

the foot relaxed (Figure 4) until the knee bumps against the chest; bend for-ward a little to meet it. Repeat with the left. Lie on the back, raise one leg and then the other, as high as possible, making an extra effort to draw the knee nearer the breast (Figure 5). Lie on the chest; push up from the floor until the arms are straight (Figure 6), keeping the body and knees straight. These exercises should be gone through regularly each day when the object is to reduce the hips and abdo-men.

time, and expects to get permanent re-sults. This is not enough-the treat-ment must not be spearmodic; it must be regular and prolonged. The woman who is inclined to be too stout has not an easy road to travel in trying to keep will persevere. In regard to reducing or increasing weight, exercise is like a good rule-ti works both ways. The general rule is to work hard and fast and long to re-duce weight. The exercises given are good for gen-eral reduction, but they are especially adapted for reducing the hips and abdo-men. Stand erect, with the hands above the toes, without bending the knees (Fig-Stand erect, with the feet well apart

HEALTH THROUGH HYGIENE

## DEVELOPING THE BUST

1 Ball M

<section-header><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text>

- How to Get Popular Remedy Will you kindly send me the formula of Dr. Vaucalre's bust remedy, or tell me where the remedy can be obtained? I am giving you formula for Dr. Vau-caire's remedy. Any reliable druggist will fill it for you.

Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega (goatsrue). 10 grams; lacto phosphate of lime, 10'grams; tincture of fennel, 10 grams; simple syrup, 400 grams. The dose is two soupspoonfuls with water before each meal. Dr. Vaucaire also ad-vises the drinking of malt extract during meals.

and a there are a low

Troubled With Acne

Iroubled With Acne I eaw in Mrs. Symes' recipes yesterday successful in curing acne. I am troubled with acne and have tried several remedies. but none did any rood. Will you please tell me if this Monin's remedy is a patent medicine, and where it can be obtained? I should like to try it; also, would the orange flower cream be good for my face? I have more trouble with superflouse hair on my acce and have to, be very careful about using creams unless recommended. I am giving you formula for the acn flower cream will not promote growth of superfluous hair on the face. Cure for Confluent Acne. (Monin).

Cure for Confluent Acne (Monin).

Apply the following mixing to the af-flicted parts morning and night: "Giveerine, 40 grams; oxide of zinc, 5 grams; soap tincture, 10 grams; potasse alum, 2 grams. Mix. For internal treatment in connection with the above the patient should take each morning before breakfast one tablespoorful of a mixture composed of equal parts of pure giveering and castor ot.

## Bad Complexion

I thought I would write and tell you my trouble about my complexion. I have black-heads and pimples, but not the kind tell come to be open: they get sore and not and get to be a large, hard lump; hard used cold cream, but find no relief, and used cold cream, but find no relief, and used all kinds of blood tonics from my doctor. Would you also please tell, me what will make a good face bleach 'How is peroxide of hydrogen-is in toe strong? G. H. and show and the set of the

arett. A CARACTER CARE AND A CARACTER and all a brack and b

Fig.6 Figs: patticular, have a very fattening ten-dency. The very best beverage is un-doubtedly distilled water, and this should not be taken with meals, but at



Try Monin's cure given to "R. J. E." I think it will help your complexion. Peroxide of hydrogen is an excellent face bleach. Pour a little in a saucer and apply with soft cloth. Ing, do not renew the application and the color will soon fade out. Too Fat

Too Fat

Lotion Improved Her Complexion

I want to thank you for sending me the recipe for catmeal and glycerine cream. I haw so anxious to keep young and fresh oking. My skin seems to be ketting dry and rough, but the cream has improved it wonderfully. It is so easy to make and so inexpensive that I can allord to use it gen-cousiy on my face and hands. Will you now-fell me of something to keep the breath R. McL.

Am glad to hear that the lotion proved as weet? R. McL. Am glad to hear that the lotion proved so satisfactory. To keep the breath sweet, great care should be taken of the teeth. They should be thoroughly cleaned after, meals and the mouth rinsed with a good antiseptic mouth wash. Listerine and water is excellent. It is also well to place a little carbonate of soda round the teeth just before retir-ing. It corrects any acidity arising from the stomach.

To Darken the EyebronsMart on Her NeckSurvey of you, but since you did not getSurvey of you, but since you did you let me know of something the skill.Survey of you, but since you hadyangSurvey of you hadyang<td

and a second sec

Division of the stand eight days and drain. Then apply as any other dye. Brown Hair Stain. Green walnut shells, 2 ounces; alum, % ounce; pure oil, 4 ounces.

The second Legs Too Thin

Legs Too Thin A am a constant reader of your recipes, and i am going to ask your advice. I am of my source of the source of the of my body except my lower limbs, which are so thin and bony I am really ashamod of them. Now, dear Mirs. Symes, I hope you will tell me what to do. Have tried ex-ercise, but they don't get any stouter. Please tell me if you think massaging with oilve oil will add any flesh to them; also tell we how to use your lotion for prema-tive winkles. Mirs. M. M. Describes is the best possible method soon produce results. Alsing on the tip-cise. Are used might and morning with oilve oil or a good skin food. Apply the wrinkle lotion with a soft linen toth.

'A Good Skin Food

Found Remedies Very Satisfac.

<text><text><text><text> tory 107.9 Would you please tell me the recipe for fract experiences and leasines? I know that if the performed and leasines? I know that if the performed and the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the performance of the set of the set of the set of the performance of the set of the set of the set of the performance of the set of the set of the set of the performance of the set of the

Orange Flower Cream.

White wax 1 ounce: spermaceti, 1 cunce: lanolin, 2 ounces: coccanut cil, 2 cunces: orange flower water, 2 ounces: oil of sweet almonds, 4 ounces: inclure of bensoin, 30 drops. Melt the first five ingredients together. Take off the first and beat until nearly cold, adding little by little the bensoin, and lastly orange flower water.

Discouraged About Development

Will you please give me a little advice in developing the bust I have taken all kinds of exercise, but it does not seem the second me. Kindly send me your recipe also stat-ing how to use it. Thanking you in ad-vance. If you will take the Vaucaire remedy, for which I am giving you formula, I am sure you will soon notice an im-provement. Tou can get quicker results and massaging daily with a good skin food.

Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goatsrue), 10 grams: lacto phosphate of line, 10 grams; lincture of fennel, 10 grams; simple syrup, 400 grams. The dose is two soupspontuls with water before each mest.

anna anna an that an anna

The mater gold locket rella from 1 case from the directors ... resident The forma hade by J. Eyebrow and Eyelash Grower. staff, who p tiring stewa Mr. Jenkins

Colores 24 cunces; giverine, 1% cunces; Buid extract of jaborandi, 2 drams. Agirate Apply to the evebrows with a brush, and to the lashes with a tiny camel's-hair paint brush. The brush must be freed from any drop and passed Lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the jotion touches the eye itself.

and the second second

. s'nfete owards him sured his would in fut toria he wou affection for

Thi

Willmore, S who lives thre threshed 1,15

cres. The 31 bushels

Snowflake,

ing haud nan \$35 last night erican hobo.

changes, an plaintiff.

ME

who Ret

A pleasing

he Provincia

ape of a fa

ion to the i

ace in the r

the preser

number of pa

ble master o Mr. Jenkinse ost at the h

cere esteel nd patients

over thes omce

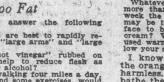
ng of th conscier

es has which sure at 1 ons of regre

pled with piness an hencefo

Wi Toronto, S W. Barlow of the Roya rder from i reet to-day ere within

eatistactors. Mrs. C. W. E. You will find the formula for eyebrow grower in answer to "C. A. R." From the itching sensation in your head that you describe. I think you are troubled with dandruff. Try the dandruff cure I am giving you. It is very gratifying to hear such satisfactory reports of my remedies. To Remove Dandruff. Tincture of cantharides. 1 ounce: liguid ammonia, I dram; glyceriae, ½ ounce; oil of thyme. ¼ dram. Mix all Sogether with 6 ounces of rose-water. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed. To Keep the Hair Dark Will you please tell me if possible some-thing to make my hair darker? It was a very dark brown, but has begun to get lighter. I have never used anything to change the color. Also please tell me what I can use to make my eyclashes longer and thicker. Miss C. A. R. Rubbing vaseline into the roots is good for the hair and tends to darken it. I am giving you formula of lotion to pro-mote the growth of the eyebrows and lashes.



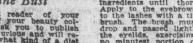
<text><text><text><text><text><text><text><text>

Wart on Her Neck

To Darken the Eyebrows

Have been a constant reader of your paper, and especially of your beauty col-umn, and will kindly ask you to publish something that is not injurious and will ra-duce the bust and also what kind of a dist to adopt to follow in order that this might

To Reduce the Bust



STATES TALLY