

# The Toilet and the Baby



ANY persons suffer acutely from one kind or another of foot trouble in the warm weather, and seek anxiously for remedies, which give temporary relief. If more attention were paid to the care of the feet all the year round, these much-tried servants of the body would give little

trouble. The hot weather does not cause the defects; it intensifies them to a painful degree, but they have been forming for months and years, gradually, though perhaps unnoticed. "The prison cells of pride" is Whittier's phrase for modern foot coverings, and prison cells our boots are, sure enough. Even a boot or shoe that is built after the natural shape of the foot, and few lasts are so built, exercises a certain restraint, while the leather at its best does not permit of free ventilation. So that while our feet are encased in shoes they are more or less imprisoned.

To offset this, the feet should receive a little extra care when the boots are taken off at night. Many women are very particular to keep their face and hands in the pink of condition by tonic lotions, softening creams, and massage, but think they have done all that is necessary for their feet when they have washed them and cut their toe nails. The feet need massage to restore the muscular flexibility and stimulate the circulation in parts that have been more or less compressed during the day. A few minutes massage once or twice a week and a little rubbing every night will go far towards keeping the feet well and prevent the formation of corns, calloused spots, and protruberant joints, provided properly fitting shoes are worn during the day.

First bathe the feet for a few minutes in warm water, and dry them. Then rub in some heated olive oil mixed with an equal quantity of alcohol, the use of the latter aiding in the absorption of the oil. Knead and manipulate the muscles, and rub the oil in thoroughly with the fingers and palm of the hand. Go all over the foot from toe to heel, using both hands, one opposite the other. Stroking and rubbing on top and sole of the foot from the toes backward to the heel and on up over the ankles will relieve swollen and aching feet. Cold cream may be used as a lubricant instead of the oil, but the warmed oil once in a while is very beneficial. Of course, no more oil must be used than will be absorbed, and if the skin is wiped off afterwards there will be no smearing of the bed linen.

If the feet are naturally tender, rubbing them with witch hazel after bathing in warm water is helpful. Bathing them in water in which a little salt is dissolved is also hardening. It is a good plan to hold the feet under the bathroom tap and let cold water run over them, every morning. When wiping the feet be careful to dry between the toes thoroughly. Moisture is apt to be one of the causes of those most painful little conditions, soft corns.

A corn is produced by the hardening of the skin, due to friction and intermittent pressure. Shoes that are too loose will cause corns, though perhaps not so quickly as tight shoes will. Once the skin thickens, the pressure on the under tissues is increased, and presently a small and very hard speck appears in the centre, which presses point downward on the tender nerve tissues and produces an amount of suffering altogether out of proportion to the size of the cause. Guard against the first appearance of corns. Wear none but well-fitting shoes—that, as a matter

of course. When giving the feet their pedicure treatment, watch for any hardened places, on the toe joints particularly, anoint and rub them to bring the circulation to the surface. Calloused spots can be reduced by rubbing with pumice stone. If allowed to remain, callouses on the bottom of the feet, caused by wearing shoes with too thin soles, may develop into corns and give a good deal of trouble. A corn will sometimes disappear of itself when the pressure to which it has been subjected is removed. Paring the corn, after soaking in hot water, removes some layers of the hardened cuticle and gives temporary relief, but until the little point at the centre is removed the source of pain is still there. It is advisable to have a chiropodist who understands his business remove the corn, root and branch. Cutting at the offending excrescence oneself is attended with the danger of doing more harm than good. A simple remedy that has been known to be effectual in some quite stubborn cases is a nightly application of bread soaked in lemon juice, and a bit of lemon pulp bound on by day, for three or four days and nights, to loosen the hard substance so that it can be removed after soaking in hot water. It sometimes happens that preparations which tend to "draw," accomplish the work to a certain point but are not powerful enough to finish, with the result that there is suppurating, and the trouble is worse than ever. When all is said and done, far the best plan is to take good care of the feet and prevent future complications.

Many women who are quite fastidious about their finger nails, it must be confessed, are less particular about the other ten nails. These should be pedicured at least once a week, filed into shape and smoothed on the edge, and brushed clean. In-growing toe-nails, which are very painful, are caused by pressure which prevents their growing naturally. When the first indication appears, press a bit of cotton wool, saturated in carbolic oil, under the edge of the nail. Nails that are properly looked after will not grow in.

When dressing the feet in the morning, if they are inclined to perspire too profusely, they may be dusted with a powder composed of equal parts of talcum powder, boric acid, and pulverized chalk, putting some of the powder between the toes. Keep the mixture in a can with a sprinkler top. A soft powder is sometimes soothing to tender or burning feet, but do not use enough to interfere with normal perspiration. See that the stockings fit smoothly and are neither too short nor too long. A great aid to foot comfort is to have several pairs of shoes, and not to wear the same pair many times in succession. On a hot day, when the feet feel swollen and tired, it is a decided relief to change from one pair of shoes and stockings to a fresh pair.

## Exercise for the Baby

Babies are now put into short clothes sooner than used to be the case, and this is an improvement, both for the baby and the nurse. The age at which to shorten the dresses depends on the strength and growth of the individual child, that is, it is not really a question of age at all. A vigorous, lively baby may be put into short clothes as soon as he begins to kick about actively.

Nature has provided that the baby exercises its muscles almost instinctively. Throwing its arms and legs about is its way of development. Some babies seem to be "never still a minute," and the mothers and nurses find such activity rather wearing, but they could often spare themselves more than they do. The babies would be all the better for not being held in the arms quite so much. A thick pad with a washable cover can be placed on the floor, and the baby left to roll on it and kick about to his heart's content.

A contrivance which some mothers have found a real help in taking care of the baby is simply a little pen, made of smoothly planed boards. This is particularly convenient when the baby is to be kept out of doors. Make the "pen" about two feet high and the length and breadth of a bed comforter. Take an old comforter and make a case for it of white washable material, cheap unbleached cotton will do. Put this down on the ground, fit the board enclosure over it, and you have a nice retired play-ground for the baby. He is protected from dampness of the ground, crawling insects, and to a large extent from draughts, and he cannot pick up bits of earth, etc., to put in his mouth.

Creeping is a beneficial exercise, as it develops the muscles of the back and abdomen, as well as of the arms and legs. Therefore, the baby should not be discouraged from creeping occasionally if he wants to, even after he has begun to walk. One has heard parents utter an expostulatory "Up! Up!" when the youngster, who is an expert creeper but an unsteady walker, drops on all fours and scurries off to get to his goal quickly. As a rule, he may safely be left to "gang his ain gait."

Many parents are anxious that their baby shall begin to walk as early as somebody else's baby has done, or a little before that age, and try to anticipate the event by holding the child up on his feet and encouraging him to take a step or

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## ANGLO-CANADIAN MARCHIONESS AND HER SON



## The Marchioness of Donegall and the Young Marquis

The photograph was taken at a country fair in aid of "Our Dumb Friends" League, at the Botanic Gardens, Regent's Park, London. Lady Donegall is the only Canadian Marchioness. The young Marquis will be nine years old in October.

—Photo., copyright, Central News

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