for the skin of the hands, let us devote a little attention to the nails. I often

feel glad that it is the custom to wear

gloves, for I fear we should have some sickening sights otherwise. There are

Black Red-Cock, Shantz, Lowie; oullet, Shantz, kerel, Shantz, Reid cockerel, Shantz;

id. Shantz; hen, antz. Reid. tanis-Golden Seatz. Stickland: hen, cockerel. Stick

t-Cock, Shantz, Shantz: cockerel, Cock, Shantz, H. iss Shantz: cocktz: pullet, Curliss,

ck, Shantz, W. Si-Eccles: cockerel, et. Reid. Shantz. ock. Shantz: hen Shantz; pullet

ock, Shantz, Reid; ; cockerel, Shantz;

H. Curliss; hen, H. Reid, Shantz: hen. olands Cock, Reid Shantz: cockerel.

Polands-Cock. Shantz, Reid; mllet Reid Reid, Shantz; hen kerel Reid: pullet.

for Table-F. Lonz, I and 2 all the

n's Department. on-Open to the Schools of the the Rural Schools Sr. 3rd Greenwood Tree, la Watt, May Hu-. Nula McArthur; classes, Harland anmer, E. Lane, el Rutherford.

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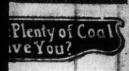
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**JAMES WONG** ANAGER

ood's Phosphodine, of Abuse or Excesses, 5. One will please, six ruggists or mailed in price. New pamphles Modicine Co.

Toronte, On a





## ONCERNING HEALTH and BEAUTY By Mrs. Henry Symes



TF YOU have any doubts as to the story that one's hands tell the casual observer, you have but to recall the case of Mary Queen of Scots, who, when trying to fiee from her own people in the disguise of a washerwoman, was captured because one of the guards caught sight of her well-

our hands as much as possible and to care for them daily. It is quite un-necessary for our hands to reveal the nature of our work. A little attention given to them every day will keep the skin smooth and white and the nails in an attractive condition.

SATURDAY, SEPT. 27, 1913.

For hands that are bony, cold cream is prescribed. This should be rubbed into the skin with a gentle rotary moion of the finger tips. It is quite important that a good cream be used for, the purpose, so I am publishing the recipe for an excellent one:

Skin Food for the Hands When the hands are of an unsightly redness, they should be covered with almond meal or oatmeal after they have been washed and dried. A little

REPLIES to letters to the writer of this department will be printed in regular order; but no replies in

print may be expected in less than three

Correspondents desiring immediate re-

plies to queries may get them by in-

closing a stamped self-addressed en-

Dear Mrs. Symes.

My nose gets very shiny and embarrasses me a great deal. Please tell me
what to do for tt.

Be most careful to rinse the face
thoroughly and after drying the skin
apply the lotion made of:

Lotion for a Shiny Nose

A Shampoo

Dear Mrs. Symes.
Will you kindly tell me how to make a shampoo of a simple kind?

DOROTHY.

a shampoo of a simple MDOROTHY.

Following is the recipe for a very good shampoo: Dissolve half a cake of white floating soap in a quart of boiling water. Let it simmer half an hour over a slow fire. Dissolve a tablespeon of washing soda in a quart of boiling water. Add to it the soap mixture. Stir together and let cool. Use as a shampoo, Rinse the hair always in four or five clear waters after using a shampoo mixture.

To Develop the Legs Dear Mrs. Symes.
What can I do to develop the legs?
DOROTHY.

Exercise is the best possible method of enlarging the legs. Long walks will soon produce results. A gymnastic feat which is said to be a certain enlarger for the lower limbs is to stand on one foot and, with the other leg held out as nearly at a right angle. to the body as possible, try to touch the knee to the floor.

A Cold Cream

Dear Mrs. Symes.

Will you bleast give me the recipe for a harmless cold cream? My skin is inclined to be very dry.

Following is the recipe for a very good cream, which is especially good for dry skin.

Apply the lotion as often as necessary.

or four weeks.

Lemon juice can be used to bleach the skin if there are no abrasions. There are some women who keep a supply of lemons in the house for the purpose of bleaching the skin. When the lemon juice alone smarts the skin, it should be diluted with an equal part of water. When cucumbers are plentiful, they are often used on the skin. They may does make the hands coarse, but we should make a great effort to protect our hands as much as possible. be cut lengthwise and rubbed on the ber wash which is splendid for soften-

Cucumber Wash

having red hands, be sure that the redness is not aue to the wearing of tight gloves, sleeves, collars, corsets, etc. No amount of lotions or creams will do any good if this is the cause. The circulation of the blood must not

It is a good plan to wear gloves at night after applying cold cream to the hands. To give ventilation, the tips of of the meal may be kept in a small bag, which in turn should be rubbed on the hands after the soap has been rinsed off.

Buttermilk is another excellent bleach. It is a safe one to use on the hands, face and neck.

Buttermilk is a safe one to use on the hands, face and neck.

and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

Enlarged Pores

Dear Mrs. Symes.
Will you please tell me what to do for enlarged pores?
THELMA.

I advise you to apply to your face a lotion made of:

Cream for Pimples
Dear Mrs. Symes.
Kindly give me the recipe for a pimple ELLA.

Fosatti Cream for Pimples

Dear Mrs. Symes.
Will your please give me the recipe for a cucumber lotion? Will this not whiten my skin?

Bust Is Large

## Orange or lemon skins will remove tar stains. The hands should be wiped immediately after using either. Do not start to peel Irish potatoes while the hands are wet and do not wash them immediately after peeling ing and whitening the skin: Cucumber Wash Cut 1 or 2 cucumbers into rather small chunks without peeling. Put these finto a mortar and pound with a pestle (or use a heavy potate masher and a heavy earthenware bowl) until the mass is pulplike in consistency. Now filter this through a piece of cheesecloth or very coarse muslin, squeezing out as much of the juice as you can. Now put the refuse and siliered juice into a clean enameted squeepan and simmer, don't both for tea minutes. Their re-strain and when cold add alcohol to, the inspirit long in all, tablespoon, to half ea pint of the strained liquid. Bottle and use to sponge your face instead of washing it during the day. The alcohol should preserve the julce. Whenever you are embarrassed by having red hands, be sure that the ANSWERS TO BEAUTY QUERIES

Do you know one reason why so many people have chapped hands? It is be-

cause they do not dry them thoroughly.

The back of the hands near the wrist

seems to be most neglected. A very good ream for chapped hands is made of the

This may be applied before the gloves

When doing your housework, wear

gloves whenever you can. While sweep-ing, dusting or hanging up the clothes

There are many vegetables and fruits

which stain the hands, so that I think it will not come amiss for me to tell of

A fresh temato will remove ink stains.

they may conveniently be worn,

following ingredients:

are put on at night.

As a rule, lemon juice will remove stains of fruits if the hands are first moistened in water. It is advisable to keep pumice stone on hand. This is a quick means for re-moving ink stains or stains from shoe or stove polish.

to give them special attention. It is every one's duty to keep nature's gifts in perfect condition.

Dear Mrs. Symes.

Will you kindly tell me how I can stop dreaming?

G. A. R.

A Sachet

my skin?
Following is the recipe for a cucumber lotion, which will whiten, cleanse and soften the skin:
Cucumber Lotion pleasant sachet? E. C. V.
Following are two recipes from which you can make a choice:

Rose Sachet Powder

Powdered Florentine orris. 4 ounces Rose leaves (air dried). 10 ounces Musk in powder. 10 grains Tavender flowers. 1 ounce Mix well and keep closely corked until you wish to use for the sachet.

Violet Sachet Powder

Powdered orris. 1 ounce Expressed juice of cucumbers 1/2 plnt Deodorized alcohol 1/4 ounces Sweet almond oil 3/2 ounces Sinving cream (or melted castile scap) 1 dram Blanched almends 1/4 drams Dear Mrs, Symes.

Will you kindly tell me how I can reduce my bust without reducing my general weight?

How can I make my arms and legs couter?

How can I make my arms and registouter?

Is here any way to change the shape of the nose?

A CONSTANT READER.

Dieting and exercising are the only methods that you can use safely to reduce the size of your bust, but these will reduce the general weight. Can you not make the bust less noticeable by wearing a well-made, tight-fitting brasslers?

Dally massage with cocoa butter will develop the arms and legs. Baseball, tennis, rowing and all other sports which require much movement with the 

will you know drams are generally associated with indigestion and billousness. In such cases medicine for the
liver must be taken. Worry will also
cause one to dream. Keep the mind in
a calm state an hour or so before retiring, and sip slowly a glass of warm
milk before getting into bed. This
should prove helpful. A Depilatory Dear Mrs. Symes.

Will the depliatory which you recommend cause the superfluous hairs to come back stiff and black, as they do when they are pulled out?

The depliatory does not give permanent results, and the hairs will return thicker each time the mixture is applied. The only permanent cure is the electric needle. If you have this applied be sure to go to a reliable operator.

Candy is Fattening

Dear Mrs. Symes.
Hease answer the following questions in your paper:

1 Is candy fattening? About how much for how often should it be eaten in order not to produce fat? Is buttermilk rattening? Water?

2 I do not eat much fattening foods except candy, and do lots of walking, still I am fat. What is the reason for thi?

3. About how much should a girl 5 feet 2 inches weigh?

4. What causes large pores?

5. Tell me some inexpensive tonic for falling hair and danduri. I do not want anything oily or anything that will change the color of the hair. Mine is light brown. Is crude oil good? Will it darken the hair? Is it too often to wash the hair syery two weeks?

5. Do you think it necessary to the powders and creams to preserve the complexion? I use nothing of all but soap and water, the state of the control of the control of the complexion? I use nothing of all but soap and water, the state of the control of the control of the control of the control of the complexion? I use nothing of all but soap and water, the state of the control of the

ADVICE ON SOCIAL

Olive Oil Softens Cuticle

TABLE FORMALITIES CENTAIN innate refinement must always be evident whether you A always be evident whether you are eating alone, at pionics or at a formal dinner party. But many little conventionalities have come down to us and are easily mastered. I am going to speak today of the use of different things on the table. I have count-less letters on my file which have asked me about those things. Here, are some.

Don't slouch in your chair, nor bend far over your plate to eat. It is not considered good form to place allows on the table during the progress of a meal, and any handling of napkin rings, forks, spoons, etc., to keep the hands occupied is decidedly it bred.

bread and butter. A small knife with a wide blade, or a knife shaped like a dinner knife, only shorter, is the bread and butter knife, and after spreading a piece of bread it should be placed on the bread plate. The bread or roll should never be buttered in its entire should never be buttered in its endure form. A very small piece should be broken off and buttered as it is required. The small saucet, or "butter chip," is also used, especially in public dining rooms. In this case, the end of the knife can be placed on the plate, the handle on the table. This has to he done to keep the buttered blade from

Massage With Cold Cream

touching the tablecloth.

The dinner or meat knife is invarithe handle touching the palm of the hand. It is for cutting only. It must hand. It is for cutting only. It must never be used for piling or smoothing food on the fork or for scraping a plate for a tast morsel. Above all, it must never convey food to the mouth. It is for cutting food and should be used at frequent intervals, for as I have said before, all food should not be cut at one time.

The fork is taken in the right hand when food is conveyed to the mouth. It is not held spoonwise, with the curved surface down, except for small vegetables like peas, beans, etc., that could not possibly stay on the fork in the other position.

Do not crush food between the prongs of the fork and collect several kinds as if it were a shovel before carrying it to the mouth.

Do not hold the knife and fork in the a complete covering is necessary. It should not be tucked in the dress as if it were a bib, for, as I said before, you are credited with an ability to eat without dropping your food. The correct place is over your knees, and when you need to wipe your mouth or hands it should be used unobtrusively and quietly. If you are eating in a restaurant or a hotel dining room it is not necessary to fold your nankin, for it is supposed that a clean one will be given for the next meal. Place it folded carelessly on the table when you leave. When visiting a day or two at a friend's you will be safe to fold it in its creases, for linen is rarely changed at each meal. The best guide is to watch the hostess, who by her action will milinate what is the general rule of the home.

If there is a small plate placed at the side of your dinner plate, generally at the left, it is probably for the rolls or

## SOLUTIONS TO SOCIAL PROBLEMS.

Paste for Brittle Finger Nails

Take equal parts of refined pirch and
myrrh or of turpentine and myrrh melted.

Mix together and spread upon the nails at
night. Remove in the morning with a
little olive oil. This paste will nourish
the nails and make them stronger.

If your have been blessed with wellshaped, soft, smooth hands, cherish and
protect your heritage. If your hands
are in a frightful condition, bring them,
up to a point where they will bear the
closest examination without causing
a feeling of shame. This you can do
by following the above directions. Walking Together

DEAR Mrs. Adams.

Is it customary for the bride and bridegroom to walk up the church THELMA.

No. The bride and groom do not meet until the bride joins the groom at the chancel steps.

Using Place Cards

Dear Mrs. Adams.
Will you please tell me why place cards
are used at dinners?

They are used to obviate the necessity for the hostess to tell each
guest where he is to sit at the table. A Letter of Introduction

At a Home Wedding

1. Yes.
2. Yes; but it is seidom convenient to ave more than one or two.
3. Complete evening dress.
4. The wedding march will be not it all too formal.

When Introduced

Dear Mrs. Adams.

A When a man is introduced to a woman should the woman rise?

2 H a man asks to excert a woman home, what should also say?

3 Are perfumes in good form?

PERPLEXED.

1 Not unless she is acting as hostess when the introduction is made.

2 If she wishes his company she may say, 'Yes, thank you, I shall be giad to have your company.' Otherwise she may say, 'No, I thank you; mother is

going home with me," or give a similar excuse.

3. A delicately scented perfume is not in bad form, but it is very bad taste to use a perfume that can be detected yards away.

A Delayed Gift

Dear Mrs. Adams.
Will you please tell me if it is all right to send a gift to a bride who was married a month ago? Where shall I send it? WINIFRED.

You may send the gift now, but with it send an explanatory note. It should be forwarded to the bride at her new home.

A Path for the Bride Dear Mr. Adams
How may a path he made for a bride who is
married at her home? When a number of guests
are present it is difficult to place them where
they should he. PERPLEXED.

The hride should arrange to have four
little boys or girls to draw white satin
ribbons through the crowd of guests, so
as to form a path reaching from the
door she is to enter by to the place
where the bridegroom and the minister
stand awaiting her.

Addressing Daughter-in-Law
Dear Mrs. Adams.
My son has recently been married to a
girl I have never met. When writing to
her. should I call her by her Christian
name?
Tes.

Order of Precedence

Dear Mrs. Adams.

When Riving a dinner in honor of a newly-married couple, how should the guests enter the dining room? READER.

The host, offering his right arm to the wife of the newly-married couple, leads the way into the dining room. The other guests follow in the order they wish, but the hostess on the arm of the "new" husband brings up the rear.

Making Calls

Dear Mrs. Adams.

Between what hours should calls be

Dear Mrs. Adams.
Is bouillon served at a formal dinner?

Bouillon or thickened soup may be served at a formal dinner.

If the cutiole around the nail is rough or creeps up so far as to hide the half moon, a little cold cream should be applied, or the finger tips should be

arms should be indulged in.
Walking and climbing will develop
and make firm the muscles of the legs.
No way that I can suggest. A Liquid Rouge

To get entirely rid of pimples it is necessary to locate the cause of them and to remove it, Indigestion, a poor condition of the blood or a failure to keep the skin clean may be at the bottom of the trouble. You should consult a physician and have him prescribe for the internal trouble. For external treatment I propose bathing the blemishes with hot water and applying the cream for which the recipe is here given:

Fosatti Cream for Pimples Dear Mrs. Symes.

I should like very much to have the recipe for a liquid rouge.

I am giving you the recipe for a rouge. If your cheeks are pale, why not try to let nature put color into then? Exercise daily in the open air, retire early every evening and eat only the nourishing foods. Massage the cheeks gently every day to stimulate the circulation of the blood.

Tiquid Bloom of Roses

Liquid Bloom of Roses

Dear Mrs. Symes.
Will you please give me the recipe for a pleasant sachet?

E. C. V.

Powdered orris. 1 ounce
Powdered bergamot peel. 4 ounce
Powdered acada
Musk 20 grains
Mix thoroughly, Bottle for ten days,
when it is ready for use.

Liquid Face Powder

Dear Mrs. Symes.

Will you please publish the recipe for a white liquid face Fowder?

A CONSTANT READER.

7. Don't you think it injurious to a young gir's health to diet and fast in order to reduce fissh? S. My sister's height is 5 feet 7 inch, weight 9 pounds, waist measure 23 inches. weigh enough?

Would she be considered slim? Does she weigh enough?

1. Candy and all other excessively sweet foods are fattening. They should be avoided entirely if one wishes to keep down one's weight. Buttermik is not fattening, but it is very nourishing, and is a fine substitute for foods when one is dieting. Water is considered fattening by some, but we see plenty of thin persons who are great water drinkers. At least three pluts of water should be drunk each day.

2. Possibly you eat too much. Cut down the amount and do not eat between meals. Cut candy from the list.

3. A great deal depends upon the age. A girl from 15 to 19 years of age, measuring five feet two inches, should weigh about 117 pounds.

4. Failure to rinse the face in cold water after hot water has been used on it, indigestion, liver trouble, etc. may be responsible for enlarged pores. A splendid astringent for them is made of diluted alcohol. Ice compresses, too, are very good. For the other causes a physician should be consulted.

5. Crude oil is just the thing to improve the condition of your hair. It may darken the hair a little, but not noticeably so. If the head requires washing frequently, once every two weeks is not too often to shampoo it, provided you are careful to dry it thoroughly.

6. Not if it is in good condition.

Remove the cream or wipe the oil from

the fingers and then push the cuticle

tractive. To cleanse the skin beneath

the edge of the nail, you should twist

a bit of absorbent cotton around the

cointed end of the orangewood stick,

dip it in peroxide and then insert it gently beneath the nail. There is a natural tendency for dirt to collect beneath the nail. This is not only un-

sightly, but the dirt offers a splendid

If your mails are inclined to be brittle,

it is evident that they need nourish-ment. For this condition I advise the

use of either the cream or paste for

Nail Cream

Petroleum 1 ounce
White eastile soap (powdered) 50 grains
oil of bergamot 3 drops
Paste for Brittle Finger Nails

which the recipes are here given:

Nail Cream

lodging place for germs.

Dear Mrs. Symes.
Will you blease tell me what I can do
tur my cyclids, which twitch very much at
tunes? times?
You should so at once to a reliable physician and receive proper treatment for your nerves, which are ovidently in a pour condition.