



EVERY woman naturally desires to have thick and lustrous hair, for there is nothing that is so unbecoming as thin, dry locks that stand out from the head in broken wisps over the ears and at the nape of the neck, or scant oily tresses that cling close to the head and absolutely refuse to be arranged in any of the new coiffures.

In order to preserve the hair that is in good condition, or to cause the hair to grow thicker, the scalp must be carefully treated. When tonic is applied it should be put on regularly and not spasmodically. Sometimes hair tonic is used for one week and neglected for three. Such treatments will do little good. Most toilet preparations made by reputable firms are meritorious, but they will not make the hair grow in one night. If, however, a tonic is used persistently in connection with massage for a reasonable time it is sure to stop the hair from falling.

Shampooing oftener than once in four weeks should not be done, and is absolutely unnecessary for cleanliness, for if tonic is used, it removes dust that that otherwise might accumulate.

A dry shampoo is excellent for oily hair, and I consider powdered orris root best for a dry shampoo, as it not only makes the hair light and fluffy, but gives it a delicious fragrance of violet as well. Powdered orris can be purchased of any druggist or at any department store that handles toilet articles. The powdered orris is easily applied. The hair is first combed carefully, and thoroughly brushed until every bit of dust and dirt is loosened from the scalp. The powder is then applied with a powder puff, being very careful not to get it into the scalp. Let it remain a few minutes and brush out carefully. Once a week, as a rule, is often enough to wash a brush. More than that is apt to make the bristles limp. A few drops of ammonia in a basin of water is the best cleansing agent I know of for brushes and combs.

Liquid green soap is an excellent basis for a shampoo, but so strong is it that any application containing green soap must be reduced before it is used. The soap should be shaved fine and enough boiling water poured upon it to dissolve it. Then when cold it may be further reduced with water. Before shampooing, the hair must be thoroughly wet, so that the suds will foam. If enough soap has been put on, and the rubbing is done properly, all the dust is loosened and will wash out just as soon as the head is held over the basin. There is never the slightest difficulty in knowing when the hair is clean, for after all dust is out, if the locks are squeezed in the hands, there will be a slightly creaky feeling. Until the creaking is felt, more soap and more rinsing must be given. Dry with soft towels.

In massaging the scalp: First, let down the hair and loosen it by giving it several light shakes. Brush thoroughly. To my mind a rubber cushion wire brush is the best to use. Next, part off the hair and apply the tonic with a piece of absorbent cotton or soft tooth brush, until the head is all wet. Now place the tips of the fingers just over the forehead and move them with a circular motion backward, toward the top of the head. The movements should be firm, but light, so as to stimulate the follicles, and at the same time loosen the scalp. The next movement: Bring the fingers over the ears, where the hair begins, and the movements should rotate toward the top of the head. In the third movement the hands meet at the back of the neck and work up toward the line where the second massage left off. Five minutes of massage like this will set the whole scalp in a glow. The hair will respond quickly with the stimulated circulation, and often three or four massage treatments will restore it to health. Self-given massage is not, however as easy as it sounds—that is, if kept up for five minutes. It is very tiring to the raised arms, sometimes even exhausting. But it is better to be one's own masseuse than not to have one at

all, and one soon becomes accustomed to it.

STIMULATING TONIC

Eau de cologne - - -	8 ounces
Tinct. of cantharides -	1 ounce
Oil of lavender - - -	½ dram
Oil of rosemary - - -	½ dram

Too frequent shampooing makes oily scalps more oily; it is one of the most injurious methods that can be adopted. For in this way the pores, already overstimulated and throwing out an abnormal quantity of oil, are enlarged by too much water, and if the oily condition does not grow worse the victims are fortunate.

When a woman is troubled by oily hair, she must use something which will act as an astringent to tighten the pores of the scalp. Tonics which will strengthen the general health of the head are desirable naturally, but with them must be alternated an astringent, but not one that is so strong that it will act too quickly.

QUESTIONS AND ANSWERS

Amelia.—Can you tell me what causes dark rings under my eyes? Resting does not seem to help me, for I have these dark circles just as much in the morning on arising as when I go to bed at night.

The so-called dark rings around the eyes are an indication of a sluggish circulation of the blood or an abnormal condition of the blood itself. Live in the sunshine and fresh air as much as possible. Take plenty of physical exercise. Do not eat any but nutritious and easily digested foods. Persons with insufficient circulatory powers and blood of poor quality must not burden the body with an unnecessary amount of an improper quality of food.

Mrs. Y.—How can I tell if a cold plunge bath agrees with me? Sometimes I suspect it does not. I am forty-five years of age.

The actual cold plunge bath agree with very few. It is to many a great shock. If, however, you take a cold plunge, and reaction takes place and you feel warm after it and the skin is red, then it is good for you.

But if you feel chilly afterwards it means that the blood has been driven from the surface of the body, and that your power to have it return promptly is not strong enough. Then you know that the cold plunge does not agree with you. In that case try a medium bath, or a cold sponge bath, which is not so severe. Try the water between eighty and ninety degrees Fahrenheit. You can buy what is called a bath thermometer at any druggist's for twenty-five cents, and that will correctly tell you the temperature of the water. Sixty-five degrees you will find is a cold bath. Eighty or ninety is a tepid bath. From ninety to ninety-eight is a warm bath.

Corinne.—It may be a feminine vanity, but I do not like the first appearance of "crow's feet" coming to me. Is there anything I can do to stay this apparent ravage of years?

Catch a glimpse of yourself in a mirror as many times during the day as you can. Watch and take note of how often you find yourself frowning or in various other ways twisting and distorting the facial muscles. Sit down before a mirror and carefully observe your expression while you talk and laugh. I am sure in a short while you will see that you make unnecessary grimaces all day long, and that these distortions of your countenance are responsible for the lines which cause the "crow's feet."

Plainly speaking "crow's feet" are usually landmarks made by habit and needless motion and action of the muscles of the face. They are, by no means, necessarily caused by the ravage of years.

"Countrywoman" asks: Can you tell me any safe way to prevent a constant falling out of my hair?

Hair cannot grow on poor soil. The scalp must be thick and pliable and move freely over the bones of the skull. If the scalp is tightly drawn over the bones it will constrict the blood supply and cause a decay of the roots of the hair. Employ much friction to help loosen the scalp and aid the circulation.

The constant presence of dandruff will injure the health of the hair. It is highly important to keep the scalp clean and free from dandruff, and to attain this a daily brushing and a weekly or fortnightly washing are necessary.

If the head perspires very freely and does not have a chance to dry, the roots of the hair may suffer. Always keep the hair as dry as possible. Germs thrive under conditions of heat and moisture.

Let the hair fall down loosely about the head as long and as often during the day as possible. And, if you can do so, sun and air the whole scalp a few minutes of each day,

Bonnie Prince Charlie Talcum Powder

is of the very finest grade, cooling, soothing and refreshing, making an ideal toilet and nursery powder.



Delightfully fragrant, with the exquisite odor of White Heather.

By its daily use babies are protected from chafing; their skin is kept smooth, velvety and healthy.

Bonnie Prince Charlie Talcum is recommended to all who suffer from soreness, irritations and abrasions of the skin, or from prickly heat.

Gentlemen will find it a grateful aid to comfort after shaving.

In white or flesh color

Price **25** Cents

Decorated with Royal Stewart Tartan design in correct colors, and a portrait of Bonnie Prince Charlie encircled with Scotch thistle design. A unique and charming package. Same size as Royal Vinolia Talcum.

On sale at all druggists.

Vinolia Company Limited, London, Paris, Toronto

By Royal Appointment Soapmakers to H. M. King George V.

127



"The Most Beautiful Women in the World"

consider the proper arrangement of their hair, as a matter of utmost importance to their personal appearance.

"Nature's Deficiencies"

can be supplied by Canada's foremost hair goods house.

"DORENWEND'S"

All our goods are of the finest quality hair, manufactured by experts, making detection from the natural hair impossible. The styles we offer are designed from the newest London and Paris fashions.

Write now for our handsome illustrated catalogue "X" and booklet on hair dressing
Free on request to any address

Ladies' Transformations, Pompadours, Waves, Fronts, Bangs, Switches, etc.

Satisfaction guaranteed on mail orders

The Dorenwend Co. of Toronto, Limited

(The House of Quality Hair Goods)
103 - 105 Yonge Street, Toronto



Chocolates

for people who want the best

THE
Harry Webb Co., Limited
TORONTO, CAN.

Na-Dru-Co Headache Wafers certainly do make short work of headaches. 25¢ per box.

132

