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Our Farm Women

Edited by MRS. W. N. HUTT

THE CARE OF THE HAIR

No. 2 of Our "Beauty Talks"—Ten Minutes a Day Will Give Almost Anybody Luxuriant Hair

THERE are as many varieties of hair as there are of persons, but whatever be the color, texture, quantity or conditions, there are certain rules, which if followed, are likely to keep the hair in good condition.

The necessity of cleaning the hair is imperative for the sake of health, since the scalp cannot do its best unless cleaned of impurities. The oily glands of the scalp become choked and irritated to over-secretion, thus making oily hair and dandruff scalp, or become so clogged that the glands grow inactive, producing dry or brittle hair that falls out readily. The scalp should be kept in such condition that there is constantly a new growth of hair waiting to take the place of that which falls out. It is said that the average life of a hair is from two to six years, and that from fifty to sixty fall each day.

When and How to Wash Hair

HAVE a white-bristled brush and one of the wide, blunt-toothed white combs now on the market, and when brush or comb begin to show soil wash the hair. Another way to tell when to wash it is if the hair feels sticky, mats together or comes out, then it certainly needs washing. Always remember that it is not a question of the care of the hair, but rather the care of the scalp that counts.

In washing the hair do not use a strong laundry or scented soap. They will most certainly injure the hair in time. Ivory, Packer's Tar Soap, Pear's, Colgate's, Fairy and many other soaps may be chosen. Make an excellent suds of soft water, as warm as can be borne by the scalp. A stiff brush is an aid in cleansing the scalp. Scrub as hard as can be borne without irritating the scalp. Rub well with the ends of the fingers, gently but

firmly, so as to bring the blood into the tiny blood vessels that stimulate the roots of the hair and scalp. Rinse the hair thoroughly until not a particle of soap remains. Fan, rather than wipe, the hair dry in a warm but not sunny place. One is not likely to take cold unless she permits wet towels to remain about the back of the neck. If she is very sensitive to colds after washing the hair, she should rub the back of the neck with alcohol. Comb the hair out carefully when perfectly dry. If there be a tangle, pull out the hairs from the snarl a few at a time.

A shampoo is not necessary, but if one prefers their use a good one consists of one teaspoon of cologne, one teaspoon tincture of green soap, and an egg stirred into one cup of cold water. If the hair be oily, a tablespoonful of aromatic spirits of ammonia or a level teaspoonful of borax may be added.

How to Make the Hair Grow

IF THE scalp be clean, the reason for the falling of hair is due to the lack of proper circulation in the scalp. Hair tonics will not rectify this, except where the alcohol kills any microbes that might be present. Move the scalp, rubbing it gently and firmly, until it is aglow, as often as possible. To give the hair many strokes with a fairly stiff brush will also bring the blood to the scalp. Nothing will avail unless continued diligently for a long time.

If one desires something to stimulate hair growth crude yellow petroleum, mixed with an equal amount of lanoline, is very good if well rubbed into the scalp with the balls of the fingers. The use of mange cure has been mentioned in these columns.

In massaging the scalp part the hair, rubbing the skin and moving the scalp with the ends of the fingers, with or without dipping them into the mixture. In short, the secret of good hair is in keeping the blood supply between the skull and the scalp active.

If the hair be of unequal length and split at the ends, showing unhealthy growth, twist the hair into a tight strand and clip the tip ends of the unhealthy hairs. It is not wise to singe it unless one is experienced.

Do not dye gray hair. It is very becoming to most people, and the owner of the hair is the only person fooled by hair dye. If one will use it, the most harmless is the sulphur preparation recently given on this page. Gray hair must be washed more frequently than other hair, it being best to do so every week or ten days, and this must be done according to the rules recommended for other hair, with the addition of a little blueing to the rinsing water, not enough to make it look unnatural but just enough to make it pure white.

Ten minutes' care a day will give almost any woman a luxuriant growth of hair.

THE WIDE-AWAKE GIRLS LEARN GOOD HOUSEKEEPING

We Learn How Baking, Broiling, Boiling, Frying, Etc., Affect Food Values

THEY were sitting around a camp fire, for they were holding this meeting in the woods, when there arose the discussion of how to cook the eggs.

"I like them fried," said Dan. "Oh, no," said Martha, "I want mine hard-boiled."

"Soft-boiled for me," said Mary. "Baked," said little Billy, who knew cakes were baked and anything baked therefore must be good.

"My mamma likes me to take them raw," said Edith.

"Listen, children," said Aunt Margaret, "did any of you stop to consider how the body would like to have the eggs, or any other food? Why do you like them hard-boiled, Martha?"

"Because the cook does them that way," was the reply.

"How many are going to cook foods certain ways because they are best so for health and economy's sake and not because some one has done them that way? Hands up!" Every hand went up.

"Why do we cook food at all?" asked Auntie.

"To make it look better." "To make it taste better." "To make it keep longer." "To kill any germs or bugs that might be in it." "To make it more digestible," the answers came almost at once.

"All the reasons are right," laughed Miss Margaret. "Cooking food does develop new flavors—for instance, the coffee bean, or beef, has little taste until cooked. Cooking does sterilize foods, as the trichinae worm is killed in pork, but to say cooking makes food more digestible is only part true, for some foods are more easily digested rare, like beef, or raw, like the oyster. Let us talk about meat first.

"The object in cooking meat is to change the real coloring matter of the meat so as to remove its raw appearance and do this without making the protein part too hard—you all remember about proteins—or removing its taste. The effect of heat on proteins, whether they are in meat, milk, eggs, cheese or what not, is to harden them or 'coagulate' them. You know, children, coagulate means to harden. The error people make is in thinking boiling temperature (212 degrees Fahrenheit on the thermometer) is necessary for this, when really only (170 degrees) simmering temperature is required. Above this the protein shrinks and hardens and the food becomes less digestible.

"Suppose we experiment with this. Dan, you take one of the eggs and let it boil hard four minutes. Edith, you put another egg on in that kettle of boiling water and at once set the kettle on the ground where it cannot boil for seven minutes." This was done, and when Dan's egg was taken out of the water and opened Aunt Margaret

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- 6 cans Pork and Beans (large size) .90
- 1 can Hominy .15
- 1 package Breakfast Oats, 1/4-lb. package .15
- 1 package Pancake Flour, 1 lb. .30
- 3 packages Spaghetti, 1-lb. packages .45
- 2 packages Shredded Coconut, 1/4-lb. packages .40
- 4 packages Caramel Pudding .60
- 4 packages Strawberry Gelatine, (package makes 1 pint) .40
- 3 packages Corn Starch, 1-lb. packages .50
- 2 jars Peanut Butter .40
- 2 jars Prepared Mustard .30
- 1 package Black Pepper, (ground) .10
- 3 packages Ever-Ready Tapioca, 1-lb. .45
- 5 cans Lustre Bright Scouring Powder .50
- 3 packages Washing Powder .30
- 1 package Gloss Starch, 1 lb. .10
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