INFORMAL ORGANDIES SEEN AT THEATERS AND AT RESTAURANTS ON HOT NIGHTS

Neat Pongee Suits Are Approved for Street Wear—All-White Costumes Noticed in Town—Thin but Dark Dresses Are of Simple Style.

THE good-looking clothes—the dainty frocks and lovely hats—you see on breeze-swept roof restaurants, these summer evenings, and in the fan-cooled theaters, and at the outdoor dining places that abound within automobile run from town, are worn by the contented folk who are seeing summer through in awning-shaded apartments instead of small rooms at summer hotels.

These folks will tell you that they are a deal more comfortable than the people paying high prices at crowded summer resorts, where oneself and one's trunk have to be confined in an 8 by 12 room (with the use of a bath share with all other occupants of that floor). They maintain, and with some truth, that it is more comfortable in mid-August, to have a quiet, peaceful apartment all to yourself, with your own pleasant bathroom, several linen covers, breakfast when you want it, in a negligee, and at night dinner at an outdoor restaurant after a short run in the car. At any rate there are thousands of these people and they look contented and happy—and attractive in smart cool clothes at restaurants and theaters these summer evenings.

It is just as cooling to take five dips a day in the handy bathtub filled with water at just the right temperature as it is to take one dip on a beach, with the exhausting process of dressing afterward in a tiny, hot bathhouse. And it is more restful to read all the afternoon on your own chaise longue in an awning-shaded window than in a hammock swung where mosquitoes have to be fought off and you are bothered by the chatter of the other boarders nearby. Verily there are compensations in a town summer!

And, since one is in immediate touch with the very latest modes—and all the shops are offering incredible bargains during the dull season—the woman who stays in town is apt to look smarter than the woman who has to depend on her June wardrobe—without means of pressing it out—all through July and August.

Organdies Worn at Theater.

Formality in dress is waived somewhat during the midsummer season in town. There is a sort of esprit de corps among the city sojourners: "Everybody is away but ourselves—let's do as we please and be comfrtable.' So dainty organdies and dotted swisses appear informally at the restaurants and at the revues, and simple little morning dresses on the avenue in the shopping hours. An enchanting pink organdy frock was noted the other evening at an outdoor restaurant. Quaint flounces edged with black velvet ribbon rippled between hem and belt and the waist had short puffed sleeves and a deep bertha collar trimmed with rows of the black velvet ribbon alternating with tiny frills of net footing. A picture hat of pink organdy with a black velvet bow and some trailing pink flower accompanied this crisp little frock and in keeping with the quaint, velvet-edged ruffles were long black lace mitts. Black mitts are all the style now and, though one would have laughed at the idea of revival of mitts a year ago, it is now discovered how cool and sensible they are for warm weather wear, lending a bit of formality to the costume, covering the bare arm correctly for the street—and incidentally showing off handsome rings to advantage.

Thin frocks for day wear in the street are dark colored. You may wear a light color for shopping if your costume is of silk, linen or pongee—but not if it is of transparent stuff. Only at restaurants and theaters in the evening are filmy, light costumes permissible; that is, if you dress in good taste. Day frocks for the street are of black, brown or navy lotted swiss or organdy, usually with a little white trimming when the material is sprinkled with white dots. An attractive frock of the sort is of navy blue swiss pin-dotted in white. The vandyke pointed white organdy edging which comes by the yard is used for trimming, with groups of white buttons at either side of a narrow white organdy vestee, finishing this frock attractively. It is worn over a slip of thin white silk and may be accompanied by either black or white footwear and stockings. Many brown dotted swiss dresses are seen, worn with smart sport sailors of brown straw or with larger hats in tan and brownish tones. Few of these midsummer dresses of sheer dark material are worn above dark linings, but the white lining slip is simple and plain, not suggesting lingerie in any way and made of thin silk or plain lawn or batiste. The thin, dark dress has usually a very deep hem which gives a double thickness of the thin material at the skirt edge.

Short Sleeves Are Worn.

The woman who returns to town after all summer in the country will be startled by the new long skirts, but the woman who stays in town is gradually getting used to the idea and is letting down her frocks one by one to meet the new measurement, which of course gives the feminine silhouette an entirely new effect. You see frocks and suits on Fifth avenue now with skirts touching the ankle, but six or eight inches from the ground is a safe length to abide by until autumn definitely settles the skirt-length question. Of course, it is the women who fancy any new and conspicuous style who are rushing to extremely long skirts first of all.

With the long-skirted restaurant frocks go shorter and shorter sleeves. Ankles are not fashionable just now, but arms are, unquestionably. Some of the dinner frocks worn with hats have deep black fringe at the armhole; others have flimy drapery of lace or chiffon; others have frankly no sleeve at all. The fashion is a cool one and rather charming, but it is not likely to last after cold weather arrives, so be wary about picking up bargains in short-sleeved dinner frocks—unless you can match the material.

White Correct for Town.

All-white is perfectly correct for town wear in summer, and is very charming and attractive, for not only are you cool in your white togs, but you make others feel cooler. But white for city wear must be untransparent white and tailored white. Good looking is a frock of white crepe de chine, tucked in the skirt and hemstitched on sleeve, bodice and collar. White strap pumps and stockings and a white straw hat trimmed with fluted organdy accompany such a frock correctly.

The woman who stays in town all summer has a special wardrobe; not so much sport attire, but cool, thin dresses that look well against the city background. Such a dress is pictured (2475) in this model of navy dotted swiss with crisp touches of white in the Vandyke trimming of organdy and in the little organdy vestee. The sheer but dark frock is worn over a thin white slip and a deep hem in the skirt of the frock hides any effect of petticoat edge showing through.

Cool as a sea breeze is this (2300) dainty little midsummer frock for dinner on one of the city's roof restaurants. The velvet-edged flounces and deep bertha overlapping little frilled sleeves give a quaint suggestion of the '60s, a suggestion considerably augmented by the lace mitts—which are the very latest mode, you know! Narrow black velvet ribbon edges the ruffles of the skirt and tiny frills of white net footing are set between the velvet ribbon bards on collar and sleeve.

For restaurant dining in town there are simple frocks of black crepe de chine, unlined, the straight lines drawn in at a low waist line by a narrow sash, and the very short sleeves edged with softly falling fringe. Can you imagine anything more cool and comfortable for town wear, if you prefer a dark costume to a light one? The frock pictured (2065) is made specially smart by a stunning hat of leghorn, veiled with shell pink chiffon edged in silver and crowned with draped pink velvet.

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Tub frocks have all the straight, simple line, with a one-piece effect suggested and sash or belt extremely low. Skirts are tucked with one or two deep tucks, or groups of very narrow tucks. Necklines are shallow and rounded or V-shaped with long Tuxedo collars of sheer linen edged with lace. The square neck line with vestee below is not as popular as it was last summer.

* * *

There is a decided tendency in the new corsets to take to themselves definite lines and a sufficient quantity of bones to insure these lines. Elastic panels and gussets are fewer and some models even show steels, judiciously placed. The new corsets are not stiff, rigid, or too high for comfort, but they are certainly more corset-like than the limp, elastic affairs that fashion has permitted for a year or so.

It is not that snug-fitting styles are imminent, the corset manufacturers assert, but that women have become anxious about the way their waist measures are widening. Large waists are the fashion, but when one puts on a year-before-last frock which has been hanging at the back of the closet unworn, with the idea of making it over for next winter, and discovers that the waistband will not meet by several inches—why, the fact is appalling to any woman.

Gradually the low, loose, elastic inserted girdle plays havoc with the figure inclined to enbonpoint. Only very thin women and very young women who have strong, firm torso muscles should wear the loose girdle or one of these alluring brassieres that descend to support the stocking elastics and make a corset "unnecessary." Not only does the waist measurement increase by quick inches but the flesh of the upper part of the figure sags downward and settles around waist and hips. A good many middle-aged women these days have thin necks and flat busts at the cost of heavy hips and bulky waistlines. The new corsets are cleverly cut and have light boning judiciously placed. The materials are beautiful and exclusive models are trimmed with flat French flowers.

Answers to Correspondents

by Lilian Tingle

Dear Miss Tingle: Will you please print in your column a recipe for banana cream pie, and also lemon pie. I get so much help from you. Thanking you in advance. MRS. D. H. W.

I HOPE you saw the recipe for lemon pie given to another correspondent since your letter was written. A banana cream pie may be made in any of the following ways:

Banana cream pies—

A. With unbaked pie crust, filled and baked with the filling.

1. Into the pastry-lined pieplate put a layer of sliced or "riced" bananas with a slight sprinkling of sugar. Cover with ordinary custard pie filling and bake like a custard pie. Cover with whipped cream when cold.

2. Make as above, but use an ordinary boiled starchy custard or rice custard, previously cooked, and finish in the oven. Then form cover with meringue and brown lightly in the oven or let cool and cover with whipped cream.

3. Combine equal measures of thick "English cream" (as used for filling eclairs) and "riced" or cooked bananas. Beat together, bake in a pastry-lined plate, cover with whipped cream when cold.

4. Make a custard pie in the ordinary way, having a rather high crust. When cold cover with sliced bananas, sprinkle with a few drops of lemon juice and sugar and cover with whipped cream, with or without a sprinkling of cocoanut.

B. Made with a previously baked pastry shell.

1. Fill with banana Bavarian cream, made like the pineapple Bavarian cream given recently in this column. This may be served plain or covered with a layer of whipped cream, with or without cocoanut, or may have a layer of sliced bananas on top of the Bavarian cream and plain whipped cream over these.

2. Cover the bottom of the cooked pastry shell with sliced or riced bananas, sprinkled with sugar and lemon juice and cover these with whipped cream or Bavarian cream.

3. Over a layer of sliced or riced or cooked bananas, sweetened and flavored with lemon juice, put a layer of "English cream" filling, then a layer of whipped cream or meringue.

4. Combine equal parts riced and sweetened bananas or cooked banana pulp and English cream made rather thick. Cover with either cream or meringue.

5. Make like 4, but fold either the stiff whipped cream or the meringue into the mixture of bananas and English cream, thus giving a fluffy texture. Serve at once.

6. To 1½ cups cooked banana pulp add ¾ cup dry sifted cake crumbs with sugar and lemon juice to taste. The amount of crumbs will vary with their dryness and the sugar varies according to personal taste and the sweetness of the cake used. The mixture should be moderately firm. Fold in the meringue made with either one or two egg whites (with 3 level tablespoons sugar for each egg white) and cover with whipped cream.

There are several other types of banara cream pie, but possibly one of the above may suit you.

PORTLAND, Or., July 5.—Dear Miss Tingle: Kindly give recipe for mocha cakes with nuts and frosting. Thanking you. B. T.

I hope the following is what you want:

Mocha Cakes.—Three egg yolks, 1 cup sugar, ¼ cup cold water, 1 cup flour, 1 teaspoon baking powder, ¼ teaspoon salt, ½ teaspoon lemon extract, ½ teaspoon vanilla, 3 stiffly beaten egg whites, mocha frosting, 1 cup chopped walnut meats or peanuts.

Beat egg yolks until very light. Add sugar gradually and water, beating constantly. Sift flour, baking powder and salt together and add to eggs and sugar, keeping the mixture as light as possible. Add lemon and vanilla and fold in egg whites. Pour into greased oblong or square loaf pan. Bake in a rather slow oven one hour. Cool and cut into one dozen cubes. The brown crusts may all be trimmed off if desired. Frost with Mocha frosting and roll each cake in chopped nuts.

Mocha Frosting.—One tablespoon butter, 1 tablespoon cocoa, 1 cup confectioner's sugar, 2 tablespoons strong coffee, ½ teaspoon vanilla.

Cream butter, cocoa and sugar. Add coffee and vanilla and mix until smooth. Apply to the top of the cakes with the aid of a frosting tube or a paper tube.

If preferred, the mixed butter and meringue frosting, recently given in this column, might be flavored with very strong coffee and used in place of the Mocha frosting given above. Or if a richer frosting is liked, the amount of butter might be slightly increased.

WALLA WALLA, Wash., June 15.—Dear Miss Tingle: Would you please publish in The Sunday Oregonian—we don't take the daily—a recipe for dill pickles? Is it possible to can them in glass jars, or would I have to let them ferment first? Thanking you, I am yours truly, MRS. E. G. C.

I hope you saw the dill pickle recipe given in this column recently.

Usually it is best to ferment the pickles first and then put them up in cans.

PORTLAND, Or., July 3.—Dear Miss Tingle: Will you please give a recipe for Yorkshire tea cakes, also for English butter scotch. Thanking you. YOUNG HOUSEWIFE.

Hope you saw the answers to your previous questions.

English Butterscotch.—Two cups light brown sugar, ½ cup golden syrup or corn syrup, ½ cup water, 1 tablespoon lemon juice. Boil to about 270 degrees F., or until very brittle. Add 3 tablespoons butter and ½ teaspoon molasses (may be omitted) and a few grains salt. Boil and stir until very slightly caramelized and very crisp. Then pour onto an oiled tin, mark in squares and break when cold. Drop at once on paraffin paper. If desired, a little vanilla or lemon flavoring may be added, but English butterscotch usually depends for its charm on the simple combined flavors of good butter and slightly caramelized brown sugar. Don't forget a few grains of salt to bring out the flavor.

Yorkshire Tea Cakes.—One and one-half cups milk, about three cups flour, two tablespoons shortening, three to six tablespoons sugar, one teaspoon salt, one well-beaten egg, a few currants or seedless raisins if liked. Mix like bread to a soft dough (a very little stiffer than muffins, but too soft to knead), using greased rings on a greased baking sheet for shaping before the third rising. When risen to double bulk they should be about 1 inch thick. Brush with milk or milk and sugar. Bake in an oven a little hotter than for loaf bread, not quite so hot as for small rolls. When nearly done brush again with milk in which a little sugar is dissolved. Serve warmed, split and buttered, or split and toasted and buttered while hot.

A Salem correspondent asks for a recipe for "cherry cheer." I have no recipe bearing this name, but perhaps some reader may help.

PORTLAND, Or.—Dear Miss Tingle: Will you please publish in The Sunday Oregonian a recipe for pickled crab apples? And also how to fix lettuce different ways than just lettuce salad used with a dressing. Thanking you. MRS. P. V. Z.

Pickled crab apples—Use only fresh sound fruit, not over ripe. Wash but do not remove the stems. Prick the skins and steam (in a regular steamer or in an earthen dish set on a rack inside a large kettle of boiling water until nearly tender, but not too soft. Make a spiced syrup in the proportion of 2 pounds (2 pints) brown sugar to 1 pint vinegar, 1 ounce stick cinnamon, 1 teaspoon cloves, 1 teaspoon of allspice berries and 1 blade of mace. Boil the vinegar and sugar (with the spices in a cheese cloth bag) for 15 or 20 minutes. Add the crab apples (perhaps one-third at a time) raise to boiling point, boil 1 minute, skim out and place in jars. Pour the hot syrup over them. Next day draw off the syrup and boil down to the desired richness, refilling the jars. This may be repeated if necessary if the syrup has not penetrated the crab apples. Then seal and store in a cool place.

By this gradual concentration a rich pickle may be made without shriveling the fruit, as sometimes happens when the fruit is cooked "off hand" in the vinegar syrup.

Remember to prick the skins to prevent bursting and to allow the syrup to penetrate thoroughly. Several darning needles stuck through a cork will make a good "fruit docker" for this purpose or for making sweet cucumber pickles.

There is really no better way to "fix" lettuce than as fresh, crisp salad; and a lettuce salad can be so varied as to garnish and dressing that it can be served daily without any real repetition or monotony. Of course a little study of garnishing and flavoring is necessary. Fresh dressing, infinitely varied, as to flavor (thanks to chopped garnishes and flavored vinegars) is the very best dressing for lettuce if it is well made and skillfully mixed with the lettuce in a salad bowl immediately before service; but few housewives seem to have the skill and judgment for this simple but "classic" dish.

Any preferred variety of cooked dressing, remoulade, mayonnaise or Thousand Island dressing may be used with lettuce if desired.

Materials for flavoring or garnish include the following.

Very finely chopped parsley, chervil, tarragon, celery, onion, green peppers, olives, sweet red pepper, pepper grass, pickles, spearmint, nuts, ham. Finely grated dry cheese, fresh horseradish, fresh coconut, raw carrot.

For flavor—Garlic, onion juice, Worcestershire sauce, walnut mushroom or tomato catsup, celery, onion dill garlic, tarragon, chili, cucumber, horseradish or other flavored vinegars; lemon, orange or other tart fruit juice, mustard white pepper, paprika, Spanish pepper, cayenne, sugar (in very small amount).

Combinations of the above in dressings will give you hundreds of different lettuce salads.

You can make cream of lettuce soup combining the lettuce with a little celery onion, and "soup bouquet," and making it like any cream soup. It is not very "interesting" however.

You can cook the coarser (but sound) leaves of lettuce like greens. Remove the mid-rib, blanche the leaves until tender, draw, chop, return to the pan and re-heat with a spoonful or so of butter or bacon fat, a sprinkling of flour (to prevent wateriness) and a spoonful or two of good stock or cream or rich milk. Season with pepper, salt, a few drops lemon juice and a few grains (not more) of sugar.

Firm lettuce hearts may be stewed in gravy or added to a casserole of lamb or veal, if desired.

Chopped lettuce not quite delicate enough for raw salad may be "wilted" (German style) in a frying pan with a little bacon fat and chopped crisp bacon, a seasoning of lemon or vinegar, salt and papper and a little sugar (if liked) being quickly added.

Wilted or cooked lettuce, however, has lost some of its special food value, hence my advice to use lettuce salad daily, if possible, varying the salad as suggested above.

The use of lettuce greens, however is both wholesome and economical when the outer parts of the lettuce, sound out too tough for salad, would otherwise be wasted.

PORTLAND, Or.—Dear Miss Tingle: The two following recipes for brownies are in cookbook by Marion Harris Neil and may be useful for Mrs. B. M, in answer to her request in The Sunday Oregonian. "READER."

Chocolate Brownies—1 cupful sugar, 6 tablespoonfuls melted Crisco, 2 eggs, 2 squares chocolate, 1-8 teaspoonful salt, ½ cupful flour, 1 cupful chopped English walnut meats, 1 teaspoonful vanilla extract, 3 tablespoonfuls boiling water. Cream Crisco and sugar together, add eggs well beaten, chocolate dissolved in boiling water, salt, flour, vanilla, and nuts. Divide and spread thin in two Crisco'ed square pans and bake in slow oven from 20 to 25 minutes. Cut in strips and serve with ice cream. These are a cross between cookies and heavy cake. Sufficient for 30 brownies.

Molasses Brownies—1-3 cupful sugar, 1-3 cupful Crisco, 1-3 cupful molasses, 2 eggs, 1 cupful flour, 1 cupful chopped nut meats, ¼ teaspoonful salt, ½ teaspoonful vanilla extract. Cream Crisco and sugar together, add eggs well beaten, molasses, extract, flour, salt and nuts. Divide into small fancy Crisco'ed tins, or bake in Crisco'ed sheet tin and cut in squares. Bake in moderate oven half hour. These are a cross between cake and candy. Sufficient for 12 squares.

Many thanks for your recipes. I hope Mrs. B. M. will see them.

PORTLAND, Or., July 15.—Dear Miss Tingle: Please give a recipe for sour milk gingerbread. Thanking you. MRS. L. H.

Sour Milk Gingerbread.—One egg, 1 cup sugar, 1 cup molasses (or part molasses and part syrup), 1 cup sour milk, ½ to ¾ cup shortening, according to the kind used, 1 teaspoon ginger, ½ teaspoon mixed spices (or more or less to taste), 1 teaspoon soda, 1½ teaspoon salt (if unsalted shortening is used), 3 cups flour.

Melt the shortening and molasses together. Cool a little. Beat in the egg well beaten and the sour milk. Add to the sifted dry ingredients, turn into a well-greased baking pan and bake in a moderate oven. If the oven tends to burn on the bottom, line the pan with greased paper. A few nuts or raisins may be added if desired.

Dear Miss Tingle: I have been much benefited by reading your page each Sunday.

This is my first appeal to you.

1. Will you tell me how to prepare a rose jar from the rose petals.

2. Mislaid your recipe for mocha icing. May I have that also? Thank you. MRS. H.

1. Directions for making a rose jar were given recently. I will repeat them as soon as the time limit expires. In the meantime dry your rose petals quickly in the sun and store in a closed jar with a sprinkling of salt and spices.

2. See the recipe for mocha frosting given above. I have no recipe that I am entitled to call "mine." I am glad you find this column useful.

HOOD RIVER, Or., July 17.—Dear Miss Tingle: Will you please give the recipe for a sour cream cake and also a suitable frosting? Thanking you. H. H.

Try the gingerbread recipe given above, omitting the ginger and using 1 teaspoon cinnamon and ½ teaspoon each cloves and nutmeg.

The easiest frosting would be a plain one made by adding a little sour cream, or water or lemon juice, drop by drop to 1 cup sifted confectioners' sugar. Beat to a spreading consistency and spread over the top of the cake either hot or cold. If you meant a white cake please write again.

This also answers the request for a sour milk spice cake made by E. M. (Salem). I will reply to her letter more fully later.

News Broken Gently.

Syracuse Post-Standard.

"Mamma, dear do you know what I am going to buy you for Christmas?"

"Oh, I couldn't guess," mother said, smiling.

"Well, I am going to buy a pretty hand mirror for your dresser; won't that be nice?"

"But, dear, I already have one."

"No, you haven't, mamma, 'cause I just broke it."

Frostilla

FRAGRANT LOTION

True Comfort for Your Skin

Many times you have noticed how uncomfortable the dry, sultry summer weather makes the skin—how sticky and drawn it becomes. If you want real skin comfort all of the time, if you want to keep your skin cool, supple and delightfully fragrant, use Frostilla Fragrant Lotion. Rub it on several times a day. It will not only bring soothing relief, but will prevent sunburn and keep the texture soft and fine.

Before you powder, use Frostilla Fragrant Lotion. Note how long the powder clings. It will prevent any irritation and redness after a depilatory. In every way it is beneficial and delightful to the skin.

For the Men: Try Frostilla Fragrant Lotion after shaving. Use it on the wet, soapy brush to help soften the beard. It is a shaving aid of unusual merit.

For Sale Everywhere—35 Cents. The Frostilla Company, Elmira, New York.

DON'T TOLERATE GRAY HAIR

DO NOT permit streaks of gray to mar your beauty. Watch those betraying locks. When the first gray appears call to your aid "Brownatone," the modern hair tint. You can apply it at home by following easy directions. "Brownatone" is sold by drug and toilet goods counters in two colors—golden to medium brown and dark brown to black—50c and $1.50. Guaranteed absolutely harmless to hair growth, scalp or tenderest skin. Try it at home—trial bottle sent for 10c. The Kenton Pharmacal Co., 613 Coppin Bldg., Covington, Ky.

BROWNATONE

GIRLS! LEMON JUICE BLEACHES FRECKLES

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, which any drug store will supply for a few cents, shake well, and you have a quarter pint of the best freckle and tan bleach and complexion whitener.

Massage this sweetly fragrant lemon lotion into the face, neck and arms and hands each day and see how freckles and blemishes bleach out and how clear, soft and rosy-white the skin becomes.—Adv.

No More Gray Hair or Dandruff!

That's what thousands of men and women are telling their friends. The false appearance of age which gray hair gives and which handicaps one socially and in business, has been banished and the blight of dandruff removed by the truly wonderful tonic—NOURISHINE. This scientifically compounded tonic feeds and nourishes the hair, prevents its falling, promotes its growth and pleasantly, harmlessly restores to original color whether black, brown or blond. Cleanses the scalp. Unfailingly removes dandruff. One bottle usually is effective. No matter what you have tried—try Nourishine—today. Price $1.25 per bottle at Stout-Lyons Drug company 4 downtown stores, Meier & Frank and other drug and dept. stores.

Nourishine Positively Not a Dye —Adv.

Eyes Sore?

If your eyes or lids are sore; if they itch, burn or feel dry; if your vision is blurred, your eyesight dim; if you are obliged to wear glasses, go to your druggist and get a bottle of Bon-Opto tablets. Dissolve one in a fourth of a glass of water and bathe the eyes from two to four times a day. Sound, comfortable eyes and improved eyesight will make the world look brighter.

Note: Doctors say Bon-Opto strengthens eyesight 50 per cent in a week's time in many instances.

MRS. HATFIELD SABINA, OHIO

In Pitiable Condition When She Began Taking Lydia E. Pinkham's Vegetable Compound

Sabina, Ohio.—"I took Lydia E. Pinkham's Vegetable Compound for weakness and irregularity. I was weak and nervous and could hardly stand on my feet long enough to cook a meal. I was this way for about a year and had tried several medicines and had a physician, but to no avail. My sister was taking your medicine and finally induced me to try it. I now feel fine and can do my housework without any trouble at all. You can use this letter for the sake of others if you wish." — Mrs. WELDON G. HATFIELD, R. R. 3, Sabina, Ohio.

Housewives make a great mistake in allowing themselves to become so weak and nervous that it is well-nigh impossible for them to attend to their necessary household duties.

Lydia E. Pinkham's Vegetable Compound should be taken when you first notice such symptoms as nervousness, backache, weakness and irregularity. It will help you and prevent more serious trouble.

Cocoanut Oil Makes a Splendid Shampoo

If you want to keep your hair in good condition, be careful what you wash it with.

Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Mulsified cocoanut oil shampoo (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as this can't possibly injure the hair.

Simply put two or three teaspoonfuls of Mulsified in a cup or glass with a little warm water, then moisten your hair with water and rub it in. It will make an abundance of rich, creamy lather, and cleanse the hair and scalp thoroughly. The lather rinses out easily, and removes every particle of dust, dirt, dandruff and excess oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

You can get Mulsified cocoanut oil shampoo at any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months. Be sure your druggist gives you Mulsified.—Adv.

Removes Hairy Growths Without Pain or Bother

(Modes of Today.)

It is not necessary to use a painful process to remove hairy growths, for with a little delatone handy you can keep the skin entirely free from these beauty destroyers. To remove hair, make a stiff paste with a little powdered delatone and water. Spread this on the hairy surface and in about two minutes rub off, wash the skin and the hairs are gone. To guard against disappointment be careful to get real delatone. Mix fresh as wanted.—Adv.