

THE SUCCESSFUL HOME SHAMPOO



Wash the Hair Before Starting Scalp Shampoo

THE BEST SHAMPOO METHOD

Select a Nice, Sunshiny Day and Get to Work With a Will.

BY EDNA EGAN.

WHETHER the process of shampooing your hair is a laborious task or an easy one depends largely upon the way in which you do your work. Whether the shampoo is successful or not also depends upon the way you do it.

In the first place, select a bright, sunshiny day so that you will have the assistance of the sun and air in drying the hair.

The scalp is very dirty and covered with dandruff which is difficult to remove. It is advisable to rub a little vasoline into it several hours before the washing takes place. This will loosen the substance and make it easier to remove.

The washing will be greatly facilitated if you will make a soft soap paste, using shavings of pure white soap and pouring over it twice as much boiling water, stirring until the soap is dissolved. If your hair is inclined to be oily, a tablespoonful of borax should be added to the water.

Before wetting the hair, comb it free from tangles. Then gather it all together at the top of the crown and braid it loosely. This will allow you to apply the soap to the scalp without being annoyed with long ends of hair. After a lather has been generously applied, rub the scalp vigorously with the finger tips. Do not scratch it with the nails. By doing so you may tear the skin and cause yourself much discomfort.

It is often helpful to use a very soft local brush for the purpose of thoroughly cleansing the scalp. By parting the hair in numerous places every inch of the scalp can be well cleaned.

When the scalp is cleansed wash the ends of the hair, picking up the entire lot and rubbing it in the hands.

Be generous in your use of water. I find that after the first rinse it is often necessary to give a second application of the soap paste and repeat the first steps taken to cleanse the scalp and hair. In this way I am sure to remove all the dirt and grease that has accumulated.

Careful rinsing is just as essential to successful shampooing as is thorough cleansing. There are numerous ways of doing this. One is dipping the head into a basin of water; another is throwing water over the head from a pitcher, but the best way is to use a bath spray. You can get one of these for as little as 50 cents. It would really pay you to invest in one, for the spray can be used for the body bath as well as the shampoo. Through it one can get an invigorating shower. If possible, suspend the spray above the basin or tub so that while the water is running over your head you can use two hands to rub the scalp assist in removing the soap. Of course, if this is not expedient you will have to direct the spray with one hand and rub with the other.

Don't fail to remove all trace of the soap. If it is left in, it will cause the scalp to itch and will give the hair an unpleasant odor.

If you wish your hair to be soft and silky after the shampoo use warm water for the rinsing. Many people prefer to finish with a dash of cold water, feeling that it prevents colds. However, fairly hot water is essential at first in order to remove the suds.

Gently wring the water from the ends of the hair and then use a towel to dry both the scalp and the hair. Be sure that the towel is free from lint.

When the superfluous water has been removed, sit in the sun and air and shake the hair through the hands, and at intervals massage the scalp. Do not attempt to comb the hair while it is wet. By doing so you will cause it to be very stringy. It will be quite safe to brush it, but the brush should be scrupulously clean. Just before you start to shampoo dip the brush in a solution of ammonia water. Rinse it thoroughly and put it in the sun to dry. By the time you are ready to brush your hair the brush will be sufficiently dry for the work.

Any one who wishes to retain the blondness of her hair should add the strained juice of a lemon to the last water.

An excellent cologne may be made with half an ounce of oil bergamot, a quarter of an ounce of lemon, half an ounce of English lavender, half a dram of oil of neroli and one quart of alcohol. Shake the bottle several times a day for four or five days.

The older a woman grows the more water she should drink and the more fruit she should eat. With increasing years come deposits of certain earthy salts in the body, which produce decrepitude. Unless one takes plenty of water this process is accelerated and the feebleness of age is hastened.

To make a handy sewing bag use a good grade of cretonne and make it any desired size, only have the bag to open out flat. In the bottom have a neat little needle book that will close. This should be attached before the bag is sewed to the circular piece. If so placed, it is more convenient to reach the needles and it keeps them from being scattered in with other articles.

When peanuts are salted in quantities it is better to buy them by the bushel unroasted. As it takes too much time to blanch the nuts as well as shell them, they can be salted as they come from the shell, using plenty of butter and salt. The skins become brown and are easily removed when the peanuts are cooked. They taste almost as good as when done in the ordinary way, but more butter must be used.

Some of the nicest "rags" to do up are those made by cutting the sewed edges from men's discarded linen collars and washing and soaking the starch from the strips thus made. The last water should be a weak carbolic bath, and the pieces lightly wrung from this, and dried in the oven. Keep in covered jar or wide-mouthed bottle till wanted.

For severe headache and neuralgia the application of a cloth wrung out in hot water is good, but one wet in very cold water will prove still more immediate in its good effects. The chill deadens the nerves and the pain is soothed. For lumbago, a towel, folded in four, wrung out in very cold water, is, if possible, and applied to the back, will usually put the wretched one to sleep.

Use a Soft Soap Paste

Don't Forget the Ends of the Hair

HOW TO FRAME PICTURES.

MANY a reproduction or inexpensive picture is worthy of a frame, and so preserved will make either a pretty gift or serve to decorate one's own den. Pasteboard frames have been more or less satisfactory, but they are not so durable as they might be.

This year, however, a glorified pastepaper outfit has appeared, which is not only durable, but most artistic and scarcely to be distinguished from woodwork made of heavier paper than the former pebbled variety, and is made to simulate various woods, mahogany, ebony, crotchett, walnut, and so on. It is wide enough to bend securely around the edge of the glass, pastebord mat and picture between, and there are gold paper decorations, coming separately, with which to decorate the bindings, so that they resemble carved and gilded woods. The new binding also comes in gold.

This outfit allows the girl, who has not many pennies to make some extremely effective and inexpensive gifts

for her friends, and who does not like to receive a good copy of a favorite picture, or, perhaps, a photograph, taken by the donor, neatly and artistically framed?

The materials needed for this framing are not many or high-priced, the simplest supply costing 25 cents, although, of course, in order to make a number of frames a larger outfit is necessary. The outfit cost up to two dollars, and the various items may be renewed separately, as for instance, mat board, binding, paste, glass, hangers and so on.

Now, if you have some photographs you have taken yourself, some of the beautiful picture postcards for sale in nearly every shop, or colored or black-and-white reproductions of well-known pictures, which cost very little, you will have most interesting possibilities in the way of making up attractive combinations to suit your own taste.

usually put the wretched one to sleep. If one towel does not effect the desired result, try a second and even a third one at 15-minute intervals, placing a heavy bath towel between the bed and the wretched sufferer. The spine is closely united with the brain and the soothing effect is said to travel from nerve to nerve.



New Hair Arrangements

BY LUCILLE DAUDET.

SHOULD you have false hair tucked away in the depths of your shirtwaist box prepare to bring it out.

The simple "back to nature" coiffure, that prohibited any store braid and curls, is absolutely demode.

To be fashionably coiffed this season it will be necessary to have the hair waved loosely, and if she wishes to conserve her crowning glory, mildly wears a waved transformation.

The hair is dressed high for evening and psuche curls, puffs and curled bangs are in vogue.

The Grecian coiffure is becoming to the woman who can wear her hair off the forehead. A knot with curls in is worn at the nape of the neck, and in many instances accompanied by a jeweled bandeau or comba studded with brilliants.

The woman with six hairs to her head (figuratively speaking, of course) has just as much chance of arranging locks reach to her knees.

Fashions in coiffures may come and go, but the woman who sticks to a becoming style, expressing to a certain extent her personality, displays wisdom.

DOG in the country is a useful and pleasant adjunct to the farm if he is properly controlled and cared for, but when neglected, may readily become a carrier of disease to stock, in addition to gaining opportunity to kill sheep and destroy gardens and other property. Dog ordinances, as a general rule, have been intended chiefly to curb the dog's power of doing harm by attacking, biting, killing or running sheep or stock.

The simple "back to nature" coiffure, that prohibited any store braid and curls, is absolutely demode.

To be fashionably coiffed this season it will be necessary to have the hair waved loosely, and if she wishes to conserve her crowning glory, mildly wears a waved transformation.

The hair is dressed high for evening and psuche curls, puffs and curled bangs are in vogue.



THE DOG A GERM CARRIER

A DOG in the country is a useful and pleasant adjunct to the farm if he is properly controlled and cared for, but when neglected, may readily become a carrier of disease to stock, in addition to gaining opportunity to kill sheep and destroy gardens and other property. Dog ordinances, as a general rule, have been intended chiefly to curb the dog's power of doing harm by attacking, biting, killing or running sheep or stock.

The simple "back to nature" coiffure, that prohibited any store braid and curls, is absolutely demode.

To be fashionably coiffed this season it will be necessary to have the hair waved loosely, and if she wishes to conserve her crowning glory, mildly wears a waved transformation.

The hair is dressed high for evening and psuche curls, puffs and curled bangs are in vogue.

The woman with six hairs to her head (figuratively speaking, of course) has just as much chance of arranging locks reach to her knees.

HOW TO USE HINTS FOR KEROSENE HOUSEWIVES

BY MRS. McCUNE.

CAL OIL will help the housekeeper out of many difficulties. A spoonful of kerosene added to a kettle of very hot water will make windows, looking glasses and picture glasses bright and clear. Use a small clean cloth, wring it dry and rub it over the glass, after wiping down the framework with an oiled cloth. Then proceed to the next window and treat it similarly on both sides. After that go back to the first one and wipe it dry with a large clean cloth. No real polishing is required and the windows or glass will look clear and shiny.

Kerosene will clean your hands better than anything else after blacking a range or stove. Pour a little in the water, wash your hands in it, then wash them in tepid water and finally with plenty of soap and a stiff brush in hot water. Finish up by rubbing the hands with lemon and rosewater and glycerine.

The white spots appearing in the spring on the lining of your refrigerator will disappear if you rub the zinc with kerosene. Leave the refrigerator open several hours, then wash with water, soap and some ammonia. The refrigerator will then be clean and sweet and all spots will have disappeared.

To cut fresh bread—Dip your knife in boiling water, and you can cut the thinnest slice from a fresh loaf.

Hot water plates for invalids for serving food are now on sale in this country. The plate is really an ornamental pan with handles for lifting, and a spout for filling with hot water. Inside is fitted a serving plate for the food which has the temperature sustained by the heat from beneath. Prices vary according to material and size.

To remove fish odor from silver and cooking utensils—Let them stand in cold water before washing.

To clean silk—Do not use a brush as the bristles are sure to scratch the surface. Take a piece of velvet, wipe the silk well and all the dust particles will be removed without the slightest injury.

To clean mirrors—I saw a milliner clean her windows in a few minutes. She dipped a piece of tissue paper in wood alcohol and rubbed the surfaces clean. Then took a clean piece of paper sprinkled a little whiting on it and polished the glass. It was the quickest and most satisfactory method I ever saw used.

To press a plaited skirt—Fasten the plait in place by pinning to the ironing board, then hold the waist band, firmly in one hand and stretch slightly toward the top.

Hints for cold washdays—To keep the clothes from freezing in cold weather throw a handful of salt into the blueing water. Warm the clothes pins in the oven before hanging out the clothes and the hands will not chill so quickly. It is a good plan to wear white woolen gloves if one does not find them awkward in handling the clothes.

THE KITCHEN

Graham Muffins.

Mix together one cup graham flour unsifted, half a cup of white flour, one heaping teaspoon Indian meal, two heaping teaspoons baking powder, half cup sugar, one egg, and one teaspoon salt. Then add one full cup milk, one beaten egg and one tablespoon melted butter. Bake in moderate oven. This makes little over one dozen.

Cream Pie.

One cup sugar, two eggs, one-third cup butter, half cup milk, one and a half cups pastry flour and one and a half teaspoons baking soda. Use half pint jar cream, whipped.

Apricot Pie.

Stew apricots until tender, sweeten to taste and add beaten yolks of one egg. Fill crust and bake. When cool cover with a meringue made of the beaten white of the egg, sweeten with one tablespoon of sugar. Set in oven until browned, or cover the pie with criss-cross strips of pastry when the pie is first put into the oven.

Pound Cake.

Wash and dry one pound of butter. Beat with the hand until creamy, add one pound of sifted sugar, beat until it is like a fine, hard white sauce. Beat in until thoroughly incorporated one egg, proceed in similar manner until 10 eggs are used. When the mixture resembles thick, yellow cream beat in one wine glass of brandy or sherry and half a wine glass of rose water. Sift one pound of slightly warmed flour, a saltspoon of salt into the mixture and beat until thoroughly mixed. Line with waxed paper, a moderate oven, one and a half hours, covering cake at first with cardboard.

ed Young America cheese, yolks of three eggs, whites of three eggs. Melt butter and flour, and when well mixed add gradually scalded milk. Toss add salt, cayenne and cheese. Remove from fire; add yolks of eggs beaten until lemon colored. Cool mixture and cut and fold in whites of eggs beaten until stiff and dry. Pour into buttered ramequin dishes and bake 20 minutes in a slow oven. Serve at once.

Beef and Rice Croquettes.

Mix one cup of raw beef from top of round, cut fine, with one-third cup of washed rice, add half teaspoon salt, quarter teaspoon of pepper and a little cayenne. Wrap the mixture in cabbage leaves which have been boiled two minutes and stew one hour in tomato sauce. Brown four tablespoons of butter, add five tablespoons of flour, and brown. Add one and a half cups each of brown stock and stewed and strained tomato, one slice each of carrot and onion, a bit of bay leaf, a sprig of parsley, four cloves, three-quarter teaspoon salt, one-quarter teaspoon pepper and a little cayenne. Cook ten minutes and strain.

Puree of Carrots.

Boil enough carrots to make a pint after being run through colander. Put one and a half pints of milk and carrots on stove, when boiling, add three small tablespoons of flour wet in little cold milk. Stir constantly as it boils and, last, a little pepper, butter and saltspoon of salt.

Hungarian Veal Chop.

Wipe seven loin veal chops and put in a stewpan with half an onion, eight slices of carrot, two stalks of celery, half teaspoon of peppercorns, four cloves and two tablespoons of butter. Cover with boiling water and let simmer until chops are tender. Drain, sprinkle with salt and pepper, dip in flour, eggs and crumbs, fry in deep fat and drain on brown paper. Arrange on a hot plate and surround with two cups of boiled macaroni, broken in two-inch pieces and mixed with the following sauce: Peel and slice onions; there should be two cups. Cover with boiling water and cook five minutes and drain; again cover with boiling water and cook until soft; again drain and rub through a sieve.

Melt two tablespoons of butter, add two tablespoons of flour, and stir until well blended. Then pour on gradually while stirring one cup of chicken stock. Bring to the boiling point and add half a cup of rich milk or thin cream and the onion puree. Again bring to the boiling point and season with half teaspoon salt and a few grains of pepper.