

# BEAUTY CHATS

by EDNA KENT FORBES

## A NOTE OF COLOR

Someone asked me once which was more important in a woman's dress—color or color?

Frankly, I don't know. Sometimes one seems more important than the other, sometimes they seem equally so. In the case of a stout woman, or one with a very bad figure, life is all important. In the case of a rather nondescript personality, color means everything.

The best thing to do is to find out which is your color, and use that as the keynote of all your costumes. If you are blonde, brown will be your color; but there will be others that will bring out the brown and tie in keeping with your personality, and your costumes—yellow or orange, for instance, and all the varied shadings of these colors. In such a case you would have always a note of brown—or yellow or orange—in everything you wear.

If you are blonde, your first becoming color will be blue, then gray and pink. So you have three colors to wear separately or to combine, to be included somehow in everything you wear. You may have on a white waist and skirt—but the blue, or which ever shade you have chosen, should be introduced in some way. It might be as a string of beads, or a tie, or the edging of collar and cuffs, but it should be there—particularly if you are blonde and are wearing all white, for few blondes are striking enough in themselves to dare the severity of unrelieved white.

Your most becoming color, of course, is the color of your eyes and a darker shade of that color.

Bunions—It is barely possible that you can cure these deformities yourself, but a skilled chiropodist can help you with it, so that you will never regret the money expended. At 24 years of age, it seems hopeful, but bunions that have existed for many years will remain with the patient to the end of his life. However, they can be relieved of pain, and kept from increasing in size, by the proper care.

To do this, a ring of thick felt should be cut so the bunion will fit into the hole, and the felt will come around the joint so as to protect it from the pressure of the shoe. This will not make the foot look any larger; on the contrary it will shape it up so the deformity will be less noticeable.

If the bunion is painful at times, paint it with a lotion made from two drachms of glycerine, two drachms of carbolic and two drachms of iodine. This can be applied twice a day until the swelling goes down. Severe pain can be relieved very quickly by poulticing with hot ground flaxseed or slippery elm.

You are 15 pounds overweight. The flour you mean is wheat flour with all the starch removed from it and it is called "glutinous flour". It may be bought from any well stocked grocery store, or a small grocer can order for you from the wholesaler, so you should have no trouble in obtaining it.

All inquiries addressed to Miss Forbes in care of the editorial department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or urgent reply is desired, a postpaid and self-addressed envelope must be enclosed with the question. The Editor.

## Heart Problems

Dear Mrs. Thompson: I am four teen years old and my playmate is sixteen. She is a very nice girl, but my mother does not happen to like her because she has been going with a boy lately. Mother thinks I will get silly notions in my head. She makes me study every afternoon before I can play. This does not seem fair to me because all the other girls can have boy friends if they want to and they don't have to do their homework until evening. Don't you think mother is unfair to me?

BETTY JANE.

No, I don't think you mother is unfair to you. It is a fine thing that she makes you study in the afternoon. At night you are tired and need rest and sleep. Try to think of yourself five years from now and you will realize that you cannot be too well informed to be interesting and to have appreciation in life.

You are too young to have boy friends, and I should say that your girl friend is too. I do not believe, however, that you should have given up her friendship because of it. Girls usually begin to think of boys when they are sixteen. They should not, however, take an unwholesome interest in them and neglect their studies as a result.

## LIFE WAS A MISERY TO HER

Says this Woman Until Relieved by Lydia E. Pinkham's Vegetable Compound.

Carrollton, Ky.—I suffered almost two years with female weakness. I could not walk any distance, ride or take any exercise at all without resting. If I swept the floor or did any kind of work it would bring my sickness on. I was weak and languid, had no energy, and life was a misery to me. I was under the care of a good physician for several months and tried other remedies. I had read of Lydia E. Pinkham's Vegetable Compound and decided to try it.

After taking twelve bottles I found myself much improved and I took six more. I have never had any more trouble in that respect since. I have done all kinds of work and at present am an attendant at a State Hospital and am feeling fine. I have recommended your Vegetable Compound to dozens of my friends and shall always recommend it.—LILLIAN THARP, 424 S. 6th St., Carrollton, Ky.

If you have any symptoms about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.



Sometimes Bright Beads Bring Up Colorless Costume.

## The Growing Child

[A series of articles prepared especially for The Palladium, by the United States Public Health Service, Washington, D. C.]

### KEEPING THE SKIN HEALTHY.

The skin is one of the principal organs of excretion. The body in its life activity is constantly forming waste products somewhat as a fire forms ashes in the process of burning. The kidneys and the liver, the lungs and the skin, all play a part in getting these wastes out of the system. In the case of the skin there are millions of little pockets called the sweat glands, which have this work to do, for the sweat is a watery extract of the waste products of the body.

Another of the very important things that the skin does for us is to help regulate the body temperature. It does this by automatic changes in the size of the blood vessels of the skin and by changes in the amount of sweat. When it is hot outside, the skin blood vessels expand and carry a larger amount of blood through the skin to be cooled off, while the sweat is discharged freely and cools the body by its evaporation. When it is cold the blood vessels contract and keep the blood in the inner parts of the body, while the sweat glands cease to discharge moisture in visible form.

### Right Kind of Clothing.

Clothing should be warm enough to protect the body from undue chill, but if it is too warm it makes one dull and sleepy and weakens the machinery for temperature regulation in the skin.

People who bundle up too warmly catch cold more often than those who dress too lightly, although the body must always be protected from sudden chills and cold to which it is unaccustomed. Woolen clothes are good for cold weather because they are porous and hold a good deal of air, which is a poor conductor of heat, and because they take up moisture readily and thus protect the body from chill after exercise has made the sweat flow.

Cotton clothing is cooler and softer to wear next the skin and is better for warm weather.

Bathing is necessary, first of all, to remove dirt from outside and to wash off the waste materials deposited on the skin by the evaporation of the sweat, which soon produce an unpleasant body smell if they are not removed.

Bathwater until the heat regulating machinery of the skin.

Warm baths increase the size of the blood vessels in the skin and draw the blood away from the brain, making one feel comfortably sleepy. This is why a warm bath is usually taken at bedtime.

### Cold Bath.

A cold bath, on the other hand, contracts the skin blood vessels and drives the blood to the brain and makes one feel alert and keen. Cold bathing is a powerful tonic to the skin, since it trains the blood vessels to respond quickly to changes in temperature.

## MI-ONA Ends Indigestion

It relieves stomach misery, sour stomach, belching and all stomach disease or money back. Large box of tablets at all druggists in all towns.

## Fit, and full of pep at 60!

Because he took that latest remedial discovery of Dr. Pierce's. Uric acid backs up into the system, causing rheumatism, neuralgia, dropsy and many other serious disturbances. Dr. Pierce advocates that everyone should exercise in the outdoor air sufficiently, and from time to time stimulate the kidney action by means of

## ANURIC

When you have backache, dizzy spells or rheumatism, heed nature's warning. It means that you are a victim to uric acid poisoning. Then ask your druggist for "Anuric" and you will very soon become one of hundreds who daily give their thankful indorsement to this powerful enemy to uric acid.

If you have that tired, worn-out feeling, backache, rheumatism, neuralgia, or if your sleep is disturbed by too frequent urination, get Dr. Pierce's Anuric Tablets at drug store, full treatment \$1.25, or send 10c for trial package to Dr. Pierce, Invalids' Hotel, Buffalo, N. Y.



LAPORTE, IND.—I suffered for nearly a year with sciatica. I took electric treatments and several different kinds of medicine but got no relief until I took Anuric. One week afterward I went back to work, and to-day, no matter what the weather is have no pain from sciatica.—GLEN HINES, 423 Woodbine Street.

ture. People who take cold baths regularly are likely to be harder and much less subject to colds than others. It should be remembered, however, that some people do not bear cold baths well.

In the matter of bathing, as in that of clothing, we must remember that the body should be stimulated by cold, but not chilled too much. A cold bath should be followed by a reaction, the blood vessels of the skin enlarging again and the skin becoming warm and glowing. brisk rubbing with a rough towel helps to secure this reaction. If no reaction follows, the bath is too cold or too prolonged or the physical condition is such that cold baths are inadvisable.

Questions relating to Child Health and to related problems will be answered by experts of the United States Public Health Service. Address: Child Health Editor, U. S. Public Health Service, Washington, D. C. (Please mention this newspaper.)

## Suburban

LIBERTY, Ind.—Mrs. Ella Sell passed away at her home on East Seminary street last Thursday evening, after an attack of paralysis. Mrs. Sell has resided with her sister, Mrs. Emily Tappan, for a number of years. She was a member of the Disciple church of this place. Funeral services were held Saturday afternoon at the residence. Burial at Abington, Ind. . . . O. P. LaFuze has purchased of DeWitt Snyder and sisters their farm on the Clifton pike. Wm. Brown will continue to reside on the farm another year. . . . George Gambrel of Missouri, who lived here in his boyhood days, is spending a few days here with relatives. . . . Mr. and Mrs. J. C. Rose entertained several young people last Thursday evening. Those present were Charlotte Dubois, Maxine Maxwell, Emily Tappan, Estelle Owens, Earl Rose, Beauford Rodifer, Franklin Dubois and Frances Ponder.

Word has been received here of the death of Mrs. Hartsook, wife of the Rev. Hartsook, formerly pastor of the Presbyterian church at this place. Mrs. Hartsook had been ill for some time. Her death occurred at their home in Orleans, Ind. Their many friends regret to hear of her demise and much sympathy is extended. Mr. Hartsook in his bereavement. . . . Mrs. Harriet Montgomery has purchased the property of Henry Judy and will soon move there. . . . Mrs. Helen Bonner died at her home in Liberty Sunday, after a lingering illness of paralysis, age 80 years. She is survived by two daughters, Misses Maud and Bessie, also one son, Allen. The funeral was conducted Tuesday by Rev. E. I. LaRue of the M. E. church. . . . W. E. Rose and family will spend the winter in Florida. . . . Mr. Charles Coughlin has returned home from the M. E. Hospital at Indianapolis, where he underwent two operations. He is slowly improving. . . . Wilbur Howard has purchased Mrs. Harriet Montgomery's property, south of the railroad, and will move in November. Mr. Howard is a well-known auctioneer. . . . Mrs. Minnie McMaham and daughter, Mrs. Frances Farley, were in Richmond Thursday. . . . Mr. and Mrs. Kent Paxton, after a pleasant visit here with relatives, have returned to their home at Washington, D. C. . . . Mr. George Pierce passed away at his home in Liberty

Saturday at the advanced age of over eighty years. His wife died quite a number of years ago. He is survived by three daughters: Mrs. Albert Freeman of Muncie, Mrs. William McClung and Mrs. Effie Craft of Liberty, also two sons, Frank and Wesley Pierce. . . . Joseph Macy of Kansas City, Mo., is visiting. Mrs. Macy is over 80 years of age and enjoys extra good health, and is delighted to return to his native town and mingle with friends. . . . The W. C. T. W. will hold its annual picnic at the water works Thursday afternoon, Oct. 14. The members will bring their families and lunch. . . . The pupils of the junior and senior classes of Liberty high school enjoyed a social at the Coliseum Thursday night. Refreshments were served and an enjoyable evening spent. . . . W. H. Reynolds of the Presbyterian church of this place will be installed as pastor on Wednesday evening, Oct. 18. Several ministers will be present. The ladies of the church will serve lunch; after the installation a reception will be given Mr. and Mrs. Reynolds. Everyone invited to attend. . . . Miss Katie Malone, a graduate nurse, who recently underwent an operation at Mercy Hospital at Hamilton, O., is at home with her parents and is regaining her health.

GREENSBORO, Ind.—Charles Goodson and daughter, Helen, spent Monday in Richmond. . . . Mrs. Lydia Gause and daughter, Ada, are entertaining company from Ridgeville.

Mr. and Mrs. Howard Gamber and daughter, Sara, attended the concert at Richmond Monday evening. Mr. and Mrs. Earl Pike, of Richmond, are visiting with Mr. and Mrs. John Linderman. Mr. and Mrs. John Wise and daughter, Nadeida, entertained Sunday in honor of John Martindale. Those present were Mr. and Mrs. Alpheus Baldwin of Richmond, Mr. and Mrs. Will Wise and Mr. and Mrs. John Martindale. . . . Dr. Neff and family were entertained at a six o'clock dinner Saturday evening at the home of Mr. and Mrs. Ulery. Gladys Manning and daughter, Rena, of Economy. Gladys Myers was pleasantly surprised Monday evening at her home, it being her 18th birthday. Those present were Audrey Haler, Ethel Ulery, Grace Stanton, Arlene Duff, Lena Stanton, Isabelle Carter, Mary Hatfield Dorothy Carter, Rachel Gwin, Blanche Davis, Lucile Swain, Clara Hill, Miss Staats of Centerville, Gladys Myers, Mr. O. Miller of Hagerstown, Harvey Risner, Harry Martin, Howard Jaskon, Donald Carter, Kenneth

Nicholson, Lawrence Lindley, Glen Williams, Donald Gause, Aaron Lindley, Glen Eaval, Dallas Stevens, Kenneth King, Theodore Carter, Ralph Kennedy Mr. and Mrs. Luke French, and children, Henry French and Mr. and Mrs. Jennie Meyers. Mr. O. Miller of Hagerstown, furnished the music. Games were played throughout the evening. Light refreshments were served. Mr. and Mrs. Charles Gause and family entertained Sunday Mr. and Mrs. William Gause, of Ridgeville.

WILLIAMSBURG, Ind.—Charles Goodson and family were the guests of Mr. and Mrs. Enos Veal, Sunday. . . . Mr. and Mrs. Allen Oler, Mr. and Mrs. James Armstrong, Mrs. George Armstrong and sons, Robert and Wayne Smelser, were among Richmond shoppers Saturday. . . . Miss Esther Cox was the week-end guest of Miss Violet Hardwick. . . . Alpheus Cook, who has been in poor health for some time, is seriously ill. . . . Mrs. Ora Smith who has been confined to her bed for some time past, is able to be about the house at present. . . . Mrs. Edna Kinley spent the week-end here. . . . Rev. and Mrs. Percy Brown of this place, have been out of town for a few days visiting Mrs. Brown's parents. . . . Mr. and Mrs. Milton Wooley were the guests of Mr. and Mrs. Asper Wooley of Richmond, Sunday. . . . Mr. and Mrs. Jesse Hardwick had as their guests Sunday: Mr. and Mrs. Omer Stigall of Economy, Mrs. Ann Stigall of this place, and Miss Esther

Cox. . . . Mr. and Mrs. George Duke entertained the following guests Sunday: Mr. and Mrs. Charles Arnett of Fountain City, and Mr. and Mrs. Linc Watkins. . . . Mrs. Jessie Hardwick and son Bassel were Richmond shoppers Saturday. . . . Miss Echo Woolley had the following guests Sunday: Mr. and Mrs. C. E. Martin, Omer Perce and family, and Paul Lewis and family. . . . Miss Hazel Hardwick and Miss Pauline Jarrett were in Richmond, Friday. . . . Crayton Ball and family and Harry Riggelman and family picniced at Olive Hill, Sunday. . . . Mrs. James Armstrong has returned from a few days' visit with relatives near Economy.

TERRE HAUTE MAN KILLED.

TERRE HAUTE, Ind., Oct. 13.—Michael O'Sullivan, 45 years old, was

killed Tuesday night in the Duane railroad yards, near here, when he fell from a coal dock.

## Feeble, Old People

Vinol is What You Need to Create Strength and Vigor

Because it is a non-secret, scientific combination of the most successful tonics known—Cod Liver and Beef Peptones, Iron, Nux Vomica and Hypophosphites. It enriches the blood with thousands of red blood corpuscles, quickens the circulation, creates a hearty appetite and imparts strength and vigor to every part of the body.

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**Vinol**  
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## The Common Fault With Most Cooks is to Use Too Much Shortening

ONE of the most embarrassing things for a housewife is to have her cake turn out "heavy"—or her pie crust "soggy." Not only unsatisfactory to the palate but the cause of many people saying: "Pies give me indigestion"—or "I can't eat pastry."

Yet this is a condition easily avoided.

Don't use too much shortening.

You use  $\frac{1}{3}$  to  $\frac{1}{4}$  less Mazola than you need of either butter or lard—with better results.

If it's pie, Mazola will make the finest, most delicate and easily digested crust you ever tasted.

If it's cake—both lightness and richness will result from using Mazola.

And being an oil it is always ready for instant use—no tiresome "creaming-in."

This is because Mazola is an absolutely pure vegetable fat from an edible source. It is 100% fat—contains no moisture as is contained in butter and lard.

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Make It Abundant!



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A 35-cent bottle of delightful "Danderine" freshens your scalp, checks dandruff and falling hair. This stimulating "beauty-tonic" gives to thin, dull, fading hair that youthful brightness and abundant thickness—all druggists—Advertisement.

## FAMILY WASHINGS