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common in the theses establishments. The first word—Use—common sense when you select your reading.

"What should I read?" ask innumerable girls of me. It is almost impossible to answer the question in a general manner. As a rule, the girl who asks this is troubled with self-consciousness and takes herself too seriously. For her I would suggest a course in biography of famous people or in history.

I do not approve of too much reading by a girl before she has had some experience in life of the so-called psychological books with which the book stores and libraries are flooded today. They are like the patent medicine advertisements in their morbid self-questioning, and the young girl reader is apt to think she is another Nietzsche, Amiel, or at least a book a Mary McLane after reading a book by one of these authors.

A splendid amusement for "one who likes to be alone" is instead of shutting oneself up with one's loneliness, to go out and do some little kind act each day. If there are children in the family, relieve poor tired mother by telling them a story, draw on your imagination and see how interesting you can make it. Read the newspapers to some old man or woman whose eyes are failing, tell a young married friend to make some of the clothes for their babies—and above all, take an interest in some good outdoor exercise.

Do not think I am advising you not to read, for if one forms a habit of reading when one is young, one has a prop upon which to lean when old. I am only trying to keep young girls from reading those morbid things which have been in fashion the past few years; they certainly do no good to any one. They are not a picture of normal life, but only of a very peculiar and crippled form of life.

A brilliant woman of great experience said the other day:

"The end of living is life—fair, sound, sweet, complete."

When one lives this way, one will

## Billie Burke



Right here, my dear, you make a great mistake. Everything that happens or can be done in this great old world is interesting if you make it so. Do not look at everything in its relation to you, but try to strike a balance in your relation to things.

Above all, let the "problem novel," the "problem play," and the "near psychological confession" alone until you have had enough experience in life to digest them.

JUST ONE LAST WORD—One good poem read every day is worth a whole book of pessimistic philosophy.

MISS BILLIE BURKE

## Health And Beauty

RECENTLY a woman wrote to me and asked if I would advise buying false hair from department stores. In another part of her letter she asked what kinds of rats were the best to use.

Is it possible that there is a town so rural, or a community so isolated, that rats and false hair are still considered stylish and becoming—to nothing of the disregard of the health of the hair?

It scarcely seems possible that any woman having once been a victim of rats and false hair would still cling to them in defiance of style. Only a few years back, huge piles of puffs, braids and rats were heaped on the poor, long-suffering heads—now the object of having the head appear as small as possible, to suit the small superfluous strand.

Two of every three letters that reach me are in regard to the hair. Never has there been such a wall of lifeless hair, oily hair, dry hair, and no hair at all.

One woman writes me that her hair is falling out so badly that she is afraid to brush it any more. Surely you must know that every hair that comes out in brushing is bound to come out anyhow. The sooner the dead hair is out of the way, the sooner the new will begin to grow.

### Brush the Hair Vigorously

Vigorous brushing will put the scalp in healthier condition. A tonic rubbed into the scalp under these conditions is excellent in hastening the appearance of the new hair, but the value of the massage is as great as the tonic.

In using the prepared tonics, if a few drops of peroxide are added, the small amount to be applied, the work will be more effective. Peroxide applied in this way will not affect the color of the hair. Its function is that of disinfection. Generally it is a germ of some kind that causes falling hair—excessive oil and a nightly massage. I feel safe in saying, would cure ninety-nine out of a hundred cases of dry scalp. Care must be taken to avoid getting the hair itself greasy.

### A Dandruff Cure.

A dandruff cure may be made in the following way: To one heaping teaspoonful of sulphur add one quart of boiling water. Pour this into glass preserve jar and screw down the top tightly. Allow to stand for twenty-four hours, then strain off the clear portion. The liquid may be kept in a bottle on the toilet table and rubbed into the scalp every night. This lotion tends to slightly darken light hair.

A shampoo that I have found most satisfactory to use with a scalp troubled with dandruff is composed of the yolk of one egg, one pint of boiling rain water, one ounce of spirits of rosemary. After wetting the hair, rub this into the scalp, then rinse in hot water.

One great cause of the hair falling out is sleeping with it done up. It seems odd, but is undoubtedly true, that many otherwise tidy women indulge in this habit. Then she wonders why her hair falls out. If you sleep in your clothes your body would grow unhealthy from lack of ventilation. The circulation would be impeded. And as it is with the scalp, so it is with the hair.

Three cups hot water. One teaspoon of powdered borax. Set fixture back of stove until thoroughly dissolved, then allow it to come to a slow boil. Remove as soon as it jellies, keep in a glass jar. Rub into the scalp after the hair has been thoroughly wet.

### Do Not Dye the Hair.

By whatever process the hair is dyed, it is always harmful and frequently dangerous to health. Does dying injure the hair, I am asked.

After the thorough brushing a tonic made as follows should be applied:

Cocaine oil ..... 1-2 ounce  
Jamaica rum ..... 1 ounce  
Oil of bergamot ..... 10 drops  
Tincture of Nux Vomica ..... 1-4 dram

As this is very greasy, care should be taken not to let it touch the hair more than necessary, or you will have difficulty in dressing it. The hair must be separated into many divisions and the tonic rubbed in with the finger tips. Brisk massages is needed to get it well into the scalp. The most thorough massage is given by not allowing the finger tips to leave the scalp, simply moving over the head with firm but gentle strokes. After the massage, the hair can be braided for the night and in the morning, again, brushed thoroughly.

—Modern Priscilla

## Your Kitchen Controls The Family Health

It is surprising how careful we are with the things upon which we depend for comfort and the tools on which we rely for our livelihood. But how about the most important piece of machinery under the stars—that body of yours? It's far more delicate than the most intricate mechanical device, very sensitive. A marvelous affair, strong with minute nerves, crossed and criss-crossed with food and drain pipes, equipped with a furnace, storage stations, little warehouses to hold emergency supplies in fact it is a manufacturing plant with more departments than you'd ever imagine, and every one of them needing constant attention. You are as healthy and as capable as you are sound and normal.

We have just begun to realize the

relation between food and efficiency. A long time ago we found that it was advisable to analyze coal and oil and products we use in factories so as to discover which particular grade would be cheapest in the long run. Cheapness, because it represented the maximum utility and minimum waste. Now we're intelligent enough to apply the same reasoning to the human factory. Sounds ridiculous, doesn't it? But don't forget that a lot of people used to sneer at the theories upon which much of the welfare and safety of every community depend today.

Good health is a personal responsibility and a simple habit. It is practically regulated in the kitchen. You're in reality custodian of your family's health. You select the foods, decide how they shall be prepared, with what

they shall be seasoned. You're not fitted to assume this important task upon mere cook-book information. The age-limit of the human race will leap beyond all previous records of civilization, the physical perfection of human beings will advance immeasurably, the number of hospitals will lessen, the present age invalids will decrease with a slump the moment that the housewives of America realize the necessity of studying food values and learn by the reform how many unnecessary years of suffering they have inflicted through their ignorance.

Throw away your cook-book; it has done harm enough. In its place, study the best and simplest treatises on food in its relation to health—Herbert Kaufman in *Woman's World* for November.

## Helpful Hints

### To Keep Pickles From Moulding

A few small pieces of horse-radish root placed in the tops of pickle jars or bottles will prevent mold forming on pickles, such as green tomato, chow-chow, or anything of the kind. Two or three slices in the vinegar with your cucumber pickles, and the same purpose. Bottled horse-radish may be used if the root is not at hand.

### Poison.

If you will tie a small sleigh-bell around the neck of a bottle containing poison, it will notify you day or night.

### To Crisp Cereals.

I find an easy way to crisp the uncooked, ready-to-eat cereals is to place the amount required for one serving in an ordinary corn-popper and shake

for a few minutes over a hot stove, or oil-stove. There is less danger of scorching than if placed in an oven.

—McCall's Magazine.

### A Sanable Iron Holder.

Cut off the leather top of an old soft shoe and sew it between several thicknesses of cloth. Then you can iron with perfect comfort and without burning the hands.

### To Make Stencil Colors Fast.

After stenciling, if you will press a hot flat-iron over the pattern stenciled, the colors will be fast. Then you can wash so that it cannot be washed out when the fabric is laundered. If you have mixed too much oil with the paint and smeared the fabric, place a blotter over the smear and press with a hot flat-iron. The oil will have

been absorbed when the blotter is lifted, so that it is not noticeable.

### Flour for Smoky Paper.

A cloth dipped into flour and rubbed across a smoky spot on the ceiling cleaned it nicely. Later, the whole ceiling was cleaned in the same way with satisfactory results.

### To Extract a Splinter


When a splinter has been driven deep into the hand, it can be extracted by steam without pain. Fill a wide-mouthed bottle almost to the top with hot water; then, place the injured part over the mouth of the bottle and press lightly. The steam will draw the splinter down, and in a minute or two the steam will extract the splinter and relieve the inflammation.

Such headaches—neuritic headaches—getting, blinding headaches—all vanish when you take

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### To Loosen Rusty Pins.

If a pin rusts in its holder, soak it in oil; it will soon loosen enough to be removed without difficulty.

### Alcohol on Windows.

When washing windows in winter use a small cloth wet in alcohol. This is excellent to remove any kind of dirt on windows, and can be dried without difficulty, since they will not become frosted as when water is used.

### Substitute for Lard.

When baking griddle cakes, instead of greasing the griddle, rub it with a small bag of salt. The cakes are just as brown, and the kitchen is not filled with the odor of burning lard.

## NOTED SUFFRAGIST WHO IS NEAR DEATH.



LILLIE DEVEREUX BLAKE.  
PHOTO BY J. H. COLE.

Mrs. Lillie Devereux Blake, one of the first American advocates of woman suffrage, is at the point of death in a sanitarium at Englewood, N. J. Mrs. Blake has been ill for the last few years, but her condition has just taken a sudden turn for the worse. She is eighty years old.

Mrs. Blake was president for eleven years of the New York State Woman Suffrage Association. She also was well known in suffrage councils throughout the nation. She appeared on various occasions before committees of both branches of Congress and before many State Legislatures as an advocate of equal suffrage.

Mrs. Blake was born in Raleigh, N. C., August 12, 1833. Her early life was spent in New Haven.