

## \* The Home \*

## Care of the Hair.

For poor, brittle, falling hair a professional hair treator gives these directions, which, implicitly followed, she says, will, before many weeks have passed, check the tendency to fall out, and act in restoring the strength and tone of the hair. The head should be washed, once a fortnight, with water in which a little powdered borax has been dissolved and a teaspoon of household ammonia added, with the beaten yolk of an egg, and as much subcarbonate of potash as will lie on a ten-cent piece. It must then be thoroughly rinsed in three different waters, when one will require an assistant, who may hold the hair up in one hand while with the other she pours the water gently over the head from a pitcher or sprays thoroughly with a shower-bath spray. When the water shows no discoloration, it will indicate that all the foreign matter applied has been removed properly. It is best to do this at night, if the after-operation is faithfully followed out, but warm towels should be rubbed over the head until it is perfectly dry. The next morning a very little vaseline should be rubbed into the scalp with the tips of the fingers, and the hair then brushed for ten minutes at least. The hair should be singed every month, for a time, at any rate, and must be often and well brushed, using a brush in which the bristles are not too hard nor too short. The scalp should be gently rubbed before bringing the brush down the hair, and care must be taken not to drag the locks. If a tonic is used, it should be applied with a soft sponge, and the material should afterwards be well rubbed in with the tips of the fingers. This gentle friction will promote the growth of the new hair as well as strengthen that already on the head.—The Presbyterian.

## Liberal Use of Butter.

No dietetic reform would be more conducive to improve health among children, and especially to the prevention of tuberculosis, than an increase in the consumption of butter, says an exchange. Our children are trained to take butter with great restraint, and are told that it is greedy and extravagant to eat much of it. It is regarded as a luxury, and as giving a relish to bread rather than in itself a most important article of food. Even in private families of the wealthier classes these rules prevail at table, and at schools and at public boarding establishments they receive strong re-inforcements from economical motives. Minute allowances of butter are served out to those who would gladly consume five times the quantity. Where the home income makes this a matter of necessity, there is a little more to be said than that it is often a costly economy. Enfeebled health may easily entail a far heavier expense than a more liberal breakfast would have done.

Cod liver oil costs more than butter, and it is, besides, often not resorted to until too late. Instead of restricting a child's consumption of butter, encourage it. Let the limit be the power of digestion and the tendency to biliousness. Most children may be allowed to follow their own inclinations, and will not take more than is good for them. The butter should be of the best, and taken cold. Bread, dry toast, biscuits, potatoes, and rice are good vehicles. Children well supplied with butter feel the cold less than others, and resist the influenza better. They do not "catch cold" so easily. In speaking of children, it is by no means intended to exclude other ages, especially young adults. Grown-up persons, however, take other animal fats more freely than most children do, and are besides, allowed much freer selection as to quality and quantity.—Providence Journal.

## Beware of too Liberal Use of Salt.

Salt draws the juices from beef in cooking, toughens the fibre, makes it very indigestible and less nutritious. On cucum-

bers it draws out the water, toughens the fibre, and renders them very indigestible. Salt acts in exactly the same way on fish as on meat. There are two ways of considering these changes. I would hardly say that salt destroys the food value, although it robs the flesh of part of its food value by making it less digestible.—Mrs. S. T. Rorer, in Ladies' Home Journal.

## To Clean and Polish a Piano.

In cleaning and polishing a piano, go over the woodwork with a cloth wet with paraffine oil, being generous with the oil where the woodwork is very much soiled. Let this remain two or three hours; this is to soften the dirt. Then wash with soap and water and a soft cloth, being careful not to let any water touch the works inside the piano. Use a good white or a white castile soap. Wipe dry with a soft cloth and polish with soft oil linen or chamois leather.—Ladies' Home Journal.

## The Summing Up of His Life.

A man was taken into one of our insane asylums a few years ago from one of the Western cities. He had resolved to be rich. How he turned every stone to accumulate wealth! All his energy and every faculty were pushed toward that one end. "Wealth, wealth, wealth! money, money, money!" was his cry. At last it drove him mad, and they took him to the mad-house, where he threw himself into a rocking-chair, and cried:

"Millions of money, and in a mad-house!"

That was all there was of his life. Pretty short wasn't it? Sixty years gone, millions of money, and in a mad house; and he died there. That was the summing up of his life.—D. L. Moody.

## Remarkable Books.

Queen Victoria possesses the largest bound book ever made. It weighs sixty-three pounds and is eighteen inches thick.

The most valuable book in the world is the Hebrew Bible. At the Vatican, in 1512, the Jews tried to buy it of Pope Julius II. for its weight in gold. It is so large and heavy that two men can hardly lift it, and it would have brought \$100,000 if the Pope had consented to part with it.

The smallest book in the world is not much larger than a man's thumb nail. It was made in Italy. It is four tenths of an inch long and about a quarter of an inch wide. It contains 208 pages, each having nine lines and from 95 to 100 letters. The text is a letter—before unpublished—written by the inventor of the pendulum clock to Madame Christine, of Lorraine, in 1615. The next smallest book is an edition of Dante's "Divine Comedy," and it is a little less than an inch wide, with type so small that it takes a microscope to read the letters.—Iowa Capital.

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13  
Running Sores.

Mr. Stephen Wescott, Freeport, N.S., gives the following experience with Burdock Blood Bitters.

"I was very much run down in health and employed our local physician who attended me three months; finally my leg broke out in running sores with fearful burning. I had thirteen running sores at one time from my knee to the top of my foot. All the medicine I took did me no good, so I threw it aside and tried B.B.B. When one-half the bottle was gone I noticed a change for the better and by the time I had finished two bottles my leg was perfectly healed and my health greatly improved."

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BLOOD

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Yours truly,  
(REV.) F. M. YOUNG,  
Pastor Baptist Church, Bridgetown, N. S.

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## BIBLE

Abridged from

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