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CARING FOR HORSES.

When Conditioning For Spring Feed and Groom Them Well.

An expert horse breeder says when conditioning horses for spring work the right kind of start and the "know how" are required, the same as in doing anything else properly. If the horses have been allowed the run of a stalk field or straw stack they are not in good physical condition to immediately start at heavy work. With such conditions it is necessary to begin at once to restore an animal physically by giving at first a small amount of grain and gradually increasing the amount as he becomes accustomed to it. It should require at least three weeks to get a horse accustomed to consuming a liberal grain feed. One feed of hay may be given each day to replace the straw or corn stack. It is not well to deprive the horse of his daily exercise, as increased feeding without exercise is likely to cause deranged digestion. For best results exercise is almost an essential as the feed.

The old coat of hair should be shed quickly as possible after cold weather has passed, and this can be hastened by rubbing the animal at night with a good dry bed upon which to sleep and grooming, blanketing and rolling a small amount of oil each day.

If the long hair is allowed to remain the horse will perspire freely when at work, which is exhausting, and he is very apt to catch cold.

Some farmers resort to clipping their horses, which is better than leaving the long hair on, but clipping is not desirable as the natural means of removing the growing should not be neglected in either case, since the secretory glands should be kept open.

As the time approaches for the heavy work to begin the horses should be hitched for a short time each day and the amount of work gradually increased as they become hardened. It is necessary to not only harden the muscles of the horse, but to harden the shoulders and collar as well.

There are a variety of feeds, all of which are well suited to the needs of



Milady's Mirror

The girl who from motives of economy or convenience prefers to do her own shampooing will save herself much time and weariness if she invests in several appliances used by professionals.

One of these is a spray with a long rubber tubing and fine nozzle. This can be bought to fasten to any sprig and is a great convenience in rinsing the hair. It is almost impossible to get the hair entirely clean by oneself. With the greatest care, some of the soap or shampoo mixture will cling unless forced out by the strong current of a spray.

Another convenience is an electrical drier. These can be found in a number of different styles—some that can be attached to any electric fixture in the house, others that are not dependent upon an electrically lighted room, but have their own storage batteries.

Where the hair is heavy enough time is saved in trying to more than make the drier an advisable purchase. Where one is sensitive to draft and usually catches cold after a shampoo the drier is invaluable, as the current of air can be regulated to any desired temperature. The shorter time that damp hair hangs around showers is also a preventive of colds.

A drier that sends the current out into the room is better for the hair than those on which the hair rests or dries.

The Falling Hair of Convalescents.

When hair falls after a fever or other weakening disease it is for the reason that the parts near the roots have undergone decay. It is always a mistake to arrest any such fall. One should rather try to quicken it and so give the roots a chance of sending out new, healthy hair. Free combing, brushing and scalp massaging will soon get rid of the diseased hair. When the patient's strength allows the head must be washed and rinsed. Now comes the time for nourishing and stimulating the scalp.

Very near it is to use fully to substitute utility to economy. In these cases one should always make an effort to purchase the best things obtainable, preparations ordered to meet the special needs of the patient. However, some excellent results have followed this simple treatment. Make a mixture of the parts of capsicum, ten parts, liquefied phenol, four parts; glycerin, ten parts, and water to complete the hundred parts. Shake and repeat the shaking before pouring out. Apply a dessertspoonful daily, thoroughly combing the hair both before and after the application. After treating the hair thus during seven days use the lotion only four times weekly and on the other days apply a small quantity of oil of rosemary mixed with three times its bulk of olive oil. As the weeks go by lessen the frequency of the capsicum mixture and weaken the rosemary mixture by adding more olive oil.

To Make Arms Pretty.

Girls whose arms are not round and smooth should begin at once to use a bath brush, for there is no doubt that constant daily application of such a toilet article scatters many a group of pimples and other skin blemishes, while it stimulates circulation and clears the skin.

After scrubbing the arms with a bath brush, and any pure soap for a week the roughness should disappear. The unevenness of the flesh is simply old skin that a cloth is too smooth to remove. But when there is irritation, such as sometimes appears on the face, more treatment will be needed.

Before using the formula about to be given the skin should be brushed with green soap, washing it off and drying carefully afterward. Then apply the ointment made from one dram of sublimed sulphur, five drops of oil of eucalyptus and one ounce each of ointment of oxide of zinc and ointment of rosewater. These should be applied liberally. This mixture should be put on daily or at night. Twice a week only should scrubbing with green soap be given. The bath brush is to be used daily, however, with simple soap.

Finger Nails.

The nails should be cared for every day. If you follow this practice it will take but a few minutes at any one time. Soak your nails in warm water in which there is a little tincture of benzoin or aromatic vinegar. Later than well with soap and then file the ends to the same shape as the little half moon at the base. Trim off all rough edges. Press the skin away from the half moon so that it will show distinctly. This ought to be done with the towel every time you wash your hands. Do not use a nail file for this purpose, but an orange wood stick. After the nails are shaped by this treatment at both ends polish them with a chamois polisher, being careful not to heat them by too brisk rubbing. Before polishing you may rub a little vasoline or olive oil on them, with a little nail powder dusted over. This will give a high polish which will last longer than the simple friction with the chamois. Be careful to wash the powder all off. The finishing touch is given by rubbing with a plain chamois.

ALCOHOL IN SICKNESS.

At one of the London public hospitals a special point is made of giving alcohol to the patients as rarely and sparingly as possible; and each time that one of the physicians does so he submits a special entry of the reasons that actuated him. In the thirty-two years of the existence of the hospital alcohol has only been given seventy-one times. The cases received are exactly like those received by all the other hospitals. For 1901 they numbered 1337 in-patients only. The death-rate among these was 7.3 per cent. For the same year the average death-rate among the other London public hospitals was 9.1 per cent. Therefore the use of alcohol in sickness is not to be regarded as a necessity. Although most physicians prescribe alcohol in solution with drugs for their patients—there was one physician of national reputation who did not believe in using alcohol. Many years ago when Dr. R. V. Pierce decided to put up his valuable "Prescription" for the diseases of women in a "ready to use" form—he used as a solvent and preservative chemically pure glycerine of proper strength, which is a better solvent and preservative of the active medicinal principles residing in most of our indigenous or native plants than is alcohol. Dr. Pierce found that the glycerine, besides being entirely harmless, possesses intrinsic medicinal properties, of great value.

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