

# Luster In Your Locks

## Hair Health Gains New Importance

By ELEANOR NANGLE

**M**AYBE it's those infinitesimal hats, maybe it's just the swing of the pendulum, but there is a decided and intelligent interest on the part of women these days in having really beautiful hair. For the first time in many years hair arrangement looms not so important in a woman's eyes as the luster and general well-being of the hair itself. Coiffures are important, of course, but it is understood now by every woman with two good eyes in her head that the swishest hairdress isn't worth the hairpins it takes if the hair is in bad shape. It's understood too that the most expensive permanent isn't worth anything if given to hair that needs reconditioning.

The smart woman (and by that we mean a woman with common sense) doesn't take care of her hair nowadays in a hit-or-miss fashion. She pries into the matter of shampoos and dyes and tints and tonics. And she realizes that what might be good for her neighbor isn't necessarily effective for her. She realizes, too, that the products of responsible firms offer the greatest protection.

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If you've been shopping about for a shampoo that will lift your hair out of the lifeless class, try an exciting newcomer to the beauty mart that is soapless. Every one we've asked to test it reports that it does tricks that are practically magic for hair that is very dry and very dull.

It's a find for the home-shampooer because it's as speedy as it's efficient. You can shake it out of the handy, easily gripped bottle right on to the wet hair. It lathers up in snowy bubbles and rinses out in practically nothing flat. This quick rinsing trick is one of its most endearing qualities. Every woman knows it's no fun bending over the bath bowl for thirty or forty minutes.

The hair is wonderfully clean after it. It has, when you rinse it, that reassuring squeak that only freshly and thoroughly

cleansed wet hair has and it sets easily. The hair is not all fly-away and unmanageable after the shampoo either.

The big cry these days is for luster. Personally we feel that hair luster is pretty much a matter of having a healthy scalp

but it is true that poor shampoos will dim it. This new shampoo will not. If there is any there, this shampoo will heighten it.



Hair that needs a shampoo is dark, stringy, and dingy. The old wives' tale that hair shouldn't be washed too often has been exploded. Frequent shampoos are essential to hair beauty.

(Tribune Studio photos.)

At right: The modern shampoo that is efficient, easy to use and that rinses out in a jiffy is a boon to professionals and home users alike. Choose one that leaves hair manageable.



Nothing frames a face so attractively as clean hair, shining like a halo and arranged in a fashion that is smart and becoming. Luster counts for more than style nowadays.

# A Cucumber That Isn't, and a Melon to Cut

By MARY MEADE

**M**AYBE you've taken them for cucumbers when you've seen them in grocers' windows. For zucchini, or Italian squash, look a good deal like cucumbers and taste something like them when they're cooked, too.

Here's a way to prepare them for luncheon or dinner:

### STUFFED ZUCCHINIS

- 3 zucchini squash
- 1 cup grated cheese
- 1/2 cup cream
- 1/2 cup bread crumbs
- Salt and pepper
- 1/4 cup melted butter
- Paprika

Cut squash in half lengthwise and remove seeds. Drop into boiling salted water and cook for 10 minutes. Drain. Lightly mix cheese, cream, half the dry

crums, and seasonings. Pile mixture into cavities of squash. Sprinkle remaining crumbs over the tops, dot with melted butter and bake in a hot oven, 450 degrees, until stuffing is crisp, about 20 minutes. Add a dash of paprika and serve hot.

Cucumbers may be prepared in this way, too.

At the same luncheon or dinner one might serve dessert in a honeydew melon shell. If there are three or four diners, pile grapefruit sherbet high in a somewhat scooped out honeydew shell, make melon balls of the rest of the melon and use them as garnish along with berries or other fruits in season and grapefruit segments. A sprig of mint always adds a feeling of coolness.

If more persons are being served, use several honeydew halves, or make individual servings, using halves or quarters of the smaller honeyball melon.

### GRAPEFRUIT SHERBET

- 1 tablespoon plain unflavored gelatin
- 1/4 cup cold water
- 1/4 cup sugar
- 1 cup boiling water
- 1 can grapefruit juice
- 1/2 cup lemon juice
- 1 egg white

Soak gelatin in cold water; dissolve with sugar in boiling water, and cool. Add fruit juices. Freeze to a mush in freezer or refrigerator trays. Fold in beaten egg white and continue freezing until firm.



If you'd like something out of the ordinary in the way of vegetables, try baked zucchini squash stuffed with cheese and bread crumbs and served with bacon. Cucumbers may be prepared in this way, too.



How's this combination for a summer cooler? It's a dessert for three or four, brought to the table in a honeydew melon shell. Grapefruit sherbet is piled into the shell and the garnish consists of berries, melon balls, grapefruit sections and a sprig of mint.