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CUSTOMS BRO LEEMING, Customs arding Agent, 1 Fort esidence, 1125.

DISPENSING CH R DENTAL SUPPLI

DYEING AND CLI

Plenty of cream

Bunion Cure.

I would like to have the formula for a flesh-reducing nomade, which "Belle," your correspondent, asks if she can have filled at the druggists. If you would please print it you would greatly chige. Yours in neel, Mrs. J. G.

Pomade to Reduce Fat.

Icdide of potassium, 3 grams; vaseline, 50 grams; lanolin, 50 grams; tincture of benzin, 'a drops.

Make into a pomade and rub over the fatty parts twice a day. You should abstain from food that is especially fatforming—cereals, notatoes, corn, beans, etc. You should also avoid sweets of all kinds.

To Remove Warts

Will you kindly publish in next week's paper the recipe for removing warts? D. W. G.

Sublimed sulphur, 120 grains; glycerine, 5 fluid drams; acetic acid, 1 fluid dram. Apply, repeatedly for several days. The wart will dry up and drop off.

How to Prepare Crewn

Wart Eradicator.

hen plumpness

rorlant YE Worket. Dyeing and cl plant; satisfaction guar C. STEAM DYE

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BUSINESS CAN GO VERTISING—So can a gressing; but in both in hard.

WANTED-MALE Advertisements under this a word each inse Carbolic acid. 2 fluid drams; tincture of iodine, 2 fluid drams; glycerine, 2 fluid drams. Apply with a camel's-hair brush daily. VANTED-Messenger P. R. Telegraph Co. Formula Repeated

WANTED-A boy, about wagon. Apply 210 Cook WANTED-Machine men Mine, Howe Sound. Cates, steamer Britann

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VHEN ANSWERING adver this heading please say the LIMB AS HIGH as you opportunity in the want the Times.

HOW FRENCH WOMEN

RENCH women have many canons of beauty which may possibly be summed up in the one general command: Make yourself always as beautiful and attractive as possible. American women are rapidly learning the wisdom of this; but at the present time French women lead in the time and care they lavish upon their toilets—always making the very best of any good points they may have, and working patiently to overcome defects.

This does not mean excessive vanity by any means; it simply means caring enough about your personal appearance to make a perfect toilet—keeping skin, hair, teeth, eyes, etc., in perfect condition.

Applying scent with absorbent cotton

EW methods for the preservation and development of beauty are continually being invented—perand development of beauty are continually being invented—perhaps discovered is the better word, as there really seems to be "nothing new under the sun," and, judging from what we read about the radiant complexions of the beauty secrets long ago, and used them, too, with great success. Among the recent discoveries in the beauty line are two new methods of light massage suitable for facial treatment; also for arms, neck and bust. A great point in favor of each is that it can be self-administered as well as with the aid of an assistant.

A French beauty expert has devised a simple and useful little affair, consisting of a small stick, ending in a ball of cotton or cork covered with a soft piece of chamois. By using this, the back and shoulders may be massaged with the greatest ease. The chamois is soft and agreeable to the skin, and when soiled by the use of creams or lotions it may be easily replaced by a fresh piece, as it is simply tied on tightly with a bit of ribbon.

about two inches.

Knot the ends lightly in order to keep the folds in. A good massage cream should be first applied and then rubbed in with the finger tips. Take the hand-kerchief, holdings ends lightly between the thumb and first finger, and draw it quickly and firmly across the forehead, first one way and then the other.

This is excellent for eradicating the wrinkles and lines from the brow. The same treatment is beneficial for filling out hollow cheeks and for removing lines from all parts of the face. It must always be remembered that the general movements in facial massage of any sort should be upward; consequently, with the handkerchief held as before—between the thumb and fingers, diagonally across the cheek—the upward movement should be firm; the downward one very gentle.

The firm upward movement improves the contour of the face, while the gentle downward one bestows a gentle friction which is beneficial in the eradication of wrinkles.

Conclude the treatment by gently wiping every trace of grease off the face, giving it a slight dust over with powder, and then wiping with soft chamols, which will prevent a shiny appearance.

To Soften the Skin Lotion for Enlarged Pores.

Boric acid, i dram; distilled witch hazel, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton. To Whiten the Arms I am always interested in reading your replies, and perhaps you may be able to help me.

1. How can I whiten my arms? They are plump, but burn so badly through my thin waists that they do not bleach even in winter.

2. I am troubled with freckles. You give so many remedles, but does not their use make the skin so sensitive that one freckles even more easily?

3. My hair is dry, thin and prematurely gray, the ends almost perfectly white, but darker at the roots. INTERESTED.

Buttermilk is one of the simplest and most effective remedies that I know of for whitening the arms. Bathe them with it both before and after exposure to the sum-letting it dry on the skin. This will also help to keep the freckles away, but if they do appear you can use any of the lotions I recommend without fear. The physician's remededy is harmless when used as directed.

Good Blood Purifier

ful three times a day.

Obstinate Freckles. Oxide of zinc, ½ dram; subiodide of bismuth, ¼ dram; dextrine, 1% drams; glycerine, 1½ drams, Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Too Fat. Some weeks since I saw a formula for external application for the reduction of flesh. Will you kindly republish? Is there anything for the reduction of flesh that can be taken internally, without injury to the health? If so, will you kindly publish? Mrs. M. T. The following little set of rules will prove helpful to those wishing to reduce flesh. I am giving you formula for fat-reducing pomade. Applications of clear alcohol to the fatty parts is also recommended:

Rules for the Reduction of Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted: sprinkle it with salt instead of butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons to it. if you choose. Dimit your sleeping hours to seven at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing flesh the one fact to recollect is that fat is carbon; oxygen destroys or burns out carbon. You must consume the carbon by oxygen you take through the lungs. The more exercise the Rules for the Reduction of Flesh.

To Darken Hair I am a constant reader of your health and beauty hints. Will you kindly tell me how to use sage tea to darken the hair? My hair is auburn and I wish it to become a dark brown. The following mixture is harmless, and tends to darken the hair; it will not, however, be as efficient as a regular hair dyn.

Wants Thicker Eyebrows Will you kindly publish a simple recipe to make the eyebrows and eyelashes thicker? Yours very truly, L. L.

Eyebrow and Eyelash Grower.

I am repeating the treatment for bunions, also giving you formula for a remedy which has proved successful in many cases:

Get a bunion plaster of the drugglet and nick with the scissors around the inside circle or openine. Moitten the plaster and put it over the bunion. Fut a small wedge

lar hair dye:
Sage tea. strained alcohol, 2 ounces;
green tea. 2 ounces; garden sage, 2 ounces;
dilute with water if desirable.

Eyebrow and Eyebash Grower.

Vaseline, 2 ounces; tincture of cantharides, 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 ointment may be used for the eyelashes also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it gets into them.

To Remove Bunions Am a constant reader of your page, and would like to have you please repeat the bunion cure that was printed a short time ago. I miskid it also the joint is very much enlarged. Please answer through your columns as soon as possible.

AN ADMIREIL

Having seen your ferrouls for oucumbsf cream and wishing to try it. I write to ask if you will kind; teil me how I can obtain it. Con I take it to a drugsist and have it prepared, or will it be necessary to mak it myself? CONSTANT READER.

The cucumber creesm is not difficult to prepare, and you may make it yourself, or have a druggist mix it for you. Treatment for Bunions.

This does not mean excessive vanity by any means; it simply means caring enough about your personal appearance to make a perfect toilet—keeping skin, hair, teeth, eyes, etc., in perfect condition.

The Frenchwoman has one secret that should be known to every woman. It concerns perfume. Never does she obtuined any perfume; yet she has the knack of living in an atmosphere of delicate scent. Possibly the fashion they have of scenting their hair is to a great extent accountable for this.

Scenting the hair is usually considered difficult—but not to the Frenchwoman. She has made it a simple art. She never tries to scent dirty, must hair. Then brush the hair lightly but well until it has been touched all over true appearance to abordent cotton and dampen it with the oil; press this against the hair, moving it about until the hair is well scented.

Perfuming with oil is particularly good if the hair is inclined to be dull or liness.

The hair must be clean and sweet if satisfactory results are to be obtained. Then don't try to scent it with perfumes containing alcohol. Use either sachet or the pure oil or perfume. Jassmine, geranium and violet are delightful and are most frequently used.

Care should be taken not to get too of the powder have been removed, a most delicate and delicious odor will most delicate and delicious odor will linger around your tresses.

Women don't pay half enough attention to the care and arrangement of their hair. Judging from the coiffures one sees in looking about upon any assemblage of the fair sex, most of them seem to feel that getting it knotted up in some fashion is all that is necessary. But I venture to say that a woman with a well-arranged coiffure, showing carefully groomed tresses, brushed to a glossiness and becomingly arranged—delicately perfumed, too—will, even though her gown be not quite up to date, make a much better impression than a woman wearing the latest French creation in gowns whose locks are untidily arranged. ribbon.

All the paraphernalia required for the other treatment is a soft linen handker-chief folded diagonally into a width of pearance. Beauty Hints by Mrs. Henry Symes Have tried many recipes, but have received very unsatisfactory results. My face and arms are literally covered, and always have been. I think if I could learn, through you, of a remedy that would permanently benefit me I would be the happiest girl in the world.

And also kindly let me know if there is a skin food which would not promote the growth of hair on face?

The formula for paste to remove freckles which I am giving you has proved beneficial in the most stubborn cases. Orange flower cream is a skin food that will not promote growth of superfluous hair. When the back is hollows I would like to know what to use to close enlarged pores and make the skin soft and white?

L. M. P. sort and white?

The following lotion will improve the enlarged pores. Putting a few-drops of water in the bathing water will soften and whiten the skin. The orange flower cream is also excellent for this purpose. of felt between the great toe and the second toe, which will throw the foot more full shape. It will greatly relieve the pressure the joint.

Draw the steeking on carefully. When you put your shoe on you will discover that the enlarged joint does not begin to show as much with the plaster on as without. And all pain and irritation are prevented by wearing the plaster, which makes it imports the for the leather to come in contact with the sore joint or irritate it.

Bunion Cure. 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.

A Physicians Views on the Care of the Hands

By Dr. Mary E. Walker Copyright, 1905, by A. F. Barnes & Co.

I VEN if your hands are not naturally beautiful you can do a great deal towards making them pretty by proper care. This does not mean that you should never use them, for our hands were made to serve us, and they are one of the distinguishing marks between the higher and the lower animals. Girls sometimes abuse the joints of their fingers by pulling them out and cracking them. The effects of such foolish practices are lasting. If you persist in them you will soon observe that your fingers are no longer slender and pretty, but misshapen and ugly.

A very simple but excellent exercise for the fingers is to move them just as if you were trying to spin a ball.

Piano playing is fine exercise for the muscles of the whole hand. The skilfulness of the hand is well developed by writing.

When you wash your hands, do so Copyright, 1905, by A. F. Barnes & Co.

writing.

When you wash your hands, do so thoroughly; do not dab them into water and out again, merely grinding the dirt into them. When you wipe them, do so carefully and thoroughly. It is from careless wiping that one often gets chapped hands.

Never expose your hands to extremes

chapped hands.

Never expose your hands to extremes of temperature. Neither very cold nor very hot water is good for them. Use warm water, and be sure that it is soft. If you cannot get rain water, and the tap water is hard, put a few drops of ammonla or a pinch of borax into it.

Do not use a cheap soap on your hands any sooner than you would on your face. Lather your hands well with the soap and warm water, and if a brush is neconstry to clean the nails it may be used. Inse thoroughly in clear water, and sartly dry with a soft towel, which easlinse thoroughly in clear water, and sartly dry with a soft towel, which eas-

ily absorbs the moisture. Then rub a few drops of glycerine and rosewater thoroughly into your hands, and complete the drying.

In the winter it is a wise precaution to powder the hands after washing them. Use any good face powder. Simple talcum powder is good, or a powder made of prepared chalk, seventy-five parts; zinc oxide, twenty-five parts. A little bran or oatmea!, if put into the water, has a softening effect, and makes the skin velvety and pliable. Almond meal is also excellent for this purpose.

FOR REMOVING STAINS For removing ink stains from the fin-For removing ink stains from the fingers dip a sulphur match into the water and rub it on the stain. This is very efficient. Or lemon juice and salt may be used. Peroxide of hydrogen with a few drops of ammonia is very good for removing stains from the hands. Pumice stone, too, is valuable. It is useful in smoothing off a finger roughened with sewing. After using this, rub on a little cold cream.

When the hands are shrunken from long soaking in water, dipping them into vinegar or pouring it over the hands will restore them to their natural color.

color.

If the finger tips are stained from hulling berries hold them in the fumes of a sulphur match, and the stains will disappear.

The unpleasant odor that clings to the hands after handling onions, or codfish, or the like, may be dissipated by rubbing dry mustard over them; or put the hands into water containing mustard.

Rubber gloves afford great protection if you do housework, especially in winter, but it is well not to wear them too lang at a time, as they are apt to draw the hands.

chapped and red you can rub them with-good cold cream at night after wash-ing them thoroughly, and then draw on loose white gloves with the finger tips clipped off. Be careful not to wear gloves that are the tight, for they ruin the beauty of the hands by hindering the circulation. Perhaps nothing adds to the appearance of the hands more than the condition of the nalls. These should be most carefully attended to. They, too, like the hand in general, are very indicative of abnormal states of the body.

Many girls are much disturbed about the thay white spots which sometimes appear on the surface of the nails. These are often due to injury, and I have often noticed that girls who carefully press away the skin from the root of a nail with a steel nail file are very much annoyed with these blemishes. After ceasing this treatment the spots have gradually disappeared.

It cannot be said, however, that injury is always the cause of these little marks. But if you are troubled with them I would advise you to be careful not to bruise the nails in any way. I would never advise the use of the nail file for any purpose but that of filing the nail. Never use it for cleaning, but substitute an orange stick or a soft wooden toothpick. Use this also for pushing the skin away from the root. If you are troubled with the skin adhering to the nail, or if your nails are brittle, make a practice of rubbing vaseline or a good cold cream or cocoa butter into the nails all about the roots. Do this every night and in a few weeks you will surely see an improvement. In this way agnails, improperly called hangnails, may be prevented. too tight, for they ruin the beauty of the hands by hindering the circulation.

A few drops of oil in the palm

of the hand.

The sachet under

the roll &

Being a careful reader of your suggestions as to the beauty and health of the body, I should be very grateful to have you answer my first request. Some time ago I saw as a good blood purifier, sulphur and molasses should be used. I want to ask how to prepare same and the amount of each to be used. I will be greatly obliged to you.

FAITH F. Make a mixture in the proportion of about one tablespoonful of sulphur to two of molasses, and take a tablespoon-

Freckles on Face and Arms Would you kindly advise me, through your beauty column, which would be the best recipe for my complexion? I have been troubled all my life with freckles.