

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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# HOW TO BE HEALTHY AND BEAUTIFUL

By Mrs. Henry Symes



Too Heavy Eyebrows, Before Treatment



Eyebrows Thinned out and Trained

**Remove Wild Hairs with Tweezers**

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.

It is easy to see, therefore, why the beauty of the eyebrows is of importance to her who would aspire to good looks in any form. It is necessary that she keep them in good condition, fostering any good feature they may possess and correcting whatever faults they have. She should first of all consider just what shape, thickness, etc., of the eyebrows would constitute beauty, and then devote herself to the reaching of that point.

**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.

Perhaps the most common fault is excessive thickness of the brows, accompanied by a number of wild hairs. There is but one cure for this condition—removal with a pair of tweezers. The operation causes no more pain than when a hair is pulled from the head, and may be performed by one's self. Use ordinary small tweezers, such as physicians employ to pick up surgical cotton, and pull out one hair at a time, taking care that each really comes out, and is not simply broken off.

**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 pulling, 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.

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 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.

If there is ever any excuse for dyeing, it is where eyebrows or lashes are much lighter than the hair of the head. Nothing so detracts from the appearance, and staining them is not only justifiable, but oftentimes almost necessary. Be very careful, however, about using a 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.

Occasionally wild hairs cover the entire bridge of the nose and present a most unsightly appearance. In such a case, although the tweezers would eventually benefit the patient, electrical treatment is far better, and is to be recommended. This operation is, of course, much more delicate than if the eyebrows before and after treatment are of such photographs, the almost unbelievable transformation having been really taken place. Everything is possible with patience and perseverance, and beautiful eyebrows are no exception to the rule.

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.

**Orange-Flower Cream**

Blend the fat in the inside receptacle of a custard boiler; add benzoin while they are heating, the rice powder and carmine while cooling, and the tincture of saffron and carefully rubbing in. Add a little oil of sweet almond, and apply with a puff, and afterward, applying freshly colored powder or carmine. This makes as effective a perfume of roses and painless as the use of any other cosmetic.

**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.

**Rouge and Egg Shampoo**

Please send me the formula for a rouge that will make me look as if I had just come out of a beauty parlor. I should also like your advice about my hair. After shampooing it becomes gummy and I have to use the egg shampoo for shampooing, and then I have to use the egg shampoo for shampooing, and then I have to use the egg shampoo for shampooing.

**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 itchy. I should also like your advice about my hair. After shampooing it becomes gummy and I have to use the egg shampoo for shampooing, and then I have to use the egg shampoo for shampooing.

**To Gain Flesh**

Absolutely freedom from care and anxiety. At least ten hours sleep out of every twenty-four. In addition to this, eat during the day, if possible, this simple quart of the appearance and general health as sleep and rest. The diet should be simple, and consist of such articles as rice, oatmeal, and milk. The diet should be simple, and consist of such articles as rice, oatmeal, and milk.

**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 time for me to gain weight, and I am very anxious to do so. I have tried many diets, but none have done me any good. I am very anxious to do so.

**Walnut Stain for Hair**

For some time I have been using a walnut stain for hair, and it has done me a great deal of good. I am very anxious to do so, and I am very anxious to do so. I have tried many diets, but none have done me any good. I am very anxious to do so.

**Needs a Skin Food**

Kindly tell me of a good skin food and how to make it. My face and neck are so dry and chapped, and I am very anxious to do so. I have tried many diets, but none have done me any good. I am very anxious to do so.

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 vaseline 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.

All this care and treatment will undoubtedly have its effect, and a marked one at that. The two illustrations show 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, inasmuch as the patient is simply in one part of the body and falls in another. It is a simple, systematic course, in order to pursue the latter properly the patient is advised to submit to an examination and take the advice prescribed by the attending physician.

**Scars From Burns**

I have been having trouble in burning my arms a great deal, and after the burns they have a brown cast. Could you tell me of anything I could use to remove the scars, and also of something to whiten them? Mrs. F. H. I have never heard of anything of the kind, and I am very anxious to do so. I have tried many diets, but none have done me any good. I am very anxious to do so.

**Excess of Fat on Shoulder Blades**

I have an excess of fat over the shoulder blades, and I am very anxious to do so. I have tried many diets, but none have done me any good. I am very anxious to do so.

**Hair Prematurely Gray**

I am only 24 years of age, but my hair is turning gray. Will you kindly tell me what to do? It is also very dry, but I am using a hair oil. I am very anxious to do so, and I am very anxious to do so. I have tried many diets, but none have done me any good. I am very anxious to do so.

**Quinine Hair Tonic**

Substance of quinine 1/2 dram Rosewater 1 ounce Diluted sulphuric acid 1/2 ounce Essence of vanilla 1/2 ounce Mix; then further add: Glycerine 1/2 ounce Essence of rose 1/2 ounce Apply to the roots every day.

**Red Hands and Bright Eyes**

Kindly advise me of any old remedy for red hands. I do not do any work, but my hands are very red and sore. I am very anxious to do so, and I am very anxious to do so. I have tried many diets, but none have done me any good. I am very anxious to do so.

**Walnut Skins and Hair Curler**

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**Wrinkles and Freckles**

Kindly tell me what is good for wrinkles. I am only 18 and have many wrinkles on my forehead. I am very anxious to do so, and I am very anxious to do so. I have tried many diets, but none have done me any good. I am very anxious to do so.

**Lemon and Glycerine Lotion**

Christie acid 1/2 ounce Hot water 1 ounce Glycerine 1/2 ounce Mix; then further add: Simple tincture of benzoin 2 drops Apply to the face every day.

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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 it in succession, 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 keeping 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 through out the bending. Rest by taking three deep breaths between each exercise. The milk of white roses formula will not raise superfluous hair.

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