Milady's Mirror

For Malodorous Perspiration.

Certain parts of the body prespire more than others, and often there is a very offensive odor. Absolute cleanliness is the best safeguard against such a misfortune, not only for the body itself, but for the clothing. A silk bodice saturated over and over again with perspiration becomes too offensive to be worn, as those who have to sit in street cars and crowd into shops very well know. The better way is to wear only washable goods in hot weather and use fresh shields every day, even if one must stay up half an hour to wash them and take an extra few moments to insert them.

Many times such a condition comes about from the lack of thorough rinsing after using soap. Any remaining particles soon decompose; hence the odor.

After the bath, and it may be needed two or three times a day, a good cologue should be applied to the underclothing, while the wet wash cloth should have a little toilet ammonia poured on it and the parts wiped well. Salicylic soap may be used to wash the shields. A cake costs but a dime or maybe two at the drug store. Have an ounce of boracic acid and the same of salicylic acid in powder and dust with this before putting on the garments. When the shields are to be replaced drench them with cologne. There is a great deal of rectified spirits in cologne that helps in such cases.

Where the head perspires too much the usual remedy is to shampoo too often, so the roots of the hair rot, just as will the roots of a plant that is watered too much. The very best and surely the easiest method is to let the hair bang and dry out the perspiration. A dry shampoo must of necessity be used where a woman has to spend her days in an office. She can fill the head with a mixture of very finely sifted cornmeal and powdered orris root at night, equal parts, let it stay until morning and then give the thorough brushing that will require an extra half hour. On holidays, Sundays and at night when possible the hair should be aired and a regular shampoo only once in a couple of weeks given.

There is brushing and brushing, and the right way is to hold the hair out from the head and pass the brush through each tress from the scalp to the ends with long, steady strokes. The brushing should be felt only pleasantly on the scalp, not a sort of "banging," but just enough to stimulate the glands to secrete the oil instead of its running through the long hair. After a shampoo use a little cologne with massage on the scalp and always loosen and brush the hair at bedtime.

To Have Clear Skin.

A French physician says the woman who would have a beautiful complexion must live plainly, avoiding rich meats, greasy soups, too much game, heavy wines and highly seasoned food.

Wealthy people who live highly and dress improperly often have fine features which are marred by a miserable complexion. Women in the middle class of life, who live more simply and eat plainer, simpler and more wholesome food, often have much finer complexions and do not seem to grow sallow and faded so soon. Their habit of going to bed early and getting up early and getting the health giving morning air also makes a fresher, clearer complexion.

One cannot eat and dress as one pleases, regardless of rules of health, and have a pretty complexion. One must live as nature says is best if one wishes to be beautiful and healthy.

It is said that carrots are very good for the complexion, and if properly cooked they are very good to eat.

Water Waves and Curling Irons.

Beyond a doubt hot irons are the shortest and least difficult of the routes to wavy hair. The straight haired girl will suffer no harmful effects by resorting to the iron at long intervals, but if she wishes to keep her hair a crown of glory she will use the hot iron sparingly indeed.

Safer and more natural is the water wave. This lasts well on some hair, even on straight hair, while with other girls it is not successful. Failure is usually due to oil in the hair.

The hair is wet and brushed back flat to the head. It is then pushed out from the forehead with a comb for about an inch and held in place with small hairpins. This is repeated until the entire face is circled. Then another section of the hair is combed up and again pinned in place, the process being repeated until the entire head is covered with a series of little ridges.

For the Water Trip.

Before taking a trip on the water apply to the face a thin mask of cold cream dusted over with powder. Be careful not to rub the mask off during the trip. Immediately upon your return remove the powder and cream with a lotion containing a dissolving agent. Soap and water are a mistake, as they add to the irritation resulting from tan and sunburn. After several applications of the astringent, for which a small sponge should be used, pat the skin dry with a soft cloth, but do not rub it. Later make a second application of a good skin food.

OFFICIAL RETURNS FOR LANE COUNTY, OREGON, NOVEMBER 5, 1912—STATE AND COUNTY TICKETS.

Precincts: Armitage, Bailey, Blanton, Blue River, Bohemia, Brumbaugh, Camp Creek, Cheshire, Coburg, Cottage Grove No. 1, Cottage Grove No. 2, Cottage Grove No. 3, Cottage Grove No. 4, Cottage Grove No. 5, Creswell, Cloverdale, Coyote, Dexter, Dorena, Edwards, Elmira, Eugene No. 1, Eugene No. 2, Eugene No. 3, Eugene No. 4, Eugene No. 5, Eugene No. 6, Eugene No. 7, Eugene No. 8, Eugene No. 9, Eugene No. 10, Eugene No. 11, Eugene No. 12, Eugene No. 13, Eugene No. 14, Eugene No. 15, Eugene No. 16, Eugene No. 17, Fairmount, Fall Creek, Five Rivers, Florence, Gate Creek, Glenada, Gleeteña, Goshen, Hazeldell, Heceta, Herman, Irving, Jasper, Junction City No. 1, Junction City No. 2, Lake Creek, Latham, Lancaster, Lane, Leaburg, Long Tom, Lost Valley, Mabel, Mapleton, Marcola, Middle Fork, Mohawk, Mound, Orchard, Pleasant Hill, Prairie, Richardson, Saginaw, Siuslaw, Silk Creek, Spencer, Springfield No. 1, Springfield No. 2, Springfield No. 3, Springfield No. 4, Thurston, Wallace, Walton, Wendling, Willamette, Zumwalt, TOTALS.

Office	Candidate	TOTALS
Secretary of State	H. Elmer Kennedy, Pro.	1058
	Ben W. Olcott, Rep.	3057
	F. P. Roddaway, Soc.	813
	John B. Ryan, Dem.	1816
	O. V. White, Prohi.	488
Justice S. Court	C. J. Bright, Prohi.	633
	Robert Eakin, Rep.	3297
	B. J. Slater, Dem.	2035
	W. C. Weaver, Soc.	838
Food Com.	C. W. Barzee, Soc.	859
	J. A. Dunbar, Prohi.	746
	A. H. Lea, Dem.	2048
	John D. Mickle, Rep-Pro	2702
R. Com.	Thomas K. Campbell, D.	4859
	Julius G. Voget, Prohi.	877
Atty. Jdg	Lawrence T. Harris, Rep	5852
	Edwin R. Bryson, Rep-P	5545
Representative	Allen H. Eaton, Rep.	3082
	Calvin J. Hurd, Rep.	2632
	M. Vernon Parsons, Rep	2654
	H. H. Schmitt, Dem.	2334
	T. H. Garrett, Prohi.	978
	Jeff H. Irish, Prohi.	900
	Wm. M. Porter, Prohi.	869
	Max Burgholzer, Soc.	863
	G. F. King, Soc.	1087
	D. W. McKinnon, Soc.	853
	Walter R. Jones, Pro.	2185
	Fred E. Smith, Pro.	1690
Clerk	Daniel M. Gore, Soc.	809
	Stacy M. Russell, Rep-Dem	5328
Sheriff	Roscoe S. Bryson, Rep-D	3073
	Charles V. Miller, Soc.	720
	James C. Parker, Dem.	3086
County Commissioner	G. M. Bailey, Prohi.	556
	Wm. Boyd, Soc.	729
	Geo. M. Hawley, Rep.	2243
	D. R. Hill, Dem.	1794
	Reinhold Parenfus, Ind.	184
	Hugh M. Price, Ind.	1362
Treasurer	W. W. Bearby, Prohi.	958
	Hart M. Manville, Soc.	1157
	Samuel W. Taylor, Rep.	4160
Assessor	B. F. Andrews, Soc.	866
	R. O. Brady, Dem.	2410
	E. A. Goldren, Prohi.	532
	Benjamin F. Keeney, Re	3174
Co. Supt.	H. C. Baughman, Rep.	4474
	A. A. Kyburz, Prohi.	919
	C. F. Moore, Soc.	1199
Surveyor	Charles M. Collier, Rep	4047
	C. H. Kain, Dem.	1893
	Oliver H. Todd, Soc.	915
Coroner	William T. Gordon, Rep	4318
	Martin Miller, Soc.	889
	John C. Whiteaker, Dem.	1660

GOVERNOR APPOINTS HOME INDUSTRIES DAY

Shoppers Asked to Purchase Only Made-in-Oregon Goods on Thursday, Nov. 21.

To further the movement for the use of made-in-Oregon goods by Oregonians, Governor Oswold West has designated today as a legal holiday and issued the following proclamation:

Whereas, The growth and prosperity of a state depend to a great extent upon its manufacturing industries for the reason that the factory converts the raw material of the forest and stream and farm and mine into products of higher value, giving employment to thousands who would otherwise have no means of livelihood.

Whereas, It is only by arousing the people to the importance of creating and patronizing home industries that we can hope for success along these lines;

Therefore, In view of the foregoing premises, I, Oswold West, Governor, by virtue of the authority in me vested, do hereby proclaim Thursday, November twenty-first, nineteen hundred and twelve, Home Industries Day.

To make this day an impressive object lesson to the whole state there should be some concerted action toward increasing the demand for Oregon made products. To this end I would suggest that every manufacturing establishment in the state close down for an hour during Home Industries Day and the managers call their employes together and give them a heart to heart talk on the importance of building up our home industries and set an example by declaring their intention to use, as far as practicable, only home-grown products and home-made machinery in their establishments.

I would suggest also that on Home Industries Day every man and woman in Oregon, in doing their shopping, purchase only made-in-Oregon products. Merchants should help by making attractive window displays of such products.

I would suggest that the subject be discussed in our public schools and institutions of learning in order that may be impressed upon the mind of young, for the time will come when these same children must have employment, and unless they can find with the industries of our state they must seek it in other states.

Success along these lines can come through the hearty co-operation of all good citizens, and I bespeak for the cause such co-operation.

OSWOLD WEST,
Governor.

Calling cards—The Sentinel.