

# Beauty for You

By **GERALDINE FOX**  
The Distinguished Authority on Beauty Culture.

**EDITOR'S NOTE:** Geraldine Fox has answered hundreds of letters on health and beauty. If you have questions about your personal health and beauty, write to her, enclosing stamps and self-addressed envelope, and your letter will be given a personal reply. Address your letter to Geraldine Fox, Illustrated Feature Section, in care of this newspaper.

## "HOUSE-CLEANING" FOR COLDS

A cold is more than something that is annoying. It is dangerous. It kills. But with these facts there is another. A cold is not necessary. It is something that does not come with the weather but as a result of your inner conditions. When the weather man comes along with a sharp

change in temperature, and your body tries to adjust itself to the outside conditions. The weakened inner condition lets in the adjustment of the body elements just as much as does a severe train wreck with the accompanying tie-up of fast trains, slow freights, and other railway equipment.

Clean up the inside of your body, clear away the rubbish, and you will have no more trouble.

How are you to do this, you ask? In the first place take a hot bath just before going to bed. Have the water as hot as you can bear without burning. Stay in this water and soak. Let your whole body become permeated with the heat.

Then dry the skin quickly, and get into bed with all the covers you have at hand. Let the perspiration pour from the body, and you will have the poison matter moving. Every drop of perspiration means a house-cleaning for your body, and a house-cleaning means a body that is clean on the inside.

Keep your bed covers on. Don't turn them back so as to chill the body. Sweat out the poison matter. In a single night you can loosen a cold and do it without a drop of medicine. All you need is this simple house-cleaning and your cold will go. Remember this, too. A cold that stays may lead to pneumonia. It may develop into tuberculosis. It can bring on many troubles that will be serious. Don't take a chance. Get rid of the cold now by cleaning up inside—and then stay clean.

In another article I shall tell you something about how to do this.

**BLOOD DISEASES—No Matter How Bad or Old the Case**  
What's the cause send for FREE booklet about Dr. Foster's Treatment used successfully for over 25 years in the most severe and chronic cases. Write now  
Dr. Foster, 129 W Washington St. Room 412, Chicago

## "NO-MOR-KINK"

**HOLLYWOOD'S GIFT TO ALL WHO DESIRE BEAUTIFUL, STRAIGHT, LUSTROUS HAIR**

Without any trouble, without the least injury to the scalp or hair, you can now have that smart, fascinating appearance which comes only with long, soft, beautiful STRAIGHT HAIR. "NO-MOR-KINK" is not an untried preparation. It has stood the test. Contains nothing to burn or itch the scalp; will not discolor natural shade of hair. **SURE, SURE, HARMLESS! PROMPT RESULTS!** from first application.

Owing to special ingredients, this preparation originally made to sell for \$1.98. SPECIAL PRICE now ONLY 50c. Send money now or pay postman 70c when package arrives.

**HAWAIIAN BEAUTY PRODUCTS COMPANY**  
De L. B. Box 614, Hollywood, Calif.



Read  
**'MAMBA'S DAUGHTERS'**  
It's a Great Story

## Tested Recipes

### BREAD AND MILK DE LUXE

A grand and glorious supper for the family on the night when a mother is just too tired to go another step is the above. Just plain bread and milk put where everyone can help himself, with a big bowl of peeled, chopped apples to be sprinkled over the bread and milk. Try it sometime and see how good it is!

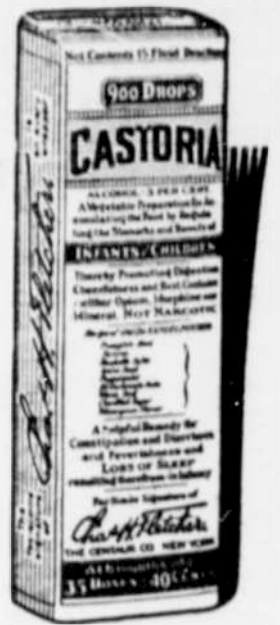
### GLAZED APPLES TO SERVE WITH PORK CHOPS

1-2 cups sugar boiled with 1-2 cup hot water for 5 minutes. Red fruit coloring to color syrup. 4 tart apples, washed and cored. Color the syrup to your taste. Do not peel the apples, but cut in quarters or eighths; drop into the hot syrup and cook gently for 15 minutes. Turn off heat and let the apples finish cooking in the hot syrup. Arrange on the platter as garnish to pork chops.

### ARLINGTON ASPARAGUS

Cut rings one-third inch wide from a lemon, and remove the pulp. Cut crusts from oblong pieces of toast and moisten with water, in which asparagus has been cooked. Put stalks of boiled asparagus through lemon peel rings, and arrange on toast. Brush rings with melted butter, and serve very hot with Hollandaise Sauce, Mousseine Sauce, or melted butter, poured over the asparagus.

# When BABIES are upset



Baby ills and ailments seem twice as serious at night. A sudden cry may mean colic. Or a sudden attack of diarrhea—a condition it is always important to check quickly. How would you meet this emergency—tonight? Have you a bottle of Castoria ready? There is nothing that can take the place of this harmless but effective remedy for children; nothing that acts quite the same, or has quite the same comforting effect on them.

For the protection of your wee one—for your own peace of mind—keep this old, reliable prepara-

tion always on hand. But don't keep it just for emergencies; let it be an everyday aid. Its gentle influence will ease and soothe the infant who cannot sleep. Its mild regulation will help an older child whose tongue is coated because of sluggish bowels. All druggists have Castoria; the genuine bears Chas. H. Fletcher's signature on the wrapper.

# Smooth, light skin has the most fascinating Appeal

Dr. Fred Palmer's Skin Whitener Ointment is the quickest, safest and easiest way to clear, lighten and soften the darkest complexion—clearing away pimples, freckles and blackheads without the least harmful effect to the most tender skin. This famous Skin Whitener Ointment gives your skin a smooth, velvety texture you have never known before. Regular use of this Skin Whitener Ointment along with the other Dr. Fred Palmer Preparations will keep your complexion serenely beautiful.

### The Complete Treatment Includes:

- Dr. Fred Palmer's Skin Whitener Ointment ..... 25c
- Dr. Fred Palmer's Skin Whitener Soap ..... 25c
- Dr. Fred Palmer's Skin Whitener Face Powder ..... 25c
- Dr. Fred Palmer's Hair Dresser ..... 25c
- Dr. Fred Palmer's HID Deodorant ..... 25c

For sale at all drug stores, or will be sent postpaid upon receipt of price. A generous trial sample of the Skin Whitener, Soap and Face Powder sent for 4c in stamps. Address Dr. Fred Palmer's Laboratories, Dept. 13, Atlanta, Georgia.



Dr. Fred Palmer's  
**SKIN WHITENER**  
PREPARATIONS

## SHAVE WITHOUT A RAZOR

Just get on Magic Shaving Powder and then the hair will wash off quicker and closer than any razor shaves you. The hair grows back naturally again as if shaved off. It is merely dissolved away, down to the skin surface. Magic Shaving Powder is esthetic and is used by hospitals and beauty parlors. Women find it perfect for removing excess hair.

E. L. C., famous editor, writes, "A fortunate day when I struck this Godsend." Rev. G. W. M. writes, "I have used your product for 8 years and don't know how I could be without it." It clears the skin of bumps and pimples, and is the perfect shaver.

Send 35c in stamps for a package in U. S. A. or at drug stores. Foreign prices quoted on request.

**THE MAGIC SHAVING POWDER CO.,**  
DEPT. 1-A, SAVANNAH, GEORGIA  
(Est. 1901—25 years of satisfaction)



You, too can gain



# extra energy

There is scarcely a day but what you see or hear of some woman or girl, who was weak, nervous, run-down, and is now using St. Joseph's G. F. P. to regain her strength and energy.

This pleasant-tasting tonic, which is extracted from Nature's roots and herbs and combined under a time-tested formula has been taken by women and girls for more than 50 years. During this time, thousands have testified to the help they have received.

If you are weak, nervous and run-down, why don't you try St. Joseph's G. F. P. to restore your energy? The big bottles are sold by dealers everywhere on a positive money-back guarantee to give satisfaction.

**St. Joseph's G. F. P.**  
THE WOMAN'S TONIC

