NOVEMBER

dicine, carefully devised enced and skillful phyapted to woman's deliIt is purely vegetable tion and perfectly harmects in any condition of our morning sickness or or morning sickness or stomach, indigestion, kindred symptoms, its very beneficial. BSTINATE CASES.

scription" is a positive most complicated and leucorrhea, excesnful menstruation, un-ions and irregularities, ing of the womb, weak akness," anteversion ing-down sensations, n, inflammation and womb, inflammatio ess of the ovaries

OOK BEAUTIFUL. r matrons should not to look sallow and of those pains and become chronic and olds, tight lacing, and re of the womanly sys-nan would look beau-y color and bright eyes those drains on her weaknesses which ntly and make her ere is a ready-to-us his large practice patent medicines contains neither cotic, or other harm rely vegetable. It is ierce's Favorite Preold by druggists.

PLEASANT PELLETS sick and bilious headcostiveness, or conbowels, loss of appegue, sour stomach 'heartburn," eating, and kindred

ver be without a vial Pellets" at hand. In perior excellence it can d that they are always sehold remedy after

is a laxative, two ney regulate, invigor-ne liver, stomach and nner pill," to promote ne each day. To res arising from over-equals one of these They're tiny, sugargranules, scarcely ard seeds.

AND HAPPINESS.

health and happines me of Dr. Pierce's ledical Adviser. This nedicine and hygiene, 1000 pages and more tions, is sent free on to pay expense of volume, or only 31 ok in paper covers.

of Lee. His comrious leaders of that re very interesting. es as a master mind d executed cours of ude. Next to him he whose celebrated mous three thousand nization in the world. wards expressed this had witnessed the Ang. and Franco-Prussian ee, a great soldier. It to estimate him in ith the others for he totally different condiand Sherman conducted igns; Lee devoted his to defensive opera-

ort story writer. His rin," a collection writstray spare moments. k form ten years ago popular, there being m year to year. He nor of two other volries. The great Enger Couch, writing in peaker, declared Mr. by Night" the best guage. When M. S. translated from the ssin et Nicollette.' welfth century cantesition of the trouba-Mr. Thomson did the nis work is unique and ted by F. W. Bourdilng, Mr. Housman, and literary lights, who as a standing chalors. Like many other the early minstrels it and rhyme inter-

alists particularly, Northwest so thoreran newspaperman and Canada from the him an open book. ver understood Britil this visit, and a egard to the Pacific able land to be seen knew that this was ral province, but he its large agricultural se should be largely vernment of Canada this development for ninion as a whole. s for instance. The on of the western ntinental lines to th ways equally pronot the case at pre-

edicts a great tide of he Northwest next ns whether it will for the facilities on o British Columbia. rs within its boundnain in the city seva been deeply fmms of residence and his stay here he ka

to be Healthy and

VICTORIA DAILY TIMES,



Feeling and Looking Like a New Woman

lessen the number of cases of nepvous prostration considerably. No form of resting brings such quick results.

The woman of leisure is much more apt to change her clothing after a busy day than the business woman, as she most likely has some social engagement which necessitates the wearing of a different costume; but even she is apt to change day frocks for evening frocks without changing all undergarments, from the skin qut.

No matter how your evening is to be spent, you will enjoy it more if you can sit down to your evening meal as fresh as though you were just beginning the day, and it is a trick every woman should learn.

If possible it is, of course, best to substitute other garments for those removed; but if you cannot do this, sim-Changing the Corsel Is Best of All If every woman appreciated the real rest that may be obtained by changing one's clothes after a tiring day in either the domestic, social or business world, I am quite sure it would

ply taking off and putting on the same garments brings a wonderful amount of rest in its train.

Changing all the underwear is refresh-Changing all the underwear is refreshing, but best of all is changing corsets, and putting on a new pair makes you feel like a new woman. The bones will rub after a day's wearing, no matter how well made the corsets are. Don't neglect to change your stockings and put on other shoes. The pinch will come in a different place. You have ne idea how a fresh piece of neckgear rests one—even a comfortably loose collar gives a certain amount of pleasure; and as the back of the neck is a nerve centre, this causes more of a nervous strain than you dream of, and is the unsuspected source of many headaches and much wearlness. much weariness.

The very thought that you are looking

your best is restful; and every woman is bound to look better in a fresh blouse or frock than in one she has been wearing all day. In these days cheapness doesn't mean ugliness, and it seems as though a pretty blouse or frock for evening wear is within the reach of every woman with a modicum of originality and industry. Changing the work-a-day garb for something more becoming will not only prove restful to you; it will brighten all those with whom you come in contact, and you will be more than repaid for the time and trouble you have taken.

One other thing—the tired woman is apt to take the wrong kind of food. When overtired, it is better to take some slight nourishment that will act as a recuperative before taxing the stomach with solid food. Hot soup of any kind is most refreshing; but if this is not to be obtained, a cup of hot water will act as a stimulant to the digestive organs. Some time when you have had a tire-some day, try this simple method, and see if you are not transformed from a nervously overwrought woman into a sane and happy being, ready once more to make the best of life.

Mrs. Symes' Advice to Those Seeking Health and Beauty

are gradually absorbed. This leads to a sinking in, which nothing can remedy. If your cheeks are hollow or sunken, the movement referred to above, of rubthe movement referred to above, of rubbing upward and outward vigorously, will help to bring the blood to the surface and nourish the tissues.

Scalp massage is most important to maintain the vigor of the hair. It is well to loosen up the scalp, which is sometimes hidebound because of faulty circulation. Place your finger tips on the top of the head and work the scalp and you will easily see what I mean.

t consists in moving the second and

REMOVE THE CAUSE FIRST

I was a some or the same of the same of the

CONSULT A PHYSICIAN If your scalp is flexible and slides to a certain degree without difficulty over the tissues underneath, you may be satisfied that it is not hidebound. If, however, it is stiff, and moves only slightly, you will find that after manipulation for a short time there will be a great improvement. The rotary movement for the scalp is excellent for stimulating its circulation. An important point to remember is to move the scalp itself and never rub the hair.

A method of massaging the scalp for resting tired nerves is to raise the scalp by pressing the hands on opposite sides of the head. This pressure should be very firm and is applied now to one part, now to another. The effect of this manoeuvre is extremely restful, but I should never advise its application in any case but that of young people. Scientific directions in relation to the indications for massage must always be sought from a physician who can personally observe the case, for it is as impossible to give offnand accurate directions in surgical or medical cases for the application of massage as it would be to give general directions for a prescription for a patient whom you have never seen.

Although it is quite possible to obtain New for the double chin. Massage of this part, back and forth—you can use a massage roller very well for this work will give you pretty rapid results. This lagging under the chin is not always caused by excessive fat, but often is due to relaxed muscles. The exercises which have been given, especially for the neck, will also be of benefit to you in beautifying this part.

It is well in massaging yourself to spend only a few minutes at a time, and refiember that the first step to take is that of removing the cause which has led to the weakened muscles and falling tissue. scription for a patient whom you have never seen.

Although it is quite possible to obtain considerable benefit by following out the simple descriptions that have been given in this article, nothing will teach you the proper movements in any form of massage or rubbing like several treatments from a practical masseuse. You can gain more from this than you can from any description that was ever writte! A very important point in relation to the contour of your cheeks is the preservation of your teeth, for when they are once gone the bony sockets in which they grew, and which materially help to hold out that part of the face,

My hair is said to be Titian red, and I have been working very hard this summer, cooking mostly, and my health has failed, and with it my hair has faded awfully, and I wish to ask about the henna leaves. If they are the proper thing to use I wish to ask about the henna leaves. If my with had used it and give my hair good and when I have the work to use it, and give my hair good some it is not used to the home of my girlhood in a short time, and I want to do something to bring my hair back right away.

I think you will find the henna treatment satisfactory for your hair. It may be applied in several ways, but the simplest and easiest method for the amateur is to use a tea made of the leaves. In preparing the tea, use an ounce of leaves to a quart of water and boil the whole down to one pint.

The stain should be applied to the roots of the hair with a small brush. Next, with an ordinary hair brush, distribute the henna through the hair. Care must be taken to spread the stain evenly or the colffure the next day will be covered with a succession of reddish streaks.

A thorough drying either in the sun

Wants Auburn Hair

A thorough drying either in the sun or by heat concludes the tinting procof course, with any of these three processes retouching becomes necessary as soon as new hair makes its appearance. The average woman must make use of the stain or bleach at least once in six weeks.

Annoying Pimples

I have read your column, but have never tried any of the recipes; but I do wish you would help me, as I am troubled with pimples. They commenced some time last winter. Previous to that I never had any. They seem to come under the skin and never come to a head, but gradually recede and leave an ugly red spot, which takes a long time to disappear.

Would you advise me to use the flowers of sulphur, as my skin isn't as fair as it used to be?

The pimples you describe indicate as The pimples you describe indicate a

disordered condition of the blood, and I advise you to take a good blood purifier. For external use, try the Fossati cream for pimples, or the flowers of sulphur treatment is excellent. Rub the face over first before washing it with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

Callous Places on Feet Looking for the last few weeks for a ceipe for corns and callous on the bottom of the feet, and did not see one, I thought hat I would write to you for one. that I would write to you for one.

Great relief can be got from callous places and corns on the bottom of the feet by strapping the foot with adhesive plaster, being sure that it is put on smoothly and without wrinkling. The perspiration and moisture thus occasioned soften the callous spots and corns so that they will disappear.

Annoyed by Holes in Face Annoyed by allows in the correspondents. Would you be kind enough to tell me if there is any sure cure for enlarged pores. If a how how to constant use to use the constant use to perform a cure? My face is covered with little, fine holes, and it is very annoying. The following lotion has proved most beneficial to many of my correspond-

Lotion for Enlarged Pores. Boric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with a piece of soft linen.

Wants Curly Hair Will you please send me a recipe that will make the hair curly, or wavy, and oblige, H. K. Solution to Keep Hair Curled. Take of gum arabic one ounce; good moist sugar, % ounce; pure hot water, % pint. Dis-solve. When this solution is cold, add: Al-

cohol, 2 fluid ounces; bichlorate of mercury and salemmoniac, 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 ft in papers or pins. Hair Turning Gray at Temples

Will you please tell me what to do for my hair? It is turning gray at the temples, and as I am rather young yet. I do not like that. I have been reading of your walnut stain. I would like that, but it stains brown, does it not, and my hair is black? The prescription for which I am giving you formula has proved very successful in restoring gray hair to its natural color. To Restore the Natural Color to the Hair.

Cap hysician's prescription.)
Sugar of lead, ½ ounce; lac sulphur, ½
ounce; essence of bergamot, ½ ounce; alcohol. ½ gill: glycerin, 1 ounce; tincture of
cantharides, ½ ounce; amonia, ½ ounce.
Mix all in one pint of soft water. Apply to the roots of the hair, which must
be clean.
The dy should never be applied if there
is any irritation or abrasion of the scalp.

To Cure Bald Spots Will you please give the recipe for beld spots, which was published for "Mrs. C. W. B."? It was a cutnine hair tonic, and proved so satisfactory to the person mentioned that I would like to try it.

SUBSCRIBER. Quinine Hair Tonic.

Sulphate of quinine, 1 dram; rosewater, 8 ounces; dlute sulphuric acid, 15 minims; rectified spirits, 2 ounces. Mix, then further add glycerin, 14 ounce; essence royale or essence musk, 5 or 6 minims. Agitate until solution is complete.

Sallow Under Eyes

You will find the recipe for oatmeal and glycerin cream given in answer to K. E. L.

Dandelion tea is excellent for liver trouble. Charcoal is very good for digestive troubles of any kind, but I do not think it acts on the liver specifically.

Hair Dull in Color My hair is a very dull brown, a sort of chestnut, I think. Is there any way that I can turn it golden brown? Will you also tell me how henna tea is prepared, and give me the recipe for Dr. Shoemaker's bleach?

You will find directions for using henna given in answer to C. I, Z. This treatment will produce an auburn tint. I am giving you formula for Dr. Shoemaker's bleach, as requested:

Dr. Shoemaker's Bleach.

Dr. Shoemaker's Bleach. (For Freckles and Brown Spots.)
Bichloride of mercury in coarse powder, 8 grains; witch hazel, 2 ounces; rosewater, 2 ounces.
Agitate until a solution is obtained. Mop over the affected parts. Keep out of the way of ignorant persons and children.

Way of ignorant persons and children.

Hair Too Oily

Will you kindly give me a remedy for oily hair? Something that will not lighten it. I have noticed often your formula for oily hair, but you always add that "it will make the hair auburn." My hair is very dark, almost black. Unless shampooed constantly, is oily and stringy and drops out.

Omit the tincture of cochineal from the lotion for oily hair, and it will improve the oily condition without changing the color.

Untimeal and Giycerin Cream.

Take a teacupful of fine oatmeal, and gradually stir into it a pint of bolling water, using a double saucepan to prevent any possibility of burning. Stin through under the boll again and strain once more. To this add enough rosewater to make it pour easily and about an ounce of glycerin. Perfume as desired and bottle. Shake well before using. Rub well into the skin. Excessive Perspiration

I am writing to you in regard to a condition of extreme and excessive perspiration of the arm pits. Now this does not, a condition of the arm pits. Now this does not, a condition as I am most of the time under the care of a good doctor, am a careful follower of diet, take plenty of exercise, baths, etc., but have never been able to cope with perspiration under my arms. I have tried your suggestion of the using of common kitchen soap; also have used ammonia in the bath water, very strong. I have used several preparations containing alum, etc., all with little results. Now, I do wish you could tell me of some good, strong liquid astringent that I could apply to the arm pits after bathing. I could add a little perfume to the liquid and thereby have a pleasant as well as needful tollet article. Hoping to receive a helpful reply from you, for which I will be truly grafeful, I am, very truly yours.

A. B. C.

Have you ever tried using a solution of a teaspoonful of alum to a pint of water? Some of my readers use a saturated solution of boric acid and dust the parts with boric acid powder. This has been most effective.

About Orange-Flower Cream
Last winter you published a cream for massage. I think it was called orange-flow-Excessive Perspiration

Lily-White Skin and Auburn Hair

iooking, naving used spirits of campho in the water, and it doesn't help much will you please suggest something? And, I am not imposing on your time, will you tell, me how to prepare henna stath the hair? I would like the heart of light rabout like light mahogany, is the best idea I can give you of its color.

I am giving you formula for a liqui face powder. Henna may be applied i several ways, but the simplest an easiest method for the amateur is t use a tea made from the leaves. I preparing the tea use an ounce of leaves to a quart of water and boil the whole down to one pint. You will fin the following lotion good for improving the oily condition of your skin:

Lotion for Oily Skin.

Lotion for Oily Skin.

Boracic acid, 1 dram; distilled witch tzel, 2 ounces; rosewater, 2 ounces. Use a wash two or three times a day.

For Whitening the Skin-A Liquid

Powder.

Pimples.

ta-naphthol, 5 grains; oil of chamom rops; ointment of benzoated oxide , 1 ounce. Use on the surface.

Good Complexion Cream

I would like so much to have your recipe for oatmeal and giverin cream. I am a new subscriber, and have benefited by some of your advice to others already. MRS. K. E. L.

Oatmeal and Glycerin Cream.

Last winter you published a cream for massage. I think it was called orange-flower cream, but did not have the same ingredients as the one in last week's paper. The one I refer to called for white wax, spermaceti, almond oil, orange-flower water and fifteen drops of three kinds of oil, one of which was the oil of orange skin; also glycerin, borax. I had this prepared last winter, and found it very good for the skin, but lost the formula. Do you think the one you are giving at present is better than the old one? I have heard for years that lanolin, or coeca butter, or oil, would in time and constant use promote the growth of hair.

Any one of the creams is equally good. The small proportion of lanolin used in this prescription will not promote growth of superfluous hair.

To Promote Growth of the Hair

I noticed a formula some time ago for falling hair, which consisted of a quining tonic. My husband's hair is coming out very badly, and I have forgotten the formula. Will you please tell me once more what the formula is? I am giving you formula for quinine hair tonic, as requested: Quinine Hair Tonic.

Sulphate of quinine, 1 dram, rosewater, 3 ounces; dilute sulphuric acid, 15 minima; rectified spirits, 2 ounces, Mix, then further add: Glycerin, 4 ounce, essence royale or essence misk, 5 of 5 minima. Actiate until solution is complete. Apply to the soots of the hair every day.

Popular Remedy Requested Kindly print in next week's issue the vaucaire remedy for bust development, and bolige.

A READER.

Dr. Vaucaire's Remedy for the

Dr. Vaucaire's Remedy for the Bust.

Liquid extract of galega (gostarue), 10 grams; lacto phosphate of lime 10 grams; the control of grams.

The dogs is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking of malt extract during meals.