



The Right Kind of Sleeping Jogs To Bleach a Switch HOW would peroxide of hydrogen do to whiten a hair switch that has a light yellow tinge? Please give directions for using. The switch is made of combings from my own hair, and I find it has a yellow tinge. My hair is silvery white.

BEVERLY.

Several Thicknesses of Blankets Over the Mattress

ADVICE BY MRS. SYMES

Job's Tears WILL YOU kindly inform me at the earliest possible moment where I will be able to obtain Job's Tears? I remember some time ago seeing in your will be able to obtain Job's Tears?

I remember some time ago seeing in your space in the paper that they were benedicial to teething children.

"Job's Tears" may be obtained from any large drug establishment, and often from the smaller ones. Also, you may be able to get them at a jeweler's. These people make the "tears" into necklaces. I could not assure you of any special value of Job's Tears other than making something hard and smooth for baby to rub his sore gums on.

Fat Across Shoulders fat. AGNES.
I advise you to try bathing your neckand shoulders with clear alcohol or warm vinegar. Do this every day, Also, use this pomade:

Pomade to Reduce Fat.

Pomade to Reduce Fat.

Jodde of potassium, 3 grams.

Vaseline, 50 grams, 20 drops.

Make into a pomade and rub over the fat parts twice 2 day.

Deep breathing will help to reduce the waist measure and enlarge the bust. The stretching exercises, too, are splendid as waist depleters. Raise the arms high above the head, then, holding knees straight, try to touch the floor with the finger tips. Stand erect, place hands on hips, bend from waist as far as possible to the right, then to the left.

To Enlarge the Legs Will you please tell me what is good for rattening the legs? I wear my dresses kind of short, and my legs are very thin. Thank you for your advice.

Rising on your tiptoes about twenty-five times daily will develop the calves of the legs and keep the ankles slight, which is most desirable. Rubbing in cocca butter or a good skin food will aid development. Probably Due to Strain

Probably Due to Strain

1 have been troubled with my eyes a great deal lately, so ask you for a little advice.

On awakening in the morning my eyes run as if they were sore, and whenever I read they become watery and hurt. My eyes have been in this condition for about two years. I have consulted an oculished said I needed glasses, but they so not the said I needed glasses, but they so not not not a series of the condition of the average person. Now the series is anything you can do for me it will be appreciated.

I wonder if you have been doing anything to abuse your eyes? Knowing so little of the conditions under which the trouble has arisen, I cannot be of much help to you. However, I would suggest that you bathe the eyes, using an eyecup, twice a day with this eye lotion:

Eye Wash.

Eye Wash.

One teaspoonful of boric acid, li drops of camphor, 2-3 of a cup of boiling water. Cool, strain through muslin and apply with an eye cup.

Disordered Digestion

I have used the sulphur and milk for elearing the complexion, but it doesn't security of the complexion and blood? A. L.

I am sure that the difficulties with your complexion are due to a disordered digestion and impure blood. All fruits are beneficial, if there is no tendency to diarrhoea. Try this blood purifier. Blood Purifier.

Blood Purifier.

Sodium suphovinste i av. ounce; compound syrup of sarsaparilla, i fiuld ounces; nuid extract of dandelion. I fiuld ounces; ayrup of orange. 14 fiuld ounces. are ough to make it fiuld ounces.

Mix and filter.

Mix and filter.

Consult a Specialiss

If there is a remedy for langthening the egg will you please publish an article in four column in the near future? BEADER. I am sorry that I can suggest no method by which you can lengthen your legs. But I have heard that such things have been done by specialists. I would advise you to consuit one of these people.

Try Massage

E. S.—Try massage with orangeflower cream, frequently published in
these columns.

POINTS OF VALUE ON THE CARE OF THE HAIR

Peroxide of hydrogen is an excellent bleaching agent, and I advise you to try it on the switch. Apply the pure peroxide, undiluted, by means of a fine brush—a toothbrush is good. Give the switch these bleaching baths every day until the yellow tinge has disappeared.

A Hair Tonic SMOOTH FACE.—I suggest that you try this formula, though I cannot guarantee that it will be efficacious under these circumstances; Hair Grower,

Hair Growst.

Bay rum. 7 ounces; distilled witch hazel 9 ounces; common salt, 1 dram; hydrochloric acid is per cent.). 1 drop; magnesia, sufficient.

Mix the bay rum and distilled extract of witch the bay rum shake with a little magnesia. Thier and in the filtrate dissemble of the magnesia will cause the preparation to turn quite reallow but the yealow will disappear when the hydrochloric acid.

Apply at night to the roots, with friction.

Gray Hair I would like to have you give me the prescription for restoring gray hair. I have looked over the saver carefully, but could not find the prescription.

To Restore the Natural Color of

To Restore the Natural Color of the Hair.

(A physician's prescription.)
Sugar of lead, 4 ounce; lac sulphur, 4 ounce; casence of bergamot, 4 ounce; alcohol, 4 rill; giveerine, 1 ounce; tine-ture of cantharides, 4 ounce; ammonia.

Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean.

The dye should never be applied if there is any irritation or abraicant of the scalp.

Apply to the roots of the hair with a small prough the process of the hair with a small prough the process of the hair with a small prough the tresses with an ordinary mairbrush.

Asks for Recipe Please publish the doctor's recipe for re-storing gray hair to its natural color. M. S. You will find your query answered under head of "G. J."

Harmless Hair Stain. Harmless Hair Stain.

The hair tonic I wrote you about some time ago I wasted for the coloring part. You said henne was a harmless dye, being purely veretable. My hair is a rather light shade of brown, and I do not wish to darken it. There is a light streak on the temples, and I wanted to try your formula, provided it was not injurious.

The henna stain that you speak of gives the hair a reddish tinge, and darkens it somewhat. It depends upon the exact shade of your hair whether or not this is suitable. The wainut stain frequently published in these columns gives a brown color.

I give you the henna formula to use if you think best

Henna Hair Stain. Take one ounce of henra leaves, steep in a nint of boiling water for twenty minutes. Let stand until it sets cold Strain the liquid. Apply to the hair by the aid of a small sbonce. The henna will sometimes stain the scalp, but the stain can easily be eradicated.

Oily Hair. Will you kindly print a formula for keeping the hair in curl? My hair is very oily. It troubles me greatly in not retaining the curl after it has been done up over night.

I am troubled also by a scar on my neck. It is the result of an abscess that was lanced last December. It is a small scar, but still remains very red. Can you suggest treatment which would restore that place to its natural color? H. C. B.

Try this fotlon for oily hair, and if the trouble is thus corrected I think your hair will curl more easily:

Lotion for Oily, Damp Hair. Lotion for Oily, Damp Hair.

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

Fowdered bicarbonate of seda, borate of sods (also powdered). If ounce of each; eau de cologne, to ture of cochines, if fluid ounce; dittore of cochines, if the complete for general usage.

Very often scars may be removed by gentle massage with cold cream. But if such should not prove effective, try this formula:

To Remove Scars. Lanolin. 2 drams; continent of biniodide of mercury, 1 dram, Rub in well once a day.

Hair Growing Thin Kindly give me a good remedy for thin, failing hair. It seems to have stopped growing. Also advise me if I should consult a masseur.

It is not necessary to consult a specialist. Try to correct the trouble yourself by applying this tonic with gentle and regular massage of the scalp:

For Falling Hair. Cologne. 3 ounces; tincture of cantharides, I ounce; oil of English lavender, oil of r.semary, % dram each.

Apply to the roots of the hair once or twice a day. It is positively necessary that the scale should be kept clean. Shampoo at least once a week.

Dandruff After Fever Last April I was very sick with the measles. I had a very high fever (106 7-10), and now came have the fever (106 7-10), and now came have a had time with my hasd come of my hair, but was proposed for the dandruff. My weak comes to be dried and caked with a white scale. I never experienced anything fike it before, and am afraid it will prevent the young hair from growing in again.

I have been in town for treatment, but find it expensive, as they want my to buy this thing and that; so my dandruff, and am using that for the born dandruff, and am using that in the present time. I have that is all right, or have you something better? My hair come out is big handfuls at each combing. Mrs. S. C.

Continue the dandruff cure, but alternate it with this tonic. The latter is especially good for a dry scalp.

"Phenic acid. 2 grams: thetwee of me

vomica. 7% grams; tincture of red cinchons, 30 grams; tincture of cantharides, 2 grams; cologne, 120 grams; sweet almond oil, 60 grams.

Apply to the roots of the hair with a soft sponge once or twice a day.

Gentle massage at least twice a day is very invigorating to the scalp.

Before Curling Will you kindly publish at as early a date as possible your formula for preparation to keep hair in curl, the one containing sugar, gum, etc.?

I have used it and found it good. K. M. Solution to Keep Hair Curled.

Solution to Keep Hair Curried.

Take gum arable, 1 counce; good moist sugar, ½ counce; pure hot water, ½ pint. Dissolve. When hot water, ½ pint. Dissolve. When hot water, ½ pint. The property of the propert Tea Hair Tonic

I would like to know the recipe that was published some time ago. It consists of boracle acid, rose water and alcohol; but I don't remember the amcunt of each. J. R. The recipe you mention is as follows: lows: Blackheads of the Skin. Boracic acid, 2 drams; alcohol, 2 ounces; rosewater, 4 ounces.

Use with friction twice a day on the skin affected,

Superfluous Hair I have the most miserable growth of superfluous hair on my arms and hands. Have tried the punice stone, peroxide of hydrogen and aqua ammonia. Now will you tell me something that will take it off beside the electric needle? I cannot afford that, and if persistence is all that is necessary. I do want to know. Will you please tell me just what to do?

I should next try this depilatory: Old Depilatory.

Old Depilatory.

One of the oldest depliatories manufactured, and which has a very large sale, is as follows:

Sulphate of sods, 100 grains; chalk, 300 grains.

Mix theroughly and keep dry in well-corked bottles until wanted for use. Take enough to make a paste and add warm water to it until the proper consistency is secured. Spread over the harry 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 binde—a paper knife, for example. It should be removed, as in every case with a deplictory, when the bouning sensation is produced. Too lond and immediately after the hair has been removed the denued surface should be gently washed with warm water and a cold cream or a bland off applied to prevent irritation.

Not Harmful in Any Way My hair is turning gray prematurely. Kindly give me through the page the walnut hair stan formula. Will it burs or cause the hair to fall out? IL.O. This hair stain is not harmful in any way:

Walnut Stain for the Hair. Four ounces of walnut skins beaten to a pulp, to which is added pure alcohol, if ounces. Let stand eight days and strain. Before using any dry the heir should be freed from grease by a thorough shampoo. The dys should be applied to the hair by accurate of a toothbrush and occasional combing with a new comb; contact with the scale should be avoided.

If the green soap irritates the skin, as it sometimes will, use it every other day. Apply a cold cream, Green soap may be purchased at any drug store. It is not a regular "cake soap," but it is about the consistency of custard. Try this method of removing the su-erfluous hair on your arms and lips: Pumice Treatment for Superfluous

Hair.

Formula Repeated Will you kindly give me the formula for your orange flower skin food?

A READER.

Orange Flower Skin Food. Orange Flower Skin Food.
Oil of sweet almonds, 4 ounces; white
wax, 6 drams; spermaceti, 6 drams; borax, 2
drams; glycerine, 1½ ounces; orange-flower
water, 2 ounces; oil of neroil, 15 drops; oil
of bigarade (orange skin), 15 drops; oil of
petit grain, 15 drops, Melt the first three
ingredents, add the glycerine to the orangeflower water and dissolve the borax in the
mixture, then pour it slowly into the
blended fats, stirring continuously.

Mislaid Recipe Repeated I have mislaid the recipe for "orange-flower cream." Will you kindly repeat it? K. L. B.

Orange Flower Cream. White wax, 1 ounce; spermacetl, 1 ounce; lanolin, 2 ounces; cocanut oil, 2 ounces; orange flower water, 2 ounces; oil of swect almonds, 4 ounces; tincture of benzoin, 30 drops.

Melt the first five ingredients together.
Take off the fire and beat until nearly cold, adding little by little the benzoin, and, lastly, orange flower water.

Explicit Directions Will you please tell me how to use ammonia for removing hair from the face? Do you let the solution dry on the face? Will it injure the skin? How long before the has any effect, and is it permanent? Also, can you use it in connection with the peroxide of hydrogen? L. E. Also, can you use it in connection with the peroxide of hydrogen?

L. H.

Make a solution of ammonia of about one tablespoonful to a glass of water. Bathe the parts with it once a day, It is destructive to the growth of hair, though is not permanent, since, in the course of time, new hair will grow. However, it is easy to keep this in subjection. The length of time required depends upon your individual case. A few weeks should show results. Peroxide of hydrogen is excellent to use with it, though the peroxide should be used more frequently.

This Cream is Better This Cream is Better

Have been using the Vaucaire system, and am now on my third bottle, and am also drinking the mait, but as yet have found no results.

If you think I should use the oranger, flower cream, please give the recipe, of do you think by perseverance I will fix good results?

The quantity of the Vaucaire remed, derends upon the individual using it. I would advise you to continue the treatment faithfully for a while longer. Have you followed the directions carefully (two soupspoonfuls with water before each meal)? Dr. Vaucaire also advises the drinking of mait extract during meals.

The orange-flower cream is not so benealcial in this instance as—

Massage Cream for the Bust.

Lancien is ounces; spermacett, ½ ounce; continue allow (fresh) tries], sounces; continued to the continued tof the continued to the continued to the continued to the continue

Lanolin, 5 ounces; spermaceti, 4 ounces; mutton tailow (freship triefs), 5 ounces; coccenut oil, 5 ounces; oil of sweet almonds, 4 ounces; through 6 bensoin, 1 dram; extenct of Fortugal, 4 ounces; oil of neroil, 20 diffs as you would any cream of the sort.

Eub on gently at night.

Almond Meal Some ew weeks are you advised me to use almind meal instead of soap. I write to ask you how I can use it in connection with the complexion brush, as I use that every night and do not like to discontinue doing so. Will I sprinkle some his brush?

The almond meal need not interfere in any way with the use of the brush.

A Liquid Complexion Beautifier Will you please publish the recipe for a liquid complexion beautifier that does not contain chalk sine or lead? I once used a beautifier that had the appearance of clear. Old-Fashioned Skin Lotion.

Roughened Skin For some time past I have been troubled with pimples, which after they went away would leave large holes in my skin. I tried the lotton for enlarged pores recommended by you but a did not seem to limit a seem to limit to do for rough, red skin. Do you think to do for rough red skin. Do you think the orange-flower cream would tend to soften it?

Did you tamper with the pimples in any way? The holes you describe may be small scars, caused by the pimples having been improperly opened. If that were the case I would suggest a remedy for them, but cannot unless I amsure that that is the trouble.

The orange-flower cream is an excellent skin food; but before beginning its use try this lotton:

Lotion for Inflamed Skin.

Boracic acid, 1 dram; distilled witch.

Muddy Skin Muddy Skin

Would you kindly give fie advice as to how to have a better complexion? My skin is very yellow and muddy-looking, and my neck is very brown, with the sun, I guess. I also have a good many pimples. There isn't a bit of color in my face.

I would be very much obliged to you if vou could help me.

Very evidently your bad complexion is due to some internal disturbance, probably a disordered liver. Consult a physician, and when these troubles are remedied your skin without doubt will be in much better shape. There is little use for me to prescribe external remedies until this is accomplished.

Face Paste I would thank you very much if you would give me a formula for paste—something to use on the face instead of a powder or liquid whitener. Kindly tell me how to make it rink or fesh color. Can a paste of this kind be made without white lead? I think the following is what you want. As you see, there is no white lead in it. All the ingredients are harmless. Carmine is the coloring matter.

Sultana Cream Make-Up. Sultana Cream Make-Up.

Sweet almond oil, 4 ounces; white wax, melted, 320 grains; spermaceti, 320 grains; henzoin (finely powdered), 100 grains; tino-ture of ambergris, 60 grains; rice powder, 320 grains; pure carmine, 15 grains.

Blend the fats in the inside receptacle of a custard boiler; add benzoin while they are heating, the rice powder and carmine, while cooling, and tincture last of the skin, and avoid its getting into the systems or close to the eyes. Powder the applying freely with a pid side of chamols. This masks as all the skin and a second the skin and a steel a side of the skin with a spid of chamols. This masks as all alight imperfections of the skin without having the regulsively artificial look which they give. By artificial light it imperceptible.

Stop Using the Flesh Brush
In you tell me how I could get my face,
a good condition? My cheeks, chin and
the add are covered with what looks like
without the headtiply. Is there not a salve
the start of a blackhead
without the headtiply. Is there not a salve
the surface? Then don't you think if
they were removed and a lotion used to
dry them up they could be got rid
off them up they could be got rid
off.
Have dieted until I am starved the
fesh briss and take al kins of long
walks, It is most embarrassing to have my
complexion this way. If you give me any
advice I will follow it all.
Try this simple treatment for the skin Whiteheads (Acne Molluscum).

Whiteheads (Acne Molluscum).

Open each seed acne with the point of a fine cannor in needle. The hardened mass must be pressed or picked out. The empty sac of the gland should then be bathed with a little toilet vinegar and carbolic acid and water. Sterilize the needle before using it by dipplas into boiling water.

The electric needle is good for some purposes, but not this. Discontinue using the flesh brush, for with your skin in such a condition it only aggravates matters. Continue your dieting and long walks, though take plenty of neursishing food. There is no occasion to starve yourself.