

annoyances of life leave them utterly

unfit to cope with them. Usually, too, these annoyances are of so simple and unnecessary a character that one wonders how they could have ever occurred. For instance, a real instance may be cited which will be a useful lesson to many. A woman who was sewing found herself growing more and more irritable. Nothing seemed to go right, and she had almost worried herself into a nervous headache when she suddenly realized that for half an hour she had been holding a pencil between her teeth. There had been no necessity for this, and the unconscious tension had strained every nerve, bringing her unconsciously almost to the verge of nervous tears.

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MAKE YOURSELF COMFORTABLE

One of the first rules for warding off nerve storms is to make one's self as comfortable as possible when at work; a second is to ignore what one cannot have;" a third, persistently to push aside unpleasant recollections and to take up some vigorous exercise, or to sing and sing and sing, until the tendency has fled.

Very often when sewing a woman will sit in a chair two inches too high for her, just enough to necessitate a strain upon the toes and calf muscles. Again, the article most needed will be farthest away; the spool, instead of being placed where it cannot fall, is put upon a little ledge, from which it drops at every opportunity in the most provoking man-. ner. Let us, therefore, seek first for comfort and convenience. Let us not make anything "do" if better can be

obtained. One way, for instance, of guarding against these sewing troubles is to have a sewing screen, such as that shown in the picture. Thus every-thing is in its wonted place, and ordinary neatness will keep them there. In fact, "a place for everything and everything in its place" is a good rule,



TAR PART

A Sewing

Chair that

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TIMELY ADVICE TO CORRESPONDENTS BY MRS. SYMES

Impoverished Blood

HAVE appreciated your advice regard-ing care of the hair and skin, and have tried several of the recipes for cold cream, finding them very satisfactory. "Beecally the orange-flower cream." Now, i come to you for advice. My skin romes on my face breaks out in a dry, red scale something like eczema, but I get no relief in treating it as such. It is very one, and when out in the cold seems al-most to freeze. "Am also in need of a good blood-maker," as my blood seems to be impoverished. C. B. D.

To Straighten a Nail

A Formula Repeated

Es my blood seems to be impovensme. C. B. D. What you need is a good infusion of iron Into the system. Your impov-erished blood and the skin condition you describe are both due to lack of this important element. Of course, you would not take it plain, but in one of the many good mail or wine com-pounds. After you have taken it steadily for a time, you will find that your blood and your complexion will alike improve. Keep out in the open air as much as possible and take a great deal of exercise. You will find that local treatment will then be un-necessary.

Oream of Sweet Oranges.

Prescription Not Properly

Lo Straighten a Nail I have done copying in an office for sev-eral years and holding the pen so steadily between the forefinger and the second fin-ger has caused the nail to turn, so that it tooks very croked. Can you tell me what to do to straighten tit? I am very sorry, but I 'know of nothing that'will' Surely straighten your nail. You may be able to do this, however, by learning to hold your gen in some other position. Compounded

After deriving much benefit from a num-ber of your valuable formulas. I resolved to try Sultana cream make-up. I had the pre-scription filled by a reliable druggist, but was much disappointed in it, as it does not seem perfect to me. Inclosed you will find a

sample of it, and perhaps you can see what is lacking, as it seems too olly; also too red, which makes it no use for any purpose. I was charged 55 cents for it, which certainly is too much to throw away on such a worthless thing. Please advise me what to do. E. B. D. This sounds hard, but I myself have never held a pen between the fore-finger and second finger in my life. Gradually accustom yourself to an-other position, and perhaps in time the nail will grow straight again.

worthless thing. Please advise me was a b. E. B.D. Without a chemical analysis, which at present I have no opportunity for making, I cannot tell exactly what is wrong with the sample sent me. As you say, however, if does appear both too oily and too red. If I were you, I would go back to the druggist and present my case to him as you did to me. Tell him that you do not care to pay for an article not properly prepared, and ask him to make an analysis of the cream he gave you and see if it follows the formula ex-actly. The formula has never given any that it should have failed with you.

you.

Will you kindly prescribe exercises to re-duce hips, side and back, also limbs from hip to knee? Please tell me what the proportions should be for a height of a feet 1% inches. Is there any exercise for shortening the waist line? How would you advise me to commence reducing my fiesh? I would like to lose about 20 pounds. Mrs. C. J.

The following exercises will un-oubtedly help you to reduce hips, ides, back and limbs:

To Beduce the Hips and Back. His circling can be done with good re-suits the way of decreasing size if the principle of resistance is employed. Taking attanding position, hands on hips rotate the hips, bending the kneet and keeping the

chest and shoulders immovable. Contract all the muscles used in this exercise and To Reduce Hips and Legs.

even it an old one, for those highly Ing. Give up everything, and go away

strung individuals who fly to pieces

The screen mentioned is fully within the capacity of the home carpenter, be-

ing simply two painted boards, hinged

together, and supplied, as shown in the illustration, with hooks, nails on which to place spools, a capacious hag and two shelves. Its mere possession

will ward off many a nerve storm

from the busy housemother.

at the least irritation.

alone, if only for ten minutes, not to

commune with one's self, but, if possi-ble, to banish thought entirely. To "let down" the mental system, so to speak, to retire to an absolutely dark closet, is an excellent thing under such circumstances. "Aunt Johnny." one of John Strange Winter's hero-ines, was wont to say that she took office meinutes each day and "emptied

fifteen minutes each day and "emptied

her brain." That is what the nervous

woman needs. One sufferer from nervous headaches

has devised a plan of resting which cannot: be excelled. She had a large closet with one window in it. It would

same color. Here each day regularly she would come for a little rest. Here she found nothing to attract the eye,

nothing to cause mental effort, nothing, to jar the nerves. If she found a nerv-

ous headache on the way, a short time in this sanctuary warded it off. The small amount of time she devoted to

that little green solitude each day was

a nerve tonic which renewed her men-tal tone and gave her screnity of soul.

Of course, an entire room is not attain-

with sait instead of using butter. Milk, I re-gret to say, if it be pure and good, is fat-tening. Skimmed milk may be drunk. Hot water is an excellent substitute for other liquids. Add a lithe of the juice of times or lemons to it, if you choose. Limit your alcoping hours to seven at the outside. No naps.

Wishes Bust Enlarged

Wishes Bust Entrangets I am 33 years old and married. Would like my buss enlarged. I am rainer stout actors hips, but not in the bust. My health 's good and have plenty of outtoor exercise. It's weight is generally from 170 to 180 oolnds. I would like to know how Dr. Yaucaire's remedy is to be used-taken in-wardly or used outwardly. Would very much like to try it. If you think it would do me any good. Do you think a drug-gist will fill the prescription properly? PEARL.

The Vaucaire Remedy

woman needs.

nmune with one's self, but, if possi-

To Reduce Haps and Degs. A good exercise to strengthen the back and remove excessive flesh from the hips sists simply in picking up a small mool or then bending over, placing it on the floor. Repeat this movement, raising the stool nigh above the head and putting it buck also to takke a deep breath when you raise when you put the stool to the floor. This is a vigorous exercise, and if kept up will not only strengthen the superfluous flesh from the hips.

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Developing the Arms The all-important question which I ask you is with reference to my arms, which are so thin and unshapely that I have to refeat from wearing short alsever They are so very good size directly below the elbow, but only for a very short dis-the elbow to be plumpness extend. From below the out four inches below the enough thin. Can not help me out by telling me what not help me out by telling me what you not he to do to in As a gen Rules to Reduce Flesh. Avoid all starchy and eweetened food, ereals, vegetables containing sugar farch, such as peas, beans, corn, potat a. Hays your bread toasted; sprinkle

to do to induce plumpness? As a general thing, I am not what you would yall thin, and I know slighter, girls than I who have decidedly pretty arms. Work you solvise me on this all-impor-tant subject, for I and it yery annoying

only for those times when one is nervous and irritated.

BENEFICIAL EXERCISES

BENEFICIAL EXERCISES Simple exercises, too, are often of benefit. If possible, they should be taken in the open air, waiking itself being an vectises and those involving motions of he head and neck are also good. Prac-tice deep breathing regularly. Stand before an open window once daily and . After all, however, nerve storms are moughly due to concentrated egoism, if not egotism, and the main object is to forget self and lose one's self in out-wide interests. Anything, then, that will accomplish this end is a cure for hose unpleasant and unnecessary tem-pest interests.

just hold a cot along one wall. The walls were painted a restful green, and the window was curtained with the pests into which women so frequently

pests into which women so frequently work themselves. To the well-polsed woman the whole matter may seem too petty for consid-eration, but let her once know the wear and tear, the depression and the lined and weary countenance caused by a real nervons storm, and she, too, will seek eagerly for the smallest safeguard against its recurrence. To return again to Louiss Alcott, the sum of the whole affair is that your "mind a little kingdom is," and it is yours to rule as you will.

yours to rule as you will.

that I have to wear long sleeves, when the short, elbow sleeves are worn so very much and look so dainty. How long, by steady perseverance, will it take to bring about the desired effect? M. P.

It take to bring should the desired life. M.P. It is indeed unfortunate that you should be so afflicted. I think, how-ever, that massage will help you out. Use a good massage cream, either one of those so frequently given here, or mond oil. The vegetable creams are less likely to raise hair. Massage res-ularly and with perseverance, and I am sure you will succeed. It may take some weeks, or even months, but by summer, when short sileves are most worn, you will probably be able to don them also.

Eyebrow Stain and Almond Milk

The Vaucaire remedy has teen so frequently printed in these columns that it will be unnecessary for me to repeat it. It is to be taken internally, two soupspoonfuls before each meal, in water. Dr. Vaucaire also advises the drinking of malt extract during meals. Will you please send me directions or formula for eyebrow or eyelash stain? Will you also tell me where I can get almond milk? I have tried at the druggist? and he told me he never heard of ft. Can you tell me how to make ii? Mra M. B. The Chinese eyelash stain I am giv-ing you is a very good one, and may be used for the eyebrows as well. Be very careful in applying it not to touch the eye.

Chinese Eyelash Stain.

I am in need of a good bust developer, and would be very grateful if you will send me the formula of the Vaucaire remedy, or tell me where it can be procured. Mrs. L. C. n arabic..... The Vaucaire remedy is so frequently given in these columns that it seems strange that any one should miss it. It is, however, as follows:

Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goats-rue) 16 grams Lacto phosphate of lime 10 grams Tincture of fennel 10 grams

Simple syrip. The dose is two soupspoonfuls with water before each meal. Dr. Vaucaire also advises the drinking of mait extract during meals. Ablutions of cold water and massage will also help to increase the size of the bust and to make it firm.

Good Bath Powder

I would like the formula for a good bath powder-something to use in the bath to perfume the body and make the skin soft and white.

Tannin 19 grains Crushed alkanet. 19 grains Do you think it is good to help contract the lips? If you have anything better, be kind enough to answer. Can you tell me of a recipe or oil to put on the hair that will keep it cutly when it BENJAMINE. BENJAMINE.

BENJAMINE. The valuable part of your prescrip-tion lies in the tannin, which has great contracting powers. Instead of the formula you give, it would be just as good and much simpler to use plain glycerite of tannin. That ought to have the effect you desire. The formula for orange-flower cream is as follows:

Orange-Flower Cream.

(A Skin Food.) White wax Spermacati

The effect of damp weather on the hair depends entirely on the individual. This solution will keep hair curled for a ong time, though I de not know if it is the property of the solution of t

Solution to Keep Hair Curles. Solution to keep last ourse Sugar, good, moist. I ourse Water, pure, hol. Solution is cold, add loohol. 2 fluid ourses; bichiorste of mer-cury and salammoniac, 6 grains each. The last two should be dissolved in the sicohol merce admixture. Lastly, add enough water to make the whole measure one pint. Per-rums with cologne or isvender water. Moist-en the hair with the fluid before putting in papers or pins.

Hair Falls Out Worse on Right Side

Can you tell me what makes my hat, which is very long, but rather thin, come out worse on the right side? I am using the quinine tonic and massage my scalp the best I know how, but it seems to make my scalp sore. The scalp seems to be hide-bound on the right side more than on the left. Ought the massage movements to be slow or fast? I confess I am at my wits end to know what to do. I do dread to lose my beautiful hair. M OLD SUBSCRIBER.

AN OLD SUBSCRIEER. The cause of your trouble sems to me to be a very simple one. You are right handed, are you not? Most persons, you know, are. Well, then, you have simply been unconsciously pressing harder on the right side than on the left, and your llistreated scalp is having its revenge? Some women seem to think that massage means merciless drubbing. Continue your use of the quinine tonic, and make your massage movements a little gentler, and I am sure all will come out right in the end.

Peroxide on the Hair

Please let me know if peroxide of hydro-gen is harmless for the bair and head. A friend says I should rub the white of an erg on my head before using peroxide of hydrogen, and then it will not harm the head and hair any. How much and how often should I use it, as my here is of, a sandy shade and I would like to have it a goiden shade? Should II use som while while peroxide? Can the quince seed curling min

xide of hydrogen is a If you wish to bleach'y

Peroxide of the set of bleach your in is the best thing to use, but it ost certainly not a shampoo, as yo ther seems to imply you think it. If armless unless it is used too often. 'Ill turn sandy hair light yell of goiden. The white of an egg wo protect the scalp against any poss njury, but vaseline would do quite well and would not be so sticky. well into the scalp before applying peroxide. There is no reason why should use soap with peroxide—thi what makes me think that you pose the latter to be a shampoo, the quince seed curling mixture in not before the peroxide. With the reactions you ought to succeed in bli is your hair, though blesched he the best thing to use; pertainly not a shampoo, receme to imply you think

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Reducing Flesh

Have been greatly interested in your aids to correspondents' column, but have always missed the recipe for Cream of Sweet Oranges. Would you kindly publish again? HURONIC. I am sorry that you have never found this formula before. I am re-peating it for your benefit, and trust that it will prove satisfactory.