CONSTANT CARE IS DECLARED NECESSARY TO PREVENT HAIR FROM LOSING ITS LIFE

Daily Vigorous Brushing, Observance of Rigid Rules of Sanitation in Treatment of Scalp and Precautions Against Dandruff Necessary for Luxuriance of Growth and Glossy Sheen.

BY ANTOINETTE DONNELLY.

NEW YORK.—(Special Correspondence.)—The melancholy days hath come? The saddest of the year? Won't your hair stay 'tached to your scalp at all? Then to these plain words give ear.

It is a harrowing thing to see the hair go. One vizualizes herself as unto the sparse thatched male person who tries to make one surviving lock cover a whole multitude of deceased hair glands, wearing wigs or transformations or remaining hatted and breakfast capped for the rest of her natural history.

Which is all quite ridiculous. For hair, of all woman's beauty possessions, responds more quickly to safe and sane treatment than any other. And I do not exaggerate in saying it is perhaps the most neglected feature of all. Nowadays few women let a day go by without a thorough cleansing of the face with cold cream; comparatively few neglect the nails, the teeth, the bath; fewer still refuse to study ways and means to dress to enhance. And yet night after night how many of the so-called better halves forego the brushing, which is more beneficial than anything in the world, as tonic, massage and cleanser. One cannot raise a luxurious crop of hair nor attain a healthful gloss on an occasional champoo only, any more than the skin could be kept in clean and wholesome condition with an occasional Saturday night ablution.

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This being an excellent season for good resolutions, since we are inclined to hug the fireside a bit earlier, suppose you just lay the hair brush, all clean and shiny, out along-side the cold cream jar and the toothbrush, and resolve that no descending sun shall see its rightful work left undone.

Not so very long ago a woman correspondent told me how with the hair brush alone—the bristly side of it, too—she had made a different girl out of her young daughter. "Her hair," she said, "was her despair until she began this morning and night brushing—five minutes by the clock—and you wouldn't believe what six months of that did for the girl."

The result is the same with a small head or an adult one. There would be a noticeable decrease in the sale of hair tonics and in the business of professional scalp massage if the brushing practice were more general.

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Why? Because it is the toilet of both scalp and hair; it cleans both. It makes the hair smooth and glossy, and it stimulates the scalp. Outside of conditions of general health, which if of lowered resistance, reflect themselves immediately in dry, lusterless, and failing hair, there is not much more you can do to promote hair beauty.

Daily brushing, more than anything else, tends to give that enviable sheen. It stimulates the sebaceous glands of the scalp, distributes through the hair the fat of these glands, and prevents lack of luster from dryness. It furnishes most valuable mechanical stimulation to the scalp. Hair specialists of medical persuasion go so far as to say that brushing the scalp vigorously is the best way to massage it. They urge the twice daily application of the hair brush, continued for a few minutes until the hair is smooth and glossy and there is a feeling of life in the scalp.

There are few scalps in captivity which cannot stand a good hard brushing; those few should brush with an implement of finer bristles. But exercising the head by battling with the world seems to put us all in a position where we need not deal gently with scalps. Half hearted brushing is like half hearted exercising; you have to put no little "wim and wigor" into the operation. How else may one expect to remove the dust and grime of an every day? You have to let the brush do it.

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And it must be a clean brush—a point of vast importance—else you lose a step every time you put the used brush back on to the scalp. Wash it frequently with water and soap, drying in the sun, and it is well to add a little ammonia to the water. In addition, brushes frequently need sterilizing, particularly if you are one of those afflicted with dandruff. Do this by wetting the brush in a solution of formalin, one teaspoon to one pint of water. This solution will damage nothing about a comb and brush that water does not damage. In buying brush and comb for everyday practical service buy with frequent washing in mind. Fancy toilet articles may be allowed to go on decorating the dressing table top, but keep the serviceable one in the right hand drawer thereof ready for daily emergency.

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And another thing: Use your own brush and make the other members of your household respect your claim to it as the rights of your toothbrush are respected. A whole household can be infected through affliction of one member with a scalp ill if the brush is common property.

There is a normal continual shedding of hair, analogous, in a way, to the constant shedding of dry scales from the skin surface. Each hair after a variable period, depending upon circumstances, becomes detached from its papilla at the bottom of the follicle. A new hair immediately begins to form. The life of a hair has never been exactly determined. It varies with years, with seasons and with other conditions of health. But one thing has been determined definitely, and that is that the circulation of the scalp must be kept active in order to promote the renewal of growth. The loosened hair must be removed, no matter how disheartening the sight.

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It is hardly necessary to elaborate on the connection between a healthy body and healthy hair. No one of us but has experienced how quickly life seems to go out of it with ailments of the body. We all know the days when the hair refuses to be dressed, when it refuses to respond to the comb's direction, are days when we are feeling low. A run down nervous system sends women scampering off for oil treatments and dry shampoos and electric rays, and what not. But the basic health trouble has to be remedied before the hair will respond.

There are local conditions of the scalp, however, such as dandruff and itching, which may be remedied with local treatment, and in milder forms the manipulation of the hair brush will do the work. I have known cases of severe dandruff to submit to this brushing and scalp stimulation.

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A nurse told me the other day of her treatment for dandruff. I put much credence in it because her hair is so glossy and beautiful. She suffered with an advanced stage of dandruff. A doctor told her to massage her scalp lightly every night with olive oil—just a little on her finger tips—followed by a good brushing. Her hair was thin and dry and falling. A year after she began this once a day treatment I saw her, and her appearance spoke volumes for the directions. She kept up the olive oil application for six months and from then on continued the brushing, shampooing every two weeks betimes.

With oily hair, where there is tendency to dandruff, it is advisable to wash the hair every week. The frequent application of diluted alcohol to the scalp is useful, for combating dandruff and dissolving the oil from hair and scalp. Part the hair in various places and rub on the alcohol with a small sponge. Another tried and successful treatment for oily hair is to sprinkle common table salt on the scalp and brush until you get all of it out again.

Answers to Queries.

W. M.—It cannot be done, W. M. In order to get some flesh spread over your legs and ankles it must be a part of a general building up. If you are willing to permit that, then I can give you the directions if you will send the necessary s. a. e.

Helen K.—To apply the egg astringent does not require outside aid. Cleanse the face with a good cold cream, wipe off, and when the skin is dry apply the white of the egg with a bristle brush. Let the white dry and then apply a coating of the yolk of the egg. When dried thoroughly rinse off with cold water.

Mrs. E. S. H.—They are good, the Youth Preservers I spoke of, and just what every business woman who has a desk job needs. They will more than keep you fit and I would strongly urge your sending for them. Yes, they're illustrated and simply and plainly described. The complexion, hair and hand care pamphlets I will gladly inclose. Only please repeat all the requests, won't you?

Marion—Don't use ammonia or borax on your hair when you shampoo it—at least, don't use it in such quantities as you are doing. A pinch of borax or a drop of ammonia wouldn't do any harm, but too frequent use brittles and dries the hair.

Mabel—Frequently indigestion registers itself with a red nose. Poor circulation, too. But these things usually go together. I should advise a more hygienic diet, with fresh vegetables and lean meats rather than the canned foods and porks and gravies. Taboo the candy entirely for a while. Drink much water, and then play tennis, golf, swim, walk or do some exercise daily. Also, let the cold shower stir up the blood circulation mornings. Perhaps you better get my youth preservers, a set of twelve exercises to be done daily, which will get and keep you in good shape. They are in illustrated form.

EDUCATION IN FISH COOKERY HELD LACKING IN HOUSEWIFE

Only Highest Price Sea Products in General Demand in Portland, Although Cheaper Stocks Are Just as Delicious Prepared.

BY EVELENE SPENCER,
Fish Cookery Expert, United States Bureau of Fisheries, Author of "Fish Cookery."

I RECENTLY was told by one of the large retail fish dealers in this city that he was convinced the reason housewives did not use fish more often was because they did not know how to cook it. It was an every-day occurrence for some woman to ask him how she should cook the particular piece of fish she was buying. He went on to say that lately he had been recommending the silver salmon as one of the best and cheapest fish, pointing out that when prime salmon can be bought for 12½ cents a pound every family should utilize as much of it as possible.

But, strange to say, he concluded, the average purchaser did not want the cheaper fish. Invariably they would turn and buy the more expensive kind, thinking because a fish is cheap there must be something wrong with it.

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This has brought home the fact to me that the housewives need more and more education on the subject of fish. Fish cookery is fast becoming a lost art.

I wonder if the per capita consumption of fish is as great in America today as it was around the Lake of Genneseret in Gallee in biblical times. I really believe that fish, one of the most ancient and primitive of foodstuffs, has made less headway in increased consumption than any other known food commodity. So there must be much truth in the fish dealer's remark that the women do not know how to cook it.

With meat, the cost of production figures largely in the selling price. Fine, stall-fed steers raised for their fine flavor bring a much higher price than the elderly cow which has outlived its dairy usefulness. In the fish world, the cost of production does not figure at all. In the waters of the sea the feed is free for all the fish, so their prices are fixed by the laws of supply and demand, with the costs of icing and transportation added. A certain few fish in each section are called for by a majority of buyers despite the fact that in many instances other kinds equally as good and often more abundant are available.

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Here in Portland the usually high-priced salmon, halibut, striped bass, barracuda, etc., are much sought after, often regardless of cost, while the sablefish (black cod), shad, rockfishes, flounder and cod are so sparingly used that there is very little market for them. I am told that when fishermen get a supply of flounders in their gear they simply throw them back into the water, as it does not pay to send them to market, as there is no demand for them. Yet I have heard men who are fish experts, connoisseurs in all edible fish declare that the flounder is one of the finest tasting fish.

I know that in San Francisco the flounder is much sought after in the markets where it is filleted and sold as tenderloin of sole at high prices. Yet we allow this fine food fish to be cast back into the sea by fishermen who would gladly market it if it could only find consumers. The same is true of the shad. Those who know—fish epicures—place the shad at the very top of the highly flavored fish, yet on this coast the shad goes begging, because it is so plentiful and cheap and the fishermen would like to throw them out of their nets also, as it does not pay them to send shad to market. Yet in the large cities of the east and middle west the shad is highly esteemed and brings 45 cents a pound at times, notwithstanding its bony structure.

I think the fish dealer told the truth when he said that the consumer prefers the high-priced fish.

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Now, what makes the prices high? There is not enough salmon caught to supply the demands of the canners who have the world as a market. All that comes into the local market has to be stolen from the canners, so to speak, as their demands set the price, consequently we rarely have cheap salmon. The same is true of halibut, which stands shipping longer distances better than any other fish, and since the supply is limited the cost soars higher and higher. The higher it goes, the more the public, hypnotized into the belief that these fish, bringing such prices must be better than all others, ask more insistently for them. If the fishermen had only a market for his whole catch he could sell it so much cheaper to the wholesaler, thus reducing the prices to the consumer.

Another reason why more fish is not eaten is because families tire of using the same kinds, cooked in the same way, one day each week. When the housewife studies the subject and realizes the great variety of fish to be bought and the infinite number of ways to prepare them, she begins to realize that it is easier for her to have many changes of dishes through her fish dinners than when her menu is based on meat. She soon sees that the latter is limited to a few animals, confining the catering within a small circle, while with the numerous varieties of fish her menus can extend to a wide range, and she need not repeat often unless she so desires.

* * *

If the housewives would only become acquainted with the local fish supply and learn that at certain times certain fish are "in season" and because they are plentiful, they become cheap, just as fruit does in its season and if they are purchased "out of season" the price is high for that reason.

The usual housewife does not pretend to supply her family with strawberries and tomatoes in the winter season when they bring top-notch prices because they have been shipped from California or Florida. It is the same with fish which have come from a long distance, with expensive icing and transportation costs, and really cannot compare in flavor with some very fresh local product. When fish is killed its temperature begins to rise, as it is a cold-blooded creature, with connective tissues which are delicate and tender, and the less it is handled, the sooner it is eaten, the more delicate the flavor.

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Oysters a la poulette—One pint oysters, 1 pint milk, 2 egg yolks, 1-3 cup butter, 4 tablespoons flour, 1 tablespoon lemon juice, 1-3 cup of mushroom liquor or cooked fresh mushrooms may be added.

Scald the oysters, drain off the liquor, reheat it and skim it. Heat the milk. Melt the butter and if using fresh mushrooms, cook them at this time in this butter, then sift in the flour, stir and add the hot milk and oyster liquor with the mushroom liquor, if used, whisking it all very smooth.

Draw aside from the fire and add the egg yolks, whisking as the mixture thickens, but keeping it just under the boiling point, as it will curdle if allowed to boil after eggs are added. Season, add the oysters and serve when they are heated through. Serve on small pieces of hot buttered toast or with toasted crackers.

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Savory oysters and crab—One pint oysters, 1 cup crab meat, 1 cup milk, ½ cup cream, 1-3 cup tomato catsup, 1 teaspoon Worcestershire sauce, 2 tablespoons butter, 2 tablespoons flour.

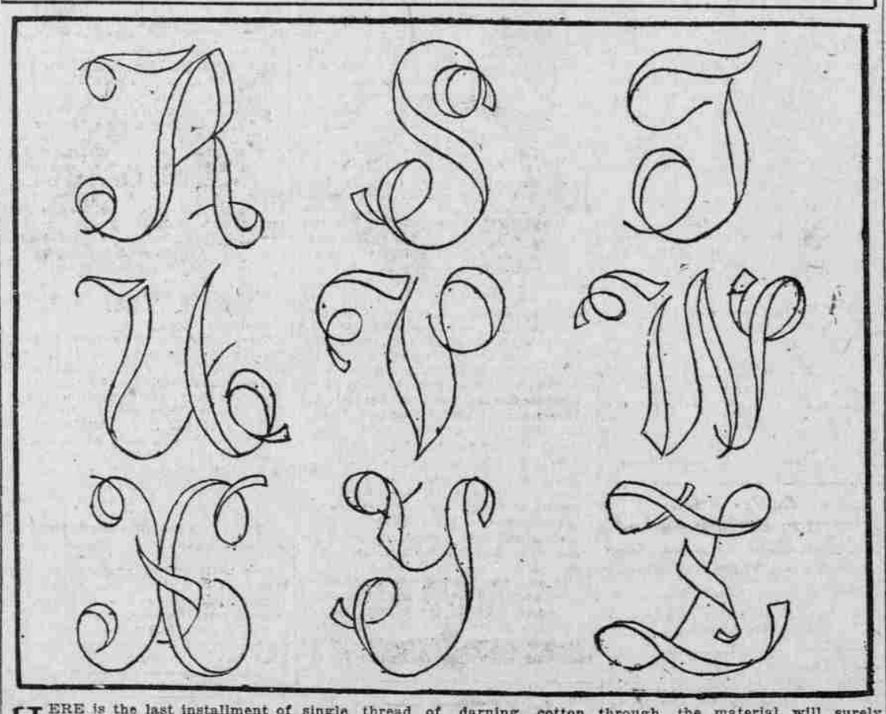
Scald the oysters, strain off the juice, reheat it and skim. Heat the milk and cream. Melt the butter, stir in the flour, cook together, add the hot liquid, all at once, whisking until smooth. Add the seasonings, stir in crab meat and oysters and when very hot serve on buttered toast or with toasted crackers.

Corn Used to Burn Brick.

Using corn as fuel had a temporary vogue some years ago as a scheme to tide the farmer over a dull market. It is now being taken more seriously in the middle west in view of the high cost of coal. A clay products company in Iowa is using it to fire brick kilns and will continue to do so as long as it pays. Two tons of corn equal a ton of coal for heating.

LONG LINES AND GRACEFUL CURVES MAKE USE OF MANY LETTERS POSSIBLE

Raised Satin Stitch Is Best for Covering Where Padding Is Used—Fine Lines Will Be Outline Work. Seed Stitch Will Fill Smaller Spaces.



HERE is the last installment of the alphabet. It is so pretty I imagine it will be well liked for many purposes. It is just enough different to make it more interesting—the long lines and graceful curves making it possible to use more than one kind of stitch in a letter. Where padding is used the raised satin stitch will be best for covering, the fine lines will be outline work, and some of the smaller spaces may be filled with the seed stitch instead of padding and working in the usual way.

Each letter must be clearly stamped on the material and a single thread of darning cotton used for the outlining. Take small, even stitches exactly on the lines, making them shorter on the wrong than on the right side. Then, using a couple of strands in the needle at a time, use darning cotton for padding. A darning stitch may be used, making it long on the right side, and as short as possible on the wrong. This work is always done on the length of the letter, and the padding is always heavier in the center of the space, making it lighter as the outline is reached. This work should be done with the material in the embroidery rings.

Choose a needle for embroidering that will take the floss easily, for if it is difficult to pull the eye through, the material will surely be injured. To make embroidery good looking the work must be evenly done—and haste is out of the question.

The stitch used is simply an over and over one, always taken across the letter at right angles to the filling stitches. Where there are curves, the stitches must be taken unusually close together on the inside, and on the outer side there must be no spaces.

A little practice will make it possible to do beautiful work. If one is inexperienced, time will be well spent practicing first on an ordinary piece of cloth. It is fascinating work, but unless it is well done there is no beauty in it.

No More Gray Hair or Dandruff!

That's what thousands of men and women are telling their friends. The false appearance of age which gray hair gives and which handicaps one socially and in business, has been banished and the blight of dandruff removed by the truly wonderful tonic—NOURISHINE. This scientifically compounded tonic feeds and nourishes the hair, prevents its falling, promotes its growth and pleasantly, harmlessly restores to original color whether black, brown or blond. Cleanses the scalp. Unfailingly removes dandruff. One bottle usually is effective. No matter what you have tried—try Nourishine—today. Price $1.25 per bottle at Stout-Lyons Drug company 4 downtown stores, Meier & Frank and other drug and dept. stores.

Nourishine Positively Not a Dye —Adv.

THE TRADE MARK KNOWN IN EVERY HOME

UNIVERSAL

LANDERS, FRARY & CLARK, NEW BRITAIN, CONN.

Cutlery for Every Purpose and for Every Purse

PRESENT prices of UNIVERSAL Cutlery reveal amazing values. Here is a boy scout's knife for $1.50, made with skill and care by master cutlers. Cutlery to grace the table of those insisting on appointments of the very best. The blades are high grade steel that maintain their cutting edge. Priced from 25c to $4.00. UNIVERSAL carving sets, 3 pieces, from $2.50 to $35.00. The UNIVERSAL Razors are made of high carbon English Steel, $1.00 to $3.50. The UNIVERSAL Carvers will delight the man who likes to cleave cleanly through bird or roast. Every woman will rejoice in the possession of a pair of UNIVERSAL Shears with blades so well matched that even heavy fabric can be cut with ease. From 85c to $3.00. Resistain Steel, an exclusive UNIVERSAL product, will not rust, stain or change color from food acids.

All Good Dealers Carry UNIVERSAL

LANDERS, FRARY & CLARK
New Britain, Conn.

Master Cutlers for Over Half a Century

Binding Tapes Big Help in Making Aprons

Few Women Take Advantage of Short Cut.

FEW women take advantage enough of the helpfulness of binding tapes which gives a neat finish in shortest possible time. It is much easier, when making a kitchen apron or house apron, to run a doubled tape or the bias, folded binding which comes by the yard, around all edges than it is to baste and then sew a hem. And since binding tapes may be had in various colors, sometime a contrasting binding smartens up a single gingham pinafore immensely.

Then there are blanket-binding ribbons. Wonderful what fresh ribbons in pale blue or pink, will do to your old blankets whose ends have worn thin and have perhaps become ragged. The blankets are warm and they are fresh and clean—and you have become so used to the worn-out ends that you do not much mind about them. But one day you make up the bed for a guest and you do wish the blankets looked smarter. An hour's work, cutting off the ragged ends and binding with the broad, dainty-hued ribbon that comes for the purpose, will give the blankets a surprisingly smarter effect when turned down with the sheets when you make the room ready for your guest.

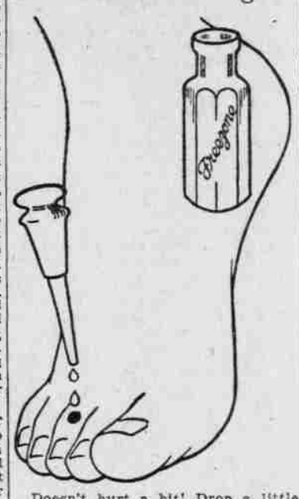
With heavier binding braid or tape you can give a neater edge to rugs that have raveled out; or an old rug may be cut up into small squares or oblongs that will fit nicely in the bathroom or some other place.

Cattlefeed Made Into Boards.

A new form of cattle feed, called beanboards, is made by a factory in Darien, China. The product is being exported to this country. The boards are of rectangular shape, measuring 28x12 inches, with a thickness of ⅝-inch. By submitting them to higher pressure than is applied in the manufacture of bean cake, they contain less moisture, rendering them less liable to become moldy in transit.

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly!

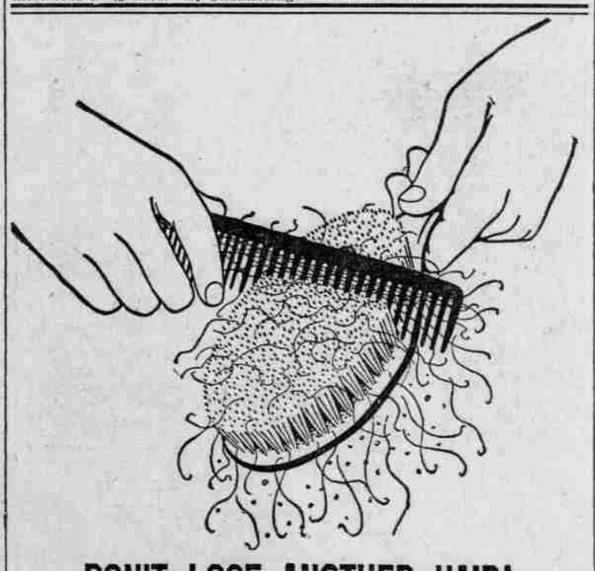
Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.—Adv.

If Hair is Turning Gray, use Sage Tea

YOU can turn gray, faded hair beautifully dark and lustrous almost over night if you'll get a bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old famous Sage Tea Recipe, improved by the addition of other ingredients, are sold annually, says a well-known druggist here, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning gray or becoming faded have a surprise awaiting them, because after one or two applications the gray hair vanishes and your locks become luxuriantly dark and beautiful.

This is the age of youth. Gray-haired, unattractive folks aren't wanted around, so get busy with Wyeth's Sage and Sulphur Compound to-night and you'll be delighted with your dark, handsome hair and your youthful appearance within a few days.



DON'T LOSE ANOTHER HAIR!

35-cent "Danderine" will Save Any Man or Woman's Hair—Delightful Tonic—See Dandruff Go!

Hurry! It's your duty! Each day you see a little more hair coming out and you are making no effort to avoid baldness. What a pity. Falling hair means your hair is weak, sick,—possibly dandruff is strangling it, or the hair-root pores in the scalp are not firm and tight, thus wasting the hair-growing oils.

Danderine almost instantly stops falling hair and cleans every particle of dandruff away, then your hair takes on new life, vigor and strength to grow strong, thick and long.

Danderine is delightful—not sticky or greasy. Go to any drugstore now and get a bottle. Use it. Have healthy, heavy, beautiful hair and lots of it.—Adv.

BETTER THAN CALOMEL

Thousands Have Discovered Dr. Edwards' Olive Tablets Are a Harmless Substitute.

Dr. Edwards' Olive Tablets—the substitute for calomel—are a mild but sure laxative, and their effect on the liver is almost instantaneous. These little olive-colored tablets are the result of Dr. Edwards' determination not to treat liver and bowel complaints with calomel.

The pleasant little tablets do the good that calomel does, but have no bad after effects. They don't injure the teeth like strong liquids or calomel. They take hold of the trouble and quickly correct it. Why cure the liver at the expense of the teeth? Calomel sometimes plays havoc with the gums. So do strong liquids. It is best not to take calomel. Let Dr. Edwards' Olive Tablets take its place.

Headaches, "dullness" and that lazy feeling come from constipation and a disordered liver. Take Dr. Edwards' Olive Tablets when you feel "logy" and "heavy." They "clear" clouded brain and "perk up" the spirits. 15c and 30c.—Adv.

Jess Took Last Chance

"After three years of doctoring for my stomach I became discouraged and swore I wouldn't take anything else. I was bloated with gas all the time. Someone praised Mayr's Wonderful Remedy so highly that I decided to take a last chance. I am now feeling like a new man." It is a simple, harmless preparation that removes the catarrhal mucus from the intestinal tract and allays the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitius. One dose will convince or money refunded. For sale at all druggists.—Adv.