

Apply softening cream senerously BEAUTY IN CARE OF THE EYES By Dr. Emma E. Walker Copyright, 1905, by A. S. Barnes & Co. Copyright, 1905, by A. S. Barnes & Co.

HE eye is, perhaps, the most expressive feature of the face. No care that you can expend upon any part of the body will give you greater returns in beauty and health than that devoted to this organ.

There is no organ that is more abused than the eye. How many of you really take good care of them? In any trouble with the eyes, never go to an optician for treatment. This is the province of the oculist. The hot bath first If your eyes are perfectly healthy, it is never necessary to bathe them con-tinually. I am often asked which is better, cold water or hot water, for this purpose. If either is necessary, it is better to consult an oculist. In any inflammation of the eye which comes on suddenly, cold water retards and soothes it, but after the trouble has comes on suddenly, cold water retards and soothes it, but after the trouble has continued for some time, very hot water will relieve the pain and reduce the swelling. If you feel that hyou must bathe the eye, the most convenient method is to use a little eye cup. This has an oval mouth which fits around the eye at the margin of the orbit. The eye can then be opened into the lotion, whatever this may be, and winked. A weak solution of boracic acid, say 3 per cent., may be used safely; this must be fresh and clear, however, but the tears are the natural method of cleansing this organ.

When it becomes necessary to wear glasses, there should be no hesitation in assuming them. One of the symptoms of eye strain is watering of the eyes. If your eyes water easily, it is probable either that they are weak or that there is some trouble existing with the tear duct. This habit brings callous Again, in eye strain the lids sometimes twitch, or they may be very sensitive to light, or letters may become indistinct after a few moments' reading. There are many other symptoms of eye strain, one of which is sick headache.

Some girls are troubled with dark spots dancing before the eyes. Sometimes these indicate an internal derangement. Sometimes they are the result of extreme nervousness, but they are often present in healthy eyes. DANGER SIGNALS

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The state of the general circulation may be judged by the appearance of the eyelids. The dark rings around the eyes, as referred to before, indicate sluggish circulation, or even blood changes. Swelling or puffiness under the eyes, the so-called "bags," are often the sign of some internal disorder. It is not uncommon to notice that the edges of the lids are red or that there are little scales at the foot of the lashes. This may mean that you have used the eyes too much, or have not slept enough, or it is often a sign that the eyes are strained and need glasses.

When you get anything into the eye, in order to get it out, the lower lid should be pulled down; the eye should look down toward the floor and slightly toward the nose. If nothing is found in this part, then the upper lid can be turned back, and search made here. Take the tiny corner of a linen handkerchief and gently lift the body from the eye. Or a very simple method is to grasp the eyelashes of the upper lid between the finger and thumb and gently pull the lid down over the lashes of the lower lid. In this way the lashes of the lower lid may sweep the upper lid, and so dispose of the cinder or particle of dust, and here the use of the eye cup and boracic acid may be very helpful.

The attitude while working is of great The attitude while working is of great mportance to the eyes. The head

The attitude while working is of great importance to the eyes. The head should be kept as erect as possible. Stooping is very bad for the eyes. Fine needlework is also very trying; and reading, while riding in a train or carriage, may be harmful, for the constant movement of the book or paper calls for a continual change of focus, and so increases the strain.

You should apply the same principles of rest to the eye which you use for other parts of the body. If your work is close during the day, rest your eyes at night; but if your work has been "far-distance" work, you can read during the evening.

A certain set of exercises are suggested for the eyes, and are said to strengthen them. They consist in slowly turning the eyes upward and downward, from right to left, as far as possible, and from one corner of the orbit to the other. Then alternate the motions.

The eyes are then rolled around, first to the right and then to the left. In going through these athletics for the eyes the muscles should never be strained.

An excellent movement to keep the ball of the eye round is to gently rub it toward the centre with the tip of the thumb and forefinger on either side. But if any of these manipulations makes the eye in the least red or sensitive, it is

if any of these manipulations makes the eye in the least red or sensitive, it is far better to avoid them.
Here is an ancient rhyme about the eye, which we find quoted in a recent book on beauty:

THINGS HURTFUL TO THE SIGHT. "Much bathing, blust'ring winds, and wine And wounds, or any serious blows, in fine, With lentils, pepper, mustard, also beans, Garlic and onlons—by such hurtful means, With too much labor amid dust and smoke, Weeping or watching fires, we thus invoke, With long exposure to the noonday sun, The direct wrongs that can to sight be done; But vigils are, by far, more noxious still

Frequent massage is necessary

AME FASHION predicts that the elbow sleeve will be almost universally worn during the coming season, so a pretty pair of elbows should be cultivated by every woman. Nothing detracts more from an otherwise charming toilet than to see an ugly pointed elbow peeping out from beneath a dainty lace sleeve.

There is really no necessity for this, as elbows respond very quickly to proper care, and none is beyond redemption.

In the first place, many a woman goes through life disfigured with ugly callous places on her elbows simply as

Mrs. Henry Symes' Advice to Correspondents

EW READER—The two creams referred to are equally good. After using a cream on the face, wipe off with a soft linen cloth, if the skin has a shiny appearance; dust lightly with good toilet powder. The Chinese evelash stain will stain the lashes black.

Vith your eyes fixed on a straight line

ead of you, walk slowly across the

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ONT BOGGS and Insurance 42 Fort St.

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-64 acres, with vated, 20 acres neep; price \$2,250.

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r cultiva:

C.-The Vaucaire Remedy has d most beneficial in cases similar us. However, when there is a new to flabbiness, it is best to shithe dissues by rubbing in a good food, in addition to taking the intreatment. Frequent bathing cold water, followed by brisk rubwith a coarse towel, is also bene-

W. C.' in this department today.

RRIED-I do not know of a depily that will permanetly remove su-linear that will permanetly remove su-linear that will permanetly remove su-linear that will be a supported by the support is and another application of the illatory is necessary.

MRS. S. M. W.—In your case it would best to make the rotary massage ovement up from the arms. S.—Massage will render the crease your neck less noticeable. Try rub-ts the little red spot on your neck witch hazel cream.

A. G.—Take Dr. Vaucaire's Remedy for bust development, so frequently published in this department. To fill out the neck, take deep breathing exercises and rub a good skin food well into the pores of the skin at least once a day,

When the Face is Red

When the Face is Kea

Will you kindly let me know how I can
get rid of the reddening of the face, or
what you may call blushing? Every day
after I eat my dinner I get a very red face
and it stays that way for four or five hours.
I should be very thankful to you if you will
let me know how I can stop my face becoming red after I eat my dinner. B. B.

When the face has a tendency to redness be careful of the diet. Don't wash
the face with cold water, nor even when
it is flushed. Lukewarm water is better. Hot footbaths are also said to
help in a case of this kind.

For the Face Will you kindly publish a recipe for face powder, one that has a pink tint, and something that will not produce roughness of the skin? Toilet Powder.

Rice flour, 10 ounces; talcum, 10 ounces; oxide of zinc, 10 ounces; carmine enough to produce flesh tint.
Mix thoroughly, and sift twice through fine bolting silk. Cold Sores on Lips

Being a constant reader of your column, I thought I would write for a bit of advice. It seems that I always have cold sores on my lips. I use glycerine, but no sooner does it go away when another one appears. Do you think I need some internal medicine? I was recommended sulphur and molasses. What proportion of each should I use? Is the glycerine harmless if used every night?

Now my hair is very dry and comes out by the combful. I wash my head once a week on account of it getting very dusty. Do you think it too often? GRATEFUL. Do you think it too often? GRATEFUL.

The continual appearance of cold sores on your lips indicates a disordered system, and you had better take internal treatment of some kind. I advise you to use camphor ice instead of the glycerine for external use. Do not shampoo your hair so often, and try using the lotion for falling hair. For Falling Hair

and make the lines disappear from neck and chin.

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.

Eyebrows Falling I have been greatly annoyed for some nine months by my eyebrows falling out steadily. Now they seem to grow, but they grow longer and in a kind of bristly way. Hair has been falling out for two years, but as I give it a regular shampoo and apply a prescription quite often, it seems to improve.

Could you tell me of something that would prevent the eyebrows from falling out? Eyelashes have been falling out as well, but seem to have stopped, partly at least.

The following ointment will stimulate The following ointment will stimulate the growth of your brows and put them in excellent condition.

Ointment for Scant Eyebrows. Vaseline, 2 ounces; tincture of cantharides, ½ ounce; oil of lavender, 15 drops; oil of rosemary, 15 drops.
Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often.
This ointment may be used for the eyelashes also. In this case it should be very carefully applied. It will infiame the eyes,

Some Good Beauty Hints for the Face and Hair

Nostrils Too Wide

I have seen your valuable information in the beauty column and have come to you for advice. Can you tell me of a treatment that will reduce wide nostrils? Also, a treatment that will produce heavy eyelashes and eyebrows.

Constantly pinching the nostrils together will tend to make them smaller. To promote the growth of the eyebrows and lashes use the formula for that nurrose so frequently published in these purpose so frequently published in these columns.

Blackheads on Nose and Chin
I wish you would tell me a sure cure for blackheads. My nose and chin are full of little blackheads, and I have tried everything I know of, and hope you will be able to relieve me.

L. G. N. The following treatment has removed blackheads when everything else had

Obstinate Blackheads of the Skin. Ether, 2 ounces; soap liniment, 2 ounces. Rub into the spot affected, and as soon as the mixture burns wash the surface with hot water.

Troubled With Pimples Have read your advice with interest. I being troubled with pimples and red spots on my face. I have started with your Fossati cream cure. You advised one of your readers last week not to use the face brush until the pimples are bealed. What sort of a brush is the face bush, and haw do you use it? I am troubled with eruptons on my back and shoulders, too; am starting to take a blood purifier, as I have been troubled with them for some years. J. M.

The correct face brush is oval in shape and about five inches long. It has white bristles, soft enough not to scratch the delicate surface of the skir.

I recommended the use of a face I rush was troubled with blackheads as well as pimples, for, as a rule, the brush treatment is too heroic for pimples. If you are careful of your diet, take a good blood purifier and continue using the Fossati cream, I think the pimples will disappear. To Cleanse the Skin

I have received many good helps from your column. I come to you for the first time for help. If I am not imposing too much on your good nature, please give me formula for a good, harmless cream for the face. I mean one with almond meal, to use after a good scrub with hot water and brush, to take out dirt that would otherwiss remain; and you will have my everlasting gratitude.

ANXIOUS ERGWN EYES. The following cream is cleansing and

softening: Cleansing Cream. White wax, 2 ounces; spermaceti, 3 ounces; sweet almond oil, 12 ounces; distilled water, 2 ounces; glycerine, 2 ounces; salicylic acid, 90 grains.

Three Oueries Answered

Last summer I had a number of bolls on my neck, and they left scars. Please tell me how to remove these scars and how to fatten a thin neck. Also haw to make the eyelashes grow. Annoying.

Rubbing the scars gently with witch hazel cream several times daily will improve their appearance. To fatten a thin neck, at least once a day bathe it with warm water to open the pores, and then massage with a good skin food. Am giving you formule for an eyelash grower.

eyelash grower.
Witch Hazel Cold Create. One ounce sade of white mar and sper-maceti; one-queries pint of oh of allerada. heated by being immersed some time in boiling water. Very gradually add athree ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

Eyebrow and Eyelash Grower. Cologne, 2½ ounces; glycerine, 1½ ounces; fluid extract of jaborandi, 2 drams.

Agitate ingredients till thoroughly incorporated. Apply to the eyebrows with the brush, and to the lashes with a tiny came!'s-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the cyclide, exercising extreme care that no minutest portion of the lotion touches the eye itself.

Hair Turning Gray I noticed in your paper a physician's comedy or prescription, for terming gray hair to its original color. I have a friend, whose age is about 45 year, whose from hair has turned quite gray, the back hair and any. Will you kindly give prescription armin Also, please state if you know from good authority that it will arrially not injure a peacin's hair of brain. So many of the acvertised remedes will alway the brain if the ust is continued we hardly dare to try remedies given miless from tellable part of I am repeating the formula for phose sician's remedy for restoring grap Make. It is harmless when used according to directions.

To Ratore the Natural Color of ta lair.

A chysicien's prescripton.)

Segar of lead to once; he sulphus, to once, essent or organot to once; sleotol, to fill; glycerine, I ounce; thethe of cathardes to once; armona, to once.

Mix al in one print of soft water appy to the roots of the help, with trust be seen The dee small married approximate the state of the