# DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

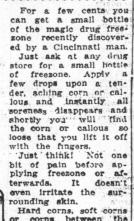
## Testing Men tor Army Tasks By the Newest Method

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



## With Fingers! Corns Lift Off

Doesn't hurt a bit to lift any corn or callus right off. Try it!



a bottle containing three ounces of Orenard White, shake well, and you have a quarter pint of the best freckla sunburn and tan lotion, and complexion beautifier, at very, very small cost. Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant into the face, neck, arms and hands each day and see how freckles, sunburn, windburn and tan disappear and how clear, soft and white the skin

## NO STOMACH PAIN, GAS, INDIGESTION IN FIVE MINUTES

"Pape's Diapepsin" is the best antacid and stomach regulator known.

"Really does" put upset stomachs in srder—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness due to acid fermentation in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach antacid and regulator in the world. If what you eat ferments and turns sour you beich gas and eructate undigested food or water; head is dizzy and aches; breath foul; tongue coated; your in sides filled with indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing-almost marvelous, and the joy

is its harmlessness.

A large fifty-cent case of Pape's Diapepsin is worth its weight in gold to
men and women who can't get their
stomachs regulated. It belongs in your -should always be kept handy in ing the day or at night. It's the

Camp Meade,
Md., doesn't have professors of phicked by a commission is carried on the complete of the composition of the compos

but upon closer scrutiny show differences. These may consist of pictures of hands with only three fingers and a humb, a man's face with an ear missing, a fish without a mouth and simiing, a fish without a mouth and similar pictures, the missing parts of which must be pointed out by the soldier. The men of the Beta class are often keen, and have more adaptability than they thought they had, but they cannot rival the high type of mentality of the Alpha men. Here college and high school men as a rule carry the day, but sometimes a man of more modest training beats even them. It has happened that a man who has had less than seven a grades of education came out higher than a rival who has graduated from one of the biggest colleges in the country.

3. I am always bothered with curious dreams during sleep.

A.—Fresh air, sunlight and exercise in the open is what you need.

2. Tired feelings may come from need of glasses, kidney disease, lack of muscular exercise, constipation, overeating anaemias and many other disorders, all of which must be searched for and eliminated.

of which must be searched and street, and street, tations, nose, throat, intestines, teeth, head and stomach or other troubles. You should have an examination made and the source removed. Empty the intestines, take a hot bath and drink a glassful of hot milk before bedtime.

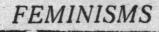
READER. Q.—Will you please tell me how I can get rid of blackheads?
2. The pores of my face are large, caused by squeezing out the blackeads. How can I make them smaller? A.—Gentle massage with a sterilized piece of absorbent cotton or chamols. followed by the application of a little paste made up with the following, is very good for blackheads:
Fullers earth , 4 drams Vinegar , 2 drams (

A DAILY READER. Q.—Will you please tell me what to do for hair that splits at the ends? A.—Singeing, cutting the hair too much, washing it in soaps that have too much alkall, and sometimes egg shampoos cause the hair to split at the ends. The ends should be waxed.

lectricity. F. L. R.: Q.—My nose has been sort of stopped up for the last three or four weeks. Please advise me.

A.—Irrigate the nose and throat with a little alkaline antiseptic solution.

Dr. Hirshberg will answer questions for readers of The Advertiser on medical, hygienic 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 inclosed. Address ALL, INQUIRIES to Dr. I. K. Hirshberg, in case of The London Advertiser.



By Annette Bradshaw



ONE OF THE WONDERS OF WAR.

RAY-Goodness, look at Estelle swimming! Why, she couldn't swim a stroke last summer. FAY-She can swim now, all right-there aren't any nice young men here this summer to

### ADELE GARRISON'S NEW

REVELATIONS OF A WIFE

Where Horses Drag Fishing Boats To a Safe Anchorage Ashore.

to leave the scarlet print of my palm upon his cheek. "If you're going to act like an idiot I shall change my mind!" I said show it "If you're going to act like an idiot I shall change my mind!" I said sharply. "And I'm going to telephone to Lillian first. You may come with me to the nearest telephone booth if you like." "Gramercy for your courtesy, my dear," he mocked, "but nix on that little scheme. It's too transparent. Stall me along till we get into the telephone room, then Madgle disappears into a telephone booth, and comes out later with the cheering information that Lill thinks the night air is bad for her, or some other line of—"

His teeth closed with a snap, and I saw a look of consternation flash into his face, then flee again. I followed his eyes to the corridor behind me, and saw Lillian, breathless and pale, fairly running down it, accompanied by a middle-aged man in a chauffeur's uni-



For a few centres, and the second of the sec

MANNING MANNING

Have a Good Complexion!

The Flower of Good Health

The true secret of complexion lies in the blood. Keep it rich, pure, nutritious, and, above all, keep the system regular,

Bobby reeled off all the string and away sailed his kite into the air, jerking Bobby right off his feet and carrying him along with it. Away over the house tops toward the woods they sailed. There the kite became entangled in the branches of a tree.

Bobby worked and worked, but he couldn't get the kite locate. Instead of growing cross, Bobby began to laugh. "Guess you'll come out when you get ready," he laughed. "In the meantime I'll look around."

He explored among the leafy boughs, and what do you think—Bobby found a mother bird sitting on her nest, looking worried.

Along the troubled shores of the North Sea, where the dangers of mines and marauding German craft have added in these last few years greater hasards than ever to the dangers of that dangerous sea, the fishermen who still ply their profession have always taken good care, but now take even more anxious care of the boats in which they earn their livelihood. In the sections where the shore slopes gently down into deep water the picture of our illustration is commonly seen.

When the boats return from a fishing trip—which may be all night or one of many days, according to the luck of the catch—there are men and horses waiting to draw the boats safely up on the land. For the sweep of the winds across the sea are strong enough in winter, and even during the most favorable summer season, to constitute a menace to even the best anchored of boats if they were permitted to lie off the coast.

The only safe place to "anchor" so

Francis Rabelais—1495-1553. bove the pitch, out of tune, an hinges.—Works. worried.

"Den't worry, little mother bird; I'll not harm you," said Bobby softly.

"It's not you I'm afraid of," chirped Mother Bird. "It's Mr. Blue Jay. He's The devil was sick-the devil a monk The devil was well—the devil a monk was he. —Works. such a terrible thief.
"What could he steal up here?" laugh-Which was performed to a T.-Works. We will take the goodwill for the eed.—Works.





ed Bobby.

"My eggs," exclaimed Mother Bird, lifting her wing so Bobby could peep into her nest, where nestled four pretty white eggs. "He's always stealing someone's eggs".

"Just then from over the woods came the soft call of a bird. Mother Bird lifted her pretty head and twitted.

"Just like the selfish thing!" she chirped. "H's my mate calling me. He knows I can't leave the nest or Mr. Blue Jay will steal my eggs."

"You can go," said Bobby. "I'll watch your eggs for you."

So Mother Bird flew away and Bobby curled up in the nest, very careful not to harm the pretty eggs.

"No wonder birds love their nests," sighed Boby. "I's like a lovely cradle."

"Cradle, nothing!" exclaimed a harsh voice, and Mr. Blue Jay. getting angrier every second.

"But it's wrong to steal eggs!" exclaimed Boby. "You must never do it again."

There was a rustle among the leaves, and Mother Bird came in sight, Mr. Jay darted away chattering loudly to himself.

"Who would think such a pretty fellow would stoop to stealing?" said Bobby, after Mother Bird had once more settled on her eggs.

"Feathers don't make the bird!" exclaimed Mother Bird. "Tm certainly glad you were here, or my eggs would have been gone."

"I'm glad, too," said Bobby, bidding Mother Bird good-by.

And when he reached the branch where he had left his kite it was sailing high in the blue sky, the string ited to the branch.

With the string in his mouth, Bobby climbed down out of the tree, and to this day he can't make up his mind who set his kite free, but should you ask me, I'd say that is was Good Fairy, who always helps those who are kind and good to the meadow folks.

## IS CONSTIPATED! LOOK AT TONGUE

Hurry, Mother! Remove poisons from little stomach. liver, bowels.

Give 'California Syrup of Figs' if cross, bilious or



No matter what alls your child, a gentle, thorough laxative should always be the first treatment given.

If your little one is out of sorts, hall sick isn't resting, eating and acting naturally—look, Mother! see if tongue is coated. This is a sure sign that it, little stomach, liver and bowels ar-clogged with waste. When cross, irritable, feverish, stomach sour, breath bad or has stomach-ache, diarrhoea; sort throat, full of cold, give a teaspoonful of "California Syrup of Figs," and in a of "California Syrup of Figs," and in a few hours all the constipated poison, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful

# Cost of Your Real Beauty

BY LUCREZIA BORI

Some years ago the press agent of a famous actress obtained considerable publicity for her because of a story he spread. He wove a story around the fact that she owed her perennial beauty to her habit of refraining from smiling to her habit of refraining from smiling to frequently. Smiles, he made her declare, brought wrinkles around the mouth and eyes. Therefore, in order to remain unwrinkled she sacrificed to pleasant custom of smiling.

Personally, I think that not even ankept in repose with the brow un-

Are You "Animated" at the

Watch Others to "Check u p on" Your Own Habits.

nind that comes to all who deny them-elves fun and laughter. Without reason.

One young woman I know has beauti-

The Origin of

Famous Sayings

child again. Mothers can rest easy after giving this harmless "fruit laxative," because it never falls to cleanse the little one's liver and bowels and sweeten the stom-ach, and they dearly love its pleasant unwrinkled existence is worth such a wrinkled. Let your thoughts and your price. Far better to have a few wrinkles | words bring the expression to the face from smiles, and to possess a merry dis—the sparkle to the eye, the smile to position, than to have a complexion of the lips. Don't acquire the habit of taste. Full directions for babies, children of all ages and for grown-ups printed on each bottle. sober using the facial muscles constantly

enamelled smoothness and the sober mind that comes to all who deny them selves fun and laughter.

There is a certain opera singer who is hoted for her beauty and no less for her great personal charm, but you raredazzling smile. Perhaps she has a tiny wrinkle or two, but the little lines that come from laughter are no disfigurement, and if they are objectionable they can easily be smoothed away.

But there are other facial expressions in which many women indulge that are superfluous, and actually mar beauty linstead of increasing it. Very often I see a woman in the midst of a conversation describe some ugly or unpleasant occurrence. Instantly she screws up her face into an ugly contortion to match her story. It is expressive, quite true, and emphasizes her tale. But why should any one deliberately "uglify" the features? This after a while becomes a regular habit, so that eventually the features person to your face rest in repose, and let the pression to your features. your druggist for a bottle of nia Syrup of Figs"; then see that if

# BE

Company.

Beware of counterfeit fig syrups. Ask

made by the "California Fig Syrup

Should Read Mrs. Monyhan's Letter Published by Her Permission.

Mitchell, Ind .- "Lydia E. Pinkham's

Vegetable Compound helped me so much

- during the time I was looking forward to the com-

ing of my little one that I am recommending it other expectant mothers. Before taking it, some days I suffered with neuralgia badly that I not live, but after taking three bot-tles of Lydia E. Pinkham's Vege-Pinkham's Vege was entirely re-

gained in strength and was able to go around and do all my housework. My baby when seven months old weighed 19 pounds, and feel better than I have for a long time I never had any medicine do me se much good."—Mrs. Pearl Monyhan

Mitchell, Ind.
Good health during maternity is a most important factor to both mother and child, and many letters have been received by the Lydia E. Pinkhan Medicine Company, Lyan, Mass., telling of health restored during this trying period by the use of Lydia E. Pinks ham's Vegetable Compound.

# Are You Deceived?

Have you been led to believe that the knife is the only cure for piles? If so, it is unfortunate, for

many thousands are being cured by the use of Dr. Chase's Ointment. Sometimes after operations have failed, and when doctors have said that an operation was the only hope. It won't cost you much to try

The remains of irrigation systems that date back to prehistoric times, when the valleys of Arizona were inhabited by highly civilized Indian tribes, are still in existence. One ranch owner is said to be using several thousand feet of these ditches after simply cleaning them out. A line of levels was run along the bottom of one of these old Indian ditches and showed the grade to be almost perfectly uniform at the rate of 0.01 foot per 100 feet. this treatment in your own home. It is sure to relieve, and usually effects complete cure.

Eider ducks are numerous everywhere in Norway. Being the producers of the valuable eiderdown, a staple article of trade in Norway, they are rigorously protected by law, and are in consequence so tame in many places to approximate a domestic fowl. The birds are regarded with far from friendly eyes by the fishermen, by reason of the damage they work among the spawning beds of the fish. Lobsters in particular suffer severely from their devastation. UNDERCLOTHING Guaranteed Not To Shrink.