# DAILY MAGAZINE PAGE FOR EVERYBODY

Hints on Beauty

### Giving Life and Luster to the Hair

By MAGGIE TEYTE



ure will give an idea of what the

MAGGIE TEYTE to care for in the way of "crowning glory," and what the bald-headed one has suffered in the way of loss.

When you see harrowing pictures of victims of barbarity suspended by the hair of their heads, take this comfort to yourself-then look the other way. for the only way to keep cheerful is wrong whenever and wherever you can, on things you have no way of bettering.

Growth in Summer.

The grain of comfort is this, each luresque.

order that new and vigorous hair may prides herself on her dress sanity. and red and purple on the corners of lace. The just under the tunic is of moire. sprout from the follicles they leave. There has never been a time in the history of the human race when the possession of luxuriant tresses was not an enviable condition. Not every woman can have beautiful, long, wavy hair, but if what she has is not glossy and healthy and well cared for, it is her

The hair is so exquisite and so valuable a part of feminine beauty it should be treated with kindly consideration. As a matter of fact, it is often most wofully neglected and abused, covered as it is with the hair from other heads and unventilated hats and being burned and "scruffed" and twisted and raked with harsh brushes in heavy hands and genuine hair-splitting combs.

How to Shampoo.

To begin with, the head should be shampooed just as often as it needs cleaning. The healthy head is the clean head, and just as much dirt and dust and germs settle on our heads as on

There is nothing better for a sham-\*oo than an egg and an ounce of water beaten together and rubbed into the scalp with the pads of the fingers. There is iron and sulphur in the yolk of the egg, which feeds the hair roots After rubbing in the egg, wash it all out with warm water, till there is not a particle left. Then give it a final rinse in cold water. Dry with warm towels. sunlight, massage and air.

If there is a dry condition of the scalp, dip the tips of the fingers in olive oil and, parting the hair, rub it well into the scalp.

was given me long ago by a woman pavilions. who had beautiful hair, always glossy and smooth. It is made by combining half an ounce of oil of rosemary with an ounce and a half of almond oil. This will make the hair grow.

> Marmalade Dainties For the Tea Hour By MAY ELDRIDGE

THE American palate has discovered the reason for the almost constant presence of the marmalade jar on the English table. It is because of its wholesome deliciousness. For generations the English have eaten marma lade with equal relish as an adjunct to the breakfast toast, or the teatime muf-

Grapefruit Marmalade.

Scrub one grapefruit, one orange and one lemon to remove all possibility of foreign elements on the rind. Shave the fruit fine, being careful that the seeds and bitter, tough core are eliminated, but making use of all the pulp and peel.

Measure the fruit and add three times Let it stand in an earthen dish over night. Next morning boil 10 minutes only. Then let it stand another night. The second morning add pint for pirt of sugar and boil until it jellies. This will fill 12 ordinary jelly glasses.

Orange Marmalade. Be sure to remember the necessity for thoroughly scrubbing the fruit. For this purpose use a clean root brush. let stand one day and one night. Boil tcrest. 10 minutes on the second morning. Then let it stand two days and two nights. Add six pounds of sugar and boil an hour and a half. Be sure in making any kind of marmalade to use an earthen dish to contain the fruit, and in cook-

ing be careful not to let it scorch. Rhubarb Marmalade. Take five pounds of rhubarb and five pounds of sugar. Cut the rhubarb in small pieces and sprinkle with the sugar and let it stand over night. Slice four lemons fine, add to a pound of figs and chop the mixture before adding the rhubarb. Boil slowly several hours, watching it so it will not burn. and has cooled a little, some cooks add every subject under the sun. The books know. But she works it to death, along Mrs. Penfield said: "Dear me, Peter, To me it is the most pitiful of subter-

VERY LATEST FEATURES OF SPRING STYLES



Stripes and Figured Goods Are Often Effectively Combined.

The Nipponese Bow Appears on the Spring

Pointed Yoke with the Sleeves in One Piece.

Back of Skirts Discloses a

Boleros Are Seen on the New Frocks, Often in Con-Frilled Petticoat. trasting Materials.

Plaids in Plain Colorings Are Enjoying Unprecedented Popularity.

Sashes Are on Most Gowns and There Is No Rule for Their Placing.

By MADGE MARVEL

CTURESQUE is the one word | Here is shown the fancy for contrast- the two-tiered tunic of soft brown | material is olive green crepe meteor. modes. They are inspired by so which is very bouffant at the hips and on the front of the bodice.

to bear a weight of four ounces. Good, not neglecting the Orient, they compass which are every one worthy of mention. and caught in the centre back by a the very feminine frills at the neck. visions of the night, when deep sleep Answers to Health Questions healthy hair should grow about seven mearly every country and age from the You will find many of the best frocks tassel-tassels are extremely fashion. The lower part of the skirt is of fine falleth on men, fear came upon rie, an inches each year. It makes most of time of that memorable dress Eve made of the season showing sleeves of con- able-and the upper part of the skirt is serge in blue and the plaid shows blue trembling, which made all my bones to the growth in warm weather. Very for herself. But in all the borrowing trasting materials, great cold has a stunting effect on the and adapting the quality of picturesque- This is illustrated in the first gown, into the foot band of stripes. ness has never been lost sight of.

for the only way to keep cheerful is ing materials—the rage for stripes and crepe. This waist line shows the normal normal limp of the popular fallacy that sleep-walking the describes the latest mal normal limp of the popular fallacy that sleep-walking plaids and figures—the new silhouette, mal position and the flat Japanese bow little bolero made of gay striped silk flesh pressed upon the back part of his and the fear of high places are the same but save your peace of mind and your many periods and show such varied in- tapers to moderate amensions at the An original arrangement of stripes pleated and has the tunic effect gained the unhappy somnambulist ceased to remember that only one-tenth of one per beauty by avoiding all morbid dwelling fluences that giving them a clear style feet, and the revival of the bustle. distinguishes the third frock. They are by the use of ruchings. pedigree is quite out of the question. There is also evidence given of the used for the deep pointed yoke and Plaids and the waistcoat both distin- It is said that Job walked in his sleep, over 90 per cent, have a sick, dizzy feelshoulder effect, the waistcoat and the of the hobble.

also of the plain material and gathered and yellowish tan. The waistcoat is shake" the time, but from such heads the only find all the best style features of the the tunic of pompadour chiffon in which up back drapery, which is the most upper part of the bodice and the tops ment of the anatomy. hairs that fall are the old, wornout season. Moreover, they are compara- pink posies bloom on a pale green field popular version of the bustle. It is of the sleeves, the tunic and the underones, which have done their work and tively conservative, so they may quite In the second figure there is a glimpse defined by a black velvet bow. It also skirt are all of the taffeta. The rest of long wilt thou sleep, O sluggard? What outlived their usefulness and drop in safely be copied by the woman who of Futurist roses done in bold stitches shows the slit in the back of the skirt the bodice is of chiffon. The sash tied

## What Do Our Visions and Dreams Mean?

By WINIFRED BLACK (Copyright, 1914, by Newspaper Feature Service, Inc.)



jumping from the window!"

And two days later it turned out after all?

Doubtless hundreds of prisoners have waked their guards in that same grief and terror.

old prison, perhaps in that same ancient cell, with some such cry of

And doubtless few of their visions turned out to be anything but visions. Sometimes the things we hear and do not hear make me think of the There is an old French recipe which queer, little, cheap-looking glasses you see in the bath-houses at the summer

> They make everything they reflect look as queer as they are. To read the papers one would think that there wasn't such a thing as a'

happy marriage in the world. Nobody prints a statement remarking that Mr. and Mrs. John Smith spent the day happily as usual with their children. But if John Smith chases his wife and children out of the house with a butcher knife, the fact gets into the papers, or at least into the neighborhood gossip.

What Is Love's Office?

And we all say "what is the world coming to?"

igns and warnings-just how much do they mean, really, I often wonder. When you begin to get close into shore after an ocean voyage you are against that inward monitor when you came to grief? uite likely to see the branch of a tree or a bit of wreckage floating in the sea o long unmarked by any sign of land.

out saw the limb of a tree floating in the blue sea just as the caravels were cyclone-and just as disastrous a one. about to turn and go back to Spain? Sometimes I wonder if these visions and these signs are just floating self the most of all.

fins. Now Americans have fallen in branches, come from some unknown shore not yet visible through the gray mist of our limited human intelligence.

There is one who is very dear to me, and who is often far away, and mean? when he is ill or troubled about anything seriously I always know it.

I have wakened from a deep sleep often and often with that dear face the old, old prison in the old, so clear before me that I have spoken the boy's name, and very soon would old city of Rome the other come the tidings that he had wished for me or needed me at that very hour. What is there surprising in that?

It seems to me it would be much more astonishing if I did not know when He screamed at the top of his one I love so dearly cried to me from a troubled heart.

voice: "My mother, my mother, she is What then is love for-if it is so blind, and so deaf, and so dull of comprehension? Are our bodies so much more powerful than our minds-

that, at the very hour the prisoner When one sits in the room with me he can put out his hand and touch had the vision, his mother die jump me, and I know that he is there. Why should his arm be so much stronger out of her window at home and kill than his mind? Why should my eyes be so quick to recognize and my heart so slow?

"Visions" Often "Common Sense."

It is not strange that that poor prisoner heard his mother's cry of anguish when she bade farewell to life. Doubtless she called his name-the mother who bore him, his own flesh and blood. Why shouldn't he hear her, even hough she were miles and miles away?

There is no question at all about it. Thoughts ARE things, and very owerful things at that." Why should they not be; are they not immortal; do they not live when

these, our poor bodies that we make such a to do over, are dust? No. it isn't Christian Science I'm trying to talk, or Divine Science, or any other kind of science or religion. It's just plain common sense, and we've always known it all our lives

and acted upon it. The only thing is that, nowadays we are no longer ashamed of the faith that is within us. Can't you tell whether people like you or not-no matter how they try to

Were you ever cheated in a friendship in your life that you were really at the bottom of your heart surprised?

Didn't you know all the time, with that knowledge of the heart that These strange coincidences of visions and dreams and premonitions and beats all the knowledge of the mind a thousand times in a thousand different ways, that you were befooled and tricked, and didn't you make yourself go

Can't you tell when you step inside the doorway of any home in the goose. world, be it humble or magnificent, whether or not it is a happy one? Didn't Columbus save his own life and discover America because the look- A quarrel leaves as definite an impression in the air of a room as a

You cannot hate a man without hurting both yourself and him-but your-

Those floating branches of green trees in the blue waters of the strange, mysterious sea we call life-for want of a better name-what do they

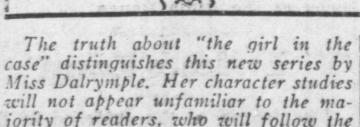
Don't you wish we really knew?

## Peter's Adventures in Matrimony

By Leona Dalrymple

Author of the New Novel, "Diane of the Green Va ," Awarded a Prize of \$10,000 by Ida M. Tarbell and S. S. McClure, Judges.





will not appear unfamiliar to the ma-Take six oranges and two lemons, jority of readers, who will follow the sliced thin, add six pints of water and fortunes of "Peter" with growing in-Feminine Sympathy.

two teaspoonfuls of Jamaica ginger. I like, Mary loathes; the pictures and with a generous sprinkling of dearies that was before my time!"

The truth about "the girl in the music I find interesting, Mary says bore and dears and honeys and darlings.

ties, with deadly results. in-law, puffed in upon the scene to entertain me and related doleful tales of the Mary had postponed telling me about.

my lame foot than combination of syllables you can offer whether it's getting old or not.

case" distinguishes this new series by her to death. Therefore, we spent our Whenever Mrs. Penfield came I found I was 4 or 5 years old, and you must re hours discussing the most banal triviali- my only ray of enjoyment in the reflec- member." tion that she was getting fatter. Also I "Oh, well," she assured me airily, "it's It was bad enough to sit by the hour reflected cynically that the quality she probably slipped my memory." talking petty gossip with Mary. It was had bequeathed to Mary-a vac'llating But I've heard her use that subterworse when Mrs. Penfield, my mother- indecision-was the cause of my tumble fuge with others, who didn't know her through the broken cellar stair which quite so well, and get it over.

> catastrophes that had happened inter- As Mrs. Penfield grows older and Mary's mother is growing amiably kit THINK terhaps mittently to her various friends. I never stouter I notice an increasing tendency tenish. Lacking genuine youth, she des-Mary and I got a realized how stout and sentimental in her to dress in the most ridiculous perately strives for the semblance of it little more upon lame foot and gushingly called me her knows why fat women wear arrow en don't try to realize that youth is a Not a sign of him was left." each other's nerves dear boy and Peterkin! Save us-Peter- skirts! They do, however, and Mrs. thing of the heart and not of the hair. Penfield's is a little narrower than the And speaking of hair, I've lately been My mother-in-law makes sentimental narrowest. She looks like an elderly top watching my mother-in-law's hair in the nicknames out of the most dignified bent upon spinning in juvenile gyrations sunlight, and wondering what makes it we ever had before her. A horse is a "dear old horse-uns," Mary's mother is losing years with little younger than Mrs. Penfield, tet her

"It wasn't," I said, ungallantly, "fo

look so queerly rusty. Now mother is a never realized so when she addresses it lovingly; a dog is miraculous speed. Frequently I find the hair is growing very white in .ront, and keenly that Mary "Fred-uns!" and I have become Peter- Whether this is a fault of memory due for all it brings a bit of a choke in my and I have not a kin. Thank goodness it isn't Petr-uns, to increasing years, or a peculiarity of throat. The front of Mrs. Penfield's single taste in com- though it may be in time. Why she memory due to insistent rejuvenescence, hair is different from the rest, and I'm pered home." determined by the time it takes for the LEONA DALRYMPLE mon-that we disdetermined by the time it takes for the agree on nearly as the one most capable of expressing something the other day that halpened fighting Father Time and dyeing her would not do to worry."

mixture to thicken. When it is cooked her kittenish excess of affection I don't when I was a youngster of 4 or 5, and hair!

fuges elderly women adopt.

How "Restless" Muscles May Cause Sleep-Walking

Secrets of Health and Happiness

O be asleep or not to be asleep. That is the real question about somnambulism. Whether you, who walk in your sleep, are really awake, or whether you are tight asleep with your eyes open, is a moot point. There be those who maintain that somnambulism, or sleep-walking, like catalepsy, is a variety of insanity. "It is a mild form of lunacy," says one expert. "It is a type of automatism," says another.

A third "authority" is convinced that somnambulism is, after all, a form of auto-hypnotism. It matters very much whether any one of these various views is correct, or whether they are all wrong.

There is much evidence at hand to show that all these "authorities" are in error. Witness this instance: Mr. G. S. was accustomed at night to arise an hour or

so after he was asleep. He would dress himself, walk down stairs, unlock his front door and walk two miles to a park. Either the cold air, or something would then awaken him. ! must be taken to the medical black-He would be frightened and amazed to smithy for correction. find himself far from home. When he If all serious organic accidents have came to my clinic and told me of these been eliminated and jacked-up, the habit

a woman walked before me. beckoned dows and a tub of cold, icy water beher finger, and I followed." and worn with a skirt, which is finely brain. An operation removed this, and can be soon disproved. You need only walk the streets at uncanny hours. But charming they are and always picincrease of fulness at the lower parts sleeves and for a deep band on the guish the next suit, which is one of the fulness of fourth chapter: "Now a thing was secret- an abyss or upon a high monument. the mulle sleeves is conspicuous and the ly brought to me and mine ear received hair of the human head is supposed From early Greek to mid-Victorian, bolero, to say nothing about the hats. The tunic is of chiffon gathered full waistcoat seems in strange contrast to a little thereof. In thought from the

of tan golfine and the blouse blue mulle. Sleep walking in some instances seems ankle. There is a sensitive swelling on where the sleeves and skirt are of green In the next gown the newest note is Ashes of roses taffeta with rose pink to be the outcome of a muscular excitation. The bone which hurts when touched but Even the healthlest head "sheds" all In these seven models I think you will and white awning striped taffets and the bustle effect gained by the caught- chiffon cloth forms the last dress. The tion, established from some derange- not while walking.

that sound, non-somnambulistic sleep extreme care. omes from lack of muscular activity. started, even in sleep, will continue like tions for readers of this paper on the landslide or earthquake started by a medical, hygienic and sanitation sub-rolling pebble. If some irritating thing, medical, hygienic and sanitation sub-some pain or ache, some disordered jects that are of general interest. He nerve, organ or other structure inter- will not undertake to prescribe or feres with a loosening and relavation of offer advice for individual cases.

troubles and other bodily derangements this office.

By DR. LEONARD KEENE HIRSHBERG A. B., M. A., M. D. (Johns Hopkins).

repeated sleep-walking habits, he said: of somnambulism can be broken by put-In these spells I always dreamed that ting locked screens in the bedroom win-

wilt thou arise out of thy sleep?" "Yet poultices made of baking goda and a little sleep, a little slumber, a little glycerine will relieve the trouble. If it folding of the hands to sleep." show | does not, have a surgeon lance it with

Without a doubt, muscular habits once Dr. Hirshberg will answer quesyour muscles, it is always possible, even Where the subject is not of general In sleep, to start a group of these motor interest letters will be answered per-To cure the sleen-walking habit, large sonally if a stamped and addressed tonsils, adenoids, wax in the ears, noises envelope is enclosed. Address all inin the head, pressure in the brain, evel quiries to Dr. L. K. Hirshberg, care

#### Advice to Girls By ANNIE LAURIE

····· Dear Annie Laurie-I am almost 15 vears old, and I have gone with a boy for two years. He does not live in my town, and New Year's afternoon he came to visit me. The next day I received a letter from him. ard since then I have not heard from

When I was visiting in his town I went with him to call on his people. Was this proper? I never would permit him to kiss me: sometimes he got a little cross, and said when he loved me he didn't think it was wrong. I shall be very grateful for any ad-

vice you may give me.

boys Is this too many for my age? Should I wear my hair down in TV 7 ELL, for goodness sake, Brunette, and stir up a plate of fudge and have a

I correspond with four different

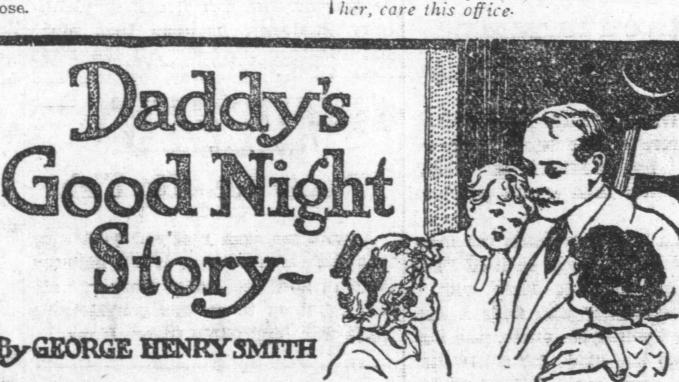
Haven't you any mother at all. or even maiden aunt? Is there nobody in the world who cares whether you act like a gone goose or a sensible human being? As for this particular boy, what earthly difference does it make whether he thinks this, that, or the other about you? What difference can what he thinks make in your life? It's what you

What do you do with your time? Have in the world? Are you so clever that nobody can teach you a thing? Or is your head so full of the boys that there isn't room in it for another earthly thought?

Come now, little sister, come now, get down to some sort of common sense. What is there about a boy that makes him such a wondrous creature? What does he amount to in the world. anyhow, and where on earth did you get

the idea that you can't live without some love affair with one of these rare and radiant beings? Why honey, what you need, and need cruelly, is a good, hard, old-fashioned spanking. I wish I had you right here with me and I'd give it to you-with a will, too-and then when you were through crying we'd kiss and make up and go out in the kitchen 14 years old and five love affairs good sensible talk about the whole

Miss Laurie will welcome letters of est from young women readers of this ire that's important, and from your own futer and will reply to them in these confession you must be a good deal of a columns. They should be addressed to



ISTER POSSUM went to Mrs. Rabbit's door and knocked, "Bang! Bang!! Bang!!!"

"Come in!" shouted Mrs. Rabbit from the kitchen. Mister Possum went in the house very solemn-like and sat down.

"What is the matter?" asked Mrs. Rabbit. "Well, I'll tell you," said Mister Possum. "We were sliding down hill. Brer Rabbit was steering. Suddenly we hit a bump and we all tumbled off he bob sled. Your dear husband landed in a snow drift and-and-we

aven't seen him since." "My poor husband!" exclaimed Mrs. Rabbit. "Yes," continued Mister Possum, "he must have frozen and then melted. Mary's mother was until she patted my extremity of fashion. Heaven alone with pitiful results. I wonder why wom- for we can't find him anywhere. The snow was very deep where he fell in.

"Well," said Mrs. Rabbit, "I shall not worry about it, for he always has a way of turning up." Just then the kitchen door opened and who should walk in but Brer

"My dear, dear husband!" exclaimed Mrs. Rabbit, throwing her arms a "dog-un"; Mary's cousin she calls doesn't remember things that I do. the effect to me is wonderfully pretty, around her husband's neck. "Where have you been?" "Oh! I fell in a snow bank. Dug myself out on the other side and scam-

> "There you are!" said Mrs. Rabbit to Mister Possum. "I told you it Mister Possum shook hands with Brer Rabbit and then scooted out the