DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

Tears the Cleansers and the Danger Signals of Your Eyes

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



Tears were not, with these little deeds which you should

Answers to Health Questions three times.

If still you do not feel free from the extranceos particle, pell your upper lid down with the thumb and forefinger of one hand, and the lower lid up with the same fingers of the other hand, and told the upper beneath the lower. The lashes of the upper lid will search out the dirt particle if it happens to be in the lower rid beneath the upper, so that the lashes may search out the dirt from the upper part of the eye. Then put the lower lid beneath the upper, so that the lashes may search out the dirt from the upper part of the eye. Wink two or three times after each process.

Guard Your Eyes.

See to it each time that your fingers are perfectly clean before you apply them to your eyes, for infection may very easily result.

You may easily inflame or otherwise injure your eyes by carelessness or thoughtlessness. It is carelessness or thoughtlessness. It is carelessness, for example, to sit down and read at night by an unshielded gas flame or electric bulb, and allow the strong rays to shine directly into your eyes. Your tears again serve their purpose, and come to your ald with definite warning. They flow abundantly, but you perhaps carelessly wipe them away and go on with your work or pleasure.

Not only are you apt to neglect your eyes by working them under strong rays of artificial light, but you are apt the forest yourself by day. There is the pattern of all title paste made up with the following will help:

Not only are you apt to neglect your eyes by working them under strong rays of artificial light, but you are apt also to forget yourself by day. There are certain hours of the day when the sun shines strongest on one side of the street. You perhaps wear a small-brimmed hat, or may be none at all, and yet you promenade freely on the sunny side of the street, squinting every once in a while, and perhaps shielding your eyes with your hand when you think of it. You do not, however, think of walking on the shady side of the street. These little acts of neglect are supposedly minor, but when they are committed from day to day and week to week they add up, and it is hard to undo what has once been done. Alone

HER PROBLEMS

By Annette Bradshaw



THE SLACKER SISTER.

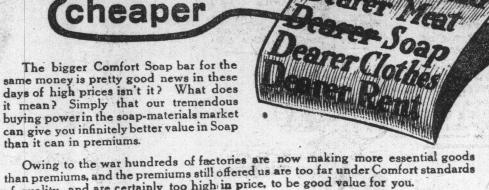
She doesn't knit and she doesn't make sweets for the soldiers, and yet she wonders why she isn't quite popular in that college group.

A Beautiful Speaking Voice the Reward of Beauty Culture









than premiums, and the premiums still offered us are too far under Comfort standards of quality, and are certainly too high in price, to be good value for you.

the new bigger

bar makes soap

(cheaper

The bigger Comfort Soap bar for the

same money is pretty good news in these

days of high prices isn't it? What does it mean? Simply that our tremendous

can give you infinitely better value in Soap

than it can in premiums.

So we will discontinue premiums until after the War, anyhow.

All premium-bearing Comfort Soap wrappers and coupons now out will still be redeemed from our present ample Premium stock.

No premiums but every fraction of every cent you pay is returned to you in splendid Comfort Soap—the/best way in war time.

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The Origin of Famous Sayings John A. Dix-1789-1879.

Giggles.

"But ants can't fiy," exclaimed David.
"They haven't any wings."
"There's where you're wrong," said
Happy Giggles. "All ants have wings
when they're young."
"There's when that before," said If anyone attempts to haul down the flag, shoot him on the spot.—An Official Dispatch, January 29, 1861. never knew that before," said

Hold the fort! I am coming!—Signalled to Gen. Corse in Allatoona from the top of Kenosaw, October 5, 1864. Edward Everett Hale-1822-1909. To look up and not down,
To look forward and not back,
To look out and not in, and

tain picturesque sense of proportion in this number, for the church is 16 feet square; so each soul has his foot's space wherein to annex salvation for himself. The church just holds four pews, a font, a pulpit, and a harmonium, besides the To throw waste paper into house gar-bage cans has been forbidden by the German general commanding the Berlin listrict on a penalty of \$25 or a term of mprisonment. All scraps of paper must the local waste paper bureau.

The parish church of Lullington, Sussex, proudly boasts of being the small-

est one in England. The population of this parish is 16 in number, and is con-

tained it two cottages. There is a cer-

tain picturesque sense of proportion in



for all the world Just like sman white worms.

"Then the little ant nurses, who live in the ant-hills, take as much care of these baby ants, or larvae, as they're called, as your mamma did of you when you were a baby. The baby ants have to be washed, fed, kept warm and dry and taken out for air and sunshine.

"Well, when they're full grown, they spin fine silk nets around themselves—like little soft blankets—and there they sleep until they're full-grown ants with legs and wings. You can imagine how crowded those little ant homes must be with so many children in them; so out they come into the warm sunshine, spread their wings, and fly away to seek new homes. That's what that swarm you saw were doing—hunting a new home."

Beautiful Speaking Voice
the Roward of Boauty Culture

REFELATIONS OF A WIFE

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