

BEAUTY ARTS

By LOIS LEEDS



Rinse off the egg shampoo with a bath spray

HOME CARE OF HAIR AND SCALP

Since the beginning of history the health and luster of a woman's tresses have been counted one of her chief beauties. To keep the hair beautiful and glossy requires daily care. The hair needs regular brushing and the scalp should be massaged every day to keep it flexible, loose and nourished.

Brush and brush your hair every night and morning if you want to get that lovely sheen and gloss which every one admires. Give your hair 200 strokes every night before jumping into bed and 200 every morning, using a clear brush with long, flexible bristles that will penetrate through the hair. Don't be afraid of brushing the hair too much, because the more you brush the more gloss you will have, and the regular brushing keeps the scalp clean and the hair free from dust and grime.

To keep the hair at its best, and the scalp clean, suitable shampoos and careful handling are very necessary. Many girls and women are not so careful as they should be in the selection of a shampoo liquid or in washing and rinsing the hair thoroughly. Every particle of soap lather should be rinsed out of the hair before it is dried, no matter what kind of shampoo liquid is used.

Young girls and boys should be taught early in life just how to wash their hair, massage their scalp and brush their hair properly. This general care of young children's hair is often neglected by mothers who are very careful of other hygienic rules for their children. Regular care and systematic attention of the child's hair and scalp, however, are just what give young women the glory of beautiful, luxuriant, healthy heads of hair.

Individual Differences

Contrary to the general opinion, what is effective for one type of hair is not suited to another. Different conditions of the scalp and the various textures and colors of hair need different treatments, shampoo and rinses. For example, dark oily hair requires a different liquid shampoo and rinses from blond hair. A blond should never use on her hair anything containing iron or resorcin, as these two agents make dark hair streaky and bleach its natural coloring. Then, too, the condition of the hair and scalp should be considered and suitable shampoo liquid selected.

There are a great many shampoos, rinses and scalp tonics on the market that may be selected for different conditions, types and colors of hair. An ideal cleanser for normal healthy scalp and hair is pure Castile liquid shampoo. This shampoo is suitable for blonde, ash blonde, auburn or dark hair. An efficient and refreshing cleanser for hair that is inclined to be excessively oily is pine liquid shampoo, or tincture of green soap. A cleansing and invigorating corrective shampoo. These shampoos are obtainable at any drug store, cosmetic counter or beauty salon.

Home-Made Shampoos  
Then there are home-made shampoos, such as white of egg shampoo for blond, white or gray hair. The beaten yolks of eggs may be used for the brunette, as they contain sulphur and iron, both of which are a tonic for dark hair. White of egg shampoo is used also when the scalp is in a sensitive condition or where the shade of the hair is white and delicate on older people and where acids might change it and make it appear yellowed. Two egg whites are needed allowing a tablespoonful of rosewater to

Special Rinses  
For titan, golden blond, light and dark auburn the henna shampoo and rinse may be used. The rinse may be diluted with more or less water to obtain the desired shade. The Egyptian henna may be used for this purpose if it is mixed correctly. Use about one teaspoonful of the henna powder with a little warm water to make a smooth paste, then dilute it with one pint of hot water; more water may be used to dilute it to obtain a lighter rinse. The more water used the lighter the rinse will be. The juice of two lemons added to two quarts of water may be used for the brunette shades of hair and a few drops of purple ink to give an iron gray look to dark gray hair. For jet black hair a few drops of indigo coloring may be added to two quarts of water.

Home-Made Soap Jelly  
Soap in liquid or jelly form should always be used. This is very simple to prepare and may easily be made at home. Scrape about two ounces of pure Castile or tar soap into a clean pot, then pour hot water over it so it will melt the soap flakes gradually. Place it on the side of the stove but do not allow it to boil. Stir the liquid occasionally and add one-quarter teaspoonful of borax to one-quart of water. When the soap has thoroughly melted pour the liquid into a wide-mouthed jar, such as those used in preserving. When cold the soap sets into a thin jelly. This is the foundation for various shampoos. Use a little of the soap jelly mixed with warm water to wash the hair. The quantity of shampoo liquid needed will depend upon the condition and amount of hair of the individual. Excessively oily hair needs more soap latherings to remove the excess oil than a normal head of hair.



You can tell it blind-fold

Any real tea lover knows when he is getting King Cole. No other tea can match it for flavor, fullness, and strength. Not only that, but, properly made, every cup of King Cole Tea is exactly like every other cup. Other teas may vary with changing tea crops, and changing prices.

But King Cole is always uniform because of the unremitting care used in the selection of the tea leaves and because of the enormous reserve stock which we carry at all times.

KING COLE and KING COLE TEA ORANGE PEKOE

King Cole Coffee is following in the footsteps of King Cole Tea

each white. Beat the eggs with the water, also adding a little dissolved Castile soap liquid if desired. This mixture is massaged through the hair and on the scalp until all of it has been used. Rinsing is then done in tepid water and the hair dried between warmed towels.

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The Best Way to Shampoo the Hair  
The best way to Shampoo the hair is to begin by brushing the hair thoroughly then massage the scalp with

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Quick Pile Relief

No Salves or Cutting  
Pile sufferers can only get quick, safe and lasting relief by removing the cause—bad blood circulation in the lower bowel. Cutting and salves can't do this—an internal remedy must be used. HEM-ROID, the prescription of Dr. J. S. Leonard, succeeds, because it removes this blood congestion and strengthens the affected parts. HEM-ROID tablets as sold by druggists everywhere, have such a wonderful record for quick and lasting relief, that—A—always sell them with guarantee of money-back if they do not end all Pile suffering.

Glad Tidings to Wives Dorothy Dix Discusses Effect of Food on Husbands

The Discovery of the Moral Value of Different Foods Should Have a Wonderful Effect on Marriage, But When Hasn't the Wise Wife Known That as She Feeds Her Husband, So is He!

A Scientist claims to have found out that what we are is determined by what we eat and that by living upon a certain diet we can change the chemicals of our bodies, and that will automatically alter our characters and dispositions.



If this is true, it is glad tidings of great joy to wives, for it will enable them to make over their husbands according to their tastes and accomplish with food what they have been unable to do by moral suasion and prayers and tears and nagging.

According to this theorist, the eating of meat makes one bloody-minded and have a brutal and a murderous nature. Potatoes turn the heart to thoughts of love. Carrots make the eaters thereof lamblike and gentle and easily handled. Spinach softens the hardest nature, while green peas fill one with bubbling optimism and enthusiasm.

Pray heaven this discovery of the moral value of food be not a false alarm, for it makes the cookbook a complete guide to the bride of how to manage a husband. No longer need she weep over his faults and shortcomings. All that she will have to do to correct them is to change his menu and stuff him on the eats that will supply the virtues he lacks.

Does he lack energy and is he one of those men who are too tired to work and who sit down and let Mary do it? She will pep him up and make him a go-getter by feeding him on rare roast beef and steaks and chops. Is he one of the husbands who drop all love-making at the altar and thereafter appear to regard their wives merely as useful household appliances? The staff of life for him will be potatoes (and, thank heaven, there are 385 different ways of cooking them) and her heart will sing for joy as she listens to a line of impassioned soft talk that will never give out unless there is a shortage in spuds.

Is she up against the proposition of a grouchy husband who grows like a sore-headed bear when he is spoken to? Behold him metamorphosed into a little ray of sunshine in the home by the ameliorating influence of creamed carrots and raw carrots and stewed carrots and carrots in soup. Is she married to a man of a hard and unsympathetic nature? Let her not weep as one without hope, for spinach will turn him into a gentle and understanding companion, who will never say a word, no matter how big the bills are.

Is husband of a dark, bilious, pessimistic turn of mind, a human wet blanket who can take the starch out of every plan? No more need wife will down under his dismal prophecies. She need only get out the can-opener and feed Gloomy Gus on peas to have him become the family cheer leader.

It is an enticing prospect, and if husbands do not know why the butcher bills are suddenly mounting, nor why potatoes are appearing three times a day on the table, nor why they are being gorged on spinach, so much the better. Reforms are like dentistry. They should be performed painlessly when possible.

But while not conceding that Vegé fables have all the moral uplift in them that this scientist claims that they have, it is not to be denied that our dispositions and our characters are largely influenced by what we eat and that our outlook on life is determined not so much by our reason as by our stomachs. Good food inclines us to amiability, kindness, love of our fellow-creatures and all the major virtues. Bad food promotes temper and nerves and irritability and rancor and spite, and turns our hands against every man.

This being the case, it is true that the kind of husband a man makes depends largely upon the way his wife feeds him. In the pots and pans on her gas range she brews the magic that keeps him eating out of her hand or that sends him to some other woman to be fed and comforted; she keeps him thinking she is the only woman in the world or wondering why he married her; she makes his success or failure and she determines whether at 70 he will still be going strong or whether he will break down with nervous prostration and malnutrition by the time he is 40.

Let a man have to get up in the morning and cook his own breakfast and he starts out his day disgruntled, feeling that his wife is a slacker who has welched on her part of the matrimonial bargain, and it slows him down because he doesn't feel called upon to put in any extra punch in working for that kind of wife.

Let a wife set her husband down to a breakfast of soggy cereal and dishwasher coffee and burnt toast, and a domestic spat is its inevitable accompaniment. Over a meal such as this she couldn't say it was a pleasant day without starting something. The grounds in the coffee pot are the real grounds for many a divorce.

And many a man misses his opportunity in life because his wife's bad cooking made him take a bilious and pessimistic view of everything in the world so that he turns down the business chance that would have made his fortune or else he is so irritable that he quarrels with his partner and insults his best clients and customers.

On the other hand, the woman who knows the magic that lies in good food uses it to keep her husband sane and healthy in body and mind; she soothes his temper with the dishes he likes best; she vamps him with soups and she conjures him with pies like mother used to make; she binds him to his own fireside by dinners that make him as somnolent as a gorged snake, and she fears not the coming of the years because he will always see her through the halo of the savory incense of good cooking.

What a pity that women don't oftener realize that as you feed a man, so is he.

DOROTHY DIX.

**A SMART SUPPORT**  
**Nu Bone Foundation Garments**  
Mould your figure to the new style trend, giving slender, youthful lines with comfort and health. Fitted in the privacy of your home by trained corsetier.  
Write or consult  
**IDA MURRAY**  
163 Water St. Summerside  
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**Health for all the family**  
EVERY member of the family, from tiny tot to grandparent, should drink delicious Ovaltine regularly as a source of health, strength and vitality.  
Ovaltine is a remarkable concentration of ripe barley malt, selected eggs, creamy milk and purest cocoa. It contains all the food elements and the vitamins essential to perfect health. Ovaltine is a wonderful meal-time and between-meal beverage, and taken before retiring it is the world's best "night-cap" to ensure sound, natural sleep.  
**OVALTINE**  
TONIC FOOD BEVERAGE  
Builds-up Brain, Nerve and Body  
At all good stores in 50c, 75c, \$1.25 and special family size \$4.50 tins; also served at soda fountains.

Milady Beautiful

By Lois Leeds

BEAUTY QUESTIONS ANSWERED

Reliable Depilatory

Dear Miss Leeds—Please advise me of a good depilatory to use for removing the hair from under my arms. I have never removed it, as I thought it was dangerous; there are some depilatories that are very irritating. Some of my girl friends use a razor; would you advise this method?

MISS M. S. G.

Answer—I published a beauty talk just recently on underarm daintiness which I hope you have read. Personally, I think that it is absolutely necessary to daintiness to remove these underarm hairs at regular intervals. There are various cream depilatories on the market that may be used for this purpose and which are obtainable at any cosmetic counter, drug store or beauty salon. The directions are given in detail. I would suggest that you bathe the armpits in cool water for several minutes before using the cream depilatory, or, if your skin is rather tender, use boric-acid solution both before and after using the cream. Then dry the skin carefully and pat on a soothing cream or salve and dust with dry boric-acid powder or talcum powder. If you use these antiseptic methods you will find that there is little danger of irritation. Then too, manufacturers would not spend money on putting out a product that proved to be irritating to the average skin. It would not pay.



There are those who prefer to use a safety razor to remove the unwanted hair from the underarms. The same antiseptic methods are necessary in this treatment. The skin must be washed with soap and water and bathed in a soothing and antiseptic lotion and dusted with a soothing powder afterward.

LOIS LEEDS.

Wants a Trim Figure

Dear Miss Leeds—(1) I am 26 years old and weigh 170 pounds. (2) Is vinegar good to get skinny on? Tell me how much I should weigh and what is good to trim down my extra weight.

MISS S. H. R.

Answer—You forget to give me your height, so I cannot judge just how much overweight you are. (2) Vinegar will not reduce those extra pounds, and it will upset your stomach so that it cannot function correctly. I would suggest a physical examination and that you ask your doctor regarding a diet. To trim down the figure a certain amount of active exercise and a special diet is necessary. Not that you need to starve yourself, but you must avoid foods that are not so fattening or flesh-forming. I would like you to have my leaflet on "Beauty Exercises," "Body Beautiful" and "How to Lose Weight." The first named gives exercises that are suitable for the average woman, the second gives the height and weight chart for adults and the third gives some reducing menus and suggestions that you will find helpful. But be sure to consult your physician before beginning on your reducing program. He will be glad to help you do it in the correct way, and such a program will improve your health in every way.

LOIS LEEDS.

WHO ARE YOU?

The Romance of Your Name

By RUBY HASKINS ELLIS



Etiquette

By Roberta Lee

Q. When buying clothes, should one buy a certain color because it is the season's fad?

A. No; individuals should always exercise their personal taste in selecting patterns and colors.

Q. Is it ever proper for a young woman to ride horseback in cities or public parks?

A. Yes, she may do so with an escort.

Q. Should one ever permit pet animals to enter the dining room?

A. No.

dent of Salem, Mass., in 1660. He later removed to Lyme, Conn. Other early settlers were John and David Stirling, who made their home in Charlestown, Mass. Thomas Stirling, came from Scotland and settled in Calvert County, Maryland. He patented land and was a man of great wealth and called his estates on the western shore of the Chesapeake "Stirling's Nest."

In Ireland the form Stirling has been used since the Scotch Covenanters crossed over into Northern Ireland during the first half of the seventeenth century. This spelling is the prevailing form in America.

The Rev. Andrew Stirling, from Ireland, was a member of the Scotch-Irish settlement in Chester County, Pennsylvania, in 1720.

The English Stirlings came from Hertfordshire, and settled in Massachusetts. The above-mentioned David, born in 1622, was of this branch.

There are fifty or more coats of arms of the Stirling and Sterling families, thirty-nine of which bear the same emblem as the Sterling of Cadder, viz; the three buckles upon the shield.

A Morning Smile

Why do you suppose Hotspur passes by here every day eating an apple?

"I guess he's on his way to see that old girl of his, the doctor's wife."

**Women of the Maritime Provinces**  
**The flour that suits others may not suit you . . .**  
It is no secret among Canadian flour millers that your standard is very high, nor that the flour which is acceptable to the home bakers of many other countries may not satisfy you.  
But there is one Canadian flour that should always satisfy you, for it is made from the best quality of the best wheat that Canada produces, and it is milled up to the very highest standard of your requirements. Its popularity among the women of the Maritime Provinces is now widespread and increasing.  
**REGAL FLOUR**  
Tomorrow—Care of Dry Hair

**Eleven O'clockishness**  
Catch that twinkle in Bobby's eye? It's time to drink his milk—how he relishes it! And how his milk nourishes Bobby—and puts that sparkle in his eyes! It's Nestlé's Evaporated Milk—the milk that has put a sparkle in the eyes of thousands of Bobbys.  
And here's the Reason! Nestlé's Evaporated Milk is just the best of fresh cow's milk with part of the water removed—then sealed and sterilized in air-tight containers. Add water again and you have absolutely pure, safe milk—but more readily digestible than ordinary milk because the large fat globules of the milk have been broken up into small ones of the same size as in Mother's milk. Also, the curds which form in the stomach when Nestlé's Evaporated Milk is used are soft and flaky and therefore easily digestible.  
Use Nestlé's Evaporated Milk for Your Baby. Use it in coffee—in cocoa—in tea. Use it in all cooking and as a beverage by diluting with one to two parts water.  
**NESTLÉ'S EVAPORATED MILK**  
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