

Health Hints :- Fashions :- Woman's Work :- Household Topics



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Safeguarding the Feet

Recently, in lecturing to a group of young women, I made the statement that women who wear tight shoes doom themselves to obesity and bad breath. Such was the conclusion. Perhaps the reasoning may influence some who would refuse to be guided by the flat statement of conclusion. Every woman wishes to be attractive—wants to be pretty if she can—in any event, as near it as possible. If she cannot be pretty she wants to develop at least one pretty feature. A small foot with a narrow toe appeals to some. A young girl is liable to yield to the temptation to cramp her feet. Suppose she gains that end—let us see what she pays for it. When she cramps the front end of her feet together she spreads the bones of the ball of the foot. This makes corns and bunions. When she wears shoes that are too narrow or too short she disarranges the structures of her feet and in time she develops fallen arches or some other form of painful feet. When she wears heels that are too high and too narrow she induces pains in the calves of her legs. No one with bunions, painful feet, or flattened arches will exercise. Exercise is out of the question when the feet are uncomfortable. The woman who does not work or exercise has soft, flabby muscles. If her leg and arm muscles are flabby her abdominal muscles are certain to be flabby also. A woman who does not exercise and who has flabby muscles is reasonably certain to get fat. After 40 she is very apt to become obese. If the abdominal muscles are flabby the abdomen is liable to sag, displacing the abdominal organs more or less. A woman whose feet are uncomfortable, who does no physical work, takes little exercise, has soft, flabby muscles and a sagging abdomen, will probably develop constipation. The cause of bad breath may be the nose, the tonsils or the teeth. Although the proof is not conclusive, the probability is that the most frequent cause is the absorption of certain substances from the intestinal tract. The proof is conclusive that under certain circumstances aromatic substances are formed in the intestines, absorbed into the blood, and excreted by certain organs. We know of certain aromatic substances formed in the body and present in the breath in diabetes. One way to temporarily relieve bad breath is to take a purge and eat very lightly for three days. Bad breath is often present in the constipated. The girl who wears tight shoes gains what she is after—for the time she has a shapely foot. But here is what she pays for it in time: Misshapen feet, painful feet, bad posture, flabby muscles, obesity. Is it worth the price? It happened the lecture was given to girls. It applies to boys as well.—Dr. A. W. Evans, in St. Louis Globe Democrat.

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Advertising is the pendulum that keeps buying and selling in motion

"Dick and Dan"

They Catch the Vacation Fever

By Nell Brinkley
Copyright, 1916, International News Service.



DICK was a poor young man. That is, of course, he had a million ties in a great flowering cluster, and like the much sniffed-at girl, never had any to wear on himself; he had a beautiful black bag that he took roving; his brother gave him neat mannish brushes with silver beaten into the backs and his initials quietly tucked in the port corner; he had a velvet house gown lined with silk that he'd been given by his sister, who was older than he, and loved him fiercely and valiantly through all their comradeship together and clear across the strange lands that lay between them from college-time until he took his dive into the big world-sea and lived on what he could earn himself; he had his golf truck and his fishing outfit, the mandolin left over from roving,

routing glee club days, one "dresstus" suit and the old hat he fished in. Well, and a few pictures of girls who had been the pretty flowers along his cheery, harmless pathway that had seemed always to run in sunny ways. This sounds most wealthy. Just the same he was a poor young man. For he was a civil and mining engineer and hung over blueprints from a high stool and tried to see the country that lay before him in little blue and black lines like a city-darkened spider's web. He managed to see some of the glimmer and dew of the reality that it was a dull map of. And he only had two weeks' vacation. So he was a poor young man. Came a day when he came down with the vacation fever, and his mind went off swimming and picking wet

tiger lilies under the pines and was very ill-tempered when he snatched it back again. So he and Dan, who lived quietly with him in his room that looked over a green park, but was not "large and airy," went to battle with this room, and when they came out of the first assault they had torn all things that went to make up a vacation from their moorings and had segregated them into a heap in the center of the room. And then they sat them down, all wet and weary and grinning happy, and read faithfully in the beautiful folders of railroad lines, and boat trails, and summer hotels, and country farms. And their hearts fluttered, and they whispered and nudged, and read aloud, and cried, "listen to this," and pondered and pictured and criticised. And their joy and their trouble was on them—as you will see! —NELL BRINKLEY.

Worth Knowing

When ironing, sprinkle orris root under the ironing sheet. This imparts a delicate perfume to freshly laundered clothing. To prevent onions from sprouting, let onions dry, heat a poker red hot and with it singe the roots. Put in a dry place and you will find they will keep perfectly.

The Grace of Order

It's all very well to tell one to keep a bureau drawer tidy by using neat boxes for each set of one's possessions," whimsically complained a little bride. "What advice covers the fact that every time the drawer is pulled open or pushed in, all the boxes slide around and back and forward, so that you never know how it's going to look when you go to it in a hurry? No matter how carefully I arrange mine, I'd get no credit for tidiness if any particular person happened to be looking over my shoulder into my top drawer. And the pantry ones are almost as bad!"

Girl Workers Who Win Out

she added. "The knife boxes slide around, until I get fairly ashamed when I look into them."
"But that is not a difficult thing to remedy!" laughed her older and wiser friend. "I had the same trouble until I reasoned out what to do. If the boxes you use are of pasteboard, get a dozen or two good strong thumb tacks, or even some of these push pins. The thumb tacks are flatter, and don't interfere, but the pins go in farther. Then push them right through the bottoms of the boxes, and fasten them to the wood of the drawer. Use your good sense about it, using a pin that will go well into the wood without going through to the other side."
"Of course, it would be possible to glue the boxes to the wood of the drawers, but in a bureau one wants to have the white lining pad, or towel, or whatever one uses, in between. The pins don't hurt the lining, and are easy to take out at any time when you want to clean the drawer, or to rearrange the places for keeping things. But so long as they are in nothing will budge from its proper place. I use them also for fastening the paper lace to the edges of the shelves in my pantry and kitchen cupboards."—Mothers' Magazine.

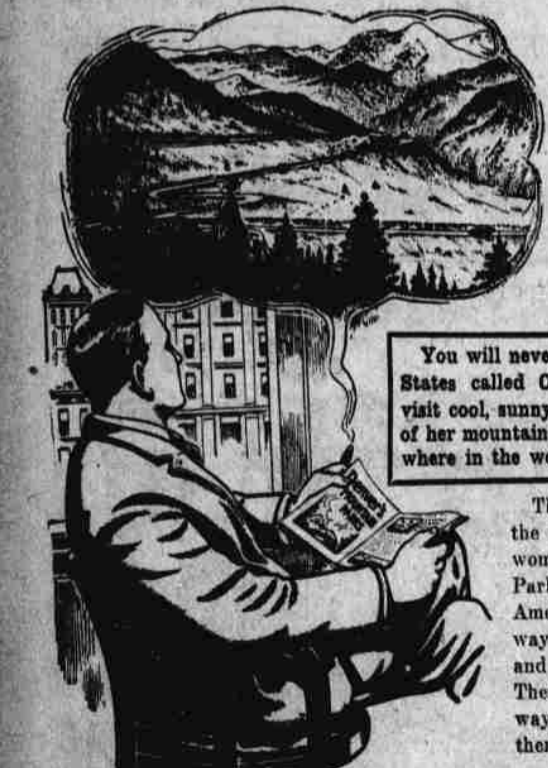
By JANE M'LEAN.

"If you want to do something, why don't you learn to trim hats?" Edith's father said, looking at her over the evening paper.
"Trim hats," said Edith disdainfully. "Why, I know how to do that already."
"All the more reason why you should do it, then," persisted her father.
"But, father, there's nothing exciting about trimming hats. I want to do something to make money. I want to be independent; but trimming hats seems such a mediocre thing to do. Why, I've done my hats and helped other girls with hats all my life. When I set about doing something in earnest, I want it to be something worth while."
"Did you ever hear that old saying about doing a thing well?" said her father.
"I have," said Edith, smiling.
"Learn to do one thing well, and no matter how small it is the world will make a pathway to your door." Edith repeated it to herself thoughtfully. "It isn't a bit what I had dreamed of doing," she sighed.

"But you know something about it, you have an idea about how to begin. It's for you to experiment and find a way to make the work fascinating."
"That sounds promising; well, I can try anyway." And Edith resolved to find a way to make her work the thing of beauty that she had always dreamed a career must be.
Edith Lanning's father had been wealthy—just now he was facing a business crisis. Edith had always had plenty of money. At the school where she had gone for two years she had developed a remarkable talent for hats. An old hat in Edith's skillful fingers could be so changed as to give it a different aspect. She used to do it as a favor for the girls, and her own hats were always models of Frenchness. The girls used to oh and ah about her wonderful knack, and exclaim delightedly:
"Oh, Edith, you could easily make money doing hats if you ever had to."
The time had come when Edith just naturally wanted to do something. And now, as her father said, she ought to take the talent that had been given her and turn it to some good use.
The idea that finally came to her was not particularly brilliant, but she resolved to try it out. She invested a small sum in straw, flowers, ribbons and maline. Then she walked through several hat shops, got some ideas and went home, resolved to try them out. After a hard day's work, she had two hats ready for wear even to the silken linings fastened in their crowns. It had been so exciting making them, but she had refrained from saying a thing to any one in the family.
She packed both hats carefully in a hat box and went down to the little shop where she had seen them displayed. A rather slim, pretty girl asked Edith what they could do for her.
"I want to see madame herself," Edith explained sweetly, and a moment later a stout woman with gray hair came out of the inner room and looked Edith over in a superior manner.
Edith took the hats out of the box and displayed them proudly. "Of course you recognize these hats," she explained to the astonished woman. "I copied them from two models of yours. One was priced at \$28 and the other at \$40. Both of these cost \$8.60. Do you think you would have any use for me here?"
Madame looked at the girl shrewdly, taking in her youth, her eagerness, her attraction, at one glance. Then she smiled.
"Young lady," she said finally. "I can use you. Would \$20 a week do for a beginning? You can go into the designing room immediately. Do you like this kind of work?"
"I love it!" Edith responded promptly, suddenly conscious that she was telling the exact truth. Her father had been right; she would develop the talent that had been given her. Already she was on the right road to success.

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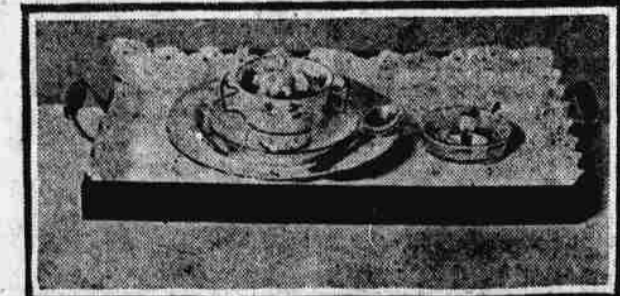
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TODAY'S DAINTIEST DISH



Cold Consomme

By CONSTANCE CLARKE.

Although many soups can be made with water, they will be richer and more nourishing if, instead of water, they are made with the hquor in which meat has been boiled. For this consommé take two or three pounds of leg of veal, a bunch of sweet herbs, mace-bay leaves, parsley and two ounces of vermicelli. Cut the meat in very thin slices, put it into a pot; break up the bones as small as possible, and put them on top of the meat. Add the mace herbs and vermicelli to the meat and pour over all three quarts of boiling water.

Simmer the whole for twelve hours over a very slow fire. Then turn the whole into a soup saucepan and simmer again till it is reduced to three pints, clearing off the scum as it rises. Then strain the soup and let it stand two hours to clear, after which pour it carefully into another pan, without mixing any of the sediment from the bottom with it. Put on ice to chill and serve in cups with salted crackers. To reduce the labor in preparing soup on hot days beef cubes may be used. (Tomorrow—Sugar Cookies.)

Ask Questions WRITE TODAY DENVER TOURIST BUREAU 751 Seventeenth St. DENVER, COLO.