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"Pretty Girl Papers." CARE OF HAIR.

Healthy hair requires a clean scalp. It is not necessary to wash the hair in water every day or two as we school girls used to do to make our hair hang of spirits of ammonia, and five cents' in ringlets; dry shampoos are better than worth of glycerine. Mix well and bottle. too much dampness. Thick hair, when Add a few drops of this to a small quanwet, if not thoroughly dried, is quite apt tity of soft water, sufficient to lather to sour, and, besides having an unpleas- freely as you need it. For the hair bath, ant odor, it is very dangerous; many peo- dissolve a bit of castile soap in tepid Ple have traced the origin of catarrh and water, add a pinch of salt and a small

deafness back to the day they neglected to thoroughly dry their hair after wash-

ing it. Once a month is often enough to give the hair a bath. Give it a dry shampoo once a week with the following mixture: One ounce of lavender spirits, two ounces

piece of borax to the water, and rub the one-half ounce of tincture of arnica, a scalp thoroughly with the fingers.

When the head is scaly and crusted with dandruff, caused from poor digestion, the best remedy I know of is the white of an egg beaten to a froth and applied to the scalp; this should be washed off with head, let it fall down and hang loosely tepid water, into which a dash of cam- around the shoulders a while. Continued phor or bay rum has been added. This parting in one place will thin out in time last prevents one from taking cold.

prevent premature baldness, caused by a taken in combing and brushing, and only sick spell or falling out from any other soft brushes should be used. Many a

dram of ammonia (alcoholic), and a small handful of common salt. Mix well and rub into the scalp every day with a sponge. Rest the hair occasionally by changing it. If done up on top of the and make a bald spot. During the Here is a recipe said to be excellent to growth of new hair, great care should be reason. Take half a pint of elder water, lovely head of hadr has been spoiled from