

Famous Beauty Tells Hair Curling Secrets

"I cannot too strongly condemn the use of the hot curling-iron," says Rita Moya. "It means death to the hair eventually. Moreover it is entirely unnecessary. The hair can be made beautifully wavy and curled by any extent and in any form desired, merely by using such a simple thing as pure silicium. This perfectly harmless liquid should be applied to the hair with a clean tooth brush at night. In the morning you will find that a very beautiful natural wave and curliness has resulted, and the effect will last a considerable time.

How Thin People Can Put on Flesh

Thin men and women—that big, hearty, filling dinner you ate last night, that became of all fat-producing nourishment it contained? You haven't gained in weight one ounce. That food passed from your mouth like unburned coal through an open grate. The material was there, but your food didn't work and didn't stay in the system, you hardly get enough nourishment from your meals to pay for the cost of living. This is the state of affairs in the world over. Your nutritive organs, your functions of assimilation, are probably sadly out of gear and need reconstruction.

Cut out the foolish foods and funny sawdust diets. Cut out everything but the meals you are eating and eat with every one of those single Sargol tablets. In two weeks note the difference. Let the scales be the judge. Five to eight good, solid pounds of healthy, "stay-there" fat may be the net result. Sargol aims to charge weak, stagnant blood with millions of fresh new red blood corpuscles—to give the blood carrying power to deliver every ounce of fat-making material in your food to every part of your body. Sargol mixes with your food, to prepare it for the blood in an easily assimilated form. Let people tell how they have gained all the way from 10 to 25 pounds a month while taking Sargol and say that the new flesh stays put. Sargol tablets are a careful combination of six of the best assimilative elements known to chemistry. They come in 40 tablets to a package, are pleasant, harmless and inexpensive, and G. A. Gorgas and all other good druggists in this vicinity sell them subject to an absolute guarantee of weight increase or money back as found in every large package.—Advertisement.

If Too Fat Get More Fresh Air

BE MODERATE IN YOUR DIET AND REDUCE YOUR WEIGHT WITH OIL OF KOREIN

Lack of fresh air weakens the oxygen-carrying power of the blood, the liver becomes sluggish, fat accumulates and the action of many of the vital organs are hindered thereby. The heart action becomes weak, work is an effort and the beauty of the figure is destroyed.

Fat put on by indoor life is unhealthy and if nature is not assisted in throwing it off by increasing the oxygen-carrying power of the blood, a serious case of obesity may result.

When you feel that you are getting too stout, take the matter in hand at once. Don't wait until your figure has become a joke and your health ruined through carrying around a burden of unhealth and unbecoming fat.

Spend as much time as you possibly can in the open air; breathe deeply, and get from any druggist a box of oil of korein capsules; take one after each meal and one before retiring at night.

Weight is gained every few days and keep up the treatment until you are down to normal. Oil of korein is absolutely harmless, is pleasant to take, helps the digestion and is designed to increase the oxygen-carrying power of the blood.

Even a few days' treatment should show a noticeable reduction in weight. There is nothing better.—Advertisement.

Are You Sure It's Only a Cold?

What to Do When a Cough Hangs On, Prevent Grippe, Pneumonia and Lung Trouble.

People who take cold easily and whose colds seem to "hang on," settling in the throat, lungs or chest, are apt to neglect themselves as soon as they feel a little better. Such colds often leave the throat or lungs in a greatly weakened state and before they fully realize it the patient is down with grippe, pneumonia or other serious lung trouble. Such ailments are usually preventable where timely action is taken. At the first sign of cough or cold go to George A. Gorgas or any good drug store and get a large bottle of Oxidaze (Tablet form). Carry a few doses of these tablets about with you every day and each hour or so allow one of them to slowly melt in your mouth.

Oxidaze is a physician's prescription—a pleasant, powerful combination of antiseptic, healing agents that contain no habit-forming drugs. Mixing with the saliva, its juices heal the inflamed membranes gently but promptly, not only stopping a dry, hoarse or tickling cough, but checking the formation of phlegm in the throat and bronchial tubes; thus ending the persistent "loose" cough. Oxidaze is guaranteed to do these things or George A. Gorgas and other leading druggists are authorized to refund the purchase price. If you are "subject to colds," use Oxidaze Tablets, take nothing in place of them and see how they keep the cold away altogether. Keep a few tablets in your pocket or purse all the time.—Advertisement.

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MRS. W. H. ZEFFRING.

SCHOOLS IN NEED OF MORE MONEY

Dr. Schaeffer Says Appropriations Have Not Matched Their Growth

Sharp criticism of tendency to include military training in the schools of the state and objections to the present system of distribution of the State appropriation to the common schools as not suited to the tremendous development of the educational activities of Pennsylvania are among salient features of the annual report of Dr. Nathan C. Schaeffer, State Superintendent of Public Instruction, sent to the printer to-day.

Dr. Schaeffer's opinion of military training is well known and he prefaces his criticism by saying that whenever "a new idea enters the skull of a reformer the aid of the schools is straightway invoked. It is all right, he says, to expend public money for vocational education, but he doubts whether the occupation of the soldier should be made an integral part of vocational education. He attacks military exercises in schools as one-sided and says that we should note the Swiss, who do not start to train their youth with muskets until they have reached the twentieth year, or when the American high school student has finished his education.

The superintendent says that the schools of the state have reached colossal proportions and the state is helping to get better buildings and more teachers, encouraging agricultural and industrial education, twenty counties having schools for the teaching of farming and 16,000 persons being in the industrial schools. The decision of the Attorney General in the employment certificate question has simplified the continuing school matter to a certain extent and preparations for such schools are under way.

On the subject of State aid for education the doctor says that the appropriations have not kept pace with population. The annual expenditure for schools is \$58,114,225.51, which exceeds the expenditures of the federal government before the war, and the number of pupils is larger than the population of any one of twenty-two American States. The enrollment is 1,461,827 and there are 1,519,000 more in private and parochial schools.

Statistical Statements Relating to the public schools of Pennsylvania for the school year ending July 5, 1915, including Philadelphia: Number of school districts in the State, 2,575; number of school houses, 15,351; number of schools, 39,306; number of first grade high schools, 251; number of second grade high schools, 284; number of third grade high schools, 375; number of county superintendents, 66; number of assistant county superintendents, 75; number of district superintendents, 119; number of male teachers, 8,917; number of female teachers, 22,366; whole number of teachers, 31,283; average salary of male teachers per month, \$68.43; average salary of female teachers per month, \$50.14; average length of school term in months, 8.61; whole number of pupils, 1,461,827; average number of pupils in daily attendance, 1,166,513; cost of school houses, buildings, renting, etc., \$12,949,792.61; teachers' wages, \$25,687,142.62; cost of text books, \$1,170,625.44; cost of school supplies other than text books, including maps, globes, etc., \$1,076,569.65; salaries of secretaries of school boards, \$249,707.54; fees of treasurers of school boards, \$257,337.32; total cost of collection of taxes, \$715,452.57; cost of enforcement of compulsory attendance law, \$198,991.71; all other expenses, \$15,898,594.54; total expenditures, \$58,114,225.51; regular appropriation to common schools for the school year ending July 5, 1915, \$7,096,077.19; appropriation for free tuition of students in State normal schools for school year ending July 5, 1915, \$300,000; appropriation to Philadelphia normal schools, \$36,000; appropriation to pay tuition of non-resident pupils, \$50,000; appropriation for township and borough high schools, \$225,000; appropriation for county superintendents' salaries, \$120,000.

When compared with those of the preceding year ending July 6, 1914, Philadelphia included:

Increase in number of schools, 1,519; increase in number of male teachers, 567; increase in number of female teachers, 1,180; increase in salary of male teachers, per month, 37 cents; increase in salary of female teachers, per month, 70 cents; increase in length of school term, .01; increase in number of pupils, 60,612; increase in teachers' wages, \$1,852,735.94; increase in cost of building, purchasing and renting, \$2,103,891.09. Condition of system, not including Philadelphia, with comparisons: Number of districts, 2,575, increase, 8; number of schools, 34,514, increase, 1,637; number of pupils, 1,259,292, increase, 53,848; average daily attendance, 990,351, increase, 24,805; percent of attendance, .89, increase, .02; average length of school term in months, 8.41, increase, .01; number of male teachers, 8,266, increase, 457; number of female teachers, 27,652, increase, 785; whole number of teachers, 35,928, increase, 1,242; average salary of male teachers per month, \$66.94, increase, 23 cents; average salary of female teachers per month, \$49.47, increase, 61 cents; purchasing building, repairing houses, renting, etc., \$10,558,537.49, increase, \$2,897,614.53; teachers' wages, \$20,971,927.45, increase, \$1,219,826.54; cost of text books, \$979,061.46, increase, \$1,879.85; salaries of secretaries, \$244,707.54, decrease, \$4,580.62; cost of enforcement of compulsory attendance law, \$149,309.42, decrease, \$896.12; decrease, \$2,678.09; all other expenses, \$13,897,149.60; increase, \$1,222,065.74; total expenditures, \$46,844,448.94; increase, \$4,153,821.51; average number of mills levied, 9.09, increase, .3.

Philadelphia—Number of schools, 4,792; number of teachers, 651; number of female teachers, 4,704; average salary of male teachers per month, \$166.40; average salary of female teachers per month, \$94; number of pupils in school at end of year, 202,545; average attendance, 176,062; cost of school houses, purchasing, rent, etc., \$2,391,255.12; teachers' wages, \$5,615,206.18; cost of school text books, \$191,573.98; cost of school supplies other than text books, \$11,455.89; salary of secretary, \$5,000; cost of enforcement of compulsory attendance law, \$49,882.29; all other expenses, \$2,875,603.22; total expenditures, \$11,265,776.67. Pittsburgh—Number of schools, 2,237; number of male teachers, 458; number of female teachers, 2,242; average salary of male teachers per month, \$182.15; average salary of female teachers per month, \$94.10; number of pupils in school at end of year, 101,626; average attendance, 94,326; cost of school houses, purchasing, renting, etc., \$1,247,562.54; teachers' wages, \$2,558,694.19; cost of school text books, \$48,107.05; cost of school supplies other than text books, \$14,305.53; salary of secretary, \$5,000; fees of treasurer, \$4,000; all other expenses, \$1,460,518.49; total expenditures, \$5,428,187.82.

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