

any woman who comes within either of these classifications and we believe those three classes represent a very large majority of all womankind.

To the working girl or woman, Dress making or Millinery as we teach it provides a sure, quick and satisfactory method of increasing her earnings and giving her easier work and shorter hours. To the mother of a family the course at the Malcolm School guarantees liberation from much drudgery and enables her to dress better at less expense. To the woman who desires to go into a profitable business of her own with a small capital, our course means just the difference between success and failure. It means that she will get the right kind of a start in the beginning and will be able to establish a good paying business.

Part of our course is directed to instructing the student in correct methods of conducting the business management of an up-to-date Dressmaking or Millinery establishment. With the equipment which our instruction gives there is no excuse for failure.

#### CARE FOR THE HAIR

Care for the hair is very often neglected by many people until the hair falls out and gets thin, then they try to find something that will stop its coming out or some medium that will make the hair grow again, an expensive and not always satisfactory experiment.

The best way to preserve your hair, is a good shampoo twice a month or more frequently if necessary. The air is filled with dust which is loaded with germs. Your hair is exposed to this and if oily and sticky, retains more dust than clean hair. When out riding this is particularly true. These germs which float, seeking a home, will settle in the hair and cause a disease of very unpleasant nature.

It is therefore absolutely necessary to keep your hair clean. Ordinarily two applications of the liquid shampoo soap will be sufficient. The use of pure castile soap, dissolved in water, will be found excellent. This is a neutral shampoo and will not injure the finest hair or hair that has been dyed. It is best to use a small brush around the hair line, to be sure that there will be no sticky condition left. Often the cream and powder work up into the hair and make the soap lather very slowly around the hair line. The rinsing must be thorough, and the last rinse very thorough, and if agreeable, a gradual cooling of the water until it is quite cold, makes a good finish. The gloss on the hair is improved by a warm rinse. It is advisable to pay attention to rinsing for half the success of the shampoo lies in the rinsing.

In shampooing hair that has been bleached and refuses to be soft and free from stickiness, a lemon rinse will be found effective or a few drops of vinegar in the last rinse. The juice of one lemon to a quart of water is a good proportion. Egg shampoos are also excellent on hair that has been bleached. The number of eggs used in this shampoo depends upon the amount of hair. From three to half a dozen are necessary for a successful shampoo. It is always advisable to give one application of soap first to take off the oil and dust, as the eggs alone do not work out satisfactorily.

The eggs to be used are beaten together thoroughly in a dish, mixing a little water with them to make it easier to saturate the hair. Then the mixture is applied like soap and the usual method of shampooing follows. Always be sure to rinse the hair thoroughly with warm water. Many women do not realize the importance of the correct and careful shampoo to keep their hair beautiful and soft, but a correct shampoo is as essential to the health of the hair as is fresh air to the lungs. It is well to have a shampoo regularly and one in ten days is not too often. This may sound strange to people who think once in two months is quite enough, though anybody will realize now that to keep life in the hair, it must be kept clean. There is nothing that makes one feel so fresh and clean as a shampoo and a beautiful wave. We advise a wave following a shampoo, as it trains the hair, and the passing of a warm iron over it—as is necessary in marcelling—induces a growth of hair. The woman who dislikes grey hair must remember that care and cleanliness of the scalp is her only hope of salvation from getting old at an early age.

#### Woman and Life Insurance.

The National Association of Life Underwriters gave a prize for the best essay on "Woman's Interest and Influence in Life Insurance," which was won by John C. Brewry, of Cincinnati. Miss Mary Roberts Rinehart, the novelist, in giving the prize as one of the judges, said:

"The recent change in woman's status and attitude is not only political, but economic. She is earning money. For the first time, perhaps, she is learning just how much blood, brain and sweat goes into the making of a dollar. She works and earns, and she is tragically aware on how precarious a thread industrial permanence hangs. The battle is to the strong."

#### MOTHERS!

Don't miss reading this: All mothers are naturally very anxious that their babies should be healthy and strong, and this can only be attained by keeping them well nourished with a suitable food when it is not possible to nurse them in nature's own way.

Attention is here called to a valuable food made in Western Canada from Canadian Cereals. Below is a picture of an 18 months old boy fed entirely on Porter's Food since he was ten weeks old. His health was excellent and growth normal while he was being fed on this food.



Porter's Food is a very easily digested food. It is highly nutritious, and proves to be of immense benefit where the baby does not thrive on a strictly milk diet. It soon relieves colic, diarrhoea and indigestion, and children who are restless and cannot sleep soon become contented and restful after taking this food. Porter's Food can be made with or without milk, or with water and cream, according to the requirements of the child.

Many mothers testify to the value of this food, and speak of it as a wonderful food for babies, imparting strength and vigor, and causing frail and delicate babies to become strong and healthy and a joy and delight.

Porter's Food is highly recommended by the medical profession.

#### DELICATE AND GROWING CHILDREN

Porter's Food is highly recommended for growing children. Being a specially prepared digestive food, made from wheat flour and oatmeal, it is more easily digested than porridge. A daily dish of Porter's Food will satisfy and sustain young children, and make them strong and vigorous.

Porter's Food will be a useful addition to the household economy whether there is a baby or not, as it is very useful as a gruel in case of sickness, especially when solid food cannot be taken. It can also be used for making custards, thickening gravy and soups, or will add nutriment to any kind of warm beverage. It can be used either as a food or drink. Porter's Food is economical and inexpensive—send 5c. in stamps to cover postage on Free Trial Sample, or \$1.00 for a large 3lb. package, which will be sent post free to any address in Canada. Mail your order direct to the manufacturer:—

George Porter,  
309 Victor Street, Winnipeg.

## Five Roses Cook Book —and Famous— Five Roses Calendar



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just published is an authority that will simplify the duties of the housewife, and that no well regulated household should be without. It is a manual of good recipes, dealing with almost every article of food in which flour is used. To this most useful book 2,000 successful users of FIVE ROSES FLOUR throughout Canada have contributed, and every recipe is defined in clear and simple language that can be readily understood and easily applied.

The book itself is a model of typographical neatness, printed on superior paper, with contents arranged in a most convenient manner. The pages, of which there are 144, are brightened with a judicious assortment of illustrations from black and white sketches, and have a most complete index. The book is bound neatly and strongly, and has good lasting qualities.

All the contributions were unsolicited and constitute a remarkable tribute to the excellency and the Dominion-wide popularity of FIVE ROSES FLOUR.

It is the wish of the LAKE OF THE WOODS MILLING COMPANY that as far as possible the Cook Book and famous Five Roses Calendar should find their way into every Western home. The supply, however, is necessarily limited, and it will be well to lose no time in sending in requests. In order to facilitate the distribution and to handle the correspondence promptly and efficiently, the attached coupon must be properly filled out and 10 cents in silver or stamps duly enclosed for postage, and the address below

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