

A. Balh of Oil Works: Wonders

DOUBT every woman instinctively yearns for a pretty pair of arms, but the reign of short sleeves has made the possession of a pretty forearm more than ever a thing to be desired.

A well-developed forearm is not only good to look at, it is a very handy possession to have. The grip of your hand is largely dependent on the strength of your forearm; and in case of holding on to a life rope or the rein of a runaway horse sufficient strength may de-

termine your safety or injury. This part of the body is more often than not neglected, and there are comnan not neglected, and there are com-paratively few sports or exercises de-signed for its special development. Even among so-called all-round athletes there are few in whom the forearm is perfectly developed. If your arms are too thin, which is more frequently the case with young women, do not be afraid that exercise will make them thinner. The muscles of the forearm should be invigorated by just sufficiently rigorous exercise. Tennis would be a splendid game for the development of these muscles, but, unfortunately, it calls brighted. unfortunately, it only brings one arm

into play.

Bag punching is excellent for the purpose, and much can be done by using one of the simple pulley exercisers that are on the market. I am giving a course of simple exercises that may be easily performed, and which, if persevered in, will impart strength and symmetry to the hand and forearm: Exercise No. 1.

Hold the arm either fully extended or bent at the elbow. Then open the hand widely, using all the available force and spreading fingers and thumb as far apart and as far back as possible. Then, after a moment, close the hand forcibly, clinching the fist. Hold it thus a moment, then open it; and so on, opening and closing the hand until the forearm For these muscles, indeed for the general development of the forearm, the following exercises will be found most

### Exercise No. 2.

As before, hold the right arm either As before, hold the right arm either extended or bent at the elbow. Clinch the fist firmly, thumb uppermost. Now, still holding the hand firmly clinched, bend it downward from the wrist as far as possible, and hold it so for a moment. Then return to position. Repeat again and again until the forearm is tired. Proceed in the same manner with the left hand.

Exercise No. 3. Hold arm as for preceding exerc

Clinch hand forcibly. Then turn the hand upward from the wrist. After a moment return to position. Repeat un-Same with left hand. Exercise No. 4.

This is simply a combination of the two preceding. Turn the closed fist downward, then upward, pressing firmly in each direction until the forearm is fatigued, first with right and then with left hand.

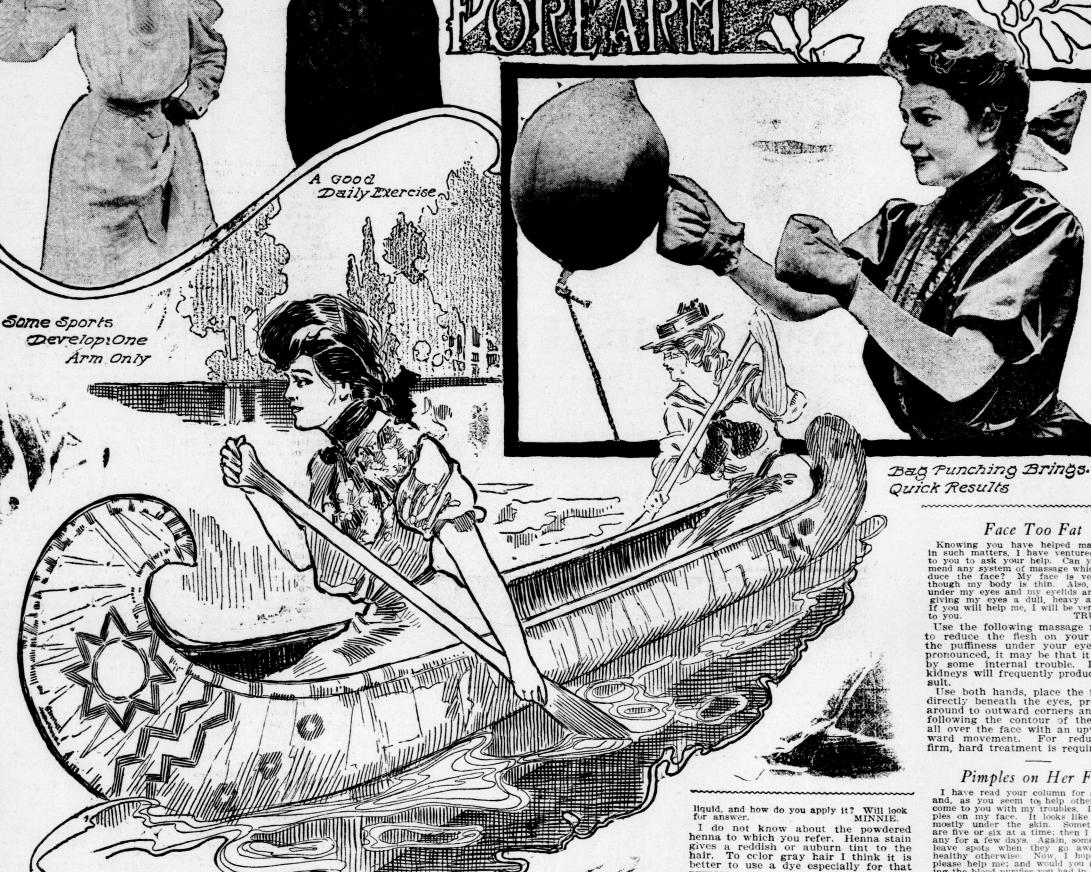
Exercise No. 5.

Hold arm as for preceding exercises, ist tightly clinched. Now turn the fist tightly clinched. hand sharply inward toward the body. Then, after a moment, return to position. Repeat until tired, first with right and then with left hand.

Exercise No. 6. Hold arm as for preceding move-ments, turn clinched hand outward. After a moment return to position. Re-peat, using all available force, until peat, using all available force, until tired, first with right and then with

left hand. Exercise No. 7.

Combination of exercises Nos. 5 and 6, adding girth and shapeliness to a slender forearm. This is one of the most valuable exercises I know. Immediately after these exercises bathe the arms in warm water and massage with a good skin food, rubbing from the wrists gently back toward the elbows. A bath of pure olive oil will also work wonders in the way of softening the skin and rounding



Face Too Fat

Knowing you have helped many others in such matters, I have ventured to write to you to ask your help. Can you recommend any system of massage which will reduce the face? My face is very fleshy, though my body is thin. Also, the flesh under my eyes and my eyelids are swollen, giving my eyes a dull, heavy appearance. If you will help me, I will be very grateful to you.

TRUSTING. Use the following massage movement to reduce the flesh on your face. If the puffiness under your eyes is very pronounced, it may be that it is caused by some internal trouble. Disordered kidneys will frequently produce this result.
Use both hands, place the finger tips directly beneath the eyes, press gently around to outward corners and upward, following the contour of the eye. Go all over the face with an upward, outward movement. For reducing flesh firm, hard treatment is required.

Pimples on Her Face I have read your column for some and, as you seem to help others, I must come to you with my troubles. I have pimples on my face. It looks like they come mostly under the skin. Sometimes there are five or six at a time; then I don't have any for a few days. Again, sometimes they leave spots when they go away. I am healthy otherwise. Now, I hope you will please help me; and would you advise taking the blood purifier you had in last week's paper, as I think I need something internal? They mostly come under the skin. Now, please be so kind as to help one who is broken-hearted.

Try taking a blood purifier and use Try taking a blood purifier and use the cream for pimples for which I am giving you a formula:

Fossati Cream for Pimples. Lanolin, 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 deeper. drops.
Apply a very little of the cream to each pimple.

Stubborn Freckles

I have tried your advice for freckles—the lotion as follows: Bichloride of mercury, 8 grains; witch hazel, 2 ounces, and rose water, 2 ounces—and find it very beneficial. It lightens the freckles, but does not remove them; so I decided to try your cucumber cream in connection with the lotion. Do you advise me to do so? I have had your prescription for cream filled by my druggist, and it is a cream, white like milk, only thicker—about as thick as a good, rich cream. Is the prescription properly filled? I had an idea it would be a cold cream, looking almost like lard.

Would you mind advising me just how to use the two, and at what time to use each? Or would you advise me to use any other remedy? Dr. Shoemaker's lotion has done wonders for me, and, perhaps, if I give it more time, it will remove the freckles entirely. I have used it a month or so. What would you advise me to do? If you can spare the time and space in the paper to answer all my questions. I'd be so grateful to you for your kindness. to answer all my questions, I a be a state-ful to you for your kindness.

Your little talks on freckles and sunburn were very delightful, and it seems a shame to bother you again; but I am so anxious to know what your advice in my case would be.

EVER GRATEFUL. I feel almost sure that if you persist I feel almost sure that if you persist in using the Shoemaker bleach it will remove the freckles. However, I am giving you formula for another lotion, which I recommend in obstinate cases. The cucumber lotion should be about the consistency of rich cream, and it may be safely used in connection with any other lotion:

any other lotion: Obstinate Freckles. Oxide of zinc, ½ dram; subiodide of bismuth, ¼ dram; dextrin, 1¾ drams; glycerin, 1½ drams.

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

To Keep the Hair Light Will you be so kind as to tell me what will make my hair light brown? It is now a dark brown. I have used potassium carbonate, but I think it gives it a reddish tint.

I have seen so many helped by your recipes that I thought, as a constart reader, I would write. Will borax and cream of tartar make it a light brown, or is it apt to darken it? Shampcoing the hair frequently with the mixture given below will tend to keep it light. The only other method is by bleaching, and I do not approve of by bleaching, and I do not approve of this treatment by an amateur. Better be content with the color nature has be-stowed upon you. A little borax in the shampoo water is very good for keeping the hair light, but it should be thor-oughly rinsed in cold water afterward.

Shampoo.

# MRS. SYMES' ANSWERS TO CORRESPONDENTS SEEKING HEALTH AND BEAUTY

Moth Patches on Face I have recently become interested in your talks, and now come to you for advice. I am troubled with moth patches on my face, and have had them ever since my little girl came, pight years ago. Is there any help for it? I seem in perfect health.

H. M. L.

To Remove Moth Patch. Cocca butter, 10 grams; castor oil, 10 grams; oxide of zinc, 20 centigrams; white precipitate, 10 centigrams; essence of rose, 10 drops. Apply to the moth patch night and morn-

Hair Very Oily

As this is the first opportunity that I have had of writing to you, I would like to have had of writing to you, ask a few questions:

1. I have oily hair, and would like to know of something to make it dry without hurting it in any way.

2. I am also troubled with blackheads on the nose and chin; would like to have them removed by something that will not hurt the skin.

C. A. H.

Lotion for Oily Hair. Alcohol, 2 ounces; witch hazel, 2 ounces; sorcin, 14 grains.
Rub well into the scalp daily. Shampoo for Oily Hair.

Yolk of one egg, one pint of hot rain water, spirit of rosemary, I ounce. Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse with several clear waters. Blackheads of the Skin.

Boracic acid, 2 drams; alcohol, 2 ounces; rosewater, 4 ounces.
Use with friction twice a day on the skin affected.

Red Face and Freckles

For the last few weeks I have been reading your recipes on health and beauty. Please in next week's paper have printed a remedy for a red face, as my face is always very red; and a remedy for freckies and one for warts.

A CONSTANT READER. The redness of your face may come from various causes. It may be that you are too full blooded—in that case you should abstain from blood-making foods Tight lacing or clothing that binds in any place will also cause the face to become flushed. You should not use water that is extremely hot or cold, if your skin is at all tender. Cleanse with soothing creams instead. The cucumber lotion is excellent. I am giving you formula for wart eradicator and lotion to remove freckles.

Cucumber Lotion or Cream. Expressed juice of cucumbers, ½ pint; deodorized alcohol, ½ cunces; sweet almond oil, 3½ cunces; shaving cream, 1 dram; blanched almonds, 1½ drams.

This is a suave lotten, very whitening, softenius and cleansing. Take the shaving cream and dissolve in rose water by heating in 2 custand kettle. Beat the almonds in a coverar, and by degrees works in the soap and water. Strain through mustin

Lemon and Glycerin Lotion. Citric acid (lemon), 3 drams; hot water, 11 ounces; borax, 2 drams; red rose petals, 1 ounce; glycerin, 1 ounce.
Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a jelly bag; after twenty-four hours decant the clear portion and add the glyce. decant the clear portion and add the glyc-erin. Apply as often as agreeable.

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

To Remove Freckles Would you kindly tell me of a simple remedy to take freckles away? S. O.

See answer to "Constant Reader." To Reduce the Waist

Can you tell me how I can reduce the size of my waist and abdomen, either by exercise or by dieting or any other way? I am 37 years of age, am married and have had several children, the last child being very nearly 10 years old. For the last two years I've been getting rather stout or plump. I do not object to that, but my waist and abdomen are getting out of proportion with the rest of my body. I'm short of stature, and I would not like to be getting any larger in the waist, but would like to reduce it, if possible. I am well, with the exception of having a bloated feeling after meals. When I diet, I get too weak and nervous for want of food. My heart is not strong.

I would be pleased to have you tell me if physical exercise would be a benefit to me and what movements I would have to take. I might mention that I do not wear tight corsets or clothes, but that I like freedom of the body. Would it be well to wear corsets continually?

Exercises especially adapted for the Exercises especially adapted for the reduction of the waist measurement have been published in this department since receipt of your letter. However, if you have heart trouble, you should be very careful to take exercise in moderation. Avoid food which contains be very careful to take exercise in mod-eration. Avoid food which contains large quantities of starch and sugar, such as cake, pastry, bread, puddings, milk, potatoes, etc. No liquids should be taken at meals. The following sim-ple exercise practiced two or three times a day is excellent for reducing stomach and keeping the waist First, stand erect, with feet and knees close together; then, keeping the limbs perfectly rigid, bend forward and en-deavor to touch the floor with the fin-

ger tips.

I presume your figure would be much improved if you wore well-made, properly fitting corsets. There is no necessity for tight lacing; wear them comfortably loose. Bust Too Large I see your kind advice to other readers, so I thought I would write to you, for I am miserable. Fam a young girl, 16 years old, and work in a department store, and

and for how long.
ONE OF YOUR READERS. Use the pomade for which I am giving you formula. Frequent applications of warm vinegar or clear alcohol are also helpful: Pomade to Reduce Fat.

Iodide of potassium. 3 grams; vaseline, 50 grams; anolin, 50 grams; tincture of benyrains, another, or grains, and rub all over the Make into a pomade and rub all over the You should abstain from food that is especially fat-forming—cereals, potatoes, corn. peas, beans, etc. You should also avoid sweets of all kinds.

> Troubled With Eczema Will you kindly tell me a remedy for dry eczema? I have it on my fingers—on the tips and in between them. A. G. Eczema is caused by various conditions help outward and inward all tions, both outward and inward, although it is usually due to a general lowering of the standard of health. I cannot give you specific directions for

take inward treatment in the way of a tonic to purify the system, and apply some soothing ointment outwardly. I have known of cases where a salve made of mutton tallow and sulphur was most efficacious.

Excessive Perspiration I have been a quiet, but interested, reader of your beauty columns for some time; but, seeing you have been so helpful to other girls, I have taken the liberty to ask you to help me, as I am almost positive you can. Kindly let me know if you can tel me anything to prevent perspiration, as I perspire freely on the face; and please tell me of something to bleach my face and make it lily white; and, if I'm not asking too much, I would like a recipe for a natural, delicate tint for the cheeks, deving detection. I shall ever be thankful to you.

Excessive perspiration is frequently due to nervousness, and any treatment which will build up your general health and improve the condition of your nerves would help to overcome it. Us-

the appearance of your face. Peroxide of hydrogen makes an excellent bleach. Pour a little in a saucer and apply with a soft cloth. Am giving you formula for Strawberry Blush, which is a very satisfactory and harmless rouge.

Strawberry Natural Blush. Strawberry Natural Blush.

Fresh ripe strawberries, 3 quarts; distilled water, 1 pint. Place in a fruit jar, and set the jar in a saucepan of water over a slow fire

Let the water simmer for two hours, and strain through a fine hair sieve. When cold, add pure alcohol, 12 ounces; best Russian isinglass (dissolved), 30 grains; pure carmine (first dissolved), 30 grains; pure carmine (first dissolved) in the alcohol), 15 grains; attar of roses, 4 drops; oil of nerol, 2 drops; oil of cedrat, 5 drops.

Keep closely stoppered in a dark place.

Apply to the cheeks with a bit of absorbent cotton.

About Use of Henna Will you kindly tell me in reference to this powdered henna, is it good to color gray hair? Will you also tell me how to make it? Do you make a paste of it or a

## HEALTH THROUGH HYGIENE — THE FAT GIRL

By Dr. Emma E. Walker

Copyright, 1905, by A. S. Barnes & Co. HE girl who is too fat is nearly always fond of sweets and dainties. Exercise and diet are the two chief lines along which she must work in order to reduce her super-

fluous flesh.

Every pound of flesh beyond that which is necessary to make the forms symmetrical is an additional weight to carry, a burden to overcome, and a hindrance to all normal functions. In other words it stands ready to destroy other words, it stands ready to destroy both health and beauty.

If you notice this tendency when you are young, and especially if you know that it is hereditary, begin early to keep it down. Look first to your diet. It is not only the things which you eat, but it is often the amount that you eat

which helps to produce this unfortunate condition. I know a girl now whose form is most urgainly, and it is growing more so ev ry day. I believe that she hardly ever omes home from a trip downtown without bringing a box or downtown without bringing a box or two of candy.

It is generally the calm and phlegmatic temperament, the girl who does not worry, who takes life easily, who indulges herself in frequent rests, as well as in all things good to eat, who is troubled with an excess of fat.

Such foods as cakes and pastries, ices, creams and candies, taken especially between meals, besides wines and other alcoholic beverages, are very productive of superfluous flesh. It is much easier to present this condition than it is to

In general, sweets and starches, besides milk, creams and desserts, should be, to a great extent, relinquished. There should be no between-neal indulgence. Breakfast cereals, with of course, cream and sugar, must be abstained from. Many girls who are inclined to be overplump really believe that their appetites are small. It is curous to note how often fleshy people will tell you this fact.

The basis of the liet for obesity consists of lean meat and dry food, but no strict diet should be undertaken without the personal bservation and direction of a physicin, for there are often other indications which would not allow such a regimen o be followed with benefit.

Eats should not be entirely cut off.

Fats should not be entirely cut off, Fats should not be entirely cut off, because they are needed to a certain extent to aid ligestion.

It must be remembered that no cut-and-dried riles can be given for all cases of obsity. The individual must be considered in this regard, just as she is in even other branch of hygiene. You can son tell by watching yourself carefully that special foods add to your own weight.

own weight.
As far possible, according to many requent rests, as well good to eat, who is excess of fat. kes and pastries, ices, s, taken especially bedes wines and other a, are very productive h. It is much easier and other is much easier which is to making much liquid, especially with meals. This holds true only in case that you are in otherwise good condition, for such liseases as gout and rheumatism require an increased quantity of fluid.

On/of our leading dictitians gives the following general directions: The girl who wishes to reduce her weight should

To sum up, ther tions for the girl nearly with meals. This holds true only in case that you are in otherwise good condition, for such liquid, especially with meals. This holds true only in case that you are in otherwise good condition, for such cases as gout and rheumatism out of the twenty more quickly; get on waking in the reduction than it is to

and alcoholic beverages. The little fluid that is taken should consist of plain or aerated water. As far as possible, the food should be taken dry. Very juicy fruits and vegetables, such as water-melons and tomatoes, should not be eaten. A little butter may be taken, but, aside

A little butter may be taken, but, aside from that, fats should be eschewed. Sugar should be forbidden. Starches should be cut down to as low a limit as possible. You may substitute gluten bread, if you wish, for wheat bread. Salts and the vegetables that grow above ground—fresh green vegetables—are used.

Various systems have been laid down by different authorities for diet in obesby different authorities for diet in obes-ity, but it is most unwise to follow out any one of these without the supervision

any one of these without the supervision of a competent physician.

Massage is often attended with good results in obesity.

As to "anti-fat" remedies, they would better be let alone entirely. There are many quack nostrums which are popularly supposed to reduce flesh. Such preparations are thoroughly unscientificant of the preparations of the mean provided in the contraction. and many of them are positively dan-gerous. The only sensible treatment for obesity consists of diet and exercise. To sum up, then, the general direc-tions for the girl who wishes to lose

out of the twenty-four; learn to move more quickly; get out of bed instantly on waking in the morning, take a brisk bath, first scrubbing yourself with a brush and then rubbing vigorously with

Annoying Trouble I read your letters of advice to others in trouble, so come to you with mine. Can you give me a permanent cure for excessive perspiration of the armpits? I have tried all local remedies, and they have failed. I am not bothered with perspiration in my body or face. I appeal to you in hopes of finding relief. I have tried all brands of shields; they only seem to increase the trouble. I suffer as much with this trouble in the winter as in warm weather.

Try washing night and morning with Try washing night and morning with Try washing hight and morning with common kitchen soap and hot water in which a few drops of ammonia have been placed. This removes all odor and frequently perfects a permanent cure.

To Reduce Weight

Will you kindly tell me how to reduce my weight, also stomach; and, if it is not asking too much, will you tell me how I can reduce my bust? A READER.

Observe the rules I am giving you for the reduction of flesh, and practice the following exercises two or three times a day:

First, stand erect with feet and knees

close together; then, with the knees per-fectly rigid, bend forward and en-deavor to touch the floor with the tips

Rules for Reduction of Flesh.

Rules for 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 fattening. Skimmed 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 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 flesh, 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 carbon to burn away.

To Clear the Complexion I have been a reader of your beauty column for some time, and am very interested.
I had a druggist fill the recipe for the orange flower cream, and like it. I bathe
my face in warm water and soap at night
and apply the cream and rub it in: and
mornings I do the same, only bathe my face
in cold water. Is that right? I also read
in your beauty column where you give peroxide of hydrogen and lanolin as a bleach
for the neck. I have terribly dark skin,
and have a few pimples on my forehead.
Would it injure the skin to use it for a
bleach on face, as I am very anxious to
get my skin smooth and white? Hoping
you will tell me in next week's paper.

Try to get rid of the pimples before

Try to get rid of the pimples before using a bleach; be careful of your diet; abstain from rich, greasy foods and get plenty of fresh air, if possible. An excellent thing to clear the complexion is to rub the face over just before washing it with two teaspoonfuls of flowers of sulphur, mixed in one-half pint of new milk. This mixture should a little while before it is used on excellent thing to clear the complexion is to rub the face over just before washing it with two teaspoonfuls of flowers of sulphur, mixed in one-half pint of new milk. This mixture should stand a little while before it is used on