IE RIGHT WRONG WAY TO PRACTICE



With THE coming of summer weather and school vacations, music lessons are dropped, although a little daily practicing is usually required of children by mothers who feel that the discipline of the control of the cont regular tasks-neither hard nor taxing

The Correct Position

is valuable.
So much harm has been done by inudicious practicing—not so much the
length of time spent at it, as the way
it is done—that it is well for mothers to watch out for the signs of the right or the wrong ways of practicing during the months when they themselves are brought more closely in touch with the

brought more closely in touch with the small pupils.

Music is nervous work, even for the child (perhaps most of all for her) who loves it so that practicing is a pleasure. That point should be borne in mind, and the child taught to practice for, say fifteen minutes at a time, and then to rise and go through some simple stretching exercises—those with a came are particularly good—before returning to finish her half hour or hour, as the case may be.

The way she sits at the piano is really the most important point to be considered. The piano stool should be raised so that when she sits upon it and rests her hands upon the keys her arms, from elbow to wrist, are, without any effort, in a straight line. Stools are most trying articles of furniture, for the small body perched up on one gets inexpressibly weary with nothing to rest her feet on, and the general tendency to let her body droop and drag in accordance with the drop of her little legs over the edge is well nigh irresistible.

nigh irresistible.

The best piano seat is a chair with a back no higher than those new chairs made for dressing-tables. A footstool should be provided that is of the right height, so that the child's feet may be set firmly upon it.

Then the child should be taught—and watched to see that she does not lapse

case may be.

The way she sits at the piano is

into bad habits—to sit easily erect, the shoulders back, and when bending forward is necessary, to bend from the waist, instead of craning the neck forward and developing the awkward round shoulders which so many children have later to overcome. If the child shows any tendency towards stooping, exercises to correct it should be gone through regularly when the practicing time is up; and the mother should watch the pose at the piano even more sharply.

Hooking the feet around the legs of the chair or stool should be forbiddenunconsciously the whole body is thrown in a false position by such a trick.

Born for a Gymnosium

IVE two or three, or a dozen, young people a barn, and the liveliest games will be invented, as if by magic—games in which strength and suppleness and grace are developed unconsciously.

The same barn may be turned into the jolliest sort of a gymnasium, in which most of the feats common to gymnastic courses, and many another one unheard of in such quarters, may be practiced.

No fittings at all are required, although a few contrivances added here and there invest the barn with the

On the Care of the Face and Hair

Please tell me how long you have to use peroxide before it will show results. Do you use it with sponge or soft cloth? And do you use orange-flower cream in connection with it?

I presume you refer to peroxide of hydrogen as a skin bleach. With dally applications it should begin to show results in two to four weeks. Apply it undiluted with a soft rag. You can use the orange-flower cream in connection with it.

Harmless Rouge Will you please publish again the recip for a harmless strawberry rouge that noticed in your columns some months ago A. R. F.

Strawberry Natural Blush. Strawberry Natural Blush.

Fresh, ripe strawberries, 3 quarts; distilled water, 1 pint. Place in a fruit jar and set the jar in a saucepan of water over a slow fire.

Let the water simmer for two hours, and strain through a fine hair sieve. When cold add pure alcohol, 12 ounces; best isinglass (dissolved), 30 grains; pure carmine first dissolved in the alcohol), 15 grains; attar of roses, 4 drops; oil of neroli, 2 drops; oil of cedrat, 5 drops.

Keep closely stoppered in a dark place. Apply to the cheeks with a bit of absorbent cotton.

To Promote Growth of the Hair I find your dandruff cure excellent, but would like to know how often it should be applied. I have used it now for three weeks. My hair seems to be coming out. Do you think the dandruff cure is the cause of same? Is there really anything that will make the hair grow out again? I used to have a nice growth of hair, but lost nearly all of it during my trials with patent medicines to cure dandruff; and I never did obtain any results except from your remedy. F. S. B. If the dandruff cure has benefited you in that respect, you should discontinue using it. Apply this tonic for awhile:

Falling of the Hair. Tincture of nux vomica 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces.

Apply several times a week to the roots of the hair:

Prescription Mislaid A few weeks ago you published the recipe for the wainut stain for the hair. I mislaid the paper and have not seen the recipe printed since. Will you kindly write the prescription for me so that I may have it filled? Mrs. H. G.

Walnut Stain for Hair. Four ounces of walnut skins, beaten to a alp, to which is added pure alcohol, 16 pulp, to which is added pure alcohol. It cunces.

Let stand eight days and drain. Then apply as any other dye.

Massaging Wrinkles

Will you please tell me how to massage the wrinkles from the face that form at the corner of the eye, the bridge of the nose; under the eyes, and near the temple? Is the wash you had in the paper for permanent wrinkles good to use for them? M. R.

The success you will meet with fin removing these wrinkles depends largely upon your age, which you have not mentioned. The lotion for premature wrinkles is of use only to a young woman, whose skin is naturally soft and pliable, and whose traits of character have not had time to make their tell-tale tracery on the face. the face.

The first important step is for you to render your skin as soft as possible.

Then smooth out the wrinkles with regular movements, say a hundred strokes twice a day; steaming the face and afterward applying some pure facial cream takes out the finer lines. Avoid the use of harsh alkaline soaps, facial powders and tollet vinegars.

Hair Turning Gray at 32 What can be done for my hair? It is turning gray rapidly. Its color was black, and I am only 32 years old. If you recommend the physician's remedy, will you please give prescription, and how it is used? Also let me know what can be done for wrinkles in the face. W. M. S. To Restore the Natural Color of the Hair.

(A physician's prescription.)

Sugar of lead, 14 ounce; lac sulphur, 24 ounce; essence of bergamot, 14 ounce; alcohol, 14 gill; giveerine, 1 ounce; tincture of cantharides, 12 ounce; ammonia, 14 ounce. 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 abrasion of the scalp. Apply to the roots of the hair with a small brush, then spread it evenly jownward through the tresses with an ordinary hairbrush. You will find suggestions as to the wrinkles in your face in the answer to "M. R."

Scalp Trouble Will you kindly print a remedy for falling hair? I am losing mine at an alarming rate.

I am troubled, too, with itchy scalp and an excessive amount of dandruff. I have tried many supposed remedies without success.

A READER. For tonic for falling hair see the answer to F. S. B.
The dandruff cure will most likely relieve the itching scalp. Also remember to wash the hair with warm water and castile soap at least once a month.

month. To Remove Dandruff. Tincture of cantharides, I ounce; liquid of ammonia, I dram; glycerine, ½ cunce; oil of thyme, ½ dram.

Mix all together with six ounces of rose water. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

This Bleach is Quite Harmless I read in the page that you advised peroxide of hydrogen for bleaching superfluous hair. Am troubled with superfluous hair on the face. Will the peroxide injure the skin? Also, about how much ammonia should be put in the solution to be used before applying the peroxide? How often should the latter be applied? I have been helped several times by your suggestions and hope to be helped again.

Peroxide of hydrogen is quite harmless and will not injure the skin in any way. Apply it morning and evening. Use a teaspoonful of ammonia in a tumbler of water.

Attend to the Skin First I have been a constant reader of your paper, and would like to ask your advice. I have a heavy growth of hair on my face. I would like to get something that would be very strong to keep it down, and that I would only have to use once or twice a week. I have tried a number of things, but they are no good.

Also, can you suggest a good cream to use? Having to use so much strong stuff in my face has made it very tender, and I

charm of a gymnasium with all its own charm added.

Those great beams which run the length of the barn, interrupted by crossbeams as sturdy, give a splendid vantage ground for all sorts of daring leaps and somersault turning, with soft beds of hay to break the force of the fall and to do away with the fear of being hurt should you fail in your first attempts.

Those same beams are the very things to suspend the wooden rings from, with which every gymnasium is provided; and a ladder provides equipment enough for endless exercises, from crawling in and out the rungs to walking across it (as it stretches from one hay-mow to the other), not in the usual way, on your feet, but by your hands.

Put on gymnasium suits when you go out for a good romp in the barn. Then there's nothing to catch and trip you as you swing, by means of the wooden rings from one beam to another, or slide down the great piles of hay.

Turn children loose in the barn in summer—they will discover ways enough to develop and strengthen muscles without ever, for a moment, supposing that they are doing anything but playing.

You get tired and dirty and disheveled, but strong and lithe and well, gaining most of the good your country outing does from your romping in the sweetsmelling, dusty recesses of the old barn, which, for the time being, you have turned into your gymnasium.





Threading an Upright Ladder

cise. It is hard for me to help you in this case, knowing so little of your nature and all the circumstances of your na-condition. But this much I can suggest: Live as simply as you know how; eat, regularly, pure. simple foods (no tea or coffee); take plenty of exercise in the open air—tennis, rowing, walking, or even gymnastics under the cool shade of a tree. I would not advise overexer-

even gymnastics under the cool shade of a tree. I would not advise overexertion, however, in the hot sun. Take, meanwhile, some wholesome, invigorating tonic.

As to going out in the evening, don't worry about that just now. In the evening you should be at home, resting—in bed by 9 o'clock. Since you are relieved of business duties at 4 o'clock, you have two hours and a half to be outdoors. Rise at 6 in the morning and again spend an hour or two outdoors. And in spend an hour or two outdoors. And in all your habits be absolutely regular.

Swollen Veins

I have found all I've used, and there are quite a number, of your formulas just what you say they are; and now will you kindly tell me what to do for my hands and wrists? The blood fills the veins so they stand out like great cords. I cannot wear short sleeves or even medium short ones. I am thin, so the motion account of overflesh or tight clothing.

Doubtless this trouble is due to the very fact that you are thin. Take steps to increase your weight, and apply local treatment to your arms by massaging with a good skin food. When the flesh takes on plumpness the years will be takes on plumpness the yeans will be hidden as they should.

Directions Are With Recipe Will you kindly give me the formula for or. Vaucaire's Remedy, and also the directions for taking for bust developer?

Mrs. C. W. T. Dr. Vaucaire's Remedy for the

Bust. Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; incture of fennel, 10 grams; simple syrup, 400 grams.

The dose is two soupspoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of malt extract during

No Effect Upon Wrinkles Would you kindly tell me if Dr. Vaucaire's remedy would also have effect on the face and remove winkles, and how much should the prescription cost to get it filled?

NANCY. Dr. Vaucaire's remedy has effect upon no part of the body but the bust. It is against my rules to quote commercial rates in these columns, so I cannot grant this request.

Henna Hair Stain

Will you kindly inform me through your columns what to use to color the hair a dark brown, and how to mix it? I noticed something you recommended, I think it was some kind of leayes, but cannot remember. You probably refer to henna half stain. This is made from henna leaves and gives a reddish tinge to the hair.

How to Use Henna. How to Use Henna.

Henna may be applied in several ways; the simplest and easiest way for the amateur is to use a tea made of the leaves. In preparing the tea use an ounce of leaves to a quart of water, and boil the whole down to one pint. The stain should be applied to the roots of the hair with a small orush; a clean tooth brush will answer. Next, with an ordinary hair brush, distribute the henna through the hair evenly. Ory thoroughly afterward, either in the sun or by heat.

See Answer to "E. E." MRS. L. R.—The henna hair stain is not a paste, but a liquid. You will find full directions for its use in the answer to "E. E."

Detailed Symptoms Necessary, IN DISTRESS-Unless you mention from what source the odor arises I cannot sug-gest a reinedy.

Severe Blood Disorder A. B. C.—Your trouble seems, from your letter, to be a severe blood disorder. You should consult a physician at once.

Mrs. Henry Symes' Advice to Correspondents

In your columns you speak of an institution where mechanical message is given. That is something I want very much. Will you kindly give me the address? Also, will you tell me if, in the exercise you speak of to "E. M." to reduce abdomen, where you say "lie flat on floor and raise body without bending knees," you allow one to raise body with their arms er elbows? I cannot raise myseif without help from my elbows. Now, is that right?

Mrs. W.

It is against my rules to give the names or addresses of specialists to my readers, so I cannot grant that request. I will repeat the exercises to reduce the abdomen, so that you may know exactly what the directions are. Usually, a movement that at first trial seems quite impossible may be executed with ease after a time of persistent practice. To Reduce the Abdomen.

Lie flat on your back and slowly raise both legs to perpendicular position; then lower them slowly to the floor. This will make your abdomen small and firm. Do not repeat this exercise many times in succession, as too many repetitions might strain the back. cession, as too many repetitions might estable the back.

Alternate it with the following, which is also strengthening to the muscles of the abdomen: Lie flat, and, keeping the heels on the floor, rise to a sitting position, with the arms crossed over the chest; or, if this is too difficuit, begin by tossing the arms forward to give the body an impetus. When it becomes easily performed in both of these arm positions, increase its pull by clasping the hands at the back of the nack, thus coming to a sitting position. This sitting position should always be erect.

Tonic for Bleached Hair Would you recommend the quinine hair tenic for bleached hair? I used peroxide of hydrogen. Would like something to stop the hair from falling out. I would use the same tonics for bleached hair as for hair of the natural color; but that of the former condition at best is never as soft and healthy as the latter.

Red, Inflamed Nose

I am 15 years old, a youth, and am troubled greatly by my nose being red and tansamed all the time. There are tiny little weins, it seems, under the skin, and sometimes it is redder than others. Will you bindly tell me through your columns of comething that will help me, as I am very ensitive about it at school, M. E. B. Perhaps this trouble is caused by indigestion; certainly, the blood does not circulate properly. There is small need, I think, for me to suggest exercise to

a schooldoy, but are you just as careful as you might be about what you eat and the way you eat it? Try going without pie and all rich foods for awhile. Drink only water and milk, and never touch candy. Go to your meals regularly, and eat slowly. Drink water as many times a day as you can. This ought to help if you are faithful to the directions, and it is much better and more effective than medicines or cosmetics.

For Freckles I would like very much to have your advice as to whether the orange-flower cream would be the best thing for me to use. My skin seems dry and rough at times, and my complexion does not seem as clear as it was. I have a few freckles that will begin to thicken now that the warm weather is here. Would the cream keep them light and make my skin fine and white? Could I have it put up at the druggist's? DOROTHY O.

The orange-flower cream is an excellent skin food, but it has not the bleaching qualities that freckles require. Should the freckles become very objectionable I would use the formula below. Yes, any reliable druggist will prepare the cream for you.

Dr. Shoemaker's Bleach.

Dr. Shoemaker's Bleach. (For tan, freckles and yellow discolorations of the skin.)

Bichloride of mercury in coarse powder, \$
grains; distilled witch hazel, 2 ounces; rosegrains; distilled witch hazel, 2 ounces; reservater, 2 ounces.

Agitate until solution is obtained. Mop over the affected parts. Keep out of the way of ignorant persons and children.

Gray Hair Somebody asked your advice for dyeing hair, and you suggested to use the physician's remedy. Would you be so kind as to tell me where I can get it?

LA FEMME. The physician's remedy that you speak of is used to restore gray hair to its natural color. You can procure it by taking the formula often published in these columns to a druggist to pre-

About a year ago I was foolish enough to allow my friend, who was a massaur, to massage my skin, giving me eight electrical facial massages. I did not know what the result would be.

Would you kindly solvise me what to do in order to get my skin back to its former condition? I had a very good complexion

then; but now I am all washed-out looking and my skin looks as though I were much older than I am. I am only 22 years of age. HENRIETTA C. HENRIETTA C.

It is much to be regretted that so many women make this mistake—too much massage, or using the treatment when it is not only unnecessary but harmful. To restore your skin to its natural health and freshness will be rather a tedious matter; but with time and care, you should accomplish that result.

Common

faults which

produce bad results

Rub into your skin gently once a day Rub into your skin gently once a day the orange-flower cream, the formula for which is frequently published in these columns. Give your face cold water baths to bring a glow to the skin, rubbing briskly but gently. Get up a good circulation by as much outdeor exercise as possible.

Dry, Falling Hair My hair is gray, almost white, and very dry, and coming out in handfuls. Anything I put on it turns it yellow. Will you please I put on it turns to do to keep it moist and prevent it from falling and at the same time keep it from turning yellow?

Mrs. M. B.

Try this tonic for falling hair: Tonic for Falling Hair. Phenic acid. 2 grams; tincture of nux vomica, 7½ grams; tincture of red cinchona, 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. This lotion is especially good for very dry hair.

Rates Not Quoted

Will you please inform me where the "Physician's Remedy" can be obtained and also the price of it?

I noticed you mentioned in the page that it was good.

Any reliable druggist will prepare the remedy for you if you hand him the formula that is frequently published in these columns. Commercial rates are never quoted in the department.

Caused by Blackheads Please send me the remedy for enlarged pores. My skin is oily. I had a number of blackheads, but I have only a few. The pores are very large. A. S. Lotion for Enlarged Pores. Boric acid, i dram: distilled witch hazel, ounces. Apply with a piece of old linen r a bit of absorpent cotton. Cleanse the tin thoroughly perora applying.

Hand-Walking from Beam to Beam need something good to put on it. I do not care to use the needle. If your skin has become tender from the use of strong depilatories, I would advise you to discontinue the superfluous hair treatment and attend to the skin. Use some healing wash for a few days. Then apply a skin food. When the skin is again normal and healthy, try bleaching the superfluous hair with peroxide of hydrogen. This will render it almost invisible—at least, inconspicuous. I would suggest these as the wash and skin food; skin food: Wash for Delicate Skin. Boracic acid, 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces. Use as a wash when desirable. Skin Food.

White wax, 1 ounce; spermaceti, 1 ounce; lanolin, 2 ounces; cocoanut oil, 2 ounces; crange flower water, 2 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 30 drops almonds, 4 ounces; tincture of benzoin, so drops.

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

Offensive Breath

I am troubled with an offensive breath, and would like your advice as to what I could use to remedy it. My teeth are in good condition. I have a good appetite and my health is good.

If your teeth are in good condition and your health is good, the trouble evidently arises from some disturbance in the stomach. This is often the case, when there apparently is no reason for it. Drink two or three times during the night parsley tea, hot or cold. Eat plenty of onions (when you don't expect company!) and never allow constipation to continue for a day. Eat an apple on going to bed at night, and keep a gargle on your washing stand of tincture of bark and myrrh. Use the following wash:

ing wash: Antiseptic Tooth Wash (Beaumez). Phenic acid, 1 gram; boric acid, 25 grams; thymol (in crystals), 50 centigram; essence of mentha, 30 drops; tincture of anise, 10 grams; distilled water, s pints.
Rinse the mouth with the above, which should be diluted for use in the proportion of one-half tooth wash to same quantity of clear water. Use after each meal and at any time required.

Depends Upon Individual Case Having noticed the recipe in your column for enlarging the bust. I have thought of trying it; that is, the doctor's prescription. But could you let me know how long it would be before I could see some improvement?

The length of time required to produce results from this treatment depends entirely upon the individual case. So often I am asked this question, and yet I am never able to answer definitely. Some notice improvement within a week, others not for ten weeks; though, often, results are delayed because the directions are not followed carefully.

Don't Change Proportions I have taken four bottles of Dr. Vau-caire's bust developer, and as yet see no improvement. Do you not think that the proportion of simple syrup is too large, proportion of simple syrup is too large,

HEALTH IN A) 数温度 10 market

> Rings Hung From a Great Beam

it do to increase the strength by either increasing the drugs or diminishing the syrup?

Read the answer to "E. W.," and, in addition, let me say that in no way should the formula be tampered with. If you do so it is at your own risk. Feels Draggy

I work in a beautifully situated office, where the air is pure and the hours short; but, notwithstanding all this, when I come home at 4 o'clock I feel so fagged out or tired that I never feel like going out in the evening.

would you please tell me of something which I could do or take to make me feel fresh and look as though I had a little more life in me? I always feel bright enough in the mornings, but as the day advances my eyes feel and look heavy, and I seem to be in a state of lassitude.

First of all, are you sure that there is not some disturbance in your system that is draining your health and strength? On the other hand, those of sedentary habits often droop in this way. It is due simply to a lack of exer-