THE EVENING TIMES, ST. JOHN, N. B., SATURDAY, JULY 28, 1906.



MDLEXION CARE FOR

Saturate

With Oil

simple, efficient and soothing.

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.

Hair on Arms

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, 30 grains; borax, 120 grains; bologne water, 2 ounces; bay rum, 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.

To Restore Natural Color of the

Hair Losing Color

I am 38 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 about the size of a hazlenut, and rub well into the scalp 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 absolutely harmless, and as sulphur and vaseline 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 some remedy that will make the hair white? My hair is turning gray and I would like something to make it gray all over, as I do not like the looks of it now, as it is only gray in patches?

Am sorry I do not know of any harmless method of obtaining this remult. Hair Falls After Illness

E have just come from the hospital, where

Sapanese Silk Pour Boiling Water on the Meal Bags

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

In many instances this treatment alone has greatly reduced the bust.

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 mait extract during meals. Lotion for Freckles

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? NAXIOUS.

In many instances this treatment

Louin for Interies

A. L.—Following is a good lotion for removal of freckles.

Dr. Shoemaker's Bleach.

(For Preckles and Brown Spots.)

Bichloride of mercury in coarse powder, 8 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 G. A. W.—The pomade to reduce fat may be used on the chin. I would not, however, advise its use on the bust under 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 disastrous.

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



Fashioned Game,
- Pitching Quoits

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

Can you tell me in your valuable col-umns of an external application that will remove superfluous fiesh from any unde-strable part of the body? VIOLET. Many of my correspondents report atisfactory results from use of the ollowing pomade. Frequent applica-ions of clear alcohol will also tend o remove superfluous flesh.

Iodide of potassium, 3 grams; vaseline, 50 grams; 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—creals, potatoes, corn, beans, etc. You should also avoid sweets of all kinds. Shadows Under Eyes

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.

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 eyes. 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 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.

Local Treatment.

Bathe frequently with cold water and

Discus-Throwing in a Long Skirt

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 pulverized 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.

oughly 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.

Rules Which Should be Followed by

Those Who Wish to Increase

Weight.

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, 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 quoit pitching, wrist, arm, back and shoulders are all strengthened by the graceful swaying into which you 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 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

Dull, Oily Complexion

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 we wat the ingredients. If you do 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.

K. L. W.

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.

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 sleve. When cold, add oure alcohol, 12 ounces; best Russian isinglass (dissolved). 30 grains; pure carmine (first dissolved in the alcohol), 15 grains; atter of roses, 4 drops; oil of neroil, 2 drops; oil of cedrat, 5 drops.

Kepe closely stoppered in a dark place. Apply to the cheeks with a bit of absorbent cotton.

Troubled With Blackheads

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 ounces; rosewater, 4 ounces.
Use with friction twice a day on the skin affected.

Correspondent Gives Advice

To Clear the Skin

Ardent Reader Asks Advice-A few drops of benzoln 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.

Rules Which Should be Followed by Those Who Wish to Increase Weight.

Absolute freedom from care and anxiety. At least ten hours' sleep out of every twenty-four. In addition to this naps during the day if possible. This sleep on the signal of the signal o