

Democratic Watchman

Bellefonte, Pa., August 8, 1919.

THE BEST WAY TO SHAMPOO THE HAIR, WITH SOME FORMULAS.

We do not have to look very far to find heads of hair which are dull, lusterless, dry, stringy or frowsy in appearance. To meet a head of hair which is glossy, silken and beautiful in the manner in which it permits itself to be massed together is much more unusual than it ought to be, and is due in large part to carelessness or ignorance in shampooing. Throughout all time, as far back as history reaches, the women of the race have been proud of a fine head of hair, and those who aspired to beauty spared no trouble in caring for it properly so far as they knew how.

The hair in health has a supply of oil sufficient to keep the root properly lubricated and the shaft of the hair glossy; but sometimes the oil exudes and mingles with the excretions from the sweat glands and the dry particles of the skin and forms what we describe as dandruff. Dandruff in itself in the beginning is a mark of neglect, but if allowed to continue may produce disorders of the scalp.

Shampooing to keep the hair and scalp clean, massage to increase circulation, and such tonics and treatments as may be necessary to encourage growth will do a great deal to add to the attractiveness of any woman.

Hair, like individuals, differs. Some hair is naturally coarse, others fine; some straight, others curly; some one color and some another. Black hair derives its color from a goodly proportion of oxygen and sulphur in its pigment, with less hydrogen and carbon than brown or light hair. Red hair shows an abundance of iron, sulphur and a reddish oil. Brown hair has a good deal of carbon in it with a small amount of hydrogen, oxygen and sulphur. Blonde hair is very rich in oxygen and sulphur, and has very little hydrogen and carbon. White hair contains much phosphate of magnesia, sulphate of alumina and a whitish oil. The hair of very old people is brittle and fine, with an abundance of phosphate of lime.

When hair is bleached or singed it gives forth an unpleasant odor. This is due to a nitrogenous, animal substance called keratin, of which hair is largely composed. Hair dissolves in strong alkalis and also in strong acids, and the prolonged use of hair dyes or dressings containing strong chemicals is sure to make the hair brittle and to spoil it in time. Anything used upon the hair should be chosen with intelligent care, for hair only grows six or seven inches a year and there is a constant mild shedding of it all the time, the weaker hairs falling out or coming away with the brush and comb.

The hair should not be either over-brushed or overshampooed, the kind of work one does determining how often it needs to be washed and how much brushing it requires. It is well to remember that growth is more rapid in warm weather than in cold, and that very cold weather is unfavorable to it. Women in mild climates are blessed with more abundant, closer and beautiful hair than those in arctic regions. Heavy, unventilated caps and tight caps sweat the head and encourage falling hair.

A good shampoo, indeed, is making a fresh whole egg and made by well with two tablespoon-beating it water in which has been dissolved a generous pinch of salt.

The egg is worked in a rotary motion. Dip the scalp, using the egg solution, between the fingers and the thumbs on the top of the head, a small section at a time, and work it round. The scalp should meet where the fingers meet. Follow the tips of the fingers and the fingers meet at the top of the head. Go over the benefit of this treatment and sulphur the yolk is rich in iron and so furnishes needed mildness. Besides this, the white is off alkaline and combines with the hair to make a soapy lather.

Take time enough to work the mixture in thoroughly. The water which has been beaten in prevents the over-quick drying of the egg, as would be the case if it were used alone.

Have ready a bowl of warm water; not hot, or it will cook the egg, making it difficult to get off the hair. Again work the water all over the scalp with the fingers, wash and rinse. Lastly spray with cool water to bring about a reaction and to tighten the scalp. Either dry the hair with towels, or better yet, sit in the sunlight and air until the moisture has disappeared.

Hair treated in this way will not be harsh and dry and difficult to manage as when treated with a strong lather of soap. If there is a tendency to dryness, moisten the tips of the fingers in olive oil or pure vaseline pomade and work a very little bit into the scalp. Skilled workers will go over the whole surface with an amount not to exceed a pea in size. To use a pomade or oil that is rancid is to encourage dandruff.

If a liquid shampoo is desired try tonic shampoo. This is very good, indeed, where the hair is very oily.

Tonic Shampoo.
Carbonate of potash..... 4 drams
Carbonate of ammonia..... 2 drams
Water..... 4 drams
Tincture of catnip..... 4 drams
Alcohol..... 8 ounces
Witch hazel..... 8 ounces
Bay rum..... 8 ounces

Dissolve both carbonates in the water. Mix the alcohol, cantharides, bay rum and witch hazel. Combine the mixtures. Store in sprinkler-top bottles.

Part the hair and shake enough shampoo upon the scalp to moisten thoroughly. Massage and repeat until the whole scalp has been treated.

Have ready some soap jelly made by melting an eight-ounce cake of castile soap shaved up fine in a quart of boiling water. Keep in a can or wide-mouthed container.

After the tonic liquid has been thoroughly rubbed in and allowed to remain on for about half an hour, wash the hair thoroughly, using warm water in which has been dissolved

two tablespoonfuls of the soap jelly and a pinch of bicarbonate of soda. Massage the scalp thoroughly in this, rinse in warm water and then in cool. Dry the hair in a current of warm air.

Washing the hair too often is injurious. Once a month is sufficient for most people. If the hair is very dry, six weeks may be better yet, as washing always removes some of the natural oil. If one is engaged in very dusty work and the hair is naturally oily, it may be necessary to do it every two weeks; but oftener than this should not be permitted.

The egg shampoo followed by the pomade is excellent for dry hair. Hair which is moist and clinging in its nature calls for special treatment.

Try
Mermaid Shampoo.
Lavender water..... 4 ounces
Rose water..... 3 ounces
Borax..... 1/2 ounce
Bay Rum..... 4 ounces

Dissolve the borax in the lavender water; add the rose water and the bay rum. Agitate until thoroughly mixed.

ed. Massage into the scalp and let stand half an hour, permitting the hair to hang. Wash with the soap jelly and soda, rinsing thoroughly. Golden glint shampoo is especially good for light-colored hair which needs brightening up and has the advantage of being harmless.

Golden Glint Shampoo.
One pound rhubarb stalks,
One pint of water,
One pint of white wine,
Four ounces strained honey.

Do not peel the rhubarb, but cut into small pieces. Simmer with the water until the juice has been extracted. Strain through muslin, squeezing all the juice out. Add the white wine and honey. Shake.

Massage into the scalp, moistening the hair. Wipe and fan dry with a cloth, leaving the mixture to dry in. Occasionally light hair may be brightened by shampooing with the soap jelly and soda, a few drops of ammonia being added to the shampoo water. Or, the juice of one lemon may be strained and added to a

quart of the rinsing water for light hair. While the hair is being dried it should never be massed but held loosely.

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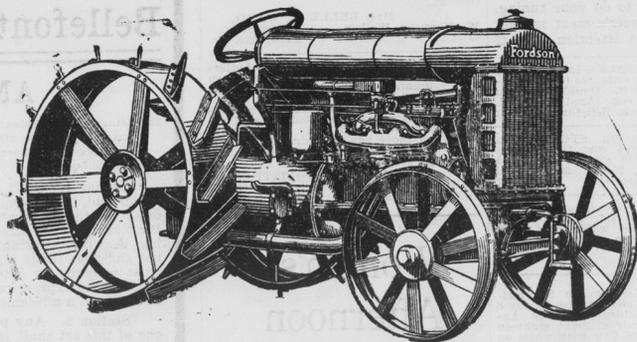
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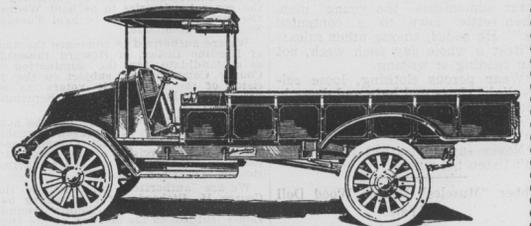
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