



are it the most natural thing to assume a correct position at all times, sitting, standing or lying down.

Don't sit with the shoulders drawn forward, one shoulder higher than the other, and your head bent down until the shape of yor vertebral column resembles the letter C.

Another bad fault is slouching down in your chair until you are literally sitting on the end of the spine.

Not only should "grown-und" look to their own bad habits, but they should watch closely the small children with whom they come in dally contact and try to keep them from acquiring injurious habits. Children should be prevented from their particular failing asmuch as possible at once, and it is worth while to give up a few weeks to the sure, just as you would if they were suffering from a childish disease—measles or mumps, for instance.

The problem is made particularly difficult in that frequently we find them satablished before we have really noticed them.

Really Restful and Chaming

forever putting his finger into his mouth; while another will suck everything he can, such as the end of a handkerchief, the sheet on his cot, or the sleeve of his pinafore.

They are very little things in themselves, but they should be checked, otherwise serious results may follow.

One of the most important points to notice is the child's sitting position. Improper position assumed in sitting at desks, or in standing, have combined to produce among our school children a set of physical ills that have come to be

DARK FURNITURE **BAD FOR HEALTH**

our disease through dust, and it is therefore essential to do everything that we can to prevent its accumulation.

The tops of bookcases and wardrobes are usually bordered by cornices, and become what might be called lakes of dry mud. Here the deadly microbe breeds and multiplies, ultimately finding his way into our bodies.

These danger places should be covered with strong paper, pasted to the edges of the cornice, and then it would be easy to remove the dust on each room-cleaning day. Great care should be taken to sweep the dust from under valanced beds and heavy pieces of furniture.

Heavy, thick curtains should be often taken down and well shaken in the open air. And if possible they should have no place in the sleeping rooms. All corners, especially dark ones, should be cleaned with a damp cioth. Dusting ought always to be effected with a soft, damp cloth, which should be washed frequently. It is better to burn dust, for if thrown in the ashpit it is liable to be blown again into the house.

Children under 18 months of age should not be given bread and butter, except in very small quantities. When given, the bread should be cut as thinly as possible. Children under 2 years of age are generally better without any meat, though gravy or beef tea may be given with vegetables for dinner. No feeding between meals should ever be allowed.

ring in the saddle. He w a fact communicated to h boys of the home ranch, a come to claim his own ki appeal to Juanita as strong had, but she admired his d

WINNINGJUANIT

t for a little while—after came—Jaunita loved Mut Muth was a man for a in to love, for that matt eyed, clear skinned, and will be supported by that was irrest.

ate chivalry that was irre Accustomed as she was to

unate day when McGill re from the Diamond Dot rance 1 Teddy had come, fresh from McGill had been her ideal with his dashing ways

inability to pick coins found when his horse was go ill speed, she realized that had feet of clay. a very pretty trick," he adn eerfully. "I've seen it don't the Wild West shows, but I never tried it." "I've seen it done 'ry it now," urged McGill, hard."

nd when Teddy frankly conf

view of the fact that the ne surgeon is twenty-eight minere, I think I'll take the kir rarten course first," laughed Mut ou see, I've been used to the glish hunting saddles, and the airs are too strange to be expe

McGill, with a laugh, went on v display of horsemanship, and was more genuinely appreciated Teddy. His awakening ca and he sought Juanita with vitation to ride.

Not with you," she said cro going riding with Baldy. ought you nad promised morning," he pleaded said I'd think about it,

What's the matter?" he ously, "Wherein have I offer

you suppose," flashing eyes, "that I'd be s ng with a coward like you?"
Coward?" he laughed amuse not aware that I was

have beaten Dan McGill if killed me." she cried passiona 'I would not have let a a strange ranch make me that I was afraid." If I had thought that you wo re enjoyed the sight of my ing to break my neck," he s

My lack of acquaints

ushed past him. Muth drew hims For the first time ta how superior was It was too late now hange the complexion he went off to the m

They were all was a sort of reserve apparent sinking heart, he realized, he had lost caste: , resented his inability boaster from a

vas as much a man's ort of man to appeal He had enjoyed their ut to-night, while they be polite to the ma neir employer's guest.

ites, and then rose and went corral. For our his smoke clouds solution of the problem which ronted him, but idered the situation ess it seemed to become

He might challenge ootball contest-he vould only make mat peed, but there wa here seemed to could turn his ishments to ope that so

nging

rossly.
Smarting ized on her ride rowth of curl here were other own. She was re and ask forgiven

Teddy did not nocking the ashe vent toward the uanita, coming as gone, and in old politeness greete

The weeks that fo hal for both. Teddy for ce in riding, and the o him were given p those days. Juanita be the first to break th old companienship to find pleast

cupation. The winds were keen on the and Teddy found his old auto oat a most comfortable garmer he saddle, the heavy leather kee ont the cutting wind as no am of flarmel would have done.

Juanita sniffed contempt enever Muth crossed the sit oom and remarked that the ho vas getting to smell more like

Relief From Your Blemishes-Valuable Hints By Mrs. Henry Symes

Thin Cheeks

long before you will notice results from taking the Vaucaire remedy. The time varies greatly in different cases. Don't be too impatient, as I am sure you will get results in a reasonable length of

Quinine Hair Tonic. Sulphate of quinine, 1 dram; rosewater, 8 ounces; diluted sulphurlo acid, 15 minims; rectified spirits, 2 ounces. Mix. then further add glycerine, 4 ounce; essence royale or essence music, 5 of 8 minims.

Agitate until solution is complete. Apply to the roots every day.

ADVANTAGES OF THE PUNCHING BAG

By Dr. Emma E. Walker. Copyright, 1905, by A. S. Barnes & Co.

The problem of indoor exercise for girls is solved by the use of the punching bag, otherwise known as the striking bag. By the use of this apparatus every muscle in the body is brought into play. The thin girl grows plump from development of her muscles; and the stout girl grows this because the extra fats are burned u and waste matter is quickly cast off.

The form is greatly improved by the daily use of one of these bags. Lightness of foot, a springy step, and a graceful poise are developed even to a greater degree than by means of dancing lessons. The weak trunk muscles are strengthened so that the amateur athlete holds herself straight with ease and comfort. The size of the waist and abdomen are reduced.

I know of one girl whose neck was so thin that she could not wear a lowneeked gown, but after six ments of the exercise her neck muscles have the could not wear a lowneeked gown, but after six ments of the exercise her neck muscles have the could not wear a lowneeked gown, but after six ments of the exercise her neck muscles have the could not wear a lowneeked gown, but after six ments of the exercise her neck muscles have the could not wear a lowneeked gown, but after six ments of the exercise her neck muscles have the could not wear a lowneeked gown, but after six ments of the exercise her neck muscles have the could not wear a lowneeked gown, but after six ments of the exercise her neck muscles have the could not wear a lowneeked gown, but after six ments of the exercise her neck and the could not wear a lowneeked gown, but after six ments of the exercise her neck and the lowner as a spiendid chest capacity as well as hard, firm muscles.

Although this exercise is generally in-

plete control of her body.

The object of all exercise, as girls well know, is to make the blood circulate freely, in order to give new life to all of the tissues and to carry off quickly all of the old waste material. Bag punching will accomplish this result as well as any other sport that I know.

Devotion to this exercise will bring a velvety complexion, or, at least, complexion will come as near the by the use of the punching bag if the is fresh air in your room as it is to by any other means.

I any cases of dyspepsia and "the blues" have been vanquished by the punching bag.

You can see at once the various advantages of this exercise. You need no opponent, and can play at any time by yourself. You depend only upon yourself for a game. You can play as fast as you choose.

The motions come to you naturally; you need no instructor. You will not injure yourself in any way by the exercise. When you get tired, just stop and rest.

The bag should hang about at a level

kind of bag, as there is a great va-riety. You will need also a pair of light knuckle gloves, Strolling Club for Girls.

Strolling Club for Girls.

Now that the warm days are at hand, "Strolling Clubs" will again become popular. Last fall this pastime was much enjoyed, particularly by the girls of Baltimore and Boston. And this was the plan: A party of girls, in number from four to ten, agreed upon some place, generally the home of a friend, as the objective point for a stroll, and in the early afternoon walked several miles out into the country. A light luncheon, prepared by the hostess or carried out by the girls, was served, and the party walked back again to the city in time for dinner.

'In some cases, especially if the distance were great, the walk was limited to going out, and the return made in the trolley cars. Like everything else, the capacity for walking increases with practice. Do not be too ambitious at first, but begin with a snort jaunt, then gradually increase the distance till you can rival your English sister, who often thinks nothing on twenty-mile "stroll."

For the girls who are engaged during the day, and who cannot take the afternoon walk, there is another plan which has been tried with equal success. They take the walk after dinner in the cool of the evening. A light supper is served at the end of the jaunt, and the party returns home by trolley.

Walking, under proper conditions, is

Bowling.

Bowling is another vigorous game, and you must be careful in indulging in any exercise of this kind not to strain or overtire yourself. Be sure that you are in good physical condition before undertaking any of these sports. Bowling brings in the twisting of the trunk, which, when properly performed, is so beneficial to the functions of the internal organs.

Among the winter sports are skating, skeeing, coasting and tobogganing. The first two give practice in the delicate balancing of the body. Skating especially will cultivate grace. After skating is once learned it is supposed never to be forgotten. All of these exercises are especially advantageous in that they are taken in the open air when it is crisp and fresh. They all involve vigorous exercise.

We hardly realize in this country what a delight these pastimes are. It is almost like going to another world to read the fascinating descriptions of these sports among the people of the northern climes. In many of these countries the inhabitants virtually live on their skates when out of doors.

2.

Wants Curly Locks

Kindly give me in next week's paper, if possible, a formula for my hair. It is as straight as fadisacticles; when I curl it, it is as the complete of the comp less formula to keep my hair curly (wavy) always.

I know of nothing that will make the hair permanently curly, but am "giving you formula for a harmless curline:

Solution to Keep Hair Curled.

Take of gum arable, 1 ounce; good moist sugar, % an ounce; pure hot water, % pint. Dissolve. When an a solution is cold adleohol, 2 fuld ounces; bichlorate of mercury and salammoniac, 6 grains each. The last two should be dissolved in the alcoholefore admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting it in papers or pins.

Face Too Fat My face is entirely out of proportion to the rest of my body. Have a slender, but good figure. Kindly tell me if anything can be done to reduce flesh on my face.

AN OLD SUBSCRIBER.

Massage your face night and morning, using hard, firm pressure. A few drops of benzoin in the water used for washing will also help to reduce the superfluous fat.

Ruddy Nose Would you kindly give me some formula for red nose? My nose becomes very red from the least cold or heat 1 am a heatiny girl, and cannot think what is the cause of this. Hope I may see in next week's paper some formula to help this affliction. For this you must diet. Eat nothing greasy for a while. While you are doing this you must bathe the nose thoroughly, but without pressure; with warm water in which there is a little of the tincture of benzoin. The proportion should be as ten drops to a quart of water. For a daily wash use powdered borax and rosewater. Take a table-spoonful of borax and half a pint of rosewater. Use nightly.

Hair Split at Ends. Being very much interested in your Beau-page, I would like to ask a few question. My hair is split on the ends and seems to be dead. Would you klodly give me a remedy? Also tell me what to do to keep

short, stray hairs in place.

Having had eczema when a child and now being compelies to keep my hands in water a great dear the kin gets dry and c acked. Would for kindly say what preparation I would great the would keep them set an invariate in the paper at your convenence on the act of manicuring and taking care of the relief in the paper at your convenence on the act of manicuring and taking care of the nails?

Would like to know what to do that would reduce the abdomen and what to do for corns. Trusting that I am not imposing en your good nature, I am, your devoted reader, BLANCHE A. H.

Have the ends of your hair carefully trimmed, and try using the quinine tonic for awhile. To keep your hands soft and white after washing them dry thoroughly and rub in the following mixture: Put into a bottle two ounces of glycerin, two ounces of water, four tablespoonfuls of lemon juice and a few drops of carbolic acid. Shake well before using.

To Clear the Complexion To Clear the Complexion

I am a constant reader of your health and beauty corner, and will kindly ask you to help me. I always had a lovely complexi n until lately; my face is getting all chapped and has red blotches. Will you tell me if orange flower cream is good for that or not, or if it is only for a massage, to make the face plump, as my face is fat enough to suit me? I would want some formula that would make my face nice and white and clear. I hope I am not writing too much. By giving the information above you will greatly oblige

The orange flower cream is a skin food, and will not remove pimples. To clear your complexion ruth the face over first before washing it with two teaspoonfuls of flower of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

To Stain the Hair Dark Please give me a stain for my hair. It is of dark amber. A stain that will make it very dark, and not thin, as my hair is thick. Am a reader of your column, and hope to see it in next week's paper. F. L. Walnut Stain for the Hair.

Four ounces of walnut skins beaten to a pulp, to which is added pure alcohol, is ounces. Let stand eight days and strain. Before using any dye the hair should be freed from grease by a thorougn shampoo. The dye should be appled to the hair hy means of a tooth brush and or casional combing with a new comb; contact with the scale should be avoided.

Treatment for Pimples Will you give me, through your column, a remedy or iotion for the removal or absorption of small white, hard pimples on the face? These first made their appearance some sears ago under the every face of the search of the searc

GOOD QUALITIES OF SALT

Besides being an essential part of the culinary art, salt has many other uses perhaps not generally known. Salt cleanses the palate and furred tongue, and a gargle of salf and water is often efficacious. A pinch of salt on the tongue, fellowed ten minutes after by a drink of cold water, often cures a sick headache. Salt hardens the gums, makes the teeth white and sweetens the breath. Salt added to the water in which cut flowers stand keeps them fresh. Salt used dry, in the same manner as snuff, will do much to relieve colds, hay fever, etc. Salt in warm water, if used for bathing tired eyes, will be found very refreshing. Salt and water will stop hemorrhage from tooth extraction.

Whiteheads (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 fittle toilet vinegar and water, or a very weak solution of carbolic acid and water. Sterlize the needle before using it by dipping it into boiling water. Wart on Her Nose

Please answer the following queries at our earliest convenience:

1. What will remove a wart from the side of the nee? your earliest convenience:

1. What will remove a wart from the side of the nose?

2. What is the cause and cure for falling hair when the scalp is clean and the hair splitting on the ends? Also, is there a season of the year when the hair fails out?

Try touching the wart with a silver nitrate stick. If this does not cause it to disappear, try the application for which I am giving you the formula below.

There is often a natural falling of the hair in spring and fall but this is scarcely perceptible. Hair never fails to excess without reason. The tendency to split and break is also an indication of a disordered scalp. In some cases this is the result of an internal trouble, and you may need a tonic to build up your hair thoroughly singed or trimmed, and then apply the lotten for which I am giving you formula.

Wart Eradicator.

Sublimed sulphur, 126 grams; glycerin, 5

Sublimed sulphur, 120 grams; glycerin, 5 fluid drams; acetic acid, 1 fluid dram.
Apply repeatedly for several days. The warts then dry up and drop off.

For Falling Hair.

Cologne, 8 ounces; tincture of canthar-ides, 1 ounce; oil of English lavender, oil of rosemary, 4 dram each. Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Sham-poo at least once a week.