

DAILY MAGAZINE PAGE FOR EVERYBODY

How to Care for Your Child's Feet Today So in After Life They'll Serve Him Well

MILITARY NOTE DOMINATES FASHION

By LUCREZIA BORI,
Prima Donna of the Metropolitan Opera Company, New York.

I OFTEN think that it is a good thing for the women of the present generation that fashion has not taken into her head to revive the ancient Greek and Roman custom of wearing sandals. If shoes were suddenly discarded for this old-time comfortable and healthful footgear I wonder how many of us would have reason to be proud of our feet? Not one out of a hundred I'm sure for long since we were old enough to realize the importance of caring for our feet they were already distorted and cramped by the shoes provided for us. Profit by your experience and if you are a mother watch the little pink feet closely so they will develop perfectly.

What is a perfectly shaped foot? This is a question many women might ask, and it had best be answered now. If you examine a foot you will find that a straight line can be drawn from the point of the great toe to the middle of the heel; upon the preservation of this line depends the well-shaped foot.

The wearing of shoes with pointed toes or shoes that are too short will cause the toes to converge to a point at the centre and the joints of the big toes to become enlarged. When you and I were children we were bribed or punished, perhaps, to keep our "toes turned out." This pose was considered graceful, and the "pigeon-toed" child was held up to us as a terrible warning. Now it is generally acknowledged that "toeing out" will cause a distortion of the feet, and that "the straight foot" is the ideal.

If you stand with your feet pointing forward, parallel to each other, the weight of your body will be distributed evenly, your ankles will be straight, and each foot will assume its normal and beautiful line. On the other hand, the foot which rests unevenly upon the ground disturbs the balance of the entire body, and the results are bunions, ingrowing nails, fallen arches and callouses, and may lead to curvature of the spine.

Begin, then, by teaching your child how to place his feet correctly from the moment he takes the first step. Then, be most careful in the selection of his shoes. Allow the baby in long clothes to go barefooted unless you notice that the feet are inclined to be cold; in this case it is wise to cover them with the little knitted booties.

Let the first shoe be on the order of an Indian moccasin, and as the foot grows it should be fitted from the toes. Have the child stand upon a piece of paper and trace the outline of his foot with a pencil. Use this as a guide when buying his shoes, and you will never regret the mistake of getting them too small or ill-fitting.

Run a great deal out-of-doors, wearing sandals or broad, flat shoes. Jump the rope, but stop as soon as you feel fatigued. Roll dumbbells about with the bare feet until you feel tired.

Women do a great deal of housework sometimes become flat-footed, because the weight gradually settles upon the weakest point of the foot and the arches give way. For this reason wear the right kind of house shoes and give your feet the proper exercise. It is always false economy to buy cheap shoes. Save a little on your dress and spend more on your footgear. A good test to determine whether you are wearing the proper shoes or not is to walk a long distance. If at the end of the walk your feet feel little or no discomfort be assured that your shoes fit well. A pair of new shoes should never require stretching—bear this fact in mind.

Overlapping toes may be remedied by lacing a strip of adhesive tape over and under the toes until they assume their proper position. Resolve here and now to leave no stone unturned that perfect feet may be the heritage of your child.

What Shall She Do?

THE theatre was almost filled by this time. A large man with a full, florid face, coming down our aisle, halted just in front of our seats to greet an acquaintance. Dicky nudged me, and I looked at the man closely, especially noticing his lavish display of jewelry.

You've seen one of the first night sights," whispered Dicky as the man passed on. "That's Diamond Jim Brady. His specialties are diamonds and first nights, and nobody knows which he likes the better."

Dicky appeared to know a number of people in the audience. A half-dozen men and two or three women bowed to him. He told me about each one. Two were dramatic critics, others artists and actor friends. Each one's name was familiar to me through the newspapers.

"You'll know them all later, Madge," he said, and I felt a glow of pleasure in the anticipation of meeting such interesting new people.

Dicky returned to his sketching, and I sat idly watching the people between me and the stage. A few seats in front of us to the left I caught sight of the woman who had claimed Dicky's acquaintance in the lobby. She was signing greetings to a number of acquaintances in a flamboyant fashion. She would bow elaborately, then lift her hands above her head and shake them together as if shaking hands with the person she greeted.

Who Is This "Lil"? She saw me almost as soon as I discovered her, and raised herself in her seat and craned her neck to see what Dicky was doing. He raised his head at that moment and saw her, and she turned through him to look at me. It was always false economy to buy cheap shoes. Save a little on your dress and spend more on your footgear. A good test to determine whether you are wearing the proper shoes or not is to walk a long distance. If at the end of the walk your feet feel little or no discomfort be assured that your shoes fit well. A pair of new shoes should never require stretching—bear this fact in mind.

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Revelations of a Wife

By ADELE GARRISON

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Dainty Costumes Show the Trend in Line and Ornament

By ANNETTE BRADSHAW

THE military note is still dominant where fashion is concerned. On every hand there are tailored suits whose broad and button trimmings proclaim them to have been inspired by the uniforms worn by the officers of the European armies. Millinery for street wear has a decidedly military cast, and the latest recruit to join the advance guard of fashion is the military afternoon costume shown in this drawing.

This frock has many unusual features, and is almost futuristic in character. In the first place, instead of being developed in practical materials such as serge, cheviot or tweed, usually associated with the military, it is fashioned of a combination of dainty fabrics. The bodice is severely military, while the skirt is a flounced, wide-faring echo of the early Victorian era.

For the former the designer used a soft silk in a wide blue and white awning stripe weave. The long sleeves are snugly fitted to the arms and have narrow cuffs finished with silk fringe. The capulettes of plain blue silk are also edged with fringe in true military fashion. The pointed neck line is finished with an oddly-shaped collar which rolls away softly from the throat, and the bodice is fastened by means of a row of small dark blue bullet buttons.

Yards and yards of creamy white chiffon were used to make the skirt, and the full flounce is stitched to the bottom with a rather pronounced heading. Single roses of a rich, pale yellow tone are arranged about the heading at regular intervals. The pointed skirt is narrow, and the lower edge is effectively trimmed with a band of the striped silk and a row of fringe.

To further emphasize the military note of this stunning afternoon costume, a soldier's hat of blue and white straw is worn. The only ornament this fetching bit of military boasts is a stiff brush of dark blue ostrich feathers which closely resemble a miniature pine tree.

Smart Military Costume with Soldier's Hat

Secrets of Health and Happiness

Lip Reading First Aid to Defective Hearing

TIME WILL TELL

By WINIFRED BLACK
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TIME will tell," said the wise man, and Time always tells the truth. "Time will tell." What stories he has told, old Father Time, and what tales he keeps repeating.

Over and over again, the same old tales, some sad, some gay, some tragic and some ludicrous; good endings, bad endings, love, romance, marriage, births, deaths, christenings, hope, despair, failure, success—they're all in the stories. In the right place, with the right emphasis, when they are told by Time.

The grief that gnawed your heart a year ago—where has it gone? One day it dwelt with you and turned the bluest sky to gray, and the next, all at once, it was gone.

What did you do to drive it away? What remedy did you find? How did you manage the assuagement?

None, nothing at all. No one could help you, no one could advise. But Time—ah, Time, the miracle worker, Time, the truth teller, Time, the one who never makes any mistake—he laid his hand upon your heart and the gnawing grief was mysteriously and forever stilled!

The problem you could hardly bear to face five years ago, the thing that loomed in your life like a grisly spectre, shunning out the sun from the dark corners of your aching heart—there was no solution, no help, no answer to the puzzle.

Three Minute Journeys

By Temple Manning

WHERE WHIPPING EACH OTHER IS CONSIDERED GREAT SPORT.

OF all the games it has been my lot to witness, the most strenuous was the whip game I saw in British Guiana. Before the game the native men, dressed in the traditional native dress, were lined up in a row. Then the players, men and boys, lined up in two rows facing each other. Each carried a whip ornamented with four tassels, those of the two end players having tassels attached. A gentle stamping began, which gradually grew louder till the earth began to throb. Shouts of "Yau, au!" rang along the line, and the players waved their whips and swayed gently backwards and forward as they stamped.

Presently the two end men passed down to between the rows, whilst those lined up moved slowly in the opposite direction. In rotation the other pairs of men did likewise, and then the whistles whistled at each other in wild excitement. They raised their whips and feigned to lash out at each other without much hurt.

The Game Began.

A crack. The victim did not flinch, but joined his whipper in a wild sort of dance. Again and again he submitted to the lash, and then it was the other's turn. I cannot say who won—both were stoics of tremendous endurance. I would have called the bout a draw.

Then the two whippers retired to an adjoining hut, where they indulged freely in "palwarie," and others of the challenging rows took their places in the game, which lasted until the rows were exhausted.

Secrets of Health and Happiness

Lip Reading First Aid to Defective Hearing

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

EVERY third person between 20 and 50 years of age is deaf, at least in one ear. Now please do not be horrified and come back at me with the harsh word "false!" Dr. E. F. Boutebe quotes a German physician in this statement with the approval of Sir James F. Goodhart, consulting physician to Guy's Hospital, London.

A Chinese proverb says that you cannot prevent the birds of sadness from flying over your head, but you may prevent them from stopping to build their nests in your hair. This applies to partial, or even complete deafness of the "stone deaf" type. Obviously the thing for the deaf person to do is to learn lip reading. It is laborious, yet happy work; the kind that conquers the handicap of deafness.

Since communication between people is a necessity of social intercourse and good cheer, the different muscular movements of spoken words must be mastered by study and observation. In the guesswork trick of reading a person's character by looking at his face must be systematized into the ability to follow on the instant by slight the syllables and element of the spoken word.

The mouth moulds into shape by means of the lips, teeth, tongue, cheek, nose and throat each and every particular sound. It is as possible to learn these muscle symbols as it is the written alphabet.

Steady, practiced and learned as a child acquires speech and reading, the eye becomes so to speak a vicarious ear and hears by vision. Thus the perception of "second sight" is transformed in a different sense into reality. The deaf person is able at the start to see only a chaos of muscle and flesh movements. Cheerfully and assiduously he slowly progresses like a piano pupil to an ever increasing repertoire of correct interpretations of the spoken syllable.

Every little movement of the lips has a particular meaning all its own. One practiced in the art of lip reading is like the expert musician, capable of receiving knowledge and happiness from things unwittingly overlooked by the untrained.

Just as attention is rarely focused on one letter or syllable in a word or sentence, so you let pass unrecognized the individual appeal of the lips to the eye. Yet, when you were learning to read, syllables and words stood forth prominently. The person who learns to read the lips, as Prof. Boutebe proves in a recent book, soon learns to scan the rapid, fleeting facial movements.

Two good books for those who wish to learn and practise lip reading, are "Lip Reading Principles and Practice," by Edward B. Nitche, and "Help for the Deaf," by Prof. E. F. Boutebe, both published in London.

Answers to Health Questions.

J. S. E. F. Q.—Will you please advise me what to use for freckles?

A.—A fine remedy for freckles is salicylic acid in the form of a plaster mull. Most so-called freckle cures contain mercury and may cause internal trouble if employed. In any case, no matter what is used, freckles usually return, and if the skin peels it is better to stop the use of all remedies, because more

