EREST EAL ESTATE

Description Going and Busier Time icipated.

> de acreage, in fact estate, continues to arket. The number very day, and notver-increasing acns show that the ithin the city limits of a brief period at-

The tide of in the future which istic arguments nature of the pres-

ow entered heart g the deals which market Friday acres of land on This property was ant & Lineham, and nds of a Winnipeg of money approxi-40 years, having ituated close to the the best plots of re. The new purugh he will at presas a gardening area, ble that in the near subdivided for resi-

arket. A Winnipeg \$27,500. A business eet has passed into al real estate agent, ved being \$14,500. In sula two large acreequired by investors vest. These brought 500 respectively. lots in the north end which he paid \$14,500. vestors have bought a r \$3,800; a house and t, \$2,500, and one acre

of the Finlayson es-n's avenue and Bay ed through the hands ot on Jubilee avenue, e street, an acre of he Gordon Head dis-

ttage in Victoria West

Real Estate Exchange or the sale of a house orth Park street. This ern investor for \$2,000, AN IS LOST.

of Mayne Island, Has ng Since Monday.

Mayne island which an living there, has About 5 o'clock on last he set out in a a Chinaman to Galiano

a little before 6 o'clock ive pass. He has not er passed through the

was landed all right

time and it is suspectin the darkness Lescellent boatman, which stery. A search is be-

ORPHANS' HOME. uing Year Also Ap-

of the Orphans' Home surprised at their last receipt of a letter from the Wellington Collierry the Wellington Conterfying the gift of a carthe Home. Ided, and with him were Hayward, Bishops Perrin Crow Baker, W. Scowson, Rev. W. L. Clay and

nmittee was appointed as I. F. Bishop, Mrs. J. A. Irs. Wm. Andrews, Mrs. s. T. Astle, Mrs. A. C. D. Sprague, Mrs. F. W. S. M. Thompson, Mrs. W. N. Shakespeare, Miss. Hutchinson, Mrs. S. A. M. Munsle, Mrs. T. Fell. Munsie, Mrs. T. Fell, Mrs. C. F. Todd, Mrs. W. R. Higgins, Mrs. A. A. McTavish, Mrs. K.

and C. Hayward. RETURN TO WORK.

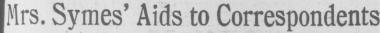
1.—The telephone em-to return to work under to return to more ending arbitration.

HEALTH AND BEAUTY

CORRECT ROUND

Another exercise which accomplishes much the same purpose and development of beautiful shoulders and upper arms, the exercises for diarly designed. But they do a development of the diagonal exercise described last week. The hands meet, tip to the woman whose cheet is flat, aclined to sink in, and for filling out hellows between the shoulder blades, he mar many an otherwise good fig-Deep breathing should be an introduce the properties of the work of exercising. The illustrations show the correct way and, and the start-off, with the finctips touching the chest just below shoulder line. Pass the tips along they are as far back of the top of arms as it is possible to make them. Then raise the elbows as high as can, keeping the hands stationary, wering the elbows, bring the hands sationary, wering the elbows, bring the hands so that the safe far back as you can get them, ond way is to try to reach an imaging gonal over the shoulders and then try to touch that goal when you let the under-arm motion—making complete circle. This exercise is of them all for developing the helders and filling out the "collar-bollows."

Wersing the hands so that the k of the hand touches the body, describing a semicircle from the toff around under the arms to oint as far up the back as possible to the head held well back, with the drawn in, rather than thrust ford or up.



Hollow Cheeks

She states that it has reduced the hips

The Time Varies Greatly



The hands passed to the back

HOULDERS

PLAT CHESTS

toes and throw your head back, at the same time touching the backs of the hands overhead. As the arms slowly descend, exhals from the lungs.

Massaging the face with gentle, rotary motions will help the flabby skin to regain its lost elasticity, and should do much to smooth the wrinkles away from the sides of the mouth. In addition use this formula, discontinuing the use of the others until your flesh is firm agam.

Hardening Pomade

Hardening Pomade.

Olive Oil Baths Help

I want the orange-flower cream recipes. It is a flesh food, is it not? Would it be good to alternate with the cleansing cream?
Also give me complete instruction as how to develop the bust. Or, do you think it will do any good where any one is in her thirties and very poor in flesh? Would it be a good idea to take an olive oil bath once or twice a week? Mrs. T. M. L. Here is the formula you ask for:

Cream of Sweet Oranges.

Cream of Sweet Oranges.

Formula Not Properly Filled

Apparently the formula has not been properly filled, as it should be perfectly satisfactory, and only one application should be necessary. Of course, as the new hair grows out, the preparation must be applied again, but that should not be for about six weeks from the time the first application is made.

To Fatten the Neck.

The olive oil baths should help to effect a cure, as would the drinking of malt extract during meals, and gentle massage with the massage cream, for which formula appears frequently in these columns.

Directions Explained Would you please give me a recioe for brown hair stain? I have one here that I got from your columns, but I do not know what is meant by: "Heat together in a hotwater bath until the water has been completely expelled." Will you please explain this or give me another recipe?

A READER.

Brown Hair Stain. Brown Hair Stain.

Green walnut shells, 2 ounces; alum, % ounce; pure oil, 4 ounces.

Heat together in a water bath until the water has been completely expelled; then express, filter and perfume. The stain should be applied to the hair with a small brush.

The "hot water bath" is a little appliance much on the order of a farina or double boiler. The ingredients of the preparation are allowed to heat and blend in the inner receptacle until all the water in the outer receptacle has boiled away.

Wrinkles at the Ears Is there any help for those little wrinkles which form on cheeks around the ear and are often the only marks of age seen on young women's faces. I have never seen any inquiries about those wrinkles, nor a word written on the subject. Suppose the reason is that they are not oeen in facing a mirror. But I think they are hideus. J. D. For the wrinkles try the hardening pomade (an astringent) recommended for "M. J. W."

Use rotary movements while massaging, and expend plenty of energy upon the parts about the ears, where the wrinkle manifest themselves so unpleasantly. unpleasantly.

I do not know the liquid you refer
to. But don't you mean peroxide of
hydrogen? That is a harmless bleach
for your purpose.

For Internal Use

A short time ago I noticed your column, and write to ask that you be good enough to tell me something of Dr. Vaucaire and his remedy for the bust.

The prescription is, I take it, for internal use; if so, does it conflict with other medicine taken at the same time? Can you give me any idea as to the cost of the preparation made from the formula you quote, and also, as to the length of time which must elapse before results are effected?

B. E. B. The Vaucaire Remedy is the most successful bust developer I know. The prescription is for internal use. I should advise your taking no other medicine while you are taking it, or at least nothing more than mait extract or something as simple.

Prices vary so much in different localities that I cannot give you an idea of the cost.

Wants Iron Gray Hair Can you tell me of any harmless preparation which will turn the hair iron gray My hair is brown, but as I am a greet admirer of the so-called iron gray hair I thought I would ask your advice. H. R. I know of nothing which will turn the hair gray, although I have heard that certain specialists have attempted it, with very good success. When the hair once begins to gray it is often hard to prevent its passing through the iron gray stage very rapidly. I should advise you to let well enough alone. You will be sure to regret having attempted the change of color. Cream of Sweet Oranges.

(A skin food.)

Sweet oil of almonds, 2 ounces; orangeflower water. 2 ounces; white wax. 2 drams;
oil of sweet orange, 1 dram; spermacett, 2
drams.

Half fill the saucepan with boiling water;
stand the jam jar in this; shred the wax and
spermacett into the jer; let it dissolve; heat
almond oil and add to the wax; heat orangeflower water; add it half a teaspoonfoll at a
time, stirring the mixture quickly; lift the
jan out of the saucepan; beat mixture with
the whisk; heat and add oil of sweet orange;
whisk cream until it is cold. Put in pots
and cover with parchment.

Yes, I think it a very good plan to al-

A Whitening Lotion Please tell me how I can make cucumber cream. The sample I saw was white, and the consistency of thick cream.

What are the ingredients?

SAINT LOUIS.

Cucumber Lotion, or Cream.

Expressed fuice of cucumbers. ½ pint; deodorized alcohol. 1½ ounces; sweet almond
oil 3½ ounces; shaving cream, 1 dram;
bleached almonds. 1½ drams.

This is a suave lotion, very whitening,
softering and cleansing.

Take the shaving cream and dissolve in
resewater by heating in a custard kettle.
Beat the almonds in a mortar, and, by degrees, work into the soap and water. Strain
through muslin, and return to the mortar,
fil,
fir constantly, working the alcohol, in
which the oils rave already been dissolved,
gradually in. Cucumber Lotion, or Cream.



Various Hints on the Care of the Hair

Hair Falls After Fever. Hair Falls After Fever.

Will you please publish in your beauty page a remedy for falling hair? Mine used to be thick and light, but I had a fever, and since then my hair has been falling out and has grown darker. If you could give me a simple remedy to make my hair thick and keep it light, I would be very thankful. Also, will you tell me how to keep the hair shining?

K. V. W. Falling hair always tells of disordered circulation in the scalp skin, a condition which frequently follows fevers. The proper remedy for this condition is massage. If you cannot employ the services of a professional, give yourself twenty-minute treatments each night. Press the fingerips well into the scalp, on each side of the temples, and make a wheel-like movement from front to back, and from the sides to the crown of the head. Keep your fingers fixed on the scalp. To be of benefit, this treatment must be regularly given. I give you formula for a tonic which may be used with massage.

Formula for Dry, Falling Hair.

Formula for Dry, Falling Hair. Cologne, 8 ounces; tincture of cantharides, 1 ounce; oil of English lavender, oil of rosea week.

The best way of keeping the hair light is to give it frequent and thorough shampoos.

Constant brushing—100 strokes a day—will make the hair glossy and bright, and will help the condition of the scalp as well. Some women wear little silk night caps, claiming that the friction of the silk against the hair makes it glossy and beautiful.

To Darken Red Hair My hair is red. Could you help me by giving a recipe to darken it—something harm-less? Would walnut stain or benna leaves help me any?

Henna is Ilkely to make your hair still more red. I am giving you a formula which will darken it: Hair Darkener. Rust of iron, 1 dram; old ale (strong), unsweetened, 1 pint; oil of rosemary, 12 drops. Put the mixture into a bottle; cork it very loosely; agitate it daily for ten or twelve days; then, after repose, decant the clear portions for use.

Henna Reddens the Hair Please send me your recipe for henna dye for the hair. I saw it referred to in your paper. I have just recovered from typhoid fever, and, after having my hair cut short, I find it is coming in much darker than the original brown, and that there is much gray also. I understand the henna will restore the brown color to the gray hair.

Don't you mean the prescription for restoring the natural color of the hair? Henna produces a reddish tint. The other formula which I give you is intended to restore the natural color, whatever it may have been.

To Restore the Natural Color of To Restore the Natural Color of

the Hair.

(A physician's prescription.)

Sugar of lead, ½ ounce; lac sulphur, ½ ounce; essence of bergamot, ½ ounce; alcohol, ½ gill; glycerine, 1 ounce; tincture of cantharides, ½ ounce; ammonia, ½ ounce. Mix all in one pint of soft water. Apply to the roots of the hair, which must be clean. The dye should never be applied if there is any irritation or abrasion of the scalp. Apply to the roots of the hair with a small brush; then spread it evenly downward through the tresses with an ordinary hair-brush. the Hair.

How to Apply Hair Dyes
Will you kindly answer the following questions for me regarding the physician's prescription for the hair, as I intend trying some?

1. Can I continue massaging my head while using the tonic? I feared that rubbing it into the scalp might be injurious.

2. Also, how often is it to be applied?

3. How apply it? Thanking you in advance for this and other good things. I am, gratefully.

4. Discontinue the massage for a few days after the preparation has been applied to the hair. It should not be rubbed into the scalp.

2. Whenever the new hair makes its appearance at the roots, retouching will be necessary. This may be in about six weeks from the time of applying the dye.

3. The best way to use any stain is to weeks from the time of applying the dye.

3. The best way to use any stain is to apply it to the roots of the hair with a small brush—a toothbrush will answer for the purpose—then spread it evenly downward through the tresses with an ordinary hairbrush.

The dye should never be applied if there is any irritation or abrasion of the scalp.

Hair Tonic With Little Oil

Distilled witch hazel, 5 ounces; corrosive sublimate, 10 grains.
Use on the scalp twice a day. Keep out of the way of ignorant persons and children.

Jaborandi Tonic. Quinine sulphur, 20 grains; tincture of cantharides, 2 fluid drams; fluid extract of jaborandi, 2 fluid drams; fluid extract of jaborandi, 2 fluid drams; alcohol, 2 fluid ounces; glycerine, 2 fluid ounces; bay rum, 6 fluid ounces; rosewater, 16 fluid ounces.

The quinine should be dissolved in the alcohol liquids by warming slightly, then the other ingredients added, and the whole filtered.

Rub into the roots of the hair every night.

Cosmetic Glove Paste. Myrrh, 1 ounce; honey, 4 ounces; yellow wax, 2 ounces; rosewater, 6 ounces.

Meit the wax in a water bath and add the myrrh to it while it is hot. After beating them together add the honey and rosewater. Beat all up and add glycerine by the teaspoonful until you secure a paste which will spread nicely. To Make Cosmetic Gloves. Use soft, large leather gloves, three or four sizes too large. Rip them open and spread the inside with the preparation, then sew the ripped seam up.

Hair Dry and "Endy" Will you please let me know of a good depilatory? I have side-boards—at least, it looks like side-boards. I am having my lip treated with the electric needle. It is so expensive. I think a good depilatory would do very well.

Please advise me what to do with my hair. I had lovely brown curly hair, but now it is so dry and "endy." every time I comb it I could cry. I don't know any reason, for I have had good health, except for constipation.

pation.
Please help me. A DAILY READER. A DAILY READER.

The electric needle and the X-ray treatment are the only methods I know of for removing superfluous hair permanently, but, as you say, such treatment is expensive.

As you feel you cannot afford the treatment, I am giving you formula for several good depilatories. Their effects are not permanent, however, and the treatment must be repeated whenever the new hair makes its appearance.

Denilatories.

Depilatories. Depilatories.

Sulphide of soda, 100 grains; slaked lime, 80 grains; starch, 20 grains; limewater, 4 fluid drams.

Barium sulphide is also used as a paste for depilatories. The standard formula is:

Barium sulphide, 80 grains; powdered chalk, 400 grains.

Mix with water. The barium sulphide must be absolutely dry to be effective when it is mixed with the chalk. Enough water should be afterward added to make a thin paste. Sulphide of strontium makes also an efficient depilatory. It is made as follows:

Hair Too Curly Will you be so kind as to insert again the recipe for anti-kink hair preparation? I saw it about a month ago and put it away until I could get out to have it filled, and I find I have hid it from myself. It is just what I want, as my hair is in ringlets, and I hate it so curly. There is nothing liquid about it. This is my first fayor I have asked, but it is, indeed, not the first of your recipes I have used, and find them just excellent.

Mrs. E. P. R.

Anti-Kink Hair Pomade. Beef suet, 8 ounces; yellow wax, 1 ounce; castor oil, 1 ounce; benzole acid, 5 grams; oil of lemon, ½ gram; oil of cassia, 3 drops.
Mix the suet and wax over a slow heat; add the castor oil and acid and allow to properly cool; then add the other oils.

Apply to the hair as any other pomade.



For the hollows around the collar bone yet, and that as you grow stronger are face and arms will fill out more.

ose Red in Cold Weather you please inform me through the of a good cleansing cream to use at and also a good skin food?

You think there is anything that will my nose from getting red in colder? er?

1 giving you the formula for a cleansing cream. For the skin se the cream of sweet oranges, ich formula is frequently pubit these columns.

where it ought to be.

To Reduce the Hips I saw your formula for reduc-habust in the paper, which I will this afternoon, and now would how if you can suggest something a my hips.

inches tail, weigh 155 pounds. Have splendid health, live an active life in the country and exercise arms, shoulders and cheather you please inform me through the of a good cleansing cream to use at and also a good skin food? The thirty and exercise arms, shoulders and cheather there is anything that will may nose from getting red in cold or?

In giving you the formula for a cleansing cream. For the skin ise the cream of sweet oranges, hich formula is frequently publin these columns.

Cleansing Cream.

Cleansing Cream.

Cleansing Cream.

Cleansing Cream.

Cleansing Cream to sweet oranges, it is the bane of my life. The length of time varies so with the individual that I can only advise you to continue taking the remedy until results are apparent. You should be able to hasten them by bathing the bust frequently with cold or tepid water.

When you massage, use this cream, massaging from underneath, upward and out in a series of rotary movements. Make the movements slowly and gently. Haste and heavy pressure may do harm. And don't overdo it. Probably that is the cause of the shriveling you speak of.

Massage Cream for the Bust.

Lanolin. 5 ounces; spermaceti, ½ ounce; mutton tallow (freshly tried), 5 ounces; cocanu oil, 4 ounces; ill of neroll, 20 event of the removements.

Landlin. 5 ounces: spermaceti, ½ ounce; mutton tallow (freshly tried), 5 ounces; cocoanut oil. 4 ounces; oil of sweet almonds, 4 ounces; tincture of benzoin, 1 dram; ex-tract of Portugal, 4 ounces; oil of neroll, 20 Mix as you would any cream of the sort.
Rub on gently at night.

In connection, you should practice deep breathing exercises, the property of the property o

ing out the hollows of the arme olive oil and grape juice together, or not, and does a spoonful mean a tablespoonful?

Would there be a change in three months after taking, even in stubborn cases, and does it fatten other parts of the body? E.C. H. D.

Yes, it is perfectly safe to take olive oil and grape juice with the Vaucaire Remedy. But Dr. Vaucaire advises the drinking of malt extract during meals, and I should not take all of them. Could you not discontinue the oil and grape juice for a while?

The remedy has no effect whatever upon any other part of the body than the bust.

The length of time necessary to produce results varies so with different temperaments that it would be impossible for me to give you any idea how long it will take in your case.

A soupspoon is not so large as a tablespoon. Hardening Pomade,

(An astringent.)
Oil of sweet almonds. 200 grams; white wax, 100 grams; tincture of benzoin, 50 grams; rojewater, 50 grams; pulverlagd tanini, 25 grams.

This pomade should not be used as a massage cream, but should be applied after massage, to restore shrunken or flabby skin. Be careful not to let it get in the eyes—keep it well below them.

Cocoa butter is excellent to use while massaging. It is just possible that this state of affairs is caused by the shut-in life you are leading, and that you are not being careful enough about your diet. Eat simple, nourishing foods and get some outdoor exercise, no matter how tired your work leaves you. You will find that a few minutes' daily walk, taken briskly, will not tire you further, but actually rest you, and it will work wonders in your appearance.

The wearing of gloves at night is one of the best ways to keep the hands soft and white.

Give the hands a bath of olive oil and pull on a pair of kid gloves, preferably white—very loose, they must be—before the oil has dried.

Another way is to make a generous application of cold cream, or a good skin food, and then put on the gloves. It is best to cut off the tip end of the glove fingers, and to make a few slits in the palms. This allows perfect circulation and does away with the slight feeling of discomfort sometimes caused by sleeping in gloves.

To Develop the Bust
Will you kindly give me the prescription
or the Vaucaire bust developer?

B. O. 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, 400 grams 400 grams. students as grams, simple syrup, 400 grams. stwo soupspoonfuls with water before each meal. Dr. Vaucaire also ad-vises the drinking of malt extract during meals.

Will you kindly tell me through your column how to use the doctor's prescription for restoring gray hair to its natural color? I had it filled at a drug store. Tron is a white sediment settled at the bottom. Have put on three applications, and the only effect is sticky, gummy, dirty hair. Can hardly get the comb through it. Comb will be coated with a gummy substance. My hair was perfectly clean,
Please tell me if it takes more than one, or how many applications. After using three, hair is still white. Yours in trouble,

Apparently the formula has not been

made. It is a fairly difficult task to apply a hair-dye yourself—the most satisfactory method of staining your hair is to have a competent hair dresser apply the dye. But the sticky, gummy quality you speak of should not be present if the preparation is properly compounded.

Flabby Flesh Will you kindly write me how to harden my flesh on neck and face? Under my eyes it is so flabby and on neck I can almost tie it in a knot! I have quite a deep wrinkle on each side of mouth. Please tell me how I shall rub them. I have your lotion for wrinkles, also orange-flower cream. I cannot use either through the day, as I am a vamper in a shoe factory, and will have to use them night and morning. Would you use at night? Will I have to use more than these two? Please write full particulars.

Have you a prescription for whitehing and softening the hands?

M. J. W.

wins cream until 18 cold. Fat in poss and cover with parchment.

Yes, I think it a very good plan to alternate with the other cream. Have you my formula for a good cleansing cream? If not, I shall be glad to print it for you.

Why don't you try the Vaucaire remedy for the bust? A great many of my readers have reported wonderful results from its use. It may be that as you are naturally, as you say, "poor in flesh," for that reason it will not affect you, but it most probably will, and, at any rate, it can do you no harm to make the trial. To make the throat full and round the best exercise is to bend the head slowly forware until the chin touches the neck, and then slowly raise the head to its normal position. Repeat these movements until you are tired. Then bend the head as far backward as possible. Sitting erect in a chair, bend the head from one side to the other,