

How to Prepare for a Sport Which Will Bring Both Joy and

Here is no more beneficial form of exercise than swimming. And in very hot weather, when other forms of exercise are apt to prove overheating, it is a delicious inx water and exercise every much of the body vigorously without looking or feeling unconfortably with exercise, but the knowledge of it from the first country in season and the surely work and the next of another.

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WILL TREAT DISEASES

As I am very stout and flabby for my height, I beg of you to tell me what would be the best exercise for me. As it is impossible for me to go out and walk, and find that hard housework can be of no use, I again beg of you to tell me of something in the line of some exercise that I could do at home. I remember having seen some articles you published some time ago, but have entirely forgot what they were exactly. So, hoping to see this in print, or rather your answer, I remain, as ever.

Therefore the thing the seen the second of ONE WHO ANXIOUSLY WAITS.

If hard housework does not tend to reduce your flesh, I fear exercise alone will not help you, and you had better try dieting. I am giving you a few simple rules in regard to this, which may prove beneficial.

Diet to Beduce Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes etc. Have your bread toasted; sprinkle it with salt instead of butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drank. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps.

To Reduce the Hips

To Reduce the Hips

I have read your answer and advice to inquirus for several weeks, and have come for advice. Kindly tell me in your next issue what I am to do to reduce too large or fai. hips and abdomen? Am in good health, five feet three and a half inches tall, weigh 168. In the formula given-lodide of potassium, 5 grams; vaseline, 5 grams; tincture of benzoin, 20 drops-how is it to be applied, up and down movement? And how often shall I bathe with alcohol? Thanking you in advance, I am GRATEFUL.

The pomade referred to is to be rubbed over the fatty parts in an ordinary way, just az you would apply any lotton. The alcohol may be applied several times a day if agreeable. One of the best exercises for reducing the hips and abdomen is that of standing with the feet together and touching the floor with the finger tips, without bending the knees. Another good one is to lie on your back, flat on the floor, with your feet under some heavy article of furniture, bureau, washstand, etc., and raise your body to a sitting position, without allowing the feet to be moved.

Worked by Dimples and

Worried by Pimples and Dandruff will you kindly advise me? Am 32 years of ege, in average health, but am troubled with pluster breaking out avous ch-1 and on forehead, which, when opened, form a scab and heal to make room for more.

Also, my scalp is not as it ought to be. Have had dandruff for years, the scales extending far down my forehead, and even eyebrows. I frequently shampoo my head with egg, which I find is a relief, but no cure, my head being soon covered with dandruff as before.

The first step toward improving your complexion will be to improve your health. Pimples are the outward indication of some inward disturbance, and until this is righted they will continue to appear. The cream for which I am giving you formula is an excellent healing agent, but it will not prevent the reappearance of the pimples unless the original cause is removed. I am also giving you formula for an excellent remedy for dandruff.

Fossati Cream for Pimples.

Fossati Cream for Pimples. Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of, zinc, 2½ grams; extract of violet, 10 drops.

Apply a very little of the cream to each pimple at night before retiring. Dandruff Cure. Tincture of cantharides; 1 ounce; liquid ammonia, 1 dram; glycerin, ½ ounce; oli of thyme, ½ dram, rosemary oll, ½ dram, Mix all together with six ounces of rosewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

Front Hair Turning Gray Will you kindly send me that formula for a harmless hair dye? My front hair is quite white and the back scarcely turned, and about how much does it cost to have the prescription filled? Also, will you please recommend a good complexion soap and a skin cream, one that is the least "hair-raising"; also, a tonic for dry hair? I would like to buy all but the hair dye made up. Could you recommend me to some place?

I am giving you formulas for hair stain and tonic, as requested. Proprietary articles are not recommended in these columns, but there are many good soaps on the market—white Castile is one of the purest. The orange flower cream is one of the best complexion creams I know of.

To Restore the Natural Color of the Hair.

the Hair. (A physician's prescription.) (A physician's prescription.)
Sugar of lead, ½ ounce; lac sulphur, ½ ounce; essence of bergamot, ½ ounce; alcohol. ½ gill; glycerin, I ounce; tincture of canthardies, ½ ounce; amonia, ½ ownee.
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 the sulphy it that or abrasion of the scalp, The best way to use any girl is capply it to the roots of the hair with a small brush—s toothbrush will answer for the Tonic for Dry Hair.

White wax, 1 ounce; spermaceti, 1 dunce; lanolin, 2 ounces; occanut oil, 2 ounces; orange flower water, 2 ounces; oil of sweet 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.

Please let me have full directions as to use of following, which you published for the benefit of scars;
Lanolin, 2 drams, and ointment of biniodide of mercury, 1 dram.
Your immediate attention will be greatly appreciated by A CONSTANT READER.
This lotion is to be rubbed in thoroughly once a day. Very often results can be got more quickly by frequently massaging the scars with a good cream, in addition to using this lotion.

To Decrease the Bust.

To Reduce the Bust. Bagginess Under the Eyes

Possibly you have not been giving enough massage directly beneath the eyes. I think if you use a good skin food and use the following movements you will soon notice an improvement. Place the finger tips directly beneath the eyes, press gently around the outer corners of the eye. Fifty of these movements should be given each day. If this does not bring the desired improvement, try the astringent lotion for which I am giving you formula.

Astringent Lotion.

Alum, 70 grains: almond milk (thick), 1½ ownces; rosewater, 6 cunces.

Dissolve the slum in the rosewater, then pour gently into the almont milk with the contract of the string.

Bumps on Her Face

In your paper I saw a cure for black-heads witch have and green soap, 2 cunces each. I got this preparation at the drug store. I haven't any blackheads on my face, but a breaking out or bumps under the skin; a great many on my cheeks, especially around my eyes. I am using the above preparation for this trouble I just mentioned. Will you be so kind as to tell me if you think this will help my face, or tell me something else to try? NaNA. I do not think it wise for you to use the green soap preparation, except for blackheads. From your description it appears to me that you are troubled with whiteheads, and I am giving you formula for their removal.

White Heads (Acne Molluscum).

Freckles Spoil Beauty

As I am a constant reader of your beauty column." I ask aid from you. I have a bad complexion. I have freckles the year around, and have had since about three or four years old, and am now sixteen. Please give me, in next week's paper, something to take them away. Also let me know about how long I will have to use it to eradicate them.

"A BEAUTY WITH FRECKLES."
I am giving you formula for a lotton which has proved very successful in removing obstinate freckles.

Obstinate Freckles.

Oxide of sinc. % dram: sublodide of bis-

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Face and Neck Too Thin A Red Nose

A Red Nose

I have been a reader of your "question and answer" department during the last year, and have found some valuable suggestions therein; however, this is the first time I have requested a reply, and would thank you to make me a personal reply. If it is contrary to the rules of conducting your department, kindly let it appear in an early issue of your paper.

What causes my nose to become and remain red while I am in the open air? My digestion is good, get plenty of fresh air and exercise of the body, and have nothing to retard the circulation. Kindly suggest a remedy.

As I have frequently stated, there are so many internal difficulties that may cause a red nose that it is usually necessary to find the origin before advising treatment. You seem to be sure that your trouble is not caused by indigestion or retarded circulation. Possibly some acidity of the stomach is causing it. Massaging the nose will frequently prove most beneficial. The rubbing must be gentle, although given with considerable pressure. Rub with the middle fingers from the tip up the sides of the bridge to between the eyes. Here it should be well manipulated, and likewise at the base of the nostrils. Use the following compound when massaging, first washing the nose in tepid water:

Precipitate of sulphur, 4 grams; pure

anything to cure or help, I shall be very grateful.

The condition of your hair is very unusual, but I think it can soon be improved by proper treatment. Shampoo it thoroughly with the shampoo mixture for which I am giving you formula, and then use the lotion for oily hair daily. Repeat the shampoo once in two weeks, and continue with the lotion until your hair is in a healthy condition.

Shampoo.

Potassium carbonate, I ounce; ammonia water, 1½ ounces; tincture of cantharides, 6 drams; bay rum, 4 ounces; alcohol, 1 ounces; water, 8 ounces.

Dissolve the potassium carbonate in the water, and add the remaining ingredients. Rub well into the roots. Rinse thoroughly in several waters. Then dry carefully.

Lotion for Oily Hair.

Alcohol, 2 ounces; witch hazel, 2 ounces; resorcin, 14 grains. Apply daily, rubbing well into the scalp.

Cheeks Lost Their Color
Won't you be good enough to help a girl of 17, who once had long, thick hair and

Egg Shampoo.

that one wonders how they ever occurred. For instance stance may be cited which most worried herself into headache when she sudde and the unconscious to strained every nerve, brits consciously almost to the nervous tears.

nerve storms is to make or comfortable as possible whe a second is to ignore what have; a third, persistently aside unpleasant recollection take up some vigorous exesting and sing and sing, unidency has fied.

Very often when sewing will sit in a chair two inches

will sit in a chair two inch muscles. Again, the article is defined will be farthest away; instead of being placed wh not fall, is put upon a liftom which it drops at even tunity in the most provoner. Let us, therefore, see comfort and convenience, make anything "ao" if bet obtained.

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Impoverished Bl

HAVE appreciated your adv
ing care of the hair and
have tried several of the
cold cream, finding them very
especially the orange-flower ora
Now, I come to you for advice
is very dry, and as soon as the
comes on my face breaks out in
scale, something like eezema, I
relief in treating it as euch,
sore, and when out in the cole
most to freeze.

Am also in need of a good b
as my blood seems to be impor-

To Straighten a

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