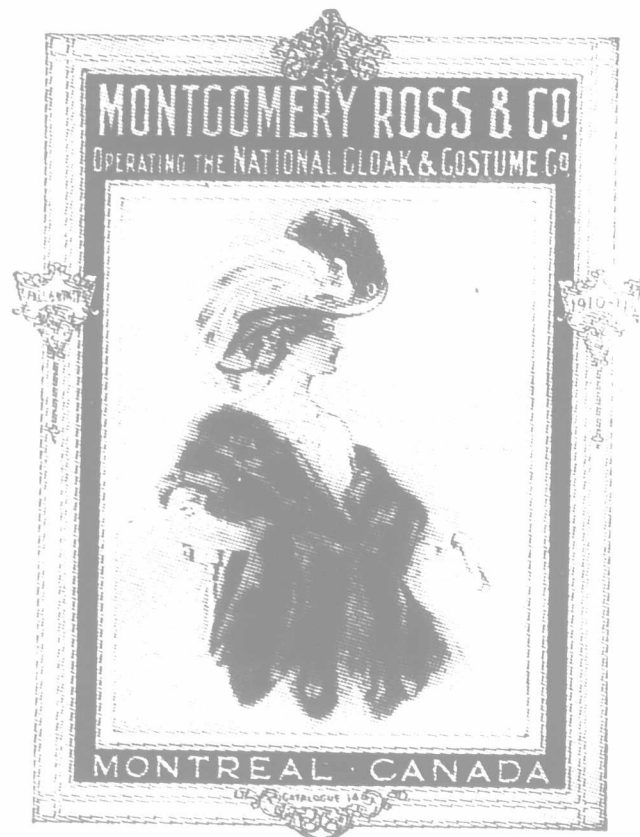


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LOUIS XV

Sherlock - Manning PIANO & ORGAN Co'y, LONDON, CANADA.

For people who have leisure and like to fuss, there are many shampoo recipes of more or less merit, though good soap and soft water answer the purpose of cleaning. Some claim that the yolk of an egg rubbed on the scalp is cleansing, and causes the hair to grow. Others use the beaten white for the same purpose. Clear lemon juice rubbed on the scalp, not on the hair, is cleansing and stimulating to the growth.

If one's hair is naturally too oily, and of slow growth, a little of the following wash used daily will help to dry it, and also promote its growth:

Bay rum 4 ounces.
Tincture of cantharides 2 ounces.

An easily-compounded remedy for falling hair, which is also preservative of color, is:

Old whiskey... 1 pint.
Rock salt... As much as will dissolve.
Glycerine 1 tablespoonful.
Flour of sulphur... 1 teaspoonful.

Hair that is too dry, harsh, and that comes too plentifully, may be profitably anointed with:

Castor oil..... 2 ounces.
Oil of cantharides 2 ounces.
Spirits of rosemary 1 ounce.

This is very softening and strengthening. Vaseline, almond oil or coconut oil, rubbed into a very dry scalp, is beneficial.

A slight amount of dandruff is natural and right, and frequent cleansing will usually keep the amount normal. If it becomes disagreeably excessive, the following treatment will probably correct it. Apply a salve of:

Lard 2 ounces.
Dilute sulphuric acid 2 drams.

And after some hours, wash with:

Powdered borax..... 2 ounces.
Powdered camphor 1 ounce.
Boiling water 2 quarts.

This is an excellent wash, and if kept on hand, bottled, it is good to rub into the head two or three times a week.

The hair should be let down every night if possible an hour before retiring, shaken, and the head massaged (not scratched), and the air allowed to circulate through it freely before loosely braiding for the night. Also, the style and position of coiffure should be often changed, so the weight and warmth of the hair shall not rest continually on one portion of the scalp.

Brushes should be washed in ammonia and water, the bristles only, not the solid back, being immersed. Rinse in clear water and dry in a draught of air, not in the sun. Combs should be cleaned every day with a thread, card, or the hair combings, and washed once a week. Absolute cleanliness is the key to hair health.—Selected.

To Preserve the Teeth.

The teeth should be examined once a year at least by a good dentist. The teeth should be cleansed with warm water before breakfast, after each meal, and before retiring. An excellent dentifrice is orrisroot and prepared chalk. The best plan is to consult your dentist; he is well acquainted with the character of your teeth and gums, and can best advise you what powders to use. Use a brush not too stiff or not too soft, brush the teeth inside and out. A mouthful of water, with a few drops of listerine, taken every night before retiring, allowing it to penetrate into every part of the mouth, will prevent any decay which comes from chemical decomposition.

Occasional cleaning of the teeth with common salt will harden the gums, and give them a healthy color. Above all things, do not allow tartar to accumulate upon the teeth, as its effects are disastrous. Avoid exposing the teeth to extreme temperature.

Very cold substances sometimes crack the enamel. Never bite thread or crack nuts with the teeth.—Selected.

Taller Women.

Can anyone suggest a reason why it is that the height of women in this country is increasing so rapidly? "Measurements have altered markedly," a contemporary

states, "in the last ten years. A skirt of 41 inches was considered long in 1895. Now skirts of 44 and 45 inches are made by the wholesale. Grandmother stood about 5 feet in her shoes, but her daughter measures 5 feet 4 inches, and her athletic granddaughter from 5 feet 7 to 5 feet 11 inches." Is it that we are living more hygienically, breathing more fresh air, and taking more exercise in the open than our grandmothers did? Is it that we are loosening our corsets, and paying more attention to the digestibility and nutrient principles of the food we eat? If so, blessed be the extra inches, for hygienic living means better health and a more contented mind, and a healthy body and contented mind are surely the greatest treasure any woman can have.

Then, here comes a funny state of affairs: "Strangely enough, the average stature of the men has not increased so fast as that of the women." Are we coming to a race of tall women and short men, and, ten years hence, will we be literally "looking down" upon the "lords of creation"? What's the matter with the men? Is it everlastingly riding on street-cars, and sulky-machinery, instead of putting length and muscle into their pedestrian mechanism, that is making the difference?—Give it up.

Bulbs for Fall Planting.

Some bulbs that may be planted in September in pots for winter blooming, are tulips, single Dutch hyacinths, daffodils, narcissus, scilla, snowdrop, crocus, oxalis and freesia. In October, plant iris and ixia. Put all of these in pots with plenty of drainage material in the bottom, and light, sandy soil above. Dampen and set away in a cool, dark place in the cellar to make root-growth. After six or seven weeks (less for freesia and paper-white narcissus, which will do with a few days' rooting), bring to a moderate light, and gradually change to a still lighter window. Keep rather cool, and give plenty of water after bringing from the cellar.

Gipsy Love-song.

All the roads of all the world were given us to wander in—

Star-gold nights and sun-gold days and mouth set close to mouth.

Mayin' time and playin' time a-plenty for the squanderin'—

Hand in hand down all the roads—east and west and south.

Hark! Beyond the harbor-bar the wide seas call the Romany;

Out upon the long highway the hawthorn blossoms sweet.

Let gorgios toil—we take the spoil of careless days and nights as free

Whate'er betides, Love's pattern guides our ever-wanderin' feet.

—Mabel Hartridge Wilson, in Success.

TRADE TOPICS.

WASHING MACHINES FOR FARMERS' WIVES.—Every farmer's wife should have a washing machine, which does away with more than half the terrors of wash-day, saving both time and strength. See elsewhere in this issue the advertisement of the "Winner Washer," the J. H. Connor & Son Co., Ottawa, Ont.

MUSIC FOR THE HOME.—Many farmers are now buying phonographs, and find much pleasure in the evenings in listening to the various songs, piano, banjo, violin, band, and other selections. If you are thinking of making such a purchase, write for a catalogue to the Williams Piano Co., Ltd., 194 Dundas street, London, Ont. They sell instruments at all prices, from \$19.60 to \$240; also keep in stock a full selection of records.

Parson (on a bicycling trip)—Where is the other man who used to be here as keeper? Park Gatekeeper—He's dead, sir. Parson (with feeling)—Dead! Poor fellow! Joined the great majority, eh? Park Gatekeeper—Oh, I wouldn't like to say that, sir. He was a good enough man, as far as I know.