THE TIMES DAILY MAGAZINE PAGE

Why It's Bad For You To Hurry Child

Pulling Youngster Along by Arm Has Bad Physical Effect, as Well as Moral, and Shouldn't Be Done.

By LAURA CLAWSON.

ONE could see that the child was tired; the droop of the shoulders, the lagging step proclaimed it! Both mother and child were well dressed, and one might presume that the parent had a fair amount of intelligence, but the way in which she was dragging her poor offspring along made one wonder why she did not use some of it!

"Hurry now," I heard her say, "hurry; if we don't the train will go off and leave us!"

The strain, mental as well as physical, was great, for the little child was being dragged along by one arm at a pace which would have been good for the grown woman walking alone! Of course, it is pure thoughtlessness. But the result to that poor baby!

First of all, the physical effects of dragging a child along by one arm have been so often mentioned that to a woman of average intelligence it is nothing less than criminal negligence to do it, or to allow careless nursemaids to do it in the effort to hasten the steps of tiny children.

Their bones are soft, the strain on the cartilage and muscles of the little arm is terrific, and many a case of shortening of the little limbs may be traced back to this practice of dragging children about in the effort to "hurry up!"

Then again, there isn't anything in the world of enough importance to a mother as to make the torturing of her child necessary. And we cannot know the harmful effect of such heartless admonitions as we sometimes hear from the lips of parents who are supposed to love their children.

To tell a child that if he does not hurry he will be left behind, to assure him that some horrible calamity will befall them if he does not reach home before dark, to practice all the seemingly harmless deceptions which are resorted to, is to be guilty of wanton cruelty!

A child's nervous system is a very delicate and mysterious thing, and the result of such threats are sometimes not visible, but they are registered nevertheless.

More often than not it is the result of mismanagement that we are compelled to hurry at the last moment; we should calculate that little feet cannot keep pace with ours, and that it is fatal to try to make them do it—that little minds work differently and that to a child everything he hears is taken literally until he begins to realize the deceptions which are daily practiced by those he obeys and trusts.

To those of us who have to do with the daily habits of a little child, should come a fuller realization of this fact—that hurry, both physical and mental, is too great a risk—that it cannot be resorted to without tremendous cost to the children. Too many parents pay bitterly for this knowledge.

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Seen In the Markets

THOUGH THE MARKET sweltered in the heat, it seemed to have little effect upon the energy of the dealers of the amount of fresh produce on the stands. Indeed, seldom has the beginning of the week seen better vegetables and fruits than those on sale yesterday and today.

This is due to the fact that at present practically everything is sent in by truck farmers in the near vicinity of Washington, and it is possible to receive supplies from them almost daily.

The tomatoes were unusually tempting. They are large, sun-ripened to a mellow red, and extraordinarily cheap. The price is 15 cents a quarter of a peck or 10 cents for a three-pint box.

Peaches are a bit more expensive than last week, selling at 20 cents for a three-pint box instead of 15 cents.

Currants are still in the market and the price remained unchanged, 10 cents for a quart box.

Limes of average size and more than usual juiciness are 15 cents a dozen. To be frank, limes are really less expensive than lemons, for the flavor is more decided. Some people prefer to drink them instead of lemon with iced tea, and there are many who prefer its cooling acidity to lemon flavor in all other summer drinks. It is particularly good with grape juice and raspberry syrup.

Pears are still 20 cents for a three-pint box. The quality remains about the same.

Purple-red home-grown plums are 10 cents a quart box.

Delaware and Concord grapes are beginning to make their appearance. They are sold by the pint box, however, and the cost is 10 cents.

Cantaloupes are variously priced at 8 cents each, 5 cents each, and three for 10 cents. They are small, but mellow and sweet.

Picnics.

I never saw a picnic spread
That did not have among the eats
Some peanut butter on the bread
And many plates of pickled beets.
—Youngstown Telegram.

And as for picnic spreads, I know
Of many jaunty little trips,
Where all they had was just a row
Of boxes of potato chips.
Birmingham Age-Herald.

I never to a picnic went,
And this is true, I hope to die,
At which a summer-panted gent
Sat down on a soft custard pie.
—Houston Daily Post.

The picnics don't appeal to me,
With wasps and other bugs that sting
And garter snakes and flies and skeets,
And ants all over everything.
—Brooklyn Daily Eagle.

I once was with a picnic throng,
That far from the madding crowd did roam,
And lugged a phonograph along
And left the needles all at home.

Time Taken In Digestion

By ISOBEL BRANDS.

WHAT can be more simple food than the plebeian "boiled cabbage?" And yet it was only today that I learned that boiled cabbage is one of the hardest foods to digest—more even so than beefsteak or hard-boiled eggs, or its neighbor in the same class, boiled turnips.

As a reminder to prevent me from repetition of similar dietetic sins, I've prepared a little table showing the comparative digestibility of various kinds of foods. Four hours is considered the limit which foods should consume for digestion, and if a food takes longer than that time it should be used sparingly.

Dairy Products.	Time required for digestion.
Butter	3½ hours
Eggs, raw	2 "
Eggs soft-boiled	3 "
Eggs, hard-boiled	4 "
Eggs, scrambled	3 "
Milk, raw	2½ "
Milk, boiled	2 "
Cheese	3½ "
Fish.	
Fish boiled, not fat	1½ "
Fish fried, not fat	3 "
Oysters, raw	3 "
Oysters, stewed	3½ "
Salmon, fresh boiled	1½ "
Fruits and Vegetables.	
Apples, raw	1½ "
Apples, stewed	1½ "
Beans, boiled	2½ "
Beets, boiled	3½ "
Cabbage	4½ "
Lentils	2½ "
Nuts	5 "
Onions, stewed	3½ "
Peas, boiled	2½ "
Potatoes, baked	2½ "
Potatoes, boiled	3½ "
Rice, boiled	1 "
Spinach, stewed	1½ "
Turnips, boiled	3½ "
Meats.	
Beef, rare, roasted	3 "
Beef, stewed	2¾ "
Beef, fresh salted, boiled	2¾ "
Beefsteak	3 "
Chicken, boiled	3 "
Chicken, fricaseed	2¾ "
Chicken roasted	4 "
Duck, roasted	4 "
Hashed meat, warmed	2½ "
Liver, fried (calf's)	2½ "
Liver, beef	3 "
Lamb, grilled	2½ "
Mutton, boiled	3 "
Mutton, roasted	3¼ "
Pork, roasted	5¼ "
Pork, salt, boiled	4¼ "
Sausage, fresh, grilled	3½ "
Sausage, smoked	5 "
Turkey, roasted	2½ "
Veal, roasted	4½ "

Among meats, the most digestible are chicken, squab, and mutton; flounder, halibut smelt, and whiting. Among vegetables and grains, cauliflower, string beans, asparagus, cornstarch, rice, sago and tapioca are the most easily digested.

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RECIPES

Coffee Souffle.

4 egg yolks.
1 cup of water.
1 cup of sugar.
2 whole eggs.
1 small cup of black coffee.
Pinch of salt.
½ ounce of gelatin.

Mix together four egg yolks, a cupful of syrup—made by boiling together equal parts of sugar and syrup four minutes—two whole eggs, a small cupful of black coffee and a pinch of salt. Heat over hot water beating with an egg whisk, until it has reached the consistency of muffin batter. Have ready half an ounce gelatin soaked in cold water and dissolved in a little hot water. Strain into the cooked mixture, pour into a mold, and pack in ice and salt for three hours—the usual proportion of three times as much ice as salt.

Fruit Salad.

1 can of sliced pineapple.
3 oranges.
1 pound of marshmallows.
Maraschino cherries.
Sliced peaches.

Cut canned sliced pineapple, a few oranges and one pound of marshmellows in small pieces. Add a few sliced peaches and maraschino cherries. Serve on crisp lettuce leaves with sweetened mayonnaise.

Savory Stew of Beef.

2 pounds of raw lean beef.
Weak stock or cold water.
1 cup of rich stock.
1 small onion chopped fine.
Grated nutmeg.
Cayenne pepper.
Juice of half a lemon.

Cut two pounds of raw lean beef into small strips, almost like straws, with sharp knife. Put into a saucepan and cover with weak stock or cold water and cook slowly for two hours. Put into another saucepan a cup of rich stock, one small onion chopped fine, a little grated nutmeg, cayenne pepper, and the juice of half a lemon. Boil these ingredients together and mix with the beef, adding a little browned flour if necessary. Dish up on a hot platter, lay triangles of fried toast about the base, and serve.

Girls Who Have Expressive Orbs Should Wear a Mantilla Veil

Maidens With Brown Eyes Are Usually Coquettes (a China Blue Eye Is Seldom Expressive), and It's for Such Girls That the Spanish Veil Is Designed.

Caught High at the Back of the Hat, in True Spanish Fashion, the Folds Are Draped Under the Brim Part Way Round, and Then Set Free to Let the Eyes Do Their Work.

—Underwood & Underwood.

Black silk chantilly lace is draped in Spanish style about a hat of black straw and white satin.

HAS she pretty eyes—not china blue ones nor pansy purple ones, but dark eyes that flash and sparkle with each passing thought? Has she, in short, ocular adornment that our leading novelists would unhesitatingly christen "orbs?"

Then let her go forth to conquest with one of the new Spanish veils draped about her bonnet, serene in the consciousness that it is quite the most effective headgear that has been seen for years.

The coquetry of the mantilla was the inspiration for this new veil. Yards and yards of fine chantilly lace in a shadowlike block pattern suggesting filet are used.

In further suggestion of the Spanish headdress, much of the fullness is caught in a bunch at the back of the hat, with the folds so arranged that the border ripples in cascade effect down the back.

The veil clings to the under part of the hat brim to a point just above the wearer's ears, then suddenly loses all attachment to the chapeau and drops far enough to give the eyes a clear and uninterrupted view of the landscape. The veil is wide enough to drop more than half way to the waist line.

The hat that is so lavishly decked with chantilly is a straw of odd shape. The under brim is lined with white satin, to contrast with the black straw of the upper brim.

The touch of glittering substance, needed to give variety to the rather toneless color scheme, is supplied by a threaded design in jet beads on the crown and a huge knob hatpin of jet.

Erma Returns to Flout Edward Shovel

Replying to the Criticism He Voiced on Saturday Last, She Once More Defends Her Assertions, and Throws Down a Couple of Very Feminine Gauntlets.

By THE CHAPERON.

THE Chaperon has been fairly swamped with mail since the last "Butterfly" letters appeared on Saturday. The conflict appears to have taken on the aspect of a duel to the death between the belligerent youths and maidens of the National Capital.

Edward Shovel, poor, well-meaning soul—he was the one who thought Erma had not met a REAL MAN or she wouldn't speak as she did—is today answered by no less a person than Erma herself. She hints that Mr. Shovel has assumed a nom de plume (or shall we say a nom de guerre?). To tell you the truth, the Chaperon couldn't find him in the directory, but that doesn't necessarily mean that no Edward Shovel exists.

We take pleasure in forwarding Mr. Shovel Erma's reply to him. Mr. Shovel, may we present Miss Murray?

Gives Good Advice.

Edward Shovel: I read your great article in the paper today, and must say that I really think you are a REAL MAN. Quite a joke, indeed. Was quite glad to hear that you had found a REAL WOMAN. Are you quite safe to trust yourself to one of these "complexion boxes" as you say we are? I suppose you have found quite a serene young woman, or perhaps one of our old maids. Well, I hope you have great success in taming her down if she is one of our butterflies. It would be a pity for you to have to ask "her" where her complexion disappears to.

Say, Edward, listen to a friend, will you, man? Don't judge all women by the few you have met along the Atlantic Coast. It isn't all girls that leave their mothers to do the washing of the dishes after she has toiled getting supper for our "tired" men at the end of the day. I, for one, do not wait for mother to wash the dishes or straighten up either. As for lovesick young men, they can wait until after work. If they do not choose to wait for me, pray tell, why should I worry? My mother comes first, they come after.

It isn't necessary for you men to become broke on Monday morning, if you were more careful with your money Sunday night.

Not a Question of Money.

Perhaps you haven't met any but the frivolous kind of a girl. When a young man takes me out, he doesn't have to spend much. The girls of today, I will admit, are too fond of money and good time, but will you please just go with a real girl once (the kind that does believe in helping mother with the dishes even after she has worked in a hot office all day long) and see how much is required to give her a good time? Most of these girls are satisfied with a pleasant hour or two.

So you challenge me to dress in fifteen minutes do you? I have dressed in five minutes and looked as well as those girls that take two hours. I challenge you now to dress in fifteen minutes—can you shave and dress in that time? Oh ho! It's quite impossible for a man to do it.

I don't use complexion cream, or any of these face powders. If my complexion doesn't suit the young man I am going out with just let him stay away the next time. I have never yet been late for my callers, even though I have several things to do before receiving them. I do not blame any man for staring after these dressed-up "cats" who call themselves ladies. Yes, Edward, I look, too, when I see something coming down the street showing gay colors. I don't blame any man from laughing at the women who paint, rouge and powder to perfection. What is the use of all this truck? It is only ruination to the skin. It isn't the money with the modern girl who marries; it is: "Do I love him" that counts.

As for meeting young men, or letting the young men from school see us home—well, I would like to know whose business that is? I guess many a night you have met some girl from school—well, whose business is that? Surely not mine; but just the same, we do not go on "hunting expeditions" for "peacocks," as the woman hater has put in his letter.

Try Again, She Says.

As for meeting a REAL MAN—that is the worst part of it: we have no REAL MEN IN THIS CITY, OF COURSE, EXCLUDING YOURSELF. Who could ever doubt that you are a real man? As to my brothers being REAL MEN, they are in some ways, but like the rest of you in others. Your name is a fake one, I know; mine is the real thing.

Your letter was certainly a good one, but try again, perhaps you can bring things home to a few of our "primps," but you can't bring anything home to me. Criticise this letter. I have plenty of time to write in, so don't think you are taking up too much of it.

NOT A PAINT AND POWDER BOX.
ERMA MURRAY.

Times Pattern Service

A BLOUSE you will like, made up in the figured and flowered effects that are so summery and so popular. The open neck is graced with a collar in plain material, daintily outlined with edging; this trimming extends down the right front suggesting that the closing is there. The cuffs on three-quarter full sleeves match the collar in material and trimming.

The pattern is cut in sizes 36 to 42 inches bust measure. Size 36 requires ⅝ yard plain material, 1⅝ yards 36-inch figured goods, and 3⅛ yards of edging.

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THE TIMES PATTERN SERVICE

July 25.

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What They Say About Us

Pertinent Interests of Women As Viewed By Editorial Writers of the Newspapers

Feminist Advances.

Feminism is making advances in Europe. In all of the belligerent countries the women are active in promoting propaganda. The British women are convinced that they will win suffrage. The German women do not expect equal franchise but more liberal legal rights. In France it is foreseen by economists that women will have made great strides and be viewed as entitled to privileges never before enjoyed.—Scranton Times.

Suffs After 91 Electoral Votes.

According to Miss Alice Paul, chairman or chairwoman of the Women's Congressional Union, there are four million women now able to vote for a President or for Congressmen under the laws of twelve suffrage States. These States have ninety-one electoral votes, which the suffragists expect to control by holding their vote together. If they can swing this vote against Wilson they can elect Hughes. If they can swing it against Hughes they can elect Wilson. That is primary mathematics.

Unlucky, as plenty of practical politicians have found in the past, mathematics is a most inexact science. Not mechanics but dynamics dominate voters. And when the suffragists take their stand on the Presidency, and seek to swing the wives and sisters of good party men against the party their men folks favor, they will discover their error at once. They will find that the women who have got the vote mean to use it as Americans, not as suffragists.

What is true, however, is that in many Congress districts the balance of power in suffrage States may depend on the willingness of candidates to stand for the equal rights principle. This will cut both ways and may not affect the political control of Congress, yet it is a factor not to be ignored by the organizers of either of the two great parties in the coming campaign.—Brooklyn Daily Eagle.

Prepared.

A New Orleans cotton broker employed a young woman stenographer who was an acutely incorrect speller. She was so competent in every other way he bought her a dictionary and advised her to use it regularly.

The next morning when he came down to his office he noticed that to protect the new book from the constant wear she was expected to give it, she had covered the books with cloth, and across the cover she had written, "Dictionery."—The Lamb.

A Musical Catastrophe.

The trombone gave an awful blast
Right in the symphony;
The leader, he jumped three feet high,
A frightful man was he.
"Excuse me," said the trombone man,
"A horsefly is to blame;
He stood there on my music, but
I played him just the same."

Honey a Good Medicine As Well as Fine Food, All Experts Now Agree

By DR. LEONARD KEENE HIRSHBERG.

WHEN the sick, the hungry, and the aged are unable to eat other things, honey, syrup, and sugars are still available.

The ancients seem to have known this, Pythagoras and the Greeks evidently learned the value of honey as a ration and a remedy from the Egyptians and the Hebrews. Their theory was that the virtues of many medicinal herbs and flowers entered into the substance of the honey. Perhaps with the poet they thought wherever the bee sucks there suck I."

Cane or granulated sugar is a good food, but the stomach juices must first change it into more simple sweets before it can be directly taken into the blood and lymph streams. Honey, on the other hand, has—weight for weight and bulk for bulk—more nourishment, more fuel, and more heat units than meat, fish, or eggs. One ounce of honey surpasses an egg by 75 units. Moreover, it is decidedly cheaper and twice as helpful to human energy.

Honey is superior to molasses and syrup as a food, or as a throat lubricant, because of nutritive value as well as its soothing and healing powers. If mixed with some mild antiseptic, such as boric acid, it may even serve as an emergency dressing for open sores and cuts.

Uses of Honey.

For hoarseness, coughs and "speaker's sore throat," honey dissolved in water is a helpful lubricant.

Of course, honey is to be shunned in some fevers, inflammation or if germs are present. Honey serves as a soil and hotbed for the growth and cultivation of bacteria and similar microbes. It is, therefore, restricted to irritations that exhibit no infections.

An ounce of honey taken at bedtime has proved itself a good and harmless aid to inducing sleep. Incidentally it acts also as a mild laxative when thus administered.

Whenever there is some reason to limit a person's diet to a very few articles, as is true of some fevers of intestinal origin, of kidney disease, senility and ulcers of the stomach, honey serves as a superior means for feeding.

Like ants and other insects, bees make formic acid, which is a stepchild of formaldehyde, and an excellent disinfectant. The formic acid present in honey adds to its value. It makes this food an antiseptic in a mild way, and thus acts both as a preservative of the honey and as an aid as a healing salve. Honey, plainly, cannot "turn," decay or ferment as easily as sugar, or syrup of molasses. Furthermore, the presence of formic acid in honey adds to it a laxative quality that may eliminate the intestinal poisons which cause griping, colic and fermentation and gas formation.

Valuable Mineral Necessities.

The eminent Swiss chemist, Prof. Carl Bunge of Basel, Switzerland, points out that there are no such mineral fertilizers as lime and iron in sugar. Honey, on the other hand, has nearly 7 per cent of lime and over 1 per cent of iron.

Happy, then, is the child who eats honey, for it is so vouchsafed by nature that a vast legion of the human diet is robbed by civilized cooks of these very mineral necessities. Refined wheat, overly polished white flours, many cereals and some canned goods are also deprived of these human fertilizers.

Over and above these antiseptic elements, honey contains besides three different kinds of sugar. Only 2 per cent is like granulated or cane sugar, while about 77 per cent is composed of grape and fruit sugars, which require no alimentary effort to absorb.

Obviously, honey is one of the ideal foods. It safeguards the tissues against rickets, scurvy, pellagra, beriberi and other non-infectious maladies, and it is less prone to cause gastric and intestinal disturbances. Moreover, in contradistinction to candies and other sweets, honey is less likely to cause acne, pimples, and other skin eruptions.

Finally, honey must be cultivated from bees that feed upon only the sweetest buds and blossoms. Bees that hie themselves to swamps, marshes, pine woods, and bogs make a product that may really prove itself injurious. The real nectar of the gods and man's health-giving elixir of life comes from the insects fed upon wild flowers, clover, lindens, and buckwheat. Needless to say, artificial honeys are inferior.

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Answers to Health Questions

L. R.—If you will send a stamped self-addressed envelope repeating your query I will try to help you.

J. B.—Kindly tell me how to stop chewing tobacco.

First the will to stop must be invoked. Then gum or caramel candies are to be chewed when the impulse to chew tobacco appeares. Slippery elm, licorice balls and a full stomach counteract the craving. e Glycerite of tannin may be applied to the gums and tongue.

A. G. H.—Please tell me how to get rid of poison ivy.

If the little multiplied water blisters of true poison ivy are present and not eczema, the following will heal it: Paint the affected parts with a camel's hair brush with fluid extract of grindelia robusta, one part to four parts of water.

H. J. K.—Please tell me what will remove floating specks before my eyes. I have had my eyes examined by an oculist, but I received no benefit. I read a great deal.

Have your eyes re-examined by a specialist, and if necessary, the proper glasses obtained. Avoid all "near" work such as reading, sewing and the like in poor light. Keep the bowels active daily. An orange, apple or figs before bedtime and two cupfuls of water on waking in the morning will help to bring results. Plenty of fruits, bulky vegetables, oils, fruit juices and lots of water are beneficial. Obtain daily exercise in the fresh air and sunlight.

A Daily Reader—What is the best remedy to reduce an enlarge bust?

Avoid fatty, oily foods, rich soups and gravies, starches and sugars. Strap the bust down with firm bands at night and wear a strong net brassiere during the day.

Reflections of Bachelor Girl

By HELEN ROWLAND.

THE first thing the average bridegroom does after the honeymoon is to put his conscience in his wife's name.

A woman is something like her bankbook—always getting unbalanced.

When a man speaks rapturously of "the good old days" he is really thinking of his wicked young days.

Some men win a girl with mendacity, some with pertinacity, some with audacity—and some with all three.

Every man admires a good cook, and would marry one if it were not that he is usually too busy courting some fluffy, helpless little thing with a pair of eyes and one brain cell.

This is an age of optimism! There are people who believe they will find eternal youth, men who believe they will discover perpetual motion, and women who believe they will find a confirmed bachelor who can be inveigled into a flirtation—and a married man who can be kept out of one.

When a bachelor can no longer struggle against the impulse to marry all is not lost—he can, at least, yield to it gracefully.

The average man marries one woman just in order to escape from a lot of others—and then flirts with a lot of others just in order to forget that he is married to one.

The smart hats seem to have less and less trimming every year, but the women who buy them are "trimmed" quite as much as ever.

Many a man has thought he would marry a girl until he discovered that she thought so, too.

(Copyright, 1916).

Just.

Just a bit of tenderness,
Just a bit of song;
Don't care how you laugh at it,
Guess it helps along;
Just a little thinking of the one you trust so much,
Just a little tenderness to match her tender touch.

Just a bit of jollying,
Just a bit of cheer;
Don't care if it's foolishness,
Helps a lot while here;
Helps her in her lonely hours to smile and sing and wait,
Helps her bloom as bright as flowers that grow beside the gate.

Just a bit of taffying,
Just a bit of praise;
Don't care if you jeer at it,
Bet your life it pays;
Pays to see her tenderness respond to all you give,
Pays to learn that love is life—the only life to live.
—Baltimore Sun.

Tan, Red or Freckled Skin Is Easily Shed

To free your summer-soiled skin of its muddiness, freckles, blotches or tan, the best thing to do is to free yourself of the skin itself. This is easily accomplished by the use of ordinary mercolized wax, which can be had at any drugstore. Use at night as you use cold cream, washing it off in the morning. Immediately the offending surface skin begins to come off in fine powder-like particles. Gradually the entire cuticle is absorbed, without pain or inconvenience. The second layer of skin now in evidence presents a spotless whiteness and sparkling beauty obtainable no other way.

If the heat tends to loosen and wrinkle your skin, there's an effective and harmless remedy you can readily make at home. Just let an ounce of powdered saxolite dissolve in a half-pint witch hazel and bathe your face in the liquid. This at once tightens the skin and smooths out the lines, making you look years younger.—Advt.

Worth Beholding.

"Is there a single thing in this dod-molested town worth seeing?" we hypercritically demanded, for our noontime meal had disagreed with us and made us disagreeable.

"You darn betcha!" triumphantly replied the landlord of the Petunia Tavern. "A handsome girl who ain't married and yet don't want to be a moving picture actress will be going by here pretty soon."—Judge.

Movie Actresses and Their Hair

Did it ever occur to you that every movie actress you have seen has lovely hair, while the most popular count their curls as their chief beauty? In fact, (this is a secret), many are leading ladies just because of their attractive locks. Inquiry among them discloses the fact that they bring out all the natural beauty of their hair by careful shampooning, not with any soap or makeshift, but with a simple mixture which they make up for themselves by putting a teaspoonful of canthrox, (which they get from the druggist), in a cup of hot water and applying this instead of soap. After its use their hair dries rapidly, with uniform color. Dandruff, excess oil and dirt are dissolved and entirely disappear. The hair is so fluffy that it looks much heavier than it is. Its lustre and softness is delightful, while the stimulated scalp gains the health which insures hair growth.—Advt.