Beautifu Symps Newest and Prett from Paris Curling the Ends adder Smart Touch

HE woman who neglects to give considerable attention to the dressing of her hair fails to take advantage of a very easy method add materially to her personal

Soft and Becoming

charms.

An attractive and becoming coiffure is of much more importance than a perfectly hanging skirt, but the average woman pays much more attention to the latter than to the former.

The latest high coiffure is an extremely forward affair, usually with a little cluster of curls or puffs coquettishly arranged just a trifle to one side. The object is to have both coiffure and hat spiquant looking as possible.

The new styles of hairdressing will, in many instances, require the use of false hair. In addition to curls and puffs, Dutch braids will be used, and the shaped pompadour roll retains its long-standing popularity.

The woman who has too much hair.

standing popularity.

The woman who has too much hair has much more difficulty in arranging it becomingly than the woman with scanty locks. It is hard to arrange the heavy mass so that it will not ruin the lines of the head. The English coronet dressing is particularly adapted for this, and

will tend to add to the height, the other giving a low, broad effect.

Many modish French women are wearing their hair dressed low for evening. Sometimes it is parted and waved softly on the forehead; but in the majority of cases a low pompadour is worn. The front hair is rolled over this, forming a twist on either side, below which the hair is arranged in long, narrow fashion, beginning at the top, about the centre of the head, and ending at the nape of the neck. Invisible hair nets are arranged over the entire head so as to keep stray locks in place. are arranged over the entire nead so as to keep stray locks in place.

The young girl should avoid artificial hair in any form and all elaborate modes of hairdressing. When the eyes are bright, the skin fresh and bloomare bright, the skin fresh and blooming, simplicity is the thing. The beauty of a young girl's hair lies in its glossiness, the sheen and life and color that come from good health and care. It is the most simple styles of hair-dressing that west the styles of hairdressing that most show off its beauty, and a girl should put off the day of fussy hairdressing, "rats." curling

the illustrations show the two most becoming ways of arranging it—one that will tend to add to the height, the other

When the New High Combs are Used

Nothing gives more variety to the appearance than a change in the mode of dressing the hair; and, as variety is the spice of life, one may as well take advantage of this method of compassing it. Not, however, at a sacrifice to becomingness. And a bizarre effect is never to be tolerated.

Benefits and Evils of Perspiration

Its Causes and Effects on the General Health

By Dr. Emma E. Walker

Copyright, 1905, by A. S. Barnes & Co. HE absolute causes of excessive HE absolute causes of excessive perspiration are not very well known. It is found in all classes and conditions—in those who are very particular in their personal care, and in those who are not; in all ages, in both sexes, and in the healthy and sickly alike. This condition is sometimes preceded by sensations of drawing or prickling or oppression.

Certain curious cases are known where excessive perspiration occurred in only one part of the body. It is sometimes seen in cases of neuralgia. Diseases of the nervous system are sometimes complicated by this troublesome condition. Some girls which the services well.

times complicated by this troublesome condition. Some girls subject to sick headache perspire in limited parts of the

I knew of a girl who perspired on one side of her head to such an extent that she could never arrange her hair well, as it was always wet; another who perspired so freely on the left side that her ft sleeve had to be changed very often. It is not unusual to see a girl whose hands perspire so profusely as to ruin her gloves.

Excitement of any kind and weakness

excitement of any kind and weakness often give rise to excessive perspiration. Sweating is generally, although not always, more profuse in the summer than in the winter. Sometimes the exertion eating causes sweating in certain parts of the face.

A case of sweating from the palms is

reported, in which the quantity of perspiration was enormous. When the hands were held down, with the fingers extended, the sweat would drip off from the finger-tips so rapidly that pools of water were formed on the floor. The

amount of sweat from one hand in five minutes amounted to about an ounce. This girl had to wrap her hands in lowels at night in order that the sheets might not be soaked. Treatment did tittle good

In certain cases perspiration of the soles of the feet is so excessive that the patient is unable to use them on account of the pain in walking. This is due to the skin being so tender from constant immersion in the sweat. For those who are subject to perspiration from any emotion or excitement it is those who are subject to perspiration from any emotion or excitement, it is sensible to live as quiet a life as possible, to avoid excitement and to build up the system by means of fresh air, good food and exercise. Normal sweat is odorless, but many cases are known in which the perspiration has a most in which the perspiration has a most disagreeable odor. These are also very difficult to treat oftentimes. Permanganate of potassium solution makes a good wash. A 1 per cent. solution of formaline will often benefit, but in the severer cases the skin specialistic formaline will often benefit, but in the severer cases, the skin specialist's knowledge should be sought.

Excessive sweating of the feet has been noted to be hereditary in many cases. A good lotion for excessive perspiration is: Tannic acid, 8 grains; bay rum. 4 fluid ounces. Sometimes certain medicines or foods after they are taken will cause odor in the perspiration. Garlie and onions eaten in large quantities have been known to have this effect. Certain drugs, such as sulphur or phosphorus, impress their odor unmistakably on the perspiration. Even silver articles carried in the pockets of the person who is taking sulphur will at times become black, proving that the second carried in the pockets of the person who is taking sulphur will at times become black, proving that the drug is exhaled from the skin. Among other substances which are known to cause body edor are turpentine, tar, coffee, alcohol, iodine, truffles and valerian. Salt baths are sometimes of benefit in this treuble.

MRS. SYMES' LITTLE TALKS ON BEAUTY TOPICS

frons, etc., as long as possible.

MARTHA-I do not know of any lotion that could be safely used for the removal of your eyebrows. Consult a akin specialist, who could most likely remove them so that they would not reappear.

AN ADVICE SEEKER - I think Dr. Shoemaker's bleach will be best for your case.

Dr. Shoemaker's Bleach. (For Freckles and Brown Spots.)
Bichloride of mercury in coarse powder,
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 children.

T. M. G.—The following trouble. M. G .- The following treatment Cure for Parasites.

Get a cake of bichloride of mercury soap (the imported is the best) and cut it into halves and shave one-half into fine bits. Dissolve it in bolling water. You may set with mixture on the stove over a gentle heat of you choose. You should have water to form a jelly-like mixture when cold. To mase, first wet the hair thoroughly with clear, warm water, then rub the soap mixture into the hair, taking care that every particle of the scalp is thoroughly saturated with the soap mixture. Give the head a good shampoo with this mixture and rinse several times. If you follow these directions correctly,

MOTHER-Use the remedy given to T. M. G. for the removal of parasites.

GRATEFUL-I repeat with pleasure the formula for boro glycerine jelly.

Am glad you found it so satisfactory.

Personally, I think it one of the best of tollet jellies, and many of my corre-pondents report that it has kept their pondents report that it has been chapp ands smooth and free from chapp all other remedies in winter, when all other remedies had

Boro Glycerine Cream Jelly.

Tragacanth, whole, 50 grains; water, 13 sunces; glycerine, 2 ounces; alcohol, 1 ounce; borle acid, 80 grams.

Macerate the gum in the water until persectly soft, strain through muslin; dissolve the acid in the glycerine by the aid of meat, add to the mucliage, then incorporate the alcohol; perfume to suit, and add, it becessary, enough water to make 16 ounces.

CONSTANT READER-A simple exrcise that will tend to increase your height is to stand on the balls of the feet, the head crect, chest extended, and alse yourself to vour tiptoes fifteen or wenty times daily. At the same time attend your arms straight over the ead as high as you can. It is inter-ting to make a mark in the begin-ning, showing how high you can reach, and then watch the progress you are naking.

MARGARET-I am repeating the fornulas for cherry lip salve and rose achet. Am glad that you have found m so satisfactor

Cherry Lip Salve.

Spermaceti onaument, I ounce; balsam of eru, 15 grains; alkanet root, 15 grains; oil f cloves, 5 drops. Heat the alkanet in the permaceti olnurat until the latter melts and the whole is a deep tose color. Pass srough a strainer, there shightly cool, stirling in the balsam. Let it settle for a few oments, then pour on the clear part and dd the oil of cloves. Pour into small pots, it is ready for use as soon as cold. Rose Sachet Powder.

Powdered Fiorentine crris, 8 cunces; rose wes (air dried), 13 cunces; musk in pow-20 grains; lavender flowers, 2 cunces; let, 10 grains. Its well and keep closely corked until a wish to use for the sachet.

A. D.—I advise you to consult a re-le physician in regard to your trou-

Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerine, ½ ounce; oil of thyme, ½ ounce; rosemary oil, ½ dram. Mix all together with six ounces of rosewater. Rub the scalp thoroughly with the preparation until-the dandruff entirely disappears.

Lotion for Premature Wrinkles. Alum, 70 grains; almond milk (thick), 1½ ounces; rosewater, 6 ounces.
Dissolve the alum in the rosewater, then pour gently into the almond milk, with constant agitation. Apply with a soft linen cloth every night before retiring.

PEARL C .- I have heard of cases where smallpox pittings have been removed by an expert dermatologist. Specialists are not recommended through this department, but your family physician could no doubt recommend a reliable expert.

MARGARET S .- The following is a good cleansing cream: 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 Gets Blue

Being a constant reader of your Health and Beauty Columns, I would like you to kindly let me know what would be good for my face. Every time I go out in the cold my face gets awfully blue. Please let me know what is the reason. A READER. Just before going out rub your face all over with a good cold cream and wipe off with a soft cloth. This will induce a rapid circulation of blood and keep the face from getting blue from cold.

Bleach for Brown Spots Will you kindly publish in your Beauty Column the face bleach which contains salicylle acid and bay rum? I have lost my recipe, and would like to know very much the exact quantity of each before purchasing. Thanking you for your many useful hints, I am.

M. G. D.

Whitening Lotion for Freckles and Brown Spots. Salicylic acid, 60 grains; bay rum, ounces.
Label. Apply night and morning with a soft cioth or sponge. This lotton soon produces a slight roughness of the skin, which should be subdued by the use of glycerine of starch.

Wants Good Complexion How long will I have to continue using orange flower cream to show any improvement in filling out the cheeks?

All the girls that I go with have perfectly lovely complexions.

Now, what can I do to have a good and perfectly clear complexion, for I know if I can procure one it would be the happiest day of my life? Would it hurt the skin to use orange flower cream and the remedy that you may give me for a nice complexion? I thought perhaps it may affect the skin using two remedies.

If you would publish this in next week's paper, I would greatly appreciate your kindness.

To gain a good complexion, go in for

kindness.

To gain a good complexion, go in for hygienic living. Get plenty of fresh air and a reasonable amount of exercise. Drink quantities of water. Take a bath daily. Keep the skin of your face perfectly clean and massage it daily with the orange flower cream or some equally good skin food.

Hair Falls Alarmingly Am a constant reader, and as I am much worried about my hair, which is falling out advise me as to a good, safe hair tonic, one which would make it a little more oily, as which would make it a little more oily, as it is rather dry. I also have some dandruff, Kindly give me the formula to make a hair tonic; also please publish formula for a good and safe akin food. As every day adds to my anxiety about my hair, you will favor me very much by publishing both formulas in next week's paper.

I am giving you formula for a tonic which has proved most beneficial in the grade of dry falling lair. The arrange Red Note in Winter and in the place of sort lines.

Red Note in Winter and make the giben and specific to the surface of any will a place of sort lines.

Red Note in Winter and the place of sort lines.

wrinkles beneficial for the deep furrows you describe.

To Remove Dandruff.

flower cream, so frequently published in this department, is one of the best skin foods I know of.

Formula for Dry, Falling Hair Cologne, 8 ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosemary, ½ dram each.

Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week at least once a week,

Hair in Bad Condition

Having been a constant reader of your column. I thought I would come to you for advice. I am having so much trouble with my hair; it is so split at the ends and is so very thin. It has fallen out dreadfully in the last year. It never seems to grow any; it seems so dead. I would be so very thankful if you will be so kind as to tell me what I can do to improve its condition. I have very little dardruff. I would like to know of something that would make my hair come in real thick. Which is more fattening to the face—orange flower cream or orange flower skin food?

flower skin food?

Have the ends of your hair carefully singed or trimmed, shampoo it thoroughly and commence treatment with the quinine hair tonic, so frequently published in this department. Rub it well into the scalp. The orange flower cream and skin food are equally good for feeding the skin. Annoyed by Refractory Locks

Will Mrs. Symes kindly give recipe for an effective depliatory, to be used for the removal of offending "scolding locks," which no barrette or comb will hold in place?

READER. I do not advise the use of a depilatory for the locks you describe. You might injure the growth of the rest of your hair. Better have patience in training the refractory locks. Why not wear an invisible net?

Obstinate Freckles I read in your Beauty Column that Dr. Shoemaker's bleach for freckles had helped T. G., so I am going to ask you to publish it. I have very white skin, which serves to show the freckles more planly. I had used two or three remedies without any help. Do you think Dr. Shoemaker's will help me and will it irritate the skin? Also, how long will it take and should-it be used occasionally after they disappear?

Thanking you very much, W. M. N. I think Dr. Shoemaker's bleach will help you. If it irritates the skin, do not use it so frequently. You need not use it after the freckles disappear.

Dr. Shoemaker's Bleach.

Dr. Shoemaker's Bleach. (For Freckles and Brown Spots.)
Bichloride of mercury in coarse powder,
grains; witch hazel, 2 ounces; rosewater,
ounces. Agitate until a solution is obtained. Mop over the affected parts. Keep out of the way of ignorant persons and children.

To Soften the Cuticle Will you kindly give me a remedy for hard skin around the finger nails, and for hard, rough skin and enlarged pores?

M. S. K. Every night before retiring rub a good cold cream on the skin around your finger nails; also lift the cuticle and press a slight portion of cream under it, letting it remain all night.

This treatment, if kept up persistently, will keep the cuticle soft and pliable. Use the camphor toilet jelly to soften the skin on your face, and use the following lotion occasionally to help the enlarged pores:

Camphor Toilet Cream Jelly.

EVANGELINE — Massage with the cream for which I am giving you formula, using a rotary motion, upward and outward. Also make frequent applications of cold water and rub briskly with a rough towel. The Vaucaire remission to the control of the contr

therefore, hope to receive some myself. What simple cure would you prescribe for a nose which grows red and shines whenever exposed to the least cold? J. M. S. If exposure to cold is the cause of your ruddy nose, try rubbing your face well with a complexion brush before going out, and you will transfer the color from your nose to your cheeks, as the brush stimulates the circulation and puts the color where it belongs puts the color where it belongs.

Wants Red Hair Changed to Brown.

Having heard of your good advice to others, I am now going to ask you to help me.
Can you tell me anything that will turn my hair brown? It is red now, almost an auburn; the front is much lighter than the back.

A. M. M. I do not know of any treatment that will successfully change red hair to brown. Red hair, when kept in good condition, is always attractive; and I advise you to be content with the color nature has bestowed upon you.

Sallow Skin

Will you please tell me what is good for sallow complexion? Some mornings my skin will be dreadfully sallow, and still I have lots of color. Do you think coffee just taken mornings would make anybody's skin look like that? Some advise me to drink hot water before meals, but I have tried that and it does not make any difference. Will you please advise me as to what you think would be the best for me?

A sallow skin usually indicates some would be the best for me? DORRIS.

A sallow skin usually indicates some disturbance of the liver or digestive organs and should be treated from within. An old-fashioned remedy for sallowness that was used by our grandmothers with great success was the external and internal use of carrots. A thin drink of carrots was taken in the morning before breakfast. This cleansed the system and made it ready for the reception and digestion of food.

Wants Wavy Hair Wants Wavy Hair

Will you please tell me if you know of anything that will make the hair wavy, and also if you know about how long it will take for peroxide of hydrogen to bleach the face white? I have used your lotion for black-heads and find it very good.

A. B. B. I do not know of anything that will make the hair permanently wavy; however, by using the curline recommended to "M. G. T." to-day, and doing the hair up on kids or curlers a wave may be obtained that will last for a long time. A few applications of peroxide of hydrogen are all that are usually required to bleach the skin.

Black Freckles Having never written to you before, but have read how you have helped others, I would like to ask if you can give me a good remedy for dark and obstinate freckles. I saw one of your recipes, but do not think it will help me any, as it is for light freckles. I think the following paste will prove successful in the removal of your freck-

Obstinate Freckles. Oxide of sinc, ½ dram; sublodide of bismuth, ¼ dram; dexirin, 1½ drams; glyoerine, 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.

Massage Oream for the Bust.

Oil of sweet almonds, 4 ounces; white wax, 6 drams; spermaceti, 6 drams; borax, 2 drams; glycerine, 1½ ounces; orange flower water, 2 ounces; oil of neroil, 15 drops; oil of bigarade (orange-skin), 15 drops; oil of petit grain, 15 drops.

Melt the first three ingredients, add the glycerine to the orange flower water and dissolve the borax in the mixture; then pour it slowly into the blended fats, stirring continuously. Dr. Vaucaire's Remedy for the Bust

Liquid extract of galega (goatsrue), 10 grams; lacto phosphate of lime, 10 grams; tincture of fennel, 10 grams; simple syrup, dose is two soupspoonfuls with water The dose is two soupspoonfuls with water before each meal.
Dr. Vaucaire also advises the drinking of mait extract during meals. is the use and where is the sense or don't know now long that will be, expecting things to turn out for the don't think I am going to last a great while, my dear."

Why mother!" exclaimed Mrs. Pus-

To Keep the Face Clean I read your beauty columns and derive much help from them.

I wish you would kindly tell me how to keep my face clean.

We live in the coke region, and the town is very dirty. My face is so dirty all the skin gets fearfully rough and ugly. Have skin gets fearfully rough and ugly. Have large dirty pores, especially around and on my nose. What am I to do if I can't use soap and brush? I clean my face three times a day with a good skin food, and use almond meal every morning. There seem to be little pimples under the skin. Do you think I need a skin bleach? Am so afraid of them. I have good health and live very hygienically. Shall use the sulphur and milk each morning until I hear from you.

I think the following test to the sulphur and mrs. M.

when the Hair is Heavy

benzoin, ½ dram. Melt the first five in-gredients together. Take off the fire, and beat until cold, adding the benzoin, little by little, during the process.

Lost Flesh Through Sickness

I was advised to consult vou about myself. Through sickness, I have lost considerable flesh, which has left my face in wrinkles and a deep line about my mouth. My bust also has wasted away. Please advise me what to use to remove the wrinkles, and if a flesh food would be required. If so, please name the best—something that would not discolor the skin. What can I do to develop my bust?

You cannot do better than massage

your face with the orange flower cream for which I am giving you formula. To

develop your bust, try taking the Vau-caire remedy, and, in addition to this, daily massage will help to bring quicker

Orange Flower Cream.

I think the following treatment will keep your face clean and the skin in excellent condition: Once a week rub pure cocoa butter well into the skin, and, without wiping it off, hold your face over a bowl of steaming hot water for five or ten minutes, covering the head with a large bath towel head with a large bath tower, so that the face will get the full effect of the steam. Then wipe off, rinse with cold water and dry thoroughly. Every morning and night wash the face with warm, not bett water using almost med in not hot, water, using almond meal in place of soap. When your face needs cleansing during the day, off with a soft cloth dipped in warm water, rinsing with cold water afterward. Rubbing the nose occasionally with a solution of equal parts of clear slouded and water will tend to the control of the cold of the and water will tend to keep away blackheads.

Hips Too Large Kindly let me know, through your columns, what to do to reduce large hips. Will standing up for some time at a stretch develop or reduce hips? I should also like to know if hot or cold baths will reduce flesh. I have been watching your hints to health and beauty very closely, and am sure you can tell me what I want to know.

ANXIOUS READER. know.

ANXIOUS READER.

The following exercise will reduce the hips in a very short time: Lie extended upon the floor, supporting yourself by one hand, while the other is placed upon the hip. While holding this position, raise the body gradually from the floor until the whole weight is supported by raise the body gradually from the floor until the whole weight is supported by the hand and feet. It is comparatively easy to get the body from the floor as far as the knees, but to bring it up to the full extent is not easy at first. It should be tried first on one side, and then on the other.

Good Corn Cure Kindly send me the corn cure which calls for so many drams of collodion and the other ingredients I forgot. It just called for the two ingredients.

N. G. B.

should be tried fir then on the other.

A Hopeful Man Mrs. Nabelack's daughter's husband, lack, scornfully. "But it won't. You Henry Pussett, is an optimist of the mark my words. Henry Pussett is most cheerful description. Mrs. Nabeslack, and I know it, and slackness in
business doesn't do. You'll always lack resents this, naturally. "For what have a home as long as I live, but I is the use and where is the sense of don't know how long that will be. I

Nabelack argued. smiling in his irritating way.

trunk being lost is going to turn out months, according to Mrs. Nabelack. for the best?" demanded Mrs. Nabe- Henry, jr., it seemed, was destined to lack, aggressively.

"They'll trace it all right," said Pus- his mother. sett, easily. "It's just a question of time. And they're liable, you know. "Did your mother think he ought to

Mrs. Nabelack. "I think so," said Pussett. "It puts mitted his wife.

"I hope not, I'm sure," replied Pus- this?" sett, earnestly.

"He just likes to look on the bright "I hope not," said Pussett. Just at that moment there was a Pussett bore nobly with her for the

with the missing trunk. "I know they've smashed every last ed this feeling to the last moment. Perliving thing in it," predicted Mrs. haps there was a reason for it, in the Nabelack, as she rose from the table. last instance at least. "I hope not," said Mr. Pussett. His mother-in-law shot a withering backed and corded and labeled, all

tainly was irritating. "I think he's about the most exas- as the scheduled hour for the deperating man I ever had anything to parture of the westbound trains apdo with," said Mrs. Nabelack, to her proached to see if the man was coming. daughter later in the day. 'You Pussett paced up and down the room, mustn't mind my saying it, but I don't looking at his watch at about every

"I feel well," said Mrs. Pussett. "You looked worried. You've looked "No," said the mother-in-law, in reworried all through breakfast. How is sponse to the look. Henry's business now?"

they don't and never will?" Mrs. sett, and began to cry.

When Pussett returned home he "Oh, I don't know," said Pussett, found his wife in very low spirits. He found the cause was, principally, the lamentable tendency to special weak-"Can you tell me how the fact of my ness in Henry Pussett, jr., aged four go through life in an invalid's chair, and the prospect was not pleasing to

be walking around by this time?" "Much good hoping will do," snorted "She says he isn't nearly as strong

on his little legs as he should be," adone in a much more pleasant frame of player," said Pussett. "I hope some

day to sit on a bench and wave a blue "What do you mean by that?" asked and yellow flag while he stars in the "What do you mean by that?" asked game all season. He's a Pussett right straight through, and there isn't a that I'm in an unpleasant frame of weak-kneed instance in the family history. Was your mother always like

"Always," enswered Mrs. Pussett, "I "Oh, he doesn't mean anything, bother me, I know. It's strange, for mother," said Mrs. Pussett, hastily, none of the rest of us is like her."

diversion in the shape of loud bump- two months of her visit, but she never ing in the hall. It was the expressman concealed the exasperation that his hopefulness had caused; she maintain-

It was the trunk again. It was glance at him as she left the room, ac- ready for the expressman, but the mincompanied by her daughter. It cer- utes flew and the expressman did not arrive. She and her daughter went see how you can stand it. You don't ten paces. He seemed to be nervous As Mrs. Nabelack entered the room he

"My land," she exclaimed, "I will

"He says it is a little quiet just now, never get away."
but he expects it to pick up after a "Oh, I hope so," said Pussett.
He put a great deal of ferror inte