

Must Match Your Hair Exactly

Of course, the finger puffs can be made from combings of your own hair if the combings are in good shape and if you have a skilful manufacturer of hair goods in your own neighborhood. Oth-erwise it is well to buy your puffs ready made.

The Henna Stain for Light Hair

I have light-brown hair, with golden glints. It is quite auburn near the ends, and I am anxious that the rest of my hair should have the same tint. I do not wish to dye it, but wondered if a little henna, put into my shampoo, would give the desired result. I do not wish the change to be no-ticeable, and wish to know if you think it would take the golden lights from my hair. Can you advise me? Can you advise me? I am greatly troubled with excessive perspiration of the face. If I become slight-ly overheated, the perspiration rolls like tears down my face. I have used various-lotions and powders, but without success, and am seeking your advice, which. I have heard, is very helpful. I think it will have to be a remedy of extreme strength, as it is certainly an extreme case. Also, could you tell me of exercises to de-velop the forearm? Is there anyting which may be used to brighten the eyes, something that is absolutely harmless? D. L. Henna may be annied in several Herna may be applied in several ways, but the easlest and simplest method for the amateur is to use a tea made of the leaves. It is a vegetable stain, quite harmless, and produces an attractive reddish tint. Getting Kid of Dandruff I have been bothered with dandruff for oute a number of years, and have tried a lot of remedies, with no success. My hair is also very dry. I wish you would please sug-gest a remedy for the dandruff. J. H. K. Rub a little crude yellow vaseline well into the roots of the hairs, just moist-ening the tips of the fingers with it, and taking care that it does not get down into the hair itself. That should loosen the dandruff so that it will brush or comb away readily. Don't resort to heroic measures when it has been loos-ened-by that I mean don't try to scrape it away with the comb; you are sure to irritate the scalp-skin more if you do. Shampoo once a week with the egg

value, but have such a dislike to - anything artificial that I conclu-c and ask you if it is a success e is anything else that would I r before using this—having it tr instances

ny hair before using this merced or oran ed, for instance? I have also cut out the recipe for oran flower cream. My skin is all right and a nice during summer, but as soon as the weather comes the pores seem to close. face becomes ticky. like dry eczema, sometimes little pimples come around chin, but the latter seem to be from stomach. During winter I dread to was face, as water seems to make it wors am a little inclined to have hair easily on face and neck. I notic peroxide of hydrogen will remove it perfectly harmless, and sho mixed with water?

it perfectly narmiess, and should it be mixed with water? M. P. The physician's prescription to re-store the natural color of the hair should never be applied if there is any irritation or abrasion of the scalp. It needs renewing if the new hair in making its appearance comes in the wrong tht. But, as the cause of your hair gray-ing seems to be the condition of the scalp, why not do your best to re-move that cause before resorting to more heroic measures? Dally mas-sage, constant brushing and frequent shampooing are all of great benefit in such cases, frequently bringing about even greater results than you dared hope. And use this lotion: Lotion for Dry Hair. Lotion for Dry Hair. Lotion for Dry Hair. Glycerine, I ounce; eau de cologne, ½ pint; liquid anmonia, 1 dram; oli of origanum. ½ origani, oli of rosemary. ½ dram; tincture of cantharides, I ounce. Briskly agitate for ten minutes; then add camphor julep. ½ pint, and again mix well and stir. A few drops of essence of musk or other perfume can be added. The condition of your skin in win-ter is evidently a matter of your gen-eral health. Get as much fresh air as possible every day, regulate your diet strictly and be most particular about your bathing. Cleanse your face every night with a soap-that will prevent any danger of the cream's stimulating a growth of thatr, although it is not a hair-producer. producer.

dread to see it getting so gray. only wash it once a month, to see will help, and I rub vaseline in it washing it. I am determined, if j not to use a hair dye, and write t the physician's prescription for hair to its natural color is perfectl. less and will not injure the hair way, and if it is to be used every t hair is washed? I have cut the re-of the near but have such a dislike

made. Go to a reliable hair dealer and see to it that the puff matches your hair exactly. Single puffs are convenient, as they can be adjusted to suit the indi-vidual taste, but one of the best coif-feurs in the country recommends the chignon puff as being the most satis-factory all around. This is made on a little wire frame with four or five puffs, which can be dressed daily. Women who are blessed with curly hair by nature should never cease to

Women who are blessed with curly hair by nature should never cease to give thanks for it, and since curls are desirable, whether natural or artificial, buy your finger puffs of curly hair. If your pompadour is prone to fall flat or droop into ugly lines, the finger puffs (more especially the ones made from curly hair) can be ruffled up and pinned under the hair as pompadour plumpers. They are lighter, more comfortable and give a far prettier and more graceful effect than any of the numerous "rats" of wire or hair that have been used for the purpose. Women who are blessed with curly hair by nature should never cease to give thanks for it, and since curls are desirable, whether natural or artificial, buy your finger puffs of curly hair. If your pompadour is prone to fall flat or droop into ugly lines, the finger puffs (more especially the ones made from curly hair) can be ruffled up and pinned under the hair as pompadour plumpers. They are lighter, more comfortable and give a far prettier and more graceful effect than any of the numerous "rais" of wire or hair that have been used for the purpose. For an indoor colffure the finger puffs may be pinned almost anywhere that suits the fancy of the wearer. They must be pinned securely, of course, and now there are shown tiny bunches of curls-five or less in a bunch-which are pinned on top of the head to give a finishing touch to an elaborate arrange-ment. When the finger puffs are to be used for their primary purpose-the filling out of ugly gaps that are revealed by a

narrow hat-pln your hat on first, then take a hand-mirror and study your de-ficiencies carefully. When you have reached, a decision, pin the puffs in place

Finger Puffs Fill

the Gap

Narrow Hats Bring Out Voly Lines

# Mrs. Henry Symes' Advice to Correspondents

AM troubled very much with oily, damp hair. Will you kindly state full particu-lars for using the lotion which has re-celved so much praise with all the readers? Do you wash the hair before applying the out, or do you just let it dry in the hair? Would you kindly give me the recipe of a cream for the skin-something harmeless? I don't mean a skin food, but something to which it. I would profer a flest it. GERTRUDE.

Here is a copy of the formula to which you refer:

## Lotion for Oily, Damp Hair.

Lotion for Oily, Damp Hair. If used daily, it tends to produce a crispy condition and an auburn shade. Powdered bicarbonate of soda, borate of soda (also powdered). ¥ ounce of each; eau de cologne. I fluid ounce; alcohol. 2 fluid ounce; tincture of cochineal. ½ fluid ounce; distilled water. Is ounces. Mix and agitate until solution is complete. Shampooing the hair once a week is the best sort of treatment for the oily, damp condition of which you complain. The lotion may be used daily, without reference to the times of washing the hair. Here is a good shampoo mixture reference to the times of washing the hair. Here is a good shampoo mixture for your case:

#### Shampoo for Oily Hair.

Yolk of one egg, one pint of hot rain wa-ter, spirit of rosemary, I ounce. Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse with several clear waters.

I think this make-up cream is what you mean:

# Sultana Cream Make-Up.

Sultana Cream Make-Up. Sweet almond oil, 4 ounces; white war, melted. 320 grains; spermacetl, 320 grains; benzoin (finely powdered), 100 grains; thre-ture of ambergris, 60 grains; rice powder, 320 grains; pure carmine. 15 grains. Blend the fats in the misde recep-tacle of a custard boller; add benzoin while they are heating, the rice pow-der and carmine while cooling, and the 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 system or close to the eyes. Powder with any flesh-col-

ored powder or veloutine, applying freely with a puff, and after a while wipe off with a bit of chamois. This masks and effectually as a plaster of pastes and paints all slight imperfections of the skin without having the repulsively ar-tificial look which they give. By arti-ficial light it is imperceptible.

# Superfluous Hair

Superfluous Hair I am troubled with a growth of hair around my upper lip. I have used peroxide and as my skin is very while, it shows more than it did before I used it. I would like than it did before I used it. I would like than it did before I used it. I would like than it did before I used it. I would like than it did before I used it. I would like than it did before I used it. I would like than it did before I used it. I would like that the hair white instead of yellow. The in connection with the peroxide that would have this effect? Of course, I would not like to use anything that would make the hair grow heavier. Can you tell me how to be fore I see any improvement and peroxide the bore I see any improvement of the bore MOLLINE C. D.

Baimonia remove the hair in time? MOLLIE C. D. Mollie C. D. To the set of peroxide of hydro-merceptible tint. Wash the skin with a week solution of ammonia and water, the pour a little of the peroxide into a succer and apply to the face with a bece of soft lines. The ammonia way remove the hair in the, but the only thoroughly satisfac-tory and permanent method of ridding yourself of it is by electrolysis of as already resonated to the bleach so before it will probably not be long before it will probably not be long

Puffed Under the Eyes

Will you kindly give me your advice? Am 45 years old: my eyes underneath are puffed and wrinkled; my face is quite thin. Mrs. W. A. W. thin. Mrs. W. A. W. Careful massage with a good face cream will do much to help eradicate the wrinkles by feeding the tissues of the skin and gradually plumping it out.

# Skin Food.

White wax, 1 ounce: spermaceti, 1 ounce; lanolin, 1 ounces; cocoanut oil, 2 ounces;

nge-flower water, 2 ounces; oil of sweet onds, 4 ounces; tincture of behzoin, 30 Adding the first five ingredients together. Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoln, and last-ly orange-flower water. ly orange-flower water. Apply the massage daily, rubbing into the skin all of the cream it will take up and leave it on for a few minutes after you have finished massaging. Then wipe off every particle of the ex-cess cream with a soft old towel, en-tirely ridding the face of the greasy look.

look. For the puffiness under the eyes try this: For Puffiness Under the Eyes.

The C. R. W.-Get a cake of bichloride of and cut it into halves and shave one half into fine bits. Dissolve it in boiling water. You may set the mixture on the stove over a gentle heat if you choose. You should have water to form a jelly-tike mixture when cold. To use, first water when cold. To use, first water, then rub the soap mixture particle of the scalp is thoroughly sat-water with the scalp is thoroughly sat-water with the scalp is thoroughly sat-water with the seap mixture. Give the head a good shampoo with this mix-ture and rinse several times. The result will be successful.

Dry Skin and Pimples will be very thankful if you will tell b how I can set rid of red pimples ider the skin, and my skin is very dry. M. R. P.

Pimples under the skin and a dry

not to trouble with the digestive or-gans. Regulate your diet carefully, eating sparingly-or, better, not at all-of greasy foods and sweets, and freely of greas foods and fruits, stewed or raw,

Exercise regularly; a good brisk walk daily is as good a form as any, if you take it as exercise and bend your ener-gies toward walking well, instead of lounging along, as many women do, mis-takenly believing that any gait and car-rlage is "walking." Get plenty of skeep and plenty of fresh air, and massage your face with this cream:

Lanolin, 24 ounces: spermaceti, 34 ounce; white vaseline, 25 ounces: cocoanut oil, 2 ounces; sweet almond oil, 2 ounces; tincture of benzoin, 34 dram. Melt the first five ingredients together; beat until the mass concretes, adding the benzoin, drop by drop, during this process. Extract of violet or any perfume may be added if agreeable.

Wrinkles About the Mouth

I am writing for a person 32 years old, who has deep wrinkles about the mouth. I want to inguire if the skin could be cut about the ears and drawn back and sewed, so as to pull the flesh back and leave no wrinkles. Would not mind the scars by the ears, as the hair might cover them. G. A. G.

C A. G. G A. G. I should hesitate very much to resort to the surgeon's knife for a matter of this sort-at any rate, until I had tried every other possible means. Massage done by a professional often works wonders in the way of eradicating wrinkles, and even if you feel you can-not afford to take a course of treat-ment, it would pay you to take one or two lessons by way of learning the method to pursue yourself. Here is a good pomade to use after massaging, and I am giving you for-mula for a lotion as well. Hardening Pomade.

Hardening Pomade.

(An astringent.) Oll of sweet almonds. 200 grams; white wax, 100 grams; rosewater, 50 grams; tinc-ture of benzoin, 50 grams; pulverized tannin, 25 grams. This pomade should not be used as a use-sage cream, but should be applied after massage to restore shrunken or flabby ,kin.

Lotion for Premature Wrinkles. Alum, 70 grains; almond milk (thick), 1%

Massage Cream.

edy.

noticed.

tly) pinching them into shape between the fingers. I am afraid the electric needle is the only thing that will destroy the hair which spoils the shape of your eye-brows. You yourself can remove it with tweezers, but the process is pain-ful, affords only temporary relief after all and must be repeated whenever the difficulty manifests itself again.

# It Should Not Produce Hair

It Should Not Produce Hair The second second

#### Henna Hair Stain.

Take one cunce of henna leaves, steep in a pint of bolling water for twenty minutes. Let stand until it gets cold. Strain the liquid. Apply to the roots of the hair by the aid of a small sponge.

aid of a small sponge. Then, with an ordinary hair brush, distribute the henna through the hair. Care must be taken to spread the stain evenly, or the coiffure next day will be covered with a succession of reddish streaks. A thorough drying, either in the sun, or by heat, concludes the tinting proc-ess.

Excessive perspiration usually indi-

Excessive perspiration usually indi-cates a nervous or run-down condition, and, in such instances, a tonic should be taken to build up the system. For external use, use freely a group ow-der, which will tend to prevent over-secretion of the sweat glands. Bathing with cologne and water, or alcohol and water, in equal parts, is also helpful. A set of exercises, which are partic-ularly beneficial in developing the fore-arm, will appear soon, if they have not already appeared by the time your let-ter goes to press.

# Formula for Walnut Hair Stain

I have read inquiries about the walnut hair stain, but have never seen the re-cipe, which probably was given when I was away from home, as I travel much of the time. M. E. A. I am very glad to repeat the formula for you:

Walnut Stain for the Hair.

Four ounces of walnut skins beaten to a pulp, to which is added pure alconol, 16 curces. Let stand eight days and strain. Before using any dye, the hair should be freed from grease by a thorough shampoo. The dye should be applied to the hair by means of a toothbrush, and occasionally combing with a new comb; contact with the scalp should be avoided.

# For Thin, Oily Hair

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## Dreads Gray Hair

My hair is getting very gray, and the cause seems to be from its being too dry. I had a very nice shade of auburn hair, and

#### Concerning Hair Stains

Mrs. A. M. K.-Either of the stains is good. If your hair is naturally rather oily, I should use the walnut stain. Your druggist should have no difficul-ty in filling either prescription.

# Restoring Bleached Hair.

C. E. S.-There is but one successful way to restore the original color of the hair when it has once been bleached, or hair when it has once been bleached, or the color tampered with in any way, and that is, to have a reliable hairdresser apply a stain. I should not advise you to experiment with a stain yourself, un-der the circumstances you quote.

## Dandruff in the Eyebrows

Danaruff in the Lychrows Would you be so kind as to give me remedy for dandruff in the evelows? Meyebrows are very thin, and having appli-olive oil, it did a little good in the way is increasing their thickness, but left patcher of dandruff. I sometimes wash them with castile scap, borax and warm water, but be lotion seems fruitless. Would you be so very kind as to give me a harmless remeiv? It read melted vaseline and almond oil thick-ens them, but do not like to use it, as t would promote an abundant supply if dandruff. The second and the second second

dandum. A PERT JUNE BUD The formula to remove dandruff, published recently in these columns, is a very good one for your case. Take care not to get any of it in your eyes. Vaseline—the crude yellow kind— may be rubbed into them at night, the loosened flakes of dandruff gently scraped away in the morning and the eyebrows regularly shampooed with hot water and soap. The oils properly applied do not they do make it more apparent by freeing the dead cuticle from the living.

# It May be Omitted

Mrs. H. V. B.-It is perfectly safe to omit the tincture of cochineal in the lotion for oily, damp hair. I should nod advise the substitution of anything fa its place, however.

# Take No Medicine Without Doctor's Advice

Mrs. J. M. B.—I should not advise you in your present state of health to take any medicines without con-sulting with your own physician. .....

my eyebrows. ANXIOUS. Massage applied in rather a hard way will help you to reduce the size of your lips, but the habit of holding the mouth firmly closed will do even more to harden the muscles and counteract the tendency of the lower lip to hang a triffe until it seems very full. The brushing you give your eyebrows probably stimulates their growth. Try training them by frequently (and gen-tly) pinching them into shape between the fingers.

I have used many of your prescriptions with satisfactory results. Could you advise me what to use to reduce the size of my lips? They are very thick, the lower one in particular. I would also Jike to find something to make my eyebrows even and thinner. I try to train them by brushing, but they are getting broader and coarser every day: in-clined to grow with a peak upward. I don't want to resort to the electric method for my eyebrows. Massage applied is not a back and

Pinning the Puffs in Place.

ounces; rosewater, 6 ounces. Dissolve the alum in the rosewater; then pour gently into the almond milk, with con-stant agitation. Apply with a soft linen cloth every night before retiring.

Getting Rid of Dandruff

Shampoo once a week with the egg shampoo published elsewhere in these columns. In addition, I am giving you formula for an excellent dandruff rem-

To Remove Dandruff.

Tincture of canthraides, 1 ounce; liquid ammonia, 1 dram; glycerine, ½ otnce; oil of thyme, ½ dram; rosemary oil, ½ dram. Mix all together with gix ounces of rosewater. Rub the scalp thoroughly with this prepara-tion until no further evidence of dandruff is noticed.

Lips Too Full