## DAILY MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

## "Sensible" Heels the Best Aid to "Cure" Your Corns

By DR. LEONARD KEENE HIRSHBERG,



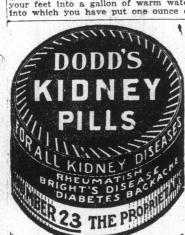
The best possible way to cure a corn is to prevent getting it. When you see little round red spots on your toes, you should begin to take heed, for your should begin to take heed, for your should begin to take heed, for your shoes have already begun to work mischief. They are evidently too tight, and the best thing you can do for your corns is to have your shoes stretched. corns is to have your shoes stretched. If you continue to wear the same shoes unaltered they will keep on pressing until iff the centre of the little redround spot you will feel a prick, a little something hard and annoying. At this time your corn is beginning to harden and cause you trouble.

Sure ascertained, and an examination made of the heart and kidneys by a physician.

A DAILY READER. Q.—What is the cause and cure for bed-wetting?

A.—The causes for bed-wetting are

don an easy, lounging garment and put your feet into a gallon of warm water into which you have put one ounce of





What men of substance

say about

The Mail and Empire.

"I would take this opportunity of saying that I thoroughly appreciate the news I obtain from The Mail and Empire. The reliable telegraphic news and the absence of sensationalism appeal to me, and always have done, as

I selected your paper from among the many I bought and

read at random upon my first arrival in this Dominion, spart from political reasons. Of course, being British, and believing in British for the British, the sentiments expressed in your columns are entirely mine. I wish you all

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"T. MOSELEY WILLIAMS.

city where she lives were going to send the children to the poorhouse or the orphan asylum, when quite by accident they found out that the woman's husband was the son of a millionaire, and then the county authori-

he should bother his head about them.

To Save Them Sorrow.

The authorities are determined to make him bother his head and there is going to be some kind of a lawsuit. I wonder how it will come out?

What do you suppose that millionaire does with his money? Doesn't he realize that there is no fun on earth like giving money away, and no pleasure in the world like bringing up a family of children and seeing them grow and develop and learn, and turn out to be useful, fine members of society?

Do you know what I would do if I

band's family.

A Chance to Awake.

I would make her understand she was never going to be hungry, forlorn and miserable again, and I would thank Providence for giving me something to love and some one to take care of and some one to protect, and I would say my prayers night and morning for fear that something would happen to one of those children, and I wouldn't have the fun of turning a round-eyed baby into a sturdy little chap with a heart full of courage and a brain full of intelligence.

them with me to sit at my table
make the fire burn brighter on my
hearth.
And I am willing to wager that in a
week's time I would wonder how I
ever managed to exist when I lived my
poor, lonesome, / selfish, narrow little
life, so selfishly and so entirely alone.
What would you do if you were this
particular millionaire and had this
problem to face?

## Lemon Juice For Freckles

drug store or toilet counter will supply three ounces of orchard white for a few three ounces of orchard white for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles and blemishes disappear and how clear, soft and white the skin becomes. Yes:

DIARY OF A 1 FACTORISE ADDITION OF THE STATE AND ALL STATE

Never apply a pin, knife or a pair of scissors to a corn. You do not know what diseased shateria life dormant upon the steel surface, and more than likely you have not sterilized the instrument just before applying it A dig too deep down into the flesh is apt to lead to infection of the surrounding area, and were to blood-pois-noing. Not your specially devised tools, but the doctor's carefully sterilized instruments, should be applied to a corn.

Knives and similar instruments are not always necessary to remove a corn, for there are various easier and more modern devices which can remove the hardened skin from the tops of your toes.

The best possible way to care a corn

Never apply a pin, knife or a pair of set to a corn. You do not know what diseased shat in your baths reduce swellen feet to fit you werning shoes, a handful of the water will also desse your tired, ach fit you pould also despect of the fact feet feel easier.

Try to rest your feet on a level with your body as often as you can. Put your feet on a chair or a desk so as to precious of the scarlet fluid into your lower limbs, and get rid of its applied to a corn.

Knives and similar instruments are not always necessary to remove a corn, for there are various easier and more modern devices which can remove the hardened skin from the tops of your toes.

The best possible way to care a corn

Answers to Health Questions

D. T. W. Q.—Please inform me what to sleep at night and which also have a sensation of numbness,

A.—You should have your blood pressure ascertained, and an examination made of the heart and kidneys by a physician.

A PEADED

Glycerine 1 ounce Elder flower water 1 ounce The Elder flower water 1 ounce Th



out to be useful, fine members of society?

Do you know what I would do if I were in that millionaire's place, or in any other millionaire's place, or in any other millionaire's place?

I would ring for my private car and I would take my secretary and my wife and my valet and my accompanying friend—such as millionaires have with them wherever they go—and I would fly to the uttermost ends of the earth to get hold of those children, and I would make them love me, and I would make them love me, and I would make that poor, friendless woman feel that she has been all wrong in what she thought of her husband's family.

A Chance to Awake.

full of courage and a brain full of intelligence.

I would give the engineer an extra
fee and tell him to rush my train, for
fear I might be too late to save those
children one more spell of crying.

I would take them into my arms and
my heart and my home, and I would
surround them with love and charity
and kindness and generosity, and take
them with me to sit at my table and
make the fire burn brighter on my
hearth.



at all the 'economy functions' I have promised to attend."

Madame agreed with Miss Carlisle, smiling as she said:

"Indeed, it is important to dress in keeping with the principles you advocate."

"Just look at my big, long tall," and he switched it up in the air above his back. Just then two little girls, all dressed up in pretty white gowns, came around the bend of the road, their hands filled with blossoms.

Rilly Rat started to life and the principles you advocate."

and the best thing you centimus to wear the agree designed and an examination made of the heart and kidneys by some content of the post of the control of the post Ading Diseases and wilder, or against tree concerns a work for first and another than the most of animal control of anim

OF THE APPLECROFT EXPERIMENT STATION.

Simple, unflavored vinegar requires about four weeks before it is ready for use. However, if you wish to put up some special flavored vinegars for your pickles, or for your preserves, you can add some special herbs and complete it in a few days. Almost any vinegar can in this way add some delightful flavor to easily made pickles.

Rickle Vinegar. 1 quart of vinegar 1 three-inch strip of stick cinnamon

Apple Vinegar.

Put the sound cores and parings of apples into an earthenware jar, cover with cold water and add one cupful of molasses for every gallon of water. Cover the jar with cheesecloth, and in three weeks strain the liquid through cheesecioth and bottle it.

Mint Vinegar

For Freckles

Girisi Make beauty lotion at home for a few cents. Try it!

Squeeze the juice of two lemons into a bottle containing three ounces of orchard white, shake well, and you have a quarter pint of the best freckle and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any

cheesecioth and bottle it.

Mint Vinegar.

Wint Vinegar.

Use either fresh or dried mint. Fill a wide-mouthed bottle with the crushed mint, then pour in all the vinegar the bottle will hold. Let it stand for five weeks, then strain the liquid into another bottle for use.

Nasturtium Vinegar.

Gather the flowers, stems and seeds of nasturtium plants, cut them fine and fill a glass jar three-fourths full. Pour over them a strong vinegar and let stand for ten days. Then add one-half ounce of ground cloves and one-quarter ounce of red pepper to each jar. Let stand for five days, shaking well every day. Then strain and bottle.

Strawberry Vinegar.

Use four pounds of sugar to one gallon of strawberries. Mash all together, add two gallons of soft water and place the mixture in a warm place to ferment.

# Nine Easy Ways to Make Delicious inegar at Home. If you are planning to do much picking during the season it may pay you to put up some of your own vinegar. Simple, unflavored vinegar requires shout four weeks hefere it is ready for

Where an Army's Victories Depend On the Camels It Kills.

three-inch strip of stick cinnamon broken.

1 tablespoonful of celery seed 2 teaspoonful of grated horseradish 2 teaspoonful of grated horseradish 2 teaspoonful of mustard seed 1 tablespoonful of mustard seed 1 tablespoonful brown sugar Mix the ingredients well and bring to the boiling point. Allow the mixture to boil for two minutes, then let it cool and pour it over the pickles.

Currant Vinegar.

Crush two gallons of currants and pour the liquid into a barrel. Wash the tremaining pulp in water and add to this two gallons of molasses. When dissippoint strong yeast in one gallon of water and add it to the mixture. Place two-thirds full. Then dissolve one currents worthirds full. Then dissolve one currents will of strong yeast in one gallon of water and add it to the mixture. Place the barrel in the sun and shake it often while the mixture is fermentim. Then distolved one currents and the barrel with the currant liquid. Add sufficient soft water to fill the barrel with the unitable provided of the mixture is fermentim. Then distolved one currents worthirds full. Then dissolve one currents with the currant liquid. Add sufficient soft water and add it to the mixture. Place water worthirds full. Then dissolve one currents with the currant liquid. Add sufficients soft water. Then dissolve one currents with the mixture is fermentim. Then the province of the



One Meharl Saves Three Men.

for three minutes and allow it to get cold. Then bottle and seal.

Home-Made Vinegar.

3 gallons of water
3 pounds of dark brown sugar
1 slice of toasted bread
2 cakes of yeast
Boil the sugar and water together for
20 minutes and allow the syrup to stand until lukewarm. Add the bread, which has been spread with the yeast cakes, putting yeast side down. Set in a moderately warm place for four weeks, then strain and bottle. For additional vinegar recipes write Isobel Brands, Applecroft Experiment Station, Greenlawn, N. Y., inclosing a stamped, self-addressed envelope for a personal reply.

is le insisted that she wanted something very plain and simple—nothing exceptional.

Madame prides herself on the novelty of design her garments always display, and she very tactfully mentioned this fact to Miss Carlisle.

"Of course," responded Miss Carlisle, "T shan't object to simple novelty so long as the dress isn't too extravagant looking."

Whereupon Madame had a model brought out that seemed especially designed to meet Miss Carlisle's description of what she preferred.

Miss Carlisle, who is inclined to be rather athletic in taste and muscularly built, has the figure that requires soft lines. She is, in fact, a bit masculine, and therefore should wear the style of dress that tends to effeminate. Wherefore, the old-blue organdy which Madame displayed seemed to be quite appropriate.

Fashioned in almost colonial style, the dress is very simple in design and not at all elaborately trimmed.

The blouse, which is made of the blue material, shows a dainty vestee of white organdy and revers of its own material. The flowing kimono sleeve ends softly at the wrist in a pretty flare.

Three large hemstitched tucks in two groups are the only trimming adorning the skirt. As is shown in the accompanying illustration, the skirt is made of blue enriches the waistline shade of the length of the sh



they cried, holding their dresses close to their knees.

Mr. Green Frog gave a loud laugh, and Billy Rat, broken-hearted, ran away home as fast as he could go and hid big head.



Their presence is a source of embar-rassment to those afflicted, as well as pain and regret to their friends. Many a cheek and brow cast in the mold of beauty have been sadly de-faced, their attractiveness lost and their possessor rendered unhappy for years. Why, then, consent to rest under this cloud of embarrassment?

There is an effectual remedy for all these defects. It is Burdock Blood Bitters. This edy will drive out all the impurities

from the blood and leave the complexion healthy and clear. Mrs. Katherine Henry, Port Sydney, Ont., writes: "Two years ago my face was so covered with pimples I was ashamed to so out at all. I tried several remedies, but they were of no use. At last a friend advised me to try Burdock Blood Bitters. I got a bottle, and by Blood Bitters. I got a bottle, and when the time it was used I could see a difference. I then got two more, and when I had used them the pimples were completely gone. I can highly recommend B. B. B."

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"Let's Ask Mother" "What are the kid-glove fingers for?" said Mother. "This one old glove was useless without a mate. The hand part and the wrist have found other uses, and branches and stems as well. Can it be cured? Yes, by applying and now the tips of the fingers will be Putnam's Corn Extractor; it's painless, tled over our bottles of toilet requisities safe and invariably satisfactory. In-when we travel. I have tried this many times and have claves come home with

times and have always come home without anything spilling or having a cork even come the least hit loose."

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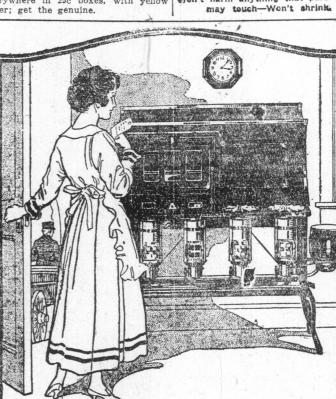
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