# DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

#### How Doctors Build Up Our Men For Service to Country

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



## A Drop On a Touchy Corn

Instant relief! Then corn or callus lifts off with fingers.



covered this ether comcovered this ether com-pound and named it freezone. Any druggist will sell a tiny bottle of freezone for very little cost. You apply a few drong directly upon a drops directly upon a tender corn or callus. Instantly the soreness disappears then shortly you will find the corn or callus so loose that you can lift it right off. Freezone is wonderful! oesn't eat away the corn r callus, but shrivels it p without even irritatng the skin. Hard corns, soft corns, or corns between toes, as well as painful calluses, lift right off. There is no pain before or afterwards. No soreness or smarting. Wo-

#### LEMON JUICE TAKES OFF TAN

Girls! Make bleaching lotion if skin is sunburned, tanned or freckled

Squeeze the juice of two lemons into bottle containing three ounces of Orenard White, shake well, and you have a quarter pint of the best freckle, sunburn and tan lotion, and complexion ceautifier, 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 lotion into the face, neck, arms and hands each day and see how freckles and how clear, soft and white the skin comes. Yes! It is harmles

#### 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 order—'really does' overcome indiges-Hon, dyspepsia, gas, heartburn and sourcontent of the control of the contro

He came to the log training campling a recent draft for the could be the came to the log training campling a recent draft for the could be compared to the could be compared to the could be compared to the could straighten up and compared to the could straighten his back while in bed, when he act up or walked, however become and the could straighten his back while in bed, when he act up or walked, however, be couldered. Before another week end, and the could straighten his back while in bed, when he act up or walked, however, be couldered. Before another week end, and the could straighten his back while in bed, when he act up or walked, however, be couldered. Before another week end, and the could straighten the act to his cheek the carries his head cort, his cheek and because supple. With a suppressible. "It's no use; I can't do it," he pleaded, when a physical director to his new department had another card to high, They began to teach him self confidence. Before another week end, and the could straighten the could straighten the could straighten his back while in bed, while i

dence some knit socks on the checket obtains weave baskets, make checket obards and other games, or do other work that their condition will permit.

#### Answers to Health Questions

J. C.: Q.—What shall I do for piles? 2. What shall I do for constipation? A.—The only cure for piles is an operation, but relief can be obtained by using ointments or creosote supposi-

tories.

2. One of the best ways to do away with constipation is to drink two glasses of water before meals. Also take ten grains of calcined magnesia in water before meals, and drink a wineglassful of clive oil about one-half hour after eating. Eat lots of fresh vegetables, such as spinach, carrots, kale, lettuce, oranges, apples, prunes and tomatoes. Octrocal is a laxiva to some persons.



LUCKY OCEAN By Juanita Hamel



On a bit of a board that's harnessed so she can ride the waves as they roll in from the restless sea, SHE rollicks along on a foamy crest attended by rainbow spray that frames her as such a modern Venus should be framed. And HE who sits ashore and gazes with adoring eyes-taking note of the tribute the startled fish leaps to pay ner-is all admiration and envy, "LUCKY ocean."

ADELE GARRISON'S NEW

### REVELATIONS OF A WIFE

REVELATIONS OF A WIFE

with the proper special point of the demands of the stress of t

KITCHEN ECONOMIES BY ISOBEL BRANDS

OF THE APPLECROFT EXPERIMENT STATION.

Ways to Lighten Work With the Right Knives and Cutters. The right kind of a knife or cutter is one of the best helps in the campaign for reducing housework. Many otherwise well equipped kitchens are sorely deficient in the quantity and quality of kitchen knives. There is no provision for keeping knives sharpened; they are carelessly banged in drawers, and one or two knives are expected to serve every purpose. And, naturally, knives get used up much more quickly if there is an inadequate supply.

If you will take an inventory of your rife supply and fill out the gaps with the right kind of good quality, well sharpened knives you will be surprised how much time you can save, yourself in the preparation of meals.

First, every kitchen should have the long, round-bladed, fruit knife. Its cost is small compared to the amount of service it will give, and carefully kept if will last for many years. The bread is one of the best helps in the campaign for reducing housework. Many otherwise difficult to clean afterward. This glass knife, however, is sanitary, easy to clean, and does not contaminate the fruit with any foreign flavor as some of the metal knives will.

The small, round-bladed, grapefruit knife is also a great time-saver. With it you can easily remove the seeds and neative interesting and prosper-ous year, but must guard the domestic the knives difficult to clean afterward. This glass knife, however, is sanitary, easy to clean, and does not contaminate the fruit with any foreign flavor as some of the metal knives will.

The small, round-bladed, grapefruit knife is also a great time-saver. With it you can easily remove the seeds and neatly cut away the pulp from the fibrous wall of the fruit. Preparing grapefruit is a fussy job with ordinary knives but with this simple round-bladed knife is a fussy job with ordinary knives but with this simple round-bladed knife is a fussy job with ordinary knives but with this simple round-bladed knife is takes less than a minute to prepare the grapefruit for the table.

Caring for Them.

Another time knives will.

Another time kn The right kind of a knife or cutter should not be cut with a steel knife, for

you something without interruption?" I asked quietly.

He had advanced a step toward me, a mischievous, teasing light in his eyes, But at my question he stopped short, looked at me, then bowed gravely in the rather flamboyant fashion which he affected.

Seaweeds waving like trees above his head. Beautiful fish of all the colors of



success in all enterprises. Those in employment are likewise under good aspects of the luminaries, and should push for favors, promotion and increase of salary. Alliances through all kinds of combinations, associations and agreements, about a press. ments should prove advantageous, though to have any prospect of success these must be legitlmate. In the domestic circle conditions are not so favorable, and so must be cherished and Those whose birthday it is may ex-

Little Tommy Tucker Sings for his supper. What does he sing for?

Morn, noon and night.

"They live in Waterland, down at the bottom of the ocean," and flapping his silver wings he began to sing this What makes him look so clean? "Infants-Delight." When does he use it?

"Enie, meanie, minie mow, Make David smaller grow, Give to him a fish's set, So his clothes won't get wet." The queer, little song was hardly fin-ished when David found himself stand-

DAVID VISITS THE STARFISH FAMILY.

"I wonder," mused David, as he watched the silver stars dancing on the waves, "if the mermaids do steal the stars from heaven and make them into starfish."

"Oh, dear, no!" laughed a silvery-voice, and down the silvery moonbeams slid a tiny Moon Imp, who perched on

"I'm absolutely at your command, ady Fair," he said.
"Then piease sit down," I returned.
He obediently dropped into the seat bearest him, then drew it around fac-



"How do they walk?" asked David. "I don't see any feet."

"Oh, no!" laughed Moon Imp. "They haven't any feet. But down the centre of each little ray, or arm—we'll call them star points—is an opening, and along this opening tiny tubes grow very close together. With these tubes or blunt points Mr. Starfish crawis over the sands and clings to the rocks."

"Oh, look at the basket!" cried David, pointing to a starfish lying on its back with its points curled up.

"Why, that's Mamma Starfish taking care of her eggs," replied Moon Imp.
"Just think, for 10 days she must lie that way without moving or eating until her eggs are hatched. Starfish are certainly a patient lot of little people."

"Indeed we are!" laughd Mamma Starfish, and as she spoke she began to unfold her points and a crowd of tiny "How do they walk?" asked David. " starfish babies—looking more like tiny parrels, with hairy hoops and plumes of air on one end, than they did like their mamma—floated away.

"Before long they'll grow better tooking," said Mamma Starfish, and straightening out her arms she hurried away in search of food, for after her long fast she was very hungry.

"Why, when they're no larger than a flaxseed they look like grown-up starfish!" exclaimed Moon Imp. "Some day we'll come back to Waterland and visit others of the starfish family, but I think we'd better return home now."

Before David could blink his eyes he was sitting alone in the window watching the silver stars dancing on the face of the water. g fast she was very hungry.

fish was patterned from the stars in heaven," said David drowsily, as he tumbled into his little bed. The Origin of Famous Sayings

'I'll bet anything that the first star-



CEETEE UNDERCLOTHING

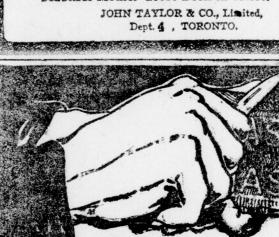
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