

WOMAN AND HER WAYS.



TO PRESERVE THE HAIR.

AVOID tight-fitting hats and collars, also close-fitting caps, unless these be of some porous material. The two former prevent a due supply of blood to the parts, hence the hair papillae are put, as it were, on short commons all the time the hats and collars are worn. The caps engender caloric, which sets up irritation, and ultimately that most stubborn form of dandruff, namely, pityriasis (i. e., branny scales). Note that all the headgear which is not porous should be ventilated at the top and sides to allow a free current of air. Never sit or stand with the top of the head near a gas light or lamp light. The heat thrown out is apt to paralyze the scalp tissues and dries up the hair itself. Don't wash the head oftener than once a fortnight, when first rub in the yolk of an egg, and thoroughly rinse out with warm water, into which has been thrown a pinch of borax. Dry carefully and apply a little pure olive oil. Beware of the common practice of dipping the comb in water when arranging the hair. It promotes decomposition and rancidity of the natural oil, and so

SKATING COSTUME.



leads to "rotting." If the hair be naturally dry, apply a little olive oil occasionally. If naturally oily, occasionally wash away the excess of sebaceous secretion by means of a lather or tepid water and soap bark (quiltaya saponaria). Salt water is most injurious to the hair, for which reason when sea bathing wear an oil cap. Always treat the scalp as if you loved it. Take to heart Dr. Godfrey's dictum that "Every touch affecting so delicate a texture as the scalp should be soft and soothing, every application bland and mild." Don't use stiff-bristled or wire brushes, and in all cases brush gently. Also, always brush out the hair before attempting to comb it, and use the comb as little as possible.

Have the ends of the hair clipped once a month, if only to prevent them from splitting. But don't close-crop.

A Thrifty Woman.
Mrs. Linus Pond, of Dedham, Me., has carried on her farm alone since the death of her husband, two years ago. She uses a Hereford bull to do the plowing and hauling, and works him harnessed to a cart like a horse. When she goes to market the bull is hitched to the wagon, and she jumps in and rides away, guiding him by ropes running to a ring in the nose. At a late fair held in Dedham she took the first prize for unhitching and hitching up again in the shortest time.

She Cries "Slave."
Any man who imagines that downtrodden and oppressed woman has been pained by the privileges allowed her during the last few years has only to read the contribution of one Mrs. Kate Kane Reed to the Chicago Journal to be undeceived. She writes: "Elothy, either in ancient or modern times, has

failed to record any condition of servitude, or any system of human degradation, so brutal, so cruel, and so hopeless as that of female slavery. When I say female slavery I mean all woman-kind—all, from the palace to the hovel, from the vaulted edifice of religion to the echoing halls of revelry and vice; from the recluse in her cloister, imbued with piety, to the felon in her cell, addled with crime. All, all have suffered from the contaminating touch of slavery, and no woman ever died without having felt its blight—nay, not one, from the petted idol of society, white and chiselled in the grasp of death, to the neglected creature and victim of our civilization, lying upon a marble slab in the morgue—her cross a curse." It is instructive to learn that Mrs. Rossi's "slavery" has not prevented her from studying and practicing law.

Boos that Our Girls Read.
My gorge rises at the books I hear discussed in modern drawing-rooms. I am told even schoolgirls read these stories, written by women "with a purpose," happily sometimes too well veiled to be perceived by their innocent readers. But who knows, if they are to explore all veins of thought, what our girls will not come to know or surmise? No, no. The girl of my imagination, like that of every honest and healthy minded young man, is the old-fashioned Una sitting upon the lion's back passing unsmirched through the world—the girl who loves and trusts and accepts with womanly dig-

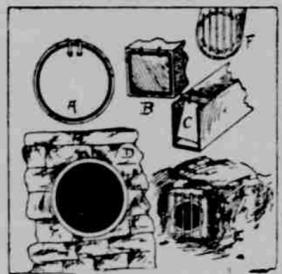
FACTS FOR FARMERS.

HELPFUL SUGGESTIONS FOR THE AGRICULTURISTS.

Various Styles of Protected Drain Outlets—An Inexpensive Shelter for the Pigs—Value of Ginseng as a Crop—A Convenient Milk Stool.

Protecting Tile Outlets.
Unless special care is taken to protect the outlet of a tile drain, there is danger of its being more or less injured. If it is in the pasture, stock tramping about it are liable to crowd the tile out of place or break them. Where land washes very easily, heavy rains will frequently displace them. It is also sometimes desirable to so close the opening in the drain that muskrats, rabbits and other vermin cannot enter it during a dry time and build an obstruction. Several such devices are illustrated in the cut.

Outlet D is particularly suited to a tile which has its opening in the bank of a creek or ditch some distance from the bottom. It is merely a wall of stone or brick laid in cement. This protection prevents the washing away of earth from about the outlet or a displacement of tile or earth by freezing. Where stone is abundant, this style of an outlet is as practical as any and more substantial than many others. Outlet C consists of a wooden box made of 2-inch hard wood, open at one end, which is slipped over the end of the drain. At the outer end a door, hinged at the top, is so arranged that the water can readily flow out, but not-



VARIOUS STYLES OF DRAIN OUTLETS.

ing can go up the tile. A similar box outlet, E, is square at the outer end, over which iron rods are secured or a piece of strong wire netting is fastened. Outlet F is simply a tile with holes in the top and bottom through which iron rods are passed. Trapdoor outlet A is a tile to the opening of which a circular piece of galvanized sheet iron is so attached that the water can pass out, but the entrance of any foreign matter is prevented. Outlet B is similar with a square tile for the end—Farm and Home.

A Chinese Sacred Root.
Ginseng is the fleshy root of a perennial herb, native to the middle and northern United States and Canada, but found far south on mountains. It grows in rich soil and shady situations, its root being from four to nine inches long and bearing a simple stem about a foot high, carrying three five-divided leaves and terminating in an umbel of inconspicuous greenish white flowers which are succeeded by a small berry-like red fruit. It has a peculiar and rather pleasant smell and a sweet, somewhat pungent, aromatic taste. European and American doctors consider it almost worthless as a remedy, but the Chinese regard it as a general panacea, so much so that its use will doubtless greatly increase with the larger supply and lower prices. It abounds back of Kingston, Ont., whole-



A GINSENG PLANT.

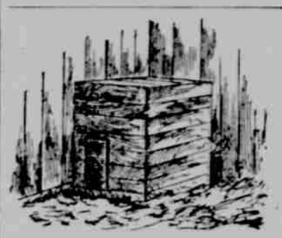
salting at \$1 per pound and retailing at 25¢. A practical floriculturist says that if the trade is to be preserved, care will have to be taken to prepare the root properly and not dig it up indiscriminately, as the root does not reach any great size in one season, but takes years to develop. It should be dug in the fall when the roots are heaviest and command the best price.

Cows in Winter.
Cows need but little exercise in winter. If the weather is pleasant they can be turned out every day, but whenever it is so cold that they will stand and shiver when turned out, the best place for them is in the stables, where it is reasonably comfortable, says the Ohio Farmer. If care is taken to keep the stables clean and to supply plenty of bedding, with good feed and water, the cows may be kept under shelter all through the winter without detriment, and, in nearly all cases, will give more milk than if turned out and exposed to the cold and storms. But either let the cows go dry and winter them largely on hay or good roughage, or else arrange to make them comfortable, and feed sufficiently liberal to maintain a good flow of milk during the winter, as half feeding a milk cow is never profitable.

Lime in Food for Poultry.
Laying hens require lime to produce the shell, but it is not always best to feed the lime separately. Some kinds of food are rich in lime, as wheat and

peas. Where these are given no extra lime will be needed and none will be eaten. Corn is very deficient in lime, and if fed exclusively the egg shells will be thin and fowls will get in the habit of eating their eggs. Besides, corn is too concentrated food, and does not give bulk enough in proportion to its nutrition. Clover is rich in lime, and if cut in fine pieces it will be eaten by fowls in considerable quantities. It also aids the digestion of less bulky food.

Making the Pigs Comfortable.
On many farms the hogs are kept in pens in one end of a large shed, or other building that is likely to be cold in winter, even though the walls may be secure against the entrance of wind. Growth cannot be expected when an animal is suffering from the cold. If



INEXPENSIVE SHELTER FOR PIGS.

the hogpen cannot be made warm, one may at least build such a place as is suggested in the accompanying sketch. In one corner of the pen is built a small box-like affair, just large enough for the pigs to get into and lie down. A swinging door is provided, and in this small enclosure the heat from the animals' bodies will keep the air very comfortable. This plan has been tried in a cold building with great success.

Peach Culture in Cold Climates.
Webb Donnell stated recently that "it is not the severe cold of winter which injures peach trees so much as freezing after the sap has begun to stir in the spring." I believe, says B. F. Ferris, in the Agriculturist, if this were the case Southern Missouri trees would be as liable to injury as those from Northern Iowa. If not, why not? All fruit trees in Missouri have to pass through as much freezing as those in Iowa, and there is as much or more thawing and freezing following a mild winter as there is after a severe one. Still, our fruit trees are in better condition after a mild winter than after a cold one. Iowa is now raising many peaches, not because we have had less severe changes during late years, but because varieties have been produced which will stand more severe cold weather, and further because of late our winters have been mild. Sunscald may be caused by a sudden cold snap after the sap has started, and I think this is the case. But black-hearted trees are caused by low temperatures in midwinter.

A Handy Milk Stool.
The seat of the stool shown in the accompanying illustration is made of a one inch board twelve inches wide and sixteen inches long. The two front



MILK STOOL.

legs are made of inch boards; the other is a round piece of wood. A hoop on the front end holds the pail in position, while a projection on one of the front legs prevents it from slipping down.

Second Growth Timber.
The scattering trees that grow up by roadsides and in fence corners are usually much tougher wood than trees of the same variety that grew up in the original forest. Exposure to sunlight and severe winds is what toughens the fibers of such trees. Oaks and hickories that have grown up in this way are especially valuable, as they are mostly valued for their toughness. It will pay farmers who have such timber to make inquiries, and with a little trouble they can probably find a good market for it.

Alsike Hay.
Alsike clover has generally a more spindling growth than the common red variety. It is therefore better hay for sheep and young stock, which will sometimes reject the coarse stems of clover that has grown too rank and has fallen to the ground. The Alsike clover is little likely to do this. But the plants grow so closely together that the stems make nearly, or quite as much feed, and generally of better quality.

Digestibility of Apples.
There is great difference in the digestibility of different kinds of apples. Some are very rich with hard and solid pulp, while others are juicy and digest easily. The Spitzenberg apple has a very fine flavor, but it cannot be eaten by some who can eat at will of varieties like the Fameuse. Most of the sweet apples are hard to digest. Even when cooked they are tough and do not break down as sour apples will.

Roses.
When cold weather comes bind the trunks of rose bushes with straw and mulch around them also. They will respond next season with more than the usual number of roses.

The Marquis of Telling, Ambassador of China to France, accompanied by his little daughter, attends 6 o'clock mass every Sunday morning in the Church of St. Honore d'Eylau, in Paris.

The Princesses of the English royal family have, on the average, married at the age of 22; the princes at 28.

Scientists predict that in a century's time there will be no disease that is not curable.

Collided with a Fish.
The Norwegian steamer Jamaica, from Philadelphia, bound to Vera Cruz, came in collision with a big fish in the Gulf, 400 miles south of Mobile, recently. The propeller lost one of its flanges, and the vessel sprang a leak in the tunnel shaft and made water so rapidly that the crew had to work hard at the pumps to keep her afloat. She made port and will be docked. The collision jarred the vessel as if she had struck a rock.

Hard Man to Interview.
It is said that Von Moltke was "about in seven languages." Before the opening of a striking campaign he was winking the streets with head depressed when some busybody approached him determined to extort from him a word in regard to the campaign. "How art matters coming on, general, 'well," said the general, "my cabbages are coming on very well, but my potatoes want rain!"



The Personal Side Of George Washington

Not the General nor President, but the lover, the man, the husband and neighbor. Three of such articles by General A. W. Greely, the famous Arctic explorer, will shortly begin in the

LADIES' HOME JOURNAL

OVER 700,000 COPIES SOLD

Ten Cents on All News-stands. One Dollar a Year

WANTED Agents to look after renewals and new subscribers. Profitable employment offered.

The Curtis Publishing Company, Philadelphia

COPYRIGHT, 1898, BY THE CURTIS PUBLISHING COMPANY

Do You Wash?

Of Course -

BUT Do you Wash QUICKLY?
Do you Wash EASILY?
Do you Wash THOROUGHLY?
Do you Wash CHEAPLY?

You may IF you will use

SANTA CLAUS SOAP

The best, purest and most economical soap made
Sold everywhere. Made only by

THE N. K. FAIRBANK COMPANY, CHICAGO



SAY! MISTER! YOU'VE DROPPED YOUR Battle Ax

PLUG

A GREAT, BIG PIECE FOR 10 CENTS