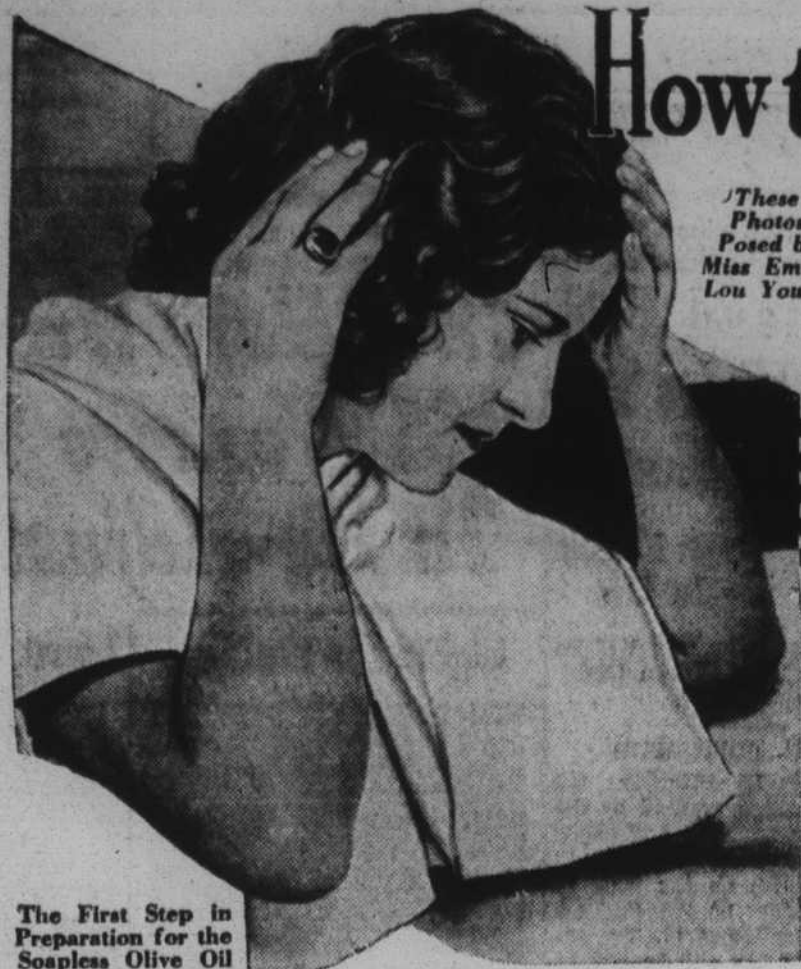


How to Apply the Soapless Olive Oil Shampoo

A Quick and Convenient Combination

Treatment for Dry Scalp and Faded Hair



These Photos Posed by Miss Emmy Lou Young.



Then Pour Out a Small Amount of the Olive Oil (About Two Tablespoonfuls) Into the Cap of the Bottle or Into Any Convenient, Small Receptacle, as Shown Here.



The Olive Oil Is Then Applied Liberally Over the Hair and Scalp, Thoroughly Distributing and Working It into the Scalp with the Finger-Tips.

The First Step in Preparation for the Soapless Olive Oil Shampoo is to Moisture the Hair and Scalp Very Slightly, Using a Rotary Massage Movement With the Finger Tips as Shown Above.

By Josephine Huddleston
Author of "My Secrets of Charm."

ANY of you who read my recent article on oil shampoos for reconditioning dry hair—the one in which the use of a special applicator for distributing the oil, together with general treatment for dry hair, was discussed—were disappointed because I did not give you more detailed information about these marvelous oil shampoos.

My space allotment for each article is limited and often it is difficult to include everything I'd like to say upon one subject in one article. Therefore, today we are going into oil shampoos in a big way... for they are proving the answer to all your beauty dreams when it comes to hair.

Before going into the details of these shampoos, however, I want to tell you that they are an easy and quick COMBINATION shampoo and olive oil treatment... for use at home, especially. Being a combination treatment, and so eliminating the hitherto separate process of applying olive oil, massaging, and then repeated soaps and rinsings, I'm sure that the ease and benefits of the olive oil, soapless,

shampoo will endear it to you. We all know that olive oil long has been a favorite beauty lotion, women for generations of varying races and climates having found it a perfect conditioner for their hair. Even the famed Cleopatra, so history tells us, credited much of her beauty to the use of olive oil, using it continuously on both her body and hair.

I'm quite sure, however, that even that famous beauty, as well as other fastidious women, would have preferred our modern olive oil treatment to the dirt-catching, oil-soaked heads which were a part of the early Egyptian toilette.

Another thing... our modern woman does not lead the sheltered life of ancient beauties for she is "on the go" from morning until night, exposing her hair to harsher climatic conditions all the time. Too many sun rays, too much salt water in summer, AND—of far more importance than most realize... too much steam heat in winter.

These conditions do not add to the beauty of the hair for they dry up the natural oils, inclining the hair to brittleness with its attendant lifeless looking appearance. Even the dryers used in beauty shops, together with waving fluids, although a necessary part of our modern beauty life, make special... attention necessary to the beauty of the hair.

For some time these facts have attracted the interest of scientists who for several years now have been experimenting to give us perfected oil shampoos, thus eliminating several necessary steps when oil treatment and shampooing are done separately. Then, too, most soaps which are strong enough to remove oil from the hair counteract some of the benefits gained from the use of oil.

This is not a tirade against soap, however, for we all know that there are many excellent soaps and shampoos on the market, today. Shampoos which effectively cleanse the hair. Nevertheless there are instances, too, where more than a lathering shampoo is required for the health and beauty of the hair.

Hair which is inclined toward dryness, whether it be from natural causes or from too much heat or a weekly finger wave, is an excellent example of the type of hair that must have something more than a simply soap shampooing if its health and beauty is to be preserved. Soap, in itself, possesses an inherent tendency toward drying out the hair because it cuts the natural supply of oils from the countless thousands of hair roots found in the layers of the scalp.

Amazing as it may sound, and is, it is necessary for us to forget the old saying that "oil and water will not mix," for in this case of olive oil—soapless—shampoo, water and oil do mix. All dirt and grime, gathered and held by the hair, dissolves together with the oil and is rinsed away in the one and only application of water, used only for rinsing.

Here are the simple directions for using this two-in-one treatment: Brush or comb the hair until it is free from snarls and tangles. Then dampen the scalp and hair a little. Fill the measuring cap of the bottle with oil and distribute it evenly over the hair,



Especially in Chronic Cases of Dandruff It is Well to Wrap a Hot Wet Towel Around the Head After Applying the Olive Oil to the Scalp to Allow the Oil to Enter the Pores and Hair Roots.

using sufficient oil to saturate the hair completely. For the average head of hair, two of the capsfuls should be sufficient. Long hair or very thick hair, however, requires more oil, sometimes as much as four capsfuls. Filled to the brim, one capful of the oil is equal to one-half ounce.

When all hair has been saturated, thoroughly, with the oil, massage with the fingers, both the hair and scalp. This is not a finger-tip massage movement, but one which runs the fingers up and through the hair and then over the scalp until the scalp moves freely.

It is necessary to move the

the towels may be warmed before rubbing them through the hair. Finish the shampoo by a good brushing when the hair is dry. Remember you are to expect no lathering effect from this shampoo for there is nothing in its content to produce a lather. You are not to use soap of any kind, either before or after the shampoo... just the oil as it comes from the bottle, used as directed above.

Those who are having dandruff troubles will find that this type of shampoo eliminates them within a short time. The first two or three applications of this oil shampoo will loosen a profuse amount of dandruff from the scalp, but continued use of the oil will act as a corrective.

A special method of using the oil for dandruff has been worked out and in most cases is more effective in less time than when

Following This Simple Olive Oil Treatment the Washed and Nourished Hair Will Again Become Radiant and Regain Its Former Health and Soft, Attractive Sheen.

the oil is used according to normal shampooing directions.

Heat an amount of oil sufficient to cover the scalp liberally. When warm, but not hot, dip a pad of cotton into the oil and apply it to all parts of the scalp, liberally, in this fashion.

When the scalp has been covered, wrap a Turkish towel that has been wrung out in water as hot as you can stand it, about your head, letting it remain until cool. Several of these hot towel applications drive the warm oil into the pores of the scalp, sending it to the sub-surface layers where the root of dandruff troubles is found.

Finished with three or four hot towel applications, use more of the oil according to the ordinary shampooing method outlined previously.

To oily-hair can be brought back to a normal state by using this type of shampoo. Also, most hair dyeing experts recommend such shampoos, either for reconditioning overdyed or over-bleached hair or, if dyeing and bleaching have had no beauty destroying effects upon the hair, to keep the artificially gained color from streaking or "bleeding" the dye or bleaching agent.

What One Girl Wore---

By Betty Brownlee

THE big collegiate football games are in full swing. Everywhere, anxious young things are wondering how many bids they'll get. They, like the players, are anxious to score, but whether they get over the line will depend not so much on goals but on what they wear. One can't be a pleasant companion at a football game unless the proper clothes have been chosen—they must be selected not only with an eye to smartness but to comfort. Imagine trying to be gay and entertaining, when one is freezing to death.

Sports clothes are so good-looking this season, that it's difficult to know where to begin to tell you about them. There are charming frocks, sports frocks pure and simple that are so good-looking that they can be worn to the very important luncheon date before the game or to the tea date when the cheering is over.

As in previous seasons the knitted dresses are most popular. Ingenious new weaves are available that are irresistible. Some of them are so fine that you find yourself doubting that the frock isn't fashioned of tweed. They are found in every possible color—and the plaid family is having a big play.

Of course, tweeds are in big demand, too. And there are no more scratchy uncomfortable tweeds in this day and age. The manufacturers have done something to this fabric that has resulted in making it soft, woolly and crushable. It's a grand warm fabric for winter.

We show a lovely tweed sports coat in today's sketch. This model



Soft Woolly Tweeds Enter the Limelight of Sport Fashion Successes. Here This Fabric Is Used in Dark Red to Fashion a Simple and Stunning Coat, Featuring a Crushed Collar of Black Wool and a Black Suede Belt.

is in red, and it is cut on very simple lines with raglan sleeves and wide cuffs. The wide crushed collar that ties in a knot is of black jersey and there is a black suede belt placed at the natural waistline.

Household Question Box

By Mary D. Wilson

DEAR MRS. WILSON: Please tell me how to wash velvet ribbon. Thank you. MRS. R.

Fill a wash-bowl or large basin with lukewarm water made into a suds with dissolved white soap flakes. Put the ribbon in and wash by moving up and down and from side to side in the water, gently rubbing the worst soiled portion in the direction of the nap with the palm of the hand. Rinse thoroughly in the same manner, and lay face up on a folded cloth, stretching smoothly and pinning the ends to keep it taut. When nearly dry, stand a perfectly clean, hot iron on end and draw the back of the ribbon to and fro across its face. Finish by gently brushing the pile in the right direction with a very soft brush.

DEAR MRS. WILSON: I have a very old and very lovely brass ash-tray that is stained from long use. Please tell me if there is any way of cleaning it. Thank you. MRS. E. G. L.

Ashtrays of brass or nickel can be cleaned by applying denatured alcohol with an old toothbrush and then washing in hot vinegar and salt.

DEAR MRS. WILSON: My little girl has marks from an indelible pencil all over a washable white frock. I can't seem to remove them. Will you please advise me? MRS. R.

Soak the fabric in denatured alcohol and then wash.

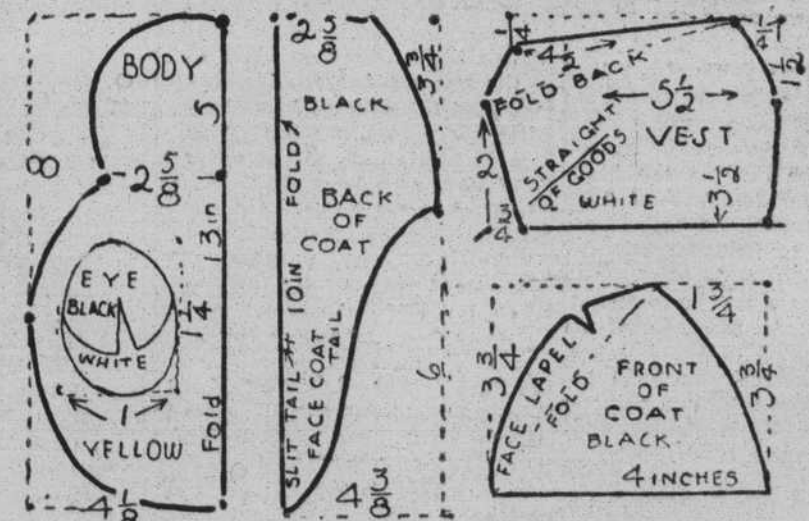
DEAR MRS. WILSON: Please tell me how to remove egg stains? MRS. M. W.

You do not say whether the fabric that is stained is washable or not. If washable, soak in cold water and wash with soap and hot water. Sponge non-washable fabrics with alcohol or chloroform.

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

"Then Along Came a Spider---

Miss Muffet's Bug Won't Frighten You If You Follow the Pattern Below



The Above Sketch Shows Miss Muffet's Spider Friend as He Looks When Finished. At Left Are Shown His Patterns. With the Measurements for Laying-Out Each Separate Piece.

By WINIFRED AVERY. THIS is the companion for lovely Miss Muffet I told you about last week. The fellow would never frighten a small lady. He is altogether grand from his oilcloth topper to his four bespatted feet. He is not hard to make either. His body is made of light yellow cotton material. The shirt, vest, gloves and collar are white. The coat is black sateen. The stool he sits on can be of anything. The two body pieces are finished up before being seamed up, so that when he is sewed up at the sides, his clothes are on. The arms and hands are made the same way. Stuff the hand slightly and then stitch the fingers.

Sew the stitching on the back of the glove by hand in black floss. Sew the arms to the body firmly by hand. Glue the eyes and mustache to the face, and then sew fast. His scanty hair is ten strands of yarn, seven inches long, stitched in the middle and then sewed to his head. Curl the ends up and sew down. His cane is a ball button with a wire through it and oilcloth wound around. The hat has a double brim. The hole cut in one brim gives you the top piece for the crown. The lower piece of brim is solid. Sew the hat together by hand. He sits fourteen inches high. Next week I'll show you how to make the last items that complete this doll set.

I have also had a pattern made of Miss Muffet's Spider, so if you would rather have a ready-made pattern, and will send a dime to Winifred Avery, Scarsdale, N. Y., I will have a pattern mailed to you promptly.

APPETIZING MENUS FOR THE WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast...	Flaked Cereal Toast and Coffee	Scrambled Eggs Baked Tomatoes Muffins Coffee	Raspberries 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 Cream Biscuits Coffee
Luncheon...	Fruit Salad Cream Dressing Crackers Iced Tea	Cream Cheese and Green Pepper Sandwiches Cold Beverage	Clam Chowder Crackers	Minced Steak on Toast Pickles Cake Coffee	Sardine Salad Toasted Muffins Coleslaw Stewed Peas Tea	Orange Salad Milk Biscuits	Vegetable Soup Celery and Radishes Roast Chicken Tomato Salad Orange Gelatine Tea
Dinner...	Boiled Ham Cabbage Boiled Potatoes Stewed Peas Cookies Demi-Tasse	Cold Stewed 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 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, filling with banana butter cream mixed with finely chopped walnuts and peanuts. Trim the rim nicely and frost all over with banana fondant and sprinkle some large chopped walnuts on top. The banana butter cream is easy to prepare. To one-quarter of a pound of the-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 (one-half cup).