

Helpful Beauty Hints

Home Treatment for Falling Hair—Massage, Vigorous Brushing and Applications of Strengthening Tonics Will Prove Helpful to Impoverished Scalps—Tonic Recipes

Falling hair, an indication of a diseased condition of the scalp, may be remedied in two ways. One is to take a tonic internally, to build up the general strength—the other, is to treat the scalp. The latter does not take much time or thought, and is not difficult. In point of fact any person can apply it herself, but the services of a member of the family make the treatment simpler.

Unless the hair is coming out literally by handfuls, as after a severe illness, I believe brushing is most efficacious. The brush must have long bristles, rather far apart, in order that they shall reach to the scalp, and the stroke is to stimulate quite as much as to polish the hair itself. If the scalp trouble is due to illness, and a new growth of hair is coming in with the old, brushing is not advisable, I think, simply because as long as there are two spears left in the head, as it were, it is possible to make a coiffure. The old hair, under those conditions, does not sap nourishment from the new, and the whole is far easier to manage. But when there is no apparent reason for the trouble, and the shedding is not great, then I believe in the use of the brush.

Also there must be massage given every night. A tonic put on at the same time is likely to hasten improvement, and a mixture I like is made of a dram of alcoholic tincture of cantharides, half a dram of tincture of capsicum, two drams of nuxvomica, three-quarters of an ounce of cocoa oil and two and a half ounces of cologne. If the hair happens to be heavy with natural grease one more likely to agree is made of half an ounce of alcoholic tincture of cantharides, three-quarters of an ounce each of spirits of rosemary, glycerine and aromatic vinegar with an ounce and a half of rose water.

Either of these is applied in the same way, and should be used every night. A portion of this treatment consists in combing the hair thoroughly and brushing it, not only flat to the head, but putting the brush underneath and drawing the hair loose and free, so that all parts are ventilated. Each stroke must begin on the scalp, and the tips of the bristles are felt.

This done, the tresses should be divided in two sections, one-half pinned so it will not get in the way when the other portion is treated. Then some tonic should be poured into a saucer, and applied with a soft tooth brush or tiny sponge to the scalp. The hair is again parted nor more than an inch from the middle, and with the little brush or sponge the scalp line is wet. Another division not more than an inch away is made, that line wet, and the hair laid over, repeating the partings and applications until the entire scalp has been treated.

This done, massaging should begin. It consists merely in holding the fingers firmly on different portions of the scalp and bending the knuckles so that the scalp moves, but the fingers remain stationary. This is continued all over the head, the operation taking fifteen minutes or more. At the finish there should be a distinct sensation of glo in the head. With these movements the hair is not tangled, because the fingers do not rub it. A final brushing is given and the hair loosely braided for the night.

TESTED HELPS TO BEAUTY.

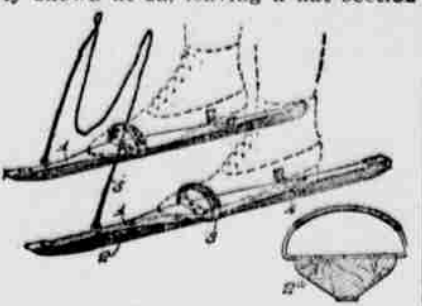
- Cleansing Cream.**
Orange flower water ... 4 ounces
Almond oil ... 4 ounces
White wax ... 2 ounces
- Massage Cream.**
Lanolin ... 1 ounce
Sweet almond oil ... 1-2 ounce
Boric acid ... 40 drops
Tincture of benzoin ... 10 drops
- Pimple Cream.**
Lanolin ... 1-4 ounces
Oil of sweet almonds 1-4 ounces
Sulphur precipitate ... 1-4 ounces
Oxide of zinc ... 5 drams
Violet extract ... 1 dram
- Pimple Lotion.**
Precipitate sulphur ... 1 dram
Spirits of camphor ... 1 dram
Glycerin ... 1 dram
Rose water ... 4 ounces
- Toilet Water.**
Elderflower water ... 2 ounces
Distiller water ... 2 ounces
- Blackhead Lotion.**
Boracic acid ... 1 dram
Alcohol ... 1 ounce
Rose water ... 2 ounces
Use once or twice daily with gentle friction.
- To Lighten the Hair.**
X. Y. Z.—Henna tea is not what you require. When light hair begins to get dark, nothing will lighten it but a bleach, and that I do not advise. You could use a tablespoon of peroxide of hydrogen in the water when you shampoo the hair. It would be well to accept the darker locks gracefully, as bleaching is bad for the hair and constant trouble to keep up.

COASTING SKATES.

Any Amateur Can Construct Them for Use on an Icy Hill.

There are more ways than one of enjoying an icy hill. The accompanying illustrations show a pair of coasting skates. These skates can be well made by any amateur at little or no expense.

The base 1 is of hard wood and is 20 inches long. It is 3 inches wide at the middle, and tapers to 1 inch at either end. It is 1-4 inch thick and dressed off on the under side, as clearly shown at 2a, leaving a flat section



Coasting Skates.

5-8 inch wide along the center line. The front end is curved upward, and a strap of iron or thin steel 2 is fitted to the flat section and serves as a runner. The ends of the runner are turned over upon the top of the base and held by screws. No screws are necessary in the bottom. In use the ball of the foot rests at a point approximately midway in the length of the skate. A stiff strap, 3, preferably of metal and designed to fit over the toe of the shoe, is screwed or otherwise secured to the base at this point. This strap may be wrapped with padding if desired, but if properly shaped the padding is not necessary. A U-shaped iron as 4 is fixed to the base as shown, so as to prevent sideways movement of the heel.

It will be appreciated that these skates may be readily removed from the feet after a coast down hill, and as readily readjusted at the top of the hill. To facilitate the use of the skates, a guide rope 5 is used. The opposite ends of this rope are secured to eyes, one in each of the skates at the forward end. When coasting, the rope is grasped in one or both hands, and held taut from the eyes.

Preventive of Scalding.

A simple device is illustrated herewith, which may be used to tilt a kettle in which vegetables or other food is being cooked, so that it may be



Kettle Tilter.

drained without scalding the hands. The device consists of a pair of wire arms, which may be fitted to grip the edges of the kettle. These arms are provided with a pair of handles, which are crossed under the ball of the kettle. A third handle may be seized in one hand, while the other two handles are grasped in the other hand. The kettle will thus be firmly gripped, and it may be tilted to any desired degree with perfect safety.

Vipers in France.

Strangers are sometimes surprised by the fear of vipers which exists in some parts of France. These little venomous snakes are dangerous both to man and beast. Recently a movement has been made to protect the vipers, on the ground that they render valuable services in destroying rodents, mollusks, and other small noxious animals, but a writer in the Journal of Practical Agriculture strenuously opposes this, declaring that the services performed by the vipers are of small account in comparison with the accidents, frequently mortal, which they cause. He instances a little neighborhood in the Department of Meurthe-et-Moselle, where the vipers became a veritable plague, and where, inspired by the offer of a reward, two hunters destroyed 12,000 of them.

An Electric Air-Trap.

The instrument used by Mons. Teissere de Bort for collecting specimens of air at high altitudes with the aid of sounding balloon consists of a very perfect vacuum-tube with a finely drawn-out end. Either the rise of the mercury in a barometer corresponding with a previously determined altitude, or the clockwork of the meteorograph forms an electric contact, causing a little hammer to fall and break the end of the tube. Air then rushes in, whereupon another electric contact, brought about by the same means, allows the current of a small accumulator to heat the platinum wire wound round the capillary-tube to a red heat. This fuses the glass and again closes the end of the vacuum-tube, thus entrapping the air.

Gave No Warning.

On entering the stable suddenly the head of the house found the hostler and his own young son deeply engaged with the broken tail of a kite. "How is it, Williams," he began, severely, "that I never find you at work when I come out here?" "I know," volunteered his son; "it's on account of those rubber heels we're wearing now."

Notes and Comment

HUMAN EVERGREENS.

Some Famous Examples of Women Whose Charms Have Defied Years.

"Evergreens" are women who have retained their charm until long past the period of life when most of their sisters have slumped into middle or old age.

An English woman, the Hon. Mrs. Fitzroy Stuart, writing in the Strand, says that American women make good evergreens.

"They play the game of youth," she says, "with splendid success. Anglo-American marriages became the mode in the '70s, and several ladies who 'crossed the pond' in those far off days have kept ever young and remained social queens for two generations.

"Among these are Consuelo Duchess of Manchester; the Hon. Lady Carrington, Lady Molesworth, Lady Paget and Mrs. Cornwallis-West.

"Queen Alexandra is the best instance of a lady long past her prime who has kept much of her beauty, grace and youthful fascination. Age is an open secret with royal personages, and most people know that Britain's Queen will reach 34 on the first of next December.

"Yet her features remain perfect; she is still blinding in figure, is bright and alert and keeps as keen as ever on many interests and amusements. She is still a good walker, can drive her own motor, is a regular opera-goer, attends balls and parties and is always dressed to perfection."

Among famous evergreens of other days when Cleopatra, who was 40 when Anthony fell in love with her; Mme. Recamier, who was 70 when Horace Walpole declared himself among her warmest admirers and the French actress Dejazet was gay and graceful at the same age. But the most extraordinary example of a woman keeping, her charms against the advance of time is afforded by Ninon de l'Enclos, who kept her radiant beauty after reaching the age of 90.

HEIRESS TO GOULD MILLIONS.



Miss Marjorie Gould, daughter of George Gould, in her coming-out gown.

HINT FOR PAPERING.

In papering any room it should be remembered that light is the first consideration and that the paper must be chosen accordingly.

Pure white is the best choice when a specially light room is wanted, as it absorbs only about 15 per cent. of the light thrown upon it. Dark green, on the other hand, is the greatest consumer of light, absorbing about 5 per cent.

Next to white as a light-producer are the soft pastel tints and light blues, which absorb from 20 to 25 per cent. of the light, orange next, at 30 per cent.; apple and gray greens, almost 50 per cent., and the popular brown is almost as bad as dark green, as it takes up about 60 to 70 per cent. of the light it should throw out.

To Clean Old Pewter.

Old pewter has become such a faded lately that all those who possessed pieces which were relegated to the attic have been bringing them forth and are now worrying about cleaning them. Whiting is the best thing; and persistent rubbing and polishing, repeating the application of whiting every day, or at least several times a week, will in a short time restore the pewter.

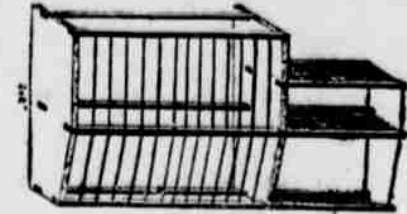
Spots on Photographs.

The owner of fine photographs that are unframed is often distressed to see them the worse for wear from greasy fingers. The next time you are so annoyed try covering the spots with a fine talcum powder. Apply the powder with a soft white rag, rub lightly, then blow off. The picture will be clean and no harm could possibly be done to the paper.

A DISH DRYER.

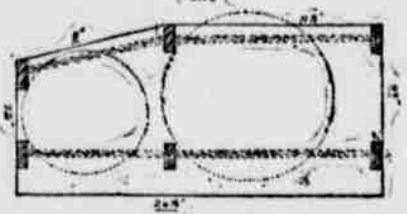
One of the Best Services for Facilitating Kitchen Labor.

Of all devices calculated to facilitate kitchen labor nothing, perhaps, has a utility equal to that of a dish dryer. It consists essentially of anything which will hold the dishes securely, with the fewest possible points of contact, in a position that permits them to drain. The handy man designed and built one, which somewhat resembles a rectangular bird cage with solid ends, to fit the space over our sink. The plates, in two tiers, rest edgewise on horizontal bars of spruce, one and one-half by three-quarters of an inch, which form the foundation of the "cage." They are held upright, and separated by five-sixteenths inch dowel rods



A DISH DRYER.

of hard-wood, which form the vertical "wires" of the "cage." There are spaces for twenty-eight plates, fourteen in each tier. Six of the rods are spaced one and one-half inch to take soup plates; the others are spaced one and one-eighth inch. In making a dryer, one would naturally adapt the various dimensions to the china in use. The end pieces are narrowed at the bottom, bringing the lower bars closer together, to hold small plates in the under tier. At one end the bars extend beyond the cage for a foot or more, and are covered with heavy galvanized screen cloth of one-quarter inch mesh, forming shelves for bowls, butter-plates, cups and nappies. The



CROSS SECTION OF DISH DRYER.

dryer is firmly fastened to the wall by resting on two small iron brackets with two heavy wire pins down through a wide overhanging shelf, beneath which it snugly fits, and which measurably protects it from settling dust. Two dish-pans are used, one filled with hot soapy water, the other with clear water very hot. The soiled china, which has not been permitted to dry, is carefully washed in the soapy water, using a twine dish-cloth with a wood handle, then passed into the clear hot water for a few seconds, lifted out with a fork, and slipped into the dryer. Large dishes, glass and silver, must of course be wiped in the old way. The rapidity with which one can master a discouraging array of soiled dishes by the practice of this system is astonishing.—E. S.

Telling Secrets at the Manicures.

It is startling to hear the secrets that are told in semi-public places. Most people have heard queer bits of talk of a private nature in street cars, above or below ground, and on trains. But nowhere do people grow so loquacious (unless it is at a Turkish bath) as at the manicure's.

Sitting with her fingers tips in those of her manicure sets the average woman's tongue going with wonderful rapidity. Manicures are usually smiling, self-possessed little women who know how to give just the right amount of apparent interest while they flicker their files and deftly deal with polishes. Often, though, they are not listening half as intently as they seem to be, and when they are they are as much amused as edified by the secrets poured out upon them.

Well-bred women will sit and talk about their husbands and their mothers-in-law and their servants and the hateful ways of their most intimate enemies to the women who give an occasional half hour to their finger nails. Not even a dressmaker, to whom much is told, hears half as much about her customer's secret worries and troubles as the manicure who holds one hand and then the other for revenue only.

Do Not Fondle Your Baby.

A human infant, during the first few months of its life, is an extremely delicate organism, and it should be handled with care, which means that it should be handled as seldom as possible. Says Dr. Leonard Keene Hirschberg, the young mother who, in the excess of her pride and love, cuddles her baby to her breast and lowers kisses upon it by the half-hour makes a pretty picture, it must be admitted, but it cannot be maintained that the little one is benefited by her caresses. Quite to the contrary, her every kiss helps to make it nervous and irritable and prepares the way for the seeds of disease. A baby that is fondled too much is a baby that cries too much, and is ill too much.

To Keep Butter.

If you have no ice invert a large crock of unglazed earthenware over the dish on which the butter is. The porous earthenware will keep the butter cool and hard, and all the more so if the pot is wrapped in a wet cloth and a little water put in the dish with the butter.

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To put the brake on the wagon going down the hill is a help to the horse, when the wagon is heavily loaded. But what driver would think of applying the brake to a loaded wagon going up hill? If he did, his sensible horses would probably balk. Many a man is in the condition of pulling a load up hill with the brake set against him. When his stomach is out of order, and the allied organs of digestion and nutrition impaired in their functions, a friction is set up which has to be overcome in addition to the performance of daily duties. A foul stomach makes a foggy brain, and the man with a disordered stomach has often to grope his way through the day's business like a man in a fog. He forgets appointments. Problems seem presented to his mind "wrong end to." This condition is entirely remedied by the use of Dr. Pierce's Golden Medical Discovery. It puts the stomach and digestive and nutritive system into a condition of perfect health, and gives a clear brain, a steady hand and a light step for the day's duties. Dr. Pierce's medicines do not contain alcohol or other injurious ingredients; they are not "patent medicines" because their ingredients are printed on the label of each bottle.

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