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

Keeping Feet in Condition





HOTEL PURITAN





CREDIT VS. CHARGE ACCOUNTS
A credit secont with the HOUSE OF
LOFTIS is worth just eight times as
much as a charge secont with the most
liberal and largest department store. A
department store charge account is due
on the 10th, or at the most the 15th of
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LOFTIS CREDIT ACCOUNT is distributed over eight months in small amounts
weekly or mentily, as anits your convenience. Your credit is good with us.
Come in and use it.





Ingrowing toe nails should be treated without delay by a chiropodist, as if neglected a painful surgical operation becomes necessary. The small, but extremely painful abacess which forms under a neglected corn, and which occasionally leads to a loss of a toe, can quickly be relieved by a small incision by a surgeon, if the chiropodist hesitates to resort the chiropodist hesitates to resort the edges, from a hen's nest some treatment of the majoring an summerion in a basinful and the inspires, is one of the hand-one of the smaller four-footed animals, and if you can keep him away from the her's nest and the chicken rards, he is one of the most useful should be checked in the early stages by the soda footbath and vigorous friction with a suitable limiment.

Those liable to chilblains are generally thin and of anaemic habits and should take cod liver oil throughout the winter, include plenty of fats and oils in their diets, do physical culture exercises, take a brisk walk every day and never put their feet to the fire. Excessive perspiration should be recated with a daily bath, to which some antiseptic should the feet while the some antiseptic should the feet while the some antiseptic should the feet while it was not an experiment of the case of the control of the

Woman by Her Hair

There are always the well-known and semi-humorous methods, such as saying brunettes are quick-tempered or blondes are keener in their mental activity. But there is real common sense in just noticing whether the hair is well kept to judge a woman's neatness, or in looking at her style of arranging her hair, to decide whether or not she has good taste. If you are one of the few who try to make the most of your hair, remember that it is not advisable to wash the hair with any cleanser made for all purposes, but always use some good preparation made expressly for shampooing. You can enjoy the very best by getting some cantinox from your druggist and dissolving a teaspoonful in a cup of hot water, when your shampoo is all ready. After its use the hair dries rapidly with uniform color. Dandruff, excess oil and dirt are dissolved and entirely disappear. Your hair will be so fluffy that it will look much heavier than it is. Its lustre and softness will also delight you, while the stimulated scalp gains the health which insures hair growth.—Advertisement. activity. But there is real common

The Swift Foe of the Rat



Girl Workers Who Win Out By JANE M'LEAN.

Some people call it great fun to sit all day behind the cage of the cash-ier's desk and take in money. Some people would never dream of calling it an effort to be pleasant, and would scoff at the idea of it being just as

the wire of the cashier's desk and smiles and hands out change, and she knows how hard it is and how difficult it is to smile when one feels like weeping.

Helen's day runs something like

Helen's day runs something like this: In the morning she arrives in time to make change for the early customers. She eats her own breakfast hurriedly, and a good breakfast it is, too, while the manager takes her place, and then she slips in behind the brass cage and begins her day.

She likes the work well enough. It would not be hard if people would regard it as a business instead of a recreation. But from the early morning she often has to deal with people

ing she often has to deal with people who see only the blond braids wound about her trim little head, the

red mouth and the soft eyes.

Men think that with a face like hers she naturally wants admiration and attention, and while her capable little

of gratitude as she stealthily wiped her eyes and settled back in her seat (The next article in this series will be called "The News Girl".)

Womanly Use for Waste Time BY ADA PATTERSON.

Some people call it great fun to sit all day behind the cage of the cashier's desk and take in money. Some people would never dream of calling it an effort to be pleasant, and would scoff at the idea of it being just as hard work as anything else.

Often enough you have heard girls remark, "Ch, it's easy enough for her all she has to do is to sit all day on a chair and hand out change."

Yes, but the truth of the thing is it isn't so easy. Helen could tell you all about it if you wanted to know. She is a cashier. She sits all day behind the wire of the cashier's desk and smiles and hands out change, and she say out change, and she say the cashier's desk and smiles and hands out change, and she good.

"For selfish reasons alone should visit the institutions in their community," said Miss Wood, a tall, fair-haired woman with much of the

fair-haired woman with much of the charm of manner of her native south. "For selfish reasons alone, every woman should show this interest in local public institutions. Few know that \$100,000,000 are paid every year for taxes in the state in which I live, \$10,000,000 of that in one city alone. We have a right, and I should think everyone would want to know, where those taxes go, how they are used. Part of them are used for the maintenance of public institutions and every householder has a right, and should have a wish, to know in what manner they are conducted. An honest, conscientious official will be glad est, conscientious official will be glad to have the interest and co-operation of the women of his town. The dis-honest ones will be held in check and attention, and while her capable little hands count out quarters and dimes they feast their eyes on her prettiness and ask her when she will be free, and if she doesn't want to go to the movies some night soon.

Helen invariably straightens up and whips out some spirited reply, which generally takes effect. Mr. Trask, the manager, usually keeps his eyes on the desk pretty sharply, and the men who stop for more than a pleasant word are generally noticed very quickly. But when these incidents are stealthily repeated again and again throughout the day, Helen sighs

who stop for more than a pleasant word are generally noticed very quickly. But when these incidents are stealthily repeated again and again throughout the day, Helen sighs wearily and wonders if there is not something else she could get to do. One morning a rather pale-looking young fellow stopped by the booth and after he had received his change, looked leeringly at Helen and said: "How'd you like to see a show tonight? Here's a couple of seats, meet me at the box office at 8 o'clock." Helen had not slept well and her head ached a little. It took only hosse to words to make fer blind with rage, and she seized the tickets quickly and tore them into pieces.

The man stared and Mr. Trask hurried over to the desk. He was a hard man and Helen knew that she would probably lose her position; things couldn't possibly be any worse than they were anyway, so she raised her head high and looked bitterly at the youth who was still standing at the desk.

"Mr. Trask, this man was annoying me," she said a little tremulously. "I'm sorry to make a fuss, but I couldn't help it."

Mr. Trask turned upon the man angrily and to Helen's surprise ordered him out of the place. Every one was staring and Helen covered her face with her hands. But what was that Mr. Trask was saying?

"And I want it understood that diss Graham is one of my chief helpers, and not a decoration in this place, the next time I find any one annoying her, I shall make an example of him That's all right, Miss Graham," turning to the girl kindly. "I want you to feel that you can call on me in a case like this; you're a good worker and I don't want to lose you for any fool is shness of this kind, not by a long shot."

And Helen threw him a little smill of gratitude as she stealthly wiped her, I shall make an example of him That's all right, Miss Graham," turning to the girl kindly. "I want you to feel that you can call on me in a case like this; you're a good worker and I don't want to lose you for any fool is shness of this kind, not by a long shot."

And Helen thr

such horror or uncleanliness could have existed?

'My visits to public reformatories disclosed a fact that should encourage disclosed a fact that should encourage all women to work for their sex. That is that contrary to the usual idea that the women of that town had been one of the great agencies for uplifting himmanity proves by its records that 80 per cent, four-fifths, of these women are reclaimed.

"Another discourage that is worth

women are reclaimed,
"Another discovery that is worth
thoughtful consideration, is that of
the class of women, 30 per cent, more
than a third, are mentally defective.
In them is a lack of the moral
stamina that every woman needs.
They are moral irresponsibles. This
opens a wide field of conjecture and
study as to how to prevent the comstudy as to how to prevent the coming into the world of a large percentage of the unfit, or, having arrevived, a proper care of it.

"Nearly all of the remainder of these unfortunates have reached that

these unfortunates have reached that nearly hopeless state, because of economical conditions. Girls fall into evil always because they cannot earn a living wage. Knowing this at first hand, for seeing is believing, the thoughtful woman will return from a visit to such an institution convinced that something must be done, and considering what it should be.

"The intelligence of women has been increased three-fourths by participation in women's clubs. Study of public institutions will stimulate

institutions will stimulate

public institutions will stimulate thought and humanity to an incalculable decree, and the results will be welcome and amazing.

"It's the most dreadful thing in the world to be bored," said a woman in a lace gown. Lest she telephone, call upon, or otherwise pester some busy women with her plaints, I pass on this counsel of a useful woman. Which following, no woman will be useless.

Household Helps

Excessive perspiration at should be received provided the person of the proper of the person of a person of the pe

sof an inch extra in the length of your shoes and half an inch in the breadth above the actual size of your foot. This looks like a disadvantage from the point of view of keeping down the apparent size, but as a matter of fact it is not, because the increase being greatest in the direction of length, it is quite possible to judiciously exaggerate this a little, and by making the toe an inch longer and the ball of the foot only a third or a half an inch wider, to really create an illusion of greater slenderness and shapeliness of the foot.

Fortunately intelligent shoemen are coming to recognize this, and when a customer comes in and asks for a No. 8, which would be a blister fit, they take a good look at his foot and tell him that his is rather an unusually graceful shape, which requires a special last that they happen to have a speci

Beneath that soiled, discolored, faded or aged complexion is one fair to look upon. Mercolised was will gradually, gently absorb the devitalised surface skin, revesling the youthfully fresh, white and heautiful akin underneath. Used by refined women who prefer complexions of true naturalisea. Mercolised was in one ounce package, with directions for use, is sold by all druggists.—Advectionment.

that's just as well, for now that I understand my own unreadiness and lack of judgment in today's proceedings, I shan't need to go through them again. I've simply learned what not to do and what to seize upon and try to do. So this day wasn't wasted at all."

After all, life is an endless going to school. One keeps having tasks set and doing them well or ill and learning through failure as well as through success.

Best Home Treatment for All Hairy Growths

Every woman should have a small package of delatone handy, for its timely use will keep the skin free from beauty-marring hairy growths. To remove hair or funs, make a thick paste with some of the powdered delatone and water. Apply to hairy surface and after 2 or 3 minutes rub off, wash the skin and it will be free from hair or blemish. To avoid disappointment, be sure you get real delatone.—Advertisement. (The Modern Beauty.)

Dainty Sandwiches By CONSTANCE CLARKE.

TODAY DAINTEST DISH COOKERY IS BECOME A HOBLE SCIENCE

Sandwich fillings, just a little unlike those usually known, are warmly welcomed by the woman who entertains very much, and some novel and delightful recipes are here offered, especially to this type of hostess.

Tongue and Mushrom-Mince cold boiled tongue line, add half the amount of chopped mushrooms, a little cayenne pepper and grated lemon peel, spread this mixture between this slices of bread and butter.

Onion Sandwiches-Peel and slice some large Spanish onions, cover them with water, add some salt and let them stand for about one hour. Drain and chop, place a lettuce leaf on the same and continued to the same large spanish onions, cover them with water, add some salt and let them stand for about one hour. Drain and chop, place a lettuce leaf on the same large spanish onions, cover them with water, add some salt and let them stand for about one hour. Drain and chop, place a lettuce leaf on the same large spanish onions, cover them with water, add some salt and let them stand for about one hour. To same large spanish onions cover them with water, add some salt and let them stand for about one hour. To same large spanish onions cover them with water, add some salt and let them stand for about one hour. The same large spanish onions cover them with water, and some salt and let them stand for about one hour. The same large spanish onions cover them with water, and some salt and let them stand for about one hour. The same large spanish onions cover them with water, and some salt and let them stand for about one hour. The same large spanish onions cover them with water, and some salt and let them stand for about one hour. The same large spanish onions cover the same large spanish onions to over the same large spanish onions to over the same large spanish onions cover the same large spanish onions cover the same large spanish onions the dustbin. The water and specal over the stain. After twenty-four hours sponge thoroughly with cold water, and no trace of the care of the case of the dust the dust the dust the sa

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