

DISORDERS OF THE SCALP

Madame Quivilla will be glad to answer any questions pertaining to womanly beauty. Personal replies will be given if a stamped and self-addressed envelope is enclosed.

Another disease of the scalp is a chronic inflammation of the hair follicles which interferes with the normal secretions and dries them up. The scalp being very dry there is a constant degeneration which gives the hair a powdery look resembling dandruff, and vigorous brushing brings with it handfuls of hair. Often there are clusters of gray hairs. Too frequent shampooing of the hair with strong soaps; overuse of borax, soda and ammonia; unhygienic dressing of the hair; heating the scalp with cushions or a weight of false hair; use of hair dyes and close crimping and curling, especially with a hot iron are all producing causes for this unpleasant disease. The treatment consists of the use of stimulating tonics and oils and regular massage, and this encouragement may be given, that intelligent care will usually overcome it and greatly improve both quantity and quality of the hair. The rosemary unguent, already given, should be beneficial for this condition, and here are others applicable to varying symptoms and constitutions:

Stimulating Unguent.

Cocunut oil, 3 ounces.
Tincture nux vomica, 4 1/2 drachms.
Jamaica bay rum, 2 ounces.
Oil of bergamot, 40 drops.

Phoenix Pomade.

Oil of mace, 1 ounce.
Cocunut oil, 2 ounces.
Beef marrow (clarified) 3 ounces.
Lard (purest) 2 ounces.
Camphor 1/2 drachm.

Put in a double boiler and melt together by gentle heat; strain through muslin into a slightly warmed earthenware bowl or mortar, and when partly cooled, add of

Oil of cloves, 15 drops.
Oil of lavender, 15 drops.
Oil of mint, 15 drops.
Oil of rosemary, 15 drops.
Oil of sage, 15 drops.
Oil of thyme, 15 drops.
Rectified spirits, 1 ounce.
Balsam of tolu, 4 drachms.

Dissolve the tolu in the spirits before adding to the mixture, which stir till the whole is cold. This being an oila podrida of stimulating aromatics great virtue has been claimed for it.

One formula given for the celebrated Macassar oil long endowed, by our English cousins, with wonderful restorative, hair-growing powers, is this:

Macassar Oil.

Oil of almonds, 1 pint.
Alkanet root, 2 1/4 ounces.
Oil of cloves, 19 grains.
Oil of mace, 19 grains.
Oil of rose, 19 grains.
Oil of cinnamon, 1 drachm.
Tincture of musk, 15 grains.

The alkanet root, coarsely powdered, must be macerated in the warm almond oil until it imparts to the oil a deep red color, when strain, and add the other oils.

Another formula, essentially different is given as the result of an analysis of the proprietary oil:

Macassar Oil No. 2.

Castor oil (reddened with alkanet root, 1 pint.

Rectified spirits, 3/4 pint.
Oil of rosemary, 15 drops.
Oil of thyme (white) 15 drops.
Oil of nutmeg, 30 drops.
Oil of neroli, 10 drops.
Essence of musk, 5 drops.
Otto of roses, 20 grains.

Mix altogether, agitate for some time; let stand for a week; if cloudy and ingredients have not mingled well place the bottle (tightly corked) in hot water for a short time; then agitate gently till cold. If there be any residuum at the bottom, when settled, decant. Of the odors, the rose should dominate all others.

Portugal Oil.

Expressed oil of almond, 1 pint.
Oil of bergamot, 2 drachms.
Oil of lemon, 40 drops.
Oil of neroli, 25 drops.
Oil of petit-grain, 25 drops.
Oil of Portugal, 1/2 ounce.
Oil of cinnamon, 25 drops.

These should mingle readily without heat, but if very cold might be submitted to gentle warmth. Should be kept closely corked. This is a delightful oil and should be beneficial. The women of Spain, who are noted for their beautiful hair, make abundant use of the extract of Portugal, which, it will be remembered, is made from the expressed oil of the orange rind.

A lotion which can be used to advantage alternately with these pomades is made by steeping one pound of rosemary for several hours in rain water. There should be a quart of water when strained; add to it a half pint of bay rum. A lotion made from a weak extract of the oils of thyme and rosemary is also much esteemed



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WHAT'S WRONG WITH THE AMERICAN FARMER?

The census figures for 1910 show the following acres in staple crops: Corn, 114,000,000 acres; wheat, 49,205,000; oats, 35,288,000; rye, 2,028,000; barley, 7,257,000; buckwheat, 826,000; flaxseed, 2,316,000; potatoes, 3,591,000; rice, 722,300.

Despite these large figures the fact remains that the American farmer robs his soils instead of conserving them; he does not appreciate the necessity for using high grade seed; he does not use the intensive cultivation followed by the peasant farmer of Europe, writes Dr. H. E. Barnard, Indiana state food commissioner, in McCall's Magazine. He adds: "The use of selected seed will itself increase the crop. The farmers of one country in the middle west have doubled the yield from their cornfields by a careful selection of seed corn. They have tested the virility of every ear by taking one or two kernels and allowing them to sprout under favorable conditions. The ears from which the kernels taken did not sprout were discarded and so the farmer was able to get a perfect instead of having, as is commonly the case, a field dotted with missing hills. Proper preparation of the soil is the next requisite.

Good corn or good wheat cannot be grown on a poorly prepared seed bed. The plowing must be deep, the harrowing thorough. A seed will not

grow in a sod, and if it does sprout, it succumbs with the approach of dry weather. A properly prepared soil will conserve the moisture left by the spring rains through the early drouths and the growth of the crop will continue unchecked. A poorly plowed and harrowed field will cause diminished yield. In the case of such crops as corn the cultivation must be continued, because the growth of weeds diminishes the available fertility and exhausts the moisture which should be reserved for the crop. On the contrary a properly cultivated field in which the top soil is frequently stirred gives up its moisture to the crop instead of to the winds. The soft soil in the row acts as a mulch and prevents evaporation. Another essential to a profitable yield is a sufficient store of plant food to start the growth of the crop with maximum rapidity and maintain it until harvest. New

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lands contain a sufficient store of the three essentials to plant life—nitrogen, potash and phosphoric acid. Of these essentials the nitrogen content is usually first exhausted. When there is insufficient nitrogen the crop cannot grow. Many lands, especially reclaimed swamp lands, are deficient in potash. When this element is absent the plant fails to thrive. Other soils, especially those which have been cultivated for years do not contain sufficient phosphoric acid for the needs of the plant.

The European farmer, although he may not understand soil chemistry, knows his soil and keeps it constantly supplied with these elements. The American farmer is but just beginning to recognize the necessity of conserving soil fertility and of returning to the soil as much plant food as he takes from it with his annual harvest.

PUT ONE OVER ON

THE RUSSIANS

Among other things "upheld" by Uncle Sam's Olympic athletes at Stockholm was the reputation of the United States as a nation of "kidders."

One of the most amusing and effective of the many stunts pulled off at the expense of the foreigners was executed by a part of the Yankee trap-shooting team. Before the day of the match, J. R. Graham, with Hall, Yvon and Billings, other members of the trap team, went out to the shooting grounds for a practice hour. The party was trailed by a number of members of the Russian team, who were anxious to get a line on the Yankee brand of marksmanship. Hall scouted the "inspection," and suggested to Graham that a little "scare" be handed to the czar's subjects. So, when the practice began Graham, using Remington-UMC Arrow steel-lined shells, with which he shot his way to the world's individual championship at clay targets a few days later, started off conservatively by missing two of the first three targets. This gait looked encouraging to the Russians, who saw visions of a "first" for their team in the trap-shooting event. Then Graham unlimbered and broke forty-nine straight. Hall and Billings each followed by driving the same American-made shells to but one miss in fifty, and completed their strings of one hundred with but one miss apiece. Graham missed three in his hundred—"a poor day for him," said the press reports.

On the afternoon of the same day the Slavs officially withdrew from the trap-shooting contest.

The fellow that always looks on the bright side is occasionally found to be color blind.

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