

An occasional obstacle adds spice.

Break- ing into a run is exhilarat- ing

Cross Country tramp for the strong and vigorous

A stroll through the woods for the nervous woman

PRO R. RETILL

air. Every one needs it; but, above all, the women—particularly those who have home cares that are confining.

Let the morning who has been working all the week over the countless details and tails of the housekeeping work put on her hat—if she is sensible she already has on a short skirt—and go out for a brisk walk. If it is only for fifteen minutes, it will do her untold good, her head will be clear and her heart lighter.

Time thus taken is not wasted, but the best kind of an investment, as she will find she can do so much more in the long run.

alcohol, 2 fluid ounces; bicarbonate of mercury and sulfammoniac, 6 grams each, the last two should be dissolved in the alcohol before admixture. Lastly, add enough water to make the fluid the size of a pint. Perfume with cologne or lavender water. Rub the hair with the fluid before putting it in papers or pins.

From time to time you cut your backneck cure over the top of the head, and if you should use the green soap treatment again, you will find that the skin fold be necessary. If so, give me a good wash with soap and water. And if enlarged pores be used after the blackheads are removed, you will find that the skin will be better.

After about three weeks of the green soap treatment the blackheads should disappear. If you should find that it will do no harm to continue the treatment so long as it does not irritate the skin, you may continue it until you notice the improvement you desire.

Excessive Perspiration

Will you kindly advise me what course of treatment to adopt for the cure of perspiration. I have been troubled with it for many years, and it is very annoying; besides appear to be no protection against the heat of the sun. I have used lime perspiration is provocative of other skin diseases, and I have tried many remedies, but without satisfactory result. I have used the green soap, but it does not do. I will truly be very grateful to you, if you will advise me.

Frequently excessive perspiration is due to a disordered condition of the system, and it is necessary that a treatment is necessary. For the perspiration under your arms try washing with green soap. If you find that it is necessary where there should be a few drops of ammonia, using common brown, kitchen ammonia. I have tried the green soap, but it seems to make it worse, and I am afraid to use it. I will be very grateful to you, if you would advise me.

Use the green soap for scars irritates your skin. Try a cream for which I am giving your formula. Massage the scar several times a day. It is very healing.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti. Melt in a water bath. Add one ounce of witch hazel. Add three ounces of boiling water. Very gradually add three ounces of olive oil. Stir the mixture with a hazel, and assiduously stir the mixture until the mixture is formed and afterward