

To be able to take healthy exercise and to look your prettiest at the same time, you must have enough strength and high irritable. Some of the things that you can do to get space enough for archery or quoits, or to have a place for your horse, are to build a house that is big enough to hold the things that ancient pastime of the Greeks and Romans. And America—throwing the discus.

The casual athletic costume may be used for archery, although any good archer would not care to have his movement as is comfortable for the person who is not an archer.

The muscles of the arms, shoulders, back and neck are all developed and strengthened by this sport and the hollow of the neck pulled up by it. Like most sports, the true mystery of handling the bow comes only with long practice, but the principle may be grasped in a few moments, and the fascination of finding out the best way to stand in or of getting the bow to strike nearer and nearer the centre of the target tempts you to continue practice, even if there is no one to practice regularly with you.

Be careful in choosing your bow. See that it is neither too heavy for you to pull without severe strain, nor so light as to be no pull at all. Get the muscles, and get a bow as long as

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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 into the skin daily (once), but great care

At least ten hours sleep every twenty-four. In addition to sleep during the day if possible. This

The following lotion is good for removal of blackheads. Use as directed.

tionally. Rice powder is an excellent
and beneficial toilet powder.
