

STRAYED. premises S.E. 1, 32-18 one young mare; bay on forehead; no brand; requested to prove propensities and remove same. E. C. SHAW, McLean, Sask.

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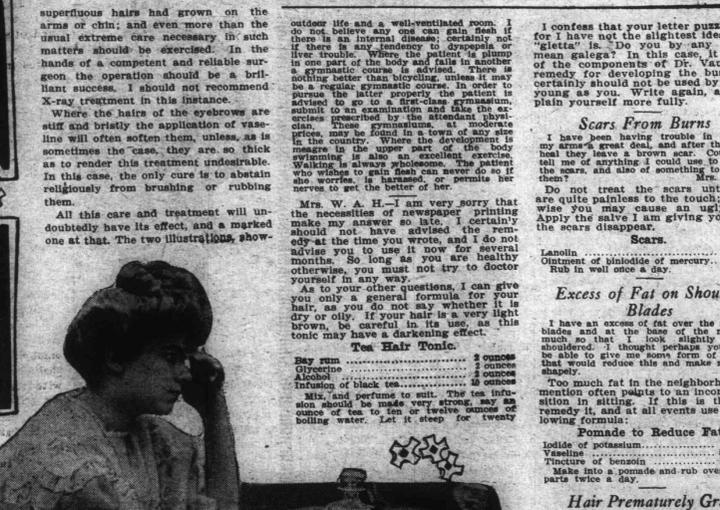
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HOW TO BE HEALTHY AND BEAUTIFUL

By Mrs. Henry Symes

The Proper Care of Eyebrows



Remove Wild Hairs with Tweezers

Eyebrows Thinned out and Trained

Rub a Good Cream in the Eyebrows

It has long been a vexed question whether it is the eyes or the mouth that give expression and character to the face. Various arguments have been advanced on both sides, and beauty "experts" have given their professional and conflicting opinions. Meanwhile, every one has neglected an extremely important factor in the problem. The eyebrows are really the most important feature of the countenance. They give to the eyes their expression, to the remainder of the face its distinction and character. They serve as indicators and pointers, calling the attention to any special beauty or unusual feature of the eye itself. They mark the eyes, and they mark the mouth. They are really perfectly straight, it is only the formation of the skin surrounding the eye, accentuated by the extremely slanting eyebrow, that gives this deceptive appearance.

stain. All of them contain oils of some sort, and these, if introduced into the eye, may injure it seriously. Never use an ordinary hair dye on the brows or lashes. As a rule, these require a finer and more delicate stain, such as the Chinese, eyelash stain, which is composed of one dram of gum arabic, one-half dram of India ink and four ounces of rosewater, and is made by powdering the ink and gum, and triturating small quantities of the powder with the rosewater.

superfluous hairs had grown on the arms of chin; and even more than the usual extreme care necessary in such matters should be exercised. In the hands of a competent and reliable surgeon, the operation should be a brilliant success. I should not recommend X-ray treatment in this instance. Where the hairs of the eyebrows are stiff and bristly the application of vasoline will often soften them, unless, as is sometimes the case, they are so thick as to render this treatment undesirable. In this case, the only cure is to abstain religiously from brushing or rubbing them.

Perseverance Beats Ungliness
Of course, this treatment will not destroy the hair follicles, but with perseverance these, too, will go, and the hairs will reappear no more. If any itching or smarting is felt after the painting, apply a little cold cream, but remove as soon as the pain ceases, as otherwise you defeat your own object, cold cream having a tendency to raise hair.

As to your other questions, I can give you only a general formula for your hair, as you do not say whether it is brown, or whether it is very light, dry or oily, if your hair is a very light color, be careful in its use, as this tonic may have a darkening effect.

outdoor life and a well-ventilated room. I do not believe any one can gain flesh if there is any tendency to dropsy or live, trouble. Where the patient is thin in one part of the body and falls in another, a systematic course, in order to pursue the latter properly, the patient is advised to take a course of systematic exercises prescribed by the physician. These exercises should be taken in the morning, and the patient should measure in the upper part of the body before and after the exercises. Walking is always wholesome. The patient who wishes to gain weight, should exercise in the morning, and should eat a good breakfast.

The exact opposite of this is the girl or woman with poorly developed eyebrows, which are entirely too thin and scanty. Let her have frequent recourse to the cold cream jar, and most of all to the vaseline tube. Rub with the cream, not the vaseline, variety—into the brows morning and night, and results will surely appear. Be careful to rub it, however, only where you want the hair to grow; do not encourage the growth of wild hairs.

Mrs. W. A. H.—I am very sorry that the necessities of newspaper printing make my answer so late. Certainly I should not have advised the remedy at the time you wrote, and I do not advise you to use it now for several months. So long as you are healthy otherwise, you must not try to doctor yourself in any way.

minutes, then stand till cool, strain and add the other ingredients; apply with a soft sponge to the roots of the hair. After washing your hands, apply the following lotion. It will soften them, as well as remove the dirty look of which you complain.

Where the brows are badly shaped, a great deal of patience and diligence is necessary before there is any effect from the treatment. With a special eyebrow brush, such as is seen in the illustration, and which may be purchased in any large retail drug store, shape the eyebrows two or three times daily in the way you wish them to grow, brushing heavily, as you would with your hair; brush in one direction only, from the nose outward. You may hasten matters in some cases by pulling out hairs obviously out of place, and rubbing vaseline in noticeably bare spots.

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ing eyebrows before and after treatment are of great value, the most unobtainable transformation having really taken place. Everything is possible with patience and perseverance, and beautiful eyebrows are no exception to the rule.

Perfect Brow an Arch
The perfect eyebrow is in form an arch, not too high, yet distinctly curved. It should be rather thick than thin, and yet excessive thickness is the worst defect. The hair should be straight, and the two eyebrows should be perfectly distinct, with not even one hair between them, and yet not so far apart as to show poor mental culture. They should be of a shade slightly darker than the hair, but not noticeably so. Finally, they should match the color of the lashes exactly.

With the rosewater until a uniform black liquid is obtained, and then adding the remainder of the rosewater. This stain, as well as all others, should be applied with a small camel's-hair brush.

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Timely Advice to Correspondents by Mrs. Henry Symes

Outstanding Ears
Will you kindly tell me where I can get a patent device for outstanding ears and about what it would cost? Do you know of any particular device that is good? Will you also kindly tell me what to do for very dark lines under my eyes? C. D. A.

To Reduce the Abdomen.
Let me tell you how to raise both feet to a perpendicular position; then lower them slowly to the floor. This will make your abdomen small and firm. Do not expect this exercise makes in a moment, as too many repetitions might strain the back. Alternate it with the following, which is strengthening to the muscles of the abdomen. Lie flat and keep the heels on the floor, raise to a sitting position, with the arms crossed over the chest; or, if things are too stiff, begin by holding the arms forward to give the body an impetus. Do this exercise several times a day. After these arm positions, increase the pull by clasping the hands at the back of the neck, thus coming to a sitting position. This sitting position clasp the hands over the abdomen. Contract the muscles of the abdomen and bend at the hips six times. Change the position of the feet, and repeat the exercise. Rest by taking three deep breaths between each exercise. The milk of white roses formula will not raise superfluous hair.

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Milk of White Roses.
A Cure for Wrinkles. 1 pint Rosewater 1 ounce Simple tincture of benzoin 2 drops Put the rosewater in a basin. Add the tincture of benzoin a drop at a time. Add a little of rose and bottle.

Orange-Flower Cream.
(A Skin Food.) 4 ounces Sweet almond oil 4 ounces White wax 4 ounces Borax 1/2 ounce Orange-flower water 1/2 ounce Oil of petit grain 1/2 ounce 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 fat, stirring continuously.

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Rouge and Egg Shampoo
Please send me the formula for a rouge that will make me look like a young girl. I should like to see the formula for both. I should also like your advice about my hair. After shampooing it becomes gummy when I use soap. Mrs. G. A. W.

Egg Shampoo.
To one pint of boiling water add one-half cup of egg whites. Boil up thoroughly, and strain through a cloth. Add one teaspoonful of borax and one teaspoonful of salicylic acid. Apply to the hair.

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Remedy for Blackheads
Kindly give me a formula for blackheads on the nose and chin. Please prescribe a lotion also, as my nose is very red and swollen when I use soap. Mrs. G. A. W.

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Needs a Skin Food
Kindly tell me of a good skin food and how to make it. My face and neck are so thin and hollow that I want to fill them out, but I want something that will not make my skin greasy. I use Mrs. Syme's face cream, but it does not seem to do much good, and will not raise hair.

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What is Gletta?
Will you please give me the name and address of the place where Gletta may be purchased? I am a young girl of 18 years, and am very thin. I think this is the best skin food I have seen. It is very good, and I have used it for some time. I have not seen the directions on the bottle, or how often it is taken?

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