

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.)



DR. HIRSHBERG, a man who thinks it is one of the greatest pleasures of a narrow, selfish sort, and whose nature is either mean, avaricious or careless.

This does not mean that you should be lopsided with one finger nail. They should be clean, short and healthy in appearance. Long nails do not prove refinement, cleanliness and freedom from dirt.

The intelligent and physiological care of the nails is a plain tale from the realm of personal hygiene. To dig under the nails with knife blades and other implements is merely to roughen and scar under surface and margins of the nails with furrows and hollows into which dirt and debris collect more than ever. This explains why the manicure custom must be kept up, once it is begun.

The Right Care.

Better and wiser is it to when and to the nail so that the native flesh tint of the healthy blood shows through pretty without either polish or dullness. Sensible persons will avoid "satellite" nails, obtaining a fine fresh pink tint to them by simple cleanliness and open air life, not by rouge and dyes. In lieu of scraping and digging, filing and clipping, they will themselves attend to their nails with a single clean cut sweep of the sharp scissors. There should be no jerks and clicks, but one soft, gentle cut all around.

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 bring infections.

A "cut" nail brush, soap that is non-irritating, such as castile, and perhaps some peroxide to bleach and disinfect.

the foreign matter that collects under the nails, form a good equipment for the maintenance of finer nail health. Moreover, they are easily and quickly applied as often as you please.

A Fine Aid.

Although the finger nails of those who work around the house and in some occupations may become rough, brittle and brittle than do those of others, yet they are just as easily kept in good condition by this simple method.

Glycerine heals the cracks and ridges, makes brittle nails soft and leaves little chance for stray bacteria or dust particles to thrive or remain as a bluish beneath or at the edges of the nails.

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

Cochineal to tint.....1 grain or less

Purified resin.....15 grains

Polyvinyl alcohol.....10 grains

Wax or paraffin.....35 grains

Glycerine.....2 drams

Answers to Health Questions

MRS. K. P. Q.—What causes a red face after eating?

A.—The eating of too many greasy, hot things, such as gravies and soups, may cause this.

E. P. Q.—What can I do to stop stammering?

A.—Of the multitude of theories and explanations, one optimistic fact stands forth—persistence, practice and patience will do away with stammering. Like learning to play the piano, the muscles are retrained slowly. You should have some school teacher take up the matter and start a school for stammerers. The words you cannot speak should be practiced over and over until you can speak them clearly.

Dr. Hirshberg will answer questions for readers of this paper on medical hygiene 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 enclosed, address all inquiries to Dr. L. K. Hirshberg, care this office.

ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

Why Madge Decided That Harry Underwood Might Be Worth Helping.

Both Harry Underwood and I were guilty of the gauche of half-turning toward the table at our left, when the woman occupying spoke in so scornful a manner to the red-eyed French waitress who had served us so deftly.

Of course, we turned back again immediately, but we could hear the soft-voiced, startled interrogations of the girl:

"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."

There was no answer. In respectful, controlled silence the girl left her table and went to the front of the room to attend to something for which the manager had summoned her with a little foreboding. There was a spot of evidence that the scornful words had hurt her.

I was thankful that the voice of the other woman, although clear and carrying enough to reach to our table, the one nearest her, hadn't penetrated to any of the other patrons of the restaurant. It was a controlled, well-modulated voice, and from the evidence, its owner had had the training which should have kept her from making such an exhibition of ill-breeding.

I think there was a spot of color in my own cheeks, for I was thoroughly indignant at the words and was of the indiscreet woman at the other table. Involuntarily I looked across at Mr. Underwood, to find him watching me with an inscrutable expression. But there was indignation in his eyes.

"What will you give me to swear for you?" he asked. "I've got a choice collection of epithets that I think would suit just this occasion."

I couldn't help but smile at his whimsical tone.

"I'm afraid that wouldn't do," I said, "but I do wish I could make that woman feel something of the humiliation she has given that poor girl."

"Give me leave, Lady Fair," he countered promptly, his black eyes dancing with some sudden inspiration.

Prudence told me to shake my head, for Harry Underwood's inspirations were apt to be startling ones. But I knew the woman at the next table would be some in another moment or two, and all the impulses of fair play I possessed yearned to see her punished.

What Mr. Underwood did at the word Mr. Underwood turned in his chair and beckoned to the waitress, who was just coming back from the front of the room. I saw that she shrank almost imperceptibly as she came up, perhaps dreading another rebuke.

"I always give 10 cents, my girl," Harry Underwood piped in a ludicrous falsetto, "but you have given us this morning good service, and my little friend here says you are the most efficient waitress she knows, so I'm going to give you 20 cents."

The girl gasped in astonishment, and into her eyes flashed a look of grateful, startled relief. Her voice, when she stammered her thanks to Mr. Underwood for the bill he handed her with an ostentatious flourish.



To-morrow's
HOROSCOPE

By Genevieve Kemble
WEDNESDAY, MARCH 6

According to the planetary portents this day may be fraught with some delays, 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 dangerous to begin new operations, also for buying and investing, and for all things 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, recklessness and fury. It warns against quarrelling, litigation, dissipation and extravagance. With the luminaries squared thus in employment may be in some perplexity as to their positions, etc., and others may have a trying time generally. However, the unexpected and unusual, from an advantageous standpoint, may save the day under the kindly intervention of Uranus. Traveling and change are likely.

Those whose birthday it is may expect 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 extravagant.

The Origin of Famous Sayings

George Walter Thornbury.

1828-1876

The fool that calls all he is sick must feel that he is well. The Jester's Gnomon.

FEMINISMS

By Annette Bradshaw



A DOMESTIC TRIUMPH.
when Gladys, who has been to ever so many lectures, really succeeds in making her first very own war cake.

Annette Bradshaw

fore frock, and I hurried downstairs with it.

"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 exclaimed, adjusting one of the pleats at the side.

The frock suited Miss Weldon to perfection. There was only one fault of which she was conscious, and that was that it was not of the latest fashion.

The police fitted softly with a few gathers above the waistline. The long sleeves clung to the arms, and were finished with a piping of the material. The turned-down collar was extended to form revers.

The side-pleated skirt was taped below the hips to prevent the lines from showing.

A loose panel hung from the shoulders at the back of the frock. It was turned up on the outer edge to form a deep hem, which was held in place with two ponce-covered buttons and found buttons.

The pinafore effect of the frock was accentuated by a wash of old blue and white striped silk, cut on the bias, which, after passing about the waist and through the bound eyelets at the 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 shades of different colors with the frock, if you like," she suggested. "I'll have one of emerald green, another of bright red, and a third of burnt orange made and sent to you. We'll please take off the frock, so that Claire can add Miss Westley to have the pleats pressed. I'll see that it is delivered to you this evening."

So I left as Miss Weldon was expressing her thanks to Madame in ravaging phrases, and rushed upstairs to the workshop. I told Miss Westley that the frock had to be sent to Miss Weldon that night.

"A dress isn't left here long enough for one even to grow fond of it," she said, taking it over to the presser.

Neq hadn't gone far when he came across a band of black ants crying bitterly. They were hungry, and begged Ned for a bite of his lunch.

"What! Share my lunch with a crowd of silly ants?" laughed Ned. "I should say not! If I let you, you'd eat all I have—then where would I find any more?"

"We're a crowd of ants, but we're not as silly as you think," replied a big ant, coming closer to Ned's boot.

Ned pushed his foot against Mr. Ant, knocking him over.

"You'll get none of my food, so run along!" he growled.

"All right, young fellow!" exclaimed Mr. Ant. "Your selfish nature will come out in time. We'll be revenged for this ill treatment."

The ants filed away through the grasses.

"Ho! Ho! Ho!" laughed Ned. "It's a lot you silly little things can do to harm me. You're entirely too small to talk."

He never told any one what had happened on the road, but whenever he saw a tiny ant hill Ned always took time to crumble up part of his lunch for his little ant friends.

The birds and the animals of the woods soon grew to love Ned because he was always ready to share with them whatever happened to be in his lunch. So the once lazy, selfish boy was quite happy now that he had learned what a pleasure it was to make others happy, and he soon grew to enjoy his work, which made his parents very happy indeed.

Nitro-starch, more compact than the allied nitro-cellulose, is gun-cotton, and is a more efficient efficiency as a blasting explosive.

Reptiles' eggs are not very attractive objects. In the case of crocodiles and many kinds of tortoise, they are pale greenish and more or less in shape resembling those of birds.

If you care for heavy hair, that glistens with beauty and is radiant with life, has an incomparable softness, and is duffy and lustrous, try Danderine. Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff, you cannot have nice, heavy, wavy hair if you have dandruff. The destructive acid robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness, itching of the scalp; the hair roots flake, loosen and die; then the hair falls out fast.

If your hair has been neglected and is thin, faded, dry, scraggy or too thin, get a small bottle of Knowlton's Danderine at any drug store or toilet counter, for a few cents; apply a little as directed, and ten minutes after you will say this was the best investment you ever made.

We sincerely believe, regardless of everything else advertised, that if you desire soft, lustrous, beautiful hair and no more falling hair—you must use Knowlton's Danderine. If eventually—why not now?

Save your hair and beautify it with "DANDERINE"

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