

Ill health is often a cause for prematurely graying hair, and such a tendency is also often hereditary. Where the gray hair is hereditary, nothing can be done except to accept it gracefully, and give it the care necessary to keep it healthy and becomingly dressed. Where it is caused by ill-health, it is the same, for, once beginning to gray, nothing will restore its color, and if dyeing is resorted to, the woman makes a slave of herself to the business of keeping the coloring even and in good effect. If the loss of color is due to sorrow or trouble, she must learn the fact that affliction of any kind strong enough to whiten the hair will also leave lines upon the face which can not be eradicated, and the fading hair will soften and tone these lines as nothing else can or may. To dye the hair is not a crime; but it is a very unsatisfactory thing to commence, or to continue doing, for it will deceive nobody, and will be a source of constant worry to the wearer.

There is, however, a fading of the hair which is due either to lack of care or ill-health, and this may be remedied by restoring the health to the scalp and carefully attending to keeping clean, brushing and combing of the locks. For this condition, a tea is recommended, made of common garden sage, to which has been added one teaspoonful of borax and one of lac sulphur, with a few rusty nails, making about a quart of the tea. Set away for a week, then strain and use daily, rubbing it well into the scalp, after cleansing it well with a warm shampoo, rinsing in cold water. The shampoo is not necessary oftener than once or twice a month. This is both a tonic and a stain.

For the Hair

"A Grateful Reader" sends in this home remedy for falling hair, for the efficacy of which she vouches:

**A PROFESSIONAL WOMAN
Experiments Made With Food**

A professional woman in New York, connected with one of the large institutions there, has had a curious experience in using a certain kind of food. It seems she had a serious illness and was at the point of death, the brain and body in the last stages of exhaustion. She writes as follows:

"I have no objection to the public knowing of the wonderful transformation my system has undergone by the use of Grape-Nuts. I began using the food when convalescing, and while in an exceedingly low condition. I used a small quantity and became so fascinated with the flavor that I gradually discontinued nearly all other food, including tea and coffee.

"I have gained 20 pounds in flesh, and am a marvel to all my friends who know of my former state of health. There are about fifty families who have adopted the use of Grape-Nuts because of my experience."

The makers of Grape-Nuts select certain parts of the grains of the field that contain delicate particles of phosphate of potash and albumen. These elements, when combined in the human body, go directly to rebuild the gray matter in the brain and nerve centres of the body.

This is a demonstrated fact and can be proven by any one who cares to make the test. When one nourishes and builds up the brain and nerve centres, that is practically the keynote to the whole health proposition, for when the nervous system is in perfect poise, all parts of the body respond. "There's a Reason." Read "The Road to Wellville," in pkgs.

Dig up roots of the pokeberry, wash clean, chop into small pieces, fill a quart cup two-thirds full of the roots and then fill up with soft water. Turn this into a suitable vessel and boil for several hours, slowly, until it makes a strong-looking tea. Strain, and with the liquid as warm as you can bear it, bathe the scalp, with gentle massage. Let the hair dry, and then bathe a second time in like manner. In a week or more repeat. This is a sure cure for falling hair, and will restore the color of faded hair, and will prevent graying.

Another: Rub the scalp (not the hair) with vaseline, or crude petroleum; after a few hours wash out with quite warm water and a fine soap, rinse in cool water, then in cold, until the soap is rinsed out, then dry with soft, warm towels, or let hang until dry; then wet the scalp once a day with cold sage tea made quite strong, and the hair will soon show great improvement. The soap must be used in the form of a lather—never rubbed on the hair.

Sulphur in solution is considered one of the best tonics for the scalp, cleansing and curing disease. Two ounces of flowers of sulphur put into one quart of soft water, thoroughly mixed and allowed to stand until settled, the liquid only being used, and the hair and scalp bathed in this once a day, is recommended.

Stir one level teaspoonful of sulphur into the juice of one lemon—about one tablespoonful—by rubbing them in a teacup with the finger; then add twice the amount of good alcohol and a tablespoonful of soft water and rub this mixture well into the scalp (not on the hair) once a week, and when dry brush out the sulphur with a stiff hair brush. It is claimed that if, with this treatment, sulphur is taken in small doses (a saltspoonful) once a day internally, faded hair will return to its color and be healthy and glossy. If taking sulphur internally, avoid taking cold.

Query Box

D. A. M.—See answer under "Silverware Polish."

Mrs. E. F. M.—See answer under "For the Hair."

L. S.—When salad dressing curdles set the bowl in a dish of ice water and with an egg-beater stir briskly until it becomes smooth and creamy.

J. S. C.—I should think the only thing to do would be to put the fish down in brine of suitable strength, and weight them to keep under the brine. They are sometimes dry-salted, and when cured are dried.

M. McM. The best information I can get says that white silk, once yellowed by careless washing, can not be bleached white. White silks may be cleansed in gasoline without injury to the color. I think the directions given were for bleaching cottons and linens, which may be boiled.

Marion V.—The delicate-colored silk may be cleaned with gasoline. Put the garment into a vessel (a half gallon self-sealing jar will answer) large enough to hold gasoline enough to wholly immerse the goods; pour the gasoline over it and screw down the top and set it away for several hours; then clean any spots with a soft flannel rag or brush, and when clean, rinse in fresh gasoline and hang out in the sunshine or where the wind blows, so the odor will be removed as it dries. Do this out of doors, and under no circumstances use gasoline, naphtha or benzine where there is the least flame or fire, even in the next room.

"Economy"—When the hand-portion of the long gloves are worn out, new hand-portions are to be had at any large department store, at a reasonable price, and these may be fagotted onto the long cuffs. Some girls simply buy the short gloves of

like texture as the long cuffs, and fit them together.

Ella S.—The thin belt can not be held in shape by starching, but must be stiffened by bones, or by a little celluloid contrivance to be had at the stores. No amount of starch will do.

Housewife—For the rancid lard, try this: Put the lard into an iron kettle, and for two gallons of the lard slice three or four good-sized raw potatoes into it and let cook until the potatoes are a light brown, and moisture thoroughly evaporated. Do not scorch. Strain back into clean, sweet jars and cover closely.

Mrs. L. C.—A good and inexpensive floor stain is made of linseed oil colored to suit with ground burnt umber. Have the floor perfectly clean, and the oil quite hot, and apply with an old worn brush, rubbing it well in, and let get dry. If it is wanted to polish the floor, go over it the next day with beeswax dissolved

in turpentine, using a very little at a time on the cloth, and rubbing it in thoroughly as you go.

Mrs. Jessie B.—Oxalic acid and salt, or salts of lemon are recommended for iron stains and may remove the stains made by copperas. You might try this: Wet the spot with clear water; then dip a wet finger into oxalic acid and rub on the spot, following with a rub of common table salt, and lay at once on a warm flatiron, or on a tin or copper vessel containing boiling hot water, for a few minutes. The heat will cause the stain to disappear, after which rinse well, rubbing the goods between the hands. Your druggist may be able to help you. (2) The lemon tree has a more straggling growth, with paler, more scattered leaves than the orange, which has a compact, upright growth and darker, glossier leaves. On pinching the leaves, the fragrance is also different.

*Paris Fashions for Readers of
The Commoner*

STYLE E

No. 1933—Child's One-Piece Dress, Closed at Back, with Dutch Neck and Three-quarter length sleeves. Dark blue linen with bands of bright red galatea is the combination used in the construction of this useful suit for a child ranging from babyhood to 7 years. Four sizes—1 to 7 years.

No. 1880—Misses' Four-Gored Gathered Skirt, with or without Flounce. A very pretty skirt is here shown made of white lawn. In foulard or pongee or in any washable silk it would develop nicely. Three sizes—13 to 17 years.

No. 1104—Ladies' Shirt-Waist, with or without Back Yoke-facing. A smart model is here shown made of Irish linen with two patch pockets which give it the mannish effect. Seven sizes—32 to 44 inches, bust measure.

No. 1908—Ladies' Work Apron. A work apron is a necessity to so many women, that the pattern illustrated will find a responsive reception amongst all those who will recognize immediately its great utility. Four sizes—32 to 44 inches, bust measure.

No. 1881—Ladies' Jumper, Slipped on over the Head. A recent addition to the number of jumpers which have made their way with extreme haste to general popularity is shown in this pretty model of shrimp-pink louisine. Seven sizes—32 to 44 inches, bust measure.

No. 1891—Girls' Box-Plaited Dress, with Low-Necked Yoke and Elbow Sleeves. No greater problem presents itself to the mother than finding a suitable pattern for the growing girl between the trying ages of six and twelve years. A smart little dress is here illustrated made of brown and white checked gingham, the yoke, cuffs, and belt of white linen stitched with brown taffeta ribbon. Four sizes—6 to 12 years.

No. 1638—Ladies' Seven-Gored Plaited Skirt. The model here portrayed in navy blue voile is a skirt that can be worn with any waist. Thin and thick goods are equally modish for these skirts. Seven sizes—22 to 34 inches, waist measure.

No. 1823—Ladies' Slip, with Long or Elbow Sleeves. The usefulness of such a slip is apparent at a glance, for the lingerie, lace and silk waists all require an underbody. These slips are made of China or Japanese silk usually, but if more body is desired to the under garment, taffetas might be utilized. Seven sizes—32 to 44 inches, bust measure.

THE COMMONER will supply its readers with perfect fitting, seam allowing patterns from the latest Paris and New York styles. The designs are practical and adapted to the home dressmaker. Full directions how to cut and how to make the garments with each pattern. The price of these patterns 10 cents each, postage prepaid. Our large catalogue containing the illustrations and descriptions of 1,000 seasonable styles for ladies, misses and children, as well as lessons in home dress-making full of helpful and practical suggestions in the making of your wardrobe mailed to any address on receipt of 10 cents.

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