

MRS. SYMES' ADVICE TO HEALTH AND BEAUTY SEEKERS

Wants Hair a Shade Darker i hope you will have time to read and auswer my letter. My hair is so very light. Would like to know of something that will make it a shade or two darker. I see you recommend the Physician's Remedy a good deal. Will you kindly let me know where to get it and how to use it, and if it will make the hair very dark? If so, should not care to use it. I should be so grateful if you will advise me what to get.

Mrs. H. L. N.

which will cause every woman to re-

I am giving you formula for pyrogallic stain for the hair, which, I think, will produce the results you wish. Dye for Hair.

Pyrogallic acid, ¼ ounce; distilled water (hot), 1½ ounces. Disselve, and when the solution has cooled add gradually rectified spirit, ½ fluid 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. brown.

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

Inquiry About Formula

Reading the paper recently, I found a cure for undeveloped busts, in which you recommend Dr. Vaucaire's remedy. I am greatly in need of something of the kind, and intend to have the formula filled out. But I wanted to ask you if it would hurt to take it in connection with any other medicine. And also wanted to know whether it was to be taken internally or to be applied. Is this the correct recipe: Liquid extract of galega (goatsrue), 10 grains; lacto phosphate of lime, 10 grains; tincture of fennel, 10 grains; simple syrup, 400 grains. of fennel, 10 grains; simple syrup, 400 grains.

Do you think anything applied will do any harm? I am always afraid of cancers or tumors. There are lumps in my breasts. Can you give me any information as to what will remove them? I thought that if I applied some cream of some sort and gently kneaded them they would soften up. My busts are not developed much; I wish they were. I wish you to, of course, answer this by letter, as I do not wish it to appear in the paper.

Mrs. J. R. the paper. Mrs. J. R.

It will do no harm to take the Vaucaire remedy while taking other medicine. Gentle massage with a good skin food will also aid greatly in developing the bust. If the lumps in your breast that you describe do not soon disappear, I advise you to consult a reliable physician on the subject. The formula you have is correct.

Dislikes Gray Hair

Have just had the prescription for Dr. Vaucaire's remedy for the bust filled, and will you please tell me whether it is permanent? I have used oxyn balm, which guardantees to produce a pretty bust in a short time. So it does; but you have to keep on with it all the time, or it soon goes back to its old condition. Do you mean for us to have the prescription refilled, or is once sufficient? Will you please publish prescription for "fliy white" for face, or any other remedy that is not injurious and that will bleach the skin? Also, physician's remedy for hair? My hair is a chestnut brown, and has a few gray hairs in front, which I do not like. Am 35 years old.

It is usually necessary to take sev-It is usually necessary to take several bottles of the Vaucaire remedy before results are noticeable. After the development once takes place it is not necessary to continue taking the rem-

cdy.
The "Lily-White Skin" is a liquid powder, not a bleach. Peroxide of hy-

drogen is a simple bleach for the skin. Directions for its use are frequently published in this department. I am giving you formula for Physician's Remedy, as requested. To Restore the Natural Color of

When the hair is dressed high only

one net is necessary. It should be one

of the invisible sort and match the hair perfectly in color. Fasten it as low down on the neck as possible with a tiny crimped hairpin, or a small bar-rette, if preferable. Then draw it up

the Hair. (A physician's prescription.)
Sugar of lead, ½ ounce; lac sulphur, ½
ounce; essence of bergamot, ½ ounce; alcohol, ½ gill; glycerin, 1 ounce; inacture of
cantharides, ½ ounce; ammonia, ½ ounce.
Mirallian property of the contraction of the cantharides, 12 ounce; ammonia, 14 ounce.

Mix all in one pint of soft water. Apply
to the roots of the hair, which must be clean. The dye should never be applied if there is any irritation or abrasion of the scalp.

The best way to use any stain is to apply it to the roots of the hair with a small brush—a toothbrush will answer for the purpose.

Large Double Chin

I have had the pomade for reducing the bust made. Can I use it on the face, as I have a large double chin and very fat face? Will you give me a recipe for cold cream—something that will not fatten the face?

The pomade for reducing the bust can be used on the face without intrinsic it. be used on the face without injuring it. I am giving you a recipe for a good cold cream. This will not fatten the face unless you rub it into the pores. Witch Hazel Cold Cream.

One ounce each 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 an emulsion is formed, and afterward until the mixture is nearly cold.

Too Fat

I am a new reader of your paper and ask of you some good advice to reduce the bust. I have very large and solid busts, so large that they hang down and are always falling over the top of my corset and breaking them down. I am very stout all over, especially stomach and hips, Age, 40 years. Please print the pomade to reduce the bust. I will be very thankful for a recipe. And also have very fine wrinkles alongside of my ears, in my face and one or two long, deep wrinkles from ear to mouth, along my jaw. What is good for them?

A PATIENT NEW READER.

I am giving you a set of rules for re-I am giving you a set of rules for reducing the flesh, in which you will find valuable information. In addition to using the pomade to reduce the bust, try making frequent applications of clear pleonol. Massage with a good skin food will remove with the control of the control

will remove wrinkles from your face. The proper movements are frequently published in this department. Pomade to Reduce the Bust.

Iodide of potassium, 3 grams; vaselin, 50 grams; lanolin, 50 grams; tincture of benzoin, 20 drops. Make into a pomade and rub all over the fat parts twice a day. Rules for the Reduction of Flesh. Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted, sprinkle it with salt instead of butter. Milk, I regret to say, if it be pure and good, is fat, ening. Sk, mmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a little of the juice of limes or lemons to it, if you choose, Limit your sleeping hours to seven

at the outside. No naps. You must take at the outside. No naps. You must take exercise.

If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical massage is given. Several of my correspondents report excellent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not expensive. In reducing fiesh the one fact to recollect is that fat is carbon — oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise, the more oxygen and consequent destruction of fat by the one healthful method of curing obesity.

The more starch and sugar you eat, the more carbon to burn away.

loosely, taking care to eatch all stray

locks, and fasten it securely under the knot of hair at the top. One more pin rightly placed is all that is needed for

absolute security and neatness.

Premature Grayness

I am quite young, and my hair is turning gray. Will you be kind enough to publish in next week's paper the Physician's Remedy of which "M. D." speaks? Would like to know also the eyelash grower which "Friend", found so splendid. A. J. N. You will find the Physician's Remedy given in answer to another correspondent. Am giving you the formula for eyeldshi grower.

Eyebrow and Eyelash Grower. Gologne, 2½ ounces; glycerin, 1½ ounces; fluid extract of jaberandi, 2 drams.

Agrate ingredients till thoroughly incorporated. Apply to the eyebrows with the brush and to the lashes with a tiny camer's hair fagint brush. The brush must be freed from any drep and passed lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the lotion touches the eye itself.

Thick Eyebrows I read in your paper some time ago of something to grow eyelashes and make the eyebrows thick. Will you please publish it?

— See answer to "A. J. N."

To Promote the Growth of Eyelashes

Will you kindly publish in next week's paper a recipe for eyelash grower? Will you also please tell me how to use it, and how often? Will you please tell me how to use belladonna? If just a little of this is used, could it result in blindness? or is it harmless? How much do you buy?

W. S. P. You will find formula for evelash grower elsewhere in this department. I cannot advise you as to the use of bella-

How to Use Henna Stain Will you please publish in the paper the henna stain recipe and how to use it? My hair is auburn, and each side of my head my hair is getting gray. From what I have seen in your column the henna stain would suit the color of my hair, don't you think so? I read your part of the paper every week with pleasure, but have never asked any questions before. Mrs. J. T. M. Henna may be applied in several ways, but the simplest and easiest method for the amateur is to use a tea made.

ciudes the process. A thorough sham-pooing of the hair sheuld precede each application of the stain.

With the hair dressed low at the nape of the neck two nets may be used to better advantage. After the pompadour has been perfected, arrange one

net over it and fasten the ends securely

Auburn Hair Turns Gray Will you please tell me where I can get the henna stain, how to use it and what does it cost per package or bottle? My hair is tunning gray rapidly. The original color is turning gray rapidly. The original color is auburn.

If it is a recipe or prescription, please give me the address of a drug store where I can get it filled.

Do you make the "orange flower cream" for sale? I am a new subscriber on account of your page. I shall take it regularly hereafter. I have had only the last two numbers, so, of course, I did not get your henna recipe. I dislike to trouble you, but I shall be very thankful and grateful for the recipe. You will find directions for use of henna stain given in answer to another correspondent in this department.
You can have the formula fcr orange-flower cream filled by any druggist. Commercial addresses and rates are

not given in this department. Red Hair Changed to Auburn Would you kindly advise me what to do for red hair. I have a little girl just 1 year old who has red hair. She is a most beautiful child; has big black eyes; but I would like you to give me a recipe to make her hair an auburn red. I do not want to bleach or dye her hair. I want something that I can wash her hair with. I want you to prescribe something that won't hurt her, as I have to wash her hair every day, and please let me know how to use it.

BEULAH GERTRUDE.

I think your child's hair will turn I think your child's hair will turn darker as she grows older, and I advise you not to try to change its natural color. Washing the hair every day is very bad for it, and I advise you not to shampoo it oftener than once a week.

Ankles Too Large Would you kindly advise me how to reduce fleshy ankles? I have tried any amount of exercise, but without any effect.

Also, what would you think correct weight for a young girl 5 feet 9 inches tall?

VIOLA. Raising vourself on your toes frequently will tend to reduce the size of your ankles. One hundred and thirty pounds is a good average weight for a person 5 feet 9 inches tall.

Bad Complexion

Would like to know what to do for not complexion. It looks dried up and muddy and little pimples break out, and then it appears chapped-like and litches. I don't use cream, as I have a tendency to superfluous hair.

Muddy complexion and pimples usually indicate liver disturbance. The only effectual way to make them disappear is by getting one's self in a good physical condition. I am giving you formula for an ointment which will help the pimples, but constitutional treatment is what you need most.

Fossati Cream for Pimples. Lanolin, 3 grams; sweet almond oil, 5 trams; sulphur precipitate, 5 grams; oxde of zinc, 2½ grams; extract of violet, 10 trans ide of zinc, 2½ grams; extract of violet, 10 drops.

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.

To Keep the Hands Soft Some time ago I read a recipe in your paper for chapped hands. It contained glycerin, lemon juice and carbolic acid, but I have forgotten the proportions. Will you kindly repeat it? Thanking you in advance, I remain, yours truly, STELLA.

before coiling the back hair. After the

back hair is dressed, cover it with another net, taking great care to fasten the ends well under the coil. This fastening of the ends securely is the

Lotion to Whiten and Soften Hands. Put into a bottle two ounces of glycerin, two ounces of water, four tablespoonfuls of two ounces of water, four tablesponding of lemon juice and a few drops of carbolic acid. Shake well. After washing and dry-ing the hands, rub a little of this mixture into them. Treatment for Whiteheads

Treatment for Whiteheads

I am a constant reader of your beauty talks, and it occurred to me to-day to ask your help in a skin trouble I have. My skin is very oily naturally, and, though I am past 40, I have no wrinkles and always have a good, bright color, and enjoy good health. My trouble is small white spots that come on and at the sides of my nose, under the skin. If I press the spots, a thick white substance comes out, leaving a little inflamed spot, which will stay for several hours. Sometimes these little spots fill and remain several days, and make the skin look very unpleasant. Then, too, the pores on my nose are enlarged. At times, when the weather is warm, as it has been the last week, these tiny red spots show on my cheek, the eft one more than the right. Can you tell me what to do to overcome the difficulty? I shall be so grateful if I can cure myself with your help.

From your description, I think you are help. E. V. T.
From your description, I think you are troubled with whiteheads. I am giving you directions for treatment below. White Heads (Acne Molluscum). Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or pricked out. The empty sac of the gland should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water. Sterilize the needle before using it by dipping it into boiling water.

To Improve Wrists and Hands I am going to write to you, and hope you can help me, and answer soon. Will exercise with dumbbells help to develop and make the wrists and arms plump? My hands and wrists are all skin and bones. There is not a bit of flesh on my hands. They are always dry and full of lines and little wrinkles. The hands look very bad, and the knuckles and joints just stick out. They never looked this way before. They were a nice shape before. I have rubbed a lot of olive oil in them every night, but it doesn't do any good. I would also like to have my wrists plump. I hope you can help me and give me good advice, which I know you will. My hands and wrists look awfully bad: I am ashamed to show them. I am 20 years of age.

Exercise with the dumbbells will help to develop your wrists and arms. To

to develop your wrists and arms. To make your hands plump, massage each day with a special skin food for this purpose given in this departm.ent. At night, wear cosmetic gloves. To Make Cosmetic Gloves. /se soft, large leather gloves, three or rour sizes too large. Rip them open and spread the inside with one of the following preparations; then sew the ripped seams up. The simplest, and therefore the least troublesome, paste to make is this:

Ground barley, the white of an egg, a teaspoonful of glycerin and one ounce of honey. Cosmetic Glove Paste-No 2. Home-made soft soap, 1/2 pound; olive oil, -

Cosmetic Glove Paste.

What woman will allow herself to be

disfigured by untidy, wind-blown locks, when this simple accessory, properly arranged, will make her good to look at?

Cosmetic Glove Paste-No. 3. Refined pine tar, 1 teaspoonful; olive oil, Refined pine tar, I teaspoonful; olive oil, I pint.

Melt in a water bath, scenting with rosewater 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. Beat all up and add glycerin by the teaspoonful until you secure a paste which will spread nicely.

Formula for a Friend A friend wrote me from Indiana for your advice on obstinate freckles, and, looking through my clippings, I find it has been lost. Dextrine is the only ingredient that I remember. Will you kindly oblige a faraway reader by publishing it again in the beauty column? I repeat the formula with pleasure.

Obstinate Freckles. Oxide of zinc, ½ dram; subiodide of bismuth, ¼ dram; dextrine, 1¾ drams; glycerin, 1½ drams. Spread the paste upon the freekles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

I am a young man, about 20 years old, and I have been troubled with falling hair for over a year and a half. Happening to look at your column, I saw your formula for falling hair, composed of nux vomica, spirits of rosemary and alcohol, and obtained it from a druggist. I wish to ask your advice in regard to using it. My hair is dry, and I have now bare spots above the temple. I have tried several tonics and haive tried dry massage, with no result, and my hair comes out in great quantities when shampooed.

Do you think above formula, with constant massage, would do good, or would you suggest some other formula? I am in good health.

Although I know your column is devoted to women, yet I know you will help.

N. J. S.

The fonic advised for falling hair has

The tonic advised for falling hair has proved most beneficial in many cases, and I think you will get good results from its use. Use it in connection with massage.

through this department. Thin Dry Hair

1 gill; mutton tallow, 1 ounce.

After boiling these together, remove them from the fire before adding spirits of wine, I gill; ambergris or some other perfume to an amount to suit the taste, always being on your guard not to scent things too highly.

Falling Hair

The Vaucaire Remedy

Will you please tell me if the Vaucaire emedy is a tonic, taken internally, or is for external application? Where can it e obtained and what the cost? What is seffect? its effect?
The Vaucaire remedy is a liquid tonic to be taken internally. The formula is frequently published in this department, and can be filled by any reliable drug-Commercial rates are not given

Two constant readers would like to ask some advice. We both have very thin dry hair, and cannot do anything with it. Would you advise us to have it shaved and wear a wig and let a skin specialist treat the scalp? Would it come in thicker?

They gather them in small bundles and tie them. To buy the bristles costs a penny each. Of course, they are much longer than one sees them in the brushes.
"French manufacturers use only the

THE CARE OF

HAIR BRUSHES

T IS a matter of wonder to women that they can't get a good brush, particularly a hair brush. It may be that a good price is paid for the article and it possesses a beautiful silver mounting, but the bristles come out, and even if they stay in they are so soft as to be absolutely useless.

The reasons of the frailties of the average brush on the market are curious and interesting. As a matter of fact, a good brush costs money nowadays.

A man who deals in hair brushes re-

cently told some interesting facts relative to their quality and manufacture. How to know a good brush is, he avers, as difficult for the average customer as

reason for this is that as the country becomes more thickly settied the boar is driven further and further away, and also is being quickly decimated.

"The bristles of the domestic boar can and are being used, but they lack the quality and stiffness of the wild variety.

In the latter case nature has provided a hard coating. One might well wonder how these bristles are secured. The peasants pick them up strand by strand and store them away. It is an interest-

ing custom in Russia for the parents to keep the bristles as a dowry for their eldest daughter upon her marriage.

finest bristles in their brushes, a fact which some persons object to. The best brushes are made in England. Ameri-cans have not yet begun to compete with the English in this industry. BEST BRISTLES SCARCE

"To show you the scarcity of the real Russian bristles, an agent of one of the largest English brush manufacturers recently told me that their entire stock of bristles amounted to not more than \$100,000. And it was all they could get

at the time for love or money. "A good deal depends upon what material is used as a backing to brushes. Nothing equals in durability a seasoned hardwood. Neither moisture, heat nor cold affects it; and, owing to the nature of the material, the bristles can be more securely fastened in. Turtle-back ebony is perhaps the best of all. It comes from South America, and from Madagascar also; is more expensive than or-dinary ebony, although the cost of transportation is the same. A big tree, perhaps, will yield only a small quan-tity, because of the fact that the heart of the wood is very apt to be decayed. Turtle-back ebony shows a faint grain, while the other is dead black. while the other is dead black,
"This brush," holding up a rather unusual-shaped hair brush, "was made for
exhibition at the time of the Indian
Durbar. The backing, which is mottled satinwood, was ten years being seasoned. The brush will last a lifetime. Any one similarly made should do the same. "Very few persons know how to wash a brush properly. It isn't at all necessary to immerse the whole brush. Pour tepid water into a shallow basin and wet the bristles only. Do not use soda, ammonia or borax. Instead, add a little brush powder to the water and rub the hand across the surface of the bristles while in the water. Rinse and dry with the bristles down."

Have seen Dr. Vaucaire's bust developer. Do you think it will help me to use it? Have had very flabby breasts for six years since my baby was weaned. I also saw something in the paper about malt and hot milk at night. Will you answer this in next Sunday's Beauty Column, and give full particulars about Vaucaire's developer? Why don't some of the ladies that have used it let us hear from them? I am also very flatchested.

chested. N. G.
I advise the following treatment for your hair: Have the ends carefully trimmed, then give the hair a thorough shampooing; afterward use the quinine hair tonic, for which I am giving you formula; use as directed. Dr. Vaucaire's remedy has proved successful in many cases, and I have no doubt you also would get beneficial results from also would get beneficial results from

Quinine Hair Tonic.

Sulphate of quinine, 1 dram; rosewater, 8 ounces; dilute sulphuric acid, 15 minims; rectified spirits, 2 ounces. Mix, then further add; Glycerin, 1¼ ounces; essence royale or essence musk, 5 or 6 minutes. Agitate until solution is complete, Apply to roots of hair every day.