

Only a Few Blackheads Should be Removed at a Time

THE best kind of help is to help others to help themselves, and with this thought in mind I shall endeavor to give some simple but effective remedies for the removal of blackheads, as the innumerable inquiries on this subject that come to me make me feel quite sure that this will interest a large proportion of my read-

Authorities differ on the subject of the removal of blackheads, but all agree that the diet should be simple, and great care be taken of the digestive

It is also most beneficial to drink

quantities of water, not just an occa-sional glass, but several quarts during the day. Absolute cleanliness is a necessity. To accomplish this give the face a daily scrubbing with soap and hot water, in which a pinch of borax has been dissolved, using a good complexion brush. The bristles should be firm enough to dig out every particle of dust and se baceous matter from the pores, and still not stiff enough to injure the skin. Send the brush about the cheeks in wide circles, beginning at the chin, sweeping upward toward the ears and nose, which is more liberally sup

part of the face, is most difficult to keep cleansed and free from blackheads. The brush must be used with small, quick up-and-down strokes. If, after the face is washed, the little black points still remain, take a soft linen cloth, or the end of an old towel, and, with equal parts of cologne and water, or of alcohol and water, rub them out. If they are too large to yield to such treatment, then they can be removed by a watch-key, or a comedo extractor, which is more convenient and may be purchased for a few cents. It should be placed carefully, so that the comedo comes in the centre of the aperbe placed carefully, so that the comedo comes in the centre of the aperture, and then gentle pressure should be made until the little worm-like contents of the follicles are expressed. Sometimes in very obstinate cases it is best to prick them first with a very fine needle, which has first been dipped in boiling water.

If there are very many blackheads f there are very many blackheads they are close together, it is better remove a few at a time and then wait a day before repeating the process, otherwise the skin might become I am giving several recipes that have

been used with most satisfactory re-Blackheads. Tincture of green soap, 2 ounces; dis-

tilled witch hazel, 2 ounces. Let this mixture stay on only a few minutes, then wash off with hot water. If the green soap irritates the skin, as it sometimes w'll, use it every other day.

Green soap may be purchased at any good drug store. It is not a regular "cake soap," but is of about the consistency of custard.

Brush with a

Blackheads of the Skin. Boracic acid, 2 drams; alcohol, 2 ounces; rosewater, 4 ounces.

Use with friction twice a day on the skin affected. Obstinate Blackheads of the Skin. Ether, 2 ounces; soap liniment, 2 ounces. Rub into the spots affected and as soon as the mixture burns wash the surface with hot water. When Pimples Follow Blackheads.

CURE FOR CONFLUENT ACNE (Monin).
Apply the following mixture to the afficted parts morning and night:
Glycerine, 40 grams; oxide of zinc, 5 grams; soap tincture, 10 grams; potassa alum, 2 grams. Mix. alum, 2 grams. Mix.

For internal treatment in connection with the above the patient should take each morning before breakfast one tablespoonful of a mixture composed of equal parts of pure glycerine and castor oil.

Lotion for Enlarged Pores. Boric acid. 1 dram; distilled witch hazel, 4 ounces. Apply with a piece of old linen or a bit of absorbent cotton. Cleanse the skin thoroughly before applying.



Getting Rid of Annoying Facial Blemishes

Drink Water by the Quart.

Inquiries and Expert Advice

Boil the Needle Used

corners of the mouth, putting all the muscles under the chin on a firm Formula for Dry, Falling Hair. Cologne, 8 ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosemary, ½ dram each.

Apply to the roots of the hair once or twice a day.

Lotion for Premature Wrinkles. Alum, 60 grains; almond milk (thick), 11/2 ounces; rosewater, 6 ounces.

Hair Dry and Falling Will you kindly give me a tonic for my hair? It is quite dry and has been falling out quite a little for some time.

It is partly gray, and I should wish something that would not cause the gray hair to have a yellow tinge, as one sometimes suspects.

M. P. S. I think you will find the following loion most beneficial:

Formula for Dry, Falling Hair. Cologne, 8 ounces; tincture of canthar-ides, 1 ounce: oil of English lavender, oil Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

A Good Cold Cream To use a slang expression, my face is getting "as round as a full moon." Can you tell me any way to make it thinner? You have given such good advice to others that I thought you might help me out.

Will you also give me your best recipe for a pure cold cream?

L. M. The witch hazel cold cream, for which I am giving you formula, is excellent. To reduce the superfluous fat on your face, massage with good hard move-

Witch Hazel Cold Cream. One ounce each of white wax and sper-One ounce each of white wax and spermaceti; one-guarter pint oil of almonds. Melt; pour into a mortar, which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed and afterward until the mixture is nearly cold.

Bust Development

Will you kindly give me the recipe for the Vaucaire remedy, and also advise me if it is taken internally, and if so, how often, and in what doses? When taking this remedy, would it be necessary to use a massage cream, or will the bust become developed with the Vaucaire remedy alone?

INQUIRER. INQUIRER.

I am giving you formula for the Vaucaire Remedy with directions for its use.

Massage with a cream is not necessary, but it sometimes quickens results. 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.

Massage Cream for the Bust. Lanolin, 2½ ounces; spermaceti, 1½ ounces; mutton tallow (freshly tried), 2½ ounces; mutton tallow (freshly theo), ounces; cocoanut oil 2 ounces; tincture benzoln, ½ dram. Melt the first five gredlents together. Take off the fire, beat until cold, adding the benzoln, little little, during the process.

Male Correspondent Asks Help For years I have daily washed my head in soap and water. Now my hair is very dry and stiff. Could you prescribe a rem-edy? Am a male reader of your column. Stop using soap and water on your hair so frequently; once in two or three weeks is often enough for a shampoo. To improve the dry, stiff condition of your hair, rub a little vaseline well into the scalp with the tips of the fingers. Only a very small quantity should be used at each application.

To Reduce the Hips I have read your advice to women about I have read your advice to women about health and beauty.

I would like you to tell me how to make my hips smaller, as they are very large. I never have seen anything to make them smaller, but to enlarge them.

I am 42 inches around the hips, 24 inches around the waist and 36 bust. I weigh 150 pounds, Don't you think I am too heavy for my height—it is 5 feet 3 inches? G. W. M. I do not consider that your weight is out of proportion for your height. The exercise about to be described is highly recommended by one who has had much experience in giving and directing exercises for the improvement of bodily symcises for the improvement of bodily symmetry. She states that it has reduced the hips two inches in a month, Lie extended on the floor, supporting one's self by one hand, while the other is placed upon the hip. While holding this position, raise the body gradually from the floor until the whole weight is supported by the hand and feet this compensative. by the hand and feet. It is comparatively easy to get the body from the floor as far as the knees, but to bring it up to the full extent just described is not easy at first. It should be tried first on

A Good Curline Be kind enough to send me a formula for removing freckies; also to keep the hair in curl.

B. A.

Lemon and Glycerine Lotion. (For Light Freckles and Sunburn.) Citric acid (lemon), 3 drams; hot water, 11 ounces; borax, 2 drams; red rose petals, 1 ounce; glycerine, 1 ounce.
Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a telly bag; after twenty-four hours decant

Take of gum arabic, I ounce; good moist sugar, ½ ounce; pure hot water, ¾ pint, Dissolve. When this solution is cold, add alcohol, 2 fluid ounces; bichlorate of mercury and sal ammoniac, 6 grains each. The last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the whole measure one pint. Perfume with cologne or lavender water. Moisten the hair with the fluid before putting it in the papers or curiers. About Dry Shampoo

have never written to you before, and I have read how you benefited others, as I have read how you benefited others, I now take the pleasure of asking you to grant me a very great favor. I have always had nice, long light brown hair, and lately it is coming out in such a way that I am almost afraid to comb it. When I have to, I am worried sick at the thought that I am getting bald. I am 32 years old, general health good. I wash my hair every ten days. My scalp is clean and free from dandruff. My hair is very light-almost blond—and I would not wish it darker.

M. E. M.

the clear portion and add the glycerine. Apply as often as agreeable.
Solution to Keep the Hair Curled.

to shampoo the hair, and this is doubtless one of the causes of your falling hair. I advise you to give it a wet shampoo only about once in four weeks, and keep it in good, clean condition by the following treatment: Rub the scalp thoroughly with a good bay rum, dry; then dust the hair over with orris powder. When this is thoroughly brushed out the hair will be left clean and fluffy, free from all oil.

CULTIVATE AN

ATTRACTIVE VOICE OW many women realize that in a voice there is more power, perhaps, than in any beauty of feature? A strident voice is enough to spoil any woman, and yet this is a fault which can be more easily remedied than any other human defaut. than any other human defect. Of course, it may be impossible to render a voice absolutely perfect, but even the harshest accents can be improved by a little care on the part of the possessor.

Purely American. There is a peculiar quality of voice common to the American woman, which stamps her nationality wherever she may travel in European countries. She is renowed for her nasal twang. Not alone this, either, but there is another and just as serious fault to be overalone this, either, but there is another and just as serious fault to be over-come. Whether it is a result of the everlasting hurry that the modern woman seems to be in, or for some rause unknown to science, the average woman talks as rapidly as she does everything else. Her words are apt to fall over each other in her eagerness to express her meaning and as she goes on her each other in her eagerness to express her meaning, and as she goes on her tone is a rapid crescendo, until it reaches shuch a pitch that it carries far and beyond he whom she wishes to

Deliberation.

If a woman could be brought to un-derstand how much more fascinating she is when she gives her thoughts in softly spoken words, and how much more import is gained by deliberate, quiet speech—not a hesitating, halting delivery, but a quiet, gentle voice, the words well chosen, the accent clear and soft. The possessor of such a gift may keep a whole roomful of people hanging on her accents. The high, strident voice often carries a misconception of the speaker's mood. In these days, when flat-dwellers are myriad and walls are such flimsy and treacherous affairs, an ordinary conversation between two women possessing such voices will seem often like a reg ular quarrel.

Did you ever notice that your grandmother's voice is soft and gentle? Has
she not often said to you when you
were telling her of some interesting affair, "Hush, not so loud"? It was not
so in her day, when to cultivate a pleasing address was as much a part of her
convention as to convent the three will be ular quarrel. education as to conquer the three "R' No doubt, she, too, had the character tic American "twang," but it was so ened and corrected to a degree. There is a mistaken idea among our young people of to-day that a subdued voice denotes a quiet, suppressed—even treacherous—nature. This is simple fallacy, as a moment's consideration will show.

Do not let growing children shout and scream at each other; do not eller and scream at each other; do not allow them to talk all at once, and try to ob-tain attention by means of the loudest voice. Above all, do not let them pour voice. Above all, do not let them pour out their words at railroad speed. This applies to boys as well as to girls.

As for all women, let them remember the words of Holmes, when he said:

"She may not have youth or beauty, or even manners, but she must have something in her voices or remember.

A London physician at a meeting of a medical society stated that extraction of teeth was unnecessary. He was enabled to cure the most desperate case of toothache, he said, unless the case was connected with rheumatism, by the application of the following remedy to the diseased tooth: Alum, reduced to an impalpable powder, two drachms; nitrous spirits of ether, seven drachms; impalpable powder, two drachms; ni-trous spirits of ether, seven drachms; mix and apply to tooth.

thing in her voice or expression which makes you feel better disposed toward your race to look at or listen to."

Mrs. Symes' Health and Beauty Talks to Correspondents

Scalp and Skin Dry

plied with oil glands than any other

Scalp and Skin Dry

I have been an interested reader of your column, and have decided to come to you for advice. I am 27 years old. My scalp, face and hands seem perfectly dry, and I am quite wrinkled around the corners of my eyes and en my forchead. I use very little soap, but after washing my face the skin seems as if it was stretched. I am fleshy enough, and quite healthy. Yours truly, J. L.

I think that both your skin and scalp need nourishment with some good emol-lient. After washing your face and hands, rub in a good cream—the orange flower cream is excellent. Try the lo tion I am giving you below for your

Lotion for Dry Scalp. Glycerine, 1 ounce; eau de cologne, ¼ pint; liquid ammonia, 1 dram; oil of origanum, ¼ dram; oil of rosemary, ½ dram; tincture of cantharides, 1 ounce.

Briskly agitate for ten minutes, then add camphor julep, ½ plnt, and again mix well and stir. A few drops of essence of musk or other perfume can be added.

To Make the Skin Look White I am going to ask you once more for your advice. I have heard of a lotion for strengthening the muscles of the face, and to keep away wrinkles. Half a pint of best alcohol, two ounces of spirits of camphor, two ounces spirits of ammonia and five ounces of sea salts; use daily. Do you think it is all right? Also let me know of something to make my hands and arms fat, as they are very thin.

I have still another favor to ask. I would like something to make my skin look white at night, and would peroxide of hydrogen remove freekles from the nose? H. W. S. I have heard of cases where the I have heard of cases where the preparation you refer to has been bene-ficial. Personally, I think that it should be used with caution, as I fear too freduent applications might injure a ten der skin. To make your hands and arms plump, rub in a good skin food every night and let it remain on all night. The liquid powder for which I am giving you formula will make your skin look white at night, and the lemon and glycerine lotion will remove the freckles from your nose.

Liquid Whitener. Pure oxide of zinc, 1 ounce: glycerine, 1 ram; rosewater, 4 ounces; essence of rose, t the zinc, dissolving it in just end rosewater to cover it, then add the rine, next the remainder of the rosewater.

Shake well and apply with a soft sponge or an antiseptic gauze. The face must be well wiped off before the liquid dries or it will be streaked.

Lemon and Glycerine Lotion. (For light freckles and sunburn.)
Citric acid (lemon), 3 drams; hot water,
I ounces; borax, 2 drams; red rose petals,
ounce; glycerine, 1 ounce.
Dissolve the acid and borax in the water,
news the netals for an hour; extens

Red Hands

Have very often read your advice to others, and now come to you with troubles ers, and now come to form of my own.

I have a great deal of dandruff, which embarrassment. Besides, and I have a great deal of dandruff, which causes me much embarrassment. Bestdes, my hair is falling out so profusely now, and is becoming so thin and short, that I am unable to wear it down my back in a braid, as I am accustomed to.

Now, could you please give me a simple remedy that will not change the color or the texture of the hair, and will not cost too much, but will cure the dandruff and make my hair grow thick and long?

If you would kindly do this for me, and print it in your helpful columns of the paper as soon as possible, I shall be very, very grateful to you; also, could you

ANSWERS TO MANY QUESTIONS

please tell me a remedy for red and chapped hands? My mother's hands are so rough during the cold weather that everything they touch catches on to the skin. SWEET SIXTEEN. To remove the dandruff from your hair, first give it a thorough shampooing hair, first give it a thorough shampooing and then commence treatment with the dandruff cure given below, continuing until the dandruff has disappeared. Mutton suet is a simple efficacious remedy for red hands. Cut kidney suet into bits and put into a glass jar or bowl. Piace the jar in a pan of water and on the stove. Pour off the melted tallow, add a few drops of carbolic acid and beat until cool. This may be rubbed into the hands at night and loose gloves worn.

To Remove Dandruff. Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerine, ½ ounce; oil of thyme, ½ dram; resemany oil, ½ dram.
Mix all together with 6 ounces of rosewater. Rub the scalp thoroughly with this until no further evidence of dandruff is noticed.

Itching Scalp

I have been watching your beauty col-umns very closely to see if some one eise would ask for the advice I want, so that I would ask for the advice I want, so that I wouldn't have to trouble you.

But I haven't seen any one with exactly the same trouble. My hair has been coming out for the last three years, until now it has got quite thin.

My head will itch so it seems as though I could pull all my hair out; and the only thing I have found so far to help it at all is a good shampoo; but that only helps for two or three days.

How often can one have a shampoo without hurting the hair? out nurting the hair?

Knowing you will give formula for restoring my hair and stopping the itching in your next paper, I remain

A. H. N. The lotion given below has often proved successful in cases such as yours. Another simple remedy which has proved effective is rubbing a small quantity of vaseline well into the scalp

with the finger tips each night. Falling of the Hair. 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.

Bran Bags for the Hands Will you please give me a recipe for bran bags, to be used only upon the hands? I want something to take off the dirt.

KATHARINE.

You are wise in using bran bags for You are wise in using bran bags for your hands. They make the skin soft and keep it from chapping. Take a pint of bran and add a cup of odd bits of soap powdered fine. To this add a tablespoonful of powdered borax. Mix well together and put into bags just large enough to handle. This will make an excellent scrubbing preparation. Rinse well with tepid water.

Worried About Complexion As I am a regular reader of your health and beauty talks, I thought you might help me. I am very much discouraged with my skin, which was clear and soft, and now for almost a year it has been changed. I am using the face scrubbing brush and orange flower cream every night; also peroxide to whiten it, but it does not look the way it did before. The pores are large, and no matter what I use I can't make it soft. I thought there must be something wrong inside, and I went to the doctor, as my tongue is coated more or less all the time. Sometimes it is yellow and light brown, but I never have any pain. The doctor gave me some medicine, and also phosphate of soda to take every morning, and I have taken it

a long while now, and still no change. I thought perhaps you could suggest something that would help me, for you have helped so many.

I think it quite likely that the trou-I think it quite likely that the trouble with your complexion is due to inward causes, which your doctor should be able to correct. I think, however, you may improve its appearance by the following treatment. Every morning use the lotion for enlarged pores, printed elsewhere, and at night just before retiring bathe your face well with warm water and then rub in the orange flower cream, allowing it to remain on all night. Do not use anything else on your face for awhile.

Wants Red Gold Hair I have been a constant reader for five years, and this is my first request. I have yellow hair and would like something that would give it a reddish tinge and at the same time cause it to be soft and fluffy. I think red gold hair very pretty, and would be very grateful to you if you would answer as soon as possible. I would like something to make my hair a rich, reddish gold.

M. W. Henna stain would be the best thing for this purpose. Directions for its use appear frequently in this department.

Worried About Complexion Will you kindly advise me what to do regarding my complexion? For the last two years I have had pimples on my forchead, and recently have been using a medicine for purifying my blood and also a liquid for my face. Now my complexion is becoming quite clear again, with the exception of hair, which is beginning to grow on my upper lip, the sides of my cheek and unbecomingly between my eyebrows. Will you kindly tell me if the liquid is the cause of this growth of superfluous hair? I shall feel very grateful to you if you'll tell me what to do to clear my complexion from this superfluous hair.

As you do not describe the liquid and As you do not describe the liquid you are using on your face, it is impossible for me to tell whether it is producing a growth of superfluous hair. However, if you are in the least doubt about it, I advise you to stop using the liquid. The following treatment is excellent for clearing the complexion: Rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in helf a pint of new milk. This mixture. in half a pint of new milk. This mixture should stand a little while before it is

To Stop Hair From Falling Will you kindly advise me what to do regarding falling hair? My hair is of a reddish brown color, not the crispy auburn shade, but is coarse, quite thick and sometimes oily. For about a month past it has been falling rapidly. I really hate to comb it, it snarls so, and I get discouraged when I see so much coming out. I was never bothered so before. I seldom used to lose a hair. Do you think my scalp is dried up and needs treatment? Will you please give your opinion and advise me what to do?

MAIZIE.

Have the ends of your hair singed, or trimmed carefully, give it a thorough shampooing, and commence treatment with the following tonic, rubbing it well into the scalp with the tips of the fingers with little wheel-like movements:

Tonic for Falling Hair. 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.

A. C.—Since receipt of your letter rules for the reduction of hips and abdomen have been published.

Mrs. O. D.—The Vaucaire remedy is one of the best things I know of for bust development, and I have had most satisfactory reports from many of my correspondents, who have used it with

Dr. Vaucaire's Remedy for the Bust.

Flabby Skin and Bald Head Will you kindly give me some help in a matter of great importance to me? My hair is falling out by the handful. What was once a very heavy suit of hair is now so thin one can see the scalp. Hair very long, brown in color, split at ends, scalp has some dandruff on it; hair and scalp naturally very dry. What falls out seems to be full of rough places, which are very perceptible to the touch. Have used several kinds of tonics, among others your quinine tonic; used this two or three times a week. While using tonics the change for better has been but slight, and when I stop the use of tonics my hair fails out as bad, if not worse, than ever. Does sleeping with a plait down the back break the hair? Mine is full of short ends. Would like your remedy for premature wrinkles. Know you have given it, but don't seem to be able to find it. Also some suggestion to rid my chin of a flabby appearance underneath. Am 39 years old, too young for wrinkles, flabby skin and a bald head. Mrs. I. U. You will find the tonic for which for-You will find the tonic for which formula is given very beneficial for the condition of hair you describe. Before commencing treatment with this, have the ends of your hair carefully singed or trimmed. Sleeping with the hair in a braid is beneficial rather than harmful. Massage your chin with a good skin food according to directions so frequently published in this department. The following exercise is most beneficial for giving tone to the chin and reducing the ugly rolls of fat which show a tendency to accumulate: First throw

beneficial results. It will not develop any other part of the body. The amount required to be taken differs in different cases. I am giving you the formula, and assure you that it is perfectly

Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams;

HEALTH THROUGH HYGIENE—TALK ON PERSPIRATION

By Dr. Emma E. Walker.

Copyright, 1905, by A. S. Barnes & Co. HE sweat glands, or coil glands, are made up of tiny tubes, which end in coils. These little coils are placed deep down in the true skin, or even in the fat underneath. The sweat ducts curl upward till they reach the surface of the skin. You will see their outlets on examining your skin carefully, for you know them as pores.

pores.

If all of the sweat tubing in the body were laid in a straight line it would reach for a distance of nearly eighty miles. This forms one of the important means of carrying off waste products, as well as water, from the body. Excessive perspiration, in which the water forms in drops, and even runs down the body in little streams, may amount to two or three pounds in an hour. This is the way in which we lose so much from exercise or a hot bath. There are some curious differences in animals as to the way in which they perspire. A man sweats all over his body; so does a horse, an on also, but

to a less degree; the hedgehog and the cat sweat only on the soles of their feet; the pig sweats on its snout; the ape in the palms of his hands, while the mouse, the rat, the goat and the rabbit do not sweat.

The condition of the atmosphere has much to do with the amount of perspiration. If the air is very damp, the perspiration cannot evaporate very easily, but if the air is dry, or if the wind is blowing, perspiration is quickly evaporated, and is then called insensible. If the air is hot, the skin perspires; when the perspiration evaporates it cools the body.

The difficulty of evaporation in a damp atmosphere explains the reason why we suffer so much more on a humid day. That is why we can endure a higher temperature in the Turkish bath than in the Russian bath. In the former the air is dry, while in the latter it is moist. In cool air, the skin blood vessels contract, and so the warmth of the body is retained, because there is less blood in the surface of the skin to be cooled.

The oil glands are not placed so deep as the sweat glands, and they generally open into the hair follicles. The

oil which they secrete keeps the skin soft and serves as a protection. Excessive perspiration is a great annoyance in many ways. It is generally confined to certain parts of the body, as the armpits, the hands and the feet, the scalp and the chest. It is often very hard to remedy. In some cases it cannot be cured by any measures perhaps short of X-rays, but only relieved, for it is often very resistant to any kind of treatment. It is not always easy to tell whether the condition is really one of excessive perspiration, or whether the glands are normally very active; but if it exists to such a degree that the individual catches cold very easily, or if it becomes weakening to the nervous system, it is then ening to the nervous system, it is then quite safe to say that the perspiratory apparatus is in a disordered condition. The X-ray seems capable of causing the glands to shrink. Stout girls are the ones most apt to perspire in all parts of the body. It is useless to try to treat this condition without at the same time paying attention to the general state of obesity, and using measures to overcome the disturbances of nutrition which give rise to corpulence.

a tendency to accumulate: First throw the head back with sufficient force to put all the muscles on a stretch. Then

the same manner twist the head first

to the right and then to the left. Another useful movement consists in thrusting out the lower jaw as far as

possible and bringing back firmly the

fincture 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 malt extract during meals.

To Bleach the Skin

My skin is naturally dark, but I would like it to be white. I have tried several "bleachers." Can you give me something through your paper that will bleach without a doubt?

Out a doubt?

Peroxide of hydrogen makes an excellent face bleach. Pour a little into a saucer, and apply with a soft linen cloth. This can be used daily until the desired whiteness is obtained. Of course, it will not bleach a brunette skin white.

Impatient for Results

In your recipes of several weeks ago, I

of sweet elmonds. My eyebrows are very thin toward the temple, and after several weeks' application. I see no change. Kindiy tell me if this is the best formula you have.

My complexion at times is very sallow.

and again as clear as can be. What do you think causes this sallowness? Any advice you can give me will be greatly appreciated.

I don't think you should expect a perceptible change in the appearance of your eyebrows in so short a time. How-

ever, if you wish to try another remedy,

ever, if you wish to try another remedy, perhaps you might get quicker results from the eyebrow grower, for which I am giving you a formula. I think the sallow complexion is the result of some disturbance of the liver or digestive organs; correct that, and the sallowness will, no doubt, disappear.

Eyebrow and Eyelash Grower.

Cologne, 2½ ounces; glycerine, 1½ ounces; fluid extract of jaborandi, 2 drams.

Agitate ingredients till thoroughly incorporated. Apply to the eyebrows with the brush, and to the lashes with a tiny camel's hair paint brush. The brush must be freed from any drop and bassed lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the lotion touches the eye itself.

Flabby Skin and Bald Head