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> Our Grandmothers took Jassatras

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ry, 1906. TURNER, J. Moraes, Agent.

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Beautificier

N THE DAYS when our grandmothers were young, beauty specialists with fountains of youth in the way of skin creams and lotions were not so common, and yet most of us have heard 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

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

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 sne 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 beautifiers, 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

Dime Old Tauthiomed

and Beautifu Henry Symes

BTAKING REST CURE

Twice a year at least, usually in the spring and fall, she got her blood and general system in order by taking bome 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 peddier with bunches of sassafras bark for sale. Steep it in boiling 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 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.

At the same time, you can clear the And so on until you have taken it nine days.

At the same time, you can clear the complexion even more by rubbing the face over just before washing it with a mixture 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. F HEAR a great deal about acquiring health and good looks by leading a simple life. Most of us feel that this is an absorption of the state of the s freckles and sunburn in their train. of us feel that this is an absolute impossibility in our homes. Some of us try going away in search of the much-needed rest from business and social duties, but often get "out of the frying pan into the fire" and find that there are annoyances contingent to traveling and strange hotels that are equal to the ones we left home to avoid. Not only that, there is generally a lot of expense attached to this traveling around in pursuit of health and rest, and this debars many from this method. I know of one woman who resolved to lead a simple, normal, health-giving life right in her own home. She persevered and accomplished her object—a rest cure 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 manu-factured perfume. If you sunburn and tan and are inclined to freckle, the but-

for most of the minor imperfections to which the skin is prone. It should, how-ever, 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 She installed a simple metal bed, a goodsized 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 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 oiliness. It may be used generously on the neck and arms, which should be 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.

If your sain appears sallow in the spring, try another old-time remedy—dandcion 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. breathing for five minutes. For ten minutes she worked with the dumbbells. She next took a cold sponge bath, rubbing the fiesh 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. Upon her return she ate a light breakfast, always starting it with either orange or grape juice. 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 comfortantly arranged for the night. So that the skin should be kept fresh and soft-looking, 2 good facial cream was applied; and by that time she was ready for a good night's rest.

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 first sign of the old nervous, restless, worn-out feeling she expects to flee to this well-tried jend.

Possibly if more women would adopt this simple method of regaining lost health and beauty, the number of haggard, nervous looking countenances which are now seen would diminish.

Some Necessary Articles

TO RELIEVE PAIN F OR severe stomachache wring a square or house nannel 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.

## How to Take Care of the Nose and Ears

By Dr. Emma E. Walker. pyright, 1905, by A. S. Barnes & Co. Pyright, 1995, 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
moided by habit. The habit of
ability and contentment gives to
mouth its greatest charm. No
icial thit ever added beauty to this
tre. Like all other artifiees, it can
tys be detected, and makes the face
se. It also makes the mouth sture. Like all other artinees, it can ways be detected, and makes the face arse. It also makes the mouth pear broader, and injures the textre of the lips.

The bad habit that so many girls ave of biting their lips to make them ared thickens them and dries hem so that they become chapped and colorless and lose their delicate curves.

Buttermilk will Whiten

the Arms

A DAINTY CREAM e formula for a datity cream to on dry and cracked at is: Al-di, ine-eighth pound; white one-half ounce; spermaceti, one-

nce; oil of almonds, bitter, onedrachm; oil of geranium, onewell mixed, and the cream may

Sood ongrion has much to do sold the state of the general health, althout tholough mastication of orriger health is impossible. The of the teeth should begin with

teeth should be examined not an twice a year by a competent should be washed with luke-water before breakfast, after heat a d before retiring. There many excellent dentifices that ard to decide which is best. It it is hard to decide which is best. It is a good plan to ask your dentist's action, and it is a good plan to ask your dentist's solve, as he is well acquainted with the particular character of your teeth. Treeipitated chalk is always good, and may be rubbed about the gums after cating anything acid and also before retiring. It will relieve the sensitiveness 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 seeps the breath sweet. Peroxide of hydrogen is a good antiseptic mouth warh. 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 temoving stains. An extremely important item in the first of the teeth is the use of dental lenss always after eating. This, to-kether with a soft orange wood or

quill toothpick, will remove every particle of food from the teeth.

Use a brush with bristles that are neither too stiff nor too soft, and brush the teeth on all sides, the inside as well as the outside, and do not neglect the flat crowns of the back teeth, for there are many crevices there where food may looge. Ine brush is also useful in stimulating the circulation of the gums, but it needs gentle handing. It is better to brush the teeth downward from the gums than crossing along the line of the gums than crossing along the line of the gums. A mouthful of milk of magnesia taken every might before returing, allowing it to penetrate into every nook and cranny of the mouth, will correct any tendency to acidity and prevent the decay which comes from chemical decomposition.

A noted medical writer advises an occasional cleaning of the teeth with common salt. The gums should also be with

casional cleaning of the teeth with common sait. The gums should also be rubbed. Do not allow tartar to accumulate upon the teeth, as its effects are disastrone. upon the teeth, as its effects are disastrous.

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 Avoid exposing the teeth to extremes of temperature. Very hot and very cold substances have a tendency to crack the enamel the enamel. the ename!.

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

oring essence that may be desired.

TO PROTECT THE TEETH Medicines that injure the troth 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-

cavity of the mouth harbors many microbes 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 odorloss, but there is a slight sweet odor about the skin margin around the nostris.

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

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

Overwork, sedentary habits and the

Overwork, sedentary habits and the

habit of "bolting" food all have a tendency to cause this disturbance.

There are certain local causes for this affliction—affections of the mouth, nose, throat and lungs.

Mouth-breathers, whose nostrils are not well open, often suffer com bad breath.

Sometimes this trouble exists when no cause can be found for it.

REMOVE THE CAUSE

ermilk acts as a bleach. It also stimuates the pores and acts as a corrective

REMOVE THE CAUSE

In treating it, the cause must first be discovered, if possible, and removed. If the gums are spongy or receding, a tooth wash containing myrrn 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 half grains; borax, fifteen grains; distinged water, one pint. The mouth is to be rinsed frequently with this solution,

titled water, one pint. The mouth is to be rinsed frequently with this solution,

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 form and figure.

Have you not often noticed the ugly mouth-breather? This habit of breathing through the mouth is unattractive enough in children, but even more so in girls.

Nose breathing and deep breathing are most important and magical aids to health and beauty. There is a little volume entitled "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.

Nasal 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 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 straighter shoulders, better developed chest, clearer skin and sweeter breath. FOR WHOOPING COUGH

FOR whooping cough an excellent syrup is the following:

Slice some onions thinly, sprinkle well with brown sugar, place between two hot plates with a weight on the top. In a couple of hours' time remove the weight, and tilt the plates in a basin so as to allow the juice to flow out, Give a spoonful occasionally.

## Beauty Hints to Correspondents by Mrs. Henry Symes

A Few

Minutes

Dumb-bells

To Remove Wrinkles Will you not kindly publish in your helpful column again the gorect way to massage the face while using your orange
flower cream, and, if it is not too much
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 tace are with the tips of the ingers, outward and upward. It the treatment is for increasing the flesh, let the movements be gentle and soothing; for reducing flesh firm, hard treatment to required.

Wants White Hands Wants White Hands

Will you kindly tell me a rememy for red
hands? My hands hie cold most of the time,
but when I do get them warm they stil remain red. When I hold them down they get
wery red. I have been using a good cold
cream on them at night; have used mutton
tallow also; but it doesn't seem to do then
any good. I will appreciate it very much if
you will give me a remedy, as I am so anxfous 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.

To Whiten the Hands. Lanolin, 100 grams; paraffin (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 cily 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 something to make it dry and furly. My

hair was always very thick till the last year, when it got so thin, D. S. Try the following lotion, which will, I think, improve the condition of your hair.

Formula for Oily Hair. Use the following mixture daily, rubbing well into the scale:
Alcohol, 2 ounces; witch hazel, 2 ounces; resorcin, 15 grains.

To Cure Pimples I would like a remedy for pumples 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.

H. E. W.

Lotion for Blackheads. \ Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potassa, % ounce. Apply at night, after washing the face thoroughly with soap and water. Fossau cream for Pimples. Lapolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; valde of zinc, 2½ grams; extract of violet, and the control of zinc, 2½ grams; extract of violet, and the control of the cream to be an apply a little of the cream to be an pimple, wait until the pimples are cared before using the face brush, which might irritate them.

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

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

Crange Flower Cream. White wax, 1 cunce; spermaceti, 1 cunce; lanclin, 2 cunces; cocc mut oil, 2 cunces; crange flower water, 2 cunces; oil of sweet drops,
Melt the first five Ingredients together.
Take off the fire and heat until nearly cold,
adding, little by little, the benzoin, and,
lastly, the orange flower water.

Remedy Removes Dandruff I found your lotion to remove unharuff very good. Will you piease 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 a feet a inches tail. inches tail.

I am giving you the formula requested. A very good exercise to reduce the size of abusinent and hips is to make the movements you would take in running briskly, standing on one spot. Keep this up for about twenty-five counts the first trial, and gradually increase the number. This is excellent for the digestive organs and liver.

Formade to Reduce Fat.

ledide of potassium, 3 grams; vaseline, 59 grams; handin, 40 grams; tincture of benzoin, 20 arops.

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

You should abstain from food that is especially fat-forming-cereals, 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 lingers 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.

in a bainmarie, and when thoroughly blended add the zine and borax; stir as it cools and add the on of pergamot last.

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 nair 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 case; but, as I needed such a reasery. I dised it. Preuse up this for me.

Very sorry I cannot help you. I do not know of anything that will bring the color back to hair on which per-oxide has been used, and the only way is to have patience and wait for it to grow out naturany. 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 Mares Har Crows

I have becomed that your forminas for

Stopping the faming of the hair are

equally good for gentlement? I have been

fluoring and scarp or ture months past to

increase the chardination, and a growth of

the hair has appeared. But it is a question whether of not this rupoing 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 fur
ther ralling out, a full growth would in

time he restoical if it is not advisable to

continue the rubbing, perhaps you can ad
vise an afternative, and a good one.

H. C. P.

If the new hair has appeared your

ing skin food, starting at the this of the fingers and working uackward to ward 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.

Cocca butter. 1 conce; old of sweet almonds, 1 conne; oxide of sinc, 1 dram; borax, 1 dram; old of bergamot, 6 drops.