COMPLEXION CARE FOR THE BUSY GIRL

LARGE percentage of women who are anxious to improve their appearance is found among the workers.

The girl who is obliged to hurry off to her office early in the morning and returns homeward at night wearled in brain and body has this plea to justify her unprepossessing looks—I have no alime. This is justifiable, and yet it does seem to me that the girl who is really desirous of improving her looks might contrive to devote fifteen minstes to the care of her complexion.

The following treatment will not consume more than that length of time, and will be found almost a foundain of youth—such a glow will it give the skin if continued regularly. First, make some little meal bags as follows: Mix equal quantities of powdered oatmeal and bran together, and to this add one ounce of orris root, powdered. Place one of these bags in the basin and pour boiling water on it. Put a teaspoonful of oil of almonds in a small jar or saucer and stand in boiling water. When the oil is warm dip your fingers in it and massage it sently all over your face. Rub very gently, and let the fingers always travel in an upward and outward discetion. When the face has been thoroughly saturated with oil the skin must be wiped free from grease with a soft cloth.

If by this time the water in the basin is not the right temperature add some cold water. Squeeze out and remove the meal bag and bathe the face in this water. Dry with a soft towel and then wipe off carefully with a piece of Japanese silk. The silk seems to impart a softness and smoothness to the skin that is not produced by any other means.

If time can be spared a weekly steaming is most beneficial. After the boiling water has been poured on the meal bag make a sort of tent of a large bath towel, envelop your head in this and hold your face near enough to the boiling water has been pured on the meal bag make a sort of tent of a large bath towel, envelop your head in this and hold your face near enough to the boiling water to get full effect of the steam arising. The girl who follows

Points on the Care of the Hair

Cure for Dandruff R. E.—Try the following prepara-tion which has cured many cases of stubborn dandruff similar to yours. Before commencing treatment give the hair a thorough shampooing.

To Remove Dandruff. Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerine, ½ ounce; oil thyme, ½ dram; rosemary oil, ½ dram.
Mix all together with six ounces of rosewater. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

Hair on Arms

I have been a constant reader of your beauty column for some time, and now hought I would ask a few mentals. thought I would ask a few questions.

I have a thick growth of black hair on my arms, and would like ery much to get rid of it in some way that's harmless. I do not want to try something that will take it away for a while and have it grow on again. I would like very much if you could tell me some way I could get rid of it at once, and at the same time that would be harmless to the skin.

PRETTY ARMS.

I do not know of any method for the

1 do not know of any method for the permanent removal of hair that can be followed by an inexperienced per-son. Electrolysis and X-ray treatments will secure permanent results. but will secure permanent results, but should only be administered by an expert. The pumice stone treatment has proved satisfactory in cases similar to yours, but, of course, it must be repeated when the growth reappears.

Pumice Treatment. Get an ordinary 5-cent cake of pumice stone. This is not pumice soap, but the regular old-fashioned pumice stone. To remove the hair rub the skin afflicted with the superfluous growth, and the pumice stone will wear the hair off. Be careful not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold cream.

Good Shampoo

On my return to town am delighted to find your valuable column still appearing in the paper. About a year or more ago one of your correspondents sent profuse thanks for one of your recipes used for her hair, which she said had quite restored the pretty brown in her hair. Unfortunately, I missed the recipe, and wonder could you repeat it. It is just what I need for my hair, which is growing quite gray, and am only 33 years. only 33 years.

Could you also give shampoo recipe for my little girl's hair, which would keep it light without injury? I may say her hair is of a dry nature. I should be grateful to see these recipes published in your next column. The lotion for which I am giving you formula is, I think, the one to which you refer. You will find the shampoo for light hair harmless and effective.

To Restore Natural Color of the Hair.

(A physician's prescription.)

Sugar of lead, ½ jounce; lac sulphur, ¼
ounce; essence of be gamot, ½ ounce; alcohol, ½ gill; glycerine, I ounce; tincture of
cantharides, ½ ounce; ammonia, ½ ounce.
Mix all in one pint of soft water. Apply
to the roots of the hair, which must be
clean.

clean.

The dye should never be applied if there is any irritation or abrasion of the scalp. Shampoo for Light Hair.

White castile soap, in shavings, 1 ounce: water, 24 ounces; potassium carbonate, 20 grains; borax, 120 grains; cologne water, 2 ounces; bay run, 2 ounces.

Dissolve the soap in the water and add the other ingredients. Rub well into the roots. Rinse thoroughly in several waters; then dry carefully.

Hair Losing Color I am 33 years of age, and my hair is turning gray. The color is chestnut brown. Now, I have been told I had not enough sulphur in my system, and been advised to try a tablespoonful of vaseline and mix a lump of sulphur in the vaseline about the size of a hazlenut, and rub well into the scale every second or third night, and also take a little sulphur internally occasionally. Now, I do not care to try this without your valuable advice. Do you think the sulphur would restore my new hair to its original color? A COUNTRY WOMAN.

The treatment you suggest is abso-The treatment you suggest is absolutely harmless, and as sulphur and waseline are contained in many scalp remedies, probably the results would be most beneficial.

Removal of Superfluous Hair Would you kindly tell me if there is any way of removing superfluous hair besides electricity, and also when removed by electricity, does it ever grow in again?

Mrs. G. A. G.

Electrolysis is the most satisfactory

treatment for removal of superfluous hair. It effects a permanent cure, but should only be administered by an expert dermatologist.

Hair Gray in Spots Will you kindly publish in your column come remedy that will make the hair white? By hair is turning gray and I would like comething to make it gray all over, as I do not like the looks of it now, as it is only gray in patches?

G. E. C. Am sorry I do not know of any harmless method of obtaining this re-

Hair Falls After Illness



I was ill with an attack of appendicitis. Since coming home my hair has fallen out to rapidly that I am afraid to comb it! I have not half the amount I formerly had, and I had a very good head of hair. It is turning gray, but that I do not mind, as I am 46 years old. But is there not something to make my hair grow and prevent what I have left from falling out? I would be most grateful to you if you could help me.

The following lotion will be beneficial. Daily massage will also do much toward putting the scalp in perfect condition, and thus promoting growth of the hair.

of the hair. For Falling Hair. Tincture of nux vomica, 1 ounce; spirits of rosemary, 2 ounces; alcohol, 2 ounces. Apply several times a week to the roots of the hair.

To Reduce Bust Will applications of warm vinegar or clear alcohol alone reduce bust?

ANXIOUS.

In many instances this treatment alone has greatly reduced the bust. G. A. W.—The pomade to reduce fat may be used on the chin. I would not, however, advise its use on the bust un-der the conditions you describe. G. E. C.—Am sorry I do not know of any harmless method of obtaining this result.

Use of Peroxide MOYNA-I do not advise the use of peroxide of hydrogen on the hair. If, however, it is used to bleach the hair, it should only be administered by an expert. Otherwise the results will be

Found Bleach Satisfactory Will you please print in next week's paper your formula for developing the bust? Have tried the peroxide on my arms and

am pleased to advise the hair is much lighter. Thank you in advance. Respectfully. M. D. I repeat the formula with pleasure. Dr. Vaucaire's Remedy for the Bust Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of zinc, 10 grams; tincture of fennel, 10 grams; simple syrup, 400 grams.

The dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.

Lotion for Freckles A. L.—Following is a good lotion for removal of freckles. Dr. Shoemaker's Bleach.

(For Freckles and Brown Spots.)
Bichloride of mercury in coarse powder,
g grains; witch hazel, 2 ounces; rose water,
2 ounces.
Agitate until a solution is obtained. Mop
over the affected parts. Keep out of the
way of ignorant persons and children.

Face Too Thin

I am 33 years old, and am very thin; have always been so, and have been taught that it is quite natural for me to be so, because I am just like grandmother, and she was never fat. Now, I have no desire to be fat, but I would like to fatten my face a little, as my cheeks are very hollow and give me a frail, delicate appearance (especially as I have very little color), which is very disagreeable, as I am really very well—never ill at all, except once in a while a headache.

Will you kindly tell me if the milk and sulphur treatment would be of benefit to me, and do you think the orange-flower or witch hazel cream the better for me to use in connection with it? My skin is naturally dry and not clear, and am inclined to growth of superfluous hair, which I do not want to aggravate,

The milk and sulphur treatment would

The milk and sulphur treatment would Local Treatment. be excellent for clearing your complex-ion. Gentle massage night and morn-ing with the orange-flower cream will fatten your face. Bathe frequently with cold water and use friction. A little turpentine liniment or weak ammonia, one part of diluted ammonia to four of water, may be rubbed among the skip daily 'once). but great care

and Beautiful'



Discus-Throwing in

must be taken that it does not reach the

For the Skin

MISS IGNORANCE.—If the peroxide of hydrogen irritates your skin, discontinue using it. Try using cucumber juice or buttermilk instead. They are both good for whitening the skin. Apply the lotion for enlarged pores with a bit of soft linen or absorbent cotton.

Tonic for Gums Will you publish as soon as possible a tonic for receding gums and a tooth powder containing camphorated chalk?

Myrrh and Borax Mouth Wash.

Rub together in a mortar one-half ounce each of pulverlzed borax and strained honey; then add gradually one pint of pure alcohol and one-half ounce each of gum myrrh and red saunders wood. Let the whole stand in a large-mouthed glass bottle for two weeks. Shake the bottle occasionally. Pass through a filtering paper, and it is ready for use.

Tooth Powder.

Precipitated chalk, 4 ounces; powdered orris root, 8 ounces; powdered camphor, 1

ounce.

Reduce the camphor to a fine powder in a mortar, moissening it with a very little alcohol. Add other ingredients. Mix thoroughly and sift through a fine bolting cloth,

To Soften the Skin

Would you kindly publish in your valuable columns something that will make the skin soft and white, but that is harmless? And would you also kindly tell me something that I could take to fatten me?

MABEL.

A few drops of benzoin in the bathing water tends to soften and whiten the skin. Olive oil taken in generous quantity is beneficial to the whole system and very fattening. You will find helpful hints in the following rules for increasing the weight

Those Who Wish to Increase

Weight.

increasing the weight.

AMIEL

a Long Skirt

Mrs. Symes' Advice to Correspondents

To Clear the Complexion Will you kindly repeat the formula for whitening the face, consisting of flower of suphur and milk. Just how long the mixture should stand before using, and should it be washed off immediately. To clear the complexion, rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand at least fifteen minutes before using.

Bothered With Sleeplessness I have recently read that soda used to shampoo the hair is not good for it. Now, Mrs. Symes, I have always used soda to shampoo my hair, and I thought it beneficial to the hair, but since I have read this I do not like to use it, as my hair is not any too good anyway. Would you kindly tell me what is the best thing to put in the water when shampooing the hair?

Also, if a person takes narcotics to produce sleep is it bad for them? I am very nervous and bothered with sleeplessness. I know of several different narcotics that will produce sleep, but I have heard that sleep caused by narcotics will make the patient look ill when she awakens. Is this true, or is it all right to do so? look ill when sue and is it all right to do so?

SUBSCRIBER.

A pinch of soda used in the shampoo water tends to lighten the hair, and is not injurious. Never resort to nar-cotics, as they do not produce restful sleep and are followed by pernicious effects.

Too Fat

Can you tell me in your valuable col-umns of an external application that will remove superfluous flesh from any unde-sirable part of the body? VIOLET. Many of my correspondents report satisfactory results from use of the following pomade. Frequent applications of clear alcohol will also tend to remove superfluous flesh.

Pomade to Reduce Fat. Iodide of potassium, 3 grams; vaseline, 50 grams; lanolin, 50 grams; tincture of bengrams; lanolin, 50 grams; tincture of benzoin, 20 drops.

Make into a pomade and rub over the fatty parts twice a day. You should abstain from food that is especially fatforming—cereals, potatoes, corn, beans, etc. You should also avoid sweets of all kinds.

Shadows Under Eyes

I have long read the interesting column written by you and profited by it, but one thing I have long looked for but never found, so it seems I must stand alone in this annoyance. I have shadows under my eyes from the corner near the nose to the outward part of the eye, and have done everything I could think of, but without success. I have successfully driven almost every wrinkle away by your kind advice, and so have absolute faith in anything you may tell me to do for this case. I have almost perfect health, for which I am very grateful, and so am all the more puzzled why I should have those disgusting shadows. I faithfully massage my face, and particularly under the eyes, every night with splendid results.

ABSOLUTE FAITH.

I am pleased to know how much

I am pleased to know how much confidence you place in my advice, and hope the treatment recommended in this case will prove beneficial. There is always, in my opinion, some internal cause for the dark circles under the eye. The tendency is sometimes hereditary, but dark lines are usually due to some congestion of the veins of the part and are rarely, if ever, found excepting under one for more of the following circumstances:

or more of the following circumstances:

When the subject is anaemic and there is an impairment of the chemical constitution of the blood, or when the system is being drained, as it would be in prolonged study, lack of sleep or dissipation of any description. The external treatment is sometimes effective temporarily, but cannot be permanent while the cause exists.

Rules Which Should be Followed by Absolute freedom from care and anxiety. At least ten hours' sleep out of every twenty-four. In addition to this name during the day if possible. This sleep

Pitching Quoits ITHOUT doubt sports, in which there is fun and splendid exercise and the keen zest which rivalry insures, and which, at rivalry insures, and which, at the same time, may be played in the most picturesque of costumes, appeal strongly to even those women by whom tennis and golf and the rest of the more strenuous sports are tabooed. None of the fuss and bother of getting into distinctly athletic clothes is necessary; instead, impromptu contests may be got up among the beautifully gowned women whom a summer's afternoon is women whom a summer's afternoon is sure to bring to country homes.

balanced body.

To be able to take healthy exercise and to look your prettiest at the same time, is a combination of affairs well-nigh irresistible.

Even a fair-sized city yard provides space enough for archery or quoit throwing, although hardly enough for that ancient pastime of the Greeks, which has been recently revived both in England and America-throwing the

which has been recently revived both in England and America—throwing the discus.

The usual athletic costume may be used for archery, although any gown in which the arms have perfect freedom of movement is as comfortable for the performance.

The muscles of the arms, shoulders, back and neck are all developed and strengthened by this sport and the hollows of the neck filled out by it.

Like most sports, the true mysteries of handling the bow come only after long practice, but the principle may be grasped in a few moments, and the fascination of finding out the best way to stand and of getting the shaft to strike nearer and nearer the centre of the target tempts you to constant practice, even if there is no one to practice regularly with you.

Be careful in choosing your bow to see that it is neither too heavy for you to pull without severe strain, nor so light as to be no pull at all upon the muscles. And get a bow no longer than you are tall both for comfort and for ease in handling.

Pitching quoits is even better than bowling as an exercise, in that, while the motions are nearly enough the same to call out practically the same muscles, it is an outdoor game. Besides the direct benefit it is upon the general health and upon the development of neck and shoulders and arms,

sides the direct benefit it is upon the general health and upon the development of neck and shoulders and arms, and especially for a hollow chest, there is indirect benefit gained in added grace and buoyancy of the whole body, which becomes pliant and supple if the sport is followed with any degree of regularity.

With a little practice, the left arm may be used alternately with the right for the pitching, so that both sides of the body may be developed evenly.

As to discus throwing, the very fact that it is a revival of a Grecian sport is enough to commend it as productive of grace, for the Grecian men and women have furnished the ideal types of grace for the whole world.

Like qualt nitching, wrist, arm, book

Like quoit pitching, wrist, arm, back ders are all strengthened by the graceful swaying into which unconsciously fall in your endeavor to get the quoit nearest the peg.

One great advantage all three of these sports have over the more strenuous sports have over the more strenuous games is that length of skirt makes no difference at all—there is no running to do, and practically no walking, the swaying of the body, which takes one graceful pose after another, being the whole form of exercise. Yet that swaying, that effort to throw, reacts in perfect poise—which is a perfectly balanced body.

How to Beautify the Face

must always be natural. Nothing is so bad for the appearance and general health as aleep induced by anodynes or narcotics in any form. The diet should be liberal and should consist largely of food containing starch and sugar; potatoes, fresh, sweet butter, milk, cream, fruits cooked and served with sugar, all vegetables containing starch and sugar; such as corn sweet potabutter, milk, cream, fruits cooked and served with sugar, all vegetables containing starch and sugar, such as corn, sweet potatoes, beans, peas, foods of the macaront and spaghetti kinds, fish and oysters, fee creams, desserts without pastry: plenty of outdoor life and a moderate amount of exercise. Sieep in a well-ventilated room. I do not believe any one can gain flesh if there is any internal disease, certainly not if there is any tendency to dyspepsia or liver trouble. Where the patient is plump in one part of the body and fails in another a gymnastic course is advised. There is nothing better than bleyeling, unless it may be a regular gymnastic course. In order to pursue the latter properly the patient is advised to go to a first-class gymnasium, submit to an examination and take the exercise prescribed by the attendant physician. These gymnasiums, at moderate prices, may be found in a town of any size in the country. Where the development is meagre in the upper part of the body swimming is also an excellent exercise. Walking is always wholesome. The patient who wishes to gain flesh can never do so if she worries, is harassed or permits her nerves to get the better of her.

Dull. Oily Complexion Will you kindly publish in your column a correct rule for the use of the complexion brush; also a good cream to use with it? I have a slight growth of hair on my face, and wish you would recommend a cream which will not cause any more growth. I have a dull, oily complexion, and wish to better it if I can.

A CONSTANT READER. Cleanse your face each night with a camel's-hair face brush, hot water and soap. A pinch of borax added to the water will help the oily condition. The orange flower cream will not promote growth of superfluous hair.

Harmless Rouge

Would you be so kind as to give me a recipe for a harmless liquid rouge? I have been using one of your recipes for three years and find it splendid, but I mislaid it. I remember that it contained ammonia water, the word "triple" was put in parenthesis beside one of the ingredients. If you don't know what recipe I refer to, could you give me another one?

I want to thank you also for your delightful orange-flower cream. I have been using it for six months, and am sure it has greatly improved my skin. It makes the skin just as soft and smooth as it can be. I do not recollect the liquid rouge to which you refer, but am giving you formula for a rouge which is perfectly harmless and very satisfactory. It pleases me to hear such gratifying results from use of my recipes.

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 neroil, 2 drops; oil of cedrat, 5 drops.

Keep closely stoppered in a dark place. Apply to the cneeks with a bit of absorbent cotton.

Troubled With Blackheads I have been a constant reader of your beauty columns, and I have known people who have been helped by your good ad-vice, so I thought that probably you could vice, so I thought that below the prehelp me.
I am troubled with blackheads. My face
is full of them, especially my chin. Could
you please tell me some way to treat them
so that I could cure myself, for they cause
me a great deal of bother.
A CONSTANT READER. The following lotion is good for re-moval of blackheads. Use as directed. Also put a pinch of borax in the water in which you bathe your face. Blackheads of the Skin. Boracic acid, 2 drams; alcohol, 2 ouncesy rosewater, 4 ounces.
Use with friction twice a day on the skin

Correspondent Gives Advice I have gained considerable information by reading your page. I have seen so many inquiries how to free the head of lice and nits. Now, as I had some experience myself and found it the best thing that I ever tried, I get 10 cents worth of fish berries, put in 1 pint of alcohol and let the mixture stand 24 hours. One time putting on will be almost in any case enough, but as it is not harmful to the hair, more can be used. You can publish for the benefit of your paper. Will you piease tell me through your paper of a solution to make the hair curl?

No doubt some readers will be No doubt some readers will be glad to profit by this information. I am sorry I do not know of any preparation that will make the hair permanently curly. The only thing I can recommend is a curline with which to dampen the hair before putting it up in curlers. This will make the wave remain in for a long time.

To Clear the Skin

E. S. T.—Moth patches, or liver spots, quite frequently appear during pregnancy, and usually disappear when the system regains its normal condition. The following preparation is often successful in removing them:

To Remove Moth Patch. Cocoa 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 morange, ing.

Ardent Reader Asks Advice.

I am an ardent reader of your health and beauty page, and desire your advice very much, indeed.

I find most people wear dirty faces, and, as I have just passed 30 years, I decided at once to give my face mere care and try and keep back wrinkles. Will you advise me as to whether I am on the right road, for I notice a little down on my face, and I fear I am using too much cold cream on my face?

Every night I wash my face with a knitted washrag, warm water, castile soap, and, after rinsing, apply a skin food (home made), which I rub off with a soft cloth. Then in the morning, when I arlse, I wash my face again, apply a cold cream, which is also home made, and dust on some rice powder. Do you approve of this powder?

Do you think I use too much cream on my face? According to my regime, my face is never free from powder or cream and in a natural condition, and my hope is, with care, to acquire a good-complexion where an artificial appearance will not be necessary. Perhaps my ideal is too high. However, if you will advise me as to just the best way you consider to take care of the complexion, I should be obliged. I am inclined to have large pores and blackheads. One of your astringents has helped me considerably.

M. S. Ardent Reader Asks Advice. The method you are pursuing for keep-The method you are pursuing for keeping your face clean and in good condition sounds very good, indeed. The appearance of down may be caused by the face cream you are using. You do not mention the ingredients, so, of course, I cannot say positively whether or not this is the case. I can say, however, that the orange flower cream, which is one of the best creams I know of, will not cause such a growth, no matter how frequently it is used. I also think you would like almond meal as a substitute for soap for your nightly cleansing; it is very cleansing and softening to the skin. If the blackheads continue, try, using a pinch of borax in the water occasionally. Bice powder is an excellent using a pinch of borax in the water oc-casionally. Rice powder is an excellent and beneficial toilet powder.