

Beauty Chats - By Edna Kent Forbes

Is Your Hair Fresh?

THREE ARE NUMBERS of fastidious women in the world who would be thoroughly shocked if told that their hair smelled unpleasantly. Such women are most careful in



The head should be thoroughly aired every day

their dressing, bathe every day, keep themselves well groomed, consider themselves quite scrupulously clean—yet their hair smells.

They used to tell us more frequent washing dried the hair and made it fall out—which is nonsense. If the hair goes more than a week or two, the dust from the air mixes with the oils from the scalp and clogs up the pores so the roots of the hair get little chance for the needed air. And the dirty, greasy mixture makes an excellent lodging place for germs and dandruff.

Hair that is done up most of the time, or covered by close warm hats, soon gets that peculiar, unpleasant, close smell. Be careful of that; it is neither polite nor pure. Wash your hair with pure soap, tar or castile preferably, once a week, or once in two weeks. Let it hang till dry, brush well as you rub it. Every day, brush the hair well shake it, and let it hang as much as possible. If you can stay out of doors while it is hanging, so much the better. Sun and wind are the best of hair tonics.

Remember that you cannot be beautiful if your hair is oily, if it looks as though it had been slept in, and if it carries about an unpleasantly stuffy, close smell. Half of beauty is cleanliness and daintiness.

Questions and Answers

Can you suggest a remedy to lessen the color in the face? My skin is in excellent condition but is excessively red. There should be something that is harmless.—A. MERE MAN.

Reply.—Such a condition shows you have too much blood, or too rich blood. The result is that the tiny vessels under the surface become swollen from an over-abundance of blood. Face the red look. The cure obviously is to refrain from blood-making foods for a time, that is, eat very little meat, and then mostly white, starchy, or vegetable food. Do not drink any intoxicants. Even if you feel undernourished for a few weeks, a light diet will not hurt you. Take plenty of exercise.

J.A.E.—I don't think eye strain will cause wrinkles under the eye, unless you squint them in a nightly massage with fresh-building cream or cocoa butter, rubbing from the outer edge of the eye toward the nose, will help smooth them out.

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Bedtime Story For the Little Ones

Uncle Wiggily and the May Flowers. By HOWARD B. GARDIN.

"TAT-A-TAT!" came a knock on the door of the hollow stump bungalow, where Uncle Wiggily Longears, the rabbit gentleman, lived with Nurse Jane Fuzzy Wuzzie, his muskrat lady housekeeper.

April showers ought to be blossoming now. "You had?" cried Uncle Wiggily. "I'll hurry with my breakfast, Jimmie, and we'll go gathering May flowers in the woods."

"I'm going to school," answered the Wiggiblewobble man, who was named that because his tail did pibble and that because his tail did pibble when he walked.

"Then he and Uncle Wiggily went farther and farther on in the woods, gathering May flowers as they went, and most at the hollow stump school when all at once, from behind a big stone popped the bad ear scratching cat.

"Do you mean it is a pleasure for me, or for you?" asked the bunny uncle.

"I don't want to," spoke the cat. "Your ears are so small that it is no pleasure for me to scratch them—none at all."

"All right," smiled the cat. "I'll scratch your ears, but the way you go to do it, when Jimmie suddenly picked up a new flower, and holding it toward the cat cried:

"Then Jimmie put the dog-tooth violet (which did not bark any more) in his bouquet, and the lady mouse teacher liked the May flowers very much. Uncle Wiggily took his flowers to Nurse Jane.

How To Escape "Cramps" In Water, As Told By Miss Annette Kellermann

The El Paso Herald's Great Swimming Instructor Says: "You are NEVER in Danger; You Can Always FLOAT."

Article No. 8. BY ANNETTE KELLERMANN.

THE one thing the average swimmer is in fear of at all times is the danger of cramps. There is no question about cramps being a very common ailment among swimmers. The causes of cramps are varied. As I have often stated, the body must be free when you are in the water, therefore if your bathing suit is one that is heavy and cumbersome you stand no chance of saving yourself.

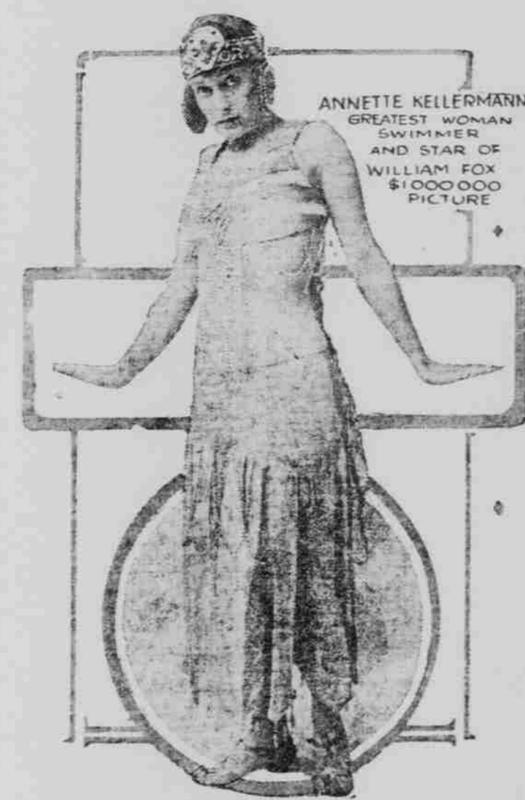
Sometimes the hands that hold these awkward bathing suits together impede the blood movement. Then again if you enter the water directly after eating you stand a good chance of getting cramps. DO NOT ENTER THE WATER UNTIL AT LEAST TWO HOURS AFTER EATING.

If you disobey my directions and go bathing after eating you not only risk your life, but you strain the stomach and weaken your entire constitution. So please remember your stomach as much as yourself, and think of the unnatural strain you will put on it, if you swim right after eating.

There are many other reasons for cramps. Take, for instance, a person who remains in the water for hours and gets chilled. FIFTEEN TO THIRTY MINUTES is long enough for any person to remain in the water. Then again remember what I told you about keeping the body limber. Never stiffen the body to the stretching point, for all this has a tendency to bring on cramps.

I feel certain that a great many of you will experience a feeling of what is termed cramps. Now a little stiffening of the toes should not worry you, in fact, even if you do get cramps while in the water don't try to scramble to safety. You are not in danger even if you have cramps. Remember YOU ARE NEVER IN DANGER. What you must do if the feeling of cramps grips you is FLOAT. A sudden shock will sometimes relieve you at once. Whether you are in or out of the water, cramps should quickly be raised out of the water. This shock sometimes quickly cures cramps. No matter if the feeling seems overpowering. We all, or at least most of us, have experienced the feeling and know that, to say the least, it is not an enjoyable one, but neither is it serious. So then as long as we know that it is not serious, we will stand it easily.

ALL YOU HAVE TO DO IS TO KEEP YOUR THOUGHTS FROM BECOMING CONFUSED. No matter when the feeling of cramps grips you, you must know how much it hurts. THERE IS ABSOLUTELY NO DANGER. THEREFORE, you should do as I float, ON YOUR BACK, as I taught



ANNETTE KELLERMANN GREATEST WOMAN SWIMMER AND STAR OF WILLIAM FOX \$100,000 PICTURE

you. Try if you can to propel yourself slowly towards shore. If you concentrate your thoughts and keep them on the idea of floating, FLOATING, FLOATING, you can save yourself easily.

Further notice you will not lengthen the distance set for you. Tomorrow, How to Save the Drowning, sensible instructions from the world's greatest swimmer that will enable you to save human life from perils in the water.

HOGWALLOW NEWS

Dunk Bots, Regular Correspondent. (Copyright 1915, Adams Sys.) (George Bingham.)

JEFFERSON POTLOCKS, who has been having dumb chills all along, had one out loud the other night. The deputy constable has come to the conclusion to make the race for reelection again. He will make the race on his past record and his horse.

got the best of the turtle by outrunning him. The Hill preacher declares that there would not be near so much poverty in this country if barbed wire entanglements were placed in the bottoms of all ships that set around in shady places during the summer.

One of the hardest windstorms of the season passed over this section Tuesday night. Tobe Moseley's patch of broom corn was blown away and swept everything as it went.

Ammunition is getting so high that Barlow has announced that he will not shoot anybody unless he is absolutely compelled to. Frisby Hancock is back home from a sojourn at Thundershire. He says he had a pleasant time, considering the fact that he visited his wife's kinfolks.

A strange man was in our midst yesterday. He was about a post, but the postmaster did not find it out until he had talked with him for an hour, as he did not have on his spurs.

Miss Gertrude Higgins has returned from her vacation, spent visiting relatives in Illinois and Wisconsin. A bowling team from the Krakauer, Zerk and Moye hardware company defeated a club from the El Paso Transfer company in a close game on the Washington park alleys last night.

It is believed that a robbery was committed at the postoffice night before last, but as nothing is missing and the doors and windows were not bothered and no tracks of any kind were seen around the building, it can be possible that nothing of the kind occurred.

Train and engine men wanted by El Paso & Southern System, at El Paso, Tex.; Douglas, Ariz., and Tucuman, N. M. Rates of pay will be furnished on application for work to general superintendent or superintendent of motive power, El Paso; division superintendent of master mechanic at Douglas or Tucuman.—Adv.

SOLOVATION By DWIG. Illustration of a school scene with children playing and a teacher. Text: WHY IS IT THAT SOME PEOPLE WHO GO INTO RAPTURES OVER WAGNER'S WALKURE ARE UNABLE TO APPRECIATE REAL MUSIC? 8/21

Bayer-Tablets of Aspirin. Plain tablets of Aspirin would look like any other plain white tablets. But the Bayer-Tablets of Aspirin—containing only genuine Aspirin—have "The Bayer Cross" on every package and on every tablet. Pockets Boxes of 12 Bottles of 24 and Bottles of 100. The Bayer Cross—Your Guarantee of Purity. BAYER logo.

BANKING BY MAIL 4% COMPOUND INTEREST. A statement for our new free booklet, "Banking by Mail" carried with it no obligation to open an account. All we ask is an opportunity to explain clearly why your savings should earn 4 percent, and why your money will be absolutely safe if sent by mail to this institution. You may have occasion to thank us for this suggestion. Write to-day, and ask for our New Booklet. El Paso Bank and Trust Company. A Guaranty Fund Bank. El Paso, Tex.

STATE NATIONAL BANK. Established April, 1881. Capital, Surplus and Profits, \$300,000. INTEREST PAID ON SAVINGS ACCOUNTS. C. R. MORREHEAD, President. C. N. BASSETT, Vice President. JOSEPH MAGOFFIN, Vice Pres. G. O. D. FLORY, Cashier. L. J. GILCHRIST, Asst. Cashier.

EL PASO EXCHANGE SYSTEM. Mexican Money Bought and Sold. PRIVATE BANKERS 201 S. El Paso Street. UNINCORPORATED Telephone 1371.

The Daily Novelette FOLLOWED. Two souls with but a single thought; When two hearts beat as one, they ought of course, to beat like thunder.

ST. LOUIS COLLEGE. West. For. San Antonio, Texas. FOR BOYS AND YOUNG MEN. Courses: Preparatory, High School, Commercial and Engineering. Catalogue sent free. REV. A. FRISCH, S. M., President.

14 Years Ago Today From The Herald of This Date, 1902. CHARLES L. LEE, a journeyman barber, has been elected organizer of the Central labor union of the city and is taking up the work with great zeal.

"TIZ"—A JOY TO SORE, TIRED FEET. Use "Tiz" for aching, burning, puffed-up feet and corns or callouses. "Sure! I use 'Tiz' every time for any foot trouble."

HOROSCOPE. Tuesday, September 5, 1916. STROUGHERS read this as an unfortunate day. Although Uranus is in benefic aspect, Venus, Saturn the Sun and Mars are all adverse. It is a day in which to cultivate firmness and severity of spirit. The seers declare that the conditions in Europe affect the public mind in this country and they counsel peace and a positive mental attitude.

GAS, HEARTBURN, INDIGESTION OR A SICK STOMACH. "Pape's Diapepsin" ends all stomach distress in five minutes. Time it! Pape's Diapepsin will digest anything you eat and overcome a sour, gassy or out-of-order stomach surely within five minutes.

PROFITS IN NEW YORK CURB Metal Mining Stocks United Verde Ex. Gained in Market Value 10,000% in Past 3 Years. Ariz. Copperfields Gained in Market Value 800% in Past 2 Months. The above are examples. There are scores of others. If you have any spare funds to invest, NOW is the time to conduct your investigation. There are other stocks of this calibre that promise highly lucrative returns if bought NOW. INDUSTRIAL AND MINING AGE, 27 William St., New York

POSTMASTER 17 YEARS AT BIG SPRINGS IS RELIEVED. Big Springs, Tex., Sept. 4.—George H. Sparsberg, who has served as postmaster here for 17 years, has been relieved by Mr. Reagan. Otha, the 19-year-old daughter of Mr. Sparsberg, was accidentally shot through both hands when she inadvertently came within range of her brother's gun, while shooting at a wasp's nest. She received treatment here. More than 200 gallons of crude oil has been spread on pools of standing water in the city in an effort to exterminate mosquitoes. The Pacific railway assisted in the movement. Supt. M. H. Brasler and the board of education are making a satisfactory arrangement for the opening of the new \$10,000 high school building. Enlargement of truckage facilities in the T. & P. railway division yards here is in progress. Several new sidings will be laid on in the east end that has been reserved.