

How to Have Healthy and Beautiful Hair

A CORRECT knowledge of the care of the hair is of vital importance to every woman. Many of us have grieved as we approached maturity over the realization that through ignorance we abused and mistreated the hair which has so much to do with making a woman attractive or otherwise.

Every girl should be taught how to wash her hair not only in a way that will insure cleanliness but will preserve the color and lustre of the hair.

The shampoo mixture selected for cleaning the scalp must suit the color and characteristics of the hair. For instance, a mixture which would leave oily hair clean and fluffy would be most injurious to dry hair.

A good shampoo mixture for oily hair is two quarts of bay rum, one pint of alcohol, one pint of filtered water, one ounce of tincture of cantharides, one-half ounce carbonate of ammonia, one ounce carbonate of potash. Dissolve the last two ingredients in the water. Mix with the remaining ingredients and agitate thoroughly. Use an old cologne bottle with a drop stopper for this and apply to the scalp by shaking it from the bottle.

A good shampoo for dry hair consists of one teaspoonful of cologne water, a teaspoonful of tincture of green soap and the white of an egg stirred into a cupful of tepid, not warm, water.

If the scalp shows a great deal of dandruff with a tendency to scales which harden and cause unpleasant itching sensations, the scalp should be soaked with olive oil several hours before shampooing. Then use a shampoo mixture compound of the yolks of two eggs beaten up in a cup of lime water.

If the hair is neither too oily nor too dry and therefore requires no special treatment, it should be shampooed with what is known as physicians' and surgeons' soap, which can be purchased at any drug store.

Having decided which mixture will secure best results, according to the oil or lack of oil in your hair, prepare for the shampooing process by gathering up the following articles:—A number of soft towels, which you should warm to hasten the process of drying; a scalp brush, which is not unlike an old-fashioned nail brush, but a trifle larger; a rubber tube with a spray nozzle if you have running water, or a mug for dashing the water over the hair if you have no running water; a liberal quantity of both hot and cold water at hand.

Always choose a dry, sunny day for shampooing, as the hair will then dry more quickly and you will avoid colds. If possible dry the hair where the sunlight will strike it.

First take every snarl out of the hair and part it in the middle. The shampoo mixture may be applied in one of two ways. If it is a cream or pomade, you can dip the balls of the fingers in it and apply it thus to the scalp. If it is a liquid shampoo, fill a small bowl with part of it and apply with the brush. In

either case, start with the middle part and then work from the center of the head outward, on either side, parting the hair in strands every half inch. In using the brush, raise the arm well over the head, with the handle of the brush turned up. Then the water will not run down your arm.

When the entire scalp has been scrubbed, twist the hair in a loose knot on the top of the head and holding it there with the left hand scrub all around the edge of the scalp, above the forehead, over the ears and at the neck with the brush.

Now the dandruff and dust on the scalp have been loosened and you are ready for the washing proper. Pour what is left of the shampoo mixture into the wash basin with enough warm water to soak into the hair thoroughly. If you have used a pomade or jelly, you will need just warm soapsuds, made with a pure white soap. Wet the hair thoroughly and with the balls of the fingers rub the scalp and hair as if the latter were a piece of cloth.

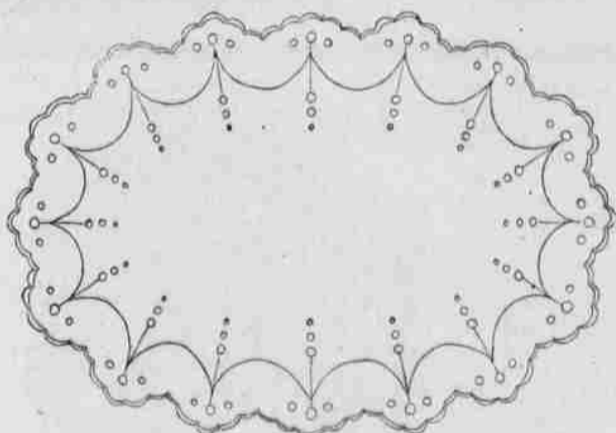
Next comes the most important step in the entire proceeding, rinsing.

If you have at your command a bathtub in which both hot and cold water run through a common faucet, the solution is simple. A rubber tube with spray nozzle, which costs seventy-five cents and which can be bought more cheaply at sales, should be attached to the faucet, and the scalp and hair be thoroughly sprayed with water of the same temperature or a little higher than the shampoo. If this hot rinse is not used the hair will be gummy. After the first rinsing, gradually reduce the temperature until the rinse water is as cold as you can possibly bear it; this is a preventive of cold. Do not cease rinsing until the water which runs off the hair is perfectly clear.

If you have no running water at hand, you must use one of two methods, either dash the water over the hair with a mug, or fill one of the bulbs of rubber with a spray top, such as is used for watering plants. The latter drives the rinsing water into the scalp and is more effective than the mug.

Now for the last step, drying. Wring out the hair as dry as possible without dragging on the roots. Shake it out thoroughly. Then twisting the hair lightly on top of the head, wrap it in a warm, soft towel. The moment a towel becomes wet, change it for a dry one; you waste time using a damp towel and run chance of taking cold if you let it rest on your neck and shoulders. Sit near a fire or at a sunny window and alternately fan and rub the hair. Then when it is nearly dry, with exquisite care, take out every snarl with a comb. It is at this juncture that much harm is done to the hair. Your arms are apt to be tired and you hurry the process, tearing at the hair. Start at the ends of the hair and work up, and if an obstinate snarl baffles the comb, take time to pick it apart with the finger tips.

Marjorie Dane's Patterns



With this platter doily design (reproduced in miniature) goes a design for a pin cushion.

The fashion of using doilies in setting the table is very strong just now. If the doily is to be used over a mat, under hot dishes, the pattern must be worked solid, but if for use simply on the tablecloth or table itself, the doily will look pretty done in eyelet. For a heavy linen a coarse cotton, about No. 20, should be used.

The pattern may be transferred with the use of impression paper. The two patterns in one will be sent to any address on receipt of ten cents by Marjorie Dane, 44 East Twenty-third Street, New York City.

Tasty Dishes of John Chinaman

Hong Yin Gong (almond soup)—Take three pieces and a half of plain soup broth and place in a saucepan with a finely chopped onion, a teaspoonful of chopped parsley and seasoning of a teaspoonful of salt and a half a teaspoonful of pepper. Add three ounces of raw rice with a half a tablespoonful of butter and boil for thirty-five minutes. Scald three ounces almonds in boiling water (after they have been shelled), drain and peel them and chop almost to a powder. Place this powder in a saucepan with two cups of milk and boil for ten minutes, stirring once in a while. Now press this milk mixture through a cheesecloth into the soup. Mix well, boil for ten minutes and serve with slices of toast.

Fried Eggs, Li Hung Chang—Make six pieces of fresh toast, each three inches square, lightly butter and place on a dish. Broil six exceedingly thin slices of lean bacon for a minute on each side. Cut each slice in two and arrange over the six pieces of toast. Heat thoroughly a well buttered small frying pan. Crack in two fresh eggs, sprinkle over a teaspoonful of very finely grated cooked ham, season with a saltspoonful of salt and half a saltspoonful of pepper, cook two minutes on the stove and set in the oven for one minute. Remove and carefully slip onto the several pieces of toast. When all are prepared sprinkle over a teaspoonful of curry powder. Now place a saltspoonful of butter in a frying pan and shuffle the pan over the fire until the butter attains a nice brown color. Then pour in a teaspoonful of butter, toss a little and pour over the eggs.

Fish Cutlets—Remove the skin and bones from a two-pound piece of fresh

halibut, cod or fresh haddock. Cut it in small pieces, place in chopping bowl, season with a teaspoonful of salt, three saltspoonfuls of curry powder and a saltspoonful each of cayenne pepper and ground nutmeg and chop exceedingly fine. Pour in, little by little while chopping, two tablespoonfuls of milk previously mixed with the yolk of an egg. Divide hash into six even parts, roll out on a floured table and dip in beaten egg. Mix on a plate three ounces of bread crumbs, two ounces of finely chopped cooked ham, a saltspoonful of ground thyme and a ground bay leaf. Roll cutlets in this mixture. Fry for eight minutes on each side and serve hot with a sauce.

Kidney Curry—Skin twelve fresh mutton kidneys, cut them in two lengthwise, season with a saltspoonful of salt and a half a saltspoonful of pepper and keep until required. Cut in two-inch strips a small carrot, a seeded green pepper, two branches of celery and an onion and place in a saucepan with two tablespoonfuls of melted butter. Fry for ten minutes, stirring once in a while. Add a sound apple cut in small strips and two finely chopped seeded red tomatoes. Season with a half a saltspoonful of salt, a saltspoonful each of cayenne and ground nutmeg, a saltspoonful of curry powder. Then brown for ten minutes, stirring occasionally. Dredge in a saltspoonful of flour, stir well with half a cupful of hot water and cook for twenty-five minutes. Place kidneys in a frying pan with a saltspoonful of melted butter, fry for two minutes on each side pour the contents of the pan over all and serve with thin slices of cooked ham.

Marjorie Dane's Consulting Dressmaker's Bureau

All letters answered in these columns or by mail, but only when accompanied by a self-addressed and stamped envelope. Address Marjorie Dane, 44 East Twenty-third Street, New York City.

Dear Miss Dane: Will you please give me a little advice as to how I could have a white linen suit made, and also whether I could wear a manish box coat or not? My proportions are 5 feet 2 inches, hips 41, waist 28, bust 36; have light brown eyes, dark brown hair, light complexion, but good color. Am I stout and dreadfully big? Also tell me what colors I can wear.—Daughter.

You could wear becomingly a white linen suit made in the style that you suggest, and in regard to your proportions, I think that if you will give yourself a 24-inch waist your figure will be much improved. You are not really stout; it is only that the waist is too small in proportion to hips and bust, and this always makes a person look stout.

A good skirt model will be in seven gores with an inverted box pleat on each gore, starting just below the hip line, the bottom to be finished with a hem. The box coat may be adopted, but should be made to cover the hips, and be closed, double breasted, with large white pearl buttons. The sleeves are always in the conventional coat shape. Becoming colors are reds in all shades, also light and dark blues, yellows, pale orange, pale pink, old rose, brown, tan, fawn, grey, cream, ivory and dark greens.

Dear Miss Dane: Would you be so kind as to help me decide as to what to get for an evening dress? I do not want to get anything very expensive, as papa can't afford it. I am 18 years old, 4 feet 9 inches tall, 36 bust, waist 26, hips 40. Am I of good proportions? Have fair complexion, brown hair, bluish gray eyes. What are my becoming colors? How shall I fix my hair for evening? I wanted a lowneck dress, and short sleeve dress to a ball in a hall? Could I wear white slippers to a hall? Would it look out of place to go into a gentleman's room joining the hall while the rest are engaged in dancing or eating supper? I have known girls who did so, and ate supper there.—Anna H.

I fancy you have made a mistake in regard to your height, so that it is impossible to speak definitely in regard to proportions. If, however, you are of fairly good height you are quite proportionate.

Why not wear a Princess gown of some soft cream, crepe stuff? This comes in half cotton, half silk, and is most attractive. Then there is china silk, also mold, point d'esprit and thin voile, all girlish looking materials. Have it gathered about the waist line and tucked on the bottom in two groups, each edged with a little lace frill. If you are very tall you could trim with lace between the groups, or sew strappings of the goods to a four-inch wide band of cream mousseline de soie a couple of inches apart, and insert when complete between the groups of tucks.

Gather the top of your waist to round deep Dutch neck, edging with a band of softest green ribbon, held down at intervals with large daisies made from ribbon. Take care to get the right shades, otherwise the result may be an appearance of a row of poached eggs reclining on a bed of spinach, instead of the desired floral effect. The sleeves will be short puffs tucked and lace trimmed.

Part your hair, roll it back from the face, dress low in the neck and adorn with a wreath of daisies. Your gloves, hose and slippers will be white.

It would be highly improper for you to visit the young man's room except in the company of other young ladies, so do not think of doing such a thing, please.

Dear Miss Dane: Will you please tell me of some material appropriate for a white dress to wear to church and to parties for summer, something in wash goods at about 40 cents a yard, and how to have it made? Also, something that would be nice for two wash dresses, one for work and one for parties, etc. I would like to get something not to exceed 25 cents a yard if possible, and how can I have them made so that they will do for different occasions? I have light brown hair, am 5 feet 9 inches tall, and my measurements are 36 bust, 36 hips and 23 waist. I have blue gray eyes and a light complexion. Will you also kindly advise me what my colors are?—Miss C. A.

My advice would be to get a nice white cotton voile or poplin for the best frock and have it in triple skirt effect, each one gathered at the top, hemmed and tucked on the bottom, and added to the skirt above, and under its hem. This is an excellent model for a tall, slight figure. A group of tiny overlapping ruffles may take the place of the tucks, if preferred. The waist should be full baby fashion, cut out quite low for wear, with separate gumpies and have very full tucked sleeves tied to the arms with ribbons, the broad belt to be of ribbon matching. The top of the waist could be finished with a band, and a large lace bertha be also provided, which will be for evening or very best wear. A tan linen shirtwaist suit is suggested as a working frock, made with a box pleated skirt

Etiquette of Travel for One and All

THE WOMAN WHO TRAVELS ALONE

She must above everything else preserve her dignity and maintain a good deal of reserve. She must accept no favors from any man without due thanks, of course, and thanks cordially expressed, but beyond this admission it is not well for her to go unless the favors done in her behalf are of a nature to guarantee an expression of real gratitude.

If the man who has assisted her in time of great need is a gentleman, she need not fear that he will presume upon her and that he will expect or ask anything beyond her thanks.

TRAVELING WITH CHILDREN

At all sacrifices the mother of a brood must keep her progeny in the carefullest order.

She is an inexcusable selfish traveler who permits her boys and girls to race up and down the aisle of the coach, playing games, fighting over the drinking cup, intruding upon the passengers, climbing the backs of the seats, insisting upon open windows and indulging in a continuous and untidy free lunch, upon fruits, sweets and crumbling cakes.

Children then, when they travel by train, must be kept in their seats and as quiet as possible. Their voices must be modulated, their appetites restrained, their energies curtailed, and their small tempers held in check. If a nice child is spoken to by a stranger in a neighboring seat he or she must be made to answer politely and promptly, but it is a mistake to let a child, even on invitation, go wandering about a car to be flattered, or questioned, or plied with sweets by too indulgent grown-ups. When, however, a stranger has been exceedingly amiable and spontaneously helpful with the children, it is the parent's duty to return thanks for the kindly attentions to their little folk and instruct the small boys or girls to do the same.

Nowadays we have wisely established, among the rules of the road, a very careful course of etiquette that is to be followed with few if any deviations by

THE MAN WHO SERVES AS A LADY'S ESCORT

on a railway train. He buys her ticket for her at the station, if she has not one, checks her larger pieces of luggage, carries her smaller belongings into the coach and comfortably disposes of them in the racks and at her feet. Unless the journey that a man and woman, who are not relatives and merely friends, take together is a very short one indeed, he does not assume the privilege of paying for her ticket, unless its value represents only a very trifling sum of money.

When the price of the ticket is in short more than fifty or sixty cents, and the lady neither a friend of very long standing, nor a relative, nor a woman greatly his junior, he should without demur accept the money she gives him in exchange for the bit of pasteboard, and only arrogate to himself the right to pay the porter who checks her trunks and to buy for her such papers and magazines as will contribute to her amusement on the journey.

If at the stations, where they enter and leave the train, porters for the hand luggage are also employed, the lady's escort has a right to pay, from his own pockets, the tips necessary for those employees.

On entering a train a woman's escort permits her as a rule to precede him down the aisle. He also gives her the inside seat, or, in other words, that one nearest the window, and whether the trip is short or long, the masculine companion is always privileged to excuse himself and spend part of the time, at least, in the car reserved for the devotees of My Lady Nicotine.

Before the destination is reached, however, a gentleman, when he accompanies a woman, whether he is her friend, acquaintance merely, or her husband, is careful to return to her side, in order

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Something every little girl will be crazy over and will want to possess for her own. They are now all the rage all over the United States.

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TRUE BLUE COMPANY
160 Congress Street, Dept. 293, Boston, Mass.

trimmed on the bottom with self bands. The waist in Marie Antoinette shirt style, with small box pleats on the shoulders, closing down the front under a box pleat edged with a self frill. The belt will be white embroidered linen and the sleeves be fairly full bishop, ending in cuffs matching the box pleat. Linen collar and soft green or dark red tie. By way of a change, add a white frilled boxpleat down the front, embroidered turn-over cuffs and collar, a pale blue tie and a belt to match. Printed organza in a fairly large design may be chosen for the third gown. Make this in seven gores pintucked into the belt, the widths joined with Val insertion. Round off the lower edge of the skirt at deep flounce depth and add a gathered flounce, trimmed on its lower edge with overlapping frills and added under another group in festoon effect. The waist should be a jumper, edged with little frills and the slashed sleeves trimmed to match. Wear over a lace, net or lingerie blouse and add a pretty ribbon belt.

You can wear all shades of blue, also pale pink, light and dark blue, green, mauve, heliotrope, dark red, old rose, golden brown, blue gray, cream white and black.

Dear Miss Dane: I feel that you can help me with my problem, which is a new tan linen dress skirt and Persian striped white batiste shirt waist, both new, laundered for the first time to put away in the fall, and both one solid mass of mildew. I washed them out in clear water at the time, and rolled them up. I cannot afford to throw away the garments if it is possible to save them. Can you not tell me of something to remove the mildew? I shall be most grateful.—C. I.

I am indeed sorry for you, for the mildew is of such long standing that I fear it is irremovable. The garments either could not have been quite dry or else they have been stored in a very damp place.

Kitchen Odors and How to Control Them

Odours are subtle, withal searching. In dealing with them an ounce of prevention is worth at least a ton of cure. The heavy smell of stale grease, most clinging and most offensive of all, comes more than anything else from slopping or spluttering over, which a very little care in range management prevents. The acrid smell of burnt or scorched things is positively painful—so much so a cook's first lesson ought to be that fire was given for cooking, not burning. Leaving unwashed pots and stew-pans to dry and simmer on the range is a fruitful source of ill-odors, easily remedied. Dissolve two pounds of washing soda in a gallon of boiling water, and keep a bottle of it handy. As cooking vessels are emptied pour in soda water an inch deep, shake it well up around the sides, and leave until washing time. If the pots and pans keep warm so much the better—the soda will but do its work the more perfectly.

CARE IN BOILING

Onions, turnips, and all the cabbage tribe, which smell to heaven, may have their scent somewhat abated by a little care in the boiling. The odor comes from their essential oils, which volatilise. If the vegetables are prepared some hours before they are wanted, and left to soak in weak, cold, salt water, rinsed and put over the fire in fresh, cold water, they throw up this essential oil largely in the form of steam. Let them come to a boil before putting in the salt, and skim very clean. After the salt is in add a dash of cold water—it will throw up a second steam, which must be removed at once. Cook all such vegetables uncovered—a lid strengthens the odour ten-fold, and makes it more offensive.

A preventive is a bread-crust, very hard and very stale. Drop it into the water just as it strikes a boil, and let it stay ten minutes, then skim it out. Most of the oil will come with it—further, the spongy crust will have kept it from vaporising. Cauliflower not quite fresh always smells tremendously. The best thing for it is a scald in weak salt water, boiling hot, before the cold soaking. If the heads are big cut them in pieces so as to make sure of removing every bit of discolored curd.

Even when summer heat puts an open fireplace out of commission a quick draft, as of straw, excelsior, light shavings, even newspaper, will set up a purifying draught, and help to free the kitchen of unpleasant odors. Failing an open fireplace the kitchen ought to have a range-hood. There is a movable hood, working up and down like the shutter of a roll-top desk, that is, in theory, all a hood ought to be—with something to spare—but in practice has proved much less satisfactory than the stationary ones.

HOOD AND TRUMPET VENTILATOR

No mechanical contrivance can wholly make up for the lack of care and intelligence in the cook—notwithstanding it is a fact, that a hood well set, in a large measure, carries away the fumes of food. The manner of setting will depend on the size and location of the flue. The lower edge ought to be high enough to be quite out of the way, yet not so high as to either miss or deflect the ascending hot-air column. It may seem at first a costly betterment, for no direct material benefit, but a year's use will show the money to have been well spent. Not to name present and every-day comfort, all things keep much better in a well-aired house.

A kitchen with neither hood nor fireplace should at least have a trumpet-ventilator. This is only a tin tube with a widely flaring mouth, crooked body, and narrowed upper end. It should be set in the wall above the range, with the flaring mouth, which curves over and upward, against the ceiling. The narrow end goes inside the flue, projecting just enough to secure a good draught. The efficacy of this device, a make-shift at best, depends mainly upon the size and smoothness of the flaring mouth, and the rightness of the setting in the flue.

CLOTHES AND CONDUCT

Every man and every woman feels the influence of clothes and appearance upon conduct. You have heard of the lonely man in the Australian bush who always put on evening dress for dinner so that he might remember he was a gentleman. Addison could not write his best unless he was well dressed. Put a naughty girl into her best Sunday clothes and she will behave quite nicely; put a blackguard into khaki and he will be a hero; put an omnibus conductor into uniform, and he will live up to his clothes. Indeed, in a millennium of free clothes of the latest fashion we shall all be archangels.—London Chronicle.