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By Dr. Emma A. Walker opyright, 1905, by A. S. Barnes & Co.

Copyright, 1905, by A. S. Barnes & Co. OTHING conduces more to health and long life than abstinence and plain food, with due labor. When exercise is wanting—as in udious persons—there is greater need abstinence, and tender persons ought use as much abstinence as they pos-bly can. As to the amount of food, ature requires no mathematical exact-ess. A plain rule for judging of the nality is, not to eat so much as indis-ses for business. The digestive system plays an im-mutant part in longevity, as do the res-ratory and circulatory systems. Only

ty quest. amous lotion for whitening the skin ade from them. Hull them thor-ly; then wash them carefully, and

The digestive system plays an im-ratory and circulatory systems. Only neral rules, however, can be laid lym, for each girl is a law to herself-ithin certain limits. Meals should be, possible, taken at the same hour rery'day, and plenty of time should given to them. 'It is very bad for the gestion to have the nervous system led off to attend to other matters. Mastication should be thorough. I mk that this last will touch many of very closely; "bolting" has become ch a confirmed habit with the greater with condition we push the food wn. It's really almost as if we took from the table and laid it into the mach. We cannot keep this up very s without feeling the ill effects. Another habit almost equally perfi-us is that of washing the food down the large quantities of liquid. Bad digestion or "dyspepsia" and un-althy skins are often closely asso-ated. Giris who are suffering from est avoid fried foods, pork, and sau-ste, new bread, hot rolls, in fact. Tything doughy; rich salads, made shes, may spices, all heavy sweet ings, most desserts, especially the strics, rich cakes, cheese, and much is or offee. Most girls are interested in the effects Mast girls are interested in the effects Most girls are interested in the effects Mast girls are interested in the effects

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en that, 60 days pply to the Chief and Works for the following de-cing at a post e of Labouchere . B.'s southwest ) chains, thence thains, thence uth 20 chains, ving shore line

NILDSEN, B. C., this 27th

Victoria, B. C. ignest standard; ay. Free 'bus.

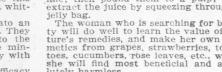
A state of the set of The advice given to a "dyspeptic" by It needed little comment for the wise erion they are very sustaining.

one by making an inclision on the of the vine, not deep enough to re it. A small, hollow bit of reed hen inserted in the cut, the in-ed end being, flattened like a ge. A little bottle is tied to the , with the other end of the reed ts mouth. It will be filled with sap in about twenty-four hours, filling an eye-cup with this and ing the eyes they will become kling and brillinat. ere are any number of fruits that a softening and whitening effect. Southern beauties set great store , watermelon rub. This they con-ra fine wrinkle eradicator. They a piece of thoroughly ripe melon rub their faces, necks and arms it. Fresh, ripe strawberries can be made to do their part in the ity quest.

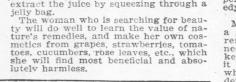
ening lotion. Frenchwomen consider the tomato an invaluable cosmetic and skin tonic. They cut it in thin slices, apply it to the skin, let it, remain on about five min-utes, and then rinse off thoroughly with warm water Most women know about the efficacy

The Necessity of a Plain, Wholesome Diet

with a pestle mash them to a pulp, so that every particle of juice is squeezed out of them. After that strain through a piece of linen When the juice is ex-tracted, dilute it with an equal quantity of water, and soften it by adding a pinch of borax. Women who use this are most enthusiastic about it as a whit-ening lotion.



V IOLA.-The following exercise is an excellent one for reducing the hlps: Place hands on hips, shoul-ders well back. The leg is raised with knee flexed. Then, after a high, quick side kick, bring the foot back again to the floor. This should be repeated sev-eral times. eral times. edy.



# A. M. D. G.-I do not know of any preparation for the purpose you sug-gest, but advise you to consult an ex-pert dermatologist in regard to a rem-

MRS. F. S.-Peroxide of hydrogen is a good bleach for the skin, and will remove the yellow stain from your neck, If your hair is too dry, do not keep wetting it, as that tends to make it drier. Use instead the lotion for which I am giving you formula. To develop the bust use Dr. Vaucaire's remedy and massage with a good skin food or cocca butter.

#### Lotion for Dry Hair.

Glycerine, 1 ounce; eau de cologne, ¼ pint; liquid ammonia, 1 dram; oil of origanum, ¼ dram; oil of rosemary, ¼ dram; tincture of cantharides, 1 ounce. Briskly agitate for ten minutes, then add camphor julep, ¼ pint, and again mix well and stir. A few drops of essence of musk or other perfume can be added. one of the most eminent medical men of our day, is, "You can really eat alof our day, is, "You can really eat al-most anything without much injury, if you will remember to eat only one or

Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup,

The dose is two soupspoonfuls with water The dose is two soupspoonfuls with water before each meal. Dr. Vaucaire also ad-vises the drinking of malt extract during meals.

MRS. R. C. P.-I do not know of any method for taking the kink out of nat-urally curly hair.

<text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text> X. Y. Z.—You are very young to com-mence dyeing your hair, and I advise you not to worry about the few gray hairs. Keeping the ends trimmed care-fully and the scalp in good condition will no doubt arrest increasing grayness. If you wish to use a dye, I know of nothing better than the Physician's Remedy. It should be well shaken be-fore using.

GLADYS.-Try using a little borax in the water in which you wash your face. This will be helpful in getting rid of the blackheads. The milk and sulphur treatment, so frequently published, is excellent for clearing the complexion. Tan gives a child a healthy appearance, and I should not advise you to try to remove it by using peroxide of hydro-gen. However, if you object to the brown skin, try a simpler remedy, such as cucumber juice or buttermilk.

#### Too Fat

Would it be asking too much of you to have you again print in your column the rectpe for obseity? I noticed in your an-swers last week an article which led me to believe that you had such recipe. J. E. H.

#### Rules for the Reduction of Flesh.

Rules for the Reduction of Flesh. Avoid all starchy and sweetened food, all starch, such as beas, beas, corn, potatos, sto, there you bread toasted; spirikle it is a strange of butter. Milk, I regres to the strange of butter, but is to the start instead of butter, but is to the start instead of butter. Milk, I regres to the start instead of butter, but is to start instead of butter. Milk, I regres to the start instead of butter, but is to start instead of butter, but is to start instead of butter. Milk, I regres to the start instead of butter, but is to start instead of but is but is but is to start instead of but is but is but is but is to but it is to but is but is but is but is to but it is to but is but is but is but is to but it is but is but is but is but is to but it is but is but is but is but is to but it is but is but is but is but is to but it is but is but is but is but is to but it is but is b

pensive. In reducing flesh the one fact to recollect is that fat is carbon-oxygen de-stroys or burns out carbon. You must con-sume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat the more carbon to burn away. Good Toilet Accessories

Good Toilet Accessories Will you kindly advise me also? Tell me of a simple but good toilet vinegar (to use in bath); a cold cream to whiten, keep freekles down and counteract effects of the wind on one's face; and a formula for a harmless powder to, use when going out on a hot, windy day. Would not the witch hazel cold cream be good? I see it so often. Have rosewater in yinegar if possible. Will inclose self-addressed envelope. A reply at your earliest convenience will greatly oblige. Thanking you in advance, I am yours. Ref

The witch hazel cream would be excellent. I am giving you the other formulas as requested.

#### Lavender Water.

Oil of lavender, 6 fuld drams; alcohol, 48 fluid ounces; rosewater, 18 fluid ounces; magnesium carbonate, 1 av. ounce. Triturate the oil with the magnesium car-bonate, add the alcohol, then the rose-water, and filter.

### Toilet Powder.

Rice flour, 10 ounces; talcum, 10 ounces; oxide of zinc, 10 ounces. Mix thoroughly and sift twice through fine bolting silk. Perfume to taste.

Baby's Legs Weak Being a steady reader, I thought I would write you for some possible information. I have a little baby boy, 1½ years old. He is a fat, strong and healthy boy, but one of his legs (the left) turns in a little, and both of them seem weak from the knees down.

ened and strengthened by proper mas-saging of the muscles. I advise you to consult a specialist, who could instruct you as to the movements required.

I am preparing my own tooth powder and there is one thing I can't get, that is a sweet, pleasant taste to the mouth. Would you please tell me what ingredient to use, as I am a constant reader of your interest-ing columns? W. S. One or two drops of oil of cloves will impart a pleasant odor to the powder, and leave a pleasant taste in the mouth. Oil of sassafras will answer the same

#### To Remode Scars

Can you advise me how to remove scars from my forehead, caused by pressing out blackheads with the fingernails about two months ago? I will be ever so thanktul if you can help me. A. H.

Rubbing the scars frequently with witch hazel will greatly improve their appearance.

Witch Hazel Cold Cream.

WITCH HAZEI COID Cream, One ounce each of white wax and sper-maceti; one-quarter pint oil of almonds. Meit: pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

### Poor Complexion

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I have been an interested reader of your department and have at last come to you for advice, too. Would you please tell me of something that I could use on my face that would im-prove it in general? I have had many pim-ples and blackheads, but have only a few

now, but they have left many enlarged pores, and also left my skin dark and very I have your enlarged-pore remedy. Should use that also?

I use that also? My skin is oily and very sensitive. I can-not use sonp of any kind on my face; have tried many. Cold water agrees with my skin better than hot. X. X. X.

skin better than hot. X. X.X. Use the lotion for enlarged pores, and in addition to this try the follow-ing treatment for clearing the com-plexion: Rub the face over just be-fore washing it with two teasponfuls of flowers of sulphur mixed in a half pint of new milk. This mixture should stand a little while before it is used on the face. As your skin is sensitive to soap, substitute almond meal, using it just as you would soap, and rinsing well afterward. This is cleansing and softening to the skin.

Good Toilet Powder

Kindly give me a formula of a talcum powder. I have occasion to use a lot of it on my children, and would like to have a quantity of it made at one time. OUT-OF-TOWN READER.

tharldes, ½ ounce; oil of lavender, 15 drops; oil of rosemary, 15 drops. Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often. This olntiment may be used for the eye-lashes, also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them. Chinese Eveloch Stain

Paint With Cooling Lotion

Chinese Eyelash Stain.

Gum arabic, 1 dram; india ink, ½ dram; rosewater, 4 ounces. Powder the ink and gum and triturate small quantities of the powder with the rosewater until you get a uniform black liquid in a powder, and then add the re-mainder of the rosewater to it. It should be applied with a very tiny camel's-hair brush.

#### Wrinkles Between Brows

Will you kindly tell me, through your columns, about using a face cream and your lotion for deep wrinkles between eye-brows? They seem to be more prominent, and I have tried to follow directions im-plicitly. L. C.

plicitly. L. C. Persistent massage with good skin food and application of the lotion for wrinkles will do much toward remov-ing wrinkles; however, if they have de-veloped into deep lines or furrows, you may not be able to eradicate them en-threly, but can greatly improve their appearance. appearance.

Soap Irritates Skin

Soap Irritates Skin Will you please publish the recipe for almond meal and instructions as to how to use same? I have been using soap, but do not think it agrees with my skin, and would like to try the meal. Is it as cleansing as soap? Yours sincerely, HELEN WEST. I have no formula for preparation of almond meal, but you can procure it in any desired quantity from any drug-gist. Use it just as you would soap, it is very cleansing and softening to the skin. Always rinse off thoroughly.

#### Hair on Arms

I have read your valuable column for a long time and am venturing to ask you for some remedy for a growth of hair op my arms. I am only 17 years old, and as 1 wish to wear short sleeves this summer I am greatly troubled. I have never tried any-thing on them, so the hair is soft. M. H. S.

I am going to ask you to give me a for-mula to thicken and darken the eyebrows. I have dark and heavy lashes, but my brows are light and thin. If you will help me, oh, how much I shall appreciate it! And tell me, too, please, how long I will have to use it. ANXIOUS. I am giving you a formula for an evebrow grower, also for a stain to darken the brows. However, if you do not wish to use a stain, frequent rub-bing with vaseline will tend to make them darker. Fumice Treatment. Get an ordinary five-cent cake of pumice stone. This is not pumice soap, but the regular old-fashnored pumice stone. To re-move the hair ru, the skin afflicted with the superfluous growth, and the pumice stone will wear the hair off. Be carefal not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold cream.

seene and some means of the se

M. H. S. Try bleaching the hair with peroxide of hydrogen, which will make it less noticeable. It, however, this is not sat-isfactory, try the pumice stone treat-ment, which has proved very beneficial in many correct in many cases. Pumice Treatment.

I am giving you formulas for two good talcum powders. I think the first one preferable for children. Talcum Powder. Rice four, 10 ounces; talcum, 10 ounces; oxide of zinc, 10 ounces. Mix thoroughly and sift twice through fine bolting silk. Perfume to taste. Hygienic Talcum Powder.

Farina starch, 50 grams; powdered tal-cum, 20 grams; powdered lycopodium, 20 grams; salol or boric acid, 10 grams; es-sence of violet, 20 grams. Freckles Last for Years

May I ask you to give recipe of lotion for freckles spoken of to "M. E. J."? Do you think it would remove freckles that have been on one's face for years? A NEW READER.

The following remedy is the one re-ferred to, and it has proved most sat-isfactory in many stubborn cases.

For Obstinate Freckles.

Oxide of zinc, ½ dram; subiodide of bis-muth, ¼ dram; dextrin, 1¼ drams; glycer-ine, 1½ drams. Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little pow-dered borax and sweet oil.

#### To Keep the Hair Light

Wants Thicker Eyebrows

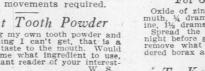
Eyebrow and Eyelash Grower.

Red vaseline, 2 ounces; tincture of can-

10 Actep net your earliest conven-fence, publish a shampoo that will keep the hair light without injuring it? I am a blonde, but my hair is growing a little dark, and as I want to keep it light, seek your advice, which has helped so many. R. B.

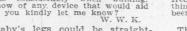
Shampoo.

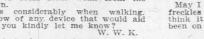
Potassium carbonate, 1 ounce; ammonia, vater, 1½ ounces; tincture of cantharides, i drams; bay rum 4 ounces; alcohol, 4 unces; water, 6 ounces. Dissolve the potassium carbonate in the vater and add the remaining ingredients. Rub well into the roots. "Rinse thoroughly n several waters. Then dry carefully.



# To Scent Tooth Powder

Your baby's legs could be straight-





and both of them walking. He falls considerably when walking. If you know of any device that would ald him, will you kindly let me know? W. W. K.