be Healthy as

THERE is nothing in this mundane existence of ours quite so satisfactory as good, restful sleep. While most people agree that sleep is an extremely delectable thing, few appreciate its real importance. Those who do are usually the ones who have at some time or other suffered from insomnia. All people sleep, but many of them do not rest. For in order that sleep should be restful, wholesome, upbuilding of brain and body, one must sleep correctly.

The fact is, sleep is an art—an art which few understand. Among men and women living the active mental and physical life of today there are not ten in a hundred, I venture to say, who arise in the morning rested, bright, ready for the uay's work. The truth is, there is sleep and sleep. Some sleep is restful; some sleep is unrestful—not only unrestful, but actually exhausting.

The secret of restful sleeping may be told in one word—calmness. Only when body and mind are calm can one know restful sleep, and hope to arise refreshed and ready for the day's activities. It only means that the mind must be calm and the muscles free and relaxed. It



Lassitude May be Overcome by Simple Methods

By Dr. Emma E. Walker. Copyright, 1905, by A. S. Barnes & Co.

ANY serious consequences result from a condition of constipation. Headache, furred tongue, foul breath and loss of appetite are often traceable to it.

A good point to remember is the desirability of fully evacuating the bowels just before the menstural period. It will oftentimes relieve the pain, for the generative organs are congested at this time, and there will be less pressure on the sensitive parts if the bowels are freely moved. reely moved.

The girl who is constipated often suffers from lassitude, debility and mental depression without realizing what the trouble is. Injury to the entire body as well as to the intestines themselves is apt to result from the accumulation of waste matter which ought to be thrown

System Absorbs Poison

In constipation certain poisonous sub-stances are absorbed from the intestines and carried through the organism They go first to the liver and then to the general circulation, and we then have the condition which you call "bilious ness." These poisons are more apt to be formed when the intestines are inactive. I know of a girl who was obliged to drop her college course from ill health. Her mind, especially, was affected, due, er mind, especially, was affected, due, was said, to overstudy. She was sought to be insane. She was taken om one eminent physician to another, ut without relief, until finally one disvered that the whole cause of the ouble was an obstinate case of constitution. After the correction of this contion, her normal health and clearness fining returned, but she had lost her ollege course. of mind returned, but she had lost her college course.

Not only does constipation often affect the mind, but it leads to various other serious conditions, such as appendicitis, hemorrhoids, dropsy of the legs, intestinal obstruction, torpid liver, jaundice, palpitation of the heart, neuralgia, sciatica, irritating cough, earache, insomnia and constant noises and rollings in the abdomen, which are so extremely annoying to many girls. Constipation is the cause in many instances of the condition popularly called "poor blood."

Shoud Never Delay

In treating this trouble the cause must first be removed. A girl should attend to this function at least once daily at a regular hour, whether the desire is present or not. Whenever there is an inelination, respond at once—never delay.

Never read at this time. Be careful about your daily exercise. Never overand drink. Breathe plenty of fresh air both day and night. Do not take purgatives such as violent pills and patent medicine.

gatives such as violent pills and patent medicine.

But many physicians believe, and I think rightly, in a dose of castor oil, one or two tablespoonfuls as a routine practice about once a month. Headache is often cured by a dose of castor oil. It is generally admitted that although the bowels may move regularly once a day, there is now and then room, as it were, for a special housecleaning.

There is a story told of an ancient physician who stood at the head of his profession in his own time. His friends were troubled, as he advanced in years, that he had never committed to writing any of his marvelous knowledge. They feared that it would die with him. They appealed to him to write a book.

He replied that he would do so upon the condition that it was not to be opened until after his death.

He ordered a special tome for this purpose, and after he had passed away it was opened with the greatest reverence. Skin Wrinkles Easily Succinct Advice Instead of closely written pages, the book was blank, with only these words upon the flyleaf: "Keep your head cool, your feet warm and your bowels open; this is the whole of medicine."

The waste matter that is eliminated from the bowels is made up in great part of the indigestible elements of the food. Those having a tendency to confood. Those having a tendency to constipation, as well as those in whom it is already well developed, should eat a large percentage of coarse food. Due regard must be paid, however, to those cases of unusual irritability which have already been mentioned, in while this diet cannot be used. Coarse food forms the stimulus which incites the bowels to action. Pimples Under the Skin action.

Attention to the regular movement of the bowels will not alone bring health, but beauty is to a great extent dependent upon the perfect function of these organs. The complexion is bound to suffer from neglect in this direction.

From your description I think the pim-

From your description I think the pimples are the result of some inward disturbance, most likely disordered condition of the blood. I think a good blood purifier would no doubt cause the pimples to disappear. Sulphur and molesses is a good old-fashioned remedy. A teaspoonful three times a day is the usual dose.

Wrinkles and Gray Hair I have wrinkles around my eyes and around my mouth. Will you kindly give me a recipe for skin food that will lessen the number of the wrinkles? My hair is turning gray around my temples. Will you kindly give me a recipe by which I can stop it turning gray? I have great faith in your

Rub together in a mort or one-half ounce each of pulverized borax and strained honey; then add gradually one pint of pure alco-hol and one-half ounce each of gum myrrh

FOR A

COMFORTABLE

SHORT

Salve for the Lips Will you kindly give me the recipe for orange-flower cream, and tell me how make it; also about what it will cost, at the recipe for a small amount of cherry leady?

INTERESTED READER. The formula for orange-flower cream I am giving you the one for ry lip salve. Commercial rates are cherry lip salve. Commercial rates and not given through this department, but these formulas may be filled at a mod-

Cherry Lip Salve. Spermaceti ointment, 1 ounce; balsam of eru, 15 grains; alkanet root, 15 grains; oil peru. Ib grains; alkanet root, is grains; of cloves 5 drops.

Heat the alkanet in the spermacet oin ment until the latter melts and the whole a deep rose color. Pass through a strainten slightly cool, stirring in the balsan Let it settle for a few moments, then por ff the clear part and add the oil of clove Pour anto small pots. It is ready for use a soon as cold.

Hands Coarse and Red to use that will LILLIAN Every night before retiring wash your hands with hot water and soap, rinse thoroughly and rub in the skin food for which I am giving you formula. Leave on a generous supply and wear gloves. When washing the hands during the day, be careful to rinse and dry them thoroughly. It would help them very much if you could keep a bottle of the following mixture where you could the following mixture where you could ruin a little after washing the hand Two ounces of glycerine, two ounces water, four tablespoonfuls of lem juice and a few drops of carbolic acid

Skin Food for the Hands. Cocca butter, 1 ounce; oil of sweat almonds, 1 ounce; oxide of zinc, 1 dram; borax, 1 dram; oil of bergamot, 6 drops.

Heat the cocca butter and oil of almonds in a bainmarle, and when thoroughly blended add the zinc and borax; stir as it cools and add the oil of bergamot last.

Rub into the hands at night.

To Change the Shape of the Nose

Will you please tell me if constantly peeling the nose will change the shape?

HAPPY H. HAPPY H.
A great deal may be done toward improving the shape of the nose by caraful massage in the proper direction. When the nostrils are wide and thek, they can be improved by constantly pinching the nose between the thumb and forefinger—gently, of course.

Good Massage Cream Will you kindly publish a massage to make the busts firmer? Massage Cream for the Bust. Lanolin, 2½ ounces; spermaceti, 1½ ounces; mutton tallow (freshly tried), 2½ ounces; cocoanut oil, 2 ounces; tincture benzoin, ½ dram. Melt the first five ingredients together. Take off the fire and beat until cold, adding the benzoin, little by little, during the process.

To Bleach Superfluous Hair YOUNG GIRL.—Various times I have spoken of superfluous hair in these columns, but numerous inquiries similar spoken of superindous hair in these similar to yours are coming in constantly, so I will refer to this subject again. When a girl is annoyed by superfluous hair it is well for her to seek the advice of a physician who makes the care of the skin a specialty. It may be that he will advise treatment by electricity or by the X-ray. If, however, the hair is a fine, thick growth on the arms, for example, I know of no better treatment than bleaching. To do this the parts are first washed with hot water and soap and a little ammonia. In this way the natural oil is removed. Then hydrogen peroxide is applied with a soft cloth. Several applications may be necessary. It is said that this method not only bleaches the hair, but also makes it brittle, and thus tends to destroy it.

"X. Y. Z."—To make your bust firmer, rub a good skin food well into the pores, night and morning; make frequent applications of cold water, and rub briskly afterward with a coarse towel.

BLUE EYES-Yours seems a peculiar case, and I cannot advise you Better consult a physician, who could I doubt give you a simple remedy to relieve the condition.

M. S.—I am sure the Vaucaire remedy will help you, and, in addition to this, massage and deep breathing will prove most beneficial.

Mrs. H. S.—Try cleansing your face with almond meal and warm water in-stead of using soap. Rinse thoroughly and rub in a good cold cream at night before retiring, and always before ex-posure to extreme cold or heat.

BEAUTY HINTS BY MRS. SYMES

Obstinate Freckles I am much interested in your page on beauty, and come to you again for advice. Please tell me what is good to remove freckles-something to peel the top skin off, as I have tried a number of renfedles, but find no relief. I also want something to prevent them in summer time, as the sun seems to cause them to come quickly.

F. C.

A freckle remedy that will remove the outer skin seems to me most inad-visable. I am giving you a formula which has been successful in fading the freckles even in very stubborn cases. There is no permanent relief from this affliction, and the only thing is to avoid unguarded exposure to the sun and wind. Applying a face cream and powder before exposure is a great protection. Obstinate Freckles.

Oxide of zinc, 1/2 dram; subiodide of bis-nuth, 1/4 dram; dextrin, 1/4 drams; glycerine, muth, ¼ dram; dextrin, 1¾ drams; glycerine, 11½ drams.

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

To Make the Bust Firm Will you kindly tell me of something that will harden the bust? Ever since my baby was born (I nursed him myself) my bust has been soft and flabby. My face seems to be chapped all the time. It is so rough all the time, both in winter and summer, that I dare not put any powder on my face at all. I have used the nux vomica prescription, and find it very beneficial. I hope I am rot asking too much.

Massage with a good skin food will fill up the tissue and make your bust firmer. You should also make frequent applications of cold water, rubbing briskly afterward with a coarse towel. You should apply a good cream to your will and hands. I am giving you formula for the honey and almond cream, which I am sure will prove beneficial.

Honey and Almond Cream.

Honey and Almond Cream. Honey and Almond Cream.

Honey, 1 ounce; white soap in powder, ½ ounce; oil of sweet almonds, 13 ounces; oil of bitter almonds, ½ dram; oil of bergamot, ¾ dram; oil of cloves, 7 drops; balsam of peru, ½ dram; liquid potassa, ½ dram.

Mix the oils with the balsam, then mix the honey with the soap in a mortar, and enough of the potassa to make a nice cream. Add this to the first mixture and continue to beat until you have a thoroughly incorporated emollient.

Blonde Turning Gray. I am a golden blonde, but my hair is growing quite gray at the sides. Won't you kindly advise something that will hide the gray hairs? I advise you not to worry about the gray hairs. They are much less noticeable when the hair is blonde than when it is dark. The only way to hide them is to use a dye, and it requires an expert successfully to dye blonde hair.

Found Oil Beneficial. Have found the cil of sweet almonds very beneficial for my cychrows. They have grown finely gince I commenced its uss. But is the other recipe which you give better for the opelasies! Please repent formula for cream. Do you think it will make the itps thicker, can be perceide the best face beach? As the sweet almond oil has proved so beneficial to your evebrows, I advise you to use it also for your leshes. The fermula for evange-flower mean is pub-

lished elsewhere on this page today. Peroxide is an excellent face bleach.

Shampoo for White Hair. will you kindly tell me of a good shampoo for white hair? I have had a switch made from my own combings that has a yellow tinge. What will whiten it? My hair is silvery white, and I wish to keep it so. Use the following shampoo and put a little bluing in the rinsing water:

Simplest of Shampoos. 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 tablespoonful of washing soda in a quart of boiling water. Add it to the soap mixture. Stir together and let cool.

Popular Recipe Repeated
Would you kindly print the recipe for cucumber cream, and tell if it will make the
skin fair and white? Have used some of
your recipes and found them lovely.
M. Y. P.

Cucumber Cream. Expressed juice of cucumbers, ½ pint; deodorized alcohol, 1½ ounces; sweet almond oil, 3½ ounces; shaving cream, 1 dram; blanched almonds, 1¾ drams. This is a suave lotion, very whitening, softening and cleansing. Take the shaving cream and dissolve in rosewater by heating in a custard kettle. Beat the almonds in a mortar, and by degrees work in the soap and water. Strain through muslin and return to the mortar. Str constantly, working in gradually the alcohol in which the oils have already been dissolved.

One Side Undeveloped Do you think the Vaucaire remedy would help me? I am so much smaller on the right side that I have to always pad. What treatment would you suggest for me? me?
Will you kindly send the formula for the remedy; also for the orange-flower cream? Take the Vaucaire remedy and massage the right side of your bust diliegntly with a good skin food. Dr. Vaucaire's Remedy for the Bust. Liquid extracts of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 drams; lincture of fennel, 10 grains; simple syrup, the dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals. Orange-Flower Cream.

Orange-Flower Cream.

(A Skin Food.)

Oil of sweet almonds, 4 ounces; white wax, 6 drams; spermaceti, 6 drams; foras, flower water, 2 ounces; oil of neroli, 15 drops; oil of petit grain, 15 drops, Melt the first three ingredients, add the glycerine to the orange-flower water and dissolve the borax in the mixture, then pour it slowly into the blended fats, stirring continuously.

Wants White Hands Please insert in next week's "beauty page" how to make the hands white, and also how to take care of nalls that have been bitten for six or eight years to make them appear nice. I LONGMONT.

Rub the following cream well into the hands at night. To improve the appearance of your nails, stop biting them, and give them daily care.

To Whiten the Hands. Lancin, 10) grams; paraffin (liquid). 25 rams; extract of vanilla, 10 drops; oil 45 grams; extract of rose, 1 drop, rose, 1 drop, when necessary,

isn't an impossible task if you determine to accomplish it.

The fact that sleep usually comes without effort is responsible for ignowithout effort is responsible for ignorance and negligence in this respect. The average person throws open a window, perhaps, and tumbles into bed with the thought that he is entitled to a good night's rest. If nightmares run steeplechases over the foot of the bed, and he arises the next morning with a bad taste and a worse humor, he probably blames his uncomfortable state to indigestion.

Indigestion is guilty of many evils, but

indigestion.

Indigestion is guilty of many evils, but not all. There is a right and a wrong way of sleeping, and the sooner people come to an appreciation of which is which, the sooner restful sleeping will become more frequent. First of all, a well-aired sleeping room is essential. Every bedroom should be so situated that it can be thoroughly sunned and aired daily. In addition to this, see that

STRETCHING WILL HELP there is a current of good fresh air through the room at night. When you retire you must relax—let go mentally and physically. Dismiss all overanxiety, thinking and planning for

RISING

DRAWS

ON TIP TOES

EXCESSIVE

BRAIN

BLOOD FROM

overanxiety, thinking and planning for the morrow, worrying over yesterdays and todays. If you are beginning from any cause to suffer from sleeplessness, try some of the simple remedies I am going to mention; don't resort to an oplate. No opiate can remove the cause, and although it may produce sleep, it will not bring the restful, refreshing sleep of Nature.

Rising on the toes forty or fifty times will often draw excessive blood from the brain, and thus induce sleep. Another good exercise is to he flat on the back, remove the pillow if the bed is level, raise the head and lower it fifty times from the neck only. Stretching off proves beneficial. Stretch yourself out while in bed, arms above the head, muscles tense and stretched to their utmost. Stiffen

leg and arm muscles and feel as much as possible as you do when stretching in the morning. While directing these bodily movements the mind cannot be centred on worrisome thoughts, and thus relief and calmess is often obtained. If you are averse to exercising, possibly some old-fashioned cures will appeal to you. One of our grandmothers' unfailing cures was the use of a hop pillow. To make this, procure a pound or more of dried hops from a chemist and fill a small pillowcase. In many cases, placing a big sponge soaked with hot water against the nape of the neck and the spinal column will woo sleep. Certainly, sleep is more entitled to attention than any other function. It is the solace of care, the panacea of all ills, mental and physical. One's taste may change with the years—the food of childhood become distasteful to age. But sleep remains welcome to us all, from infancy to the end of the chapter.

PAISING AND.

HEAD FIFTY TIMES

HOW TO CARE FOR THE FACE AND HANDS

Skin Wrinkles Easily

I am a constant and much interested reader of your health and beauty page, and wish to ask a question about my complexion. My skin is fair enough, but dry and easily wrinkled. I want to get a good massage cream. Do you think orange-flower cream will do? If not, please give formula for one that will serve my needs. If you recommend soaps through these columns, will you please recommend a good, not too expensive soap for the complexion? Thanking you intadvance. Miss G. W. E.

The orange-flower cream will be excellent for your skin. Toilet articles are not recommended through this department, but any reliable druggist can supply you with a good, pure soap. However, if your skin is excessively dry, I advise you not to use soap on the face too frequently. Almond meal will make a most satisfactory substitute.

I am a constant reader of your valuable beauty hints, and have been much benefited by several of them. I have been bothered with blackheads, but am getting rid of them nicely since, following your directions, but what I wish to seek your aid for now is the following very annoying trouble: trouble:

I have been bothered off and on, for several years by pimples which form deep under the skin. They first show by the skin becoming red and the flesh very sore so that I can searcely touch it without a little pain. In about three days' time they

become quite large and would never come to a head if left alone, and would stay red and swollen looking for weeks long after the soreness had left them.

Of course, I try, by hot applications and opening them with a needle, to get rid of them. When these pimples disappear they leave a purple scar for some time. I do not have very many, and only on the chin and forehead and nose, but generally have one or two to annoy me. My complexion is very healthy otherwise, and I have rosy cheeks and very white skin. For some time I thought they were caused by the blackheads, but do not think so now, as they seem to form where there are no blackheads at all. Can you suggest any remedies, either internal or external, to help me to get rid of these pimples? I shall follow your advice closely, and will thank you more than I can write.

From your description I think the pimme will help me.

The orange-flower cream will help to remove the wrinkles, but it will require persistent massage. Don't be too impatient for results. I do not know of any recipe to prevent the appearance of gray hairs. Keeping the scalp in perfect condition will sometimes retard their appearance.

To Remove Oil From the Hair Will you kindly publish in next week's paper a recipe for oily hair, which also turns red, and oblige. E. L. I think this is the formula you desire. It produces an auburn shade.

Lotion for Oily, Damp Hair. For greasy, moist hair the following is an excellent drying lotion. If used daily it tends to produce a crispy condition and an auburn shade:

Powdered bicarbonate of soda, borate of soda (also powdered), ¼ ounce of each; eau de cologne, I fluid ounce; alcohol, 2 fluid ounces; distilled water, 16 ounces.

Mix and agitate until solution is complete.

ANGELA. — I am repeating the formula for mouth wash, as requested. Am glad you found it so satisfactory. Myrrh and Borax Mouth Wash.

CHAPTER L.-(Co

"He discovers that he the real Prince Rupert's Rawlins looked up w ouzzled air. Will you kindly tell

mean?" he said. "It was a forgery. a copy from a mere de copy served its purposi geance, and is now at the North Sea. I need tails, because it is a far does not concern our all. At that time the into Henson's possessio ed a copy to hold over unfortunate lady whom ruined before long. You ruined before long. now that Van Sneck ha with Prince Rupert's hardly bear to part

"No? But how could Quite easily. The faithful, but still it we secretly Van Sneck mal pert, and this he hands "To Henson as the r lins cried, excitedly. Chris smiled, a little

"Precisely," she said you are inclined to be "Well, upon my wor lins confessed. "But

"Pleas let me on, excitedly. "Regindriven back on his las has to get the ring for He takes out the ring years, never dreaming would dare to play su him, and finds out th you ever see that ma really angry?' "He is not pretty

said. "Pretty! He is mu Kindly try to imagin ceived. Mind you, th ory of mine, but I fee will prove correct. is snatched away fro does not go straight to accuse him of his dup that Van Sneck stole love of the gem, and t dare to part with it. the ring is in Van S And when Van Snee expose part of the Steel, Henson makes soothe him. Why? cunning way of gettin He himself lures Va Steel's house, and murders him for the Of course, he meant in such a way that the possibly fall upon his "Can you prove th

"I can prove that h Sneck was at a time pital people were do dentify the man. fearfully uneasy he know that some of Van Sneck was. It tangle for a long tin all coming out smo if we could get the "Excuse me. He

Chris looked up ea "Oh," she cried, " tell me, then?"

"Nothing authentic "merely surmise. to recover. If he do for Henson, who o with his plunder at he go and blackmail sell him the ring an country? He doesn't ring is not yet in his "Then you ima

"Still has the ring you only knew whe pened to be. Chris rose to her f

ed cry. "I do know," she in the house where dered. And Mr. Ste this before he sleep CHAPTE

Heritage I Bell's sanguine exp Sneck would be rea ate operation was n the day wore on the feverish and restles ness was followed b strength. After du Cross suggested th should be postponed "The man is out said. "You have

you desire that he It is pretty irregula I hope I shan't get Still, in such

Bell acknowledged with a smile. "Between Heritag said, "we shall pu Heritage?"

The other doctor For some little tin rectly under Bell's had meant a marve better. He had los tating manner, and ward to the operation interest.

"However, I will Bell said. "I fancy when we can confictent in Marley. Ar prove of Van Sneck see that you can sa Cross was empha opinion. Later on, long interview wit Steel opened the la

siderable extent. "Well, I must cor he said to Steel. fess that things against you at or