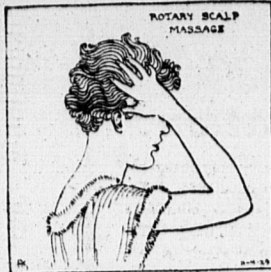


# Woman's Realm :- Social and Personal :- Fashions :- Literature

## Milady Beautiful

By Lois Leeds



FALLING HAIR

Scarcely a day goes by without thousands of letters asking what to do about falling hair. As there are so many different causes of this common ailment it is rather a difficult question to answer, although there are treatments for the scalp which will greatly benefit ordinary cases.

In the first place, any one troubled with abnormal falling of the hair should look to her general health. Those who are in a weak or rundown physical condition are nearly always troubled with falling hair, for it is quite true that poor soil will not grow a luxuriant crop. So before trying to improve the condition by external treatments alone, take steps to improve the general health; in many cases it is wise to have a thorough physical examination.

But quite often faulty methods of caring for the hair, harsh shampoos, too much curling with hot irons, neglect of scalp massage and brushing of the hair may be the reasons for scanty heads of hair and these can be remedied.

The most important factor in hair health is good circulation. Massage and brushing stimulates this and strengthens the muscles around the hair roots. Hair tonics are used for the purpose of stimulating the circulation of blood through the scalp, though a large part of the benefit from hair tonics is due to the massage with which they must be applied. A good scalp tonic to use for falling hair is made as follows: One dram tincture of cinchona, one dram tincture of rosemary, one dram Peru balsam, six drams castor oil, six ounces bay rum. Apply two or three times a week.

Massage the scalp thoroughly with the fingertips for several minutes. Apply the tonic with medicine dropper, small toothbrush or a small piece of absorbent cotton wrapped in gauze. Be sure to moisten the entire scalp.

To massage the scalp, place the thumbs at the sides of the head over the ears. Spread the fingers of both hands over the front of the scalp. Now massage by rotating the parts of the scalp under the fingers with an upward, backward, upward movement. Do not merely rub the surface of the scalp but move the skin itself. Massage the crown and back of the head with the same movement for several minutes. Next place the fingers of the right hand on top of the head and with the fingers of the other hand massage with a forward, backward movement from the hairline up to the crown all around the left side of the scalp. Change the position of the hands and massage the right side of the scalp in the same way. Now massage with a rotary movement which both hands at once. The massage should be given for ten or fifteen minutes.

It should be remembered that the scalp and hair are just as much in need of airing as any other part of the body and that quite often falling hair is caused by wearing hats which are too tight. If possible comb the hair and allow it to have an air bath for half an hour or more each day. When the sun is not too strong, as it is on the hottest day, the hair should be exposed to its rays for a sun bath.

Hair which is lacking in natural oil should not be shampooed oftener than is necessary for cleanliness. Once every two or three weeks is usually sufficient when the hair is brushed thoroughly and the scalp massaged faithfully every day. A monthly hot oil treatment is also desirable for this type of hair and a semi-weekly massage with an oily saline or scalp food. Use parts of white mineral oil and olive oil plus a few drops of oil of tar or pine oil.

Warm the oil and apply it as follows: First part the hair in the center, then again in one-inch parts on

## Dorothy Dix Letter Box

Is it a Man's Duty to Support His Wife's Family? How to Manage a Philandering Husband — Will a Moral Man be Happy Married to a Wife With a Past?

Dear Dorothy Dix—Please tell me what is the obligation of a man to his in-laws. One of my wife's sisters lives with us and we pay the board and keep of another sister who lives elsewhere. My wife's brother is absolutely no good and I will not tolerate him at all in my home, but I know that my wife and her other married sister slip him money to spend on pool and gambling, drinking, etc. Both of the sisters-in-law that I support are incapable of doing office work, but they could make themselves very useful and earn their own livings if they were willing to go out as help in somebody's home.

Now is it incumbent on me to support these sisters-in-law? We have growing children that we must educate, a small house and after working all day a man would like to be able to sit down with his own family and not have always some one else around.

SELFISH.

Answer:

I don't think a man is selfish because he wants his house to himself without its being cluttered up by his wife's relatives. That is what he married for, and it is no more than he has a right to expect.

But how to attain this domestic Elysium is a problem that not even Solomon himself could solve. For the parasite relative is always with us. He, she and they infest every home and how to get rid of the pests nobody knows. Or, if they do, they haven't the nerve and the backbone to apply the remedy.

Curiously enough, it is the wife's family that fastens itself oftener on a man than his own. More men are supporting their wives' parents and brothers and sisters than are supporting their own, which perhaps even things up in the long run, but why a family feels that it has a right to expect some man to take care of them just because he married a girl belonging to it, nobody can explain. It just merely happens that way.

But all about us we see fathers and mothers, barely past middle age, strong and well and healthy, who knock off work when Maud gets married, and thenceforth go and live with her. We see husky young men and women, who are too temperamental to work, throw up their jobs and go to stay with sister Maud, where they are sure of three square meals a day as long as Maud's husband is able to toil like a dray horse. We see high-tempered and jealous women quarrel with their husbands and arrive with their grievances and their children to still further crowd brother-in-law's already overcrowded bungalow.

They know very well they are not wanted and that they are an imposition and nuisance, but they also know that Maud and John won't throw them out on the street or let them starve, and, anyway, it is easier to graft a living than it is to work for it. And the question is what should Maud and John do about it.

I think they should refuse to be victimized and that they should force these lazy loafers to support themselves. I think that by their misdirected kindness they do harm instead of good, and still further weaken the morale of these weaklings who will never make any effort in their own behalf until they are forced into making it.

There are lots of people, male and female, who are just born tired and who will sit down and loaf as long as anybody else will feed them, but they will not starve, and when it comes to a question of going to work or not eating they will work.

There are plenty of young men and women who are quitters by nature and who give up when they strike the hard sledding, or when their occupation ceases to be a novelty and interesting and becomes drudgery, if they know they have somewhere to go where they can stay while they rest up for a year or so, and look casually around for a job with a big pay envelope and no unpleasant features.

But these dilettants would stick to their jobs like grim death, and instead of degenerating into ne'er-do-wells become successes, if there was no door open to receive them, no free board awaiting them, and it would be the park bench and the breadline for them if they didn't carry on.

So, in my opinion, if brother-in-law will button up his pockets and put "Keep Out" instead of "Welcome" on his door for his wife's relatives,

each side. Apply the oil evenly all over the scalp, using a small brush or a pad of absorbent cotton wrapped in gauze. Massage the oil thoroughly into the scalp with the fingertips. Wring out a small Turkish towel in very hot water. Wrap it around the head and repeat the hot applications several times. Allow the oil to remain on the hair for one to three hours, or overnight if the hair is exceptionally dry and brittle. Now shampoo the hair in the usual way, using a good liquid tar soap, olive oil shampoo or pure castile soap shaved and melted into a liquid.

Oily hair may be shampooed as often as once a week. After the shampoo apply a little astringent tonic and massage the scalp. The following mixture makes a very good

**Mrs. D. H. and Anxious.**—Your problem of falling hair is answered above. Give the warm oil treatment and use the tonic as directed. You must be sure to build up your health in general as well as give local treatments, before you may expect results.

**Tomorrow—Beauty Questions Answered**

### Household Hints

By Roberts Lee

### For The Cook

#### CRANBERRY SHORTCAKE

Make a rich biscuit dough, roll out one inch thick, and cut in two-inch squares. When cooked, split and butter. Place a tablespoon of cranberry sauce on the under-half, and then a tablespoon whipped cream. Cover with the other half, put the cranberry sauce on that and cover with whipped cream. The recipe for cranberry sauce is as follows: Four cups ripe cranberries, two cups cold water three cups sugar. Place on the stove in a deep kettle. Allow them to boil rapidly for just exactly ten minutes. They must boil briskly. Do not stir from start to finish. Skim thoroughly, and allow them to remain in the kettle until cool.

#### HOW TO MAKE COLD CREAM

Anyone can make a good cold cream by mixing 2 tablespoons of oatmeal, 1/2 tablespoon of powder borax, and 1/2 pint of rosewater. Allow this mixture to stand for two or three days, then strain and add 1/4 ounce of alcohol.

#### MEASURING MOLASSES

Grease the cup lightly before measuring molasses, or dip it full of flour, then empty; this enables every drop of molasses to come out of the cup.

#### TO WHITEN CLOTHES

Put a few slices of lemon, with the rind on, in the boiler with the white clothes. This removes stains and makes the clothes white without injury.

## What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington



Flaring plaits are introduced in youthful model of tobacco brown sheer woolen with yellow faille silk crepe collar showing new vogue of Paris in brown embroidery outlined with gold thread.

It is designed along in Princess lines with molded bodice with fullness low placed just to flutter when

unless they are too old and too sick to help themselves, he will do himself and them a good turn. After all, when a man marries a girl he doesn't marry all of her family.

Maybe.

DOROTHY DIX.

Dear Miss Dix—I have been married seventeen years to a man whom I love devotedly and who loves me. He is good and kind and sweet to me, but I know that he is enormously intrigued by every attractive woman he meets. And when he gets the opportunity he plays around with them. He is very handsome and extremely attractive to women and my heart sinks when I think of some clever woman getting him away from me. It is only in the last three years that he has been so deeply aware of other women. I suppose up to then he was too busy or maybe I was prettier. How would you advise me to handle this situation?

MRS. X.

Answer:

The only way you can manage the philanderer husband is to drive him with a light rein. As long as you do not try to check him he will probably do no more than zigzag a little off the strait and narrow road, but if you use force with him he is sure to bolt and jump the fence and wander off into forbidden pastures.

The main thing for you to do is to call to your aid a sense of humor. Don't take your husband and his admiration of other women seriously. Don't make a tragedy of it. Just laugh it off. Joke him about his new crushes and his passing fancies. Tease him about his old sweethearts and you can keep him regarding his little affairs as mere flirtations, instead of believing them to be the grand passion.

Your role should be that of the indulgent mother looking on amused at a boy's experiments in calf love, not that of a jealous wife who feels herself outraged by her husband's lack of faithfulness. Don't make scenes. Don't nag. Don't watch him. Don't try to restrain him. Don't try to keep him away from the women he admires. On the contrary, invite him to your house and give them an overdose of their society.

Make your home as attractive as you possibly can and don't spare money on the beauty shop and buying yourself good clothes. Keep in the running, and you won't come out a bad second, for that type of man likes to have his little fling with other women and it flatters his vanity to think that he can attract them, but in the end he always comes back to home and mother if she has the wit to play a waiting game.

DOROTHY DIX.

Dear Dorothy Dix—I am a widower, a Christian gentleman who has always lived a clean and moral life. Recently I have become engaged to a woman who has been a friend of my family for twenty-five years, and she has told me to my horror that she has had an affair during much of that time with a married man. She says that she has repented of her wrongdoing, but she feels that we had better break the engagement, because she considers herself unworthy to marry me and because she fears that it will be impossible to make a happy union with our having such contrasting backgrounds. What do you think about it?

WORRIED TO DISTRACTION.

Answer:

I think that the woman is right and that if you married her, her past would be a specter that would haunt your home and drive all peace and happiness out of it.

So far as the woman herself is concerned, you could trust her absolutely. There is not the slightest danger that she would ever be guilty again of any lapses from virtue, but I doubt if any good man ever really forgives the woman who has been bad, or overlooks her fault.

Sometimes the man who has been a weak sinner himself can hold out a hand to the woman who has also been a weak sinner, but the man who has been strong enough to resist temptation himself cannot understand the Magdalens and he cannot forgive her, not only because she has done wrong, but because she has shattered all his ideals of womanhood.

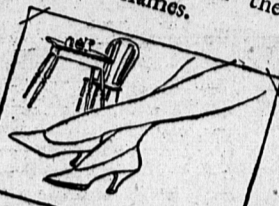
I think if you married a woman with a past it would never be out of your mind. You would always be watching her and suspecting her and you would always be ashamed of her and there would be no happiness in such a marriage for either one of you.

DOROTHY DIX.



In The Van of Fashion

HERE is offered a mode as feminine as Cinderella . . . and as lovely. Watson's Lingerie, sheer as morning silk hose by Penmans. If you would be in step with style choose silken famous names.



### Your Hosiery

These luxurious extra inches added to the tops of Penmans New Full-Fashioned Silk Hosiery give new slenderness and grace to the revealed knee. The sheer, flawless texture is fashioned to flatter all the way from trim ankles to the vanishing point beneath your skirts. See them at the smartest shops.

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**Watson's**  
LINGERIE  
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### A Morning Smile

An old lady who took a great interest in municipal matters was walking over a golf course and noticed the bunkers here and there.

She wrote to the town council, asking why they didn't engage a number of the unemployed to fill in the many holes on the course, which causes the players so much annoyance and induced so much bad language.

Manufacturing industries in Argentina are being developed.

Thousands of acres in Sumatra are being planted to rubber.

Spain is preparing to take a national census next spring.

# Amazing! New!

## QUAKER METHOD

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