

# DAILY MAGAZINE PAGE FOR EVERYBODY

## Let Your Feet Be Happy in Well-Fitted, Comfy Shoes

### ACHING FEET CAUSE SOUR DISPOSITIONS

Happiness and Health Depart Before the Pains and Misery Caused by Cramping, Ill-Fitting Lasts.

By ROYAL S. COPELAND, M.D.  
United States Senator from New York.  
Former Commissioner of Health, New York City.

YOU may go for a physical examination and be pronounced absolutely sound by the doctor. He may find every organ perfect. There may not be a blemish on your person. Yet in reality you may be disabled.

It all depends on your feet. If your shoes are uncomfortable, you cannot be a normal person. Aching feet are among the real ailments of modern life. For disquieting effects they equal many diseases.

Every man knows how uncomfortable a stiff derby hat feels when it is placed on the head for the first time. To make it fit it is necessary to take the shape of the head with a hat-form, heat the hat and shape it to the conformation of your skull.

What a lot of trouble you take to get the right shape to your derby. You are not satisfied merely to buy a seven and one-half size. You insist that it shall be shaped to fit your particular head.

Why don't you take the same pains with your shoes? If you ever get a chance to look at your feet through an X-ray machine, do it by all means. You will be shocked to see how your toes are cramped and doubled and out of shape.



DR. COPELAND

Nobody wants big shoes. Every man who wears a seven and one-half hat is proud of the size of his head. But if he wears number eleven shoes, he is ashamed of his feet. Why do we go by such contraries?

I know a man whose shoes always remind me of mud-turtles. They are just about that shape. But he is a sensible man. It is probable he knows his feet are horribly cramped, but he has too much sense to thrust his badly formed feet into shoes of classical shape.

I saw a Senator the other day who had on shoes which would create a smile on Broadway, but they were so comfortable the Senator carried a face wreathed in smiles. I have seen many a pretty face on Broadway wearing a pained expression such as aching feet alone could call into existence.

You cannot be well or happy if your feet hurt. Many a nervous woman is nervous because she wears the wrong shoes. God bless the man who knows what is wrong, but she won't fly in the face of fashion, so she stumps along on feet of lead.

Many an aching back and many lame limbs, many an attack of muscular cramps, many miserable days and sleepless nights are due to the wearing of wrong shoes.

Think it over! Is it worth while to sacrifice the quality of your service and the peace you might possess, for the sake of wearing shoes which were never made for you?

Your health depends on freedom from unnecessary aches and pains. You cannot afford to exhaust your reserve stock of nerve energy. That is what you do when you have badly fitting shoes.

#### Answers to Health Queries

C. C. K. Q.—What should a boy be at seventeen years old and 5 ft. 5 in. tall?

A.—For his age and height he should weigh about 125 pounds.

2.—Baths the affected parts with water, hot as can be borne. Then squeeze out the blackheads with a sterilized hair pin or watch key. Do not use great force and do not remove too many at one time. Open any pus-filled cysts with a sterilized needle for the purpose. Apply some healing lotion. For other particulars send a self-addressed, stamped envelope and request your question.

3.—How can blackheads be removed from the face?

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### Butterfly Love

By Madge Geyer



A LONE, dreaming, wondering when the Fairy Prince is coming to snatch her off and away. Wondering if Love will ever come to her. She's been a lovely little butterfly lady dancing through the bright days with never a thought beyond the honey she has sipped from the shining hours. But now—

Sort of prophetic, it is, for the very butterflies which she has been emulating follow her to her leafy bower and suddenly she starts as she sees four of them clustering around her and yes, it's so, they form the word "L-O-V-E." Can it be possible that they are warning her? No, just telling her of the happiness that is to be her's. Butterfly-love-telling her of real love.

### Gay Youth and Staid Middle-Age—in Love

By WINIFRED BLACK

HIS young, good-looking and gay and he's dead in love with a great big strapping, black-eyed woman who is good-looking enough but not at all gay and not so dreadfully young either when it comes to that.

His mother is worried to death. She says the black-eyed woman has a history—she knows it by the way she walks, by the way she talks and by the way she just reached out and grabbed the good-looking boy who has such a lovely time laughing his way through life.

The black-eyed woman's friends think she must be crazy.

"What on earth does she see in him," say the friends. "He makes just enough money to support himself and not a cent more—and oh yes, he's good-looking in a boyish sort of way. Ten years from now nobody will turn around to look at him. He's a wonderful dancer and a good-hearted fellow but say, she has three times the brains he has."

"She's ambitious, too. Wants to get somewhere and be somebody, or she did till she met him.

"And now she just sits and looks at him and melts into nothing. What a fool she is. She's older than he and she looks it now. In five or ten years she will look like his mother and she's jealous, my dear, what she be 'n."

Things are not very comfortable for the blond boy and the black-eyed woman or they wouldn't be comfortable if either of them cared a cent what anybody else thought.

But neither of them care—no, not even the twentieth part of a cent.



WINIFRED BLACK

He doesn't care a snap about anything but how black her eyes are and what white teeth she has, and whatever she tells

him to do he does it just as fast as he can.

While she doesn't care a snap about anything but what curly hair he has—what blue eyes and what a light pair of heels.

Some day they are going to slip out together and be married as sure as anything. And in about three years you will hear of them in the divorce court.

He'll say she's jealous and shrewish, she will say he's unfaithful and too careless about money.

And the dream will be over, poor things.

I don't know as they are such very poor things after all, but when you come to think of it, they'll have three years of gorgeous bliss and isn't that worth more than all the humdrum wisdom in the world?

I wonder about that—don't you?

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### The Home Kitchen

By JEANNETTE YOUNG NORTON

Varied Fruit Dainties for August.

FRUIT dainties are especially pleasing in August. Small fruits, melons, pineapples, of the sugar loaf variety, and peaches are all at their best.

Green Applesauce. Pare, quarter and core a large saucpan full of early Fall pippins. Cover with a large tumbler of hot water and set to cooking very slowly. Stir frequently and when soft break up with a spoon and sweeten to taste. Leave the lumps of apple in the sauce and serve cold. This sauce has a flavor that is never obtained at any other time of year.

Maple Baked Apples. Wash and core six of the new apples and set them in a baking pan with a half cupful of water and the same of maple syrup. Fill the centers with a paste made of crushed maple sugar, butter and a tiny bit of cinnamon. Brown sugar may be used if maple cannot be found. Sprinkle with a little granulated sugar and bake as usual. Bake the apples at least one while they are cooking. Serve hot with cream or cold with whipped or ice cream.

Peach Shortcake. Pare and cut up peaches of good flavor, enough to make two quarts. Put the peaches into a bowl and sprinkle with two cupfuls of sugar and set aside in a cool place but not in the ice box. Stir often. When ready to make the shortcake make the biscuit dough in the usual way and bake in a round pan. When done split with a sharp knife and butter well. Place on a platter and fill with the solid part of the peach.

Put on the top crust, butter it well then more fruit. Put over a little of the juice and strain the rest into a little pitcher to put over each serving. Cream may be served if desired with the shortcake, but it is delicious plain.

Raspberry Jell. Take two quarts of fresh raspberries, wash, pick over, then put into a saucpan and cover with a tumbler of water. Stew gently until the berries are soft, add a heaping tablespoonful of gelatin that has been soaked in cold water, and two large cupfuls of sugar. Melt together, then strain into a wet mould and set to chill and harden. When ready to serve break the jell up with a silver fork and serve heaped with whipped cream that has been sweetened and flavored. Ripe gooseberries are excellent fixed in the same way.

Watermelon Blocks. Quarter a ripe watermelon and remove all the pink meat, then free it from seeds and cut into blocks. Fill a deep dish with cracked ice and lay the cubes of melon on top, sprinkle with a tumbler of ginger ale and serve at once. The ginger ale adds a snappy taste to the melon that makes it very refreshing.

Filled Cantaloupe. Have a chilled ripe cantaloupe and just at serving fill with chopped and sweetened pineapple drained from the juice. Take a half tumbler of the pineapple juice and add to it a tablespoonful of ginger syrup taken from preserved ginger, and a half teaspoonful of rum flavoring and turn it over the fruit in the melon halves and serve.

### THE MORNING GROUCH IS A COMMON FAULT

Men Are More Apt to Be Irritable Upon Awakening; Unconsciously Protesting Against the Tasks of Life.

By DR. LOUIS E. BISCH, Eminent Psychologist.

SO-CALLED grouchiness—irritability—is a common habit. Especially is it noticeable upon awakening in the morning. We speak of it as "getting out of the wrong side of the bed"—that is, of making a false start.

More men are grouchy in the morning than women. In fact, men are more irritable all the time than women.

What does this morning grouchiness signify? It means a protest against being disturbed. It indicates a distaste of facing the realities of life!

The person who habitually sleeps late is a case in point. He doesn't like the tasks of life and he doesn't want to get started.

His unconscious mind protects him against the unpleasant experiences which he knows he has to endure. It wraps him in the arms of Morpheus and lulls him into a sense of security.

"Care-charming sleep, thou easer of all woes." And why are women less likely to be bad-tempered in the morning than men?

Well, women are more adaptable than men. Women can make the best of things with a much finer grace than men.

Women are much more likely to accept a situation than to rebel against it. Lastly, women are more reasonable and practical when it comes to resigning to the inevitable.

The feeling of safety that sleep engenders probably goes back to the days before we were actually born. The mind functioned to some degree at that time.

Perhaps it got the notion that sleep, security and freedom from annoyance, expressed identical states of well-being.

At any rate, when a child is born it cries. There may be a psychological significance in that besides the physiological one of exercising the lungs in order to breathe.

He that as it may, petulance and frofulness upon arising can be overcome.

Use your "horse-sense" as they say. You've got to go through with the work of the day—with the work that lies ahead—then why not start pleasantly?

Try whistling or humming a tune. That often helps. It gets you "set right."

Besides, the more you grouch, the worse all seems and the harder you make it for yourself. Morning grouchiness can and should be conquered.

To let it persist is childish. It means also that you have not profited by experience as you should, that you have not yet learned how best to battle with life.

When first you try to overcome the morning grouch you will find it difficult. The second morning will be easier than the first, and the third easier than the second.

But stick it out and grow up! It may not make you a happier, but the advent of it will make you a wiser man.

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### Love's Awakening

The Heart Story of a Staid Woman. By Adele Garrison

Lillian Decides to Consult Harry Underwood Before Inviting the Brixtons to the Farm.

LILLIAN'S facial muscles stiffened ever so slightly at my question, but she gave no other indication of being at all affected by it. Yet I knew that it had lured her into a remembrance of something novel in her experience. For years she had been absolutely a free agent, responsible to no one for even the smallest of her actions.

My query concerning Harry Underwood, yet called to her attention the fact that having accepted his contrition and brought him back into her life again, he, as her husband, ought to have some explanation of the advent of the Brixtons bore her letter was sent out.

She waited for a long minute before she answered me, and when she did speak, it was with the flippancy which she so often uses to cover up her deeper feelings.

"Thanks for reminding me I have a perfectly good husband down in the front yard," she said. "Of course, I ought to tell him about this before writing to the Brixtons, but honestly, I hate to. He won't make any fuss, of course—but I know that he'll be boiling inside. He's rabid on the subject of Tom. Even if I wanted to use any of Tom's money, I couldn't with Harry around. He's the most independent crank on earth, you know."

It was an effort to keep from smiling at her naive explanation of the reason for her husband's aversion to her using for Marion any of the money the child's father had left her. The least concealed of women, Lillian could not see that her husband in the belated but flaming tenderness of a love revived was intensely jealous, though not only of the living, Robert Savarin whom Lillian had loved, but of the dead Tom Morton who had killed his wife's affection for him in the first year of their marriage.

It was a phase of Harry Underwood's nature which I was sure Lillian never had suspected owing to the comradely, almost unselfish nature of the pact they had made when they "two derelicts" as Lillian expressed it, had decided to "pool

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### GOOD-NIGHT STORIES

By Elizabeth

A Household

"GOOD-NIGHT STORIES"

turned the baby and

in the sunlight, "I

do so many of you

out getting in each

should think you

up. The little girl

about!" The little

was a queer one

it very carefully

run up to a

winged and

into the ant-hill

the spot there

in the ant-hill

the busy ant

whole household

We don't need

"Now I always

Betty. "I always

ant-hill was too

all took a few

the spot there

"That's true

ere others who

some of their

ere. Whether you

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the Queens are

may know, the

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"What's that

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