

A.—Emphysema often disappears in tot climates, sometimes in California. It does not kill.

Chasley: Q.—I have a control of this paper on medical, hygienic and sanitation subjects that are of general interest. He cannot always 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 Inclossed. Address ALL INQUIRIES to Dr. L. K. Hirshberg, in care of this office.

DIARY OF A FASHION MODEL

She Learns Just What Type of "Military" Suit Becomes the Tall,

must plg. "You set about to see me of the world, while I remains of control with a finding to the popular print and successfully the popular print and succe

"Just stop with 'OH,' Fire Brand," said I. "You can't reason about it. You can't argue about it. You have

just got to know, that's all, just as I



Of course, the average native woman of the Congo hasn't the means nor the time to devote to personal adornment such as the ornate headdresses shown in our illustration, but some of them have both the means and the time, and they're even more eager than their civilized sisters to make themselves "beautiful."

The woman at the right is the head wife of a chief of the Matogo tribe. First she made the tiny hat of woven vegetable fibre and set in its crown the red tail feathers of the African grey parrot, which are much prized by dusky belles. Then she dressed her hair so their civilized sisters to make themselves "beautiful."



The lady at the left is a belle of the that her most valued ornament was still

Mangbetu tribe, and her headdress took two days to make. With the aid of a friend she carefully smoothed out every kink of hair and laid each strand back along the head. Then beginning at the kink of hair and laid each strand back along the head. Then beginning at the forehead they bound the hair close to the skull with raffia or banana fibre until half-way back they began to insert rattan fibres so they'd stand out above the head as we see them. Finally the assistant wove the girl's natural hair into the rattan, and the headdress once roamed the wilds through which she now struts with vast pride.

as well as any nurse or physician, I judged that she had found me in good shape.
"But you'll pay me for my leniency,

"Tell me one everything out of the window today. It be fire Brand, throwing herself trees in blossom and the smell of violets down into a chair and staring at me until she looked like a gorgon or a death's head, or one of the furies listelf."

"Fire Brand," said I be warm and sunshiny and pretty with green grass and all the trees in blossom and the smell of violets down in the air, and here it's pouring and raining, and the mud is nearly a foot deep, and all the violets are drowned, and you couldn't find a wildflower in the woods to save your life. How can you ask me to look out of the window into such a world as that?" young woman, she went on gayly.
"Now I want to know every word of your end of this movie stunt you've been pulling off."

"What a cross-examiner make!" I said admiringly, yet a bit crossly when she had finished.

"The stand when we had had a cake or two and a cup of tea aplece, I said:

"Fire Brand, tell me this, what would you do if you thought it was always going to be like this outdoors?"

Fire Brand gasped. "Well," she said.

"I don't know whether I would choose cyanide or a pistol or morphine. One or the other would have to do it. I wouldn't live, that's all. I simply wouldn't live, that's all. I simply wouldn't live, that's all. I simply wouldn't live.

"It certainly is," said Fire Brand, "always going to be lated to the fender—such little feet Fire Brand has, and such a very neat ankle. I don't wonder she's a bit fussy in the matter of shoes.

"Well, hen' said I. "that's how it is with religion. Don't you see! If we as they cornetimes are, we could never live and hear it.

"We have to smow that the sun shone forward.

"We have to know that the sun shone yesterday, and perhaps tomorroy it will shine again. We have to think of the way the flowers smell when the sun doer come out, and how the birds are solid, and how the birds are solid and the sun than the sun them again. We have to think of the way the flowers smell when the sun doer come out, and how the birds are solid and the sun them."

"When have to know that the sun shone yesterday, and perhaps tomorroy it will shine again. We have to think of the way the flowers smell when the sun shone systematory, and perhaps tomorroy it will shine again. We have to think of the way the flowers smell when the sun shone yesterday, and perhaps tomorroy it will shine again. We have to think of the way the flowers smell when the sun shone specified by the store."

"Oh," said Fire Brand, "but—" You wate for the sun the sun shone since it is with religion. Don't you see! If we have to immediate the percent when the sun shone yesterday, and perhaps tomorroy it will shine again. We have to can be a sun and the perhaps to make the percent when the sun shone yesterday, and perhaps tomorroy it will shine again. We have to make the percent when the sun shone we have the percent when

of reading one's thoughts sne possessed.

"What won't do?"I parried, although I was ashamed of my own weakness in thus postponing the issue.

"You know very well." There was acerbity, thinly velled, in my friend's voice now, and I didn't wonder at it.

"When you enter the service," she

know the sun is going to shine some time, no matter how black the clouds are now. And neither you nor all the Fire Brands in the world are going to take away the comfort of my knowing it, just to give you a glorious time, Fire Brand. To-morrow's Fire Brand.

Whereupon poor little Fire Brand crooked her arm and laid her head down on it, and cried very hard, and after she had cried she dried her eyes, and began to sing, and was quite happy. For when her storm passed she knew that the sun was going to shine for her again, and it made her glad, and she didn't want to argue about how useless it was to have and faith—and religion.

N By Genevieve Kemble WEDNESDAY, JUNE 5.

and she didn't want to argue about how useless it was to have and faith—and religion.

So Fire Brand and I spent a very comfortable afternoon together, after all, and that's always such a good thing, isn't it, in this world where we never know quite how many comfortable afternoons are going to come to us, or when, or why, or how.

Of the great army of cigarette smokers there is probably not more than one in a hundred who knows that rice paper, in which the tobacco is wrapped, has nothing to do with rice, but is made from the membranes of the breaffruit tree, or more bommonly of fine new trummings of flax and hemp. So light is this paper that 500 of the tiny sheets

Try TETROL, 25c BRUCE WALLACE 419 RICHMOND STREET.

appears and hair stops coming out.

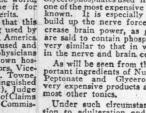
Draw a moist cloth through hair and double its beauty at once.

"It all fits in," she said. Then she berson who got the rule from her own grandmother.

And when we had had a cake or two and a cup of tea apiece, I said:

"The lifts in," she said. Then she said. Then she we have said the rule from her own grandmother.

"Do you know that you've been instrumental in breaking up one of the strumental in the country?" abundant and appears as soft, lustrous one of spies in the country? and beautiful as a young girl's after a she asked. "We have known for some "Danderine hair cleanse." Just try this



Cut this out.

What

Nuxated Iron

is Made From

Sworn Statement of Composition of Its Formula

The Board of Directors have authorized at less than of the broadest publication of the sworn the cost; but tatement of the composition of Nuxated we must have impaired their

Under such circumstances the tem tion to adulteration and substitution by unscrupulous persons, is very great and the public is hereby warned to be careful and see every bottle is plainly labeled "Nuxated Iron" by the Dae Health Laboratories, Paris, London, and Detroit, U. S. A., as this is the only genuine article. If you have taken other forms of iron without success, this does not prove Nuxated Iron will not help you. We guarantee satisfaction to every purchaser or your money will be refunded.

In regard to the value of Nuxated Iron

is suggested that physicians make a record of it and keep it and keep it in their offices so that they may intelligently answer questions of patients concerning it. Surgeon of the City of Chicago, says it has proven through his own tests of the cerning it. Surgeon of the City of Chicago, says it has proven through his own tests of the cut it out and keep it. A copy of the actual sworn statement will be sent to any one who desires such. It is as follows: Iron Peptonate (Special specific Standard) Quantity given below. Sodium Glycerophosphates U.S.P. (Monsanto.) Calcium Glycerophosphates U.S.P. (Monsanto.) P. E. Nux Vomica U.S.P. Cascarin Bitter. Magnesium Carbonate. Po. Ginger U.S.P. Oil Cassia Cinnamon U.S.P. Calcium Carbonate Precip, U.S.P. Each dose of two tablets of Nuxated Iron contains one and one-half grains of organic iron in the form of iron peptonate of a specific standard which in our opinion posesses superior qualities to any other whow form of iron. By using other makes of Iron Peptonate we could have accomplished the same thing could have acc



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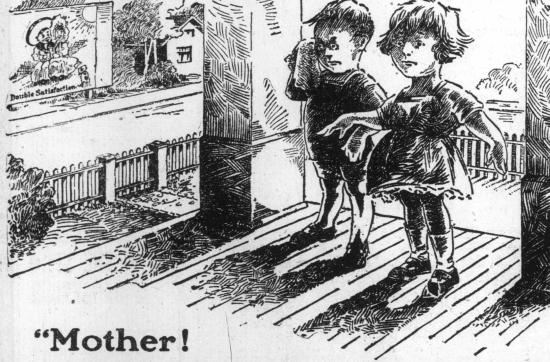
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