

Heated Almond Oil Gives a Gloss to the Lids

HE woman who wants pretty eyes will not have them circled with dark lines. Nor will she allow the lids to become heavy and wrinkled, or bags to form underneath the eyes. Neither will she neglect to care for eyebrows and lashes, for these play a most important part as a frame for the eye.

I have read of some women who have attempted to change the color of their eyes, but in this matter I think Dame Nature has the better of us. If this were not the fact, I have no doubt there are women who would have the color of their eyes changed to match every gown, and we couldn't tell our own sisters if we met them unawares.

A bright, sparkling eye is essential to

A bright, sparkling eye is essential to beauty, and the most important factor in this respect is good health. Dull eyes may be made lustrous by proper attention to hygiene. Then, too, a great deal can be done by outward care.

After strain or exposure to glaring light it is most beneficial to lie down in a darkened room and place on your eyes a small linen pad soaked in a solution of water and boracic acid powder in the proportion of a teaspoonful of the powder to a pint of boiling water. This is also very soothing to the nerves. All things that are liable to overtax the eyes should be avoided—dotted veils, reading in a poor light, fine needlework, all these are enemies that will drain e are enemies that will drain

their forces.
In case of inflammation the following treatment is harmless and helpful: Use an eye cup morning and evening to the eye, containing a solution of salt and water in the proportion of a pint of water to a tablespoonful of salt. This should be warmed to about the heat of the body. Place the cup containing the solution over the eye, and then turn the head back and open the eye. This acts as an excellent tonic to the avesight. as an excellent tonic to the eyesight.

Every one should sleep in a darkened room, so that the sight will not be put to too severe a strain upon waking. To keep the lids from becoming wrinkled or heavy nothing is better than daily massage. Massage each eye separately: from outer corner stroke the lid toward inner corner, and at the same moment roll the eye outward. The rolling of the eye produces a slight resistance to the touch, which is beneficial. Any one doubting the importance of



fine brows and lashes to the beauty of the eye should remove them from a beautiful face in a picture and notice the change in the expression—from one of beauty to one that is almost repul-

sive.

The eyebrows and eyelashes will respond quickly to good treatment. It is amazing that women who pencil and paint their eyebrows do not set to work systematically to improve the health and beauty of the growth. Even the most unruly and scraggy brows can be permanently improved by careful treatment. If they are thin, they should be brushed night and morning with a ment. If they are thin, they should be brushed night and morning with a toothbrush which has been dipped in heated almond oil. Or this lotion may be applied:

EYEBROW AND EYELASH GROWER. Cologne 21% ounces; glycerine, 11% 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 passed lightly along the edge of the eyelids, exercising extreme care that no minutest portion of the lotion touches the eye itself. No argument is needed to prove the desirability of beautiful eyes. They will glorify the plainest face, and without beauty of these soul windows the face cannot be perfect.



Dotted Veils Are Enemies

## MRS. SYMES' HEALTH AND BEAUTY ADVICE

To Remove Pimples

Will you please tell me what to do for small red pimples, appearing under the skin, then coming to a head, and very sore? I seem to be in splendid health, and my skin is all right with that exception. I think I need some blood purifier. Thanking you in advance for an early reply. I remain, yours truly, CHRISTINE. Take a good blood purifier, abstain from rich, unwholesome food, and use the cream for pimples given below:

Fossati Cream for Pimples. Lanolin. 5 grams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet, 10 drops. Apply a very little of the cream to each pimple.

To Turn Hair Gray

Would you kindly advise me if there is not some solution that you can fix up to tern hair dark gray. The party in reference has dark gray hair, with the exception of a small spot of about two inches on the top of her hair. This would be much appreciated: and, if you do not know of anything that could do this, would you advise us whom she could see in regard to same? I do not know of any harmless solu-tion or method for turning hair gray.

Troubled With Blackheads Please explain how to use green soap for blackheads, as I am troubled very much with them? ANXIOUS. Green Soap Treatment. Tincture of green soap, 2 ounces; distilled sitch hazel, 2 ounces; let this mixture stay a only a few moments, then wash off with

How to Make Hair Dve Will you please inform me of the proper way to prepare walnut hulls as a hair dye, the proper ingredients to preserve it with, and the quantity of hulls to be used in giving the required strength? Hoping to hear from you,

Walnut Stain for the Hair. Four ounces of walnut skins beaten to a pulp, to which is added pure alcohol, 16 ounces. Let stand eight days, and strain. Before using any hair dye the hair should be freed from grease by a thorough sham-

Hair Prematurely Gray Will you please tell me of some harmless by that will darken my hair, as my hair s getting prematurely gray in front? My lair is a very dark brown, almost black. By answering this, you will oblige one of four subscribers.

Mrs. M. M.

To Restore the Natural Color of the

Hair. (A Physician's Prescription.) (A Physician's Prescription.)

Sugar of lead. ½ ounce; lac sulphur, ½ ounce; essence of bergamot, ½ ounce; alcohol, ½ gill; glycerine, I ounce; tincture of cantharides. ½ ounce ammonia, ½ ounce.

Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean. The dye should never be applied if there is any irritation or abrasion of the scalp.

One Hip Too Small

Will you kndly tell me if there are any exercises by which a woman can enlarge one hip and not the other, when one hip is much larger than the other Tables you very much for your time I am

To Reduce the Bust Will you please publish some recipe for reducing the bust? I am very much interested.

B. H. S. Pomade to Reduce the Bust.

lodide of potassium, 3 grains; vaseline, 50 grams; lanolin, 50 grams, tineture of benzoin, 20 drops. Make into a pomade and rub all over the fat parts twice a day. Skin Too Oily Won't you please repeat your preparation for oily skin and blackheads? I would like something without any oil in it. I have a growth of superfluous hair on my face, which is very humiliating to me. Do you think a first-class liquid depilatory will relieve any one permanently of these blemishes? Has any one ever been cured under your observation, either by the use of the electric needle or depilatory? Do you think meats and butter aid an oily skin, and do they make unnecessary hair?

Am giving you formula for lotion for

Am giving you formula for lotion for oily skin and blackheads. The liquid depilatory will not remove superfluous hair permanently. I have known of cases where it has been satisfactorily and permanently removed by use of the electric needle:

Oily Skin and Blackheads. Boracic acid 1 dram; distilled witch hazel, 2 ounces; rosewater, 2 ounces. Use as a wash when desirable. You should abstain from spicy, greasy, stimulating foods and sweets.

To Remove Dirt and Dust From Face Vill you was give me the formula to

Honey and Almond Cream. Honey, I cunce; while soap, in powder, 1/2 ounce; oil of sweet almonds, 13 ounces; oil of bitter almonds, 15 oram; oil of bergam t, 1/4 dram; oil of cleves. 7 drops; balsam of Peru, 15 dram; liquid potassa, 1/2 dram.

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

Strawberry Natural Blush. Strawoerry 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 bours, and strain through a fine hair seve. When cold, add ture alcohol, 12 ouncest best Russian isinglass (clissolved), 30 grains; pure carmine (first dissolved in the alcohol, 15 grains; attar of ress, 4 dops; oil of neroli, 2 drops; oil of cediat, 5 drops.

Keep closely stoopered in a dark place. Apoly to the cheeks with a bit of absorbent cotton. I trust the formula given will prove satisfactory. I have no formula for making scan, and advise you to ask your druggist to recommend a pure one.

to remove. My pores seem so open that, when you look close at my skin, you could count the little holes, or pores.

Could you kindly give a recipe to remove the lines from my forehead, and oblige a constant reader? I am 30 years old now, and never used anything on my skin but soap.

To remove the lines from your forehead massage according to directions frequently given in this department and apply the lotion for premature wrinkles given below. The lotion for enlarged pores will also improve the appearance of your skin:

eral for a thin girl to be as follows: For breakfast a little fruit, cereal and eream; toast and a glass of milk. For lunch, bread and butter and milk—plenty of it—a baked potato with salt and butter and stewed fruit. For din-

Lotion for Premature Wrinkles. Alum. 70 grains; almond milk (thick), 1½ cunces; rosewater, 6 ounces.
Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Lotion for Enlarged Pores.

Boric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with a viece of old linen or a bit of absorbent cotton. Food Distresses Her I have been taking Dr. Vaucaire's remedy to enlarge my bust. While taking it

## Health Through Hygiene -- Foods for the Thin Girl

Don't Fail to Massage the Lids

By Dr. Emma E. Walker great a variety, with food well cooked. Copyright, 1905, by A. S. Barnes & Co. I know of a girl who was never able to lay on more than a few pounds of To give you some general directions as to foods that are suitable for the thin girl: Cereals eaten freely are beneficial; all of the sweet and starchy fruits and vegetables, such as sweet and Irish potatoes, cooked bananas, beans, corn and peas; fat meats and butter; syrup, preserved figs and soups. especially cream and extra flesh. After about nine months of this diet she weighs fifteen pounds more than her average weight has been for years. Massage with liberal application of fat meats and butter; syrup preserved figs and soups, especially cream and bisque; honey and simple desserts. Nuts are very nutritious if you are able to digest them. Milk, cream, cocoa and chocolate are fattening.

Take plenty of time for your meals, and do not eat too great a variety at one time; see that your food is well cooked. Carefully avoid a large amount of green vegetables, acids, pickles and condiments.

I have found an excellent diet in general for a thin girl to be as follows:

olive oil or cold cream is very beneficial in most cases of extreme leanness. Nothing is better for the thin girl than plenty of fresh air and sunshine. Breathe deeply and often, especially in Warm baths are good for the thin girl, though she should wear plenty of clothing, so that she will never become chilled; she may take a cool rub afterward. Cold is an enemy to the thin girl. The time spent in spent in the cool is an enemy to the thin the cool is an enemy to the time that the cool is an enemy to the thin the cool is an enemy to the thin the cool is an enemy to the cool is The time spent in a sun bath will girl. The time well repay her.

girl. The time spent in a sun bath will well repay her.

Learn how to relax, both in action and in rest, because nervous tension is one of the banes of this condition. When you take your daily periods of rest, let down the tension of your muscles and nerves by some exercise. You will find it most restful to simply open and close the eyes slowly and drowsily, simulating sleep; stop thinking and yield to the soothing influence of the movement of the eyelids.

You cannot find anything which will more quickly develop the neck than the following resisting exercise: Lay the head in the palm of the hand at the temple; then move the head slowly toward the shoulder, resisting the movement with the force of the hand. Come back to erect position of the head in the same way, resisting the pressure of the hand by the head. Repeat this exercise to the left.

Clasp hands back of head, and carry the head back, resisting with the hands.

the head back, resisting with the hands. Take chin in hand and repeat the exercise in the opposite direction.

If you will faithfully perform these different movements every night, not too vigorously, but with intelligence, you will find that at the end of three months the hollows at the base of the neck will have entirely disappeared and the prominent bones in front will be smoothly covered.

Since this is a resistance exercise, it should be followed by a relaxing movement, making that of the head rotary, which also has a plumpening effect upon the neck.

the neck. Let the head come slowly forward and as it will go, to the left and front; reverse the movement, revolving the head several times.

This may be done after one is in bed, as it has a very quieting effect upon the nerves, thus being an excellent preparation for sleep.

Another method of filing in the scrawny outlines of the neck is to take a deep breath, and then force the breath down into the neck, thus swelling out the neck. Or the muscles may be exercised by a rigid contraction of the jaw, often repeated. The first-named exercises, however, give better results in every way.

Arm swinging develops the chest muscles, the same which are so quickly increased in size by swimming. There is no better way of increasing your bust measure than regular swimming practice at the scashore. But, if you wish to take up some method which can be followed out at home, practice this resisting exercise:

Different chest muscles may be reach verse the movement, revolving the head

onlowed out at home, practice this resisting exercise:
Different chest muscles may be reached by varying the position of the arms. For instance, push the heels of the hands together strongly at waist line from right to left, and reverse. Practice the same exercise breast high, and finally overhead.

## ANSWERS TO CORRESPONDENTS

The Vaucaire remedy is perfectly rmless, and, though it acts as a onic to the whole system, it will only levelop the bust. The distress caused develop the bust. The distress caused by food must come from another source. The deep breathing and massage, with cocoa butter, are excellent for bust de-velopment.

Wants Dimples on Cheeks I have been reading your beauty hints for a long time, and have tried several of them, and find they are very helpful. Now, is there any way to make dimples in the cheek or chin? I have a very small one in my chin, but it is hardly noticeable. Now, is there any way to make the cheek or chin? there any way to make it deeper, and also to make some in the cheeks? I shall watch anxiously for your reply. RUTH. I believe there are specialists who say that they can produce dimples in the cheeks, but I consider such experi-

Lips Badly Shaped

I have often read your advice to women, and have become deeply interested in it. As you have helped so many others, I decided to write and see if you could help me. I have very large lips, and they are not well shaped. Is there anything I can do to make them a little smaller and better shaped?

Lean only advise you to gently train I can only advise you to gently train the lips by pulling them into the proper shape with the fingers each day. Keep them in nice condition, smooth and red, and I am sure they will not be unattractive looking. tractive looking.

Face Too Fat I have long been a reader of your department, but have never before called upon you for personal information until now I feel I'm compelled to. My face is entirely too fat. It is out of proportion to the rest of my body. I have a slender, yet good, figure; and, if my face were not so fat, I would be quite pretty, as I have a beautiful head of golden hair and large brown eyes; and, as my face keeps getting so much rounder, I am appealing to you for aid. I notice where you advise "A Subscriber" to

Cleansing Cream. White wax, 2 ounces; spermaceti, 2 ounces; sweet almond oil, 12 ounces; distilled water, 2 ounces; glycerine, 2 ounces; salicylic acid, 90 grains.

Face Rough and Chapped I have been reading with interest your tell me what I can do in order to have i I will be most grateful. H. J. W I will be most grateful. H. J. W.
I think it quite probable that you have been using too much powder on your face, and also have been washing it in water that is too hard. Try putting a pinch of borax in the water you use on your face; and, if the orange-flower cream continues to disagree with it, use the cucumber cream, so frequently published in this department:

To Bleach the Skin I saw some time ago a recipe for bleaching the skin. Will you kindly send it to me with full instructions for using? Is it to