

—and the worst is yet to come



About the House

For Added Charm.

This season Fashion has changed her mind about hats and necklines. Hats still set down closely on the head, but a soft fluff of hair and the curve of a neckline must show somewhere beneath it. So if you want to make the most of your appearance, don't overlook your neck or your hair.

Nature doesn't give everyone glossy, abundant and wavy hair. No, indeed; but modern science offers you a new way to fool nature and have just the kind of hair you want. It's exercise for the scalp. Special kind of exercise for the dry, undernourished scalp—other exercises for the oily, overfed scalp.

When your hair falls out easily and breaks off quickly, when the scalp is covered with a fine dust-like dandruff that looks so untidy on a dark dress, then you want to do this exercise. Spread your ten fingers just as wide as you possibly can and put them right behind your ears, with the thumbs at the base of the head. Slowly swing them in circles up and outward until they meet at the crown of the head. Stop and start all over again. Do this for about five minutes. Clawing is another exercise that causes your hair to gleam with unexpected lights, or, if it is gray, gives it an attractive silvery glow. This exercise is particularly designed

to persuade hair cells that are lazy to get up and do their work.

Stand your hands up on your finger tips. Put them right behind your ears and move your fingers backward and forward all over your head, being sure that you do not leave the tiniest space unclawed. Be vigorous, but don't imitate a bad-tempered pussy cat. A scratched scalp can't be a healthy one.

Perhaps you don't desire any more natural oil for your hair. You look at the dry-haired woman in envy when you start shampooing for the third time in one month. You never can keep the wave in your hair, and, no matter how much pains you take with your coiffure, it always breaks into strings and looks untidy.

Before I tell you about the exercise just designed for your kind of scalp, let us make sure that you really have oily hair. Too often soap is left in the hair after the shampoo. In a few days this residue of soap gives a greasy appearance. Or you may shampoo your hair in hard water. This always leaves the hair dead-looking. Hard water can be softened by the addition of borax or soda or a little lemon juice in the last rinsing water. But caution is necessary in using these things, as an excess of them defeats your purpose and brings back more oil than the shampoo takes away. The oily scalp isn't clawed. It's

pinched into prettiness. Every night, no matter how tired you are, pinch all over your scalp with your thumb and forefinger. Be careful that you do not leave a single inch of the scalp unpinched. This has the effect of squeezing out all the surplus oil, and gives the glands a chance to rest and relax.

I needn't tell you how important diet and fresh air are to the oily-haired woman. Indigestion, faulty elimination, food that is too rich or stimulating, all help to make your hair look just the way it shouldn't.

An Apple a Day.

We all welcome with delight the fall days with their abundance of bright, juicy apples fresh from the orchard. Nothing so lends itself to the whims of the appetite as a perfect apple, raw or cooked. Breakfast, dinner and supper may each boast of a favorite apple dish.

They tell us, with a great deal of truth, that "an apple a day keeps the doctor away." Let us eat our "apple a day"—raw, and let us cook them deliciously since if one is good, more must be better!

Apple with sausage stuffing—Select large smooth apples suitable for baking. Remove the cores and fill cavity with mixture of equal parts of sausage, bread crumbs and finely cut apples. Cover top with buttered crumbs and bake. Serve as the meat dish for supper.

Apple and celery salad—3 medium sized apples, 1 c. celery cut in cubes, ¼ c. nuts, 1 c. mayonnaise dressing. Pare and cut the apples in cubes. Scrub the celery well with vegetable brush, cut in cubes and crisp in cold water. Drain. Toss apple, celery and nuts together with fork and mix with mayonnaise. Serve one lettuce leaf on salad plates or garnish with celery leaves.

Apple dressing for poultry—2 c. bread crumbs, 1½ c. warm water or stock, 1 chopped onion, 2 sour apples (chopped), ¼ c. diced celery, 2 tbsp. butter or poultry fat, salt and pepper to taste. Soften bread crumbs with lukewarm water or with stock from fowl. Add the ingredients and use as stuffing for roast turkey, chicken or duck.

Roast pork and apples—Surround pork roast with pared, cored apples and bake. Serve on platter with pork, slices of pork in centre surrounded with border of the baked apples.

Apple marmalade—4 c. apples, 2 c. raisins, 2 c. water, ¾ c. sugar, ½ lemon. Run apples and raisins through the food chopper, add water, sugar and juice of one-half lemon. Cook thirty minutes or until thick. Serve for breakfast with toast, as a relish with roast pork or use as a spread or sandwich filler.

Apple rings—Core firm apples, cut in slices half an inch thick. Fry in deep fat and serve with baked ham, roast pork or sausage.

Apple relish—Wash and core red apples, cut crosswise into one-quarter inch slices. Pour the juice of one lemon over the slices to prevent apples from turning dark. Add weak vinegar to cover the slices. Serve from glass dish as a relish for meats.

One way to be happy is to set a limit to your wants and keep them there.

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C16

HEALTH EDUCATION

BY DR. J. J. MIDDLETON
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

What makes a boy steal green apples?

Why does a boy like to jump?

These are some of the questions put forward when the topics of recreation came up at the All-Canada Children's Week Conference that was recently held in Toronto.

The importance of recreation for both young and old is becoming more and more apparent, but just how the recreation should be carried out is still a poser.

Dr. Lamb, Professor of Physical Education, McGill University, Montreal, says that recreation should as far as possible be supervised, else it may be carried on in a way that is not good for the individual or for the community in which he lives.

There are some interesting features of this subject. What makes a child play, for instance. The consensus of opinion is that play is an expression of the pursuits of our ancestors away back to primitive man. The child's liking for jumping, climbing and chasing things is an evidence of the savage state. The child's liking for bows and arrows indicates his ancestral associations with forest and stream, caves, hunting ground, etc. Besides, the kind of play a child is interested in, shows something of his racial development.

Why do boys as a rule like to steal green apples? Dr. Lamb thinks it is mostly due to their love for excitement, especially if in getting the apples they have to outwit some crabby old man who guards the orchard.

One thing to be kept in mind in preparing recreation facilities for children is that some sort of supervision is best. In this way truthfulness can be encouraged instead of deceit, kindness instead of cruelty, justice instead of injustice, honesty instead of dishonesty and courage instead of cowardice.

In every kind of recreation the point to be kept in mind is participation rather than observation. In other words it is much better for all the children to take part in games than

for the majority of them to watch a few of their number, such as is seen in a school football match.

In the whole domain of child development nothing is more important than recreation. It has a most powerful influence on the future man or woman, and in the building of character as well as of health, sound recreation must ever be given a foremost place.

Something to Think About.

Music appreciation is a subject now taken up with the public school music. In order to be able to enjoy a concert or a musical entertainment we must know something about music, that is, the form, harmony, melody, and rhythm. In fact, music is a necessary part of one's education. Folk songs are the origin of a great deal of our beautiful music, and folk songs appeal to the heart.

The listener is just as important as the composer or performer, and listening to music should be like listening to anything else.

Early in life one should learn the names of well known composers and be able to identify them with their compositions when heard. They should be taught the first lesson in musical structure, which is repetition of phrase.

Music is something more than mere entertainment — it is something to think about.

The school of experience grants no diplomas. There is always a post-graduate course.



Are you enjoying a harvest of health?

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