



ERY few persons understand the proper care and treatment of the hair, even in this day, when so many details in regard to it are frequently published. This lack of knowledge and consequent carelessness is the cause of many of the cases of premature grayness, falling hair and diseases of the scalp. A healthy scalp means healthy hair, and therefore great care should be taken to keep it in a perfectly healthy condition if a vigorous growth of hair is to be obtained.

Neglect of the scalp and hair is fatal to health and beauty. Women are gradually awakening to the fact that the hair must be exercised; that it must be brushed and fed, and when sickly and starved it must be doctored, in the same manner as other members of the body. In the same manner as other members of the body.

No other part of the human body is tions, more in need of external nour-ishment or more responsive to proper care. Give your hair proper care, and it will never die.

USEFULLNESS OF MASSAGE

One of the surest ways of stimulating the scalp and keeping up the amount of circulation it needs is scalp massage. Even ten minutes daily devoted to this simple exercise would save many a case of falling hair and premature grayness. Loosen the hair and part it in the middle.

Loosen the hair and part it in the middle.

Place the hands on either side of the part with fingers a little separated, press gently and firmly into the scalp, at the same time pushing the fingers forward and making wheel-like movements.

Don't forget that the object is to loosen up the tight scalp. Nine times out of ten the person afflicted with falling or diseased hair is found to be what is called scalp-bound.

Where the scalp is in a healthy condition dry massage only is necessary, but if through neglect the scalp has become diseased, if "t is afflicted with dandruff or is too dr, or too olly, it is more beneficial to apply a suitable tonic when giving massage.

enemies of the hair, and one of the most neglected, is dandruff. It may arise from sluggish circulation, improper care of the scalp, mental strain and many other causes, but it is perfectly

many other causes, but it is perfectly curable if properly treated.

If the legions afflicted with dandruff could only be brought to realize the dangers arising from it, I am sure there would be a smaller percentage of poor hair, faded hair and bald heads. As soon as it begins to appear take steps to rout it.

The combination of scalp massage with a good dandruff remedy and frequent pecially as dust and other impurities are very apt to collect in it. The periods between washings must be regulated by the necessities of the case and by com-

method of drying

CLIPPING AND COMBING

the necessities of the case and by common sense.

As a general rule, the hair should not be washed oftener than once in two or three weeks. However, I know of cases where once a week seems not to do any harm, but rather to keep the hair in good condition. The effect of shampooing must be carefully watched and the condition of the hair be taken into consideration in order to decide this point. Oily hair, of course, needs more frequent attention than dry hair.

A good method in general is as follows: Dissolve any good soap in water until it is soft enough to be rubbed into the scalp with the finger-tips, care being taken to avoid scratching with the nails. Enough hot water is added to make a good lather. A few drops of ammonia may be used in the water, especially if the hair be oily. More than this is apt to crack the hair. Or a teaspoonful of borax may be added to the first basin of water.

After thoroughly washing the hair and scalp, rinse thoroughly. Several waters should be used until the last one is personnel with the fingers or a brush. I believe that it is within every womash, and the suddenly allowing it to expand. By running this comb through the hair lose to the head and pressing the bulb the find is forced directly on the scalp. It is a much simpler process than rubbing tould be used until the last one is personnel in the fingers or a brush. I believe that it is within every womash, and the suddenly allowing it to expand. By running this comb through the hair lose to the head and pressing the bulb the find its forced directly on the scalp, the hair of the hair one of the hair one felected is keeping the ends of the hair of splitting should be used in the starp in reperled in the starp in the care and beautifying of the hair. One of the newest is a scalp sprayer for applying tonic or perfume. This looks very much like a currycomb with nickel teeth, attached to a rubber bulb such as is seen on an atomizer. The teeth are hollow and are filled with tonic by compressing the bulb and then suddenly allowing i

Be sure to rinse · thoroughty

ADVICE TO BEAUTY SEEKERS

Cocoa Butter on the Face Kindly let me hear through the paper whether cocoa butter or lanolin produces hair if used on the face. E. D. T.

Cocoa butter or lanolin, if used continuously on the face, will probably promote growth of superfluous hair. Either of them may be used as one of the ingredients in a face cream without harmful results; that is, if used in sufficiently small proportion.

Nose Red and Coarse I noticed in your columns the article lackheads. I have been in the habit squeezing mine out, as a result of which the pores of my nose are very large, and it seems to have become kind of nobby or round on the end, and it looks very coarse and red. Is there any remedy? RAG.

Try using the lotion for enlarged pores on your nose. Lotion for Enlarged Pores.

Boric acid, 1 dram; distilled witch hazel, tounces. Apply with a piece of old linen or a bit of absorbent cotton. Cleanse the skin thoroughly before applying.

singeing is

To Enlarge the Legs and Arms

As massage will both add to and reduce nesh, how can one be sure that applying it to hips and abdomen will lessen it, as de-

Anxious to Keep Young

I would like your advice in regard to my complexion. I am a very thin, little woman of 40, and—well, I need your help in more than my complexion. I am going to try Dr. Vaucaire's remedy for the bust; and which is the better, porter or ale, for quick results?

results?

I have two lines running from the nose to the corners of the mouth. Should they be massaged up or with downward strokes, and how many?

My complexion, or skin, is discolored

will please let me know as soon as possible I will begin your treatment immediately.

I am quite in sympathy with your wish to keep yourself young and attractive looking for the sake of your husband and children. I am giving you the formula for Dr. Vaucaire's remedy.

As you will see, he advises the use of malt in connection with it. I scarcely think you will find it necessary to take a tonic while using the remedy and malt, as they both act as a tonic to the general system. For the wrinkles running from nostrils to chin, try the following massage movements, using a good skin food. Take one side at a time.

Thrust the tongue under the line so as to hold it firmly up in contact with the cushion of the hand. Smooth the line with this cushion just as you would smooth a wrinkle out of a piece of silk or satth—gently, but firmly, and with many movements—and then squeeze and twist the muscles gently all around it in such a direction as will tend to fill up the crease, but do not bruise the flesh. Massage will also be good for the skin of your face and neck, and I am giving you formula for a good bleach for your neck. Go in for hygienic living—drink quantities of water, be careful to eat wholesome food, take some form of exercise and get plenty of fresh air.

Dr. Vaucaire's Remedy for the Bust.

Bleach for the Neck.

Will you kindly give me advice as to the treatment of coarse pores and black-heads (pimple sappear very seldom). Fleshworms in the nose are large, and pressure leaves an opening which does not close. The complexion brush and pure soap are used nightly, but seem to be of no avail, and coid creams clog the pores rather than benefit.

I am giving you formula for a lotion which has proved most successful in the treatment of obstinate blackheads, also see answer to "Rag" for formula for lotion for enlarged pores.

Lotion for Blackheads.

If the beneficences of sunshine were more generally understood and appreciated, every house owner would have somewhere about the house a solarium or sun room. The ancient Romans knew the value of sunshine and always had solariums attached to the house or formeing part of it.

MRS. SYMES AND HER CORRESPONDENTS' QUESTIONS

Roughness of Skin on Arms Roughness of Skin on Arms

I am an interested reader of your column,
and noticing how many are benefited by
your advice, I decided to ask you to help
me also. Every winter, for many years
past—in fact, ever since I can remember—
I have been troubled with a roughness of
the skin on my limbs and upper part of
arms. It appears like small red pimples,
and comes only in winter. In summer the
skin is as smooth and white as marble.
What puzzles me is that it affects only
these parts, while the rest of my body is
exceptionally free from blemishes. I notice
my little daughter of 10 years is also beginning the same way.

I think the roughness on your arms
and limbs is the result of improper circulation of the blood, probably due to
the extremely cold weather. I advise
you to rub the affected parts briskly
with a flesh brush night and morning,
and then rub in a softening cream. I
feel sure this will correct the trouble.

Simple Remedy

Am very much interested in your recipes and advice. Will you kindly tell me through your column what will remove superfluous hair from the face, as I have a heavy growth on my upper lip? Would be glad if something could be done at home for it. Hoping you can tell me something to do, from an ANXIOUS ONE.

Wash the skin of the affected parts with a weak solution of ammonia and water, then put a little peroxide of hydrogen in a saucer and apply with a soft linen cloth. If this does not prove beneficial, you might try one of the depilatories frequently published in this department. I know of no other home treatment. If you can afford the services of an expert, electrolysis is a safe and permanent cure.

Annoying Pimples and Blotches

Will you please give me a little advice. My face is entirely too fat and puffy-looking. Also my pores are filled with sebaceous matter. I keep pressing them out, but it is a very hard matter for me to keep free from blackheads. Green soap, and even some real mild lotions, act like poison on my face. It causes it to burn and break out in large blotches, also to puff out more. What caused this first I believe was the use of a very strong dintment, which I used for a small patch of acne on either them. It was not become a supplied to a small patch of acne on either them. It was not become a supplied to some different mental to the supplied to the supplied to some different mental to the supplied to the sup

your columns.

I. think you can improve your complexion by being careful of your diet. Abstain from rich food, pork in every form, hot breads and sweets. Do not drink coffee or tea, but a great deal of water, especially between meals. Live principally on fresh or stewed fruit and green vegotables. Water cresses, spinach, lettuce, etc., are particularly good. Get. plenty st. fresh air and take some

light exercise. Wash your face once a day with pure soap and water, and at night before retiring apply the lotion for which I am giving you formula.

Wash for Delicate Skin.

Boracic acid, 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces.

Hips Too Large I am a regular reader of your helpful hints to subscribers of your column, and thought you might give me some advice as to the following rev anxious to reduce my hips, which are too large, considering the other portions of my body. I have been doing the exercise prescribed by many physical culturists, "stiffening the knees and bending down as far as possible," but this seems to increase my hips. Do you think this probable? I am a great walker.

Any information offered will be much appreciated.

I know of no exercise better than the

preciated.

I know of no exercise better than tone you mention for the reduction of the hips. Continue with that, and make frequent applications of clear alcohol. Be careful not to eat flesh-producing foods. Permanent Cure for Superfluous

Hair Kindly inform me through your column if superfluous hair can be permanently removed. If so, how?

Superfluous hair may be permanently removed by the electric needle. Be sure to have it done by an experienced person.

Harmless Dye

I have prefited by a good many of your recipes, but this is the first time I have written for your advice. I am 40 years old. My hair was coal black, but now it is sprinkled with gray. Can it be restored to its natural color without the use of dyea? If not, please send me a recipe that will not injure the hair or sealp. MRS. C. L.

I know of no method of restoring gray hair to its natural color except by staining it. The stain for which I am giving you formula has proved most successful in many cases.

Dye for Hair.

Pyrogalic acid. 4 ounce; distilled water (hot). 14 ounces. Dissolve, and when the solution has cooled add gradually rectified spirit, 4 filled ounce.

The above is full strength, and will make the hair almost black. Diluted with water, it will stain the hair from dark to light brown.

Dyes should never be applied when there

Dyes should never be applied when there is any irritation or abrasion of the scalp.

Skin on Face Drawn Some time ago, I used a very strong medicine on my face by mistake. Since then my skin is very dry; the skin on my cheeks is drawn.

Could you suggest anything to soften it? I have used different things on it, but it does no good. It seems as if the skin could not absorb it; in the morning it is as dry as ever.

Before using this I had nice, soft skin;

now it is dry and drawn. Around my eyes I have wrinkles; before using it I did not have the great of a second of the large that have the great of the large that the large that it is used to be a second of the large that it is used to be a second of the large that I do not perspire any since using it. I will be deeply grateful to you for answering this.

I think it quite possible that the strong medicine used on your face may have affected the oil glands. However, the skin can, no doubt, be brought to its natural condition by proper treatment. The cream for which I am giving you formula has proved beneficial in similar cases. Try massaging the skin with it twice a day—just before retiring is a good time, and then it is well to allow the cream to remain on overnight.

Witch Hazel Cold Cream.

One ounce of white wax and spermaceti; one-quarter pint of oil of almonds.

Melt: pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until the mixtural is formed, and atterward until the mixture in particularly useful to heal sore or stretched ekin.

Correct Sitting Position I have been taking the paper for some time and enjoy your page more than the other pages altogether. I wanted to ask you if you would be so kind as to picture the correct position at table of body when eating. Should the hands rest on table or in lap when not using? Should feet be crossed, or how? The osteopathr doctor tells me my back is stiff—will not bend back or forward—and I am using your movements given a few weeks ago to try to limber it up. I believe it will in time. That is the reason I have no comfort eating my meals, I suppose.

Lost Formula I saw in your beauty column some-time ago a remedy for reducing flesh, which I have cut out and misiald. Will you kindly publish it again? I repeat the formula with pleasure. Pomade to Reduce Fat. fodide of potassium, 3 grams; vaseline, 50 grams; lanolin, 50 grams; tincture of benzoin, 20 drops.

Make into a pomade and rub all over the fat paris twice a day.

You should abstain from food that is expecially fat-forming—cereals, potatoes, corn, peas, beans, etc. You should also avoid sweets of all kinds.

to scars that come from cold blisters? I think I must have scalded my face with ammonia for I used it on the cold blisters, to take them away. They are very annoying; the dirt seems to settle in the scalced skin. The skin is always very rough. Hoping to get advice in the paper, I remain, A NEW MEMBER.

I am giving you formula for a lotion which has proved very successful in the removal of scars. In addition to its use, massage them frequently vith the witch hazel cream, formula for which is given to-day in answer to "Bessie S."

To Remove Sears. Lanolin, 3 drams; ointment of biniodide of mercury, 1 drams Rub in well once a

Eruption on Face. Eruption on FaceWill you kindly think of what you can do
for my face? There are little red and
white blotches, sometimes they go away
but hely do not stay long. I have tried
everything for a clear complexion. Thinking you would help me, it would be a great
benefit to me, and I thank you in advance.

E. P.
There is usually an inward cause for
eruptions such as you describe. Generuly they are due to some form of
digestive trouble. The salve for which
I am giving you formula is very soothing and healing, but I think constitutional treatment will be necessary to
effect a permanent cure.

Cream for Pimples. Cream for Pimples.
Salicylic acid, 10 grams; calomel; 1 dram; lard, 1 ounce.

Impatient for Results I got the prescription filled you had in the paper, to develop the bust, but it did not make any difference. Would you advise make any difference. Would you develop the state of the state

Commercial Addresses Not Given In reading your advice in the beauty column, I see you recommend the physician's remedy for restoring gay flair to its natural color, but you did not state where to purchase it. Will you kindly tell me, through the paper, where I can obtain it. M. M. Commercial addresses are not given in this department, but any reliable druggist will fill the formula for physician's remedy at a moderate cost.

To Whiten the Hands aweets of all kinds.

Annoying Scar.

Will you please give me advice is regard

This is the first time that I have written you, but I am quite interested in the care of the hands, and in a recent issue I noticed an article on this subject; but I must be very stupid, because I confess that I do not vulte understand.

How to Apply Hair Stain Some hair dyes, I notice, we are told to apply with finetooth comb, combing through and through, or with small brush. Should think, in either case, if dye reaches the entire hair the scalp would be discolored, or are there some dyes which do not color the skin, yet do the hair?

Can the hair be shampooed after using dye, without affecting the dye?

Please accept much gratitude for the many "helps" different members of our family have received through your untiring efforts, and believe me, very sincerely yours.

Hair stain should always be first applied to the roots of the hair with a small brush: a clean toothbrush will answer the purpose. Next, with an ordinary brush distribute the stain evenly through the hair. If a small quantity gets on the scalp it can be carefully removed with soap and water, but the hair always requires an application of the stain after a shampoo.

Chickenpox Left Scars I have a dittle girl just 1 year old who had the chickenook about three weeks ago. It has left her with four scars on her face. Would you kindly let me know it anything could be done to remove them? MRS. G. J. F. I do not think you need worry about the scars on your little girl's face, as the scars left by chickenpox generally disappear gradually, or at least fade until they are scarcely noticeable. Rubbing frequently with a good cold cream will no doubt help them to disappear more rapidly. See also formula for a lotion to remove scars in answer to "A New Member."

To Remove Scars.

Lanolin, 2 drams; ontiment of biniodide arm. Rub is well once a

Dr. Vaucaire's Remedy for the Bust

Take fresh strained cucumber juice, boil it for five minutes, and for every five ounces of juice add:

Pulverized borax, 175 grams,
Acetate of soda, 90 grams,
Tincture of quillaja, 2% ounces.
Tincture of bensoin, 4 drams,
Rosewater, 1 pint.
Mix thoroughly and apply two or three times a day until the stain is removed. Treatment of Blackheads

Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potassa, 3 ounce.

Apply at night, after washing the face thoroughly with soap and water.

As massage will both add to and reduce flesh, how can one be sure that applying it to hips and abdomen will lessen it, as desired?

I have profited several times by your advice, but this is the first time I have written. My arms and legs are very small, and I would like to do something to enlarge them before summer, and as I work all day and am very tired at night, would not have much time for exercise. However, could give some short time to this. Is there nothing I could apply? I also have a stiff leader on the left side of my neck, and it protrudes out somewhat. Is there any remedy? Thanking you in advance, I am yours.

One of the easiest and simplest exercises to develop shapely legs is to rise on the tip-toes frequently. This develops the calf and keeps the ankle small. You can practice walking on tip-toes in your room while dressing. Since receipt of your letter I have written an exhaustive article on how to improve the arms, and you will find it contains all the information you need in this respect.

Give the stiff leader in your neck a hand rubbing every night with witch hazel or some good liniment. Old-fashioned soap liniment is excellent.

It is no doubt puzzling to be told "to increase fiesh take massage," and again, "to reduce fiesh take massage," and again, "to reduce fiesh take massage," and again, "to reduce fiesh take massage," and again, the will help to strengthen and build up the muscles and tissues. A sick Room Hint.

In a recent case of illness in whice a trained nurse was employed, the pleasant air of the sick room was noticeable. When commented on, the nurse explained how it was managed. A few pieces of brown paper had been soaked in saltpetre water and allowed to dry. When occasion required, a piece of this was laid in a tin pan kept for the purpose (the coal scuttle would do), a handful of dried lavender flowers laid when it, and a match applied. The aroma was particularly refreshing and agreeable. Another suggestion in the same line applies to the use of lavender in another form. A few drops of oil of lavender poured into a glass of very how water will purify the air of a room almost instantly.

Third Session of First Legi

your legislation of last sess established on a basis which present requirements.

You will, I am sure, be pleasen that plans for the new-tive and departmental build practically completed and erection of these buildings proceeded with at an early construction of a number wildings is under way. clude court houses at Saska Battleford, and Land Titles-Battleford, Yorkton and Contracts have also been en to for the erection of a p gaol at Moosomin and the tion of a court house at Mo These, and a number of oth institutions, are urgently ne when completed will do muc sist in the administration and public affairs through province.

The commission appointe quire into the question of organisation has completed and its report will be laid b A series of bills to remodel cipal institutions of the pro been prepared and will be d mitted to you.

A number of measures before you for considerati ongst which will be Bills rel elections, for increasing the tation in the Legislative A to provide for the free distri text books, to amend and co the laws relating to liquor and a Bill respecting the c tion of the general laws of vince.

A statement of receipts an ditures of the past year and timates of the current year submitted to you at an ear and you will find that the e of expenditure have been with due regard to economy requirements of the country. I now leave you for the c tion of the business of the and trust that under Almigh ance your labors will resul-welfare of the people whom

resent. After the administrator the speaker read the announce the election of Hon. A. Tur Prince Albert city. Mr. Tur then introduced to the Spe Premier Scott and Hon. J. der, after which he seat. Mr. Donaldson for P bert was also introduced Haultain and Mr. Gillis and seat amid applause.

The other usual first day ties were then gone through The votes and proceedings be printed this year,

FRIDAY, APRIL 3 Purely formal proceeding

gone through in the Hous Messrs. Langley and J. T. The session only lasted a utes during which the standi mittees were announced. Mr. Turgeon gave notice

bills, and Mr. Haultain ga of several questions and mo be taken up on Monday. The standing committees follows:

Standing orders - Scott, Gillis, Sutherland, Brown Sheppard, Langley and Wel Privileges and Election Bole, Haultain, Stewart, Mc Sanderson, Brown, Calder Turgeon, Champagne, Ellis

Private Bills and Railwa erland, Scott, Haultain, E Turgeon, Brown, Garry, Ch Elliott, Stewart, Donalds Sheppard.

Public Accounts and Print Scott, Elliott, Sheppard, E tain, Turgeon, Calder, Gi aldson, Neeley, Bole and G Agriculture-Langley, Elli Stewart, Motherwell, Wy Calder, Argue, Sheppare Donaldson and Grant. Law Amendments -

Langley,, Haultain, Brown, Motherwell, Argue, Neel and Sutherland. Education and Library-C Elliott, Calder, Wellingto Grant, Argue, Wylie, Bole,

derson. MONDAY, APRIL

The feature of today's se the consideration of the His Honor, the Administra address in reply was moved Bole, Regina, and seconded Garry of Yorkton. Neith speakers seemed to have tering remarks to apply to ernment as might be exp fact in very few particulars government commended. bers struck out off their and this is considered by tion as a lack of that sup fidence in the ability of th C tration which followers of government usually havef MR. BOLE in his opening

> referred to the changes taken place since the la He welcomed the premier renewed strength for his v House. He congratulated torney general and made to the member for Prince trict having taken his House. He outlined the led up to the 'distributi grain, gave the figures to much had been distributed to show that the price