

CARE OF THE HAIR

CLEANSERS SHOULD BE CHOSEN WITH REGARD TO COLOR.

The Necessity of Care in Selecting a Cleansing Agent—Amount of Natural Chemicals is not the Same in Any Two Heads.

While it is true that a few shampoo mixtures are efficacious for all conditions of scalp and hair, it is equally beyond doubt that the majority of cleansers, to be of real benefit, should be chosen with regard to the color of the tresses and the state of the scalp.

The necessity of selecting a cleansing agent that agrees with both hair follicles and the scalp will be readily understood when it is realized that the color of the locks is governed entirely by natural chemicals, and when hair begins to turn gray it is because these shades, either from age or illness, fade. If it were possible to know precisely to what degree the fading exists, then there might be made most perfect hair restorers, but unfortunately this information cannot be given.

Parentetically, it may be said that the amount of natural chemicals is not the same in any two heads, and this accounts for the fact that a dye that is so-called "perfect" for one, may make practically no impression on the other.

For instance, the colors that would harmonize with blond hair should contain a large percentage of sulphur. Brown has much carbon, red contains iron and sulphur and black has oxygen and sulphur.

That shampoos containing these various elements for the different shades of tresses will help to maintain the color, if not to increase the natural shades, is therefore a logical conclusion.

For the average blonde the whites of raw eggs are best. They contain no coloring matter and are softening and cleansing.

In making the whites into a shampoo use a tablespoonful of warm water for each white, and the two should be beaten together before being rubbed into the scalp and over the hair. No soap is required.

A cleansing mixture for red or brown hair is made from the yolks of the whole egg. The yolks contain sulphur and become a natural coloring agent.

For black and dark brown hair a combination of claret is an excellent one. To half a pint of it a raw egg is added. The two are well beaten and rubbed thoroughly over the hair and head before rinsing in clean water. This is not a mixture to be used by pronounced blondes.

Any of these is simple to use and, if persistently applied, the hair, after years, will show the benefit derived. All are soap substitutes. No soap should ever be rubbed directly upon the hair, but must be dissolved first and applied in jelly or liquid form.

In Soft Silk Crepe.

None of the fashionable silk materials is shown in a greater variety of colorings than crepe de Chine. A semi-formal gown is this one in pale yellow, mounted over silk of the same shade and trimmed with bands of Venise insertion. The skirt has a tunic arrangement but fits without fullness over the hips. Nothing could be simpler than the girde of crepe de Chine laced at the back



IN SOFT SILK CREPE.

with silk cords at the ends of which are gold tassels.

The bodice has a round yoke of flit net embroidered with flowers in heavy silk and below this is a square fish of crepe de Chine inset with Venise lace and trimmed with hand-embroidery.

Crepe de Chine and crepe de Luze are exquisite in their softness and lustrous effect, lending themselves perfectly even to the delicate models usually reserved for the shrewdest of lines and silk trills.

Instead of a Brush.

A piece of velvet made into a pad with a strap across, in which to slip the hand, is an excellent thing for polishing a stove after blackleading instead of using a brush, and gives a brilliant gloss.

The Story of a Medicine.

Its name—"Golden Medical Discovery"—was suggested by one of its most important and valuable ingredients—Golden Seal root.

Nearly forty years ago, Dr. Pierce discovered that he could, by the use of pure, triple-refined glycerine, aided by a certain degree of constantly maintained heat and with the aid of apparatus and appliances designed for that purpose, extract from our most valuable native medicinal roots their curative properties much better than by the use of alcohol, so generally employed. So the now world-famed "Golden Medical Discovery," for the cure of weak stomach, indigestion, or dyspepsia, torpid liver, or biliousness and kindred derangements was first made, as it ever since has been, without a particle of alcohol in its make-up.

A glance at the full list of its ingredients, printed on every bottle-wrapper, will show that it is made from the most valuable medicinal roots found growing in our American forests. All these ingredients have received the strongest endorsement from the leading medical experts, teachers and writers on Hygiene.

After the recognition that it is the very best remedy for the diseases for which "Golden Medical Discovery" is advised, a little book of these endorsements has been compiled by Dr. R. V. Pierce, of Buffalo, N. Y., and will be mailed free to any one asking same by postal card, or letter addressed to the Doctor as above.

From these endorsements, copied from standard medical books of all the different schools of practice, it will be found that the ingredients composing the "Golden Medical Discovery" are advised not only for the cure of the above mentioned diseases, but also for the cure of all catarrhal, bronchial and throat affections, accompanied with catarrhal discharges, hoarseness, sore throat, lingering, or hang-on-coughs, and all those wasting affections which, if not promptly and properly treated, are liable to terminate in consumption. Take Dr. Pierce's Discovery in time and persevere in its use until you give it a fair trial and it is not likely to disappoint. Too much must not be expected of it. It will not perform miracles. It will not cure consumption in its advanced stages. No medicine will. It will cure the affections that lead up to consumption, if taken in time.

THE WONDERFUL BEAUTIFIER.

Rest Will Do More to Restore Jaded Nature Than Anything Else.

The modern woman is wise. She knows that all the cosmetics, all the massage, all the beauty baths and physical culture in the world can not do for fagged cheeks, hollow eyes and fatigued, blanched face what rest will accomplish. She does not go to a rest cure, because there is something suggestive of invalidism in such a course and the very thought makes one a trifle blue; she takes the rest cure as she goes along. She rests when she reads, when she sews, when she makes her toilet; indeed she has intermittent attacks of resting at any and all times.

A whole train of evils follow in the wake of fatigue. When a woman is tired she usually worries, and no mental attitude is more disastrous to personal appearance, personal happiness and personal achievement than worry and its twin brother—despondency. It is true that one may fret for many months without visible effects, but it is only a question of time when the dominating idea, the cause of the worry, will master first the will, then brain and finally the body. Ponder upon this, ye maids and matrons, and in an appeal to your complexion and its preservation in a state of pristine freshness does not move you, think of the ignominy of being voted a person of limited power as one certainly is who feazes over the minor grievances of life. Besides the brain, heart and muscle which share the benefits of the rest cure, there is the origin of one-half, perhaps relaxation. "Give thy tongue rest occasionally" is wholesome advice.

Fatigue is one of the greatest enemies of the human race, because it is the origin of one-half, perhaps more of the hundred catarrhal diseases that prey upon women and men. Indigestion is sure to follow a meal taken when one is over-fatigued. Five minutes complete rest of body and mind are none too much for the person of average health, taken if possible, just before the midday meal. Do not eat when tired or work when weary. It is a mistake to labor in unfit condition; it is an error to rise at daybreak and imagine that every hour taken from sleep is an hour gained. It is foolish to give unnecessary time to an established routine of housekeeping when it would be much more profitable spent in rest and recreation. Hearty laughter is relaxation, so are elevated thoughts, those of hope, trust and love.

Doing the Right Thing.

Doing the right, or what you honestly believe to be right, breeds courage in accordance with natural law. It inspires a resolve, and in its wake come a host of minor virtues. The sustaining consciousness of rectitude, the determination to go on and on with the right, be the end bitter or sweet, are joys known only to the courageous and far exceed all sensual pleasures.—Woman's Life.

Economy in Cookery.

Flour throws upon burning oil will extinguish it, while water will only spread the flames.

Flour will lose its goodness if kept in a damp place.

Don't try to save coal at the expense of the viands; always have a steady and sufficient fire for cooking.

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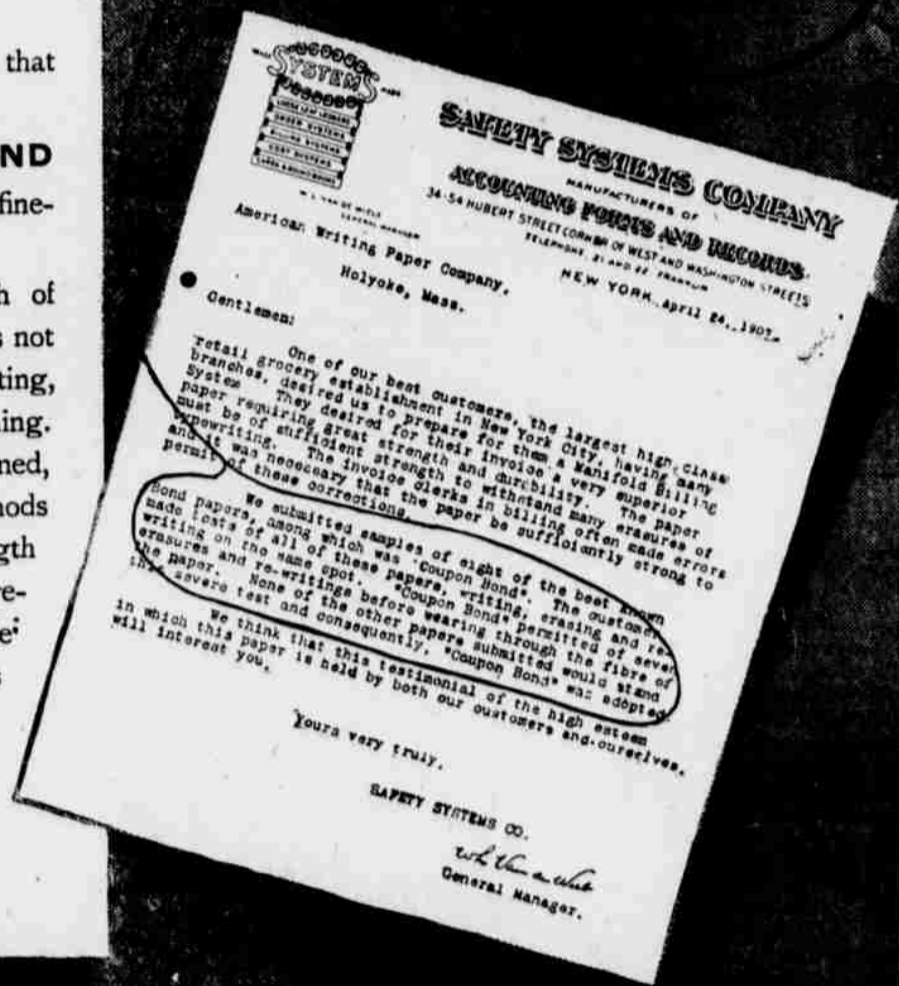
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