Daily Magazine Page for Everybody

Secrets of Health and Happiness

Here's the Correct Way to Care For Your Finger Nails

By DR. LEONARD KEENE HIRSHBERG. A. B., M. A., M. D. (Johns Hopkins University.)



er, breeding, habits, training, weakness or strength. has dark

nails, and, ten chances to one, I'H show you a man who thinks one groovs, whose ambition is of a

mean, sordid or careless. This does not mean that you should be foppish with our finger nails. They should be clean, short and healthy in pearance. Long nails do not prov efinement, cleanliness and freedom

of the nails is a plain tale from the realm of personal hygiene. To dig under the nails with knife blades and ther implements is merely to roughe and scar under surface and margin an ever. This explains why the anicure custom must be kept up, once

ing, they will themselves attend to speak them clearly.

bring infections.

A roft nall brush, soap that is non-irritath, such as castile, and perhaps some perceide to bleach and dislodge K. Hirshberg, care this office.

Finger nails are the foreign matter that collects under

A Fine Ald. Although the finger nails of those who

Glycerine heals the cuts and ridges, makes brittle nails soft and leaves little chance for stray bacteria or dust par-ticles to thrive or remain as a blemish beneath or at the edges of the nails.

Cochineal to tint....1 grain or less Pulverized resin15 grains Pulverized alum15 grains Wax or parafin 35 grains

MRS. K. P., Q.-What causes a red

face after eating? may cause this.

sharp scissors. There should be Dr. Hirshberg will answer questions

ADELE GARRISON'S NEW

Why Madge Decided That Harry Underwood Might Be Worth

voiced, startled interrogations of the The woman at the next table had

controlled silence the girl left her table meant to go to the manager with a retic color on either cheek, the only evi-

other woman, although clear and car- didn't ask her for 10 cents." rying enough to reach to our table, the one nearest her, hadn't penetrated to derwood. any of the other patrons of the restaur- with anything disagreeable." ant. It was a controlled, well modulated voice, and from the evidence, its the girl replied gratefully. "And I'll had had the training which bring you your coffee immediately."

Involuntarily I looked across at Mr. Un-

as indignation in his eyes. "What will you give me to swear for ection of expletives that I think would

she has given that poor girl."

tered promptly, his black eyes dancing

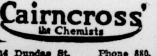
would be gone in another moment or two, and all the impulses of fair play I possessed yearned to see her punished. What Mr. Underwood Did.

coming back from the front of the 'I always give 10 cents, my girl,"

tion and extravagance. With the lum-inaries squared those in employment The girl gasped in astonishment, and may be in some perplexity re their posiinto her eyes flashed a look of grateful, startled relief. Her voice was almost tions, etc., and others may have a trying time generally. However, the unas she stammered her expected and unusual, from an advan-

We Specialize

in correctly filling the recipes which appear on this page.



"CUT PRICES EVERY DAY."

sometimes the definition of the maintenance of finer nail health. Moreroad maps of a person's characpiled as often as you please.

work around the house and in some occupations may become rough, brittle and dirtier than do those of others, ye they are just as easily kept in good con-dition by this simple method.

A beneficial combination to apply to the finger nails once a week is this:

Answers to Health Questions

A .- The eating of too many greases,

stammering?
A.—Of the multitude of theories and Better and wiser is it to whiten and explanations, one optimistic fact stands surify the nail so that the native flesh forth—persistence, practice and patience nt of the healthy blood shows through will do away with stammering. Like

ily without either polish or dull-Sensible persons will avoid "satin-are retaught slowly. You should have " nalls, obtaining a fine fresh pink to them by simple cleanliness and ter and start a school for stammerers. n air life, not by rouge and dyes. In of scraping and digging, filing and practiced over and over until you can

for readers of this paper on medical hygiene and sanitation subjects that It is bad taste and worse judgment to permit nails to grow long. Thus they become veritable scoops for collecting dirt. One scratch from such nails may

REVELATIONS OF A WIFE

fanning into flames.

To morrow's

By Genevieve Kemble

WEDNESDAY, MARCH 6.

this day may be fraught with some de-

lays, obstructions and anxieties, owing

to the strong aspects of Saturn to several of the planets. The tendency of Saturn is to retard and postpone, to

crystallize and thwart, making it dan-

gerous to begin new operations, also for

under the rule of this slow-moving orb, The lunar square to Mars also takes some of the ardor and haste out of this

usually turbulent and headlong planet,

though it still inclines to rashness, reck-

lessness and fiery speech. It warns against quarrelling, litigation, dissipa-

According to the planetary portents

diately, but we could hear the soft-

There was no answer. In respectful, left, and my momentary fear that she

dence that the scornful words had hurt disappeared from sight. "I can't help dinner.

I was thankful that the voice of the what was the matter with her. And I should have kept her from making such | She walked swiftly toward the kitchen

an exhibition of ill-breeding.

I think there was a spot of color in impulse to stretch out my hand to Harry cheeks, for I was thoroughly Underwood's in thankful, admiring ac indignant at the words and tone of the knowledgment of his championship of siderate woman at the other table. the sad-eyed waitress.
Intarily I looked across at Mr. Unfind him watching me with belief that deep beneath the surface calinscrutable expression. But there lousness and wickedness of the man

I couldn't help but smile at his whim-

"I'm afraid that wouldn't do," I said, "but I do wish I could make that wo-man feel something of the humiliation "Give me leave, Lady Fair?" he coun-

Prudence told me to shake my head, for Harry Underwood's inspirations were apt to be startling ones. But I

Mr. Underwood turned in his chair and coom. I saw that she shrank almost buying and investing, and for all things mperceptibly as she came up, perhaps

Harry Underwood piped in a ludicrous ring good service, and my little friend aitress she knows, so I'm going to

handed her with an ostentatious barries to sir. Charles on the day under the kindly intervention of Jranus. Traveling and change are Those whose birthday it is may avpect a year of change and traveling, but should be very direct in business, avoiding disputes and litigation. A

child born on this day may be proud

and generous, but indiscreet and ex-





"DOING MY BIT"

Practical Suggestions on Individual Ways to Help Win the War

= By ALBERT BARRETT SAYRES

Serving Cooked Bananas.

Strange as it may seem in this land of an abundance of bananas at low prices, an abundance of bananas at low prices, stir. Pack in hot jars and sterilize. the average person—and this includes the average housewife—knows little

spots on the skin show its beginning snatched up gloves, bag and furs and The entire skin may be brown, and i was hastening to the front door as if the pulp doesn't show signs of fermentan alarm of fire had just been given. "Pardon, madame."
"I said," the woman's voice repeated with even greater emphasis than before, "that I always give 10 cents, but I shall not give it to you."

I shall not give it to you."

an alarm of fire had just been give. Her cheeks held no small spots of crimburs and spots of crimburs and you will be informed whether of how your pet can be enlisted in the service of accentuated by a sash of old blue and your country.

Serving Carp.

White striped slik, cut on the bias, which, after passing about the waist and through the bound eyelts at the contract the product of and when so eaten gives about the same nourishment as the potato. Consult your cital of her troubles was dispelled by cook-book for recipes for banana fritters the closing of the door after her. and puddings that may be made at com-"Oh, this is so good of you," the girl paratively little cost, and not only add way to fry carp:

novelty, but nourishment to lunch or but be glad she heard it. I can't imagine Making Vegetable Marmalades. licious marmalade of pumpkin, squash, "Forget all about it," said Harry Un-"That's the best thing to do uires comparatively little sugar: "Thank you, sir, I'll remember that,"

Giving Your Pets. Both Harry Underwood and I were gullty of the gaucherle of half-turning toward the table at our left, when the woman occupying it spoke in so scornful a manner to the sad-eyed French when you're inclined to doubt it, that there are some women in the world who are well bred and possess generous in
"Oh, thank you, thank you, gne expected by claimed.

"Don't you thank ne. Thank the lady here," he said. "And just remember when you're inclined to doubt it, that they grown and then one or two at a time may be eaten raw by grown-ups, but in they glow stage should not, late authorities agree, be given to children. It is fairly, that the guns may be trained.

"Don't you thank you, thank you,

DIARY OF A FASHION MODEL

BY GRACE THORNCLIFFE.

She Learns How Different Sashes Smarten a Pinafore Frock.

Madame looked out at the wet side- . How lucky I am not to have missed

spend at the importer's, Claire. No one one-piece frock of some sort to wear un

s likely to come to see us in this down- | der my steamer coat. Haven't you

So we went upstairs for our hats and care what color it is, so long as it fits coats, but upon returning to the studio passably well. Do say I need not go

found Miss Weldon waiting to see away disappointed."

Madame. "Unless Miss Westley has finished a

"INTERESTING"

complete ripening of the banana. Brown to the most effective barrage. and you will be informed whether or not

> the carp is really a delicious fish if well cooked. You can take advantage of its cheapness to save money. Here is the

Write first to the division headquarters of the nearest camp, explaining what you have and are willing to give, tonholes.

Buy small carp, scale and clean them. making some slight incisions on both

sides. Wipe the fish dry, sprinkle light-Did you know that you can make de- ly with flour, dip in beaten eggs and roll apples, carrots, etc.? Here is a recipe lard, taking care the fish don't touch out and lay on a hot sieve so the super-To two cupfuls of ground carrot, fluous fat will drain off, sprinkle with cooked until tender, add the juice of two salt, lay on an uncovered hot dish and

something you can let me have? I don't

new model since yesterday there's abso-

ing to me, she said:

re frock, and I hurried downstairs "What a darling dress! Pray that it

will fit me," she said, following us back to the fitting-room. I fastened the frock on her, and Madame tied the sash.

"Now, see how you like it!" she exaimed, adjusting one of the pleats at ction. There was only one fault

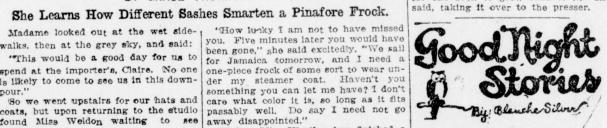
e found with it, the pleats needed to rould fall in straight lines and not spring out at the hem.

up on the outer edge to form a deep

"What! Share my lunch with a crowd of silly ants?" laughed Ned. "I should carried some dainties away and ate sides of the panels, was knotted at the

back with long ends.
Madame thought the frock looked very well on Miss Weldon, and let her have it "You can wear sashes of different suggested. "I'll have one of emerald green, another of bright red, and a third breadcrumbs. Immerse in boiling of burnt orange made and sent to you.

> delivered to you this evening." Mr. Ant. "Your selfish nature will some ing her thanks to Madame in extravagant phrases, and rushed upstairs to the workroom, I told Miss Westley that the frock had to be sent to Miss Weldon



Misstrated by Gruella. WHAT THE ANTS TAUGHT LAZY

lutely nothing that would be suitable for you," Madame answered. Then, turn-SELFISH NED. Ned was both lazy and selfish. He Run up to the workroom and see would idle away his time while his poor whether there's much to be done to the whether there's interest with the sum of the pongees pinafore frock."

Old father and mother worked hard all day. He demanded the best of the old father and mother worked hard all would have to be postponed. changed my suit for my blue taffets. food and they took what was left. At last Ned's parents grew tired of

Growing

Boys need it!

pongee-covered buttons and bound but-

coming closer to Ned's boot. for mock orange marmalade that re- each other. Fry until brown, take them Claire can ask Miss Westley to have along!" he growled. the pleats pressed. I'll see that it is

renged for this ill treatment."

"A dress isn't left here long enough



world to make his own living.

Ned for a bite of his lunch.

Will . " " . " . "

They Carried Some Away.

t you silly little things can do to harm

say not! If I let you, you'd eat all I every chumb of the lunch before Ned have—then where would I find any "Here, give me back my lunch!" cried 'We're a crowd of ants, but we're not Ned, rubbing his eyes to see if he were as silly as you think," replied a big ant, awake or dreaming. "I'm dreadfully hungry."

The state of the s

So Ned tucked his lunch back into his

One by one the little ants ran from

tin of FRY'S to-day.

him a lunch, sent him out into the about revenging yourselves on a big

Ned hadn't gone far when he came across a band of black ants crying bit-

terly. They were hungry, and begged soon snoring.

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Ned mushed his foot against Mr. Ant, "Then go back home, silly boy," renocking him over.

"You'll get none of my food, so run your lunch. Always remember that size doesn't necessarily mean power. Per-

"All right, young fellow!" exclaimed haps it will be a lesson to you in the day bring you to harm. We'll be re-venged for this ill treatment." who are willing to share more shall be given," and the ants disappeared. The ants filled away through the Ned brushed off his clothes, returned to the house, and begged his father to His poor, old parents, glad to see me. You're entirely too small to talk their son once more, set him to work.

Ned never told any one what had happened on the road, but whenever he saw a tiny ant hill Ned always took for his little ant friends. The birds and the animals of the he was always ready to share wit lunch. So the once lazy, selfish boy was quite happy now that he had learned what a pleasure it was to make othe happy, and he soon grew to enjoy his

happy indeed, Nitro-starch, more compact than the seems to promise great efficiency as

work, which made his parents ver

Reptiles' eggs are not very attractive bjects. In the case of crocodiles and many kinds of tortoise, they are pale colored or white and in shape resem-

WINIFRED BLACK Writes About Youth's Idols

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when they're thinking.

them, but now I woman. Isn't it sweet of them? see that part of the things I like about

the soldiers.

The Origin of
Famous Sayings

The Origin of Saying of Caralys some the was kind of cranky some think she was kind of cranky some the say of the say of the saying developed a new season of the saying developed and elderly work of the saying developed a new season of the saying developed a new season of the

atherly woman.

I have three one of my own, sort of thing. But, do you know, they can the constant that the teams of my own, sort of thing. But, do you know they can the constant that the teams of my own, sort of thing. But, do you know they can the constant that the teams of th 'I have three and to dance with the boys, and that sons of my own, sort of thing. But, do you know, and I've always those boys will leave one of them in a thought I was minute any day to the with the boys and that had something to do with it.

"And one of the other hove said." thought I was minute any day to come and have a prejudiced about heart-to-heart visit with a grey-haired

Those They Like to Know. them belong to them, because they're 'I took the prettiest girl in town me kind of homesick. I guess it's beyoung.

"I've been finding it out since I've been finding it out since I've been here in the canteen, looking after did, too. I could see the boys straight
"And they'll leave a bunch of pretty what the motherly won

the country, and they're the dearest her, do you know what happened? things! "'Who's that lady at the coffee urn?

did, too. I could see the boys straightening up and looking conscious. But
when I introduced some of them to
he country, and they're the dearest
hings!

"And they'll leave a bunch of pretty
girls any day in the week to come and
talk to a few middle-aged, women that
her, do you know what happened?
"One of them said to me:

"One of the scalp; the haise
what the motherly woman said, and
what the motherly woman s

"How much want to know the grey-haired wo- mad if she knew I called her that to ners, I think 'Father' and 'Grandpa' would stay at the club a while longer. "I wonder why it is that men are not

> "There's one I'd like to know-she's light-headed; but as they grow older the one knitting over there by the reading table. There's something get kinder and more generous and about the way she smiles that makes me kind of homesick. I guess it's be"I wish I could think men were the

I've been thinking a good deal about

The older men don't seem to care so them, but the older men, sometimes,

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