PEVELOPING THE FOREARM FOR SHORT SLEEVES



Get an ordinary 5-cent cake of pumice stone. This is not pumice soap, but the regular old-fashioned pumice stone. To remove the hair, rub the skin afflicted with the superfluous growth, and the pumice stone will wear the hair off. Be careful not to be too heroic and irritate the skin. In cale the arms are made red by this treatment, use a little cold cream. The pumice stone is best used at night before retiring.

Removing Superfluous Hair

Will you kindly give me the pumice stone treatment for removing superfluous hair? Does almond make the hair grow?

Pumice Treatment for Superfluous

To what preparation of almonds do

A Cure for Blackheads

I have been a constant reader of your beauty column, and have received many benefits from the same. I wish to ask you if there is anything that will cure blackheads, with which my nose and chin are covered. I have tried many creams, but without benefit.

TROUBLED.

Lotion for Blackheads.

Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potassia, ½ ounce. Apply at night, after washing the face thoroughly with soap and water.

To Whiten the Skin

Would you please give me a recipe to whiten the skin and make it velvety a recipe that will not grow hair?

M. Y.

Buttermilk is one of the simplest and most effective remedies that I know of fer whitening the skin. Bathe

with it both before and after exposmre to the sun—letting it dry on the
ckin. This will also help to keep the
freckles away, but if they do appear
you can use any of the lotions I recmmend without fear.
The honey and almond cream is very
coftening in its effect, giving the velyety feeling you ask for.

Honey and Almond Cream.

Honey, 1 cunce; white scap in powder, 16 cunce; oll of sweet almonds, 13 cunces; oll of bitter almonds, 14 dram; oll of cloves, 7 drops; balance, 14 dram; liquid potassa, 14

Mix the oils with the balsam, then mix the honey with the soap in a mortar, add mough of the potassa to produce a nice tream. Add this to the first mixture and continue to beat until you have a thoroughly incorporated emollient.

1. Good Face Cream

you refer?

Hair.

one that will not cause any growth of down on the face. I would like to try orange-flower cream. Will you tell me where to obtain it? or have you the formula?

MARGUERITE. Orange-flower cream is a good skin Following is the formula: Orange-Flower Cream.

Orange-Flower Cream.

(A Skin Food.)

Oil of sweet almonds, 4 ounces; white wax, 6 drams; spermacet!, 6 drams; borax, 2 drams; glycerine, 1½ ounces; orange-flower water, 2 ounces; oil of neroli, 15 drops; oil of bigarade (orange skin), 15 drops; oil of petit grain, 15 drops.

Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously.

Thin Arms

Will you kindly publish a recipe for fattening the arms? I exercise my arms a great deal, but it does not seem to make them any stouter.

I have implicit faith in your remedies; have tried many and find them very beneficial. ficial. FAITHFUL.

Try rubbing your arms with almond oil every morning. At night massage them with orange-flower cream, the formula for which is given in the answer to "Marguerite."

See Answer to "Marguerite" Will you kindly publish in your departs ment the orange-flower cream recipe? I have this, but have misplaced it, and would thank you very much for same. READER. See answer to "Marguerite" in these columns.

Wants Fluffy Hair

Please publish the formula to make offy hair light and fluny. I did have it, but lost it. Mrs. C. A. L. Lotion for Odly, Damp Hair. Lotion for the party, Damp Hair.

For greasy, moist hair the following is an excellent drying lotion. If used daily it tends to produce a crispy condition and an auburn shade:

Powdered bicarbonate of soda, borate of soda (also powdered), it ounce of sach; eau de cologne, I fluid ounce; alected, it fluid ounce; circurs of cochineal, it fluid ounce; distilled water, is cuncea.

Mix and agitate until solution is complete.

HE vogue of the elbow sleeve has created an intense interest in forearm development. For many a woman discovered to her cost that while she had been looking to the proper development of this part or of that, she had utterly neglected the forearm, with the result that it was scrawny and thin—anything but beautifully rounded.

ourded.

Of all the many exercises recommended for forearm development, none is appond as tennis, played in moderation, however. Tennis enthusiasts — those women who "go in" for matches and who play constantly—are apt to overdevelop the right arm, utterly neglecting the left.

To overcome this defect, try batting

To overcome this defect, try batting the ball against a convenient wall, using the racket entirely with the left arm, and trying to get in all the difficult strokes, particularly the ones which go by the name of "back-arm strokes," and which consist in bringing the arm across the body and turning the wrist, with a single, swift motion, so that the same side of the racket is presented to the ball as for the more usual strokes off to the side.

ball as for the more usual strokes off to the side.

This is an exceedingly difficult thing to do, even with the right arm, but one of the most graceful as well as most telling, strokes in the game.

When you first try it with the left arm, your main exercise will be running after the balls you miss as they rebound from your first straight stroke against the wall. But the very movement of trying to strike the ball is in itself enough of a tax upon the muscles to make the development of the left arm keep pace with that of the right.

But this left-arm practice must be religiously kept up, a good plan being to do it for half an hour or so every morning.

ing.

If you have no one to play with you—
and tennis is one of those unfortunate
games for which you require an opponent of about equal skill—try batting
the ball against this wall with the right

nent of about equal skill—try batting the ball against this wall with the right arm, too.

Incidentally, you'll be training your eye to follow the ball and gauge the spot where it is likely to strike; your wrist will strengthen and steady, so that quickness of motion will be a natural consequence, and when you get a chance to play again you'll be surprised at the improvement in your own game.

Be careful how you stand while you are exercising. It is very easy to get into careless habits of standing, which are hard to overcome. In the game itself the action is so rapid that there's no time to stand badly; but when your nearest approach to real playing is to stand at one end of a long porch, or on a brick or ground walk and bat the balls against the wall, you stand almost constantly in one place.

A good variation of the practice is to change your place of standing, being one day as close as it is possible to be to get any leeway for your strokes (this is good training for the part of "net man" in doubles), the next day getting as far away as you have power to properly drive the balls, never standing two successive days the same distance away from the wall.

A half-hour's practice with each arm

A half-hour's practice with each arm daily will work wonders by the end of

a month or two. Excessive Perspiration Please let me know a remedy for excessive perspiration. Have been suffering with the awful disturbance all my life.

HANDSOME.

Excessive perspiration usually indicates a nervous or run-down condition, and in such instances a tonic should be taken to build up the system. For external treatment use freely a good powerternal treatment use freely a good powder, which will tend to prevent oversecretion of the sweat glands. Washing under the arms night and morning with hot water and common brown kitchen soap has often proved most effective. Washing with cologne and water or alcohol and water in equal parts is also helpful.

Correct the Irritation First My hair has been falling for quite a while, and I have been using a remedy, but it has started pimples to break out all over my head and has not stopped the hair from falling. Would you kindly let me know through your valuable column if you can help me?

You should first the content of the content of the column is mediately and the column if you can help me? You should first try to correct the pimple disturbance, for the remedy you have been using has evidently irritated the skin. Discontinue using the remedy and gently massage the scalp at night with the tips of the fingers. Then to each pimple apply a very little of this

Fossati Cream for Pimples. Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops drops.

When they have been removed, apply to the scalp about twice a week a little vaseline, rubbed in with the tips of the fingers. Shampoo about every two weeks with pure castile soap and warm water. The vaseline induces a new growth and softens the scalp. warm were some softens the scalp. When the latter is in a perfectly healthy condition begin the use of one of the hair tonics that are frequently published in these columns.

Waved Hair on Damp Days Do you know of anything that will positively keep a wave in the hair during summer months, damp weather, or at the seashore?

Also, please let me know if the curline is injurious to the hair?

E. L. M. The seashore, or very damp weather, is a pretty severe trial for curls that are not natural. However, you may get good results from the formula below. If "curline" refers to the proprietary articles, I cannot recommend them, knowing very little of them. I can only assure you of the safety of the formulas in these columns.

Solution to Keep the Hair Curled. Take of gum arabic, 1 ounce; good, moist sugar, ½ ounce; pure hot water, % pint. Dissolve. When this solution is cold, add alcohol, 2 fluid ounces; bichloride of mercury and salammoniae, 6 grains each. The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting it in the papers or curlers.

Walk Regularly



NE of the troubles which follows hard upon the heels of summer, and is caused by the ubiquitous wearing of pumps and low shoes and slippers, is that of overstrained ankles, which form the painful habit of turning suddenly and which are largely turning suddenly and which are largely responsible for the rundown heels of

A number of ingenious little appliances have been invented to overcome both these results of wearing low shoes. One for use when the ankle has become noticeably strained is made like a tiny copy of the leg-guards cricketers wear, but fitted to the curve of the ankle, and made to strap on closely. Some of these made to strap on closely. Some of these ankle-braces are even boned, to make them resist, still more, the tendency of the ankle to turn; but most of them are made of a couple of thicknesses of stout canvas, stitched, to give it even more body, and finished with leather trimmings. Yet so cleverly are the proportions adjusted that even if a high shoe is worn over it there is no undue presis worn over it there is no undue pressure at any one point.

Even though, in extreme cases, the wearing of such a brace is to be advised, especially if you have to be upon your feet a great deal, and even more especially if your ankles turn apparently without the slightest provocation (which is the "trouble" in its worst form), exercises should be taken regularly for the purpose of strengthening the ankles.

The same exercises, by the way, will

the ankles.

The same exercises, by the way, will be found splendid for children who have grown very stout in a short time, and whose ankles, in consequence, have not had time to gradually harden to the increased weight brought to bear upon them.

them.
If you are very tired, it is well to

Walk Regularly

L. Li—If it is possible to do so, avoid sedentary habits. Such are often the cause of the trouble you mention, Stand as much as you can without growing too weary, and make a specialty of walking. Walk two miles a day or as much more as you can being applications of clear alcohol to the fleshy parts will help to reduce.

See Answer Above

H.—Your query is fully answered under the initials "La La"

CONSTANT READER.—Did you get the remedy from the person you mention as prepared from the exact formula bublished in these columns? Otherwise I cannot recommend it. And the propared from the exact formula bublished in these columns? When each has been given two or three turns at the exercise, try swinging the foot—slowly and exercising the same quality of resistance until you feel the "pull"—with a ro-

tary motion, keeping the leg as steady as possible. If you have one of those chest exercisers, which provide long ropes (with handles) weighted at the ends, and which you pull forward and sideways—every way that your ingenuity can suggest, take all but a single weight from it, and, lying flat upon your back on the floor, put your feet in the handles, and try the first exercise, although varying it slightly in that the foot must never be allowed to point straight out, else the handle would slip off. When lying upon the floor for such an exercise, always place a small, very flat pillow under your head, not enough to raise your head noticeably from the floor, but to avoid the headache which may be caused by the unconscious downward pressure of the head, almost provided the statement of the head almost provided the head almost p Mownward pressure of the head, almost inevitable, while exercises employing other parts of the body are going on.

Another little appliance which, although worn inside of the shoe, is a first-rate preventive of run-down heels, is an oddly shaped bit, apparently of leather, but in reality of leather-covered steel. That piece is slipped—forced, rather—into the shoe, and holds the foot at its natural angle instead of ellowat its natural angle, instead of allow-ing it to bend toward one side or the

come down at each step absolutely true and flat is the natural way your foot No matter how bad a habit your foot may have contracted of throwing the weight upon one side, that habit may be overcome, if you deliberately train be overcome, if you deliberately train out of it, using some one of the little contrivances at the start by way of reminding yourself to watch the way you set your feet down.

The habit is hard to break, and harder still to keep from lapsing into, even after you feel that you have cured yourself of it, but persistence will in time effect a cure.

Try it with the next pair of shoes you buy, and see if the difference between the amount you've run them down and that of the pair you've just discarded isn't marked.

Standing or walking so that your feet

Any Gentle Motion Good JANE.—Almost any motion, if gentle, is the proper way to massage the bust. Try all those that you have suggested.

Try Any Good Druggist E. R. W.—The Vaucaire remedy may be filled by any first-class druggist. If your own dealer cannot do so, apply to some reliable establishment in one of the large cities. The correct ingredient you speak of is lacto phosphate of itma.

On the Care of the Face and Scalp

Consult a Specialist

n Exercise to

BOUT five years ago a small red lump about the size of a pinhead formed on the end of my nose in one night. It has not grown any, or very little, since, and sometimes is redden, than others. I will be very glad to know of something which will remove it; also the cause.

Would also like to hear if you know of any device, mechanical or otherwise, that will prevent the flesh between the cheekbone and the outer corner of the eye from being formed into a deep line while sleeping. The side lain on most is much the worse. I first noticed it at the age of 18. I cannot lie on my back. From the shape of my face, all the weight of the head seems to rest on that part. all the weight of the head seems to use flesh that part.

It is only a waste of time to use flesh food, unless the cause is removed. I feel quite sure that if the constant pressure every night on that part was removed I could efface the crease in time.

Several years ago I read of some mec! anical device for that purpose, sold by a lady in New York, but never have seen it advertised since. It think it best to consult a specialist with regard to the red mark on
your nose. Having been there so long,
and exhibiting the peculiar traits
that you mention, it should have specific treatment.
Your own solution of the problem is

correct in regard to the lines on your face. Unless the cause is removed, little can be done.

However, the results of this long However, the results of this long abit of lying on the side of your face any be modified. I would suggest smoothing out the wrinkles at night and applying strips of adhesive plaster, being careful not to let it touch the eyebrows. Massage each day with a softening skin food, using movements that will spread the wrinkle or smooth it out. The softer the skin is, the more easily it will respond to your treatment.

To Remove Dye

You have helped so many distressed ones, will you help one more? I foolishly dyed my gray hair black. Will you kindly tell me what I can use to get the dye all off and get it back to gray again?

I would be thankful to you ever afterward.

H. L. ward.

I regret sincerely that I can give you so little help in this. A dye is a dye, and I know of nothing that will remove it. However, if the dye has not been too strong (you did not mention what you used), it may wear off in time. Meanwhile, give your hair excellent care, keeping it healthy. Then, of course, whatever new Then, of course, whatever new growth of hair there is will be the natural color.

Scalp Unhealthy For the last six months my hair has been falling out very rapidly, so that now I have not half as much hair as formerly. I have some dandruf, but I do not think that it is wholly due to that, for I have always had more or less of it, and it has never affected my hair in this way. My scalp is very itchy, and I have been told that my scalp is in a run-down condition. Now, as I cannot afford a treatment, I would be very grateful if you would give me a formula to prevent the remainder from falling.

B. O'N.

I should try the following formula for awhile—until your hair has stopped fall-ing. Then I should apply the tonic. Falling of the Hair.

Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.

Apply several times a week to the roots of the hair.

Hair Grower.

Bay rum, 7 ounces; distilled witch hazel, 9 ounces; common salt, 1 dram; hydrochloric acid (5 per cent.), 1 drop; magnesia, suffiacid (5 per cent.), I drop; magnesia, suni-cient.

Mix the bay rum and distilled extract of witch hazel and shake with a little mag-nesia. Filter, and in the filtrate dissolve the salt and add one drop of hydrochloric acid. The magnesia will cause the preparation to turn quite yellow, but the yellow will disappear when the hydrochloric acid is added; at right to the roots, with frio-Apply at night to the roots, with fric-

Train the Tip Into Shape
I have a large, broad tip nose, and beg to
ask you if you recommend consulting a
dermatologist regarding same. Is the operation risky and serious?

Mrs. W. I have often heard of operations to change this feature, but cannot recommend them. Sometimes they are successful and sometimes they are not. However, you might gain some advan-

tage by at least consulting some surgeon upon the matter. First, though, you should try your own simple remedies. Form the habit, when alone, of constantly pinching and smoothing the ble, and often responds to such treatment. Also, there are little devices sold specialists that are worn at night and tend to shapen the nose.

Sallow Skin and Wrinkles

Will you kindly state in your columns whether your orange-flower cream is good for a sallow, thin, wrinkly face (42 summers)?
And will you please mention what is best to remove wrinkles around the mouth and, over the nose between the eyebrows, and what is best to use for brown hair that is turning gray?

CONSTANT READER. turning gray?

CONSTANT READER.

The best thing to rejuvenate your skin is careful massaging; this is the only thing, too, that will help the wrinkles. Make every effort to improve the circulation of the blood, and see that the circulation of the blood, and see that the liver is in good condition. General good health should receive your princi-pal attention, though some plumpness might be added to your cheeks by mass saging. But at 42—well, there is a cer-tain amount of wrinkles that one should

Stop Bleaching

I always have had a nice head of light golden-brown hair. I washed it with salts of tartar, soda and borax (at different times) to keep it light. The ends became so much lighter than the hair close to the head that for the last ten years I have had to touch the roots up with peroxide of hydrogen to equalize the shade; after I wash my hair, which is twice a month, I always have to touch it up.

Now I am 40—"iair, fat and forty"—and people say I am a made blonde, and I want to let my hair get back to its right shade, for it is really too blonde for a women of my age, and yet I don't want to step touching it up, for the difference would be too perceptible. Is there not some preparation which I could put on the ends to blacken it, and gradually, so that it would not be noticed?

I haven't a gray hair on my head, and my hair is my chief attraction! Please tell me what to do.

FAIR, FAT AND FORTY. FAIR, FAT AND FORTY.

First, discontinue the use of all the bleaching agents. Then, if these have not been too strong, your hair will gradually assume its natural shade. cannot recommend the use of a dye for the ends, because in time they would be darker than the roots, and it would be impossible to remove it. To readjust conditions with regard to your hair is at best a slow process. It must grow back to its natural color. Those who tamper with the natural color of their hair must assume all these risks.

Skin Like Velvet Would you kindly send me the formula for Dr. Vaucaire's Remedy, or anything which is good for developing one's bust? I am 33 years old and have had four children.

Must one buy this orange skin food already made? I live in North Dakota, but want to be pretty, and you cannot buy anything here. My skin is like velvet. I never drink anything except water, mostly hot water. Is this good?

Following is the formula for Dr. Vaucaire's remedy. I can recommend it.

Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grains; simple syrup, 400 grams.
The dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals. I know of no other way of procuring the orange-flower cream than by have ing the formula, as published in this de-partment, filled by a reliable druggist. If this is not possible where you live, send it away to one of the large cities, I cannot say that hot water is any more beneficial than pure cold water. Personally, I should much prefer the late

'A Satisfactory Remedy M. J. C.—I can give you no definite information of Dr. Vaucaire himself. I can only recommend the formula for his well-known remedy, as published in these columns. It has proved most satisfactory among my readers,