



N THE DAYS when our grandmothers were young, beauty specialists with fountains of youth in the way of skin creams and lotions were not common, and yet most of us have ard that grandmother's skin was soft and rosy when she was a girl, and we have also seen with our own eyes many a grandmother of today whose skin was as fresh and smooth as that of her daugnter, in fact more

It was my good fortune to meet one of these dear old ladies very recently -she was 62 years old, although when looking at the clear eyes and fresh, well-preserved skin it was hard to believe it.

"How did you do it?" I gained courage to ask, thinking I might find out about some wonderful cream or lotion that would be an eternal boon to myself and others. Imagine my surprise when she told me that she had never applied any manufactured cosmetic or cream of any kind to her skin, but had always used the simplest of beau-tifiers, which nature provides, and which are within the reach of every woman, rich or poor.

TOOK A SIMPLE REMEDY

Twice a year at least, usually in the spring and fall, she got her blood and

spring and fall, she got her blood and general system in order by taking some simple remedy.

At the first rising of the sap in the trees, and before the first attack of spring fever overtakes you, take a course of sassafras tea. If you live in the country, you can go out and get it yourself; and if not, you can usually find a street peddler with bunches of sassafras bark for sale. Steep it in bolling water just as you would make any other tea, and for about a week or ten days drink copiously of this.

Another spring beautifier to be taken internally is the old-fashioned sulphur and molasses. Not very pleasant to take? Oh, no! But think how it will brighten your eyes and clear up your complexyour eyes and clear up your complexion. Mix it in the proportion of half a cup of sulphur to one of molasses, and take a tablespoonful three times a day for three days; then stop for three days. And so on until you have taken it nine

mixture of sulphur and buttermilk mxture of sulphur and buttermilk Buttermilk was another old-fashioned beautifier upon which our grandmothers relied. They used it generously at the first appearance of spring weather, when the sun's rays were hot enough to bring freckles and sunburn in their train.

BUTTERMILK FOR THE SKIN

There is probably no better emollient for the skin than buttermilk, and it leaves the skin soft and white, with a fresh sweet odor, superior to any manufactured perfume. If you sunburn and tan and are inclined to freckle, the buttermilk acts as a bleach. It also stimuates the pores and acts as a corrective for most of the minor imperfections to which the skin is prone. It should, however, never be applied to the face with a massage movement, but with smart little pats, until every portion of the face has been covered; and let it dry on the skin, as it will leave no trace of oiliness. It may be used generously on the neck and arms, which should be bathed first. Dry the skin by patting (not rubbing) with a soft towel, and a delicious feeling of softness will follow.

11 your sam appears sallow in the spring, try another old-time remedy—danderion tea. This seems to act directly on the liver, and will make sallowness and pimples soon disappear. Make a tea of the roots and leaves, and take it for about two weeks at a time.

There are many more of these simple beautifiers, and in the pursuit of health and beauty I advise you to look up some old ladies of your acquaintance, who can no doubt impart some very useful knowledge on the subject.



How to Take Care of the Nose and Ears

By Dr. Emma E. Walker.

the Arms

Copyright, 1905, by A. S. Barnes & Co. HE mouth forms an important part of the expression of the face. The muscles of the mouth are, like those of the rest of the mouth are, like those of the rest of the body, molded by habit. The habit of amiability and contentment gives to the mouth its greatest charm. No artificial tint ever added beauty to this feature. Like all other artifices, it can always be detected, and makes the face coarse. It also makes the mouth appear broader, and injures the texture of the lips. ture of the lips.

The bad habit that so many girls have of biting their lips to make them red thickens them and dries them so that they become chapped and colorless and lose their deficate

A DAINTY CREAM

The formula for a dainty cream to use on dry and cracked is: Almond oil, one-eighth pound; white wax, one-half ounce; spermacett, one-half ounce; oil of almonds, bitter, one-be applied whenever the hips require Nothing adds more to the beauty of

Their good ongition has much to do with the state of the general nealth, for without thorough martication of lood perfect health is impossible. The care of the teeth should begin with the first set.
The teeth should be examined not less than twice a year by a competent

dentist.
They should be washed with lukewarm water before breaklast, after each meal a d before retiring. There are so many excellent dentifices that it is hard to decide which is best. It it is hard to decide which is best. It is a good plan to ask your dentists advice, as he is well acquainted with the particular character of your teeth. Precipitated chalk is always good, and may be rubbed about the gums ofter eating anything acid and also before retiring. It will relieve the sentitiveness of the teeth which is so common at the margis of the gums.

An antiseptic is also indispensable. It helps to preserve the teeth and also keeps the breath sweet. Peroxide of hydrogen is a good antiseptic mouth wash. It also bleaches yellow teeth and whitens them. Dilute alcohol is a refreshing antiseptic for the mouth. Powdered pumice stone used once in a while is excellent for removing stains. An extremely important item in the care of the teeth is the use of dental floss always after eating. This, together with a soft orange wood or

ticle of food from the teeth.
Use a brush with bristles that are
neither too stiff hor too sort, and brush
the teeth on all sides, the miside as
well as the outside, and do not neglect the hat crowns of the back teeth, the hat crowns of the back teeth, for there are many crevices there where look may louge. The brush is also use-ful in stimulating the circulation of the gums, but it needs gentle handling. It is better to brush the teeth downward from the gums than crossing asolic the A mouthful of milk of magnesia taken every hight before reciring, allowing it to penetrate into every mook and cramny of the mouth, will correct any tendency to acidity and prevent the decay which comes from chemical decomposition position.

A noted medical writer advises an occasional cleaning of the teeth with common sait. The gums should also be rub-bed. Do not allow tartar to accumulate upon the teeth, as its effects are disastrous.

Diet has an important bearing on the

Diet has an important bearing on the condition of the teeth. If gluten flour were substituted for the fine white flour in common use, dentists would fare badly. Coarse breads might well replace the ordinary white bread of daily use.

Lime water—a tablespoonful in a glass of milk or water—contributes to the strength of the teeth.

Avoid exposing the teeth to extremes of temperature. Very hot and very coid substances have a tendency to crack the cnamel.

A very good and simple formula for tooth powder is made up of equal parts tooth powder is made up of equal parts of precipitated chalk and powdered or-ris root. To this may be added any flav-oring essence that may be desired.

TO PROTECT THE TEETH

Medicines that injure the toth are the liquid prepara ons of iron and the mineral acids. Such medicines should always be taken through a glass tube. It is well, especially in the morning. to gently wipe off the tongue with a damp cloth or soft 'ooth brush, as the cavity of the mouth harbors many mi-cropes and impurities.
It is a great trial to a girl to realize that her breath is unpleasant. It is, perhaps, a greater trial to others, when they realize the fact and she doesn't. In health the breath is nearly odorless, but there is a slight sweet odor about

dency to cause this disturbance. There are certain local causes for his affliction—affections of the this affliction—affections of the mouth, nose, throat and lungs.

Mouth-breathers, whose nostrils are not well open, often suffer om bad Sometimes this troub'e exists when

no cause can be found for it. REMOVE THE CAUSE

In treating it, the cause must first be discovered, if possible, and re-moved. If the gums are spongy or removed. If the gams are spong, of receding, a tooth wash containing myrm is helpful. The best care should be taken of the teeth. If the stomach is at fault, aside from special treatment, a bit of charcoal may be taken soon after meals. An excellent mouth-wash is: Thymol, seven and a hair grains, borax, lifteen grains; distinct water, one pint. The mouth is to be rinsed frequently with this solution. tion.
Did you ever stop to think how you breathe? Do you know that as a rule we are actually too lazy to breathe properly Well, we are, and so we do much to impair the beauty of both torm and figure.
Have you not often noticed the ugly mouth-breather? This hapit of breathing through the mouth is unattractive enough in children, but even more so enough in children, but even more so in giris.

Nose breathing and deep breathing are most important and magleal aids to health and beauty. There is a little volume enutled "Shut Your Mouth and Save Your Life." Rather startling, isn't it? But it is true, as startling things often are.

"Breathe through your nose, and keep your hearing till you die."

The deformity of the whole face resulting from habitual mouth breathing can be prevented by appropriate medical care in childhood.

Nasai breathing is the best preventive of colds in the head (the nose strains out the bacteria from the air).

Deep nose breathing cannot be too been nose breathing cannot be too often practiced when in the open air, and the purer and clearer the air the deeper you should breathe. Try this once, and it will really become a pleasant pastime, and its results will soon become apparent in your soon become apparent in your straighter shoulders, better developed chest, clearer skin and sweeter breath.

FOR WHOOPING COUGH the skin margin around the nostrils.

Offensive breath is merely a symptom, however extreme it may be.

Perhaps the most frequent cause of an impure breath is dyspepsia, either gastric or intestinal. The hurry, worry and excitement characteristic of this age are greatly to blame for this condition.

Overwork, sedentary habits and the

sized rug of quiet design, one or two pictures of which she was very fond, a couple of chairs, a few books containing helpful thoughts and a pair of dumbbells. She denied herself to all callers, and did not even see the members of her family.
Upon arising she drank a glass of pure water—she drank ten glass of pure water—she drank ten glasses during the day—then practiced deep breathing for five minutes. For ten minutes she worked with the dumbbells. She next took a cold sponge bath, rubbing the flesh briskly with a Turkish towel until it was warm and glowing. If reaction did not come quickly, she used rough mittens.

She then dressed quickly and went for an early morning walk, while the day was fresh. Thou her return she

day was fresh. Upon her return sho ate a light breakfast, always starting it with either orange or grape juice. The greater part of the morning was The greater part of the morning was spent in reading, or doing some very light hand sewing that would not overtax either mind or body.

Whenever possible she s.t so the sunshine poured in on her, frequently letting her hair fall loosely so that its rays could penetrate to the scalp. At noon she ate a simple meal, limited to three articles of food, none of which was rich or greasy.

The afternoon was quietly spent, with another brisk walk, even though the weather was stormy.

The evening meal was always simple.

After a short time spent in reading, a little time was devoted to scalp mas-

Plenty of Fruit Juices

sage. Then the hair was carefully brushed and comfortably arranged for the night. So that the skin should be kept fresh and soft-looking, a good facial cream was applied; and by that time she was ready for a good night's time she was ready for a good night serst.

Of course, there were moments of discouragement, but she was a resolute little body, and tried to let no troubles of body or mind intrude. At the end of a few weeks she was like a new being; friends and family were no more denied her society, and she took a happy, normal interest in life.

She still keeps her room, and will tell you with a laughing face that at the you with a laughing face that at the first sign of the old nervous, restless, worn-out feeling she expects to flee to this well-tried 1 iend.

Possibly if more women would adopt the state of the state this simple method of regaining lost health and beauty, the number of hag-

gard, nervous - looking countenances which are now seen would diminish. TO RELIEVE PAIN

FOR severe stomachache wring a square of house named out of boiling water, fold into a soft pad, lightly sprinkle a small teaspoonful of turpentine over it, and apply as hot as possible. This is also excellent treatment for chest colds.

Beauty Hints to Correspondents by Mrs. Henry Symes

To Remove Wrinkles The you not singly publish in your help-ful commin again the correct way to mas-use the lace while using you, orange trouble, give the photographs showing the correct way? This information will not only help me, but possibly others also. If you will kindly do this, you will greatly help AN ANXIOUS READER. The best general movements for massaging the face are with the tips of the

ingers, outward and upward. If the treatment is for increasing the flesh, let the movements be gentle and soothing; for reducing flesh nrm, hard treatment Wants White Hands

Wants White Hands

Will you kindly tell me a remedy for red hands? My hands are cold most of the thine, but when I do get them warm they still remain red. When I hold them down they get very red. I have been using a good cold cleam on them at night; have used mutton tallow also; but it doesn't seem to do them any cood. I will appreciate it very much it you will give me a remedy, as I am so anxious to have white hands.

The redness of the hands you describe indicates some disturbance of the circulation. For instance, if the clothing is tight in any one place the hands usually become red. Even tight garters might cause this annoyance. The following cream has proved most effective in cases where the redness is not from internal causes. internal causes.

To Whiten the Hands. Lanolin, 160 grams; paraitin (liquid), 25 grams; extract of vanilia, 10 drops; oil of rose, 1 drop.

Mix and apply when necessary.

Hair Too Oily I wish you would help me in regard to my hair. I haven't had any dandruff; but unless I wash my hair every week it gets so oily and stringy I can't make any pompadours. In the front it is so thin you can almost count the hairs. I would like something to make it grow thick, and comething to make it dry and fuffy. My

Try the following lotion, which will, I think, improve the condition of your hair.

Formula for Oily Hair.

Use the following mixture daily, rubbing wen into the scarp:
Alcohol, 2 ounces; witch hazel, 2 ounces;
resorcin, 15 grains. To Cure Pimples

I would like a remedy for pimples and blackheads. Will you give me a recipe for Fossati cream? I clipped it, but have lost my clipping. One of your readers in the paper speaks of another remedy for blackheads. Please give me that also.

B. E. W. Lotion for Blackheads.

Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potassa, 15 ounce. Apply at night, after washing the face thoroughly with soap and water.

Fossati Gream 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 little of the cream to each pimple, wait until the pimples are cured before using the face brush, which might trritate them.

How to Make Cream How to Make Cream

Have nide several attempts to make your orange flower cream, but each time my cream was a failure, on the ingredients separated. Will you kindly explain why, and give me directions just how to prepare the cream? Is the greasy effect owing to the fact of material not being properly mixed? Being a constant reader of your columns, and this, being my first inquiry. I hope to receive a early reply.

If you follow the directions for mixing the cream given below, I do not think you will have any further difficulty. culty.

Orange Flower Cream. White wax, 1 ounce; spermacett, 1 ounce; lanolin, 2 ounces; coor Liut ell, 2 ounces; crange flower water, 2 ounces; oll of sweet drops.

Melt the 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.

Remedy Removes Dandruff I found your lotion to remove danguist very good. Will you please send me the formula for reducing the bust; also can you tell me how to reduce a prominent abdomen? What can I do to keep from getting so stout? Some years ago my weight was 135 pounds; now I weigh 190. I am 5 feet 6 inches tall.

I am giving you the formula requested A very good exercise to reduce the ed. A very good exercise to reduce the size of abdomen and hips is to make the movements you would take in running movements you would take in running briskly, standing on one spot. Keep this up for about twenty-five counts the first trial and gradually transcent.

trial, and gradually increase the number. This is excellent for the digestive organs and liver.

Pomade to Reduce Fat. lodide of potassium, 8 grams; vaseline, 50 grams; lanolin, 50 grams; tincture of bengrams; landin, to grams; tincture of ben-zoin, to drops.

Make into a pomade and rub all over the fat parts twice a day, You should abstain from food that is es-pecially fat-forming—cereais, potatoes, corn, peas, beans etc. You should also avoid sweets of all kinds.

Red Knuckles

I have very large and red knuckles, and as the rest of my hand is very white, they show so very plain. Can you give me any remedy for this?

Massage your fingers with the following skin food, starting at the tips of the fingers and working backward toward the wrist. Enlarged knuckle joints frequently indicate rheumatic or gouty tendencies, and, if they do not disappear, I advise you to consult a physician, who can probably give you an internal remedy.

Skin Food for the Hands.

Skin Food for the Hands. Cocos butter, i ounce; oil of sweet almonds, 1 ounce; oxide of zinc, 1 dram; borax, 1 dram; oil of bergamot, 6 drops.

Heat the cocoa butter and oil of airwonds in a bainmarie, and when thoroughly blended add the zine and borax; stir as it cools and add the oil of bergamot fast.

Carelessness in Use of Peroxide I used the peroxide of hydrogen you recommended for bleaching the skin, but some of it got on some of my hair and has turned it red. Please tell me something that will turn hair back to natural color. I shall look anxiously for it in next week's paper. You did not recommend the peroxide to me, but some one else; but, as I needed such a remedy, I used it. Please do this for me.

M. O. Y.

Very sorry I cannot help you. I do not know of anything that will bring the color back to hair on which peroxide has been used, and the only way, is to have patience and walt for it to grow out naturally. Care should be taken in using peroxide as a face bleach not to get it on the hair, eyebrows or eyelashes.

Massage Makes Hair Grow Massage Makes Hatt Grow

I have presumed that your formulas for
etopping the railing of the hair are
equally good for gentlemen? I have been
rubbing the scalp for three months past to
increase the circulation, and a growth of
fine hair has appeared. But it is a question whether or not this rubbing will not
always be pulling out hair enough to more
than offset the increased growth which it
causes. If I can keep the young hair
growing by some means and prevent a further falling out, a full growth would in
time be restored. If it is not advisable to
continue the rubbing, perhaps you can advise an alternative, and a good one.

H. C. P.

If the new hair has appeared your

If the new hair has appeared your greatest difficulty has been overcome, and I do not think you need a tonic to stimulate the growth. Very gentle massage will not cause the hair to come out, it will only keep up the circulation and make the scalp healthy. Continue it in moderation, and about once a week rub a little vaseline well into the