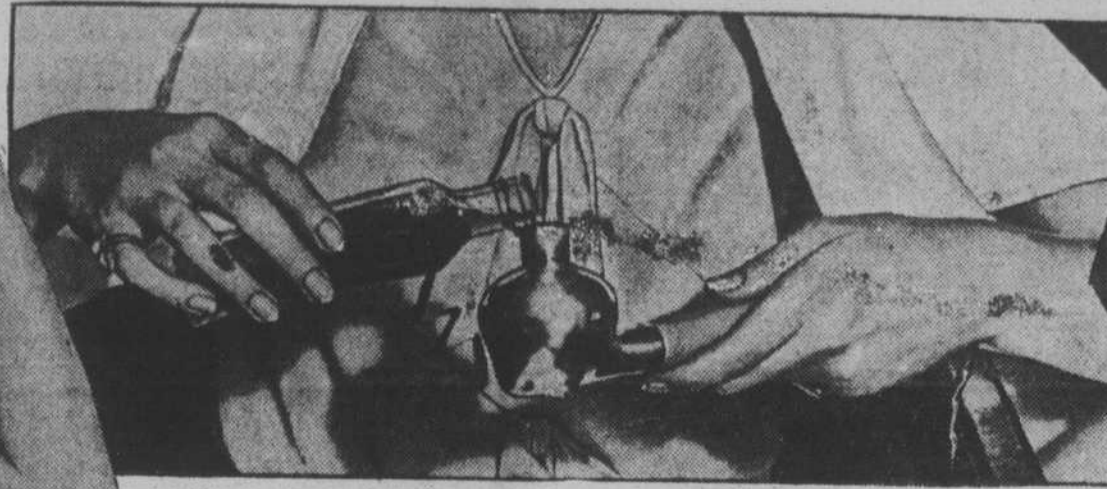


A New Shampoo for Dried Out Hair

This Oil Massage Reconditions the Scalp After Long Exposure to the Hot Sun



The Cup-Like Neck of the Electric Combination Applicator and Rubber Brush Is Filled with the Soapless Shampoo Mixture. In Five Minutes AFTER the Current Has Been Turned On the Mixture Will Be Sufficiently Warm for Application to the Scalp.



These Photos Posed by Miss Jo Hendley of the Chester Hale Ballet.

Before Starting This Special Oil Treatment and Soapless Shampoo the Split or Parched Ends of the Hair Should Be Clipped Off, as Shown Above.

By JOSEPHINE HUDDLESTON
Author of "My Secrets of Charm."

I SEEM to take it for granted that most of you have neglected your beauty during the Summer, but from the nature of the complaints and inquiries I'm besieged with on all sides, I think the attitude is justified!

It seems that every one I see or hear from is in a panic over the condition of their hair or skin; what with dryness of both skin and hair making a sudden appearance, tans to bleach out, split ends to be eliminated and general rejuvenating to be entered into. So far, I'm happy to report, figures seem to have improved while enjoying the out-of-door activities and that is something to be grateful for. Of course, Dame Fashion has allowed for the curves which now characterize the fashionable figure, and so the need of reducing has been dispensed with to a great extent, the majority of women not being over-weight at the present time.

Today we'll discuss methods of polishing up the tarnished crowning glory so that the new Fall hats won't be disgraced when we don them. Next week we'll see what can be done about bleaching and refining the skin. Thus we'll get fairly well launched on our Fall beauty treatments rather quickly.

For many years now the use of hot oil applications has been considered the best possible method of overcoming the ill effects of too much exposure to sun and wind. From time to time, newer and better oils and methods of application have been launched and it is to one of these I wish to bring your attention today.

One reason why I favor the special applicator depicted above, is because the oil used in it not only has remedial value but acts as a shampoo as well, cleansing the hair thoroughly without soap, so that none of the benefits of oil treatments are lost by subsequent shampooing with alkaline soaps to remove the excess oil.

It might be well to review some of the salient features which characterize dry hair conditions before entering into the details of the special treatment to be given in this article.

Constant exposure of the hair to the sun and wind dries the oil from the surface of each hair shaft. The ducts may be functioning properly by sending forth sufficient oil to give the needed protection to the hair for normal

or average exposure. When exposure is more than normal, as it is apt to be during the warm weather period when most of us go hither and yon without a hat, the hair itself becomes dry and brittle although close inspection reveals a normal, healthy scalp condition.

To add to the drying effect of exposure to the sun and wind is the drying action of the permanent wave most of us had early in the season so that constant trips to the beauty shop could be discontinued during the Summer. I wonder how many of you continued the oil treatments during the Summer which are so essential to the drying effect of the permanent waving process? Had you continued this policy, if only to insure greater beauty for your wave, you would not be annoyed by split ends and a general dryness of hair!

With a normal scalp condition and a dry hair condition, it is necessary to supply the oil needed to put elasticity and life into the hair itself without flooding the scalp. Also, it is essential that the hair shafts be allowed to retain the oils they have absorbed. This means that alkalines must be kept away from the hair for alkaline dissipates oil.

Most soaps have an alkaline content, no matter how good they are as soap. That is why all beauty experts are urging those suffering from dry hair to avoid the use of even bland soap until the hair and scalp have been brought back to a normal state.

All of us realize the cleansing value of oil. One of the main objections to ordinary oils, however, is that they must be washed out of the hair with a lather produced by soap. Naturally such treatment is more helpful than none at all, but the oil shampoos which require no after lathering with soap are proving the very thing needed under such circumstances.

There are a number of them on the market at present, although they are used mostly in beauty shops. However, as soon as the buying public realizes the advantages of the soapless oil shampoos they will be marketed in the corner drug store as so

many other toiletries now are. In the meantime, the treatments may be had in the beauty salon, the head of the shop frequently can be persuaded to sell one a bottle for home use, or they can be procured with the special applicator illustrated above.

Whether you have the rejuvenating treatments in the beauty salon or whether you procure the necessary accessories and do the job at home, the method should be as follows:

First all split and dry ends should be clipped from the hair. This is done by twisting small strands of hair as tightly as you can and then, while holding the end of the twisted strand between the fingers of one hand, run the fingers of the other lightly up the strand of hair to loosen the ends. These loosened ends should be clipped off with the scissors.

When all of the dead or split ends have been clipped from the hair, a general massage should be given to the scalp. This may be done with the fingers or with a patented vibrator as you wish. There are several types of automatic massage accessories on the market which may be employed for toning up the muscles and tissues of the face, neck and chest as well as for inducing circulation through the scalp.

Once again let me remind you that hair thrives only on excess circulation and, in case you are inclined to underestimate the value of scalp massage, let me suggest that massage of one kind or another is the only way in which excess circulation can be brought to the scalp. Therefore, sooner or later, every woman must resort to some method of scalp massage if she is to retain the soft, lustrous texture which is essential to beautiful hair.

Hand massage movements have been given so many times in this column that I hate to take sufficient space to outline them again at this time. If you've forgotten or missed previous articles on the subject, you will find them fully outlined on Pages 75 to 81 in my beauty book, Secrets of Charm.

Household Question Box

By Mrs. Mary D. Wilson

DEAR MRS. WILSON: Please tell me how to make a tan satin dress into cocoa color without injuring the satin or shrinking.

MRS. C. B. There are many excellent and reliable dyes on the market with instructions as to their proper use. You should have no difficulty in dyeing tan a deep cocoa shade. Make sure your frock is absolutely clean. It is a good idea to experiment with something small beforehand. Dyeing, of course, involves much soaking in water, so non-shrinking cannot be guaranteed.

DEAR MRS. WILSON: I have a new coal heater and I want to put it away for the Summer. Will you please tell me what to do to keep it from rusting and the nickel on it from tarnishing?

MRS. A. H. Rub your coal heater well with kerosene and stuff it with paper, wherever possible, to keep out the moisture. Incidentally, a few drops of vinegar mixed with stove polish insures wonderful results and makes the polish last longer.

Nickel should be polished with whiting, moistened with alcohol, ammonia or water.

DEAR MRS. WILSON: I had the misfortune to get some tar on my white coat. About two hours later I rubbed it off and let it stand for about an hour. I then rinsed it, but the tar was as bad as ever. Please tell me how I can remove it.

MISS C. J. Soak a piece of white cloth in eucalyptus oil and rub the stains with it.

DEAR MRS. WILSON: Can a trunk be painted so that it will not scratch? Mine is about to be painted and I was wondering if there was a way to preserve the finish.

TRAVELER. After painting the trunk, give the surface a coat of scratch-proof varnish. This is obtainable at any paint store.

In this column each week Mrs. Mary D. Wilson will answer all questions concerning the household.

What One Girl Wore---

By Betty Brownlee

THERE is no doubt about it. Fall has arrived. One just has to stroll on the Avenue and note the many new costumes to be assured that it is the beginning of another season. Sheer woollens in interesting weaves seem to be most popular for street frocks, and we noticed many girls wearing these with-out coats on the first cool days of the month.

Of course, for dress wear satin has established itself as a leader once again. Satin frocks for Fall emphasizing the influence of the romantic age are worn with the new hats, and the effect is really stunning. The silhouette, with its old-fashioned lines, is certainly different than it has been for the last few seasons—even though you don't think it quite as modern or as free.

There are plenty of simple models that the conservatives can still wear with the assurance that they are smartly dressed. For instance, we saw a girl on the Avenue the other day wearing the very simple and very fashionable suit sketched here today.

It really is a jacket frock. The dress itself has a white satin bodice (black and white remains one of the favored combinations) with a cowl neckline. The skirt flares softly from a pointed yoke. Sparkling rhinestone buttons fasten the very short fitted jacket, which boasts three-quarter-length sleeves.

Nothing could be more appropriate or in such excellent taste for wear during the first cool



The Jacket Frock Illustrated Is of Black Satin. The Frock Itself Boasts a White Bodice with Cowl Neckline. A Yoked Skirt Flares Gracefully.

days of the new season. Later this costume can be worn comfortably under the Winter coat.

How to Make Your Own Handbag

Oilcloth Fashions This Attractive Model That Is Easily Cleaned

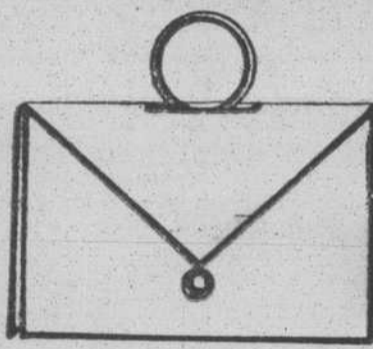
By Winifred Avery

A LADY from Minnesota asks me to write an article about oil-cloth. I'm not sure that this is what she would like to make of oil-cloth, but it is a "good-number" anyhow. I know for I made one myself. A slick hand-bag always recommends itself to me, for it can be wiped off, no matter how dirty

or numerous the finger prints.

This bag that I have just made is of yellow oil-cloth, lined with yellow printed calico, with a ring handle that is really a ten-cent bracelet. Now that you have all the gossip on this bag, I'll proceed to enlarge on its beginnings.

In Fig. 1, I've shown the shape and size of the outside piece and of course this covers the lining too. You can cut this pattern without any trouble. Fig. 3 shows the lining, with the pockets indicated. You can make your pockets fit the things you want to carry in them. That is the way I did.

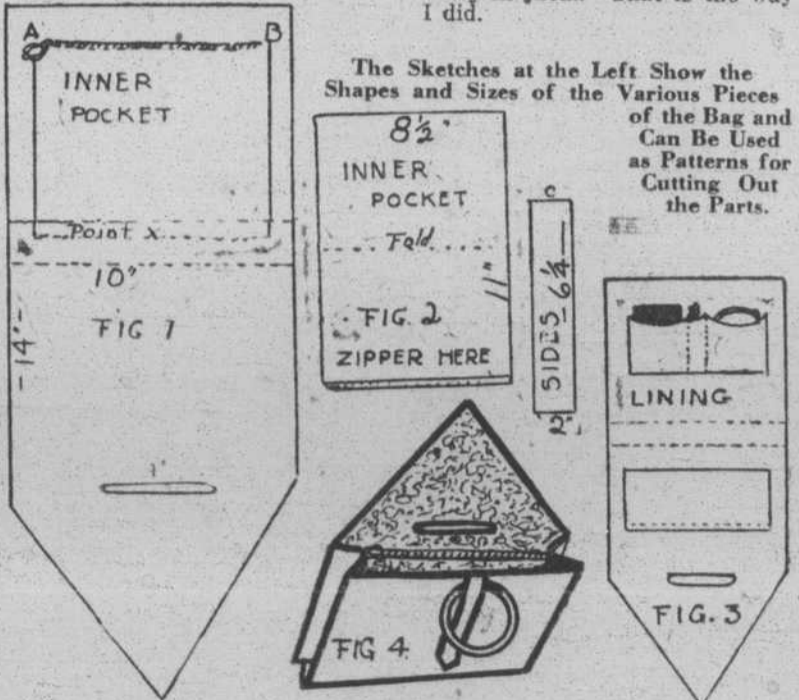


The Above Drawing Shows the Finished Bag with Ring Handle and Flap Folded. Note the Trim Appearance of the Simple Design.

When you get the pockets finished on your lining, baste the lining piece to the outside. Next turn your attention to the inner pocket. As you will see, it is not as large as the outside piece. You need not bother with this inner pocket if you feel that it is not necessary to your shopping comfort. Sew the inner pocket to the outside piece at point X as I've indicated in the drawing. Next sew in your zipper and then bind the edges together with bias tape. All this is done before the outside is sewed up.

The end pieces are then basted on and stitched with the tape around them. Tack the inner pocket to the center of the side pieces at point C. Bind the slit for the ring to come through. The ring is held to the purse by a strap. The strap is attached as I've shown in the sketch Fig. 4. It only took me one morning to make this purse—I wish I could make the money to fill it as fast.

Questions may be sent with enclosed stamp for reply to Miss Avery in care of this newspaper.



APPETIZING MENUS FOR THE WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast. Flaked Cereal Toast and Coffee	Scrambled Eggs Baked Tomatoes Muffins Coffee	Oatmeal Cream Bread and Butter Tea	Grapefruit Bacon and Eggs Biscuits Tea	Orange Juice Fried Ham Potatoes Bread and Butter Coffee	Strawberries Cereal Milk Toast Coffee	Oranges Flaked Cereal Cream Biscuits Coffee
Luncheon. Fruit Salad Cream Dressing Crackers Iced Tea	Cream Cheese and Green Pepper Sandwiches Cold Beverage	Clam Chowder Tea Crackers	Minced Steak on Toast Pickles Cake Coffee	Sardine Salad Toasted Muffins Cole Slaw Stewed Peas Tea	Orange Salad Biscuits Milk	Vegetable Soup Celery and Radishes Roast Chicken Peas Tomato Salad Orange Gelatine Tea
Dinner. Boiled Ham Cabbage Boiled Potatoes Stewed Peaches Cookies Demi-Tasse	Cold Sliced Ham Baked Beans Fried Potatoes Lettuce Salad Layer Cake Tea	Iced Tomato Soup Broiled Steak Boiled Beets Creamed Rice Date Salad Lemon Gelatine Demi-Tasse	Jellied Soup Veal Loaf Baked Potatoes Lettuce and Tomato Salad Apple Pie Iced Tea	Creamed Codfish Carrots Lima Beans Cucumber Salad Vanilla Pudding Demi-Tasse	Cream of Tomato With Croutons Boiled Tongue Spinach Potatoes Lettuce Salad French Dressing Lemon Cake Demi-Tasse	Cold Sliced Tongue Potato Salad Banana Cake Cheese Coffee

Favorite Recipe of the week—**BANANA CAKE**
AFTER the layer cakes have been baked, place them together, cream mixed with banana butter, walnuts and pecans. Trim the rim nicely and frost all over with banana fondant and sprinkle some large chopped walnuts on top. The large butter cream is easy to prepare. To one-quarter of a pound of fine-grade butter add one and one-quarter cups of powdered sugar and one-half cup of mashed banana pulp. Cream butter and sugar well. Then add very slowly the mashed pulp of a very large banana (or one-half cup of banana pulp).