

Of Interest to the Women

"FEET FIRST" IS NEW IDEA IN BEAUTY CARE

If such bodily ills as rheumatism, arthritis, sciatica, and so on, can be relieved by foot treatment, why not beauty ills, too? In a current monthly magazine there is presented a forceful supply of evidence to impress one with the belief that imperfect feet cut up agonizing didoes with the system. So why not feet first in face care, as the new school of facial beauty is propagandizing?

Certainly one can emerge from a beauty salon a perfect exhibit of massage and makeup benefit. But if her feet hurt, and she walks on them a few blocks, the lines are back again in no time.

The face certainly looks pained if the arches fall. If the muscles of the feet are bound too tightly or are strained, a foot specialist can tell at a glance that all is not well with the pedal extremities. A shoe man, a factor in the corrective shoe manufacturing business, invited me to sit in one day and study faces as they entered and exited from his shop.

It was comical as well as miraculous the change noticed in certain of the faces with the relief resulting from more comfortable shoes. One woman noticeably performed the magic of shedding a few good years right there and then. She entered looking so tired, worn, unhappy. She turned with a beaming smile on her way out. All of which indicates how darned important to looks is the condition of those propellers of yours.

If arches need bolstering up, my advice would be to consult with an orthopedic specialist. In large cities, there are clinics operated for foot relief at little cost to the patient. Anyway, do something about the feet and getting them into walkable, livable, enjoyable shoes. Otherwise there isn't much use in investing in beauty lotions, massages and so on.

TRY THESE SUGGESTIONS

By placing a large fine tea strainer beneath the drain of my washer I found it collected the lint and threads when draining water from washer that otherwise would help to stop up the drain or sewer", writes Mrs. E. S.

"To prevent shirts from wrinkling while they are laid away in the chest drawer I save the card boards over which new shirts are folded and fold freshly ironed shirts over them", writes Mrs. K. B.

Some of the electric refrigerators have ice cube containers that freeze to the shelf. Mrs. T. W. places a thin piece of metal on the front of the shelf. It lifts the bottom slightly and prevents the sticking.

A perfect eyelet may be made by using a paper punch. Instead of cutting a hole with the scissors, just use the punch. Holes which are supposed to be opposite each other can be made at the one time by holding both pieces of the material together, when punching. A very neat buttonhole can be made in the same manner, according to Miss D. B.

Mrs. E. M. finds that five or six drops of lemon juice added to a tough piece of meat when it begins to boil makes it tender and adds a delicious flavor.

To remove grass stains from the children's summer clothes, rub the stains thoroughly with molasses, then rinse in warm soapy water, writes Miss M. C. D.

The lower part of an aluminum double boiler often becomes discolored. To prevent this, put a piece of lemon rind in the water and the boiler will remain bright according to Mrs. M. M. C.

PICKING UP BROKEN GLASS

If glass has been broken and you have swept up most of it but see small fragments which you do not want to handle, what will you do? Take some absorbent cotton, wet it

WARM SPRINGS COMPARED WITH SPAS IN BRITAIN

Like the English watering place Buxton (a resort near Manchester in the English "peaks district"), the chief asset of Georgia's Warm Springs is a gushing thermal spring whose extraordinarily pure mineral water comes from a great depth, and is believed to be warmed by the interior heat of the earth. The water of both the English and the Georgia spas is a beautiful tropical blue when seen in a white pool. The normal temperature of Buxton's spring is 82 degrees Fahrenheit, while that of Warm Springs is 88 degrees Fahrenheit, says the National Geographic Society Bulletin.

There the comparison stops, because Georgia's Warm Springs was incorporated July 28, 1927, as a non-profit organization for the study and after-treatment of poliomyelitis—the medical term for infantile paralysis, which afflicts not only infants but persons of middle and advanced ages as well. Patients are admitted to treatment at Warm Springs upon recommendation of their own physicians, and after an examination of their case by the surgeon-in-chief. No one is accepted until after the active stage of poliomyelitis is passed. Patients at Warm Springs are incapable of giving to visiting relatives or friends. They are generally persons in good health with some muscles paralyzed in varying degrees and needing restorative exercises. Every one must pay for treatments and board, although there is an endowment fund to aid worthy cases.

The thermal springs on this site were known to the Cherokee Indians and for more than 100 years Warm Springs enjoyed a reputation among Georgians and Alabamians as a summer resort, with bathing as one of its principal attractions. It was not until

a decade ago, however, that the efficacy of its waters in the treatment of paralysis was discovered. A young man who had been carried to the resort's swimming pool in a practically helpless condition found that he could move his limbs easily in the warm water. After three summers of exercising he was able to do away with braces and move about with the aid of a cane.

The spring has a flow of about 3,000,000 gallons a day, and its water possesses many unusual properties, some of which remain unexplained. It is odorless and soft to the touch, and, while it appears indigo blue in a white tile pool, it is colorless as it gushes from the ground. The cause of the blue color is not definitely known. Recent tests show that it does not filter out the short-wave, ultra-violet radiation of the sun, yet ordinary cold spring water at the government fish hatchery near by does reduce this type of radiation to a considerable degree.

Chemical analysis reveals that the total dissolved mineral content of Warm Springs water is only 123 parts in a million by weight. The water is quite buoyant. It is estimated that if this flow of water from an ordinary spring was heated by coal to 88 degrees Fahrenheit more than twenty tons of fuel would be consumed every twenty-four hours.

Warm Springs is unique among sanatoriums in that there is nothing about the place that suggests a hospital or sanatorium. Attendants wear no standard uniform, and patients are encouraged to call each other by first names. The word patient, in fact, is frowned upon. At Warm Springs a patient is a "polio" (Warm-Springs' abbreviation for the difficult "poliomyelitis"), and "taking the cure" is called "playing polio." Young women who conduct the daily exercises in the pools are "physios"—short for "physiotherapists."

Everything is on the level in Warm Springs, which means there are no

steps nor even thresholds. The wheelchair is the almost universal means of getting about, and as many of the patients "roll their own," ramps instead of steps take care of changes in level throughout the grounds. An "electric eye" automatically opens and closes the entrance door to the new Georgia Hall.

29 YEARS AGO TODAY

(From the Files of The Daily Herald)

WEDDED AT ST. DUNSTON'S

One of the prettiest weddings celebrated at St. Dunstan's church for some time, took place at 7:30 this morning, when Miss Katherine Hanlon, eldest daughter of Alderman and Mrs. James D. Hanlon, was united in marriage to Mr. William E. Farrell, a member of the firm of Farrell Bros., and son of Mr. Patrick Farrell.

The ceremony, which was performed by Rev. Father Carney, assisted by Rev. Father Hannigan, was witnessed by a large number of people.

PERSONAL MENTION

Mrs. MacDonald, Chatham, is here visiting her mother, Mrs. G. A. Lounsbury.

Miss Laura Benham went to Saint John yesterday to spend a couple of weeks with her sister, Mrs. R. B. Clark.

Mr. B. A. Everett is to leave tomorrow morning on a ten day's trip to Boston.

As the final strains of the Continental musical motif conclude the program, another half-hour "variety" show in every sense of the word is brought to a close by a quip off the old Block and a silly sally by Sully.

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SAFETY
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All-the-year-round transportation is necessary . . . Railways alone provide it.

The obligations imposed upon a railway system are great. Primarily, these are providing and maintaining adequate and reliable transportation service throughout the whole year, regardless of climatic conditions or the costs and difficulties involved in meeting those conditions. A railway system which operated only when weather conditions were pleasant, or which did not guarantee the closest possible adherence to standards of safety, or which had no regular schedule of trains would very soon create public indignation.

To ensure that these onerous requirements are provided by the railway companies, and also to avoid undue advantage being taken by the companies whose services are so essential to the public welfare, all railways are subject to strict government regulation and supervision. They are by law required to carry a specified minimum number of crew on each train . . . to be equipped with efficient safety devices . . . to operate according to approved schedules . . . to conform to approved passenger and freight tariffs . . . to be subject to inspection by government officials at all times. In addition the companies themselves impose the most rigorous tests upon their train operators and each piece of rolling stock and each mile of track is subject to constant and careful scrutiny.

This, of course, is only as it should be. Unfortunately, however, it does not apply to all forms of commercial transportation—only to railways, which are placed at a decided disadvantage in having to compete with services operated only when the weather permits, and at times when operating costs are lowest. Further, these unsupervised services can, and do discriminate capriciously regarding the nature of the commodities they carry, and the rates they charge. While the railways of Canada pay approximately ten million dollars of taxes each year these other services are notoriously undertaxed, and, unlike the railways which run over their own properties, they increase the risk and discomforts of our already overcrowded highways.

A little thought will convince anyone that this is unfair to the railways and that—since railways are the only dependable agency for the provision of all-the-year-round transportation service—it is also hostile to the public interest. With winter approaching the importance of all-the-year-round service is easily appreciated.

The Canadian National Railways provides the best in railway service, and at all times and under all circumstances it is your efficient and unfailing servant.

Use the C. N. R. for all transportation purposes.

CANADIAN NATIONAL

OLDEST PRESSMAN ON CONTINENT IS DEAD

Toronto, October 16—Joseph Leake, oldest pressman on the continent and for more than 40 years a member of the Evening Telegram press room staff, died here yesterday. He was 87 years of age, and for 70 years had worked as a pressman.

Mr. Leake also was prominent in Masonic circles and was a veteran of the Fenian raid. He served as bugler in the Queen's Own Rifles during the 1866 campaign.

Before he retired two years ago the International Printing Pressman's Union presented him with a medal as the oldest active newspaper pressman on the continent.

He is survived by three daughters, six sons, 10 grandchildren and four great grandchildren.