Daily Magazine Page for Everybody

Secrets of Health and Happiness

"Gloves For the Feet" One Remedy For Foot Troubles

BY DR. LEONARD KEENE HIRSHBERG

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



If the power of "fashion" is ever doubted, look at your shoes. Somehow it seems impossible to awaken the will power of the public to resist wearing often improperly made shoes because they're "the style." Despite crooked toes, corns, bunions, flat feet, fallen arches, turned-over heels and vamps. "the dear public" persist in accepting "stylish" and "fashionable" but in some cases injury-pro-

You insist that a air of gloves must be soft, flexible. elastic and pliable, "so as not to interfere with or deform the fingers and hands," yet you pay much less regard to the feet, which really call for more resiliency and mobility than the hands

Who is there who would dare crowd the fingers into a rigid glove as they crush the toes and ankles into subjection and immobility? Show me a man, woman or child DR. HIRSHBERG who will permit such a distortion or deformity for twelve hours at a time of

their thumbs and knuckles. I know of none. cent and more of foot troubles upon low heels, high heels, pointed toes or anything else in the size, shape, height or outline of the shoe. This begs the question, which is the lawk of conformity and softness, flexibility and Freeing the Feet.

in steel-clad vises, who pull off soft and pliable gloves every chance they get never think of an even more insistent demand by the feet for such attention.

The feet, like the hands, ought to be uncovered most of the time. Since this is well nigh unthinkable under the circumstances, with hard leather and prison wall shoes in use, the public ought to put the knowledge into action, loosen their leaden strings, throw off their swaddling clothes and make a soft, glove-like shoe for themselves.

The proper sort of a shoe can be made of glove kid or cotton-like can-vas. This will give with the muscles and tendone and allow free play and strends of the commend a harmless face who was the commend a harmless face who was the commend a harmless face who was the commend a harmless face which is the lack of conformity and softness, flexibility and fitness of some soft material to "every little movement" of the toes, sole, arches and ankles. If the public will shake off their threadom and slavishness to the ruling power of "fashion," and will take the glove-makers for shoes, poorly shod feet, with their corns, bunions, hammer toes and fallen arches, will all become things of the past.

Answers to Health Questions

A CONSTANT READER: Q.—Will you please recommend a harmless face

you please recommend a harmless face bleach? and tendons and allow free play and eand tendone and allow free play and exercise of the ankle, toes and feet.

Moreover, instead of paying \$4 to \$15 as pair for stiff board, leather shoes which may or may not fit, and which may sooner or later paralyze the activity of the extremities, goft glove-like shoes can be made for \$2 to \$3. They may also be frequently washed and cleaned.

One of the worst abominations of stiff shoes, slippers or boots is its absorption of dirt, foul vapors and unsantants. washed or disinfected. Persons otherwise most particular about their own bodies, who would never think of painting over a floor, wall or celling without first cleaning merely darken of sewater, 1 ounce.

A.—If you will apply a little of the following to your face about three times a week I am sure you will find it very beneficial: Oil of almonds, 1 ounce; inclure of bezoin, 1½ ounces; or sewater, 1 ounce.

They are seldom following to your face about three times a week I am sure you will find it very beneficial: Oil of almonds, 1 ounce ign as much a traitor as Grace points strongly to his below the own I do that?" I asked, almough I had a glimmering of what she meant. or smear over the dirt and microbes eternally present in ordinary shoes.

Kid gloves are cleaned with gasoline and hung out to air and dry. This is hygienic. The hands, too, are cleaned dozens of times a day as well as exphsed to the atmosphere for ventilation and evaporation of the ever present perspiration.

Avoiding Foot Evils.

It is beside the point and most idle medical gossip to blame the 90 per L. K. Hirshberg, care this office. smear over the dirt and microbes

THE WINTER PARADOX

By Will Nies



Ty HO was it said that everything is relative? Whoever it was must have had winter particularly in mind. For winter is merely cold and what to you seems cold may, paradoxically, be warm to another. Then there's the contrast of foods, but particularly of clothes that make winter still more of a relative paradox, and finally

there's that most perplexing of all paradoxes-climate.

"Oh, no, no!" I protested in agony. "There's but one way for you to full confidence."

brove the truth," Lillian said, and I was "You mean?" I asked trembling.

'Find out what Grace Draper

"There is one person who has her conscious that she was watching me "Yes, Harry Underwood," returned his wife, with tortured humiliation in

they found a big fat Frog sitting in moneys are not jeopardized. stle.

Those whose birthday it is may exFrog what she
pect changes and benefits in employwith him relents and thinks. came for, but he croaked in mirth.

"It's the chests of rare jewels and gold you want," he replied. "They all come to the magic well for them, and always tell me they've come for some
thing elee."

pect changes and benefits in employment, but should not speculate A child born on this day will be clever, industrious and extravagant, but will succeed in business if it is taught industry.

with him relents and thinks.

"Well, he's a good fellow, after all.

You see he really does love her, even if he does neglect her."

Harold is a thoughtless creature. He

pond on twinkling skates, while not so many miles away Miss Smiling Clime with neck cut low and skirt merely a rumor dashes into the wooing surf of the SUN-KISSED SEA. to him, he built her a lovely silk ladder favors and to seek advancement, and a point to raise his glass, look senti-nentally at it, and drink to the toast after all.

In this wonderful land of ours we have nearly ALL climates and so behold the paradox of Miss Furbelows "bundled up" to her distracting chin and down to her slim ankles, skimming a FROZEN

WINIFRED BLACK

Writes About "THE NEVER-GROW-UPS."

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I sat next to Harold Skimpole at dinner last night. Of course his name isn't really Skimpole at all; it's-no, I don't think I'll tell what it is. Some of his creditors might see it and ring me up on the phone to get track of him, and then Harold Skimpole would have to leave town, and I do hope he won't leave till I hear him sing that Montenegrin love song again.

He did it at the table when they were serving coffee, and beat out a kind of tinkly accompaniment on his glass that was really effective, and I noticed Pretty Girl was so fascinated by it that she never looked at her good, sensible escort once again till the dinner was over, but kept staring at Harold Skimpole with rather an absorbed look-for an engaged girl, I

I thought I observed that Harold Skimpole was aware of Pretty Girl's xhorption. He seemed to me to be a trifle elated and keyed up to some secret

He is an interesting creature-I know he never pays his debts, and he's always borrowing money, and they do say that if you're his friend he'll make you pay for his friendship somehow, some day.

and bring it in to hear the melody.

and bring it in to hear the melody.

They say he hasn't sent a penmy to He has a fine lot of friends, too, has the children clothed and fed.

but once, and that was quite by accident, at a little church affair in the country. She told me all about her husly behemian about her unless it not in the least wise, was her shabby shoes, poor thing, And all at once I didn't like him. I

shouldn't have been sorry for her, but I it, and I wondered why it was that it ever I think of her.

Every time I see Harold Skimpole I Pans in real life and feel like looking

of 'A Good Woman."

oes love her, even another name for them. They call them her." Morons, and that does put a different

Entertaining—But Thoughtiess.

There's a wife hidden away somewhere, poor thing with three or four children. Harold Skimpole writes lovely verses to the children every time one of them has a birthday, and he can of them has a birthday, and he can sing Mother Goose melodies in such a houseboat, you can't help laughing to melting voice that you want to go right out into the street and adopt a baby gone, as far as any particular stand-

the wife for years, and his friends see Harold Skimpole, all gay, light-hearted that she gets money enough to keep fellows, never bothering about debts or rents, or promises, or anything-won-I never saw Harold Skimpole's wife derful bohemians, every one of them.

was so delightfully bohemian. I Skimpole looked, old and tired and work notice anything particular- out, but not dignified and not fine and

and she didn't strike me as par-ticularly clever. I suppose, therefore, I if I looked at him when he was singing was, somehow.

So sorry that my heart aches whenand how he never grew old, and so disthink of his wife—you never can help the other way when he persists in act-that at a dinner, because Harold makes in like a boy of 20—at 50. a point to raise his glass, look senti-

And every one who has been cross person Peter Pan in the book or in the

ADELE GARRISON'S NEW

I handed the sheet of cheap note- of her." table, and Lillian studied it closely, I

touch of her hand steadled me, enabled in this unknown service which she was semblance of calmness. "Of course, she's too clever to use a en or typewriter," Lillian muttered, after scanning the letters, which had my fears. been cut from a newspaper and pasted 'is the commonent sort of tablet paper. to be had in any of the 5 and 10 sent stores, and perfectly impossible to trace. The envelopes are the same sort

"Ready for Anything." Grace Draper, who, we were sure, was fully, while Katherine and I ,watched

When she finally raised her eyes i was to fix them upon me with a search which. My trust in the man makes me ply the oil until the pores have taken ing, appraising look that made me feel my shoes, although I was able to keep myself steadled, even to return her

"Dear girl," she said at last, "while there is a possibility that all these may be mere part of a plan to frighten you

ways to Use a Fireless Cooker to Save Fuel Money.

Ing a foundation of truth for these terrible assertions. We have to face the probability that your father has been murdered. Are your prepared to help avenge him?"

That there was something hidden behind her abrupt question I knew from her tone and manner. A fancy that a net of some kind was closing around me flashed into my brain and out again as quickly, driven forth by my trust in Lillian. I was her servant. I told myself, enlisted under her in the cause of my country. She would ask nothing of the cheaper dishes.

Ways to Use a Fireless Cooker to Save Fuel Money.

I house is one of the best there when prepared in the fireless cooker, for the simple reason that there they can be cooked longer. Oatmeal, for example, should be cooked for at least 10 hours, when it will be more digestible, and a delicious nutlike flavor will be developed. In fact, will be develope

self, enlisted under her in the cause of my country. She would ask nothing of me without a reason.

I am ready for anything you wish me to do." I said quietly.

Thank you. I knew it. But it won't be easy."

What Unknown Service.

There was a pause, almost imperceptible. I didn't see her look at Katherine. In fact, I am sure she did not even turn in fact, I am sure she did not even turn.

Some one in the family is handy with tools you can have a home-made fireless cooking, and have a home-made fireless cooker that will work just as well as any that you could buy.

Most of the following dishes require long cooking, and they are not economical if you burn fuel especially to cook any one of them.

Mutton Nut Stew.—2 cupfuls of mutton, 3 cupfuls of blanched nuts, 4/2 teaspoonfuls of salt, 2 onlons, 2 tablespoonfuls of fat, 3 tablespoonfuls of flour, water.

Cut the meat into three-quarter.

We Specialize

in correctly filling the recipes which appear on

airncross

"CUT PRICES EVERY DAY."

REVELATIONS OF A WIFE

How Lillian Sank Her Own Feelings to Aid Madge. Let me see that paper, again, her eyes in that direction, but Kather-

ine rose from the table hastily.
"Dear me," she said, with a fine af-Lillian's tone was infinitely gentle and tender, yet there was a note in it which effectually roused me from the time for Mrs. Morton's eggnog. I must stupor of grief in which I had lost my- attend to it at once." 'Katherine didn't do that very well. of anonymous clippings sent to me she said, "especially as we both know through the mail. It was a note of that she never forgets the time nor subtle encouragement as well as a clar-neglects one of her professional duties.

ion call to smother my personal grief But she gave me the opportunity to talk to you alone, which is what I desired paper with its black bordered caption, "The Late Robert Gordon," across the by clasping them tightly in my lap. But

couldn't control the beating of my while Katherine Sonnot moved closer heart. I was afraid that Lillian would to me and put her warm hand over my hear it in its wild thumping against my cold one in a firm, loving clasp. The ribs. There was something disquieting me to face the terror before me with a about to ask of me, and from knowledge sociate, Katherine Sonnot, was barred. Her first words did not tend to allay

on the sheet of paper. "It's Journal type, but that doesn't mean anything.

And this paper," she held out the sheet.

Locking at its chean texture critically. nouth that always betrayed agonizing mentral strain with Lillian. Then she went on:
"Ves. Harry Underwood."

on, that Grace Draper is one of the by eating simple, nourishing foods is of to bring the trick home to her, but it's li

most cunning and relentless spies work-

KITCHEN

ECONOMIES

Split Pea Soup.—1 pint of split peas, 1/2 pound soup bone, 2 quarts of cold water, 3 scant teaspoonfuls of salt, 1/2

water, 3 scant teaspoonfuls of salt, 15 teaspoonful of pepper.

Soak the peas over night and drain them. Wash the bone, boil for 10 minutes in the water and skim it, add peas and seasonings, bring all to a boil and put into the cooker for at least four hours. Take out the bone and serve the soup without straining it.

"Tell me how!" I cried eagerly. HOW THE THIN WOMAN

BY LUCREZIA BORI Famous Spanish Prima Donna

MAY BUILD FOR BEAUTY



Every woman is discussing the food question these days. The other afternoon I dropped in to call upon a friend and found her busy making out her "wheatless" and 'meatless" menus for the week. We were exchanging recipes for meat substitutes, when the young

daughter of the household joined us. "Et tu, Brute!" she said, shaking her head at me. "How is it possible for me to gain flesh on mamma's conryation rations? You told me to fatten up but it be done without dessert, cereals with cream and sweet-ened tea and coffee."

Then I proceeded to explain that the menus which she thought "so skimpy" would build good solid flesh more quickly than the rich food she had been accused to eating. While the quantity was less, the quality was better. Very soon I had convinced her that the most better. Very soon I had convinced her that is taken—not the "Then give me the lovely spider who's "Then give me the lovely spider who spider who

conveniently do so.

important factor in gaining weight is the quality of food that is taken-not the antity.

It is almost universally true that we eat many things every day which have by," replied Mr. Frog.

It is almost universally true that we eat many things every day which have by," replied Mr. Frog.

"I can never do that!" exclaimed Linlittle if any food value. Our stomachs are often filled with foods that are more or less worthless, instead of foods that will build good flesh and muscle.

"I can never do that!" exclaimed Linda, covering Mr. Spider with her apron.

in this unknown service which she was about to less wortness, instead of foods that will build good fiesh and muscle.

Bread, meat, cereals, thin soups, desabout to less wortness, instead of foods that will build good fiesh and muscle.

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Then, too, there are exercises that up in the woods there are a lot of fice will build fiesh and muscle to round out tables are of very little value as flesh the angles and fill in the believe. The woman who desires to increase thin woman, however, should never at-The woman who desires to increase tempt to gain weight by exercising unless she has a thorough knowledge of the subject; if she cannot go to a gymladge, I would not ask this service.

soup, baked beans, Boston butter, cheese, raw eggs, chocolate, butter, make and cream.

It is generally known that a rapid on physical culture.

The subject; if she cannot go to a sound from the subject; if gain in weight may be made by drink-ing large quantities of milk. But the went on:
"Yes. Harry Underwood."

"But the affair of these anonymous disappear almost as rapidly as it is desires to gain flesh she must learn the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the conserve her energy and cultivate a "We must work fast and save the old the con diet is of doubtful value, but flesh won

permanent value.
In cases where the neck is painfully or may not have had a hand in the Heady for Anything.

Her lips tightened and into her eyes or may not have had a hand in the came a flash that foreboded no good to actual death of your father, but she tractive, it is possible to build a pad-trace Draper, who, we were sure, was knows all about the plots laid against ding of flesh by the application of sweet containing the sender of the anonymous clippings.

She laid out the whole series of clippings before her, comparing them, one with the other, and studying them care—things, she is pretty near the centre mond oil are slightly warmed they will be the skin.

And if she knows those things, she is pretty near the centre mond oil are slightly warmed they will be more readily absorbed by the skin. your father was high in the secret ser-vice of either our friends or our ene-mies, I am at my wits' end to find out

BY ISOBEL BRANDS

OF THE APPLECROFT

EXPERIMENT STATION.

dry ingredients, which have been mixed and sifted. Add dates and turn

Ways to Use a Fireless Cooker to Save Fuel Money.

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"I Can Never Do That!"

with you for my dinner, and I'll let you

up in the woods there are a lot of nice the angles and fill in the hollows. The would make you a lovely dinner. I shall not leave the castle until you return."
"Just use my web ladder and wel-

It isn't always a simple matter to gain in weight, but if you're persistent, good results are sure to be your reward, of the castle. There they found old Frog calmly that he almost fell asleep on his stool. Linda thanked him, and with Mr. Spider's help she climbed out of the

woman," replied Linda. "The gold and

dragging the big magic scissors behind Se quickly cut away the old woman's gown from the stump, and told her how Mr. Spider and old Mr. Frog had helped her find them.
"I've learned a lesson," sighed the old

woman, shaking out her dress. "One who laughs at another in distress is sure to come to harm. Had you laughed at me I should have had to stay there

She thanked Linda and disappeared. Linda ran back to find the magic well, but the well, the scissors, the spider and

TOMORROW'S HOROSCOPE By Genevieve Kemble.

TUESDAY, JANUARY 15. The outlook for this day is for activ-y, benefit and interest in the realm proviso that no money should Over the top a Spider had woven his great grey web. Linda didn't want to tear his home down, so she very politely asked him to pull his web aside so lords, magistrates or speculators, and she could pass. The old Spider blinked bids one to check a tendency to exbids one to check a tendency to extravagance and over-generosity. Lindo gathered some files and gnats, is not very gracious either, so the above and offered the Spider a nice little feast caution and advice should also be applid to matters of the home, social and "Kindness goes a great deal further than force," said Mr. Spider. "Had you become angry and torn my web I should never have helped you."

The later of the nome, social and artistic circles, and amusements generally, as the tendency is to overdoing and prodigality in all directions. It is, however, a favorable time for those in Then to repay Linda for her kindness omployment who are deserving to ask

Odd and Interesting Facts From Everywhere

nearly the same product as is distilled from coal in the retorts of the gas fac-tories, only, instead of the heat of fires, that Cambridge University has estab-

the internal heat of the earth, aided per-haps by chemical decomposition, has of letters and master of science. Ancaused its formation on a huge scale. other innovation at Cambridge is the establishment of an institute of agri-



at Home: Keep your soldier or sailor boy well supplied with

WAIGLEYS

It's an outstanding feature of the war. "All the Allied Armies are chewing it."

Relieves thirst and fatigue.

Refreshes and sustains.

"After every meal"

The Flavour

MADE IN CANADA

THE PERFECT GUM PLASTS

well and ran back to the old woman Il. astrated by Gruelle.

THE MAGIC SCISSORS.
One day when Linda wandered through the woods she saw an old woman sitting at the lalways. on a stump, crying bitterly. "Oh, dear!" sobbed the old woman.

when Lindo asked her why she was crying, "I laughed at a bee I saw struggling in a spider's web. And the bee proved to be a fairy, and with her magic she glued me to this stump. "Here I must sit until some kind little child will go down into the magic well and bring me the pair of magic scissors in a silver machine in a silver room in a silver castle. "Now, don't you cry," exclaimed Lin-a. "I'll get the magic scissors for

Away she ran through the woods intil she came to the magic well. his eyes, but never opened his mouth which he seemed glad to accept.
"Kindness goes a great deal further

of salt, 2 onlons, 2 tablespoonfuls of fat, 3 tablespoonfuls of flour, water.

Cut the meat into three-quarterinch cubes, and peel and silce the onlon. Dredge the meat with flour and brown with onlons in the frying pan. Put all the ingredients into the cooker nell harely cover with belling datas cut in places. pan. Put all the ingredients into the cooker pail, barely cover with boiling water and let boil five minutes before putting into the fireless and cook for four hours.

| All cloves, 1/2 teaspoonful allspice, 1/4 teaspoonful numers, 1/2 pound stoned dates, cut in pieces. Mix the molasses, the melted margarine and the milk and add to the four hours.

the dough into greased 1-quart mold. Both in a large cooker pail of water for one-half hour and put into the fireless cooker for five hours. Miss Brandy will gladly send you inutes in the water and skim it, add tas and seasonings, bring all to a set four hours. Take out the bone ast four hours. Take out the bone described by the soup without straining the soup with soup with straining the soup without straining the soup without straining the soup with soup wit

In order to keep paint from peeling off cultural mechanism

earth by a process of natural distilla- soda-lye, wash clean, and apply with a tion from the animal and vegetable remains of past geological epochs, and is minutes, then rinse with water and dry.