

# BEAUTY CHATS

As a matter of fact, a precaution one should give the throat a thorough washing out with some antiseptic solution every day. This will prevent the formation of germs in the throat, will help to cure colds—and, better than that, it will prevent colds and sore throats.

These are only the health reasons why a thorough gargling of the throat is advisable. There is another which I think is almost equally important. If you wish to have a clear voice and a beautiful voice, you must have the throat in a strong and healthy condition. You cannot enunciate well if your throat is clogged up. The quality of the tones of your voice will never be good if the throat itself is not healthy and clear.

It takes only an extra minute or so to gargle with some antiseptic solution. I would advise doing this every morning when you wash or as you bathe, since any foreign matter that collects in the throat is apt to do so overnight when you are asleep. If you wish you may use only plain water, but it would be much better to use hot salt water, which costs practically nothing and which is easy to fix.

Keep a little covered box of table salt in the bathroom closet and add a small spoonful of this to three-quarters of a glass of hot water. Rinse out the mouth with it, since it is healthy for the gums; gargle the throat and snuff a little up the nose until you feel the nasal passages clear. This not only clears out all foreign matter, but kills any germs that may be lurking where the nose and throat passages join.

**NERVES.**—A simple exercise for relaxing is as follows: Sit down, and hold your hand in front of you, about a foot or so above the lap. Then relax the tension which holds your hand there, "let go" your hand, and allow it to drop limply to your lap. This may sound as if it is an easy thing to do, but few persons perform the experiment properly at the first attempt. The hand must become as limp as a rag, and drop as heavily as if had been detached from the body. You will find a natural resistance to this "letting go" on the part of the hand, which means you will have to exert the exercise until you have attained it.

After you have accomplished this exercise, you will find that your nerves have quieted and will most likely be able to have a restful sleep. This exercise is the key to others that can be added, such as holding out the arm, then allowing it to fall limply. Repeat this, using both arms. The foot and then the leg will be the next part of the body to train. You should lie flat on a bed to accomplish this form of the exercise. The muscles of the neck may also be relaxed by learning to drop the head both forward and backward, always accomplishing it as if it were done without any physical effort.

All inquiries addressed to Miss Forbes in care of the "Beauty Chats" department will be answered in these columns in due time, however, owing to the great number received. So, if a personal or quicker reply is desired, the reader should send a self-addressed envelope must be enclosed with the question.—The Editor.

## Heart Problems

Dear Mrs. Thompson: I am a girl twenty-two years of age and go with a boy twenty years old. He is a very nice boy and I like him, only his age troubles me. I know he likes me and does not consider ages. Do you think it proper for a girl to go with a boy younger than she is?

I know another nice young man, but I know I don't like him as well as the boy twenty. This young man is twenty-four. Should I discontinue to go with the boy twenty and go with the one twenty-four?

FAITH.

Two years difference in your ages should mean nothing. Accept both young men as friends and do not give one for the other unless you become engaged.

Dear Mrs. Thompson: I have little holes in my face. Are those enlarged pores? If so, please advise me what to do. I also have pimples and blackheads. Is there a way of getting rid of them? I have tried nearly everything but to no avail.

BETTY K.

The holes in your face are enlarged pores. You may find the following lotion helpful:

Boric acid, one dram; distilled witch hazel, four ounces.

Apply with a piece of old linen or a bit of absorbent cotton.

Since you have tried to get rid of blackheads and pimples, but to no avail, you should consult a physician and ask him to prescribe. It is evident that your blood is in a bad condition. You should be particularly careful to keep your skin thoroughly clean. Never go to bed at night without first washing thoroughly with face soap and warm water and then applying a good cold cream.

Excavations undertaken to constitute Brussels a seaport have been completed.

## Motorman Not Losing Any Time

"I don't think anyone ever suffered more from stomach trouble and bloating than I have. I had to lay off my run more than half the time and could get no help from prescriptions or medicine. One of my friends advised using May's Wonderful Remedy, which I found to be the greatest remedy ever put on the earth. I have not lost a day since taking it. It is worth its weight in gold." It is a simple harmless preparation that removes the catarrhal mucus from the intestinal tract and allays the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitis. One dose will convince or money refunded. Clem Thistlethwaite's Seven Drug Stores, A. G. Luken & Co., and leading druggists everywhere.—Advertisement.



This keeps Your Throat Clear.

## The Growing Child

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

### SCHOOL LUNCH SERVICE.

Many children attend school breakfastless. Some because of capricious appetite, and in other cases because food is not to be had in sufficient quantity. Furthermore, in rural districts, and in some cities, a number of children live such a distance from school as to make it necessary for them to carry lunch.

Quite frequently the lunch is of insufficient quantity and of limited nutritive value. For these reasons large numbers of children during the most important period of their growth and development have but practically one meal a day throughout the school year. The education and health authorities have become alive to this neglect and are attempting to overcome it by providing for school lunches.

**Necessity Established.** School lunches are no longer in the experimental stage. Wherever tried they have been successful, and the benefits of school feeding are generally recognized. A growing child needs more nourishment in proportion to its size than an adult and this is as true for the rich child as for the poor.

Hence, it is just as much to the advantage for the child of well-to-do parents to be provided with nourishing food at school, since he can not go home to get it, as it is for the child of the poor. This at once removes the matter of school feeding from a class or charitable affair into the realm of child hygiene, where it properly belongs.

Of course there will always be some children who cannot afford to pay for this extra food and must be fed at the expense of someone else, but this can usually be arranged. In nearly all of the newer school buildings in the cities and towns of France the kitchen is as much a regular part of the plant as the classroom.

There are very few schools where a lunch service cannot be established if attempted in the right way. The success of the undertaking depends largely upon the interest, enthusiasm and knowledge of the teacher. When she decides that the service should be inaugurated in her school, the question of financial support comes first to mind.

The movement will undoubtedly have the moral support of the school superintendent and board of education, as the school lunch is rapidly being recognized as part of the regular school work; but they are not always ready to finance the purchase of equipment and other initial expenses. In the large cities, committees of public spirited citizens sometimes do this or Parent-Teacher associations, Women's clubs, or similar organizations give financial support. In some large school systems the work is directed by a trained dietitian, with capable, paid assistants.

**Teacher Must Help.** The smaller schools, however, and the one-room rural schools, where the

## Ladies! Darken Your Gray Hair

Use Grandma's Sage Tea and Sulphur Recipe and Nobody Will Know.

The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect.

But brewing at home is messy and out-of-date. Nowadays, by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," you will get this famous old preparation, improved by the addition of other ingredients, which can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning the gray hair all disappears, and after another application or two, it becomes beautifully dark and glossy.—Advertisement.

Children's Hallowe'en Party  
The Starr Piano Co.  
4 o'clock  
Friday, October 22

need is particularly great because so few children can go home for a hot dinner, should be able to accomplish much, provided the teacher has enthusiasm and perseverance. Many of these schools have Parent-Teacher associations, and some counties have a home demonstrator or county nurse, or both. If there is no community organization to supply the small equipment needed, the individual parents and pupils must be educated to the point of being determined to carry the plan through.

The teacher can easily enthrall the pupils, and leaflets on health and nutrition prepared by the state board of health should be sent to parents. The county nurse should visit the homes where there are undernourished children, and emphasize the value of the school lunch.

The medical inspector, or county health officer should endeavor to secure the interest of the local Ladies' Aid society, or other church organization, and the influence of the minister should always be sought. If the children wish to have some part in the purchase of equipment, they might join with the teacher in holding a "fair" or "social" so popular in country districts. If only enough money is secured to buy the necessary cooking utensils, soap, oil stove (if necessary), dish towels, and other materials, each child can bring from home his own table utensils, to be left at school during the term. Only such staple foods as soups, rice, hominy, vegetables, cocoa, milk, tapioca with fruit, and the like, should be attempted unless special time can be given to the work of preparation. In this connection, the domestic science instructor or the home demonstrator will be invaluable in instructing the pupils in the value of certain foods and their preparation.

**Plan Carefully.** To be a success everything must be planned ahead. Assignments of pupils to certain duties should be made a week ahead, and the privilege of having a share in the preparation of the lunch will be eagerly coveted. No better opportunity could be found for teaching habits of neatness, cleanliness, courtesy, good manners, thorough mastication, and care of the teeth, and food values. The danger of flies are easy to teach in this connection. The importance of washing the hands before preparing, serving or eating food, can be emphasized, and a tooth brush drill might be given after eating.

The children should be required to pay for their lunches when they can afford to, and those who do not pay should not be known to the others. The staple supplies like sugar and cocoa might be purchased with a fund made up by a few pennies brought by each child. The fresh foods, like vegetables, milk, meat and fruit, might be supplied by the various families in turn, each family being notified a week ahead of its turn to furnish the supplies. An accurate account should be kept of all supplies furnished and bought so that each family may bear its share in proportion to the number of its children in school. This keeping of accounts will furnish good material for teaching arithmetic to the children.

The gain in weight of undernourished children, the training in refined social habits, hygienic living, co-operation, and community spirit probably will well repay all efforts expended.

Questions relating to Child Health and to related problems will be answered by experts of the United States Public Health Service. Address: Child

## WRAP FOR AFTER THE DINNER HOUR



This velvet wrap for evening wear is rather unusual in effect. The lining is of peach satin and the pretty collar and large kimono-like sleeves have an exquisite flower design embroidered in silver. A band of the silver embroidery edging the front opening of the wrap also. It is simple but elegant.

Health Editor, U. S. Public Health Service, Washington, D. C. (Please mention this newspaper.)

## Ohio News Flashes

**COLUMBUS.**—In order to get even with his wife from whom he had been separated, Charles Hatter, of Basil, set fire to her brother's home, according to his confession. Hatter bored a hole into the house while the occupants were asleep, poured in a quart of gasoline and set fire. It is said that he was so frightened at the explosion and roar that followed ignition that he left his anger at the house. This helped to fasten the guilt upon him. No one in the house was injured.

**EAST LIVERPOOL.**—The Rev. Aaron S. Watkins, of Cincinnati, prohibition nominee for president, said in an address here, that "the great question of the 1920 campaign is extinction of the liquor traffic." He said of the League of Nations, "There has been a fog in the discussion. We favor a form of federation among nations; the change in conditions of the world demands this."

**CLEVELAND.**—When Patrolman Walter Pruesh questioned several youthful gunmen near Brookside park, he was shot by one of them, and perhaps fatally wounded. His assailants escaped.

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Men's medium weight Union Suits, long sleeve, long length, sizes 34 to 46; special, suit.....\$1.75

Men's Black Socks, all sizes; special, pair.....15c

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## A SWEETHEART AT THIRTY

The Story of a Woman's Transformation  
BY MARION RUBINCAM

### Chapter II.

Esther, it seems to me now, as I look back over our life together, had a positively uncanny habit of saying the nastiest thing at the time when it would be felt most. She never meant it, of course—in fact, I've found out, cynically, that the world is full of people who do hurtful things and never mean anything but good. It was, as Jim used to say, "Esther's manner."

Now, to go back for a moment, so you can have the picture of our family as it was on the day when my Great Awakening began—Esther was my sister-in-law, and my very best friend as well.

We had been brought up together—our families lived in adjoining places—and we had been inseparable. We had been almost like sisters; in fact, we got along rather better than sisters. So, when Esther married my only brother Jim, I was delighted. I was going to have her for a real relation, instead of a "play" one.

Esther was 18 when she married Jim, and Jim was 24. Our uncle died some time afterwards and left him his farm, which was on the very edge of one of the tiniest villages in Connecticut, a little bit of a place known as Henley Falls. I was lonely enough after my very dear brother and my very best friend moved away, especially as I had few other friends to console myself with. I did not like many of the people around me. They thought I was "queer."

But Henley Falls was not far away from our old home and I often drove over to see Esther and Jim. Indeed, I knew as many people in that place as in the place where my own parents lived. Then, when mother and father died, Jim closed up the old home, and I very naturally, went to live with him—and with Esther.

Esther had three children. Laura was the first; she came not quite a year after they were married, and she was one of the chubbier babies I ever saw. She was the prettiest, too. She took all the beautiful baby prizes at the fairs and once was given a medal of some sort by a magazine that offered prizes for pictures of the best looking baby in the state.

Then came Jim, two years later, and then Vi, a little more than a year after that. Jim, or James, as we called him—for his dad always came running when Esther was calling the baby—was not a pretty baby, though he did have lovely eyes. And Violet was not thought pretty at all. But I used to think—and I know now—that like many homely children, Violet was bound to be the best looking of them all in the end. Esther didn't think so when she was a baby, but I did; and for that reason, they always called Vi my child.

Now—that is, at the time of my Great Awakening—Esther was about 40, the most tragic age for a woman. She had been married 22 years. Laura was 21. James was 19 and a nice quiet lad, and Violet was not yet 18. And I, as Esther reminded me so cruelly that

afternoon, I was 35—and an old maid. The remembered birthday seemed to make Esther reminiscent.

"You were only 13 when I was married," she said, her eyes either subject of ages. "Lord, we used to play together almost as though we was one age. You seemed nearly as old as me." That, too, was a cut, but I did not think of it at the time.

"I always was mature," I agreed. "I remember you didn't do up your hair until you were 17. I had mine up when you were married—mother let me do it first for the wedding."

Indeed, I had grown up early; at least, the responsibilities of life had been thrust on me fairly early. There had been several children between Jim and myself, but they had died and my mother had not been very strong. So, when the days came when Esther ceased to care for children's romping games, I was being initiated into grown-up responsibilities and had little time for such games either.

Esther at 17 and I at 12 visited steadily together when our various household tasks were done.

"But at 16 I used to go chasing around as hard as any youngster," Esther answered when I reminded her of the old days. "Lord, I hadn't so much flesh then. But I never was a slim one."

She glanced down at herself, rather complacently. I thought, as many stout women do. Esther was fat—but of course, that idea didn't occur to me then.

"Laura takes after me," she said, speaking of the older girl, who was out that afternoon. "James, I don't know who he takes after. He's all for dreaming and sittin' around doin' nothing" at all. There's none of that in my family, and not much in Jim's, as I can see. Vi, now, she has more animation than James, and she's quick as can be, but

## Dye It Right!

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she doesn't stick at anything. Just hops around like a bird on a tree. I think she's more Haines than Laura, or James."

She went on back to her ironing and I gathered up the curtains I had been mending and carried them to the bedrooms upstairs. On the way I stopped in my room—and stood before my mirror.

—Self-revelation begins with a looking glass.

Tomorrow—The Haines Family.

## Famous Old Recipe for Cough Syrup

Really and cheaply made at home, but it beats them all for quick results.

Thousands of housewives have found that they can save two-thirds of the money usually spent for cough preparations, by using the well-known old recipe for making cough syrup at home. It is simple and cheap but it has no equal for prompt results. It takes right hold of a cough and gives immediate relief, usually stopping an ordinary cough in 24 hours or less.

Get 2½ ounces of Pinex from any druggist, pour it into a pint bottle and add plain granulated sugar syrup to make a full pint. If you prefer, use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, it tastes good, keeps perfectly, and lasts a family a long time.

It's truly astonishing how quickly it acts, penetrating through every air passage of the throat and lungs—loosens and raises the phlegm, soothes and heals the membranes, and gradually but surely the annoying throat tickle and dreaded cough disappear entirely. Nothing better for bronchitis, spasmodic croup, hoarseness or bronchial asthma.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, known the world over for its healing effect on the membranes. Avoid disappointment by asking your druggist for "2½ ounces of Pinex" with full directions and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Ft. Wayne, Ind.

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