PEAUTIFUL arms are almost a and treatment of her arms to soon be

sleeves, and the woman who possesses

lovely rounded, smooth, white arms may

It is to her less fortunate sister that

my talk is addressed today. The girl

with thin, bony arms, unlovely elbows

and rough, red skin needs only to spend

a few minutes every day in the care

justly be proud of them.

necessity now that nearly all able to wear with grace the elbow-

the gowns are cut with short length sleeves or an evening gown with

short puffs over the shoulders.

above and below the elbow.

for which I give the formula:

and note the improvement.

helps to whiten the skin.

length of the arm.

The first stage in beautifying the arms

water, using a pure white soap and a

soft flesh brush for the elbows and the

skin on the outside of the arm both

Now rub into the skin a good cold

rubbing up from the wrist to the elbow

and from that point to the shoulder.

fingers of the hand, use a rotary mo-

Kentucky Cold Cream

proved by soaking them for a few min-

bent. Do this every day for a month

Before you retire for the night apply

Cucumber Lotion Expressed juice of cucumbers... % pint
Deodorized alcohol... 136 ounces
Sweet aimond oil....... 35 ounces
Shaving cream (or melted castile
posn)

This is a suave lotion, very whitening, oftening and cleansing.

A five-minute exercise that resembles

outstretched and with the elbow

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

ANTS A WIFE

Noted Woman Be Softening Fair Sex

AGER. ed with confidence the facts which set forth here are society there will of marriageable Egypt. And the especially, a num. widows-one ss them by menet for that hit of bachelors-Lord

Before many course a proud he greatest e that time what ddle-aged ently assured. ver, that certain voters one of his close d and the case is now recently returned

no longer who was the deomen in English ining to soften to. He is getting has reached that man longs for the ship of a good He is looking forwhen he will be active work and

his friend:

beautiful English he help of a wife erative. Furtherhat he has done rk that requires ention, and which uld not be done an hanging on to

makes me believe

most anxious to ssible is the exhis being trans-Viceroy. That is n of his life. Of test appointive po of the English orge is working h of Lord Kitchhis closest friends popular in India. transferred to pportunity, mak-

i marshal. If the it is almost ima wife. the present monan for whom Kitaffection. Some he was going to beautiful French as never touched will almost cerof birth, position,

ng, a woman who is but possessed of in short, a woman separate report fitted to rule the who has the enof English society, panionship of the and the Royal TEA GOWN

B. C. OLDTIMER DEAD

HOURS

care and attention given he first day of its life de-

would be saved hours of

Prohibition Campaign Voters to be Influenced at the Confessional

29.—News comes

Parish of Baie Ste Paul, in county, of an interesting voters in the confessional. s out of the recent conuor question there, and Father Tremblay over party to regulate the instrumental in the nas been the only old by the glass but tle. Father Tremblay ete prohibition camwas very fiercely op--license party At one ensed by some of the ks in churches that he he vote finally showed party victorious by and the abolition of the

July 29 .- Finger print evibasis of a verdict of ned today by a jury against accused of stealing nuseum of the University of den amulet owned by a on vears ago.

nsel for Hartzell, comthe testimony of university no were witnesses. "A science," he said, "is a see a mosquito on the temple scratch his back hind leg, but cannot see If a man is crazy and razy and he is not learned,

compared the finger print hion of detecting witches by sands of persons were behead nthat theory," he said, "and thouof other persons right here will nt to the penitentiary on finger idence if you jurors, by your

Washington, July 29 .- a recommenion favoring the legalization and egulation of big industrial concerns, of their dissolution has been ted to the house today in a re-three republican members of eel investigation committee. The Mass, Young of Michigan, and Dan-mh of New York. Rep. Young submitted an additional statement and Rep. ing the big combinations, sub-

ed a separate report.
e secretary advocates the creation
in interstate commission of indusbe clothed with extensive powers regulation and with power to fix somable prices for the output of cor-ations. The report would require tall corporations capitalized at \$50. or more operate under a char-be issued by the United States, of the federal charter at their

their actual value. The recorporations. It also approves called Brandels bijl which would the burden of proof to dethe measures, calculated to interlocking directorates and

ocratic members' legislativ ort does not spare the steel p Morgan and Co. are credited Morgan and Co. are credited a profit of \$82,560,660 for undering the organization of the first storporation. Labor conditions in orporation. Labor conditions in d suggestion is made to the cor-ration to improve them by working Il hands in eight instead of twelve

Vancouver, B. C., July 29.—"Cariarly days before the railways drove stage between Yale and Lytton, died yesterday in Westminster vas one of the very oldest of the gold seeking pioneers.

"SPOILING" A BABY IN 241

aby can be so "spoiled" before the hours old that it will

great extent the requirenext few months. As orn it should be wrapped and laid on a pillow until as time to dress it. Then bathed, dressed, given a warm water and put to a child is handled the health; the more it is e quietly the better condinervous system be in. any kind excites the ner-Rocking is as exciting to baby as is "shooting the an older person, Excited more excitement, which care for the mother. is many hours old it le tendency is to pick it rock it, and fuss over This is entirely wrong if

> aby cries it should be examfee that there are, no pins the tender flesh, no annoying in the clothing, nor anything in the clothing, nor anything in the clothing, nor anything in the double of wrong, then it should be flesh and noting how quickly he becomes at time at first, but if he finds he will and noting how quickly he becomes at time of his does not be taken up he will go to sleep with no one gives in the clothing, nor anything in the clothing, nor anything in the clothing, nor anything in the clothing and cocdding.
>
> The baby should not usurp the entire time of his does not be taken up he will go to sleep with a not neck back and forth or walk the floor. The more attention one gives mother. The baby should not usurp the entire time of his does not be taken up he will go to sleep with no one gives in the clothing and cocdding.
>
> The baby should not usurp the entire time of his mother. He should be able to amuse their baby should not one gives in the clothing and cocdding.
>
> The baby should not usurp the entire time of his mother. He should be able to amuse their baby should not one gives in the clothing and cocdding.
>
> The baby should not usurp the entire time of his mother. He should be able to amuse the will be held except the latting of the time. He should be trained from the first to mainder of the time. He should be trained from the first to mainder of the time. He should be trained from the first to mainder of the time of his mother. He should be taken up he will be able to amuse their baby should not be becomes the mother. They do not derive any comfort, only their baby should not be able to amuse the will be able to amuse their baby should not be able to amuse the will be able to amuse their baby should not be able to amuse their baby should not be able to amuse the will be a

Entertaining a Man Conversation is the usual form of en-tertainment when one has a caller. If you feel incapable of entertaining a man, you might invite some of your men and girl friends to call the same evening.

honor, who walks alone. When they have reached the minister, the groom and the best man, who have entered the church from the vestry room and are waiting the approach of the party, the ushers break ranks, one-half of their number moving to the right and the other half to the left. The bridesmaids follow the same act, passing up higher into the chancel botween the ranks of the ushers, to stand, enchalf at the top of the line of men on

You can be married very quietly and without any wedding festivities of any kind on the date appointed. An all-white dress or a traveling suit may be Dissatisfied With Home

Sout the

tion? SUMMER RESORT.

I can understand the awkward position in which you are placed. The only thing to do in such a case is to have some one coming to visit you or to run out of the town yourself, if only for a night When Introducing You should not introduce your mother to any one. Others should be introduced to her. You may say, "Mother, may I present Mr. Smith?"

The Napkin Ring Dear Mrs. Adams.
Is it polite to keep the napkin ring on the table when entertaining at a formal dinner in one's own home?

ANNA. in one's own nome:

The table napkin rings are never seen except when the family alone are feasting. In homes where a clean napkin is given every meal the rings are unneces-

If you are troubled with hadr on the arms, use the depilatory here given: Mix thoroughly and keep dry in wellcorked bottle until wanted for use. Take enough to cover the part to be denuded and add warm water to it until the

the growth of the arms, besides mak-

ing the muscles firm and strong. Stretch

the arms out straight in front of you,

then imagine you are grasping a rope

is to wash them perfectly clean in warm and pull it up tight until the hands

the skin.

proper consistency is secured. Spread over the hairy surface and allow to remain for from one to five minutes, according to the nature of the growth and the susceptibility of the skin; then scrape off with a blunt blade—a paper knife, for example. It should be renoved, as in every case with a depilatory, when the burning sensation is pro duced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the de-

The elbows can be very greatly imutes in olive oil and then massaging them very thoroughly, both with the the following lotion and pull on long gloves that will cover the elbows. The warmth thus created will open the pores of the skin and allow the lotion be absorbed more quickly; it also

reach the chest. Practice this first with one arm, then with the other, beginning with ten counts and increasing cream and massage firmly but gently, and rough-looking; if so, apply a lotion made by adding a teaspoonful of the tincture of benzoin to an ounce of rosewater, which is excellent for whitening

bland oil applied to prevent irrita

When you have gained beautiful

gold bracelets as a contrast and to show off the arm; but beware of too many circlets, or you will ruin the effect of your beautiful arms.

ANSWERS TO BEAUTY QUERIES

of this department will be printed. in regular order; but no replies in print may be expected in less than three

or tour weeks.

Correspondents desiring immediate replies to queries may get them by inclosing a stamped self-addressed envelope.

Personal inquiries will receive prompt attention if accompanied by a stamped and addressed envelope.

Dry Lips Dear Mrs. Symes.
Will you kindly tell me what may be done for dry lips?
ANNA. Rub the lips at night with equal parts of water and giycerin. Do not pass the tongue over the lips, for the moisture is injurious.

Oatmeal on the Face Dear Mrs. Symes.
Will you please tell me just how catmeal is used on the face? PERPLEXED. Make a thin paste of oatmeal by str-ring together the meal and cold water. After straining through a fine sieve, the hands and face may be bathed with the mixture. Sometimes the paste is al-lowed to dry on the skin.

An Ingrown Nail Dear Mrs. Symes.
Please tell me what can be done for an ingrown toenail.
have very brittle teeth. Can I use anything to make them less brittle?
EDUITH O. Scrape the nail at the edge of the toe until it is quite thin, then out a "V" in the center of the nail's edge. Pack a little absorbent outon beneath the sides of the nail.

Milk of magnesia is very good for brittle teeth. Hold a little of it in the mouth and use it as a toothwash twice a day.

A Pink Powder Dear Mrs. Symes.
Will you please give me the recipe for pink powder for my face?
IVY.
Following is a recipe which you may Powder of White Geranium Fowder of white destantial

(A Toilet Fowder)

Starch powder

Powdered orris root

Oil of geranium

Crush free from lumps. Add the perfume
a drop at a time.

To make a pink powder for the face, add
carmine in the above recipe. It is best to
mix the carmine with alcohol tirst and
then add to the toilet powder.

To Remove a Scar Dear Mrs. Symes.

Please tell me how I can remove a scar from my leg caused from scrofuls.

ANXIOUS. ANXIOUS.

There are some soars which can never be removed, However, it does no harm to try to efface them. To yours, apply a lotion made of eixty grains of borlo acid and eight ounces of witch hazel.

The Eyebrows Dear Mrs. Symes.

Will you kindly tell me if there is any remedy for darkening and increasing the growth of the eyebrows?

I should also like to have the recipe for something to remove superfluous hairs. Anything but the electric needle.

POOR WORRIED MARIE. To darken the eyebrows you can use either an eyebrow pencil or the stain for which I am giving the recipe: Chinese Eyelash Stain

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 remainder. To increase the growth of the eye-brows apply melted vaseline to them every day.

Following is the recipe for a depilatory which will remove the superfluous hairs temporarily:

A Depilatory Chalk 100 grains
Mix thoroughly, and keep dry in wellcorked bottle until wanted for use. Take
enough to cover the part to be denuded and add warm water to it until
the proper consistency is secured. Spread
over the hairy surface and allow to
remain for from one to five minutes, according to the nature of the growth and
the susceptibility of the skin; then scrape
off with a blum blade—a paper knife, for
example. If mould be removed, as in every

Lemon Juice Stings Dear Mrs. Symes.

Will you please tell me if lemon juice is good for bleaching the skin? When I put it on it etings.

How long will I have to use cocoa butter to develop the bust?

J. E. P. P.

to develop the bust?

If the lemon juice stings, do not use it. Instead, apply slices of freshly cut cucumber to the skin once a day.

The time required depends upon the size of your bust. Remember that careful and regular treatments count for a great deal. Along with the massage, practice deep breathing. Care of the Nails Dear Mrs. Symes.
What can be done for nails that break easily? What causes the white spots to appear on them?

A READER.

appear on them? A READER.

Cocoa butter, cold cream or white vaseline should be applied to your nails frequently to reduce their brittleness. Ill health sometimes causes the white spots to appear in the nails, but often they are due to small injuries to the nails. Injudicious use of steel instruments for cleaning will cause the nails to bear the ugly white spots. The only way to cure these is to remove the cause. A Mouth Wash Dear Mrs. Symes, I should like to know what will make a good mouth wash for one whose breath becomes unpleasant upon eating something indiscribed.

A mixture of camphor and myrrh, a few drops of each in a glass of water, is excellent as a wash for the mouth and for a gargle. and for a gargle. A Thin One Dear Mrs. Symes.

I am very thin and should like to know if cod liver oil will make me fleshy. How long should I take it?

Cod liver oil will increase one's weight if a tablespoonful of it is taken after every meal. You should take the remedy until you have gained the desired measurements.

A Toilet Water Dear Mrs. Symes.

As soon as possible will you kindly give
me the recipe for a tollet water?

ROSEBUD. Following is the recipe for a very pleasant tollet water:

Lavender Water Oil of lavender 6 fluid ounces Alcohol 48 fluid ounces Ronewater 18 fluid ounces Magnesium carbonate 1 av. ounce A Tooth Powder Dear Mrs. Symes.

Kindly give me the recipe for a good tooth powder.

A SUBSCRIBER. Here is the recipe for a splendid tooth powder: powder:
Arecs nut charooal 5 ounces
Cutiledsh bone 2 ounces
Raw arecs nut, pounded 1 ounces
Pound and mix. Two or three drops of
oil of cloves or of cassia may be added if
a pertune is required.

A Cure for Bald Spots Dear Mrs. Symes.

I am a young man who is most anxio for a tonic that will cover up bald spo Can you give me a recipe?

TOM. Following are two good recipes: Mix thoroughly. Apply night and morn-Rub into the part night and morning.

Desires Wavy Hair Dear Mrs. Symes.

I have often received much help from your columns, and now I seek more advice. It have dark brown hair, which is so straight I cannot arrange it prettily. What can I do to make it wavy? I don't want to use curling froms.

C. A. F. It is impossible to give your hair a natural wave, but if you will use the

is made of a tablespoonful of bruised quinceseed to a pint of hot water. The water is poured over the seeds and the whole allowed to stand for several hours. The resultant mucliage may then be thinned with a few drops of essence of violet. For the Bust

I have been wearing brassieres for the last five years. Do you think that wearing these has put my bust in this condition?

What shall I do to rid myself of blemishes or stains on the skin?

How can I get rid of goosefiesh?
What is a remedy for superfluous hair on the arms?

What shall I do to whiten and soften by elbows?

KENSINGTON. what shall I do to whiten and softes by elbows?

KENSINGTON.

The wearing of a brassiere will not make the bust soft and flabby. To improve the condition of yours you should massage daily with cocoa butter, using a gentle motion, and practice deep breathing.

I presume you refer to brown spots. These are usually an indication of liver trouble, and for this you need the advice and treatment of your physician. The cause must be removed before the stains will disappear.

Bathe the skin with hot water and use a good soap and complexion brush. After rinsing and drying, rub clive oil into the skin.

For a depilatory, use the recipe gives to "Poor Worrled Marle."

To keep the elbows in a good condition you should never lean on them. Rub the cream for which I am giving the recipe below into the elbows morning and night. This will round out the elbows and soften and whiten the skin.

Kentucky Cold Cream

Kentucky Cold Cream Add the rosewater slowly, so that it

Soft Corns Dear Mrs. Symes.
What can be done for soft corns that grow between the toes?

AMY P. Soft corns between the toes may often be cured by keeping them covered with absorbent cotton, either sprinkled with powdered alum, soaked in turpentine of quite clean and void of anythins.

Dear Mrs. Symes.

Kindly tell me what kind of soap to best for one to use on a head which is covered with dandruff.

ANNA.

Tar soaps or sulphur soaps are good for the shampoo when one is troubled with dandruff.

To cure dandruff you should rub castor oil into the scalp once a day. It is also necessary that the hair be brushed thoroughly every day.

Housework To Beatrice—The great thing to remember in housework is to keep the back as straight as passible. If you are standing to iron, to wash dishes or to prepare food, stand as erect as you possibly can, with the abdomen held in, the shoulders thrown back and the chest rising and falling rhythmically to the measure of deep-drawn breaths. Let in all the sunshine and fresh air you can; and whatever you do, go sunnily about your work, remembering that every fresh an ugly wrinkle.

Hair Is Oily

Hatt 15 Oily
Dear Mrs. Symes.
Will you please tell me what makes the hair so dreadfully oily and what can be done to improve the condition? SARAH.
An excessive secretion of fat by the sebaceous glands of the scalp causes the hair to be extremely oily. Disturbances of the general health are usually at the bottom of the trouble. If necessary, constitutional treatment should be given. For local treatment use the location, recipe for which is here published:

Powdered blearbongte of

soda soda povdered ounce
Borate of soda povdered ounce
Bau de cologne 1 did ounce
Alcohol 5 fluid ounce
Distilled water 16 fluid ounce Mix and agitate until solution is com-plete. If used daily, it tends as aroduce a crispy condition.

de soie veiling a le and band on the

R; IS DROWNED Ont., July 29.-Mac ed 25, of Lindsay, e today. With a thers, including his own into the water

man, who was holdput out from shore reached the scene the elder McClenbut the son had other five occu-

Edward Frank,

went to the assist-

SOLUTIONS TO SOCIAL PROBLEMS

a relish that can be either a canape , guests will have a delightful time.

of each guest on the card. At each in a low voice to her maid, if there be

DEAR Mrs. Adams.
Will you please tell me how to entertain a male caller? S. B.

Advice on Social

Customs

A SUMMER LUNCHEON

few guests, and I am going to answer generally the numerous requests

for this kind of entertainment. First of

do everything possible to make your

guests cool and comfortable.

all, you must consider the weather, and

The clean, cool house, with bowls of

wild flowers or flowers from the garden,

should be supplied with comfortable

chairs, and after your guests are re-

lieved of their hats and handbags they should be refreshed with some fruit punch. Make this of lemons, oranges,

pineapple juice or grape juice, with the thin slices of the fruit floating on top.

Serve in sherbet glasses, or have one of

not give any cakes, as the luncheon will to a hostess than the good appetites of

Many forms of amusement can be

given. As a rule, women do not like to

do any brain work on a warm day. Games are more suitable to the winter indoor hours. If you have an engaged

friend who is marking her linens, an ex-

cellent helpful way is to supply each

guest with needle and thimble and have

her work one initial on a towel or a

napkin. In this way the many contri-

butions will make a pleasant pile in the Minen chest, and the general sociability

Sewing garments for a poor family is

another delightful way to pass an after-

hospital is a suggestion for the country hostess. If your guests are conge-

pial and conversational, just a talking

guests should find their places by

means of place cards that can be easily arranged by taking plain white cards,

outting two parallel slits in each side,

and passing a rose, a pansy or any flow-

in the card can be placed, with a pretty pin and ribbon bow. A bowl of

flowers in the center of the table will

For a small informal luncheon, serve

carry further the pretty floral idea.

circle should entertain. You know bet-

ter than I.

of the day will be in no way lessened.

A Quiet Church Wedding A Quiet Church Wedding
Dear Mrs. Adams.
Kindly tell me whose place it is to furnish carriages for a wedding. Does this
expense fail on the bride or bridegroom?
I would appreciate any suggestions in
regard to a quiet church wedding, as I
am rather ignorang in regard to such
things.
MISS KNOW NOTHING.
The bride provides the carriages
that convey the bride and the bridesmaids to the church and the reception
or breakfast following the church
ceremony. The groom provides the
carriages to convey the ushers to and
from the church, and he provides not
snly the carriage in which he and his
best man go to the church, but also
the one in which he and is bride the one in which he and is

In advance of the wedding day, the bride and her mother settle with the church organist what musical selecchurch organist what mustcal selections shall be played at the entrance and departure of the bridal procession. The church is decorated with palms and flowers. In many cases under an awning a strip of carpet is laid from the pavement's edge to the church door. The procession of the bridal party depends upon the number of people in it. If the usual number are chosen, the following order would be proper: First the ushers, walking two and two; then follow the bridesmaids in similar order. Itehind these moves the oride, leaning on the arm of her father and immediately preceded by her mad of honor, who waks alone. When they reached the minister, the groom

are chopped anchovies, a little caviar,

chopped onlons, etc.), or a raw tomato

filled with minced meat and peppers and

After this, clear soup on which whipped cream has been placed should

come. Follow this with croquettes or broiled chicken and peas, a macedoine

of vegetables, ice cream, bonbons and

Remember that the clever hostess need not be a great talker. She should

guide the conversation and bring out each guest's best points. If one has

had a funny experience in London, for instance, there should be given a

graceful opportunity to tell it. Another shouls be allowed to tell of her spe-

cial work; a third, of a book just read,

The hostess should keep an eye on

each guest's plate, and give directions

one. No accident should ruffle her

temper or disturb the enjoyment of

should characterize the entertainer's

And if you follow directions, your

coffee in small cups.

and so on.

topped off with mayonnaise dressing.

Dissatisfied With Home

Dear Mrs. Adams.
I am a young woman and have a few girl
friends who all have pice homes and arhappy I come from a large family and
have not a nice home. This makes me very
unhappy. I refuse many howed and aniertain
ties because I known may own home. I often
for the large of the large family and
anot care to have them see my home. I
try to fix up the place to look attractive,
but the things in k are so old that it cannot be improved. Will you please tell me
what to do as I am so downdearted and at
times I feel like leaving home, but yet I
love my parents and do not care to part
from them. Do you think they are doing
right?
I can appreciate your situation; but, right?

I can appreciate your situation; but, my dear girl, it would be cruel to insist upon your parents leaving their old home. They have grown attached to the place which has grown dear to them, and it would be hard for them to break away from their old surroundings. If your friends are the right kind of people, they will not judge you by your home, but will appreciate your own true worth. Do not

the left and the other half at the top of the line on the right, and thereby completing a crescent that seems to partially inclose the chief bridal group. When the ceremony is over the bride places her left hand on the arm of her husband and they lead the way out of the church, followed by the maid of honor on the arm of the best man, while in their rear come the bridesmaids, each on the arm of an usher.

Proceed With the Ceremony

Dear Mrs. Adams.
My father has died recently. I have been engaged to be married and our wedding day has been set for the first of next month. Would it be proper for us to bave the ceremony then? What should I ween in such

Long Gloves After Applying Cream.

A Second Marriage

Dear Mrs. Adams.
I am a widow and am to be married soon.
Would it be proper for me to issue wedding invitations in the name of my parents?
Must the prefix 'Mrs.' be before my
mame? Mrs. CONSTANT REMADER.

name?

Invitations to a woman's second marriage take the same form they would have if it were her first. The prefix "Mrs." and the surname of her deceased husband must be used. Her own first and middle names may appear.

She Extends Her Visit

Dear Mrs. Adams.
I entertain quite a great deal during the summer. Sometimes a person stays to long. In such a case it is hard to get rid of her without hurting her feelings. Is there any tactful way to manage such a situation?

SUMMER RESORT.