

## MARION HARLAND'S HELPING HAND

**Tight and Squeaky Shoes.**  
 "AM tendering to the Corner two wee items that may be of use to wearers of uncomfortable shoes or sufferers from tight shoes or long standing upon hard floors or walking upon rough roads. As much borie acid dissolved in grain alcohol as the alcohol will take up—what chemists call a saturated solution—will afford relief to tired, aching feet. Sponges them freely with the solution. Wood alcohol, put into shoes just before they are worn, will remove the squeak."

"MARGARET L. M."  
 Do not think me ungracious, dear and esteemed member, if I take exception, and decidedly, to the second of your items. Both are kindly meant, and it is with pleasure that I testify to the efficacy of the grain alcohol wash for tired and aching feet. If common salt—or better still, the sea salt sold for the bath by drug-gists and grocers—be substituted for borie acid the effect is grateful and more permanent than if the alcohol be used alone. A bag of sea salt should be part of the furniture of every bathroom. But do not, I beseech you, be induced to apply wood alcohol to any part of the body. Physicians concur in the prohibition. The effect of the use of wood alcohol as medicine, whether taken internally or as a wash, is never beneficial. In some cases it has injured the sight seriously, and the action upon the nervous system is unfavorable. It has its uses, but it is a peril in the family medicine chest.

**Reading Matter for Invalids.**  
 "If you will kindly send me the addresses of a few shut-ins I shall be glad to carry magazines and other current literature to them."  
 Mrs. L. H. J.  
 The message of good will and helpfulness from a new member is too tempting to pass unnoticed. Will workers in the field let us have lists which will empty the hands and fill the hearts of the colleague? We welcome her cordially into our big family.

## Fashions from London



A stunning coat of fur cloth, fur edged and trimmed.

## BRIGHT SAYINGS OF THE CHILDREN



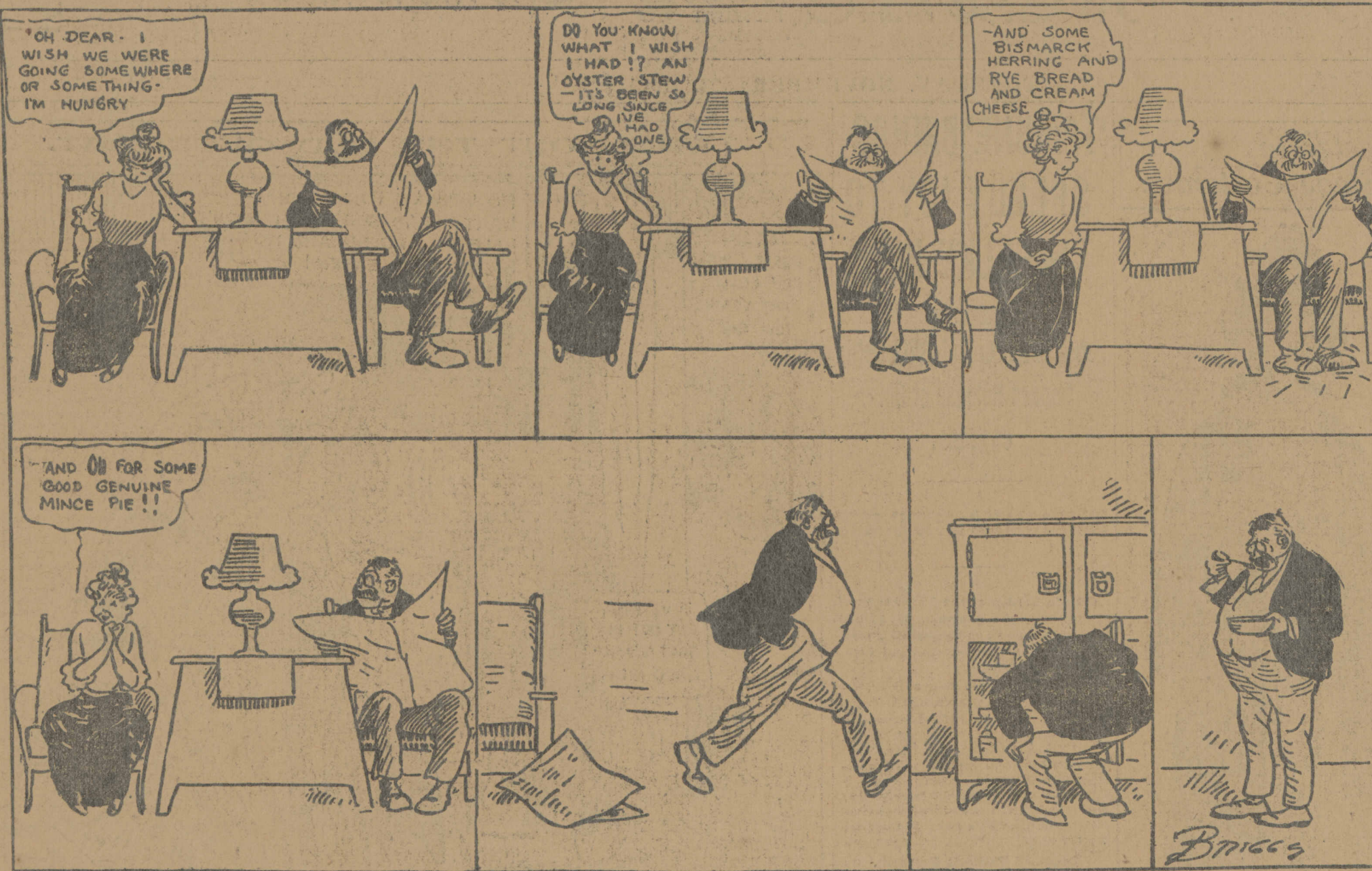
My niece had just started to tell a magazine and is finding it rather difficult. The other evening she came home in tears with the magazine still under her arm. "Why, what is the matter, dear?" I asked, and she said, "Some of the people say, 'Not today, little girl, but most of them walk straight ahead just like they are deaf and dumb.'"

Ben had volunteered to tell "Mother Goose" rhymes to his mother. He began bravely but made hard work of it. Finally he exclaimed: "Well, these stories get kind of broke up in pieces in my mouth, but they are good stories, mother."

Ella and Nettie, called at the home of their little school mate Barbara, who was critically ill with typhoid fever. After asking after Barbara in sweet whispers, Nettie made this parting remark, "Well, I hope she won't die on you."

L. L. B.

## IT WILL HAPPEN IN THE BEST REGULATED OF FAMILIES.



## FLICKERINGS from FILM LAND

### "Chimmie" Again! and He's a Corker.

**'CHIMMIE FADDEN OUT WEST'**  
 Produced by Lasky.  
 Released by Paramount.  
 Chimmie Fadden.....Victor Moore  
 The "Duchess".....Camille Astor  
 Mother Fadden.....Mrs. Edwin McCord  
 Mr. Van Courtlandt.....Ernest Joy  
 Antoine.....Don Forman  
 Betty Van Courtlandt.....Florence Dagmar  
 Preston.....Harry Macfield  
**AT THE STRAND.**

BY KITTY KELLY.

In addition to the cast above is "Ramona," played by himself.  
 If folks knew what a good time they were missing at the Strand this week, even its auditorium couldn't hold them. For present is Victor Moore, just as funny in "Chimmie Fadden Out West" as in "Chimmie Fadden." The latter picture, whose success inaugurated the series.  
 Victor Moore is such a comedian as has few rivals, and in "Chimmie Fadden" he achieves entertainment of rare vintage. Mr. de Mille, who developed Lasky quality he achieves entertainment of rare vintage. Mr. de Mille, who developed Lasky quality he achieves entertainment of rare vintage.

In the most amusing situations—and they are what the film is full of—he maintains his poise with an assurance equalled only by the most poised, James Aloysius Durkin, the world's greatest office boy. Nothing feases "Chimmie" any more. It is he who has seen the one understudy the other around these parts.  
 The story is too full of subtle comedy touches to be reduced to cold narrative except in mere outline. It is to be seen. The plot basis is a railroad company's effort at a sensational advertisement, utilizing Bowers Boy Chimmie to go west, discover a fake gold mine, and hire a record breaking fast train on which to return east. Now, Chimmie does all of that, encountering among other things the city man's difficulties of camping in the desert and government inspectors, who, with Missourian pertinacity, insist upon being "shown" just where that mine is.

Chimmie is supported by Ramona, speaking figuratively, though, technically, he himself does a large part of the supporting. Ramona being a mule of much cock-earedness and great antipathy to doing what he should do.  
 There are situations of exquisite funniness.



## Points on Hubbard Squash.

It has been suggested that it was necessary to take a Hubbard squash to the sawmill to get it to pieces, but that its color and flavor amply repaid one for such trouble. One of our most reputable cooks advises a saw in her recipe, which reads as follows: "The small Hubbard squash is best for baking. Saw the squash in half, scrape out the soft parts and the seeds, put the halves in the oven, and bake about three-quarters of an hour, or until tender. Serve in the shells. Help out by spoonfuls."  
 A big knife, once inserted, will do the work, but here is a piece of printed advice: "If you wish to cut a hard Hubbard squash upon which a knife makes little impression take a gimlet and bore a hole

## Good Chest Development Beauty Guarantor.

Antoinette Donnelly



EFFICIENCY, health, and beauty are not possible where there is a badly developed chest. Neither is it fashionable nowadays to have a flattened chest, as it unfortunately was a year or two ago, when the slinker slouch was slinker-slouching in our midst. A good chest development guarantees beauty at its best. You cannot have a well developed heart or well developed lungs without a well developed chest. You destroy physical charm when you cramp your lungs in a flattened chest, and you undermine all the vital processes of life when you do not give your heart a chance at its fullest development. The importance of your lungs and your heart are realized only when you stop to think that without your heart and lung action you could not live a minute, while other organs may stop functioning for a considerable space of time before death ensues.

Another reason why your chest should receive special attention as to its fullest development is the controlling influence the chest has upon the kidneys, liver, spleen, stomach, and part of the bowels. If your chest is well developed it will hold these organs in their proper place. If your chest is narrow, and undeveloped the kidneys, the stomach, and the upper abdominal organs are prone to sink.  
 The development of your chest is accomplished by breathing exercises. The best time to take these breathing exercises is in the morning before dressing and at night after undressing. Corsets must not be worn if full benefit of the breathing exercises is aimed at. Every muscle in the body must have its chance for free action.  
 Cleanse your mind when you start these breathing exercises that you are not going to be discouraged easily. Say: "I'll start this morning and I will not fall myself one single morning this winter." If you will do that I won't have to tell you again what deep breathing does for health and beauty. You'll see for yourself.  
 If, at first you feel a little dizziness or palpitation of the heart or weakness do the exercises just half the prescribed time, and do them with less vigor.

size longer than the feet. Try this and see if it will not make a difference in your feet.

If you have any beauty problem upon which you wish advice or need the help of an expert, write to Antoinette Donnelly, the carrying out of her work Miss Donnelly will be in consultation with Dr. W. L. Evans, health editor of "The Tribune." All matters relating to personal hygiene and physical culture will have his advice. Miss Donnelly will be pleased to answer you personally if you will include stamped, addressed envelope for reply.

Antoinette Donnelly's Answers.  
 LORITKA: I am sure if you would take a long walk at night before retiring you would not have so much difficulty in getting to sleep. To derive the most benefit from a walk see that your chest is high, the legs moving freely from the hips in a long, swinging step. The arms should hang easily, moving slightly, but not swinging. Hold your head up and inhale long deep breaths. Such a walk is most invigorating and promotes sleep. Give up your light lunches before going to bed and drink lots of water instead and I am sure you will have no further difficulty in getting to sleep.

ELLA: Unless you know exactly how to dye a switch and have done it before I should not undertake to do it if I were you. The work can be done at such a comparatively small cost by a good hairdresser that the chance of ruining it would not be worth while for the small expenditure.

WEARY: I am wondering if the constant cramping of your feet is not caused from wearing your stockings too short. The stockings should always be a half

PIMPY? WELL, DON'T BE!

People Notice It. Drive Them Off With Dr. Edwards' Olive Tablets

A pimply face will not embarrass you much longer if you get a package of Dr. Edwards' Olive Tablets. The skin should begin to clear after you have taken the tablets a few nights. They are a good hair-dressing, clear the blood, the bowels, and the liver with Olive Tablets.

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Dr. Edwards' Olive Tablets are the successful substitute for calomel—there's never any sickness or pain after taking them.

Dr. Edwards' Olive Tablets do that which calomel does, and just as effectively, but their action is gentle and safe instead of severe and irritating.

No one who takes Olive Tablets is ever cleared with "a dark brown taste," a bad breath, a dull, listless, "no good" feeling, constipation, torpid liver, bad disposition or simply face.

Dr. Edwards' Olive Tablets are a purely vegetable compound mixed with olive oil; you will know them by their olive color.

Dr. Edwards spent years among patients afflicted with liver and bowel complaints and Olive Tablets are the immensely effective result.

Take one or two nightly for a week. See how much better you feel and look. 10c and 25c per box. All druggists.

The Olive Tablet Company, Columbus, Ohio—Advertisement.

## Doris Blake Says

"Father time hands us a wrinkle now and then just to remind us that there is such a gentleman."

Have you a perplexing love affair in which you need the counsel of a friend? Write to Doris Blake, care of "The Tribune." If you wish a personal reply send stamped and addressed envelope. Do you know a real love story—one that is stranger than fiction? "The Tribune" will pay \$5 for every story published. Manuscripts will not be returned. Address Doris Blake, "The Tribune," Chicago.

And Sheridan 20 Miles Away.

"Dear Miss Blake: I have a beau I have been going with almost two years. He lives twenty miles from me and he wants me to come over and pay him a visit. I have refused him, and still he insists. I am now waiting a reply from you as to what is best to do. M. L. A."

Unless you have friends living in the same place, it would not be at all proper for you to make this visit. Why can't he come to see you? That surely isn't asking too much of him and it's his business to do the coming, not yours.

She's 14. Too Young?

"Dear Miss Blake: I am a young girl of 14. I have a friendship bracelet and would like to ask a boy friend to give me a link. Would this be proper? Do you think I am too young to come home from parties with him?"

What does your mother think? She's the one to make the decision. I see no harm in asking your boy friend for one of those links, but I don't know him, so I don't know whether he is any one to whom you should feel the least indebted. And the same is true about the parties. You are so young to be doing society, I just can't take any responsibility.

## What Steero Has That Tea or Coffee Lacks

Steero as a beverage is better than tea or coffee, safer than either, and more quickly made. Steero is satisfying because of its flavor of beef and vegetables and gently stimulating because of its heat.

Unlike coffee and tea, Steero is not an infusion of beans or herbs, depending for its effect on drugging the drinkers with caffeine and tannin.

Why swallow drugs with your meals when you can enjoy Steero, not only without harm but with positive benefit?

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"A Cube makes a Cup"

Awarded Medal of Honor at Panama-Pacific Exposition San Francisco, 1915

Simply Add Boiling Water

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Taylor Holmes



## Ready to Eat in a Minute.

Pancakes that are pancakes!

With a taste that tells they're made of about the best ingredients that can be found.

Just right all the way through—so good that they make you hungry for more and more, even while they satisfy your hunger.

And they're made in a minute or so with

## Virginia Sweet Pancake Flour

(SELF-RAISING)

The good taste comes from the exclusive blend of the flour of three of the best tasting cereals grown in the world—wheat, corn and rice.

Virginia Sweet (self-raising) Pancake Flour has the right proportion of leavening and seasoning in it as it is in the package. All you have to do is to add milk or water, stir up your batter, and have your griddle hot.

You'll never get all you want of Virginia Sweet Pancakes for breakfast—and recipes on the package tell you how to make waffles and muffins with it, too.

Order a package from your grocer today. If he hasn't it he will get it for you right away. Nearly every grocer has it. Thousands of Chicago families are using it now, and wouldn't have anything else.

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Preceded by Antiope's Comedy

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SINNERS

Next Thanksgiving Day

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