THE SUCCESSFUL HOME SHAMPOO

neid (he Hair Before Starting Scalp Shampoo

## THE BEST SHAMPOO METHOD Select a Nice, Sunshiny Day and Get to Work With a Will.

### BY EDNA EGAN.

HETHER the process of shamoing your hair is a laborious task or an easy one de-

pends largely upon the way in which you do your work. Whether the ampoo is successful or not also de-onds upon the way you do it.

In the first place, select a bright sun-shiny day so that you will have the first in order to gemove the suda. tance of the sun and air in drying he head

from tangles. Then gather it all to-gether at the top of the crown and braid it loosely. This will allow you blondness of her hair should add the to apply the soap to the scalp without strained juice of a lemon to the last not many pennies to make some ex-being annoyed with long ends of hair. water. After a lathor has been generously applied, rub the scalp vigorously with the flagor tips. Do not scratch it with the nails. By doing so you may lear the akta and cause yourself much discom-fort. It is often helpful to use a very soft leand brush for the purpose of thoroughly cleansing the scalp. By parting the hait in numerous places every inch of the scalp can be well elennaed

Wnon the scalp is cleansed wash the souls of the hair.

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 wa-

the other. Don't fail to remove all

ter for the rinsing. Many people pre-fer to finish with a dash of cold water, feeling that ft prevents colds. However, fairly hot water is essential at

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.

The head. The head of the hair and then use a towal to dry both the scalp and the hair. Be out that the towal is free from the statatatory, but they are not so dura-but the substance and make it easier to removed. The washing takes place. This will hove the substance and make it easier to removed, sit in the substance and make it easier to removed. The washing takes place. This will hove the substance and make it easier to attempt to comb the hair while it to attempt to comb the hair while it is the dissolved. If your thair is included to be oily, a tablesponful of boxx; the dissolved. If your hair is included to be oily, a tablesponful of boxx; the dissolved. If your hair is included to be oily, a tablesponful of boxx; the dissolved. If your while the fair, comb if free to be oily, a tablesponful of boxx; the dissolved. If your hair is included to be oily, a tablesponful of boxx; the dissolved. The your hair is sincluded to be oily, a tablesponful of boxx; the dissolved. The your hair is sincluded to be oily, a tablesponful of boxx; the dissolved. The your hair is all tor the dissolved. The your hair is all tor the dissolved. The your hair is all to to you hair the the tensil will be suf-from tangles. Then gather it all to-gether at the top of the cown and the diple dissolved. The your hair is all to the top of the cown and the diple the hair, comb if free the top of the cown and the diple the tair, comb if free to brush your hair the tensil will be suf-from tangles. Then gather it all to-top the top of the cown and the top of the cown and the diple top the town and the top of the cown and the diple top the town and the tair, but to diple the town the tor resting the tair to who wishes to retain the tor your hair the ten tensil will be suf-from tangles. The your the the dist who who wishes to retain the top the top of the cown and thered to the water to make

Don't Earget the Ends af the Harr Use & Soft Scap Paste HOW TO FRAME PICTURES.

ANY a reproduction or inex-pensive picture is worthy of a for her friends, and who does not like to receive a good copy of a favorite frame, and so preserved will make either a pretty gift or serve to decorate one's own den. Passe-loally framed?

This outfit allows the girl, who has

tasle.

Dry in the Sun and Air



OAL OIL will help the bouse-keeper out of many difficul-tics. 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 rich it ever the clear effect

aweet and all spots will have disap-

A Thuro Runsing From 8 Suspended Spisy

Graham Muffins,

Cream Pie,

Pound Cake.

<text><text><text><text><text><text>

open several hours, then wash with new pair of stockings. The stitching water, soap and some ammonia. The should be done on the sewing machine refrigerator will then be clean and with a very fine slitch.

To cut fresh bread-Dip your, kn'fe in boiling water and you can cut the thinnest slice from a fresh loaf.

Ho: water plates for invalida for serving food are now on sale in this country. The plate is really an orna-mental pan with handles for lifting, and a spout for filling with hot water. Inside is fitted a serving plate for the Cod which has the temperature and food which has the temperature sus-taland by the heat from beneath. Prices vary according to material and 6.20.

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

To clean slik-Do not use a brush as the bristles are sure to scratch the surface. Take a piece of velveteen, wipe the slik 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 surface clean. Then took a clean piece of paper sprinkled a little whiting on it and polished the glass. It was the quick-est and most satisfactory method L ever saw used.

To press a plaited skirt-Fasten the, plaits in place by pluning to the fron-ing board, then hold the walst band firmly in one hand aud stretch slightly toward the lop

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 cothes 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

řa.

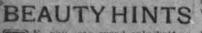




thro lot and robbing it in the hands. Be generaus in your use of water, I

and that after the first tinge it is often necessary to give a second application of the soals paste and repeat the first steps taken to cleanse the scalp and hair. In this way I am sure to remove. all the dust and grease that has ac-

cenaful shancpooling as is thorough pleansing. 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 dtchar, but the best way is to use a ball spray. You can get one of these for as little as 60 cents. It would realpay you to invest. in one, for the apray can be used for the body bath as ness of age is hastened. well as the shampoo. Through it oncan get an invigorating shower. It possible, suspend the spray above the basin or tub so that while the water is basin or tub so that while the water is make it any desired size, only have the bag to open out flat. Two hands to rub the scalp assist in In the bottom have a near little needle The spray with one hand and rub with circular piece. If so placed, it is more the point of the needle back to the curls, is absolutely demode.



F you can spend only half an

consistentiable clusters, breathing deeply blanch the nuts as well as shell them. If and swinging briskly through the park or through the country, is worth more to you than a three hours' ahopping sail. The skins become brown and are A half hour's exercise at the easily removed when the peanuts are trip. A half hum's exercise at the easily removed when the peanuts are survey how the desired complexion, and, when done in the ordinary way, but of course, the more duties period the outces you on this exercise period the outces you on this exercise period the quicker you whil at aim the given ond.

N excellent cologne may be usually put the wakeful one to sleep, made with half an ounce of oil If one towel does not effect the desired bergamot, a quarter of an result, try a second and even a third sunce of lemon, half an ounce one at 15-minute intervals, placing a of English lavender, half a dram of oil heavy bath towel between the bed and of neroll and one quart of alcohol, the wet application. The spice is close-Shake the bottle several times a day ly united with the brain and the sooth-

ing effect is said to travel from nerve to nerve.

HE older a woman grows the more water she should drink R and the more fruit she should eat. With increasing years

come deposits of certain earthy saits in the body, which produce decrepitude in a joiting train must also be dis-Unless one takes plenty of water this carded. The eyes should never be process is accelerated and the feeble- used too long at a time, and when much eye work is necessary brief reats and bathings in hot water should be

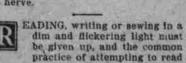
O make a handy sewing bag use resorted to, if the dreaded headache a good grade of cretonne and is to be kept at a distance.

HE most efficient way to darn runs in stockings is to cross

convenient to reach the needles and it

F you can spend only haif an hour a day on acquiring air curre'se, do if in the right way. Haff an hour spent in loose, table churas, breathing deeply

blanch the nuts as well as shell them, neater and firmes darn.



New Hair Arrangements

#### BY LUCILLE DAUDET.

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

the preceding stitch, and if the sitches are known being scattered in with other articles. The preceding stitch, and if the sitches are with other articles. The prevent further dropping of the stock-they prevent further dropping of the stitches. For the larger holes, where were a waved transformation. "The hair is dressed high for evening

and psyche curis, puffs and curied bangs are in vogue. The Grecian colfure is becoming to

ON'T feel disheariened because of the forehead. A knot with curls in you have an obligation, a re- is worn at the nape of the neck, and

### Mix together one cup graham flour aping teaspoons baking powder, half THE DOG A or two-thirds cup sugar and one tea-spoon salt. Then add one full cup

# **GERM CARRIER**

DOG in the country is a useful and pleasant adjunct to the farm if he is properly controll-ed and cared for, but when neg-

lected, may readily become a carrier of disease to stock, in addition to gaining half teaspoons baking soda. Use half opportunity to kill sheep and destory gardens and other property. Dog or-dinances, as a general rule, have been pint jar cream, whipped.

Apricot Pie, intended chiefly to curb the dog's pow-Stew apricols until tender, sweeten to taste and add beaten yolks of one egg. Fill crust and bake. When cool cover er of doing, harm by attacking, biling, killing or running sheep or stock. The part that he plays as a carrier of dis- with a meringue made of the beaten eases to animals only recently has white of the egg, sweeten with one ta-been recognized, according to the zo-blespoon of sugar. Set in oven until blespoon of sugar. Set in oven uptil ologists of the Department of Agricul- browned, or cover the pie with criss-ture, who believe that when this is bet- cross strips of pastry when the pie is ter understood, rural ordinances and first put into the oven, laws which lessen this danger will gain Pound Ca

dozen.

the support of the community.

Wash and dry one pound of butter, Of the diseases carried to stock by Beat with the hand until creamy, add dogs, the foot-and-month disease is one potent of anter angal, but this is the probably of the greatest interest at this is like a fine, hard white sauce. Beat probably of the greatest interest at this is until the much by incorporated one the foot-and-month disease is one pound of sifted sugar, beat until i probably of the greatest interest at this time. In this case the dog acts as a mechanical carrier of infection. The dog which runs across an infected farm eakily may carry in the dirt on his feet the virus of this most con-tagicus of animal diseases to other farms and thus spread the disease to calities it is absolutely essential, there-fore, to keep all dogs chained and nev-er to allow them off the farm except on isaah.

ed Young America cheese, poiks of three eggs, whites of three eggs Melt butter and flour, and when well mixed unsifted, half a cup of white flour, one butter and flour, and when well mixed heaping teaspoon Indian meal, two add gradually scalded milk. Then add salt, cayenne and cheese. Remove from fire; add yolks of eggs besten until spoon sali. Then add one tull cup milk, one beaten egg and one tuble-spoon melted butter. Bake in moderate oven. This makes little over one rameguin dishes and bake 20 minutes in a slow oven. Serve at once.

Beef and Rice Croquettes,

One cup sugar, two eggs, one-third Mix one cup of raw beef from top of cup butter, half cup mlik, one and a round, cut fine, with one-third cup of half cups pastry flour and one and a washed rice, add half teaspoon sait, quarter teaspoon of pepper and a little cayenne. Wrap the mixture in cab-bage leaves which have been bolled two minutes and stew one hour in tomato sauce. Brown four tablespoons of but-ter, add five tablespoons of flour, and brown. Add one and a half cups cach 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 tea-spoon sait, one-quarter teaspoon popper and a little-cayenne. Cook ten minutes and strain.

#### Purce of Carrots.

Boll enough carrots to make a pint after being run through colander.

<text><text><text><text><text><text><text><text><text><text><text><text><text> pans with paraffin paper. Bake ir a moderate oven one and a half hours, covering cake at first with cardboard. Cheese Souffie. Cheese Souffie is also good baked in ramequin dishes, two fablespoons butter, three tablespoons flour, half cup scalded milk, half teaspoon sait, fed grains cayenne, one-quarter cup gratinates and the stock on the farm, have a following sauce: Peel and slice