THE TOILET-TABLE, AND WHAT SHOULD LIE THEREON.

By Medicus.

When you wash your hair, do not use soap, unless the very mildest is used. When you use soap, wash your hands and face; but yolk of egg is better, well rimmed over with lukewarm water, then with cold soft or rain water, and, when particulars indicated by means of soft towels, combed and brushed.

Rain water is a great beautifier of the complexion. Collect it, and keep it in jars, after leaving it to run through the笕s of the roof, for it is worth much fine gold, so lay it to heart and you will look well.

Now, I am not your hairdresser, but I know you want me to tell you of something to increase the strength and beauty of the hair. I am good natured, and can’t refuse. Here is a good application, a little of which may be rubbed into the roots of the hair. After moderate friction with the brushes every morning:—Tincture of camphor, a quart ounce; eau de Cologne, one ounce; be runner, one ounce; water, two ounces. You can make your own bay rum simply enough: get two ounces of fresh bay leaves, and steep them for six days in six ounces of best rum and water, two receipts, but they must not be used more than once a day, nor longer than a fortnight. The strength of this, if produced by the slightest irritation, or heat of the skin, must be omitted for a time.

Here is a good and very safe pomade for thinness of the hair. Pure hard four ounces, pure white half an ounce, molyd, then move from heat, and add half an ounce of balsam of tolu and twenty drops of oil of roses. Eau de Cologne and easter oil form a good hair cosmetic.

The most innocent of white powders for face or skin are composed either of oxide of zinc, magnesia stearie, or labated stearie. Be on your guard against such as are sold under fancy names. Be on your guard, too, against the dangerous compounds that are advertised by tallow titles. Here is a recipe for the best bloom for lips or cheeks.——Early rising, morning tubbing, and plenty of out-door exerisc ible and pure, non-alkaline, and transparent, and not the dangerously dyed masses of unhealthy color you see so often exposed for sale. Here is the method, and a place on the table. A little in the basin of water you have your face with is delightfully refreshing.

Does your face often flush——I do not mean simple blushing? If it does not you can be over strong, you need tonics and more fresh air. No applications will do good, but continuous flushing of the face under the excitement is very apt to spoil the very best complexion.

Cold cream is one of the most harmless of applications to tender limbs, or face.

Here is a lotion for freckles. It is a drachm of the nitrate of ammonia dissolved in a pint of soft water, and a dessert-spoonful of eau de Cologne. Apply the following:—dipping it into a cell in which it is well shaken, use it not too hot. Stocking down is a good wash for sunburning; fifteen grains of borax, an ounce of limejuice, and a dessert-spoonful of eau de Cologne. Butter milk applied before going to bed, or a little sour, is very cooling after a hot day. Milk of roses (the best) is also a good face application. A quarter of an ounce. Dissolve a quarter of an ounce of borax in a pint of elder-flower water, and add an ounce of eau de Cologne. By the way many harmful preparations are made by paring from flowers, as well as many good but simple perfumes, and if my girl-readers care for it, I feel sure the editor will grant me...
space for a nice summer article on this subject.

I think, in a former paper, I mentioned this household comforter to which I refer as being very and very effective, and it can be made more so by rubbing up with an ounce of it as much as possible as will lie on a sixpenny piece; a few drops of oil is added to each ounce. Or, if you prefer a paste, add a little honey. Use a soft and a hard tooth-brush, and never omit brushing the teeth inside and out after meals as well as in the morning.

HOW DRESSING-GOWNS ARE MADE.

I suppose every girl who reads these pages will agree with me that a dressing-gown of some sort is a necessity of her existence. Like the modern bath-room which is now introduced into every recently-fitted house, no one who has once known the comfort and benefit of it would ever again be without it. A dressing-gown is to my mind at once a necessity and a luxury, and is a most indispensable article of a garderobe.

On one occasion the writer of this paper was going into the country on a visit with her husband, several small children including a baby, and a nurse. In the midst of our preparations, my husband came and requested me to reduce our luggage to two trunks, which with the addition of the nurse’s, he said would look sufficiently formidable to carry into a stranger’s house.

As I performed my task in the way of packing, the three were interminable white frocks and pinnafores and pelisses for the children, but in the end we had squeezed everything into the prescribed limits but two articles—my one visiting dress of black silk, and my crimson dressing-gown. One of these could be great management be included, but only one, and the difficulty was to make the choice. Nothing could possibly be omitted from the contents of either box. After much deliberation I decided that my dress would be most useful to me, so with reluctance I yielded the dressing-gown to its usual peg in my hanging closet.

On the eve of our departure we received word that fever had broken out in our friend’s house, and that they had secured to make the dressing-gown to its usual peg in my hanging closet.

We accordingly took our quarters at the farm, and it had not been there two days before I was taken ill. Then how willingly would I have exchanged my silk dress for my dressing-gown. There was not such a thing in the place, and as I became convalescent, all became somewhat sharp illness, I had to see the doctor wrapped up in a blanket, or undergo the fatigue of a complete toilet. Nothing again would ever induce me to leave home for a whole night without such an invaluable adjunct.

Nor is there any reason why every girl should not possess so desirable an addition to her comfort when we consider how easily and inexpensively it may be procured. A plain serviceable dressing-gown can be made at home for a few pence, and with a little money, time, or trouble, although for those of my readers who have a fair amount of each of these at their disposal, there are most charming articles on the market, but about which I shall have a word to say further on.

The simplest and least expensive form of dressing-gown would be one composed of pretty calicoic or print, but unfortunately these are only suitable for summer wear, and necessitate a warmer one for winter nights and mornings; or in case of sudden sickness during a winter night, the sort of occasion to which I refer, to have something comfortable, handy garment, easily thrown on, and sufficiently warm for the purpose.

On the whole, therefore, where economy makes the goal, I would advise the choice of a flannel dressing-gown, in preference to one of any cotton material, probably prettier and costing less, yet I am convinced not likely to prove so really serviceable. I shall therefore speak first of a plain flannel dressing-gown.

I have known people swear by dressing-gowns of very petticoat flannel, either white or scarlet, because of their supposed superiority for washing purposes. It is a mistake. They do not wash well, and are not one as well as many patterned ones; the white soil in a tenth of the time, and are most unbecoming, a matter not without importance. If it is right and commendable to cultivate a high standard of artistic excellence in our household surroundings, let us be consistent and apply the same principle even to our dressing-gowns.

Therefore I advise every girl to choose as pretty a flannel as she can, taking care to select such colours as will not be positively objectionable to any one, and not to use anything else as well, so she must be satisfied if they are not the tints most decidedly becoming. She wants something that will wash, as it is (in most cases) not possible on every possible occasion. Then let me advise her not to buy twilled flannel of one colour, which is to be had at very insignificant rates of all drapers, in the shades of maroon, cardinal, violet, blue. Each of these wash exceedingly. The cardinal, I am assured, will wash if bought in a good quality. If I cannot answer, and I inclined to doubt it. The twilled flannels are as a rule mixed with cotton; hence the difficulty in washing.

We arrive, then, at figured flannels. These are, I believe, quite the best for the purpose, and are to be had in such pretty designs that I do not think any girl would regret giving up the notion of the "splendid cardinal" or "lovely blue" on which she had set her heart. Here, again, another word of advice. Don’t choose any pattern in which violet is the principal tinge of blue may be had by choosing a flannel in which a thin line of that colour occurs, or, indeed, where it is introduced in any way that is likely to wash carelessly incom- plete when the blue has retreated, as it most probably will after several washings. Blue is such a favourite shade that I cannot find it in my heart to restrict its use altogether, nor do I think that even those with whom economy is a very special object will find it undesirable to wear if chosen with due regard to the hints I have given.

Shirt flannels may sometimes be obtained in designs pretty enough for dressing-gowns. These are very good for the purpose, washing well if chosen carefully. The remarks just made apply to these, as well as to the dressing gown flannels. They range from 15. 6d. per yard. A very charming material is that called velours flannel, which, as its name indicates, has a velvety appearance, and is made in very pretty stripes of pale red and blue, and red and blue, with a greenish tint. I find that the colours stand washing perfectly well, but that the flannel is inclined to shrink. The prices are not unreasonable.

Pompadour flannels are very pretty, but here again economy steps in. If your gown is to be made as inexpensively as possible, we must have a plain flannel down a right, and a wrong side. If we do we must have more stuff, as then we could not fit the gowns in one with another.

* Battierick and Co., Regent-street.

As regards the making, if you have no notion whatever of dressmaking, I feel inclined to give a piece of advice which may read as a pretty jewel to those about to marry. It is, don’t attempt it without a pattern. Very useful patterns can be bought for a shilling in most draperies, and if they are not procured, there is no risk to be run. The expert will find the matter greatly simplified by this means. There is at least one firm of dressmakers who, on receipt of a few simple measurements, will send a pattern of any garment, from which an accurate fit may be relied upon.*