

Helpful Beauty Hints

Prescription for Restoring Natural Color of Hair—Walnut Hair Stain Recipe—Several Good Points on How to Keep the Skin Clean and Smooth—What This People Require.

Will you please give me some simple remedy to darken my hair? It is fading, and three years ago it was nearly jet black. I have been troubled with nervous headaches and have been worried so much that I think it has affected my hair. It is turning gray on top, and the rest seems to be fading to an ugly color. I am only 29 years old, and I don't think I ought to have gray hair.—A. H.

No doubt nervous headaches and worry have caused your hair to turn gray, and you must stop both them and the worrying before you can ever hope to have the natural color of your hair return. I am giving you here a recipe for something which will restore the natural color which I entreat you to use while you are trying to cure headaches and worrying.

To Restore the Natural Color of the Hair.

A Physician's Prescription:
 1/2 oz. of lead 12 ounce Lac sul fur 12 ounce, Essence of bergamot 12 ounce Alcohol, 12 gill, Glycerine 1 ounce, Tincture of cantharides 12 ounce Ammonia 12 ounce. Mix all in one pint of soft water. Apply to the roots of the hair which must be clean.

The dye should never be applied if there is any irritation or abrasion of the scalp. The best way to use any stain is to apply it to the roots of the hair with a small brush. A toothbrush will answer for the purpose. Then spread it evenly downward through the tresses with an ordinary hairbrush.

This should not be applied more than once a week as its frequent use at two brief intervals would sooner or later have a pernicious effect upon the scalp.

Hair Stain
 Please publish again your recipe for hair stain. It was composed of walnut hulls and alcohol but I have forgotten the proportions. Also kindly give me a good skin food. G. K.

Here is the recipe for orange flower skin food:
 Oil of sweet almonds 4 ounces, White wax, 6 drams, Spermaceti 4 drams, Borax 2 drams, Glycerine 1 1/2 ounces, Orange flower water 2 ounces, Oil of neroli 15 drops, Oil of bigarade (orange skins), 15 drops, Oil of peach grain 15 drops. Add the glycol stib acetatis 3000000.

Melt the first three ingredients, add the glycerine to the orange flower water and dissolve the borax in the mixture then pour it slowly into the blended fats stirring continuously.

Walnut Stain for the Hair.
 Four ounces of walnut skins, beaten to a pulp to which is added pure alcohol, 16 ounces.

Let stand eight days and strain. Then apply to the hair with a small brush.

Do You Look Wilted?
 Does your skin look wilted dry and drawn? Are you prematurely old-looking? Do not blame it on hardships of your life but on your own indulgence. Probably you have never washed your face clean.

There is no use looking reproachful, not one woman in ten really has a clean face. If you think your duty done by a dab with a wet cloth night and morning with possibly an extra dab between if you have a social engagement on, then is your face not clean and never has been.

It is not necessary to spend money you do not own on getting a clean face. Cream lotions and massage are desirable, they are not indispensable.

What is indispensable if your skin would be clean and smooth?
 A good complexion brush with stiff bristles, cost from 75 cents up, will last for years if kept sanitary.

With such a brush and pure soap and water one can get beneath the upper layer of skin into the underlying tissues and the dead, wilted look will disappear with increased circulation.

Do not wash with hard water. If your water has lime in it or is filtered with alum see that it is softened with a pinch of borax soda or a drop or two of benzoin.

You may not be able to afford skin foods and massage creams you can fill small bars of cheese-cloth with oatmeal or barley and use them at least once a day when washing the face.

Perhaps costly lotions for cleaning the skin are not for you; but skim milk is cheap and effective, so also is a wash basin filled with lukewarm water in which a potato or slices of lemon have been soaked.

At this season you can make the skin satin smooth by saving the rinds of cucumbers and using them in your wash water. The juice of strawberries is another whitening wash that by its acidity will keep your face unwilted.

For a Thin Person.
 My daughter is much thinner than I like her to be. Can you tell me what she should do to become a little fatter?—Mother.

This people require plenty of sleep. Be sure that your daughter does not overwork, and, above all, that she does not worry. Allow her to drink plenty of milk and cream, but induce her to abstain from tea and coffee.

IDENTIFICATION BY VEINS.

New Prison Method Suggested by an Italian Professor.

A new method of identification of prisoners has been devised by means of photographs taken of the veins on the back of the hand. Professor Tommasia, an Italian professor, the inventor, bases his method on the observation that no two persons have the veins on the back of the hand so much alike as to allow room for confusion—less, indeed, than with finger prints.

The prisoner's hand is held downward for several minutes, or the pulse at the wrist is restrained, and the veins are then photographed. This photograph, Professor Tommasia says, will always be available for explicit proof, whereas criminals now understand that with an ordinary razor they can operate on their own hands without much pain or inconvenience, and may change the pattern of the finger print beyond chance of identification.

To burn the finger tips is more painful but perhaps even more effective. On the other hand, as Professor Tommasia points out, only a serious and dangerous operation can modify the venal system. London Evening Standard.

Smuggling Chinese.
 Australia is perturbed by the discoveries of Mr. Batchelor, the Commonwealth minister for external affairs, who has been inquiring into the illegal influx of Chinese. There is a healthy organization in China with agencies in all the principal Australian ports and with the connivance of 'ships' officers the systematic smuggling of Chinese into Australia has been carried on for a long time.

The ships trading between Hongkong and the Australian ports have been so cunningly supplied with false bulkheads walls and floors that hiding room has been provided for eighty Chinese stowaways on a single voyage. Ship cooks have been secretly paid to supply the stowaways with food.

The trade is very profitable as Australia is only a few days' steaming from China and many thousands of Mongolians are always ready to pay large sums and run all sorts of risks to get to the land of gold.

A Poor Man's Drink.
 The yerba mate of Paraguay tea has an immense consumption in the lower parts of South America, almost to the exclusion of tea and coffee. It grows wild and plentiful is cheap as dirt and has a good percent of "theine" the active principle of tea and coffee but less than either. It has a genuine high therapeutic soothing stimulating effect upon the stomach and the whole system. The people over a large part of South America have the very strongest belief in its curative and consoling effects.

The Argentine peon and cowpuncher live on so much meat and so few vegetables that if they did not drink mate the effects of so much animal food would certainly hurt them. They usually suck up the hot mate tea through a straw, and that is all they get from sunrise to midday. It may become the poor man's drink of the world.

"A Cheap Skate."
 Joel Chandler Harris, said an Atlanta, "used to write comic newspaper editorials. Sometimes he made fun of other editors in them, too." Simon Simpson, a rival editor in Atlanta, having been made fun of, "got angry in his rage."

Joel Harris has been getting off a heap of it at our expense. "I got on reading this grabbed his pen and dashed off quick as a flash, for next day's issue."

It must have been cheap Simon, to be at our expense.

China Advertising.
 A local newspaper contains the following advertisement of a local manufacturer: "At the shop of Tao Shing ('Prosperous in the extreme'), very good ink. Fine 'fine' Ancient shop, great-grandfather, grandfather, father, very hard, picked with care, selected self made ink. Fine and hard, with attention. This ink is heavy, so is gold. The eyes of the dragon glitter and dazzle, so does this ink. No one makes like it." Shanghai Courier.

The Rothchilds.
 The name of the founder of the house of Rothchild was Mayer Ansel, who, in 1763, made his appearance in Hanover barefoot, with a pack on his shoulders and a bundle of rags on his back. Successful in trade, he returned to Frankfurt and set up a small shop, over which hung the sign-board of a red shield. Hence the adopted name, Rothchild, or the Red Shield.

Neatly Put.
 Two Quakers were having an argument and one considered the other was speaking falsely. This is how he reproved him.

"Friend Thomas, I will not call thee by any bad name, but if the mayor were to ask me who was the greatest liar in the town I would hasten to thee and say: 'Thomas, I think the mayor greatly desireth to speak with thee.'"

Giant at Head of Buffalo Police.
 At the last convention of the International Association of Chiefs of Police, in Buffalo, the biggest man present was Michael Regan, the head of Buffalo's police department. Chief Regan could easily qualify for New York's crossing guard's squad, as he stands six feet four inches in his stockings. He was elected vice-president of the association.

Of Interest to Women

Jersey Girl Oup of Inckle Sea's unique Scientific—Eminent as Expert in Europe and America—Her Works on "Mosquito Life" Attracting World-Wide Attention.

Miss Evelyn Mitchell, one of the youngest women scientists in the United States, who is now doing important work for the government at Smithsonian Institution, is preparing to write a book on gnats. Miss Mitchell has already attracted the attention of the scientific world both in America and Europe by a notable work on mosquitoes entitled, "Mosquito Life," and is concluding her collection of gnats for the purpose of embodying in book form her study of them.

Miss Mitchell, who is under thirty and one of the brightest women now doing expert work for the government is the daughter of Marcus Mitchell, postmaster of East Orange, N. J. and is a graduate of Cornell University. She looks less like a scientist than could be imagined by any one who has always pictured experts of this kind as old and decidedly pedantic in dress and in personality. Miss Mitchell is full of life and enjoys sports that every college girl does. She never talks "big" but in her work at the National museum here she sits side by side with men who are a few years of a long life in scientific research.

She is doing the same work as three gray-haired scientists and, as said, is attracting wide attention.



Miss Evelyn Mitchell. She was the first woman to be given a place on the faculty of George Washington University, when she was made instructor in zoology. She is a member of the Biological Society of Washington, the American Association for the Advancement of Science, the Entomological Society of America and the National Health League. When she came to Washington Miss Mitchell took and still holds the place at the National museum made vacant by the death of Dr. McConnell, who for years made the drawings of shells for Dr. William H. Dall of the Smithsonian Institution.

The Artistic Table.
 Candelsticks for the table may be of silver, cut glass, Bohemian glass or brass. Here, again, the simpler designs are the more graceful. There are some very beautiful shapes in the Bohemian and cut glass. Cheaper ones still very good in shape, come in glass.

Shades made of cut glass or silver over linings of different colors are very pretty and also very practical, since the color can be changed so easily. The silk shades made of imitation rose petals come in all colors and are not expensive. Those with the bead fringe are very pretty, but are apt to bend the candle with their weight. Hand-painted shades are sometimes extremely attractive, but frequently not in good taste. The Empire shapes are at present highest in favor, but certainly are not as graceful as the more daring shapes.—Harper's Bazar.

Let Children Sleep Alone.

A child should never sleep with its parents. The practice is bad at every age, having not one redeeming feature. Moreover, the child should not sleep with other children, if it is at all possible for him to sleep alone. When children sleep together there are often chances of their being slightly injured in a number of ways. They are often apt to kick each other out of bed and in many cases the child falling on the floor may break a shoulder or injure the arms, legs or head. Then they often kick each other in their sleep, giving and receiving numerous bruises. Their limbs become wound around one another and in the irritation that results they kick off the clothes. And they are often apt to give each other diseases.

To Develop the Chest.

When taking the deep breathing exercises to develop the neck and chest, stand erect before an open window clad in a loose gown. Rise upon the toes at the moment you inhale and hold the breath, throwing it forcibly against the muscles of the throat while you count ten; then exhale forcibly with open mouth and come down upon the heels. Repeat ten times, night and morning, when loosely clad.

To Scald Milk.

Put milk in the top of a double boiler, having water boiling in the under part. Cover and let stand on top of range until the milk has a bead-like appearance around the edge.

Notes and Comment

Of Interest to Women Readers

BEAD FILLETS.

Perfect Neatness and Comfort in Their Use.

Fillets in the hair have almost come to be a necessity with the girl whose front locks fly in the breeze unless they are restrained in some way.

Black velvet fillets—or suoods, as our mothers called them—have been occasionally seen, but they have not been popular for some reason, in spite of their becomingness, perhaps because they do not seem to adjust themselves well to the pompadour and are apt to make the underpinning, whatever it is, shift from its proper position. Put fillets of bead work are more adjustable and fit over the hair with perfect neatness and comfort. A great many jet beads are seen, jet having been the rage for the past six months, but Indian beadwork is immensely popular, used in this way, and these brightly colored beads are seen everywhere at the hotels. They are becoming to most types of blondes and brunettes, but are especially pretty with glossy black hair arranged in neat rolls and coiled in the back. Of course, properly speaking, a fillet goes with a Psyche knot, but Psyche knots are not becoming to every woman in the world, and a band across the forehead from hair is worth a great deal to a girl when the wind is high and she wishes to look her best, whether her hair is knotted low on the neck, rolled on top or arranged with the Psyche.

The jet beads are made for blonde heads of fluffy hair.



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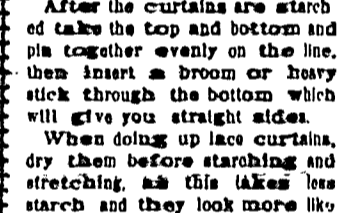
The jet beads are made for blonde heads of fluffy hair.

SUGGESTIONS FOR THE LAUNDRY.

Two yards of rubber sheeting made into a bib apron, bound with white tape, is useful for protecting ones dress on wash-day. It looks neat and wears a long time. After the curtains are starched take the top and bottom and pin together evenly on the line, then insert a broom or heavy stick through the bottom which will give you straight sides. When doing up lace curtains, dry them before starching and stretching, as this takes less starch and they look more like new than if you starch them when they are wet, just as they come from the rinsing water.

Housework Apron.

The cut of this attractive housework apron of blue linen is slightly empire and a seam down either side of the front gives it shape. The armhole is very large, so that the apron slips on easily.



A little handkerchief pocket adorns the front of the waist. Two buttons are sewn on at the waist line and from them hang a flat holder and a towel. Rather picturesque is the dusting cap of the same blue linen.

Shrieks "Home-Made."

The trouble with most home-trimmed hats is that the inexperienced trimmer does not consider the whole as a definite composition. She does not maintain proper balance between bows and flowers, height and brim. She does not know that the lines of the hat must be carefully considered to attain harmony, and it is this lack of knowledge that leads to such trampling shrieks "Home-made!"

The automobile woman should bear in mind that mud stains may be sponged from white cloth, when it is inconvenient to clean the entire suit, with a little soapy water and ammonia.

The shoulder scarf is still intensely fashionable. It is no equivalent, so fine, so expensive and so wholly butterfly-like in its grace and worn with impossibility at by graceful women.

GROCERIES



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