



watch closely the small children with whom they come in daily contact and try to keen them from acquiring inju-rious habits. Children should be pre-vented from their particular failing as-much as possible at once, and it is worth while to give up a few weeks to the

pinafore.

They are very little things in thempinafore.

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 notice serious our cashed children as the should be careful not to form injurious sprong our cashed children as the should be careful not to form injurious sprong our cashed children as the should be careful not to form injurious sprong our cashed children as the should be checked at once, and with a strong hand, in the interests of future generations, in the interes cure, just as you would if they were suf-fering from a childish disease—measles or mumps, for instance.

The problem is made particularly difficult in that frequently we find them established before we have really noticed One day we see a child pulling his lips into queer shapes, and another that is of physical ills that have come to be and sitting badly.

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. known by the generally accepted term of "school room" deformities.

To be convinced that this evil is a serious and growing one, and one that should be checked at once, and with a

Really Residul and Charming

Bad for the Shoulders Will Vice

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 cloth. 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 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. WINNINGJUANIT

(By Suse Clements wills.)
ist for a little while after came—Jaunita loved Mul
ly Muth was a man for an
an to love, for that matte
eyed, clear skinned, and wis
unate chivalry that was irresis Accustomed as she was to wooing of the men she ranchers, cowboys, pros Teddy's gentle courtesy thril through and through until th runate day when McGill ro from the Diamond Dot ranch Teddy had come, fresh fr McGill had been her ideal with his dashing ways a aring in the saddle. He fact communicated to h come to claim his own ki

appeal to Juanita as strong had, but she admired his o and when Teddy frankly conf inability to pick coins ull speed, she realized that had feet of clay.

s a very pretty trick," he ad erfully. "I've seen it done the Wild West shows, y but I never tried it." Try it now," urged McGill,

view of the fact that the surgeon is twenty-eight mi regarten course first," laughed Mut You see, I've been used to the english hunting saddles, and the affairs are too strange to be expendented with. McGill, with a laugh, went on

display of horsemanship, and ne was more genuinely appreciative and Teddy. His awakening can hen, after supper, McGill headed and he sought Juanita with vitation to ride. Not with you," she said cross

going riding with Baldy. thought you nad promised morning," he pleaded. said I'd think about it

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

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

d have beaten Dan McGill if killed me," she cried passionate "I would not have let a man a strange ranch make me co that I was afraid."

If I had thought that you wou e enjoyed the sight of myselfing to break my neck," he said My lack of acquaintan

ushed past him. Muth drew him For the first time

They were all polite, but was a sort of reserve apparent. sinking heart, he realized that he co, he had lost caste; that the o, resented his inability to silen boaster from an opposin

For a tenderfoot he had was as much a man's man ort of man to appeal He had enjoyed their comrades ut to-night, while they o be polite to the man who heir employer's guest, it was app

utes, and then rose and went ov to the corral. For more than nour his smoke clouds silvered olution of the problem which co sidered the situation the more hop less it seemed to become. He might challenge McGill to

potball contest-he had been the car tain of his 'varsity team-but th fould only make matters worse. could run an automobile at raci he West. He could only wait one that something we

Over the brow of the corses racing side by

was already sorry she had crossly. Smarting under the sens she had spoken in anger-ized on her rude with I rowth of curly hair wn. She was ready to

ent toward the house and t uanita, coming in. as gone, and in the morning or old politeness greeted Muth when

ame to breakfast.
The weeks that followed were denal for both. Teddy found some so ace in riding, and the horses allotte those days. Juanita went abo be the first to break the reserv politeness; too hurgry for th

old companienship to find pleasure cupation. The winds were keen on the plain and Teddy found his old automobi coat a most comfortable garment the saddle, the heavy leather keeping out the cutting wind as no amour of flarmel would have done.

Juanita sniffed contemptuous whenever Muth crossed the sitting foom and remarked that the house was getting to smell more like

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

Thin Cheeks Would you please tell me how to massage the face to fill out the cheeks. Do you think five or six times over each cheek sufficient? If am using totion for premature wrinkies, which you gave me prescription for. I want to ask you how and when I should apply it.

To make thin cheeks plump rub a good skin food in with the following movements. To treat the right cheek place the thumb of the left hand just beyond the corner of the moult on the left cheek as a brace. Make rotary

sume 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 "errors unit" look to

movements upward and outward, beginning at the corner of the mouth, and making three diverging lines of manipulation over the cheek. With the right hand treat the left cheek. About six times over each cheek is sufficient.

Use the lotion for premature wrinkles once a day.

Wants Hair to Grow

You have helped others: I know you can help me. My hair is very short, indeed; so short, I cannot braid it in one braid behind, but have two little, small braids two inches

ADVANTAGES OF THE PUNCHING BAG

By Dr. Emma E. Walker.
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The problem of indoor exercise for grant the problem of indoor exercise for the problem of indoor exercise for the problem of the problem of indoor exercise for 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 east of any other sport that it know. Devotion to this exercise will bring a vertey complexion, or, at least, somplexion will come as near the burness 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 athelites hold hereself straight with ease and comen are reduced.

I know of one girl whose neek was so thin that she could not wear a low of the seekgise her neck muscles have been vancuished by the punching bag.

The motion come to you naturally; you need no instructor. You will not injure yourself in any way by the exercise. When you get tred, just stop and the problem of the seekgise her neck muscles have developed charmingly. Another girl whose lungs were very delicate now has a pplendid chest capacity as well as any class of development, and can play at any time by you need no instructor. You will not injure yourself in any way by the exercise. When you get tred, just stop and the problem of the seekgise her neck muscles have the control of the seekgise her neck muscles have the control of the seekgise her neck muscles have the control of the seekgise her neck muscles have the control of the seekgise her neck muscles have the control of the seekgise her neck muscles have t 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 this exercise her neck muscles have beyeloped charmingly. Another girl whose lungs were very delicate now has a splendid chest capacity as well as hard, firm muscles.

Although this exercise is generally in-

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

Strolling Club for Girls.

one of the most valuable and attractive exercises; but the latter quality certain-ty often depends upon the associations at the time, for nothing is more stupid than the old-fashioned "constitutional." 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.

Skating. Skating.

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.

Wants Curly Locks Kindly give me in next week's paper, if possible, a formula for my hair. It is as straight a fiddlesticks; when I curl it, it hardly lasts a day. Please give me a harmless 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. Solution to Keep Hair Curled.

Take of guin arabic, 1 ounce; good moist sugar, 4 an ounce; pure hot water, 3c pint. Dissolve. An ounce; pure hot water, 3c pint. Dissolve. The number of the solution is cold add alcohol. 2 fluores; bichlorate of mercury and salammoniac, 6 grains each. The latt wo should be dissolved in the alcohol born 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. I 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.

M. C. For this you must diet. Eat nothing greasy for a while. While wo 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-speenful of borax and half a pint of rusewater. Use nightly.

Hair Split at Ends. Being very much interested in your Beat-page, I would like to ask a few questions. My hair is split on the ends and seems to be dead. Would you kindly 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 compelied to keep my hands in water a great deal, the in the perse dry and c acked. Would you that you say what preparation I could be shown to the life of the perse and article in the paper at your convenience on the art 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 on your good nature, I am, your cavoted 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 complext in 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 rut the face over first before washing it with two tearspoonfuls 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 spiled to the hair by means of a tooth brush and occasional combing with a new comb; contact with the scalp should be avoided. Treatment for Pimples

and the feet are then immersed in the foot-bath up to the ankles. To dry them a towel is held above the foot-bath, and the feet are received in its folds while the bath is withdrawn.

In illness no detail is unimportant that can add to the comfort of the sufferer in the slightest degree. Crumbs in the bed are among the minor miseries, and to remove them there is nothing better than a whisk-broom. When fanning a sick person the action should be performed with regularity.

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, followed 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.

Will you give me, through your column, a remedy or lotton for the removal or absorption of small white, hard plinples on the face? These first made their appearance some years ago under the spearance of the nose. They itched to be any substance in the property of the search of the 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 little 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.

Please answer the following queries at 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 scason of the year when the hair falls 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 whole system. Have the ends of your hair thoroughly singed or trimmed, and then apply the lotten for which I am giving you formula.

Wart Eradicator. Wart on Her Nose

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 counces; tincture of cantharides, I cunce; oil of English lavender, oil of rosemary, 1/2 fram each.

Apply to the roots of the hair once or twice 2 day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.