Careless Shampooing Spoils the Hair

If you want to keep your hair looking its best, be careful what you wash it with. Don't use prepared shampoos or anything else, that contains to much alkali. This dries the scalp, makes the hair brittle and ruins it.

The best thing for steady use is just ordinary mulsified cocoanut oil (which is pure and greaseless), and is better than anything else you can

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excessive oil. The hair dries silky, bright, lustrous, fluffy and

You can get mulsified cocoanut oil at any pharmacy, it's very cheap, and a few ounces will supply every member of the family for months.

(Published Annually)

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Manufacturers & Dealers in each class of goods. Besides being a complete commercial guide to London and Suburbs, it contains lists of

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The inside of a violin needs cleaning once or twice a year. If a handful

If a person were to offer a contri-1 ment. It was unquestionably the oution of a five dollar cheque to every most wonderful idea that ever came person found in this country at least to Berlioz. He got up from bed to who disliked violin music his bank write. But he threw down the pen. account would not melt away very And he began to reason: fast. Everybody enjoys good violin . "If I begin this I shall have limitation. It is purely a melody in- be big, it will take four months

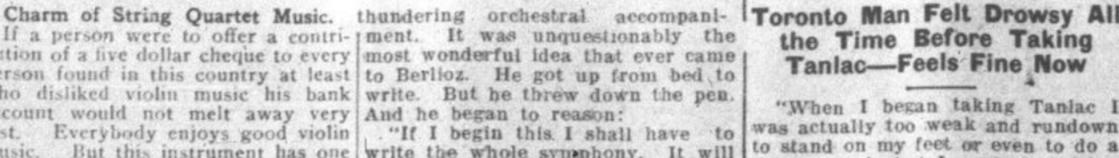
comes in and this combination of in- I take care of my son's study? struments is becoming more popular It wasn't worth while, but scalp soft, and the hair fine and made of two victions equently use is Berlioz was wild. In his mind's eye the part of the alto voice in a four- sleep. part song. The first violin is the solo instrument and the second comes in to prevent there being too great a gulf between the violin and the viola, have no need of the injunction to

ords of this class.

Study of Piano's Tonal Color. The pianist in his study of tonal effects is at a disadvantage in that he city recently remarked, "to me the cannot remove to a certain distance and listen to his work, as the painter stands away from his canvas," says sit before his instrument and practise gay lives, have needed this sunmuch of the time, in a confined space, Of course he can keep the piano \$5 for each trade heading. Larger ad- closed, but even then he is too near to obtain the full effect. "I find I must get away from the piano altogether and study effects mentally. We can all dream of wonderful qualities of sound; the mind can conceive ceestial strains, perfectly rounded functions. The birds continue hrases and inspired periods. When the vision of the ideal conception of a piece of music has appeared to me then go to the nistrument and enleavor to reproduce the tones and hrases as I have mentally conceived hem, as they have sounded to the in-

> "It seems to me the artist should hold this ideal conception of the music ever before him when performing it and strive always to reach it as nearly as possible. He may not always be able to achieve his ideal; the surroundings may not be propitious; the listener may not be sympathetic. or he may not be in the good. When conditions are favorable. The audience responsive, and I am in the right mood, I sometimes surprise myself at the manner in which the music flows from under my fingers, and the quality of tone I am able to produce.

Berlioz Slept. One night Berloiz was awakened of dry barley, slightly warmed, is from a sound sleep. Something was poured into the sound-holes and the tapping at his forehead, a feeling instrument shaken carefully the was gnawing at his heart. He sat dust will adhere to the barley and jup in bed and listened. A new melcome out with the barley, through ody was beating time and enveloping his being. It repeated with



music. But this instrument has one write the whole symphony. It will strument. Double notes and chords That means I shall not be able to in full time on my job and feeling of three notes can be played, but write articles and shall have no these fail to produce the needed fill- money. Then when the symphony ing-in necessary to make the violin is finished I shall lose all I have put This is where the string quartet wife's medicine and food; how shall 34 Rosedale avenue, Toronto, the

every day. Neither the piano not next night it came back with more organ is an ideal auxiliary instrument | distinctness-this melody ,theme. made of two violins, a viola and a he could see the entire symphony cello. The violins are exactly the written down! A terrific temptation same only the second fiddle is given |-but he resisted it-and went to

One of the few fields in which which is somewhat larger than the moderate in all things is music ordinary violin and tuned a fifth low- Music is the antidote for dull rout-LONDON DIRECTORY er. It has a beautiful gentle mellow ine and in that light we get far too stomach most of the time, and was Then comes the baritone of the dent of sociological problems said to take something for it all the little of the antidote. A deep stu- so badly constipated that I just had quartet, the 'cello, with a range from not long ago, "the way to drain off time. I felt mean and drowsy and oprame to bass. The tones of these life's drudgery is to drink of the four instruments blend perfectly, pro- fountain of melody. Take all you ducing some of the very finest music want. Musical inebriation has no available anywhere. That the public harmful after effects. What the is showing a growing fondness for world needs is more lilting music string quartets is evidenced by the and less alcohol. Give the workers increasingly frequent requests for rec- more and better bars of music and fewer of the baser sort." A gentleman of mature years who has given lavishly of his money to support good musical organizations in his concerts have been a great joy chiefly because of the refreshment ing a breakdown. and enjoyment of the multitude of Leonard Borwick. The player must people unknown to me, who leading

> And so to quote a third man who should not suffer during these war times. While a certain part of humanity seems out of harmony. temporarily, still the great universe preserves its eternal harmonious sing their songs and melody is inherent in the heart of man. So, let those who can interpret music give it forth lavishly. Have the young study it seriously so as to take their place in the coming generations, to help make this world a better abode

Hints on Care of Violin.

An accumulation of dust facili tates the entrance of dampness.

A violin should never be left of its case when not in use.

Keep the strings free from accu-

Feed Your Nerves

What tired nerves need is nourishment. Your blood has failed to supply

To get the system right again you must supply nutrition in condensed and easily assimilated form as it is found in Dr. Chase's Nerve Food.

The blood is quickly enriched, the vigor of the nerves is restored, digestion is improved, and soon you feel through the whole body the energy and vigor of health.

"When I began taking Taniac I was actually too weak and rundown lick of work, but I am now putting better than ever," said William Comstive, who is employed in the banks-Morse Company and lives at

first noticed that my appetite was failing. I soon got so I didn't want to eat a thing and would bring half my lunch back home, and more than once I have actually gone for two whole days without eating a bite. What little I did manage to force down would soon sour on my stomach and cause me to belch up so much gas and undigested food that a dull pain right in the pit of my beating than go to my work. I have been on the night shift now for some time, and after knocking off in the mornings I would feel so exhausted that I could hardly drag one foot after the other. I was getting worse all the time, and when at last I became so weak that I had to stop work entirely for a couple of days I knew it was time I was doing something to save me from hav-

Tanlac is sold in Kingston by A. P. Chown, in Plevna by Gilbert Ostler, in Battersea by C. S. Clark, in Fernleigh by Ervin Martin, in Ardock by M. J. Scullion, in Sharbot Lake by W. Y. Cannon.

sweet almonds to cut away the perspiration from the fingers.

To successfully string a violin a

gauge should always be used. A new instrument will mature nuch more rapidly if the same size of strings are always used. of strings are always used.

When adjusting a new string it should be tuned up to pitch gradu-

To fit a bridge properly is one of the most difficult things in violin repair. A cheap unfitted bridge is a poor investment.

The pegs will stick and jump in certain weather. To remedy this little chalk on and with the chalk a very very little soap. The trouble will then cease unless the pegs are so much worn that a new set is The hair of a violin bow has min-

ute teeth like a saw when observed under a microscope. These teeth wear away in time and the hair becomes so smooth it no longer grasps the strings. Then the bow needs

. If you have a spare room which you could rent—advertise it and get ready to buy more war bonds.

BEATING THAN WORK

the Time Before Taking Tanlac-Feels Fine Now

"My trouble started about four rears ago," he continued, "when I

"I had been reading so much about Tanlac that I decided to try it and sent right away for a bottle. Before I had finished it my appetite came back, and I was eating and enjoying my meals like any normal person and that misery in my stomach was completely gone. That mean, tired feeling left me, too, and I was back to my job again. I have taken only two bottles so far and feel just fine all over. Why, I can work all night now and don't feel tired a bit when I knock off to go ome. And it has made the greatest difference in the way I can turn out my work, too, for now it is a real pleasure and I can do anything without a bit of trouble. They say that a friend in need is a friend indeed, and that is exactly what Tanlac has been to me."

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