

POP HAYDN



HOW TO TAKE CARE OF THE HAIR

CARING ABOUT THE 21ST CENTURY



CERTIFIABLE GENIUS



How to Prepare Your Own Hair Oil, Tonics, Shampoos, and the Different Preparations for the Hair and Beard.

1. Cleanliness is the first requisite to a healthy vigorous growth of hair. It should be kept clean by brushing, combing and washing the scalp thoroughly with soap and water at least once in two weeks.
2. It is best to trim the ends of the hair once a month to continue a healthy growth.
3. Washing the hair once a day in cold water, produces the healthiest, most lasting growth of hair. Avoid the strong shampoo liquids generally used by barbers.
4. There are many cases in which the loss of hair cannot be remedied, but there are cases where an application of good healthy tonics and proper care will restore a new and sufficient growth.
5. If the hair is inclined to come out, avoid all barber's shampoos and sea foams.
6. Avoid hair oils unless the hair is very stiff and dry, and then use it sparingly.
7. Most all hair dyes are very injurious, and unless the growth of hair is vigorous, it should be carefully avoided.

A GOOD HAIR OIL.

Castor oil, 1 quart,
Alcohol, 95 per cent, 3 quarts,
Oil of verbena, 3 drachms.

Mix them thoroughly.

If you desire it colored, use a little
Tinct Alkanet Root.

TO DARKEN THE HAIR.

The following receipt will gradually darken
the hair and produce no injurious results.

Rain water, ½ pint,
Alcohol, 1 ounce,
Essence of rose, 12 drops,
Powdered Blue Vitrol, 1 drachm.

Mix thoroughly.

FINE SHAMPOO LIQUID.

Dissolve ½ ounce carb. of ammonia and
1 ounce of borax in 1 qt. of water, then add
2 ounces glycerine,
3 qts. of New England rum,
1 qt. of Bay Rum.

Moisten the hair with this liquor; shampoo
with the hands until a slight lather is formed,
then wash off with clean water.

HAIR TONIC TO KEEP THE HAIR FROM FALLING OUT

Tinct. Bloodroot, 2 drachms,
Tinct. Lobelia, 1 drachm
Tinct. Capsicum, 2 drachms,
Tinct. Cantharides, 2 drachms,
Glycerine, 2 ounces,
Alcohol, 7 ounces,
Bay Rum, 7 ounces,
Sul. Quinine, 20 grains.

Dissolve the quinine in the alcohol first,
and then add the other ingredients.

Apply at night, rubbing freely into the scalp.

A CELEBRATED LIQUID FOR CURLING THE HAIR.

Most receipts for curling the hair are very
injurious, but the following is harmless
and excellent.

Glycerine, ¼ ounce,
Rectified spirits, 1 ¼ ounce,
Distilled water, 16 ounces,
Liquor of ammonia, 1 drachm,
Dry salts of tartar, 1 drachm,
Powdered cochineal, ½ drachm,
Essence of rose, ¾ drachm.

Mix and let it stand 10 days, then filter and
moisten the hair while combing it.