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WASTE NERVE

One of the most helpful books on
the weakness ever issued is that en-
titled "Waste Nerve," by Dr. Sawyer of
San Francisco, now in its fifth thou-
sand. This work of an experienced
reputable physician is an agree-
able contrast to the vastum of false
claiming which prevails on this im-
portant subject. It abounds in care-
fully considered and practical advice,
and has the two great merits of wis-
dom and sincerity.
It is endorsed by both the religious
and secular press. The Chicago Ad-
vocate says: "A perusal of the book
and application of its principles will
bring health, hope and heart into thou-
sands of lives that are now suffering
from nervous impairment.
The book is \$1.00 by mail pos-
t.
One of the most interesting chapters
chapter xx, on Nervines and Nerve
tonics—has been printed separately as
a simple chapter, and will be sent to
any address for a stamp by the publish-
er, The Pacific Pub. Co., Box 2653,
San Francisco.

Coast Mail.

MARSHFIELD, OREGON

TREATMENT OF HAIR.

**How to Prevent Falling Out—Scalp
Massage and Tonics.**

Falling hair is one of the most com-
mon ills that attend upon spring, beau-
teous spring! Possibly it is a symptom
of weakness, and as such should be
treated by a tonic of iron, which the
doctor will prescribe, says the Phila-
delphia Times. Outward treatment is
also advisable. The hair should be
washed regularly, but not too fre-
quently, or it will become still more
impaired.

An excellent shampoo is made by
melting a cake of pure castile or olive
oil soap shaved into thin slices in a
quart of boiling water. When the soap
is thoroughly dissolved, the result will
be of jellylike consistency. Add to it
one teaspoonful of bicarbonate of soda,
and when cool perfume it or not, as
preferred. Put the result away in a
wide mouthed jar for use. For a sham-
poo wet the scalp with hot water and
rub a small quantity of the mixture
well into the roots. Rinse afterward in
several waters, each one becoming cool-
er and cooler. Where dandruff is pres-
ent a good shampoo consists of powder-
ed borax, 2 ounces; powdered cam-
phor, 1 ounce; boiling water, 2 quarts.
Mix these ingredients, and when the
mixture is cold bottle it for use, and
rub a little of it well into the scalp
every few days.

Scalp massage is a powerful auxil-
iary to hair health and is best perfor-
med by a specialist. It affords relief to
nervous headache and neuralgia. A
simple and efficacious hair grower is
made from pure castor oil, 2 ounces,
and eau de cologne, 16 ounces. If the
spirit is of the proper strength, the oil
is freely dissolved, and the solution is
clear and beautiful, clean and safe.
One of Sir Erasmus Wilson's famous
tonics was the following: Tincture of
cantharides, 3 ounces; oil of rosemary,
1 ounce; bay rum, 6 ounces; olive oil,
1 ounce. It is said that one ounce of
rock salt, broken into small pieces
(not powdered) added to this lotion will
retard the coming of gray hair. Then,
too, the following quinine tonic is
highly efficacious: Sulphate of quinine,
half an ounce; bay rum, 16 ounces; oil
of rosemary, half an ounce, and tinc-
ture of cantharides, 2 ounces. Dis-
solve these in enough spirits of wine to
make the mixture smooth.

How to Dress a Chicken.

Put the chicken after it is cut in a
saucepan. Clean the giblets and add
them. Slice a medium sized onion and
add it to the chicken; then put in two
cloves. Pour boiling water enough over
the chicken to just cover up to the lev-
el. Cover the saucepan; stand it over a
brisk fire. When it has boiled 15 min-
utes, season the chicken well with salt
and pepper; cover it again and set it
back on the stove, when it will simmer
slowly till very tender. Then add a
pinch of cream, and when it begins to
bubble again thicken it by stirring in a
heaping teaspoonful of flour, thorough-
ly dissolved in cream. If the chicken
is not fat, add a tablespoonful of but-
ter. Don't use salt pork. It hardens
the chicken and detracts from its flavor.

How to Braise Liver.

Skewer in shape and lard upper side
of calf's liver. Put it in a pan with
pork trimmings. Put in the pan one-
third cupful each of carrot, onion and
celery cut in dice, three peppercorns,
three cloves, one bay leaf and two
cupfuls of water. Cover the pan close-
ly and bake slowly two hours. Uncover
the pan the last half hour. Remove
the liver to a hot platter. Make a
brown gravy by adding flour rubbed in
a little cold water to the pan, season
with salt and pepper and strain the
gravy around the meat.

Resemblances.

"It looks very much like him,"
remarked a father to the artist who
brought home the portrait of his
son. "By the way, has he paid for
it?"

"No."

"That's even more like him."—
Philadelphia Times.

MAKING GOOD BUTTER

CLEAN, WELL FLAVORED MILK IS A
PRIME NECESSITY.

**Roots to Avoid in Feeding—Care of
the Udder—Best Milk Pail—Separat-
ing the Cream—Cooling the Prod-
uct—Churning and Salting.**

Annie Garton, a student of butter
making in the Purdue college short
course, contributes the following to
the literature of dairy farming:

In butter making it is a necessity to
secure clean, good flavored milk. The
flavor of the milk depends mainly upon
the food of the cows. Food containing
a strong volatile oil, such as leek, tur-
nips, etc., gives a bad flavor to milk;
hence it is necessary to avoid any such
food. The flavor of the milk depends
somewhat upon the cleanliness also, as
foreign matter in any great amount
taints it and also carries the germs that
cause the milk to sour.

The udder of the cow should be well
brushed and then dampened, which re-
moves any loose hair and the damp
surface has a tendency to hold any
germs that come in contact with it.

The pails used in milking and any
place in the dairy should be thoroughly
cleaned and should be of pressed tin
or else have the seams well filled with
solder. Milk is a perfect food for bac-
teria and when left there in the minut-
est quantities gives a breeding place
for the germs that cause milk to sour
and also that give a bad flavor to the
butter.

The cream must be separated from
the milk as soon as possible after it is
drawn and should be done as quickly
as possible, whether the method be by
separator or deep or shallow setting.
When the separator is used, the milk
should be at a temperature of 50 de-
grees in order to secure a satisfactory
separation. For deep setting it must
be at least 42 degrees and cooled to
that temperature before any consider-
able amount of lactic acid is formed in
the milk.

The cream as it comes from the sep-
arator is quite warm and in order to
keep it from souring and also give a
better texture to the butter must be
cooled immediately to the temperature
of ordinary well water.

Cream of different ages should not be
mixed until cool. Keep it sweet until
enough is secured for a churning, then
ripen or sour it. It should be ripened
at a temperature between 65 and 75 de-
grees, as this is a very desirable tem-
perature for the growth of lactic acid
germs, which form acid, gives the sour
taste to the cream and the flavor to the
butter. Cream should not be more
than four days old when churned.
Twenty-four hours is sufficient time for
souring cream for churning. If it is
kept reasonably cool, it will not get too
sour in four days.

The agitation in churning should be
as violent as the form of the churn will
admit. The churning is to be stopped
while the butter is in the granular
form. In order to have thorough churn-
ing, the temperature of the cream
should not be above 58 degrees, while
52 degrees is usually much more desir-
able.

The buttermilk should be drawn
from the churn and then the butter
washed. The butter must now be re-
moved from the churn and salted while
yet in the granular form. The amount
of salt should be according to the taste
of the consumer. For most people one
ounce to the pound is required.

The color of the butter should also
be according to the demand of the con-
sumer. If necessary, use butter color.

After the butter is salted it is ready
for working. The working depends on
the firmness of it. It can now be al-
lowed to stand for two or three hours
to allow the salt to dissolve, then re-
worked and put into prints or molds.
The pound print is the most desirable
form, while in some cases molds or
jars are desired by the customer.

Salting in the Churn.

This is practiced by many butter
makers and especially by farmers. The
butter granules are allowed to reach
the size of a grain of wheat, the salt
is then added and the churn slowly re-
voluted. It will not take the salt long
to become thoroughly incorporated in
the butter. The maker will soon be
able to estimate the amount of salt re-
quired for any one churning.

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