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ANSOM *

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CHEWAN

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DRY few persons understand the proper care and treatment of the hair, even in this day, when so many details in regard to it are frequently problished. This lack of knowledge and consequent carelessness is the cacae of many of the cases of premature grayness, falling hair and diseases of the scalp. A healthy scaln means healthy hair, and therefore great care should be taken to keep it in a perfectly healthy condition if a vigorous growth of hair is to be obtained. Neglect of the scalp and hair is fatal to health and beauty. Women are gradually awakening to the fact that the hair must be exercised; that it must be brushed and fed, and when sickly and starved it must be doctored, in the same manner as other members of the body.

No other part of the human body is One of the commonest and deadliest The best enemies of the hair, and one of the most neglected, is dandruff. It may arise from sluggish circulation, improper method of drying

arise from singgish circulation, impoper care of the scalp, mental strain and many other causes, but it is perfectly curable if properly treated.

If the legions afflicted with dandruff could only be brought to realize the dangers arising from it, I am sure there would be a smaller percentage of poor would be a smaller percentage of poor hair, faded hair and bald heads. As soon as it begins to appear take steps to rout it.

The combination of scalp massage with a good dandruff remedy and frequent shampooing is the best treatment, and will invariably effect a cure if persevered in. Cleanliness is as essential to the hair as to the rest of the body, especially as dust and other impurities pecially as dust and other impurities are very apt to collect in it. The periods between washings must be regulated by the necessities of the case and by common sense.

As a general rule, the hair should not

the necessities of the case and by common sense.

As a general rule, the hair should not be washed oftener than once in two or three weeks. However, I know of cases where once a week seems not to do any harm, but rather to keep the hair in good condition. The effect of shampooing must be carefully watched and the condition of the hair be taken into consideration in order to decide this point. Oily hair, of course, needs more frequent attention than dry hair.

A good method in general is as follows: Dissolve any good soap in water until it is soft enough to be rubbed into the scalp with the finger-tips, care being taken to avoid scratching with the nails. Enough hot water is added to make a good lather. A few drops of ammonia may be used in the water, especially if the hair be oily. More than this is apt to crack the hair. Or a teaspoonful of borax may be added to the first basin of water.

After thoroughly washing the hair and Losen the hair and part it in the middle.

Place the hands on either side of the
part with fingers a little separated, press
gently and firmly into the scalp, at the
same time pushing the fingers forward
and making wheel-like movements.

Don't forget that the object is to loosen up the tight scalp. Nine times out
of ten the person afflicted with falling
or diseased hair is found to be what is
called scalp-bound.

Where the scalp is in a healthy condition dry massage only is necessary,

good dry massage with the inger-tips until the whole head is in a glow. Whenever possible, dry your hair in the sun. A sun bath brings out its color and beauty as nothing else can. beauty as nothing else can.

When sunshine is not available, fanning is a good substitute. But avoid fire heat if possible. After the hair is thoroughly dry the tangles should be carefully removed with a coarse comb with smooth, round teeth, and then it should be well brushed.

Don't neglect the ends; see that the brush touches the hair from the roots to the very tip ends. CLIPPING AND COMBING

As a general rule, the hair should not be washed oftener than once in two or three weeks. However, I know of cases where once a week seems not to do any harm, but rather to keep the hair in good condition. The effect of shampooing must be carefully watched and the condition of the hair be taken into consideration in order to decide this point. Oily hair, of course, needs more frequent attention than dry hair.

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After thoroughly washing the hair and scalp, rinse thoroughly. Several waters should be used until the last one is perfectly clear.

Drying should be accomplished by rubbing with warm towels, followed by a



Cocoa Butter on the Face Kindly let me hear through the paper rhether cocoa butter or lanolin produces air if used on the face. D. T. Cocoa butter or lanolin, if used connuously on the face, will probably romote growth of superfluous hair, ither of them may be used as one of its ingredients in a face cream without armful results; that is, if used in sufciently small proportion.

Nose Red and Coarse I noticed in your columns the article on ackheads. I have been in the habit of

Lotion for Enlarged Pores. Boric acid, I dram; distilled witch hazel, tounces. Apply with a piece of old linen or a bit of absorbent cotton. Cleanse the skin thoroughly before applying.



important

.To Enlarge the Legs and Arms

Anxious to Keep Young

I would like your advice in regard to my complexion. I am a very thin, little woman of 40, and—well, I need your help in more than my complexion. I am going to try Dr. Vaucaire's remedy for the bust; and which is the better, porter or ale, for quick results?

I have two lines running from the nose to the corners of the mouth, Should they be massaged up or with dowsward strokes, and how many?

My complexion, or skin, is discolored

Be sure

thoroughly

to rinse

Lanolin, 3 drams; ointment of biniodide of mercury, 1 dram. Rub in well once a day.

Eruption on Face Will you kindly think of what you can do for my face? There are little red and white blotches, sometimes they go away, but they do not stay long. I have tried everything for a clear complexion. Thinking you would help me, it would be a great benefit to me, and I thank you in advance. E. P.

There is usually an inward cause for eruptions such as you describe. Generally they are due to some form of digestive trouble. The salve for which I am giving you formula is very soothing and healing, but I think constitutional treatment will be necessary to effect a permanent cure. Cream for Pimples.

Salicylic acid, 10 grams; calomel, 1 dram; lard, 1 ounce. Impatient for Results Impattent for Results

I got the 'prescription filled you had in
the paper, to develop the bust, but
it did not make any difference. Would
you advise me to get it filled out again, as
I would like to get stouter, or can you give
me another prescription? Oblige a faithful
reader of your paper.

You are too impatient for results.
One bottle of the Vaucaire remedy
will scarcely produce visible development. Try at least three or four before you become discouraged.

Commercial Addresses Not Given In reading your advice in the beauty column, I see you recommend the physician's remedy for restoring gray hair to its natural color, but you did not state where to purchase it. Will you kindly tell me, through the paper, where I can obtain it. M. M. Commercial addresses are not given in this department, but any reliable druggist will fill the formula for physician's remedy at a moderate cost.

To Whiten the Hands This is the first time that I have written you, but I am quite interested in the care of the hands, and in a issue I noticed an article on this but I must be very stupid, because that I do not quite understand.

The cosmetic paste is poured into large, loose gloves, and these are worn at night. The lotion to whiten the hands can be applied during the day whenever convenient.

Chickenpox Left Scars Chickenpox Left Scars

I have a little girl just 1 year old who had the chickenpox about three weeks ago. It has left her with four scars on her face. Would you kindly let me know if anything could be done to remove them?

I do not think you need worry about the scars on your little girl's face, as the scars left by chickenpox generally disappear gradually, or at least fade until they are scarcely ncticeable. Rubbing frequently with a good cold cream will no doubt help them to disappear more rapidly. See also formula for a lotion to remove scars in answer to "A New Member."

To Remove Scars.

Lanolin, 2 drams; ofnument of biniodide

sible I will begin your treatment immediately. M. H. W.

I am quite in sympathy with your wish to keep yourself young and attractive looking for the sake of your hisband and children. I am giving you the formula for Dr. Vaucaire's remedy.

As you will see, he advises the use of malt in connection with it. I scarcely think you will find it necessary to take a tonic while using the remedy and malt, as they both act as a tonic to the general system. For the wrinkles running from nostrils to chin, try the following massage movements, using a good skin food. Take one side at a time.

good skin food. Take one side at a time.

Thrust the tongue under the line so as to hold it firmly up in contact with the cushion of the hand. Smooth the line with this cushion just as you would smooth a wrinkle out of a piece of silk or satin—gently, but firmly, and with many movements—and then squeeze and twist the muscles gently all around it in such a direction as will tend to fill up the crease, but do not bruise the fiesh. Massage will also be good for the skin of your face and neck, and I am giving you formula for a good bleach for your neck. Go in for hygienic living—drink quantities of water, be careful to eat wholesome food, take some form of exercise and get plenty of fresh air.

Dr. Vaucaire's Remedy for the Bust.

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

The dose is two soupspoanfuls with water before each meal. Dr. Vaucaire also advises the drinking of malt extract during meals.

Bleach for the Neck. Take fresh strained cucumber juice, boil it for five minutes, and for every five ounces of juice add:
Pulverized borax, 175 grams,
Acetate of soda, 90 grams.
Tincture of quillajs, 2½ cunces.
Tincture of benzoin, 4 drams,
Rosewater, 1 pint.
Mix thoroughly and apply two or threstimes a day until the stain is removed.

Treatment of Blackheads Will you kindly give me advice as to the treatment of coarse pores and black-heads (pimple sappear very seldom). Fleshworms in the nose are large, and pressure leaves an opening which does not close. The complexion brush and pure soap are used nightly, but seem to be of no avail, and cold creams clog the pores rather than benefit.

benefit.

I am giving you formula for a lotion which has proved most successful in the treatment of obstinate blackheads also see answer to "Rag" for formula for lotion for enlarged pores.

Lotion for Blackheads. Pure brandy, 2 ounces; cologne, 1 ounce; liquor of potassa, ½ ounce.
Apply at night, after washing the face thoroughly with soap and water.

A Sick Room Hint.

In a recent case of illness in which a trained nurse was employed, the pleasant air of the sick room was noticeable. When commented on, the nurse explained how it was managed. A few pleces of brown paper had been soaked in saitpetre water and allowed to dry.

When occasion required, a piece of this was laid in a tin pan kept for the purpose (the coal scuttle would do), a handful of dried lavender flowers laid upon it, and a match applied. The aroma was particularly refreshing and agreeable. Another suggestion in the same line applies to the use of lavender in another form. A few drops of oil of lavender poured into a glass of very hot water will purify the air of a room almost instantly.

As massage will both add to and reduce fiesh, how can one it sure that applying it to hips and abdomen will lessen it, as desired?

I have profited several times by your advice, but this is the first time I have written. My arms and legs are very small, and I would like to do something to enlarge them before summer, and as I work all day and am very tired at night, would not have much time for exercise. However, could give some short time to this. Is there nothing I could apply? I also have a stiff leader on the left side of my neck, and it protrudes out somewhat. Is there any remedy? Thanking you in advance, I am yours.

One of the easiest and simplest exercises to develop shapely legs is to rise on the tip-toes frequently. This develops the calf and keeps the ankle small. You can practice walking on tip-toes in your room while dressing. Since receipt of your letter I have written an exhaustive article on how to improve the arms, and you will find it contains all the information you need in this respect.

Give the stiff leader in your neck a hand rubbing every night with witch hazel or some good liniment. Old-fashioned soap liniment is excellent.

It is no doubt puzzling to be told "to increase fiesh take massage," and, again, "to reduce fiesh take massage," and, again, "to reduce fiesh take massage," and, again, "to reduce fiesh take massage," but this can be easily explained. If you are too lean, take gentle massage, using a good skin food, which will help to strengthen and build up the muscles and tissues. If the beneficences of sunshine were more generally understood and appreciated, every house owner would have somewhere about the house a solarium or sun room. The ancient Romans knew the value of sunshine and aiways had solariums attached to the house or formatic the solariums at the solarium and always had solariums attached to the house or formatic at the solarium at the solari

MRS. SYMES AND HER CORRESPONDENTS' QUESTIONS

Roughness of Skin on Arms Roughness of Skin on Arms

I am an interested reader of your column, and noticing how many are benefited by your advice, I decided to ask you to help me also. Every winter, for many years past—in fact, eyer since I can remember—I have been troubled with a roughness of the skin on my limbs and upper part of arms. It appears like small red pimples, and comes only in winter. In summer the skin is as smooth and white as marble. What puzzles me is that it affects only these parts, while the rest of my body is exceptionally free from blemishes. I notice my little daughter of 10 years is also beginning the same way.

I think the roughness on your arms and limbs is the result of improper circulation of the blood, probably due to the extremely cold weather. I advise you to rub the affected parts briskly with a flesh brush night and morning, and then rub in a softening cream. I feel sure this will correct the trouble.

more susceptible to unhealthy condi-tions, more in need of external nour-ishment or more responsive to proper care. Give your hair proper care, and it will never die.

USEFULLNESS OF MASSAGE

One of the surest ways of stimulating

the scalp and keeping up the amount of circulation it needs is scalp massage. Even ten minutes daily devoted to this simple exercise would save many a case of falling hair and premature grayness. Loosen the hair and part it in the mid-

where the scalp is in a healthy condition dry massage only is necessary, but if through neglect the scalp has become diseased, if 't is afflicted with dandruff or is too dr, or too olly, it is more beneficial to apply a suitable tonic when giving massage.

Simple Remedy

Am very much interested in your recipes and savice. Will you kindly tell me through your column what will remove superfluous hair from the face, as I have a heavy growth on my upper lip? Would be glad if something could be done at home for it. Hoping you can tell me something to do, from an ANXIOUS ONE. wash the skin of the affected parts with a weak solution of ammonia and water, then put a little peroxide of hydregen in a saucer and apply with a soft linen cloth. If this does not prove beneficial, you might try one of the deplatories frequently published in this department. I know of no other home treatment. If you can afford the services of an expert, electrolysis is a safe and permanent cure.

Annoying Pimples and Blotches Annoying Pimples and Blotches

Will you please give me a little advice. My face is entirely too fat and puffy-looking. Also my pores are filled with sebaceous matter. I keep pressing them out, but it is a very hard matter for me to keep free from blackheads. Green soap, and even some real mild lottons, act like poison on my face. It causes it to burn and break out in large blotches, also to puff out more. What caused this first I believe was the use of a very strong ointment, which I used for a small patch of acne on either cheek. It drew an awful eruption all over my cheeks. I took blood purifiers for some time. My face cleared of pimples and blotches, but remained very swollen-looking, with ragged-looking pores. I use a good soap and use a Turkish wash rag, but still the pores get clogged. I will be very happy if you can advise me in any way through your columns.

I think you can improve your complexion by being careful of your diet. Abstain from rich food, pork in every form, hot breads and sweets. Do not drink coffee or tea, but a great deal of water, especially between meals. Live principally on fresh or stewed fruit and green vegetables. Water cresses, spinach, lettuce, etc., are particularly good.

light exercise. Wash your face once a day with pure soap and water, and at night before retiring apply the lotion for which I am giving you formula. Wash for Delicate Skin.

Boracic acid, 1 dram; distilled witch ha-zel, 2 ounces; rosewater, 2 ounces.

Hips Too Large I am a regular reader of your helpful hints to subscribers of your column, and thought you might give me some advice as to the following:

I am very anxious to reduce my hips, which are too large, considering the other portions of my body. I have been doing the exercise prescribed by many physical culturists, "stiffening the knees and bending down as far as possible," but this seems to increase my hips, Do you think this probable? I am a great walker.

Any information offered will be much appreciated.

I know of no exercise better than the

preclated.

I know of no exercise better than the one you mention for the reduction of the hips. Continue with that, and make frequent applications of clear alcohol. Be careful not to eat flesh-producing foods. Permanent Cure for Superfluous Hair

Kindly inform me through your column if superfluous hair can be permanently removed. If so, how? HOPE.

Superfluous hair may be permanently removed by the electric needle. Be sure to have it done by an experienced person

Harmless Dye I have profited by a good many of your recipes, but this is the first time I have written for your advice. I am 40 years old. My hair was coal black, but now it is sprinkled with gray. Can it be restored to its natural color without the use of dyes? If not, please send me a recipe that will not injure the hair or scalp. MRS. C. L.

I know of no method of restoring gray hair to its natural color except by staining it. The stain for which I am giving you formula has proved most successful in many cases.

Dye for Hair

Dye for Hair. Pyrogallic acid, ¼ ounce; distilled water (hot), 1½ ounces. Dissolve, and when the solution has cooled add gradually rectified spirit, ¼ fluid ounce.

The above is full strength, and will make the hair almost black. Diluted with water, it will stain the hair from dark to light brown.

Dyes should never be applied when there is any irritation or abrasion of the scalp.

Skin on Face Drawn Some time ago I used a very strong medicine on my face by mistake. Since then my skin is very dry; the skin on my cheeks is drawn.

Could you suggest anything to soften it? I have used different things on it, but it does no good. It seems as if the skin could not absorb it; in the morning it is as dry as ever.

Before using this I had nice, soft skin;

now it is dry and drawn. Around my eyes I have wrinkles; before using it I did not have the sign of a wrinkle in my face. Do you think it affected the oil glands of my face? I do not perspire any since using it. I will be deeply grateful to you for answering this.

I think it quite possible that the strong medicine used on your face may have affected the oil glands. However, the skin can, no doubt, be brought to its natural condition by proper treatment. The cream for which I am giving you formula has proved beneficial in similar cases. Try massaging the skin with it twice a day—just before retiring is a good time, and then it is well to allow the cream to remain on overnight.

Witch Hazel Cold Cream. A NEW MEMBER.

I am giving you formula for a lotion which has proved very successful in the removal of scars. In addition to its use, massage them frequently vith the witch hazel cream, formula for which is given to-day in answer to "Bessie S."

To Remove Scars.

Witch Hazel Cold Cream. One ounce of white wax and spermacet; one-quarter pint of oil of almonds.

Melt; pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three ounces of rosewater and one ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heal sore or stretched skin.

Correct Sitting Position I have been taking the paper for some time and enjoy your page more than the other pages altogether. I wanted to ask you if you would be so kind as to picture the correct position at table of body when eating. Should the hands rest on table or in lap when not using? Should feet be crossed, or how? The osteopathic doctor tells me my back is stiff—will not bend back or forward—and I am using your movements given a few weeks ago to try to limber it up. I believe it will in time. That is the reason I have no comfort eating my meals. I suppose.

I should like very much to know just the correct position, and would try to attain it. Thanking you for the many helpful hints I have already received, I am, yours respectfully,

The correct position for sitting at the fully,

The correct position for sitting at the table is with the body upright and the feet on the floor close together. In leaning forward, bend from the waist only, keeping the body in an upright position. When not in use, the hands should rest in the lap.

Lost Formula I saw in your beauty column some time ago a remedy for reducing fiesh, which I have cut out and mislaid. Will you kindly publish it again?

I repeat the formula with pleasure.

Pomade to Reduce Fat. romade to Reduce Fat.

Iodide of potassium, 3 grams; vaseline, 50 grams; lanolin, 50 grams; tincture of benzoin, 20 drops benmade and rub all over the fat parts wice a day.

You should abstain from food that is especially fat-forming—cereals, potatoes, corn, peas, beans, etc. You should also avoid sweets of all kinds.

Annoying Scar. Will you please give me advice in regard First, I do not understand how the cosmetic glove paste is applied; and can this remedy be put up at the drug store; do they have "home made sort soap"? When is the remedy "To White the Hands" applied, and how, or are the two applied together?

Do you consider these remedies better than some others referred to by "Leonie"?

I. M. L.

How to Apply Hair Stain Some hair dyes, I notice, we are told to apply with finetooth comb, combing through and through, or with small brush. Should think, in either case, if dye reaches the entire hair the scalp would be discolored, or are there some dyes which do not color the skin, yet do the hair?

Can the hair be shampooed after using dye, without affecting the dye?

Please accept much gratitude for the many "helps" different members of our family have received through your untiring efforts, and believe me, very sincerely yours.

Hair stain should always be first applied to the roots of the hair with a small brush; a clean toothbrush will answer the purpose. Next, with an ordinary brush distribute the stain evenly through the hair. If a small quantity gets on the scalp it can be carefully removed with soap and water, but the hair always requires an application of the stain after a shampoo.