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HE condition of the tissues surrounding the eyes makes much more difference to the appearance of the eyes themselves than is generally realized. Even an unusually clear, bright pair of eyes will lose much of their attractiveness if the skin surrounding them is wrinkled, or if there are puffy bags underneath. derneath.

derneath.

When the skin is young, healthy, firm and elastic, the temporary wrinkles produced by frowning or smiling leave no permanent trace, but when the flesh becomes flabby and the skin loose and non-clastic, the repetition of muscular movements leaves deep furrows rows.

rows.

The puffiness which is seen under the eyes is the despair of many women. Sometimes this is due to some chronic internal trouble, but more

often it is due to a relaxed condition of the skin.

It is easy to determine whether the puffiness under the eyes is due to in-flammation of the lower lid. Pull the lid down, and, if it looks red and in-flamed inside, the chances are that this is the seat of the trouble. This trouble can nearly always be remedied by the application of a mild astringent by means of an event. Salt and waby means of an eyecup. Salt and water make an excellent solution for this, and another good lotion is boric acid of the strength of ten grains to the ounce of distilled water.
In addition to allaying the inflammation, measures should also be taken for restoring tone to the relaxed condition of the skin. Tannic acid will be useful for this—twenty grains to an ounce of glycerine. This may be applied to the baggy skin night and morning by means of a small brush or bit of absorbent cotton.

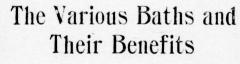
Massage is also most effective for bit of absorbent cotton.

Massage is also most effective for toning up the skin and removing bagginess or puffiness. Use both hands; place the finger tips directly beneath the eyes, press gently around the outer corners and upward, following the contour of the eye.

Besides the massage for the relaxed tissues under the eyes, massaging the eyelids is very beneficial and keeps them from becoming wrinkled and puffy.

This should be gently done by means of the forefinger or middle finger of each hand applied to the corresponding eyeball over the closed lid. Begin at the middle, and gently, with a rotary motion, pass the fingers outward until the middle, and gently, with a rotary motion, pass the fingers outward until the whole lid has been covered. Very little pressure should be given.

If the puffiness stubbornly refuses to disappear after the above treatment, it is most likely occasioned by some constitutional trouble, and it would be wise to consult a physician in regard to the



By Dr. Emma E. Walker

Copyright, 1905, by A. S. Barnes & Co. HE youngest child of a certain peasant's large family, so the story goes, was feeble-minded. The mother, instead of feeling tender toward the little one, kept it out of the buse of the buse of the story of the sto of the house as much as possible, and it was forced to go and sit in the neighbor-Ing peat bogs.
One day the county physician, on go-

ing his rounds, noticed a great improve-ment in the little boy. He asked the mother what she had been doing to her child, and she replied that she did not have time to do anything for him; that she had been sent out-of-doors, and he had been playing in the mud. This gave the doctor a new idea, and from that time, so tradition has it, mud baths have been noted for their medicinal effects.

The Russian is a hot-vapor bath, while the Turkish is a hot-air bath. More perspiration is caused by the latter than by the former. These baths are followed by the cold spray. The object of these baths is to produce profuse perspiration for the removal of impurities through the skin, which is stimulated later by the cold water.

The girl with heart trouble or one The girl with heart trouble, or one who suffers with a full sensation in the head, should never take a Russian bath, nor should she take the Turkish. Neither should those who are not strong indulge often in these baths.

An alcohol rub is frequently given after the Russian or Turkish bath.

Among the peoples of the Northern countries the value of sweating is highly appreciated. A certain French travly appreciated. A certain French traveler, named Paulus, has given a most interesting account of the steam bath that he took in the "Land of the Long Night"

Night."

He describes the bathhouse as being dark, with no light or air except what came in through the door. The room was about fifteen feet long and about ten feet wide. In the centre had been piled up a mass of boulders, which formed a structure like an oven. There were several rows of seats along the walls; these were made from the branches of trees, and were built in tiers like seats at the circus. The native boys brought wood which they put into the oven and ignited. into the oven and ignited. They kept this fire going from morning till afternoon, until the boulders were thoroughly heated through.

Disrobed in Intense Cold Late in the afternoon, when the stones were well heated, two women went in and cleaned the place thoroughly, removing all of the ashes. They brought a big vessel which was filled with water, and placed it near the oven. Slender birth branches were also brought der birch branches were also brought. Finally, the natives told Paulus to prepare for the bath by undressing in his room. It was thirty degrees below zero, but that made little difference to the young Finns.

young Finns.

When the boys were undressed they ran to the bathhouse, quickly closing the door after them. Water was taken from the vessel and dashed over the stones from a large dipper; the steam began to rise; more water was used, until the place looked like the steam room in a Russian bath. Paulus was so much in a Russian bath. Faulus was so much affected by the steam at first that he had to sit on the floor until he became used to breathing the hot air. The perspiration coursed down his body in

streams. streams.

Then the boys fell to switching each other with the birch rods; more steam was raised, and another switching was indulged in, and then they were all ready to go home.

On the way to the house they all rolled in the snow, and Paulus pronounced it a delightful sensation. He was warned not to dress until he had

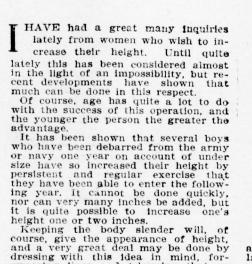
was warned not to dress until he had stopped perspiring, so he walked up and down in his room for more than an hour before putting on his clothes. He declares that he felt like a new man after his experience.

An oil rub after the bath is very refreshing and is beneficial to the skin.

Massage is necessary to knead in the oil,

Massage is necessary to knead in the oil, which should be perfectly sweet. The best quality of olive oil or cocoa butter is excellent for this purpose.

The electric light bath is medicinal, and is arranged so that the electric light rays are thrown either on to the whole surface of the body or a part of it. When the current is turned on, heat and light are produced. These baths are used with great benefit in cases of rheumatism, gout and various joint aftections.



Powder.

Hands in Bad Condition

Will you kindly tell me, when I am buying the ingredients for your creams and
lotions, should the druggist mix them, or
does he simply give me so many ounces
and drams in bottles? I never followed
any of your good advice, though I am
greatly in need of some of your remedies.
My skin is so very dry that my face feels
drawn and lines are appearing, to my sorrow. Yet I have never used any cream,
because of the large amount of down on
my cheeks. Your orange-flower cream,
however, appears to me, for you state so
emphatically that it will not increase the
growth. Can you tell me also what to do
for my hands? They are full of cracks,
not sore or open, but dry lines that hold
every bit of dust that comes in contact
with them. At times the skin is so dry
and hot that it comes off in little pieces.
They are red besides. Mrs, M. D.
Any druggist will prepare the creams

Any druggist will prepare the creams

and lotions for you. To improve the condition of your hands wear cosmetic gloves at night. I am glving you directions for making them. The cream for chapped hands will also be beneficial.

Cream for Chapped Hands.

wax, ¼ ounce; lanolin, 1 ounce; paraffin wax, ¼ ounce; lanolin, 1 ounce; water, 1½ ounces; oil of rose, 3 drops; alcohol, ½ dram.

Meit the paraffin wax, add the petrolatum and lanolin. Stir constantly, beating the water in during the process. Add the oil and alcohol when nearly cold.

To Make Cosmetic Gloves.

Use soft, large leather gloves, three or four sizes too large. Rip them open and spread the insides with one of the following preparations, then sew the ripped seam up. The simplest, and therefore the least trou-blesome, paste to make is this:

think, prove beneficial:

around and cultivating long perpendicular lines.

When exercise is to be the medium of attaining greater height, care must be taken to stretch the muscles, not the organs. Stretch, stretch must be

the slogan, but only so much as can be done without any chance of injury.

To do the work best, a horizontal bar is needed, placed at a height which makes it necessary for a person to stand on tiptoes to reach it. Grasp it firmly with both hands (Figure 1), then, standing on tiptoes, stretch and draw the body up, making sure that every muscle is being brought into play. This should be done for five minutes if possible, with short rests in between if there is a feeling of exhaustion. Next touch the bar with one hand (Fig. 2) and throw the full weight of the body on the foot to correst stretch, doing first one side and then the other for ten times. To stretch the muscles of the lower limbs, position should be taken near a support of some kind. Place the hand firmly on the support, and then put back one leg as far as it will go (Fig. 3). pushing vigorously to exercise all the muscles. Do this first with one foot and then with the other before trying the fourth exercise, which is meant for the upper part of the body. This is done by leaning so far forward that without a support one would lose balance. Make the leaning also a stretching-reach just as far as possible. The woman who wants to grow taller must keep up her physical condition by good, nourishing food, as bodies will not grow without proper nourishment any more than plants or trees.

Mrs. Symes' Formulas for the Care of the Hair and Complexion paint similar to rouge, with the difference in color? I flud when the face burns uncomfortably the powder does not disguise the redness. A SUBSCRIBER. Try the following lotion, which will, I think prove beneficial:

Annoying Pimples

AM a constant reader of your beauty col-AM a constant reader of your beauty columns, and want to ask a few questions
about my complexion. I am bothered all
the time with pimples that form on my chin
and cheeks, and will not go away unless I
open them with a needle; then they leave
a large red spot that will not disappear. I
will be deeply grateful to you if you can tell
me of something to apply externally that
will make these marks disappear. I am 40
years old and mother of two children, but
am anxious to keep looking well for them.
A. K.

To Clear the Complexion Will you please tell me what I can use to give a good clear complexion? At times I have a fine color and again am quite pale. My skin needs something to clear it. Also, tell me if the orange-flower cream is good for a rather flabby skin.

A. K. L. To clear the complexion, rub the face To clear the complexion, rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face. Massage with orange-flower cream will benefit a flabby skin.

Pimples usually indicate some inward disturbance. Try to correct this internal cause and apply the following cream externally: ing cream externally:

Fossati Cream for Pimples. Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zine, 2½ grams; extract of violet, 10 Apply a very little of the cream to each pimple; wait until the pimples are cured before using the face brush, which might irritate them.

Blotches on Face I am an interested reader of your health end beauty hints, and am now using your witch hazel cream. I have a fair complexion, but am so dreadfully annoyed with red blotches all over my face. Have taken medicine off and on, but was not much benefited. When the blotches first appear they are hard, and itch. Sometimes they are more noticeable than others. Can you please recommend something useful for my case. The trouble seems to be just under the skin.

inward disturbance, most likely disor-dered blood or liver; and I advise you to consult a physician who can give you specific treatment. Good Make-Up

Will you please send me the recipe for sultana cream make-up, and also a good skin food? I am a reader of your valuable paper and I have mislaid my recipes, and will be very thankful to you for your kindness.

The blotches you describe indicate an

I am giving you formula for sultana cream. You will find the orange-flower cream, formula for which is frequently ed, an excellent skin food.

Sultana Cream Make-Up.

Sweet almond oil, 4 ounces; white wax, melted, 320 grains; spermaceti, 220 grains; benzoin (finely powdered), 100 grains; tincture of ambergis, 60 grains; rice powder, 220 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 all. Spread it on the face and throat, gently and carefully, rubbing it into the skin, and avoid its getting into the eyebrows or close to the eyes. Powder with any flesh-colored powder or veloutine, applying freely with a puff, and after a little while wipe off with a bit of chamois. This masks as effectually as a plaster of pastes and paints all slight in:perfections of the skin, without having the repulsively artificial look which they give. By artificial light it is imperceptible. Sultana Cream Make-Up.

To Dye the Hair

About the second or third week of Oct.ber, 1905, you printed in your columns two recipes for staining or dyeing gray hair, both advertised as harmless. My paper was mislaid, and have watched the Face Becomes Red

this a second time. Will you kindly print these two as soon as possible, stating the shades produced? Chinese stain; walnut stain. DOROTHY S. stan.

I am giving you formulas for two hair dyes, both of which will stain the hair brown. The Chinese stain to which you refer is for use on the eyebrows

For Whitening the Skin-A Liquid and lashes only. Powder.

Pure oxide of zinc, 1 ounce; glycerine, 1 dram; rosewater, 4 ounces; essence of rose, 15 drops.

Sift the zinc, dissolve it in just enough of the rosewater to cover it, then add the glycerine, next the remainder of the rosewater.

Shake well and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries or it will be streaked. Walnut Stain. Four ounces of wainut skins, beaten to a pulp, to which is added pure alcohol, 15 ounces. Let stand eight days and drain. Then apply as any other dye.

Brown Hair Stain.

Green walnut shells, 2 ounces; alum, 1/4 ounce; pure oil, 4 ounces.
Heat together in a water bath until the water has been completely expelled. Then express, filter and perfume. The stain should be applied to the hair with a small brush.

Eyelashes Thin

Will you please give me a recipe that will make my eyelashes grow? I have very little, thin ones on the upper lids, and hardly any on the lower ones. Also, the ends of my hair are split almost half way up. I used to have very thick hair, but it is so thin now that I cannot Jo anything with it. I dampen the front and do it up every night in rubber curlers. I generally use six. Do you think that will hurt the hair?

The following lotton will promote. The following lotion will promote growth of the eyelashes and brows. Painting them each night with a brush dipped in sweet oil slightly warmed is also excellent. Have the ends of your

hair carefully singed, and use a good tonic on the scalp. Doing the hair up in curlers does not injure it, unless it is pulled tight enough to break the hair. 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 camel's-hair paint brush. The brush must be freed from any drop and passed lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the lotion touches the eye itself.

Hair Gray at 22 Will you please tell me if the "physician's prescription" you give for gray hair would injure the hair in any way, and how often it should be applied? I can't bear the thought of using anything, but, as I am only 22 and my hair is becoming gray, I felt that I really must use something, so I come to you for advice.

M. N.

Cosmetic Glove Paste. come to you for advice. M. N.

The physician's remedy for restoring the color to the hair is perfectly harmless when used as directed. However, I think it unwise for so young a person to resort to coloring the hair by artificial methods. First try getting the scalp and hair in perfect condition by constant and careful attention. It is quite probable that a hair specialist could give you valuable advice in regard to treatment that would retard the Ground barley, the white of an egg, a teaspoonful of glycerine and one ounce of Cosmetic Glove Paste-No. 2. Home-made soft soap, ½ pound; olive oil, 1 gill; mutton tailow, 1 ounce.

After boiling these together, remove them from the fire before adding spirits of wine, 1 gill; ambergris or some other perfume to an amount to suit the taste, always being on your guard not to scent things too highly. gard to treatment that would retard the appearance of gray hair.

Cosmetic Glove Paste-No. 3. Excessive Oiliness of Hair Refined pine tar, I teaspoonful; olive oil, 1 plnt.
Melt in a water bath, scenting with rose-water or some other perfume. This is a preparation which does not spoil.
The following preparation for use with cosmetic gloves is slightly more elaborate:
Myrrh, I ounce; honey, 4 ounces; yellow wax, 2 ounces; rosewater, 6 ounces.
Melt the wax in a water bath and add the myrrh to it while it is hot. After beating them together add the honey and rosewater. Boil all up and add giverine by the teaspoonful until you secure a paste which will spread nicely. Refined pine tar, I teaspoonful; olive oil, I write to you asking for advice concerning my hair. I have light brown hair, but it is very oily, and I would like you to tell me something that would take out some of the oil and to make it fluffy, but nothing harmful. When it is oily, it is very, very dark. I washed it Monday, and by Thursday it was very oily and dark again. I have tried a great many tonics, but without success. Formula for Oily Hair.

Use the following mixture daily, rubbing well into the scalp:
Alcohol, 2 ounces; witch hazel, 2 ounces; resordin, 15 grains. To Remove Superfluous Hair
I have been using a depilatory for hair on
my chin, but am getting discouraged, as I
fall to find it of much bunefit, and have already had two bottles. If you know of a depilatory you think would be better, I wish you would let me know. I would have it done with the electric needle, but as I do not live in a city I do not know where to go to have it done. Could you give many idea of how much it would cost to have it done?

M. R.

Try the following depilatory:

Depilatory. One of the oldest depilatories manufactured, and which has a very large sale, is as follows: Sulphydrate of soda, 100 grains; chalk, Sulphydrate of soda, 100 grains; chalk, 300 grains.

Mix thoroughly and keep dry in well-corked bottles until wanted for use. Take enough to make a paste and add warm vater to it until the proper consistency is secured. Spread over the bairy 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 blade—a paper krife, for example. It should be removed, as in every case with a depilatory, when the burning sensation is produced. Too long contact with the skin should be avoided, and immediately after the hair has been removed the denuded surface should be gently washed with warm water and a cold cream or a bland oil applied to prevent irritation.

Illness Causes Hair to Fall Can I use a hair tonic and hair dyel Would you advise the use of a hair tonic in connection with the physician's prescription to restore the color and make the hair grow out again? I have been very state and my hair has fallen out, and what is left is gray, and as I am only 35, I am very much worried about it and will go according to your advice. My hair is very dry and I cannot keep it in place. It seems to snap and sizzle like when I comb it. Now, what tonic would you advise?

W. W.

You cannot well use a tonic and dy on your hair at the same time. I add vise you to trim the split ends of the hair, shampoo it thoroughly and thet commence treatment with the following

tonic: Quinine Hair Tonic. Sulphate of quinine, I dram; rosewater, 8 ounces; dilute sulphuric acid, 15 minims; rectified spirits, 2 ounces, Mix, then further add: Glycerine, 36 ounce; essence royale ocessence musk, 5 or 6 minims. Agitate until solution is complete. Apply to the roots of the hair every day.

How to Get Cream I am a reader and have been much ine terested in your columns, and if it is not asking too much of you, I would like to consult you about the orange-flower cream. I would like to know where I can get it and about what it will cost. I tried to get it of one druggist, and he said it would cost me more than it was really worth. If you know of any reliable druggist where I can obtain it, would you please send me the name and about the price of it?

Mrs. A. K.

Names of dealers or commercial articles are not given through this department, but I assure you that any reliable druggist will prepare the orange-flower cream for you at a moderate cost.

Protruding Ear

Could you kindly advise me through your column about a matter which is very important to me? I am a girl of 18, and through some neglect of my mother one of my ears protrudes much more than the other. Could you tell me of any way I could make them look more natural, or do you think an operation would be of any benefit? You can do much toward training the rou can do much toward training the protruding ear closer to the head by wearing at night and at convenient times during the day a skeleton cap similar to those worn by small children for this purpose. A strap should be arranged to come directly over the protruding ear

LAMEDA .- Both your questions are unusual ones and most dif-ficult to answer. I advise you to consult a skin specialist in regard to your neck and the peculiar

READER .- A good way to strengthen weak ankles is to rise on the tip-toes fifteen or twenty times in succession several times during the day. V. E .- Try the following lotion for the stubborn wrinkles under your eyes. To fill out your hollow cheeks, rub cocoa butter well into the pores

every night before retiring, letting it remain on all night. Do not use this if there is a tendency to growth of superfluous hair. Lotion for Premature Wrinkles.

Alum, 70 grains; almond milk (thick), 1½ ounces; rosewater, 6 ounces.

Dissolve the alum in the rosewater, then pour gently into the almond milk with constant agitation.

Mrs. R.—To clear your complexion try the milk and sulphur treatment recom-mended to A. K. L. Putting a few drops of benzein in the water you bathe your face in is also beneficial; it whitens the skin and tones it up.

IDA W .- I do not know of any method for reducing the size of the hands, but for reducing the size of the hands, but you can improve their appearance by care. Use a little benzoin in the washing water, and at night apply olive oil or a good cream, rubbing it well in and allowing it to remain over night.

READER.—It your own druggist can-not prepare the Vaucaire Remedy, ask him to give you the name of a reputable druggist in one of the large cities who will prepare it for you.

A. W. R.—Bran bags can be purchased from almost any druggist. But, if you prefer, you can make them yourself. Mix equal parts of powdered oatmeal and bran together, and to a pint add half a cup of powdered soap. To this add about one ounce of powdered orris root. Fill small bags and use in the bath.

M. P.—Excessive perspiration is most annoying. It is often significant of nervousness and a generally depleted physical system. Take a quick bath with tepid or cold salt water every merning. Dust the armpits well powder made of one-half pour

Advice to Many Correspondents

Treating Relaxed Tissues

When the

Lids are

Flabby

pure borax, one ounce of baking soda and one dram of any preferred sachet powder. A very simple powder, most delightful to use after bathing, and one which will do away entirely with excessive perspiration, is made of combining one ounce of boric acid, two ounces of precipitated chalk and seven ounces of powdered talcum. After bathing the armpits with warm water and castile soap, dry and dust well with the powder.

RUDDY NOSE.—A red nose calls for careful general hygiene. Wear warm clothing, take a quick bath every morning and keep out of doors as much as you can. No tight collars, snug corsets or choking sleeves for the ciri with a criman pass Analy girl with a crimson nose. Apply the girl with a crimson nose. Apply this ointment every night to the flamboyant part of your face: One dram of powdered sulphur, two and one-half drams of powdered starch, one and one-half ounces of ointment of zinc oxide, three drops of oil of rose.

A. M. H .- I cannot tell you the pro A. M. H.—I cannot tell you the proportions of ingredients necessary for the hair tonic you mention, as I have not heard of it before. The astringent lotion will not curdle when properly companded.

Mrs. J. J. P .- Try rubbing a little vaseline well into the scalp every night, and shampoo once & week during this treatment, using the egg shampoo.

Egg Shampoo-Dandruff Cure. Yolk of one egg, one pint hot rain water, spirit of rosemary, one ounce. Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse with several clear waters.

Tender Skin Freckles May I ask one question? I have a rather tender skin and freckle easily. Will peroxide of hydrogen remove freckles? I have been told that it would by a young lady who has a fine complexion.

R. E. K. Peroxide of hydrogen will sometimes remove freckles. The following lotion is also excellent for this purpose:

Lemon and Glycerine Lotion. (For Light Freckles and Sunburn).
C!tric acid (lemon), 3 drams; hot water, il ounces; borax, 2 drams; red rose petais, i ounce; giveerine, 1 ounce.
Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a jelly bag after twenty-four hours, decant the clear portion and add the giverine, by as often as agreeable.

swearing lines and trimming that go