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AN EVERY DAY PROBLEM

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**E. L. KEMP,**  
Principal

## Of Interest to Women

Proper Care of the Feet—Difficult to keep in Good Shape and Preserve Soft Central When the Feet are Pinned—Many a Woman Made a Shrew by Her Bootmaker

A woman often gets a reputation as a shrew, when her shoemaker is responsible. To keep sweet when the shoes pinch requires more self-control than is inherent in human nature. It is surprising how much family peace depends on foot health. The mother whose feet ache is not in a condition to grapple with household problems. She has enough troubles of her own, so when cook burns the roast and Bobby tears his new suit, it is the proverbial straw that breaks the camel's back.

Oddy enough, the sufferer with her feet rarely realizes that such insignificant causes could be responsible for strained nerves and general discomfort. Yet doctors have told us that no other part of the body has more direct influence on the general health. Therefore it behooves women to look to the health of their feet. If they are sensitive, let them buy expensive shoes though it seems extravagant. Nothing is wasted that works for sweetened living.

It is also well for the woman whose feet trouble her to have several pairs of shoes, that she can change them often. It is a careful practice to stop a minute or so in the midst of a busy day, go to the bathroom, put the feet in cold or hot water, whichever gives quickest relief, and don fresh shoes and stockings.

Newspaper talk, say you, busy mother? Try the plan and see if life is not easier and burdens more cheerfully carried thereby. It also pays to take time night and morning to look to the health of the feet. The daily bath should never be neglected.

**Care of the Feet.**

The feet deserve much better care than they usually receive. It is a good investment to pay occasional visits to a skilled chiropodist, though not afflicted with corns. You can pick up many hints how to keep the feet in condition, hence make life more restful.

Even the nails of the foot play a part in family welfare, and should be looked after. Neglected toenails that are allowed to grow too long or are not filed wear holes in stockings, and the burden of darning is made heavier, even if they do not give actual pain.

How many women know that nails should be kept rather short and cut squarely across? If cut in a rounding shape the pressure falls on the centre of the nail and causes it to grow in, more especially on the big toe.

Should this trouble be present it can sometimes be relieved by cutting a small notch in the middle of the nail or by forcing a bit of cotton under one side of the nail to force it up and out.

If one has had a harassing day life will look much less blue and insomnia will be warded off if before retiring one soaks the feet in a bucket of hot water to which a couple of tablespoonfuls of vinegar have been mixed. Life will take a new tint in ten minutes.

Bathing the feet with alcohol when tired is also restful, or rubbing them with a little cocoa butter after a mustard bath.

Corns are pests that make a vixenish temper also excusable. Yet they are curable. A neglected corn has been responsible for many a child beating, and many youngsters guard maternal temper with whispering "Mother's feet hurt today; you'd better be good."

The surest preventive for corns is a perfect-fitting shoe and absolute cleanliness. When they first arrive they may be kept quiet by tying the feet up at night with a piece of lemon over the offending member.

Soak the next day in hot water. This, if repeated for several nights, will soften the corns that it can be easily pinched out. Never cut a corn, blood poisoning is worse, on the whole, than a bad disposition and a scolded family.

**TALCUM POWDER CASES**

Dainty, inexpensive gifts that make nice prizes or birthday offerings for the school friends are covered with cretaceous cases.

These cases are quite simply made, being nothing but two pieces of cretaceous or heavy flowered ribbon, the exact size of the powder case. They may either be overlaid together on the wrong side or the edges can be bound with a narrow gold galloon.

The cretaceous case reaches to the upper edge of the powder can, where the holes are, and to it is attached a top that comes down an inch or more at the sides and is bound in gold galloon. These tops may be entirely separate from the bottom or they can be fastened to the case at the back.

**Est. Moderately.**

In order to be in perfect health one must be temperate in eating. The meals also should be regular. Regularity is one of the golden rules of a well-ordered life.

**An Awful Revelation.**

In Chicago, in one day, 1,408 persons were imprisoned for drunkenness. Of these there were forty-one cases of delirium tremens. It is reported that a physician connected with the prison accused some of the liquor. He poured it upon a piece of raw beef and in three minutes the meat was absolutely black. None but devils can laugh at such a revelation.

## Notes and Comment

### TRIPLE MIRROR NEEDED

Fortunate indeed is Woman Who Owns Full-length One. Women nowadays do not vainly wish "Wad some power the giftie give us, to see ourselves as others see us." They make that sight possible with triple mirrors.

The woman who values beauty, who goes in for it as a fine art, is not content to know how she looks from one vantage point, she wishes to appear well at any and every angle. However carefully one may adjust collar pins, fasten up stray locks and gird the waist line before the ordinary dressing table, there are unlimited possibilities for things going awry.

Not so with the triple mirror! Use it faithfully at each dressing, one can know to a certainty whether she turns her neck or carries it gracefully, so as to eliminate the doubt as much as possible.

She can see for herself whether the pointed collar is becoming or merely stylish, whether the points are so placed as to show the flesh for ward in a wrinkle-making way, or so tight as to make the flesh rise in an ugly line above it.

Without the aid of a convenient reflection in triplicate one cannot tell if trimming at the back of one's dress gives a round-shouldered effect or if hooks gap seen at certain angles, as they have been known to do, no matter if a small fortune has been paid on the gown.

In hat and coiffure knowledge the triple mirror is worth its price many times over. The least difference in adjustment may mean the difference between good looks and ugliness.

One noted manœuvre even insisted upon her patron using a triple mirror when they manœuvre the hands; thus, only she declares, can they avoid ugliness and keep their hands as they are seen by their neighbor at card table or dinner.

Fortunate indeed is the woman who possesses a full-length triple mirror but if that is out of the question every one who values a correct appearance should strive to own one in which the upper part of the body can be seen as "there she is!"

### AMERICAN MRS. SIDONS.



Famous Actress' costume while reciting "Oscar Joe."

### NURSERY NOTIONS

Scientific investigations have proved that milk in a raw state should never be given to children. Those who cannot buy properly treated milk should treat it at home. This can be done by observing these simple directions:

1. Bring the milk slowly to a boil and when it reaches the boiling point bottle it instantly, cork tightly, and cool it.
2. Never give milk that is more than twenty-four hours old to an infant.
3. Keep the milk near ice and never leave a milk bottle uncorked.
4. Cleanse and scald all bottles before filling.

Careful observance of these directions will insure against babies contracting summer ailments from impure milk.

"When busy with my housework I often have kept my baby quiet for several hours by putting him into his crib and giving him a good strong bottle and a thin piece of paper," says a writer. "He will fear it into small pieces and stuff the bottle full. He has one bottle just filled right. This keeps him out of mischief."

**Vells.**

The veil affords some protection to cold weather, providing it is thick enough. For a skin that chaps easily the chiffon veil is best. Use a cream to cleanse the face and a good face powder when going out in the cold.

**Spreads Use of Electricity.**

Because of the degree of excellence and efficiency obtained in the construction of gasoline engines the use of isolated electric plants is extending.

**Marks End of Honeymoon.**

The honeymoon is mostly over when the couple quit buying their meals in hotels and the bride tries to provide them at home.—New York Press.

### RICH SIBERIAN CROPS.

No Religion More Capable of Producing Human Food.

Though the name of Siberia is still popularly accepted as a synonym for all that is Arctic and sterile, says the London Globe, it is becoming clearer every year that few regions of the earth are more capable of producing immense stores of human food. This year, in particular, when the crops over much of European Russia have failed, the richness of the Siberian lands has been extremely conspicuous, and there is surplus produce in vast abundance, the only difficulty being the inadequate means of transport. With a virgin soil and a far more active and independent Russian population than is to be found in most parts of Russia itself, there is no doubt that a great agricultural future should await this enormous region.

**Another Artificial Fertilizer.**

The success attained in Norway by the electrothermic process for the fixation of atmospheric nitrogen in the form of nitric acid, which is afterward converted into calcium nitrate and used as a fertilizer in place of Chile saltpeter, has been followed by the development of another method of fixing atmospheric nitrogen by passing it over heated calcium carbide. The product is called cyanamid—in the market "nitrolim"—and experiments show that when placed in the soil it decomposes and furnishes nitrogen to plants. At present cyanamid is produced on an industrial scale at Odda in Norway, at Piano d'Orta in Italy, at Notre Dame de Briancon in France, at Westergeln and Bruhl in Germany, and large plants are being established at Almásia in Austria-Hungary, and at Niagara Falls in Canada.

**A Lightless Lighthouse.**

On a sunken reef 350 feet distant from Stornoway Lighthouse is a remarkable beacon which warns mariners with the help of a light which is only apparent. The beacon is a cone of cast-iron plates, surmounted with a lantern containing a glass prism. The prism derives its light from refracting the rays emitted from the lighthouse, and the optical delusion is marvelous. Mariners naturally suppose that there is a lighted lamp on the beacon itself, and many of them will not believe otherwise. But the object of the beacon is attained when the navigator sees the reflected light, which indicates the perilous rock below. This beacon has been in use more than half a century, and since it was fixed in position others have been placed in other neighborhoods to make clear points of danger.—Technical World.

**His Pedigree.**

The calf, which Gideon King had taken the summer resident to see, surveyed his owner and the stranger with a wary eye. "Er—what breed is your calf?" asked the visitor.

Mr. King removed a wisp of straw from his mouth and said: "That critter's father gored a justice of the peace, knocked lightning-rod agent over end, and lifted a tramp over a picket fence; and as for his mother, she chased the whole Blue-bird Band out of town last Fourth of July. If that ain't breed enough to pay six dollars for, you can leave him be. I'm not pressing him on anybody."

**Stone Eaters.**

Sir James Ross in the course of his travels noted a curious fact with regard to the penguin, namely the habit of swallowing stones. In one specimen he found ten pounds weight of quartz, granite and trap. Other animals, reptiles, fishes and mammals exhibit the same strange fancy. In a paper contributed to the proceedings of the Bristol Naturalists' Society, W. H. Wicks has collected a number of facts connected with such stomach stones. The fact noted by Mr. Wicks is that the pebbles are usually white quartz is interesting, but does not appear to throw any light on the strange habit.

**For the Teeth.**

Tartar is a deposit arising from an unwholesome stomach, and if not attended to will loosen the teeth and cause them to give trouble; it is best to let the dentist remove it; but it may be kept from collecting to any great extent by the use of powdered pumice stone and lemon juice. Orange sticks can be had at trifling cost at the drug store. Dip the stick into the lemon juice, then into the pumice and rub over the spots until removed. Pumice should be used but seldom on the teeth, and never on the teeth of children.

### WHAT HE WAS DOING.

**He's All Right to Hide His Woman's Curiosity but How About Man's.**

"Woman's curiosity," said Mr. Fletcher, "is a quality of mind beyond human understanding."

"Yes," said Mrs. Fletcher. "What made you think of that?"

"The fool actions of a woman that I saw down town today. She followed a man ten blocks just to get to read a placard that was fastened to his back. She spotted him at Congress street. That was really the end of her trip—I made that out from something she said to another woman who was too fat to join in the chase—when she caught sight of that flaming red poster tied to the man's back her curiosity got the better of her, and she set out after him. He led her quite a chase across town and down town and back again, but she never weakened. She tagged faithfully along in his wake, and finally she got close enough to read that notice."

Mrs. Fletcher reflected a moment. "What did it say?" she asked.

"It advised her to get her teeth pulled somewhere on Wabash avenue."

Mrs. Fletcher thought again. "Where were you all the time she was trying to find that out?"

"Me?" said Fletcher. "Oh, I was following the woman. I wanted to see if she finally caught up with the man."

**Origin of "Yankee."**

The word "Yankee" is derived from a Cherokee word, *Yankke*, which signifies coward and slave. This epithet of "Yankee" was bestowed upon the New Englanders by the Virginians for not assisting them in a war with the Cherokees.

**The Call of Companionship.**

You often hear a lonesome child say: "I want some one to play with." Elderly people often become lonesome and want some one to play with, but are afraid to say so.—Arlington Globe.

**Herodias and the Whirlwind.**

The learned Jacob Grimm, who collected much folk lore for his Teutonic mythology, says that in the earlier half of the nineteenth century the whirlwind was in Germany still accounted for by the dancing Herodias whirling around in the air.

## SHALL WE DO BUSINESS WITH YOU?

THE ORANGE COUNTY TRUST CO.,  
Middletown, N. Y.,

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Interest begins when deposit is made, Compounded in January and July. There is no change in the rate caused by the amount of the account.

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**O. G. DEWITT** Proprietor  
Manager.

**Glory.**

How many metals make the bronze of Corinth? Insults on boards or o' paper, the spot of ink or charcoal o' mud, the dress of heart, of mind and body, the dirt of calumny, all the under the sun, dry, harden, turn into bronze solid and brilliant—but put bronze, which is called glory.—Catal Menues.

Sounds "Taps" on Mayor.

A "striking" ceremony marks the expiration of the Grantham (England) mayor's tenure of office. The robe, stripped from him, the chain is taken from about his neck, and with a small wooden hammer the town clerk taps the ex-mayor on the head in token of the demise of his authority.

**Whips from a Tree.**

In the island of Jamaica there grows a tree with the botanic name of the *Daphne zapallo*, from the branches of which native workmen make peculiarly strong and excellent whips. These whips have the handle and lash all in one piece. The handle consists of a part of the stem retaining the bark. For the lash the stem is deprived of bark and then split into strips, which are woven together in a flexible cord six or seven feet long. The proper taper is afforded by detaching more and more of the strips as the end of the lash is approached.

**A Doctor's Messenger.**

In the north of Scotland there is a doctor who has to drive many miles to visit some of his patients. He takes with him several carrier-pigeons and sends them back to his office with a message asking for the prescriptions that need to be made up and sent at once. When these reach the sick person very soon. If any of these patients living or off are so ill that they may need to have the doctor come again to see them, he leaves pigeons with them which can be sent to him with a line asking him to come.

**The "Vanilla Bean."**

The vanilla bean is the fruit of a vine belonging to the orchid family, originally found in Mexico, but now cultivated in South America, Java, and other tropical regions. The term "bean" is incorrect, as the plant is not a legume, and the long, pencil-shaped fruit pods, containing thousands of minute seeds, do not resemble a bean. The beans having the sweet flavor and the most expensive as to cost, are brought from Mexico.