

Treatment of Salt for the Hair

By ANTOINETTE DONNELLY.

The other day a man said: "If salt were done up in bottles of fancy design and color, with a foreign name applied, and sold for \$10 an ounce, bottle, you would have all the women with falling hair flocking to the counter for it. Now, my wife won't use it, just because it is salt, in spite of the fact that her own sister advocates it and has a fine head of hair to demonstrate its virtues. No, she'd rather go down and get Mrs. Blinky Blank's treatment at \$3 a minute."

Salt has a cult with a strong membership. A woman doctor told me recently about her assistant, who had grown a perfectly splendid head of hair by the salt method. And she enumerated several cases that had come under observation.

Treatment for Falling Hair. The following letter is a first-hand indorsement, and I recommend the use of salt on the hair because of the successful cases that have come under my personal observation:

"Dear Miss Donnelly: My hair was falling out very badly when a friend told me to use salt water. I tried it, and the first application helped, and after a few weeks it stopped falling entirely. Since that time, whenever my hair begins to fall badly, I use the salt water remedy and have never yet had it fall me. The method is as follows:

"Take a basin of water—rain water, if you have it; if not, any kind you have—and put into it enough salt to make it quite briny. There is no danger of getting too much, as some rub the salt into the scalp. Take a cloth, dip it into the water and rub it well into the hair all around the edge. Then massage it well into the scalp with the fingers. Part the hair back of where it is and with the wet cloth rub the water well into the scalp and massage as before. Do this until the entire scalp has been treated."

"Allow the salt to stay on the hair about half an hour, then take warm water and wash the hair and scalp thoroughly. Wash in several waters or until all the salt is out of the hair, as it will make it harsh if it is left in. Never use soap when you use salt, as it will make the hair greasy."

"If you will do this every 10 days or two weeks, until you have made three or four applications of the salt water, I believe there are very few cases that will not respond to the treatment. It has never failed with me, and it has been 16 years since I first tried it."

"A few minutes every night spent in massaging the scalp—not rubbing the hair—holding the fingers firmly and working the scalp—will do much toward keeping the hair in good condition and preventing its falling."

"C. L." A friend and associate on the paper with me has another personal recommendation for the use of salt. Her hair was extremely oily and required washing every week. She found by sprinkling common salt on the scalp and brushing it out thoroughly the trouble was alleviated. But you must have her thoroughness to get every particle of it out, else you may be against salt as a hair help.

Unquestionably, salt has health virtues that should not be ignored. For instance, as a pyrexia preventive, many of the best dental men are advocating its use.

A salt rub after the bath is a fine tonic, as you who have taken Turkish baths know. The attendant rubs it well into the skin after the bath and just before the hot and cold rinse. It leaves the skin of the body in a clean, sweet-smelling state.

Charming Wool Jersey Cape Coat



Fashion Camera Photo

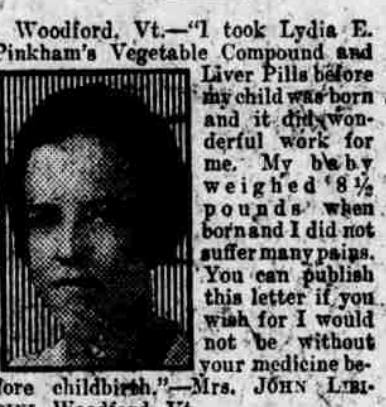
French women, who know so well how to dress charmingly on a little money, are well aware of the value of the postillion cape coat in their wardrobes. There must be at least one, for it will insure style even in the moment. This one is of gray wool jersey cloth, long and semi-fitting under the cape effect. The latter is accented by a wide band of loose from the roll collar sides and back, the front free. With a fur piece, a chick turban of the same shade braided in gold or silver and a silver of gold cord with long tassels to confine the coat, it is a costume royal.

Dainty Vanity Bags. The new vanity bags for evening use come in all the fashionable summer shades. They are flat and lined with silk of contrasting color, and trimmed with tiny hand-made flowers. The mounts are either gold, silver, antique tortoise, or even amber. The bags are hand-made and are extremely popular.

Salt miners, in the Netherlands now number more than 25,000.

OF INTEREST TO WOMEN

This is a Short Letter, but it Brings a Message of Importance to every Woman.



Woodford, Vt.—"I took Lydia E. Pinkham's Vegetable Compound and Laver Pills before my child was born and it rightened my body for me. My baby weighed 8 1/2 pounds when born and I did not suffer many pains. You can publish this letter if you wish for I would not be without your medicine before childbirth."—Mrs. John L. Woodford, Vt.

The reason why Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills is because it contains the tonic, strengthening properties of good old fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, curative influence, and as it contains no narcotics or harmful drugs it is a safe medicine for women.

If you want special advice write Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read, and answered by women only.

Skin troubles are most embarrassing and annoying. That disgusting skin trouble which makes you scratch—no matter where you are—is a source of disgust to others as well as torment to yourself. Try Resinol Ointment. It relieves itching at once, and heals eruption promptly. Prescribed for years by physicians for eczema and similar troubles. All druggists sell Resinol Ointment.

Resinol

Three Delicious Desserts For Housewife

Almond Custard.

Put two cupsful scalded milk in a double boiler, thicken with one and one-half tablespoonfuls cornstarch blended with water. Boil three minutes. Add two beaten egg yolks and one-half cupful maple syrup, boil a few minutes more. Add two-thirds cupful blanched, chopped almonds and one teaspoonful almond extract. Chill and serve with cream.

Macaroon Custard.

Make a custard of two cupsful scalded milk, two eggs slightly beaten, one-third cupful corn syrup, a pinch of salt, one-half teaspoon almond extract and one cupful crushed macaroons. Bake same as plain custard.

tard. Chill and serve with or without whipped cream.

Caramel Pudding.

Stir one-third cupful brown sugar with one tablespoonful butter until it turns a light brown, dissolve with one pint scalded milk, thicken with one and one-half tablespoonfuls cornstarch blended with water. Boil three minutes, add one teaspoonful vanilla extract. Serve in sherbert cups, decorate with whipped cream and chopped nuts.

Dry Tin Thoroughly

For ordinary care, tin utensils should be washed in hot soapy water, rinsed in hot clear water, and dried thoroughly. A tin utensil that has food dried on it should be covered with a weak soda solution, heated for a few minutes and then washed. Scraping scratches tin and may expose the iron or steel surface underneath, which may rust. Tin darkens with use, and this tarnish protects the tin; therefore tin utensils should not be scoured simply for the sake of making them bright.

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National graded course, books 1 to 7, each	47c	Czerney, Op. 299, books 1 to 4, each	50c
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Presser's School and Pianoforte (Beginner)	65c	Duvenoy School of Mechanism, Op. 120	40c
Root's Pleasant Hours	50c	Hanon Virtuoso, book 1	34c
Burgmuller Op. 100	40c	Hanon Virtuoso, books 2 and 3, each	50c
		Hanon Virtuoso, complete	\$1.00
		Kohler, Op. 248, books 1 to 3, each	35c
		Loeschhorn, Op. 65, books 1 to 3, each	35c

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Eltham House, Mrs. Humphrey Ward.	Girl From Keller's, Bindloss.	Room With Tassels, Carolyn Wells.
Polly and Princess, Emma Dowd.	Strange Case of Cavendish, Parish.	Jenny Be Good, Fauley.
Lure of North, Harold Bindloss.	Eyes of Blind, Roche.	Back to God's Country, Curwood.
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Hundredth Chance, Ethel Dell.	Sky Pilot in No Man's Land, Ralph Connor.	My Brave and Gallant Gentlemen, Watson.
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The Sailor, J. C. Smith.	Man With Club Foot, Williams.	Oh, Money, Money, Eleanor Porter.
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Towels	Variety of Beautiful Table Cloths	Handsome Napkins
Turkish Towels Large size, soft finish towels, ridiculously low, at— 22c 31c 39c 43c 75c	64x64-inch Cloths at \$1.55 58x68-inch Cloths at \$1.75 56x81-inch Cloths at \$1.98 72x72-inch Cloths at \$4.35 72x90-inch Cloths at \$5.48 72x90-inch Cloths at \$6.45 70x70-inch Cloths at \$6.75 72x90-inch Cloths at \$8.95 70x88-inch Cloths at \$10.50 72x72-inch Cloths at \$11.50	Patterns and materials to match table cloths. Each 16x16-inch Napkins, 10c 18x18-inch Napkins, 12c 21x21-inch Napkins, 23c 22x22-inch Napkins, 59c 22x22-inch Napkins, \$1.15

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Ginger drop cakes
Milk in thermos bottle

Crisp bacon sandwiches
Lettuce
Grape juice

Chicken noodle soup in thermos bottle
Cheese crackers
Olives
Rolled oats cupcake
Raisins

RECIPES

Marguerites
1 egg white
Small crackers
2 tsp. powdered sugar
2 tsp. shredded coconut
Method: Beat the egg whites stiff, mix in the powdered sugar and spread on the crackers. Sprinkle with shredded coconut and place in the oven to brown.

Cocoa.
1 qt. milk or diluted evaporated milk
4 tsp. cocoa
4 tsp. sugar
1/2 tsp. salt
1 c. hot water

Method: Mix the dry ingredients well in a saucepan, gradually add the hot water, and cook over the fire until thickened, stirring constantly. Add scalded milk slowly at first and beat with Dover eggbeater before serving.

Note: To dilute evaporated milk for cocoa, use one part milk to two parts water. This makes a smooth, rich cocoa.

Cheese Crackers.
1/2 c. grated cheese
1/2 tsp. mustard
Few grains paprika
Milk or evaporated milk to moisten

Method: Mix all the ingredients well, make just thin enough to spread on crackers, but not so thin it will run. Brown in a moderately hot oven.

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25c Phenolax Wafers	19c		
40c Castoria	29c		
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