## Symps

Powder under the gloves will prevent the ands and arms from

freckling.

How to prevent the Jummer sun-from playing bavoc with the complexion



Plenty of powder before exposure,

HE first hot rays of the early summer sun play havoc with the complexion, and the woman who wants to retain a beautiful skin, free from tan and freckles, must begin to take preventive measures early.

There are many salves and lotions for removing these enemies of the sum-mer beauty, but perhaps it is worth while to consider preventive measures

The average girl of to-day likes the out-of-door life and goes about bare-headed in the strong sun, and to some fortunate ones this brings a healthy, open-air complexion, with a most te-coming shade of tan and no freckles. But to the less fortunate, it brings re-sults that are not so effective—skin red as a lobster or covered with large, brown freckles, which never adds to the appearance, even though it may look healthy.

Of course, wearing a hat is a great bother at times; but some of the sun hats this year are creations of beauty, and the summer girl will do well to con sider them. Suitable for country walks, boating, etc., are large flats of coarse straw or leghorn, bent into the most bewitching shapes, and tied with strings of broad ribbon; and the old-fashioned sun-bonnets of mull, in white, pale pink or blue, are equally fascinating, and can be comfortably worn even when playing

However, if you scorn wearing a headcovering of any sort, perhaps you will not consider it too much trouble to pre-pare the skin to resist the havoc which is the result of exposure. Before going out, bathe the face with warm water, and after thoroughly drying, rub in a good cold cream-those containing cu-

cumber juice are the best-wipe off gently with a soft linen cloth, and then dust lightly with powder.

In these days of elbow sleeves, the hands and arms should receive the same care as the face; and the effect of the most fetching summer frock is spoiled by a pair of red, freckled arms. Some-times the arms and hands will freckle even when protected by gloves; but this can frequently be prevented by apply-ing powder freely before putting on the

If you go out with a coating of cream on your skin, don't fail to remove it as soon as you come in—not with water, but with a generous application of the cream; this will remove all the dust and dirt from the clogged pores and leave the skin emechange soft. Den't leave the skin smooth and soft. Don't bathe your face with water after ex-posure unless you are courting freckles, tan and blotches of all sorts. tan and blotches of all sorts.

There is a certain portion of arsenic in the juice of a cucumber that acts on the skin as a whitener—it also has soothing qualities—and many of the most satisfactory lotions for tan and freckles contain cucumber juice. Combined with buttermilk, it is most refreshing to the skin, and a compress made of this mixture and allowed to remain on the face during the afternoon nap will frequently remove slight nap will frequently remove slight freckles.

Another simple remedy is the juice of a lemon, and the most convenient way to apply it is to cut the lemon in half and rub the inside on the skin. In using any lotion on the face, care should be taken in applying it. The best way is

be bought reasonably by the pound or package. You can make some little balls of the cotton or pads of the gauze and put them into a clean, wide-mouthed jar, with a screw top, and use them as needed. Dip them into the lotion and gently wash over the face.

Lemon juice

exposure

should be applied

immediately after

using fresh ones from time to time dur-ing the process.

I am going to add some of my prescriptions which have proved most successful in the removal of tan and freck-les, and I trust that all my correspond-ents who have written to me on this subject will consider their questions answered. Let me say, however, that no one preparation of the kind will produce the desired result in every instance. All that some skins require is the simple lemon and glycerin lotion; when this falls, experiment until you find a lotion that is represented. lotion that is successful.

Lemon and Glycerin Lotion. (For Light Freckles and Sunburn.)

Citric acid (lemon), 3 drams; hot water, 11 ounces; borax, 2 drams; red rose petals, 1 ounce, glycerin, 1 ounce. Dissolve the acid and borax in the water; infuse the petals for an hour; strain through a jelly bag after twenty-four hours; decant the clear portion and add the glycerin. Apply as often as agreeable.

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

To Remove Moth Patch. Cocoa butter, 10 grams; castor oil, 10 grams; oxide of zine, 20 centigrams; white prec'pitate, 10 centigrams; essence of rose, 10 drops. Apply to the moth patch night and morning.

Obstinate Freckles.

Oxide of zinc, ½ dram; subiodide of bismuth, ¼ dram; dextrin, 1¼ drams; glycerin, 1½ 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. Whitening Paste for Freckles and Brown Spots.

Salicylic acid, 60 grains; bay rum, 4 ounces. Label. Apply night and morning with a soft cloth or sponge. This lotion soon produces a slight roughness of the skin, which should be subdued by the use of glycerin of starch.

Cucumber Lotion or 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. Stir constantly, working in gradually the alcohol, in which the oils have been already dissolved.



## If You Would Have Pretty Teeth

Don't bestow less care upon the teeth than upon complexion and hair.

Don't brush across the teeth, but up

Don't brush across the teeth, but up and down; the upper teeth from the gums downward, and the lower teeth from the gums upward.

Don't go to bed without brushing the teeth, for it is at night that the acid of the saliva gets in its work on the

Don't let tartar accumulate on the teeth, for it brings a whole train of evils in its wake. Have it removed by a dentist at least once a year.

Don't use a tooth powder which contains gritty acid or irritating substances. Don't fail to rinse the teeth thoroughly with an alkaline wash after taking acids, such as lemon juice, vinegar or strong medicines.

Don't swallow food without mastica-

Don't use one side of the mouth only when eating, for then the teeth have not all the same amount of exercise, and decay sets in more rapidly on one side than the other.

Don't crack nuts or bite thread with

. . . Don't fail to ponder occasionally on these facts: that Without good teeth there cannot be thorough mastication. thorough mastication.

Without thorough mastication there cannot be perfect digestion.

Without perfect digestion there

cannot be proper assimilation.
Without proper assimilation there
cannot be nutrition.
Without nutrition there cannot be

Without health what is life worth? Hence, the paramount importance of good teeth.

## MRS. SYMES AND HER MANY CORRESPONDENTS IN FRIENDLY

To Whiten the Hands

As I always take such an interest in your As I always take such an interest in your department and read your recipes and advice with much pleasure, thought I would ask you to publish again the formulas for a paste to whiten the hands. It is to be put in gloves and worn at night, I believe. I cut the notice out when you published it several weeks ago, but have lost the article. Will you kindly publish it again at your earliest chance? Also tell me what is a good liver medicine. I fear I am troubled with torpidity of the liver. Also what should I eat and what should I avoid? I am quite thin and very nervous. Hoping I have not asked too much and that you will pardon my taking up so much of your valuable time. Respectfully, C. B. J.

I am giving you several formulas for I am giving you several formulas for making paste for cosmetic gloves, as I do not know to which one you refer. Lemon juice and hot water, taken before meals, is excellent for a torpid liver; but it also has a tendency to keep one thin. I think you will find helpful information about gaining flesh in answer given to "Anxious"

given to "Anxious." To Make Cosmetic Gloves. Use soft, large, leather gloves, three or four sizes too large. Rip them open and spread the inside with one of the following preparations, then sew the ripped seam up. The simplest, and therefore the least troublesome, paste to make is this:

Cosmetic Glove Paste. Ground barley, the white of an egg, a teaspoonful of glycerin and one ounce of Cosmetic Glove Paste-No. 2.

Home-made soft soap, ½ pound; olive oil, 1 gill; mutton tallow, 1 ounce. After boiling these together, remove them from the fire before adding spirits of wine, 1 gill; ambergris or some other perfume of an amount to suit the taste, always being on your guard not to scent things too highly. Cosmetic Glove Paste No. 3. Refined pine tar, I teaspoonful; olive oil, 1 pint. Melt in a water bath, scenting with rosewater or some other perfume. This is a preparation which does not spoil. The following preparation for use with cosmetic gloves is slightly more elaborate: Myrrh, 1 ounce; honey, 4 ounces; yellow wax, 2 ounces; rosewater, 6 ounces, Melt the wax in a water bath and add the myrrh to it while it is hot. After beating them toAnxious to Grow Fat

to pour as much as you will need at one time of whatever you are using in a clean saucer, then apply with sterilized

absorbent cotton or gauze, which can

I have read your column for some time, and as you seem to help so many I must come to you with my troubles. I am a working girl, a bookkeeper, and, though I have nothing on earth to worry me, have a good appetite and good general health am very thin. Am 5 feet 8 inches in height and weigh about 120 pounds. My neck is bony and have no bust whatever. My face is quite full.

Now, I have been thinking of taking the Vaucaire remedy, in connection with a good flesh food, for developing my bust, but what can I do for the rest of my body? I have heard of the chocolate diet, also have been told to take olive oil. What do you think of these? Please tell me what to do, as I do want to get more fleshy. Will the Vaucaire remedy show results in as short a time as three or four weeks? as short a time as three or four weeks?

ANXIOUS.

For the development of your bust, I think

For the development of your bust, I think you cannot do better than take the Vaucaire remedy and massage with a good skin food, and am sure you will notice an improvement in a short time. To fatten the rest of your body, you should indulge in a liberal diet of foods that are fattening. Avoid acids. If possible, have a cup of cocoa or chocolate before rising; choose vegetables containing starch and sugar, and puddings that are sweet, especially those containing milk and eggs. Do not take cold baths, nor indulge in very violent exercise; sleep as much as possible, and do not allow yourself to be exceedingly interested in anything that will cause you to worry. All food should be slowly masticated, in order to be easily digested. Condiments and highly spiced sauces should be avoided. Do not overeat, but eat all the appetite demands with judgment. I have known of cases where a glass of rich milk or cream—sipped, not drunk rapidly, every night before retiring—worked wonders.

Throat Getting Flabby I am greatly troubled about my throat: it is geting loose looking and flabby. I used to practice the forward and backward and rotary head movements and was told by a physical culture teacher that I had only increased the trouble. I have often read that Mme. Bernhardt changed her "scragy neck into a firm, pretty one. Do you know To improve the appearance of your throat, rub a good skin food well into the pores and let it remain on all night. In the morning bathe with cold water one of the most beneficial exercises for beautifying the throat is forcible whistling. The noise may be omitted, but powerful blowing should be substituted with the lips held in whistling position.

To Restore Color of Hair I am interested in one of your recipes for restoring the natural color of the hair, but would like to know before using the preparation if it will change the color of hair not gray. Will it also promote the growth and stop the hair from falling out and cleanse the scalp from dandruff? There are some other ladies in the house who would like to use the same preparation, provided it did not affect the color; while I wish the color of mine, which is gray, restored.

Mrs. S. H. S.

The physician's remedy to which you

The physician's remedy, to which you refer, is a stain to restore gray hair to its natural color, and while perfectly harmless, used as directed, it does not act as a tonic. Preparations for promoting growth of the hair and removing dandruff are frequently published in this department.

To Darken the Eyebrows I wrote to you some time ago asking you to do me a favor, but, do you know, I forgot to send an addressed envelope. I thought of it after I mailed my letter, so I know it is my fault that I didn't get an answer. You know I asked you about darkening the eyebrows; mine are light and I would be glad if I knew of something simple that would darken them by degrees. I would be afraid to use a dye. It might make my brows look worse than they look now.

M. S.

know of for darkening the eyebrows, and many of my correspondents report excellent results from its use. I am also giving you the formula for Chinese eyelash stain, which has proved very satisfactors.

Chinese Eyelash Stain. gether add the honey and rosewater. Beat all up and add glycerin by the teaspoontul as I have plenty of time, but I want to feel Powder the link and gum and triturate

Gum attention, model link, 2 drain, model link, 2 d

liquid in a powder, and then add the remainder of the rosewater to it. It should be applied with a very tiny camel's-hair brush.

Red Face

You have done so much for others, and have received help from your columns myself, but have never seen anything pertaining to a very high color in the face.

When I get the least bit warm or excited, the blood goes to my face, and it gets so red and burns so, and it takes so long for it to cool off, or the color to go down. In fact, my face is always red, more or less.

This is very embarrassing, especially when you have to get up before the public. I wear loose clothing and get exercise. Can you, in any way, help me? E. Z.

I fear I cannot help you in your trou-I fear I cannot help you in your trouble. Chronic redness of the face is apt to come from constitutional causes, or else is the result of a very thin, sensi-tive skin; and I do not know of any

To Enlarge the Bust I am very much interested in your page of recipes and advice, and I enjoy it more than any of the other pages, and I want to ask you would you kindly tell me through your column what will enlarge the bust? If you will kindly tell me a harmless remedy I will appreciate your kindness very much; and I also would like you to tell me how I can gain flesh. I am very anxious for large hips, as my hips are small in proportion to the rest of my body, and I am so anxious to enlarge them; also tell me a remedy to make my eyebrows heavy.

K. C.

I am giving you formula for Dr. Vaucaire's remedy for the bust, which has proved more successful than any other method I know of. Follow the set of rules given below for gaining flesh. I am also giving you formula for a lotion to promote the growth of the evelvows.

Dr. Vaucaire's Remedy for the Bust. Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 19 gra ns; tincture of fennel, 10 grams; simple syrup, 400 grams.

The dose is two soupspoonfuls with water before each meal.

Dr. Vaucaire also advises the drinking

At least ten hours' sleep out of every twenty-four. In addition to this, naps Juring the day if possible. This sleep must always be natural. Nothing is so bad for the appearance and general health as sleep induced by anodynes or narcotics in any form. The diet should be liberal, and should consist largely of food containing starch and sugar; potatoes, fresh, sweet butter; milk, cream, fruits cooked and served with sugar, all vegetables containing starch and sugar, such as corn, sweet potatoes, beans, peas; foods of the macaroni and spaghetti kinds, fish and oysters, ice cream, desserts without pastry; plenty of outdoor life and a moderate amount of exercise. Sleep in a well-ventilated room. I do not believe any one can gain flesh if there is an internal disease: certainly, not if there is an internal disease: certainly, not if there is any tendency to dyspepsia or liver trouble. Where the patient is plump in one part of the body and fails in another, a gymnastic course is advised. There is nothing better than bicycling, unless it may be a regular gymnastic course. In order to pursue the latter properly, the patient is advised to go to a first-class gymnasium, submit to an examination and take the exercises prescribed by the attendant physician. These gymnasiums, at moderate prices, may be found in a town of any size in the country. Where the development is meagre in the upper part of the body, swimming is also an excellent exercise. Walking is always wholesome. The patient who wishes to gain flesh can never do so if she worries, is harassed or permits her nerves to get the better of her.

Eyebrow and Eyelash Grower. Cologne, 2½ ounces; glycerin, 1½ ounces; fluid extract of jaborandi, 2 drams.

Agitate ingredients till thoroughly incorporated. Apply to the eyebrows with a 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.

Cream Kept Freckles Away Last summer you sent me the recipe for cucumber cream. I used it every day, and it kept my skin soft and white, and it seemed to keep away freckles, too, as I had always had a great many before; but not one appeared last year. May I trouble you to send me the recipe for "Strawberry Blush"? I don't often rouge, but I feel that this is harmless, and it is so becoming to me to have a little color in my cheeks. Strawberry Natural Blush.

## LETTERS AND THEIR ANSWERS

and set the jar in a saucepan of water over and set the jar in a saucepan of water over a slow fire.

Let the water simmer for two hours, and strain through a fine hair sieve. When cold add pure alcohol, 12 ounces; best Russian isinglass (dissolved), 30 grains; pure carmine (first dissolved in the alcohol), 15 grains; attar of roses, 4 drops; oil of neroli, 2 drops; oil of cedrat, 5 drops.

Keep closely stoppered in a dark place. Apply to the cheeks with a bit of absorbent cotton.

Wants Fluffy Hair

Could you suggest a shampoo which would leave the hair soft and at the same time fluffy? My hair is fine and inclined to be oily. I have tried borax, the egg shampoo and several good soaps, but, while they all leave it very soft, none leaves it fluffy. It lies close to the head, and for some days after washing it 1 can do nothing with it on this account.

M. E. C.

I have never known a case where a little borax in the shampoo water failed to make the hair fluffy, at least for a time, and I think it quite possible that you do not rinse your hair thoroughly. Try using several waters and see that the clicklest trace of soon is left. not the slightest trace of soap is left, as if the slightest bit remains near the scalp it will keep the hair from being

Dandruff Causes Hair to Fall I have recently become interested in your talks, and now come to you for advice. My hair has been falling out for about two years, and is getting thin in front. There is quite a lot of dandruff, and the hair is somewhat dry. I have spent much time in a warm room and have studied much. Have used two or three different hair tonics with but little benefit. Is there any help?

I do not think you need feel discour-I do not think you need feel discouraged about your hair, as I think proper treatment will soon improve its condition. First have the ends of your hair carefully singed or trimmed, and after thoroughly shampooing, commence treatment with the dandruff cure for which I am giving you formula Massage your am giving you formula. Massage your scalp for a while every night before retiring, and let the hair hang loosely at night so that the scalp will get thor-

ough ventilation. To Remove Dandruff. Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerin ½ ounce; oil thyme, ½ dram; rosemary oil, ½ dram. Mix all together with six ounces of rosewater. Rub the scalp thoroughly with this preparation every day until no further evidence of dandruff is noticed.

To Purify the Blood Would you kindly repeat the blood purifier that you had in last spring? It contained sulphur, cream of tartar and molasses, but have forgotten the quantities and how often to take the latter.

M. M.

Blood Purifier.

Cream of tartar, ½ ounce; potassium carbonate, 150 grains; fluid extract of podophyllum, 1 fluid dram; compound fluid extract of sarsaparilla, 1½ fluid ounces; compound tincture of cardamon, 2 fluid drams; glycerin, 2 fluid ounces; water crough to make 16 fluid ounces.

The dose is from one to two tablespoonfuls, morning and evening, after meals.

Simple Cures For Ivy Poison

Each summer, when I go away, I suffer countries and support acid. 15 minims; rectified spirits, 2 ounces. Mix, then further add glycerin. 3 ounces essence royal or essence of musk, 5 or 6 minims.

trouble, or, if nothing else, can you tell me how to relieve the intolerable itching? I should like an early reply, if convenient, as I am at present suffering from quite a severe attack of the trouble?

J. S. Any of the following lotions may be Solution of baking soda (bicarbonate of sodium) in water that is warm, not hot, as that changes the soda into washing soda. Alum and a tablespoonful of powdered alum to a pint of milk. Lead water and laudanum in equal parts, or with witch hazel added.

with witch hazel added.

In the later stages, when the inflammation is great and the blisters appear, sassafras bark tea will often bring great relief. Soak two ounces of bark in a pint of hot water, and while it is warm hathe the affected parts. bathe the affected parts. Annoying Skin Trouble

Annoying Skin Trouble

As I have been an interested reader for many years, and have seen how much good you do for others, I will now venture to ask your advice about myself.

I am afflicted with a peculiar sort of sunburn, if such it really is. I have never before heard of any one whose skin is affected in the came way. It is in the summer time, and even at this time of the year, that, when I am exposed to the sun, no matter how short a time, my skin becomes, first, red, then it itches so fiercely that it is, akes me almost frantic. After scratching, which it is impossible to abstain from, little eruptions arise, a hundred or more in a cluster, and after a while they seem to become filled with water. I often scratch them so much that I break them and then obtain relief from the itching. I have tried saleratus water and other home cures, but without result.

My face, my hands and arms, and even saleratus water and the same without result.

My face, my hands and arms, and even my neck, are sometimes affected the same way, and you may guess that I dread going out until after sundown, although I have to be out in the open air most all the time.

I may add that I have been troubled in this way as long as I can remember.

DISTRESSED.

From your description, I judge that you have some constitutional skin trou-ble, possibly eczema in a mild form; and this is aggravated and brought to the surface by the heat of the sun. I advise you to consult a physician in re-gard to taking some internal treatment; and you can no doubt get relief in this

Hair Turning Gray

Some time ago I read in your paper that quinine and water were very good for the hair and would stop it from turning gray. I am very young, and have a great many gray hairs, and as I have been using the quinine and water, it doesn't seem to help. There are so many new hairs growing out, and they are gray also. Now, if there is anything that will stop the hair from turning, I would very much like to use it. That is, if it is a sure cure. My hair seems to be in good health and grows nicely. I brush it a great deal.

I know of no preventive for gray hair, brush it a great deal. Mrs. E. G. B.
I know of no preventive for gray hair, although by keeping the hair and scalp in good condition premature grayness can often be arrested. The quinine tonic is excellent for this, but I know nothing about the quinine and water treatment to which you allude.

Quinine Hair Tonic. Sulphate of quinine, 1 dram; rosewater, 8 ounces; diluted sulphuric acid, 15 minims; rectified splitte 2 ounces. Minims;