

Useful Hints

Woman and Home

Ethical Talks

Cure for Hair Troubles

BY ANTOINETTE DONNELLY.

The two chief causes of premature thinness of the hair are a definite circulation of blood in the scalp and dandruff. It is said that dandruff causes almost 70 per cent of the loss of hair.

First, then, comes the need of constant attention to the scalp, since it is the scalp which contains the blood vessels that nourish the hair. Your scalp should be pliable and move freely over the bones on the skull.

Massage will keep the scalp healthy and prevent the hair from falling out. It requires no special skill. Of course, it can be done for one more easily than one can do it for herself.

A lotion is not necessary in giving scalp massage, except in cases of scalp trouble. It is the action of the fingers that does the work. The nails, of course, must be short, so as not to injure the scalp.

The following formula is excellent for dandruff: Resorcin, two drams; grain alcohol, three drams; glycerin, one-half ounce, and of rose water a sufficient quantity to make four ounces.

Resorcin, sometimes undergoes a change of color that gives it light gray or white hair a dirty or yellowish cast. This may be obviated by the addition of ten grains of salicylic acid to an ounce of the solution.

On account of the infectious character of dandruff each person should have her own hair brush and comb, as one member afflicted with the affection may by means of these implements communicate it to every member of the family.

Antoinette Donnelly's Answers. W. B.—Why do you want to make your hair darker? If your hair were darker it might not be in keeping with your complexion.

Veru Belle—This is a simple exercise of reaching for legs, stand up straight and kick out with each foot in turn, bending the knee so as to draw the heel of the foot back as far as it will go.

Lila—You can greatly improve the condition of your hair by using a good hair cream and a wide pure castile soap.

At Perryburg, N. Y., where this heliotherapy is used for tuberculosis, the skin is rubbed after each exposure with spirits of camphor on a rough glove.

It takes weeks to make an exposure of hours each day safe and enduring. Sunburn must be avoided; the idea should be to tan the whole skin, gradually, but deeply, a chocolate brown.

Can Warts Be Electrocauterized?—I have a wart on the side of my nose about the size of a small pea. Could it be removed by the electric needle?

Answer—Yes, if you are temperamentally opposed to the equally painful and more rapid surgeon's knife.

Questions and Answers. "Medicated Cotton" Not Medicated.—What is the difference between cotton batting and medicated cotton used by doctors and nurses?

Answer—Cotton contains more or less oil. The absorbent cotton, popularly called "medicated cotton," is purified of oil, bleached and sterilized by heat, but otherwise it is cotton batting.

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NEWS OF ASHLAND. ASHLAND, VA., August 1.—The Ashland Gun and Rifle Club has arranged a big clay pigeon shoot for next Friday, which is Hanover Trades Day.

THREE LIVES SAVED BY YOUNG MAN'S DARING. [Special to The Times-Dispatch.] BRISTOL, VA., August 1.—Frank McKamey, a Bristol young man, is being heralded as a hero for his courage in saving three of four young men from Johnson City who went down in Holston River at Island Park, ten miles south of here, when a rowboat sank this afternoon.

E. E. Williams, a member of the party, sank to his death. McKamey, by his daring, saved Frank Brown, Philip Weinberg and Edwin K. Berry. McKamey also recovered the body of Williams. The men were having an outing at the park.

Mrs. C. L. Thomas. [Special to The Times-Dispatch.] PETERSBURG, VA., August 1.—Mrs. C. L. Thomas died this morning about 3 o'clock at the Petersburg Hospital. She had been ill for some time and her death was not unexpected. She is survived by her husband and one child. Also by a brother, Alderman William E. Poole, and two sisters, Mrs. Thomas P. Knock and Mrs. R. L. Young of this city.

CHIC COSTUME Hand-Painted Parasol. A parasol of sky blue has bluebirds flying around it. They are painted on. The border is painted in blue and white, long stringy cloud effects. A hat decorated in this manner to be worn with the parasol is quite fetching.

SEEN IN THE COUNTRY

Pongee One-Colored Frocks



Simple frocks of pongee and linen, in blue (natural color) and green, are being made for young girls who pass the summer in the country. The skirts are usually gathered in full more or less, and they are belted with black or colored silk. Just a touch of white muslin or mull is added to these tinted materials. There is something charming about these one-colored frocks.

condition of your neck by massaging it night and morning with a good skin food. Rotate the muscles firmly in a slanting direction from under the chin toward the shoulders and from the middle of the throat backward and upward toward the ear. Also practice deep breathing. I shall be glad to send you my instructions for keeping the neck young and beautiful if you will send me a stamped, addressed envelope.

Beatrice—I hardly think your lips are growing thicker. It is probably the discomfort you experience from the brace on your upper teeth. The brace pushes the lip out. I am sure as soon as the brace is taken off your lips will feel normal again.

Dr. Ercy's Health Talks

HOW TO TAKE A SUN BATH.

But first, why take sun baths at all? For the following purposes: (1) To cure tuberculosis of any part of the body, here we deliberately use the word cure, you will notice. (2) To stimulate the glands which produce red blood corpuscles; sun baths correctly taken will increase the red blood corpuscles some 10 per cent in less than a week.

First Day—Lie on your back over head of bed or couch to protect the head. Smoked glasses or a towel over the eyes. Uncover only the feet to the direct rays of the sun for ten minutes, four times in the day, with intervals of an hour between each exposure.

Second Day—Expose feet ten minutes, and legs from ankles to knees for the same intervals. (3) To improve metabolism, the burning up and eliminating of waste products which cause so much general ill health when retained in the body. Sunlight is the most powerful tonic, if judiciously taken.

Third Day—Feet exposed fifteen minutes, legs ten minutes and thighs five minutes, three or four times with hourly intervals.

Fourth Day—Increase time of all exposures five minutes.

Fifth Day—Increase another five minutes, and expose chest five minutes three or four times.

Sixth Day—Increase all previous exposures five minutes each time, and expose neck and head five minutes each time, with same hourly intervals.

Seventh Day—The patient is turned over on his abdomen—prone, not supine—and the same course as described is repeated, but the face is not exposed. The body gradually becomes tanned.

At Perryburg, N. Y., where this heliotherapy is used for tuberculosis, the skin is rubbed after each exposure with spirits of camphor on a rough glove.

It takes weeks to make an exposure of hours each day safe and enduring. Sunburn must be avoided; the idea should be to tan the whole skin, gradually, but deeply, a chocolate brown.

When that stage is attained the patient is not only immune to exposure to sun and bad weather, but generally a hovering subject of increasing health.

While the schedule as detailed is for invalids, it would be well for persons going to seashore or country to take it as a guide.

Sunshine, like most powerful remedies, is capable of causing a lot of harm when carelessly taken.

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CENSORSHIP IN FRANCE BITTERLY CRITICIZED

Seems to Be Directed by Official of Caprice, Inconsistency and Inconstancy.

WORK ADMITTEDLY DIFFICULT

Apprehensions Regarding Danger of Enemy Gaining Information From Published News Stories Frequently Declared to Be Exaggerated.

PARIS, August 1.—The bureau of the French censor, or "Bureau de la Presse," as it prefers to be known, is familiarly called "Anastasi," after a dressmaker who was the heroine of a popular song and who, like the censor, was busy with a sharp pair of shears during the second empire; she has become his patron saint.

The propriety of the name is questioned by every editor whose copy has been slashed. The work of Anastasi was methodical, following a rational plan, and executed with undoubted taste and discrimination, while the censor of to-day is compared by Parisian paraphraser to an editor with a bilious view of life, a supreme contempt for the feelings of his fellow-men and a sense of news approaching hysteria or nightmare. This view grows out of the apparent caprice, inconsistency and inconstancy of the censor.

He cut mercilessly yesterday what he let go through the day before, and what he killed yesterday he approves to-day. He slashes the copy one editor and allows another to publish the same thing. Parts of the same dispatch are eliminated from the proofs of one paper and overlooked in another, and so on.

The fact is, undoubtedly, that the censor is doing the best he can. If his work seems to be ragged to the journalist, it is because he is bound by instructions from many different sources that change and accumulate every day. If it is not uniform it is because a large staff is required to do the work, and the general result is bound to reflect different personal viewpoints.

The general plan of the censorship was defined by the law of August 5, 1914, forbidding publication of news of movements of troops, composition of units or detachments of the army, details of defensive works, numbers of wounded, killed or prisoners, facts concerning armaments, material or supplies, sanitary situation, promotions or changes among general officers, and in general any information likely to be of use to the enemy or act harmfully upon the spirit of the army or the population. Following these general rules special recommendations are transmitted daily from the general headquarters.

The consequence of uncensored references to bombarded towns was shown in the case of a city, certain quarters of which had been spared were indicated in a newspaper article. The next day the block of houses directed their fire upon the block of houses indicated in the article. Another article cited industrial establishments exploited by the French army, not far from the lines. Immediately the Germans bombarded them and the French were obliged to abandon them.

A weekly periodical published a photograph of a priest saying mass for a congregation of soldiers at a village near the front. The Germans learned from it that French troops were quartered in the village and showered shells upon it.

APPREHENSIONS FREQUENTLY MUCH EXAGGERATED. The censor's apprehensions are frequently declared to be exaggerated, most of the news that he considers dangerous the editor considers absolutely inoffensive. It is not the censor who always decides. The real head of the censorship is the commander-in-chief of the French armies. His orders are transmitted every day, and the bureau of the press must rigidly follow them. News, the publication of which is considered dangerous to-day, may be no longer dangerous to-morrow, and it is often in this release of news, the publication of which is no longer harmful, that brings upon the censor the charge of caprice.

Instructions regarding naval matters come from the Minister of Marine, while the Ministry of Foreign Affairs decides what diplomatic news may be published. News of a general political bearing is referred to the Premier himself, Monsieur Viviani, who is the court of last resort and whose sleep is troubled at all hours of the night by telephone calls from the "Bureau de la Presse."

Newspapers complained that when the German atrocities were fresh they could not publish them, while later on, after the battle of the Marne, when they had ceased to be news, they were allowed to print them freely. The publication of these details was prohibited because that was supposed to be what the Germans wanted, and because the writer circled attention given to them, the more would be the chances of intimidation. After the battle of the Marne these reasons disappeared.

The newspapers were also astonished that the censor should order them to cease publishing the state of the barometer. It hadn't occurred to them that knowledge of the weather indications would be of great service to the pilots of German aeroplanes and Zeppelins.

People seeking in the newspapers the sailing dates of French transatlantic liners found them missing one morning, and few of them had the thoughtfulness to connect this measure with the presence of submarines in the English Channel. At one time the papers published freely expedients used by French prisoners in Germany to inform their families how they were treated in spite of the German censorship. This was interesting, but the exposure of their subterfuge rendered them useless for the future. Pathetic recitals of the escape of prisoners from their guardians, how they got back to the French lines through invaded regions, with names of the villages through which they passed, sometimes even the houses where they were sheltered, were extremely dangerous. They exposed the families who sheltered the soldiers to punishment by the German occupying troops.

The offices of the "Bureau de la Presse" resemble somewhat the proof-reading room of a great newspaper. The staff is mixed, part military and part civilian, including many retired

GERMANY CAN CONTINUE FOR UNLIMITED TIME

Empire's Economic and Financial Affairs Have Not Suffered Greatly Because of War.

STARVATION PLAN FAILS

Secretary of Imperial Treasury Prepares Statement Showing Internal Problems Have Been Met and Economic Difficulties Overcome.

BERLIN (via London), August 1.—Dr. Karl Helfferich, secretary of the Imperial treasury, has prepared for the Associated Press a signed statement on German economic and financial affairs as he views them at the first year of the war. His statement follows: "The economic and financial features of the first of the war, in my opinion, are the following: "First, the British starvation war has failed. Once and for all it has been proven that our domestic production of foodstuffs, bread card system at maximum prices assure even the poorest the necessary supply of food and that at prices lower than prevailing in Great Britain.

"Second, Nor can we be 'starved out' in raw materials. The difficulties cast themselves into saving great supplies which, with the economical employment thereof insured by our methods of organization, are virtually inexhaustible. The spectre of unemployment has vanished. There is more work than workers. The war has proved itself to be a greater employer of labor than our export trade was.

"Third, The spectre of unemployment has vanished. There is more work than workers. The war has proved itself to be a greater employer of labor than our export trade was. "Fourth, So far as finances are concerned, Germany will carry the war through for an unlimited time. We produce in our own country practically everything needed for war. Thus, expenditures for war purposes resolve themselves into saving. These again are at the empire's disposition, as payments on the war loans and deposits are flowing into the banks and savings institutions more plentifully than in times of peace. The total of deposits to-day, after over \$3,000,000,000 have been paid on war loans, is higher than at the outbreak of the war. The gold reserve of the Reichsbank has almost doubled since the war began. Notes and deposits in the Reichsbank covered by gold are 33.12 per cent as compared with 25.7 per cent in the Bank of France, and 2.17 in the Bank of England.

"Fifth, The confidence of the German people in our financial strength is as unbounded as their confidence in our military superiority. After twelve months of war, imperial 3s are quoted

at 70, which is 8 points below the quotation in March, 1914; the minimum price of British consols, 65, is 11 per cent below the quotation in March, 1914; 3 per cent French rentes, at 69, are 19 per cent below March, 1914.

"Work, skill, discipline, organization, economy, and last but not least, the categorical imperative of patriotism have upheld Germany in the first year against our enemies and will help us further to win the war. (Signed) "HELFFERICH."

James Tarr Drowned. [Special to The Times-Dispatch.] HEATHSVILLE, VA., August 1.—James Tarr, who was conducting a motion picture show at Reedsville, this county, was drowned there on Friday while bathing in Cockrells Creek. It is believed he was seized with a heart attack, to which he was subject.

Free From Primary Turnout. [Special to The Times-Dispatch.] LYNCHBURG, VA., August 1.—Lynchburg will be one of the communities in Virginia which will not be in the throes of a primary election on Tuesday, for a primary will not be held here. Walter E. Addison has been declared the Democratic candidate for the State Senate, and J. Calvin Moss for the House of Delegates, neither of them being opposed for the nomination. Red-hot legislative and county fights are on in all of the counties contiguous to Lynchburg.

Escaped Fugitive Arrested. WILLIAM COUSINS, negro, a fugitive from justice, was arrested in this city on Saturday night. While serving a sentence in jail for selling liquor without a license, he made his escape in June of last year and has been at large. Cousins is also wanted for Henderson, N. C., where he was convicted of housebreaking and robbery and sentenced to the penitentiary for four years. He made his escape there. Cousins will now serve his jail term here before being sent back to North Carolina.

News Notes of Interest. City Treasurer F. G. Stratton and family have gone to Virginia Beach for a fortnight. There is a large colony of Petersburg people at the beach and at Ocean View.

E. W. Butcher and family are at Mt. Elliott, Va. Hopewell has nearly completed its water system and is planning for an electric light system. Its religious welfare is also being actively looked after.

Illicit Still Destroyed. [Special to The Times-Dispatch.] LYNCHBURG, VA., August 1.—Deputy Internal Revenue Collector O. T. Wood, of this city, assisted by several possemen, on Friday raided and destroyed an illicit still, which was located three miles from Charlotte Courthouse. The outfit was a complete one and had been in operation recently.

GIFT FROM DU PONTS RECEIVED BY HOSPITAL

Check for \$500 Is Sent by Company in Recognition of Its Services.

[Special to The Times-Dispatch.] PETERSBURG, VA., August 1.—The Du Pont Powder Company at City Point, has generously donated \$500 to the Petersburg Hospital. In enclosing the check to Miss Mary Reper, president of the board of managers of the hospital, William P. Allen, manager of the company, explains that there is no string attached to the donation, but that it is given simply in appreciation by the company of the splendid work which the hospital has done in taking care of the large number of injured employees sent there. The company voluntarily recognizes an obligation to the hospital on this account, which is not measured by the charge for the various cases. The company's generosity is duly appreciated by the hospital managers.

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Advertisement for Sterling Gum. Features a large illustration of a man in a top hat and a cane, with the text "Yessir, yessiree!" and "The 7-point gum". The ad lists six points of the gum and includes a riddle: "'7' stands for 7th point—the unknown point of Sterling Gum's superiority. Latest thing in Mystery. But — not unfindable. For every time you lift a stick of Sterling Gum, up goes—". The points are: 1. Crowded with flavor. 2. Velvety body—NO GRIT. 3. Crumble-proof. 4. Sterling purity. 5. From a daylight factory. 6. Untouched by hands. The ad concludes with "Old Seven, the Baffler" and "Sterling Gum The 7-point gum".