

BEAUTY CHATS

by EDNA KENT FORBES

AUTUMN BEAUTY FOODS

"What sort of foods are that are plentiful and cheap," writes E. B., "can I eat now to clear my complexion and to improve my health? I don't want to get fat."

This leads me back once more to the subject of what we have often called "beauty foods." And among those which are plentiful now and cheap are:

Apples—The health-giving properties of the apple are too well-known for me to repeat them here. Apples are splendid to eat raw or baked—or in sauce. You see, as you add sugar and spices and other flavors you tend to destroy the mild acid of the apple which acts so beneficially upon the stomach. And the best part of it is that apples are easy to can for winter, so that a supply may be had throughout the whole year.

Tomatoes—They are cooling and refreshing, and contain a mild acid which is beneficial. And, like apples, they are easy to do up. In winter, if no other fresh vegetable is available, canned tomatoes will balance an otherwise too starchy food.

Pears, plums and all other fruits now at their best can be included in the list of beauty foods. Oranges—Oh, yes, these are very good for the health, and a real beauty food, though I know they have many disadvantages. Then there are various forms of "greens" still in the garden which are well-known for their beautifying properties.

Ethel—The henna shampoo is the most simple method for tinting the

LEATHER TRIMMING IS SMART ON THIS NOBBY SPORT SUIT



hair, so it is advisable for an inexperienced person to try this way at first. To make this shampoo, use one ounce of powdered Egyptian henna to three ounces of powdered Castle soap and mix. Take one tablespoonful of this mixture for a shampoo. This should be used with one pint of hot water and rubbed well into the scalp, until the whole head is in a lather. Let it remain on the head for 15 minutes, then proceed as in any other shampoo. Your proportions were all wrong.

Grey Eyes—Try another method of dressing the hair and use a tonic well massaged into the scalp over the ears. If you have been using hot irons to curl the hair in this part of the head it likely has caused this thinning down of the hair. If that has caused it, stop the habit.

Heavy—You should weigh about 120 pounds.

R. B.—You can have your brows arched at almost any of the beauty parlors or you can improve the shape of them yourself, if you have the courage to remove the offending hairs by pulling them out with a pair of tweezers that come for this purpose. The tweezers should have blunted ends, so they will not cut off the hair before they remove it with its root.

All inquiries addressed to Miss Forbes in care of the "Beauty Chats" department will be answered in these columns in their turn. This requires considerable time, however, owing to the large number of letters, so a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question.—The Editor.

EYES AND LIGHTING.

No one of our five special senses needs to be more carefully protected than that of sight. Throughout practically all of our waking hours, the eyes are on duty, contributing to our enjoyment, securing knowledge and protecting us from pitfalls and danger. No wonder, with the constantly changing focus for near and distant objects, that the eye is subjected to considerable strain. This is true under ideal conditions of lighting and visual hygiene and is aggravated under the conditions that only too frequently exist.

It has been estimated that at least one-fourth of the population is more or less handicapped by some defect of the eyes. Among the school population, from 10 to 30% need glasses. The defects requiring this correction are near-sightedness (myopia), farsightedness (hyperopia), astigmatism, and squint.

Cause of Nearsight.

The shape of the orbit, or bony socket of the eye, is probably the chief factor in the production of nearsightedness, and an excessive amount of near work in schools increases the tendency. Therefore, though the schools cannot be said to be the underlying cause of a child's nearsightedness, bad school hygiene will undoubtedly aggravate the trouble already existing. Anything which causes a pupil to hold his book too near the eyes, or to assume a stooping position while at work in school, as too fine print, insufficient light, or unsuitable desk or chair, may result in the development of a more serious degree of nearsightedness. An excessive amount of near work will cause strain in even a normal eye.

A slight degree of far sight is normal in young children, and need cause no special concern other than to avoid overmuch near work. Marked farsightedness, however, is one of the most serious causes of eye strain, and if not corrected, may lead to very harmful results.

Astigmatism is the effect of irregularity in the shape of the cornea (the clear part of the eye ball). This produces blurred vision because the child can see better in one meridian than the other. If the astigmatism is slight the eye corrects the fault by using its power of accommodation, but this entails strain. Hence, astigmatism ranks with far sight as a cause of eye strain. It is also one of the causes of faulty posture, since the child naturally turns his head and twists his body till he gets into the position where he can see best.

Serious Defect.

Squint, or cross-eye, is one of the very serious defects of the eye, the importance of which many parents fail to realize. Though they, of course, are troubled at its effect on the appearance of their children. They do not understand that unless the defect is corrected early in life (by the sixth or seventh year) there is great danger that the vision in the affected eye will be greatly impaired if not lost altogether.

If treatment is begun early, even in infancy if observed then, the eyes may usually be straightened by glasses, without an operation.

Any evidence of eye strain or defective vision should call for an examination by an oculist. Painful, watering, or congested eyes, twitching or sore lids, sensitiveness to light, frowning, peculiar position of the head, difficulty in seeing work on the board, holding the book near the eyes, poor spelling or reading, blurred or double vision, headache (common), fatigue, nervousness, dizziness, sleeplessness, irritability and lack of control are among the symptoms of eye strain.

Conserve Vision.

Every effort should be made in both home and school to conserve the vision of the child. The light should come from the left and the rear. In school rooms the windows should be massed on the left side, towards the rear, with none in the back of the room because the teacher's eyes should not be subjected to the strain of looking towards the light.

The window glass space of a school room should be about one-fourth of the floor space, and all windows should reach almost to the ceiling. Opaque shades should be used only to exclude direct sunlight. In addition to these, light-colored translucent shades should be used. The combination of up-and-down shade or the new style adjustable roller should be substituted for the old-fashioned shade.

The coloring of the room should be such as to reflect the light without glare. The ceiling should be almost white, and the walls may be buff, pale

entertained her parents of Greenville on Wednesday.... Miss Flora Bowman of New Madison, visited several days with friends at this place.... Mr. and Mrs. Verts McGriff were Sunday dinner guests of Mr. and Mrs. Irwin Poyner near Castine.... Announcements were received here last week of the double wedding of Mr. Stanley B. Hunter, of Eaton, and Miss Gertrude Furry, and Mr. Ronald K. Reed, and Miss Myrtle Furry, Saturday at Eaton at 9 a. m., by Rev. Yingling, at the U. B. parsonage. Miss Gertrude was employed at a local garage and Miss Myrtle at home with her parents. Both are daughters of Mr. and Mrs. Arless Furry, of this place.... The Friendly Bible Class of the U. C. church held a business meeting Thursday evening at the home of Mrs. J. M. Studebaker. The house was tastefully arranged with Hallowe'en decorations and opened with a ghost play. This was followed by the business session after which refreshments were served.... Mr. and Mrs. Oliver Shewmon and Mr. and Mrs. Robert Hunter, Harold Buchanan and family, Otto Kuhn and family, Agnes Kennedy and Eddie Dearth, all of Dayton, and Mr. and Mrs. Wilson Shewmon, of New Medina, spent Sunday with Mr. and Mrs. Joe Shewmon. Mrs. Henry Will and daughter Dorothy, were afternoon callers.... Mr. and Mrs. Ray Powell were Sunday guests of their parents, Mr. and Mrs. Isaac Powell, at Greenville, O.... Mr. and Mrs. Floyd Hogston, of New Paris, and Mr. and Mrs. Ezra Fournier, of New Garden, were entertained Sunday at the home of Mr. and Mrs. Leo Guy.

NOSE DIVE AT 450 MILES AN HOUR

(Scientific American)
Lieutenant Weiss of the French army was attempting to establish a height record recently but unexpectedly found his supply of oxygen virtually exhausted. The Paris correspondent of the Morning Post states that at the moment he was at 8,000 meters and his only chance of safety was to nose dive.

For a certain number of seconds he achieved a speed of 450 miles per hour and actually traversed 4,300 yards of descent in thirty seconds. The machine was injured as a result of the strain and certain portions of the wings were torn off, while some supports also were broken before he was able to flatten out the machine for landing.

years, and returned again to your school, should you speak to him?

CURLY HEAD.

My dear girl, you will be a most uninteresting person if you give so much thought to what is correct. Say what is in your heart to say, and be original.

When a young man escorts you home, thank him and ask him to come and see you.

When your cousin and her friend escort you home, tell them that you appreciate it and ask them to come to see you.

Suburban

CUTICURA HEALED BOY'S ECZEMA

In Blisters About Ears. Scratched And Irritated.

"My little boy had a breaking out about his ears which developed into a severe case of eczema. The breaking out was in blisters causing him to scratch and irritate it very much. When he went to bed I had to tie his hand, and many nights he slept very little.

"I saw an advertisement for Cuticura Soap and Ointment and decided to try them, and after using four boxes of Cuticura Soap and three boxes of Ointment he was healed.... (Signed) Mrs. E. Bowerman, Mesick, Michigan.

Cuticura For Toilet Uses

Use Cuticura Soap for toilet purposes, assisted by dashes of Cuticura Ointment as needed. By using these delicate fragrant super-creamy emollients for all toilet purposes you will prevent many skin and scalp troubles becoming serious. Cuticura Talcum is indispensable for every toilet table.

Sample Each Free by Mail. Address post-card: Cuticura Dept. R. Madson. Sold everywhere. Cuticura Soap, \$1.50; Cuticura Ointment, \$1.00; Cuticura Soap shaves without mug.

The Three New

Gennett Records

which are listed below are so good we know you will want to hear them (and the other new October numbers); therefore, we believe we are doing you a favor by urging you to come in and hear them demonstrated.

9064—Hiawatha's Melody of Love —Chas. Hart, Elliott Shaw Tenor and Baritone Duet

Apple Blossom Time —Chas. Hart, Elliott Shaw Tenor and Baritone Duet

Here are two dance pieces, full of pep—

9060—Jean Medley (Fox Trot) —Green Bros. Novelty Band Xylophone Duet Chorus

Sahara Rose Medley (Fox Trot) —Paradise Novelty Orchestra

These two pieces are the big hits—

9065—Chile Bean —Billy Murray—Nuf Sed The Argentines, the Portuguese and the Greeks —Arthur Collins—He's Great

The Starr Piano Co.
931-35 Main Street
Richmond, Indiana

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to have your Photograph for the holidays made early.

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211-213 N. W. 7th St. Phone 4878

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Monday Sales

—at THE HOOSIER STORE

Greater and better are these Monday sales growing, and one of the great reasons for this growth is "truthful advertising." Every article that you have seen listed in these sales is sold just as it is advertised. We do not give you \$5.00 worth of merchandise for \$2.00 (nor does anyone else), but you will find these sales to be the greatest bargain events in Richmond. Winter is near—prepare now.

Never Were You Offered Such Values as You'll Find in the Following List

25c Linen Weft Toweling, for Monday only, yard	18c
50c Kimono Fleece Goods, Monday, yard	39c
\$4.00 Full size Cotton Blankets, for Monday, pair	\$2.48
\$5.00 full size Fancy Plaid Blankets, pair	\$3.69
\$5.00 Home Made Comforts, large size hand knotted, Monday	\$3.98
45c Heavy yard wide Percale, light and dark, Monday, yard	25c
\$13.00 full size Felted Mattresses, Monday only	\$9.98
\$1.00 Green Window Shades in seconds, Monday, yard	24c
Yard wide Unbleached Muslin, light weight, Monday only, yard	89.98
75c Curtain Nets, in Flelt and Nottingham, Monday, yard	\$6.98
25c best Calicoes, all colors, Monday special, yd	19c
1.00 Seamless Sheetings, 94 wide, Monday only, yd	79c
35c Linen Crash, Unbleached, only, yard	25c
Bargains in Remnants of Wool Dress Goods.	
50c value in Outing Flannels for Monday, yd	35c
Texolium Floor Covering in Remnants for Stove Rugs, Monday, yard	39c
\$13.00 full size Felted Mattresses, Monday only	\$9.98
30c Pure Rubber Stair Treads wear better, less trouble and much cheaper than stair carpet; special for Monday, each	19c
\$3.00 Brussels Rugs, 27x54-in. Monday only	\$1.79
75c heavy Grass Rugs, for Monday only	39c
\$2.00 heavy Cocoa Door Mats save your rugs, Monday only at	\$1.48

Millinery



When you buy our Monday's Specials you get value received. Our Hats are priced very moderately when the workmanship and quality of materials are taken into consideration.

All Hats sold at popular prices but we are showing some special lots for Monday only. Pattern trimmed hats worth 1-3 more, special at

Bended hats and beavers, also ready to wear in Velvets for Ladies and the young Miss, at

Trimmed Hats for Ladies in all the new effects

Tams and Children's Hats

Ready-to-Wear Specials for Monday



Wool or Silk Dresses, special lot at

\$14.95

Outing Flannel Petticoats, Monday

89c

Plain colors or Plaid Dress Skirts

\$4.95

White Voile Waists, Monday

\$1.50

Silk Waists, striped or Plaid Silk

\$4.95

Fall and Winter Coats, you should see our new assortment at

\$24.75

And Suits—Well, you can't beat the ones we are selling at

\$34.75